

Foot Use EMS Sport Device

MXES-FR230

PA1520-00

User Manual

Thank you for buying this product. Please read this user manual in advance and use the product safely.
Please keep this user manual for future reference.



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Contents of the box ※Inside the storage pouch

Controller



Main Unit



Accessories



Storage Pouch ×1

Trial Battery
(CR2032) ×1
(Installed in the
remote control)



USB Charging Cable
(approx. 50cm) × 1

Remote Control × 1



Power Adapter × 1

Quick Guide

User manual

1 Introduction

Before reading the instruction manual

- This instruction manual is subject to change without notice.
- In order to improve the product, appearance of some parts or specifications may be changed without notice.
- Unauthorized duplication of part or all of this instruction manual is prohibited except for personal use. Moreover, without permission.

Disclaimer

- We assume no responsibility for any damage caused by fire, earthquake, action by any third party, other accidents, customer’s intention or fault, incorrect use, or use under other abnormal conditions.
- The warranty stated in the warranty certificate is all we warrant, and we do not warrant anything except for this warranty including express warranty and implied warranty.
- We assume no responsibility for any damage caused by any usage not described in this Instruction Manual.
- This product is not intended for use with equipment and devices related to human life such as medical equipment and devices, nuclear equipment and devices, aerospace equipment and devices, transportation equipment, and equipment and devices which require a high standard of reliability. We assume no responsibility if this product is used for the control systems of these types of equipment and devices and if any injury or fire occurs due to failure of the product.

2 Safety caution

Please be sure to observe it for safe use.

	Danger	Danger refers to misuse which might lead to death or serious injury*1 to a high degree.
	Warning	Warning refers to misuse which might lead to death or serious injury*1 .
	Caution	Caution refers to misuse which might lead to injury*2 and may cause property damage*3.

*1: Severe injury is indicated by those that have after effects such as blindness, injury, burns (high temperature burns/ low temperature burns, chemical burns), electric shock, fracture, poisoning, etc. and those requiring hospitalization or long-term regular hospital visits for treatment.

*2: Injury refers to burns, electric shock which do not result in hospitalisation or long-term follow-up.

*3: Damages refers broad damages to houses or properties and domestic animal / pets.

Example of symbols		Prohibited actions when handling the product. Graphic symbols representing specific instructions are shown in black color in the shape of  .
		Caution to fire, electric shock, high temperature when handling the product. Graphic symbols representing specific instructions are shown in black color in the shape of  .
		Instruction which must be followed. Graphic symbols representing specific instructions are shown in white color in the shape of  .

Danger

Prohibited to use with the following electronic medical equipment

- (1) Heart rate regulator implanted in the body.
- (2) Medical equipment to maintain life such as cardiopulmonary machine, etc.
- (3) ECG and other external electronic medical equipment. It may cause medical electronics accidents and impediment to the body.



Do not touch leaked liquid

If liquid leaks from this device and gets into the eye, do not rub. Rinse with plenty of clean water immediately and consult a doctor. It may cause blindness.



Keep batteries out of reach of children

Children may swallow the battery. If a battery is swallowed, it may cause death. Consult a doctor immediately for instructions.



Warning

• The following people must consult the doctor before use

- (1) People with acute disease. (2) People with malignant tumor.
 - (3) People with infectious disease. (4) Pregnant women or shortly after delivery.
 - (5) People with heart failure. (6) People with fever. (7) People with anemia.
 - (8) People with infection, wounds, etc. on skin surrounding the application area.
 - (9) People with abnormal blood pressure.
 - (10) People who feel an abnormality and need resting.
 - (11) People with vertebral fracture, sprains, muscle torn or similar acute (pain) disease.
 - (12) People with perceptual disorders resulting from advanced endovascular disorders due to diabetes, etc.
 - (13) People who have undergone plastic surgery or breast augmentation surgery.
 - (14) Except the above mentioned, who feel an abnormality on their body.
- It may cause accident or physical deterioration.



• The following people must not use the device

- (1) People who are consuming or recently consumed alcohol. (2) People under 18
- (3) Person who weighs more than 100 kg



• If you feel unwell, stop use immediately

This may cause accidents or physical deterioration.



• Do not use near your heart, head, face, eyes, neck or vulva

This may cause accidents or physical deterioration.



• Do not use in highly humid locations such as bathroom

This may cause overheating, electric shock, malfunction, mold or rust.



• Do not put into heating appliances such as microwave ovens or pressure cookers This may cause overheating, smoke or fire.	
• Do not operate with wet hands This may cause overheating, shock, malfunction.	
• Do not pour liquid or water on the device This may cause overheating, smoke, fire, rupture, malfunction or injury.	
• Store in a place out of a child's reach This may cause accidents or physical deterioration.	
• Do not sleep during use This may cause accidents or injury.	
• Do not wear metal accessories such as necklaces during use This may cause strong electric shock.	
• Do not disassemble or remodel This may cause overheating, smoke, fire, rupture, liquid leak, malfunction or injury	
• Stop using broken devices This may cause accidents or injury.	
• Do not use multiple devices at the same time This may cause accidents or injury.	
• Do not use with other EMS devices This may cause accidents or injury.	
• Do not use while standing This may cause accidents or injury.	
• Do not carry out housework involving water, knives or fire during use This may cause accidents or injury.	
• Do not short the terminals This may cause overheating, electric shock, malfunction or injury.	
• Do not put into fire This may cause smoke, fire or rupture.	

Caution

• Charge within 10-35°C Charging out of this temperature range may result in liquid leak, overheating, rupture or malfunction.	
• Do not forcibly press the device This may deform, liquid leak, overheating, fire, rupture or malfunction.	
• Do not use the device on the same body part for more than once a day Even up to 2 different parts per day.	
• Do not use continuously Continuous usage may result in muscular or neuropathic pain.	
• Do not use other electrical devices such as mobile phones during use This may cause accidents.	
• Do not use before or whilst driving This may cause traffic accidents.	

- **Do not use and store in locations of high temperature**
This may cause accidents, injury or malfunction. 
- **Do not step on, drop or apply strong shock to the device**
This may deform , liquid leak, overheating, fire, rupture or malfunction. 
- **Do not place flammable or heavy objects on the device, or cover the device with foreign objects such as towels or cushions**
This may cause overheating, fire, rupture, liquid leak. 
- **Do not use for purposes other than body training, relaxation**
This may cause accidents or injury. 
- **Do not exercise while using this product**
This may cause injury. 

Precautions for controller, power adapter and charging cable

- **Charge once every 3 months**
The battery will deteriorate and cannot be used. 
- **Use only the attached power adapter and charging cable**
This may cause overheating, fire, rupture or malfunction. 
- **Do not use the power adapter or charging cable for anything other than this product**
This may cause overheating, fire, rupture or malfunction. 
- **Securely and fully insert the power adapter**
If the plug is not inserted fully, it may cause electric shock or fire due to accumulated dust. 
- **If any abnormality occurs during charging, immediately disconnect the power adapter from the outlet**
This may cause overheating, fire, rupture or malfunction. 

Precautions for remote control

- **Insert the "+" and "-" poles of the battery correctly**
This may cause rupture, damage, malfunction or injury due to the overheating or leakage. 
- **Use specified battery**
This may cause rupture, damage, malfunction or injury due to the overheating or leakage. 
- **Do not use a battery that has exceeded the recommended usage period**
It may cause injury or malfunction. 

● Precautions for using the remote control

The remote control of this product (hereafter, this remote control) uses the 315 MHz frequency band. In this frequency band, it is used for wireless keys of front doors and remote control key for car as well as for specific low-power devices such as telemeters, telecontrols and data transmission.

1. If you use a cardiac pacemaker, please consult the medical device manufacturer as it uses a specified low-power.
2. Before using this remote control, make sure that there are no specific low-power devices such as telemeters, telecontrols and data transmissions nearby.
3. In the unlikely event that this remote control causes harmful radio wave interference with a specific low-power device, immediately change the location or operate the controller without using the remote control.
4. If you have any other problems, such as harmful radio wave interference caused by using this remote controller, please contact our "Customer Support Center".

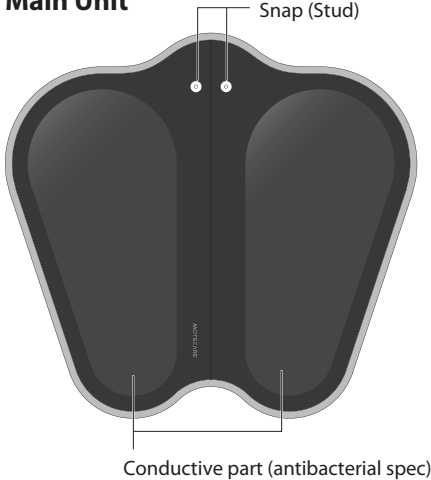
5. This remote control has been certified as a specified low power device based on the Radio Law. Therefore, no license is required to use it. However, it is prohibited to disassemble or modify the product or remove the certification label.
6. Do not use in places where use of mobile phones or wireless devices is prohibited such as in hospitals or priority seats in trains.



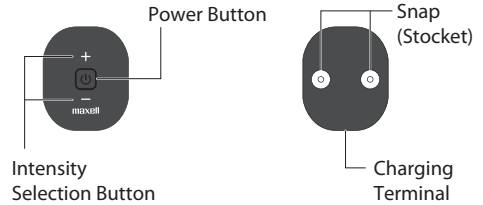
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3 Name of each parts

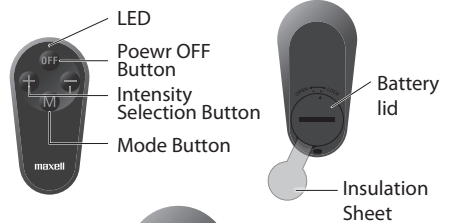
Main Unit



Controller



Remote Control



4 Usage

Remote Control

- 1 Remove insulation sheet Pull out the insulation sheet of the remote control.

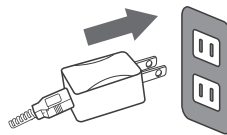
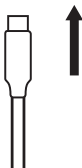
Controller

- 2 Charging (Charge before use)

- Connect the device and the power adapter with the cable.
- When the power adapter is plugged into a power outlet, the LED will light up and charging will begin.
- When charging is complete, the power button will stop flashing and remain lit. Remove the power adapter and charging cable.



※Be careful of the insertion direction.



Precautions for charging the controller

- Charging time is approximately 2.5 hours (charging time varies depending on the remaining battery capacity and the charging environment).
- The buttons cannot be operated while charging.
- Please use only the supplied charging adapter and charging cable.
- Charge in an ambient temperature between 10 ~ 35°C.
- The number of times that can be used per charge varies depending on the intensity setting level, usage environment and usage conditions.
- When storing, please charge once every 3 months. Otherwise, the battery may deteriorate and cannot be used.

※ The remote control battery cannot be charged.

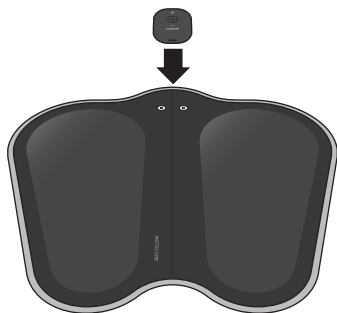
Number of Training	Intensity 15	Approx. 20 times
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※ Training Mode

When Using

3 Attach to the main unit

Pay attention to the positions of the snap stud and socket, and attach the controller firmly to the main unit until you hear a click.



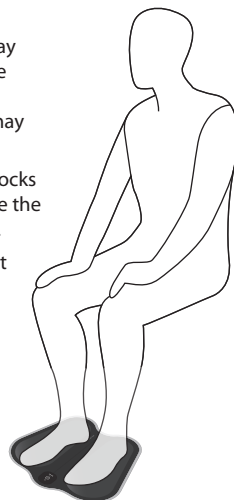
4 Put your feet on the main unit

Place the product on the floor and put your feet on the main unit while seated.

※ If you use the product while standing, you may lose balance due to the intensity of electrical stimulation, and you may fall and get injured.

※ Cannot be used with socks or stockings. Please use the product with barefoot.

※ Wipe off sweat and dirt before use.



5 Turn on the power

Press and hold the power button (approx. 2 second) A beep will sound and power button will light.

When the device turns on, the intensity is preset to level 1 (minimum).

※ If your body is not in close contact with the conductive parts, a beeping sound will continue and the power button will blink (approx. 1 minute). If there is no close contact with the body within this 1 minute, the power will be turned off automatically.

※ The power of the controller cannot be turned on by operating the remote control.



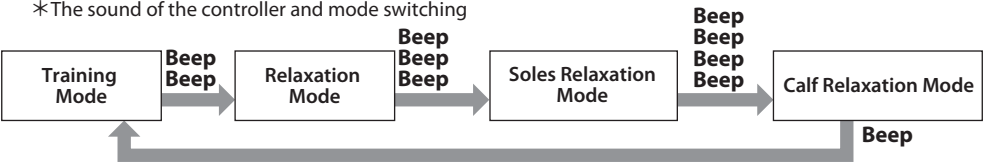
※ Please use the remote control for the following procedures.

6 Switch modes

By pressing the mode button on the remote control, a sound is emitted from the controller and the mode will be switched. When the power is turned on, the mode is set to training.

※When you switch the mode, intensity starts from 1 (minimum).

*The sound of the controller and mode switching



Mode and Features	Training Steps 	Stimulation Frequency Type 	Intensity Level Selection 	Training Time 
Training mode Variety of stimuli can effectively train the wide range muscles of the legs and hips	20 Steps	25 Types	15 Level	approx. 10 mins
Relaxation Mode It provide a mild and comfortable stimulus to the feet	14 Steps	17 Types	15 Level	approx. 10 mins
Sole Relaxation Mode It provide a comfortable tapping feeling to the feet	3 Steps	3 Types	15 Level	approx. 10 mins
Calf Relaxation Mode It provide a comfortable massaging effects to the calf	3 Steps	3 Types	15 Level	approx. 10 mins

7 Adjusting intensity

- Adjust by pressing the intensity selection buttons "+" and "-" on the remote control. There are 15 levels of electrical stimulation.
- When you operate the "+" or "-" button, it makes a beeping sound.
- When the intensity reaches 15 (maximum) or 1 (minimum), it gives a beeping sounds.
- ※When the power is turned on, intensity level is 1 (minimum).

You can also use the controller to switch modes and adjust the intensity.

<Switch modes with the controller>

- Pressing the power button (short press) while the power button is lit will cause the controller to make a sound and switch the mode. When the power is turned on, the mode is set to training.

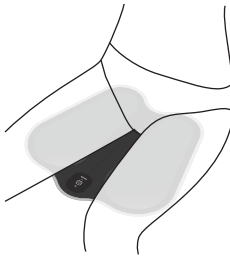
<Adjust intensity with the controller>

- While the power button is lit, press the controller intensity selection buttons "+" and "-" to adjust. There are 15 levels of electrical stimulation.
- When you operate the "+" or "-" button, it makes a beeping sound.
- When the intensity reaches 15 (maximum) or 1 (minimum), it makes beeping sounds.
- ※When the power is turned on, intensity level is 1 (minimum).
- ※The intensity selection buttons of the controller is an electrostatic type, so it may not work in the following cases.
 - Pressing with your nails
 - Wearing adhersive plaster
 - Operating with dry fingers
 - A sticker on the controller
 - Controller is dirty

8 Usage example

- The following usage is recommended. (Be sure to use while sitting or lying down)
 - ※ If you use the product while standing, you may lose balance due to the intensity of electrical stimulation, and you may fall and get injured.
 - ※ If your body is not in close contact with the conductive parts, a beeping sound will continue, and the power button will blink (approx. 1 minute). If there is no close contact with the body within this 1 minute, the power will be turned off automatically.
 - ※ Wipe off sweat and dirt before use.

Recommended Usage	Vertical Use	Horizontal Use	Using for Calves
			
Objective	Stimulation to the entire lower leg Training soles, calves and anterior shin muscles	Stimulation to the soles of the feet Caring for your feet while relaxing	Stimulate your calves while relaxing
Recommended Modes	Training	Relaxation Sole Relaxation	Relaxation Calf Relaxation

Recommended Usage	For Thighs	For Hip
		
Objective	Train thigh muscles with low-frequency stimulation	Stimulate and train the gluteus maximus muscles
Recommended Modes	Training	Training

*Recommended usage as shown in the relevant figures are indicative images only. The product cannot be used over clothing. Please use the product by touching the skin directly.

9 Training finishes

- After starting the operation, approx.10 mins, it will have beep sound and then automatically turn OFF.
 - ※ The power will automatically turn off in approx.10 minutes in any of the modes.
- To turn off the power during use, press and hold the power OFF button of the remote control to OFF (approx. 2 seconds). Alternatively, press and hold the power button on the controller (approx. 2 seconds). As it makes the beeping sounds, the light of the power button will be turned off and the power will be turned off.

Caution

- If you feel pain or numbness during use, switch off the device, change the position of your feet or sitting position, and then try again.
- Do not forcibly increase the intensity.
- In the beginning, please start the training from low intensity level (level 1, etc.), and gradually increase the intensity after getting used to electrical stimulation.
- Training steps will be switched automatically and does not support manual operation.
- When the device is stopped during the training, next training will start from the beginning.
- Use within 10-35°C.
- If the power button does not light on or the electrical stimulus cannot be felt, the battery may be exhausted. Please charge the controller.
- Be sure to disconnect the charging cable before use.

If you feel pain during electrical stimulation

- Wet 2 pieces of non-woven fabric or thin cloths with water, wring them well, place a piece on each conductive part of both sides of the main unit.
 - ※The controller and the main unit are not waterproof. Please do not allow the controller or the main unit to get wet.
 - ※Please do not use wet tissues with chemicals (for face cleansing, makeup removing, etc).
 - ※When you placing the non-woven fabric, please do not let it touch the controller or the snaps.



- Do not use the product in the following ways.

The left and right non-woven fabrics are in contact



Using with one piece of non-woven fabric



Using non-woven fabrics in layers. Using dry non-woven fabric



- Even after changing position of your feet or the sitting position or using a non-woven fabric, you still feel strong electrical stimulation, stop using this product immediately.

Storage Method

- After use, wipe off sweat and moisture, remove the controller from the main unit. Fold the main unit, and store it in the storage pouch with controller, remote control, charging cable and power adapter. If you leave the product without wiping off sweat and moisture, the product life may be shortened.
- Make sure that the power is not turned on, and store it away from high temperatures, high humidity, direct sunlight and dusty places.
- When not in use for a long period of time, charge the controller and remove the battery from the remote control for storage.
Please charge the battery once every 3 months. Otherwise the battery may deteriorate and cannot be used.

5 Maintenance

Never carry out maintenance during charging and ensure power supply is off.
Be sure to power off and remove the controller from the main unit.

Maintenance of main unit, controller and remote control

- Please use dry and soft cloth to wipe away the dirt on the device.
- For severe dirt, please use damp soft cloth to wipe away the dirt on the device gently. Please squeeze out water from wet cloth before wiping.

Caution

- This product is not waterproof. Please do not splash water on the main unit, controller and remote control.
- Do not wipe with chemicals such as benzine, thinner or alcohol.
- If the product is used without being cleaned or stored for a long period of time, it may cause performance deterioration and malfunction. Regular maintenance is recommended.

Replace Battery of the remote control

If the LED on the remote control does not light, or if the remote control does not respond when you point it at the controller, the battery may be exhausted. Replace with new batteries.

- ※The included battery is for trial use. The battery life may be short.
- ※The remote control battery cannot be charged.

1 Open the battery lid

Use a coin etc. to open the battery lid.

- ※Be careful not to lose the battery lid.

2 Take out the battery

Put your finger in the recess, press from the bottom, and take out the battery.

3 Insert a battery

Insert the battery with the "+" mark facing up.

Battery Used	Button type lithium battery CR2032
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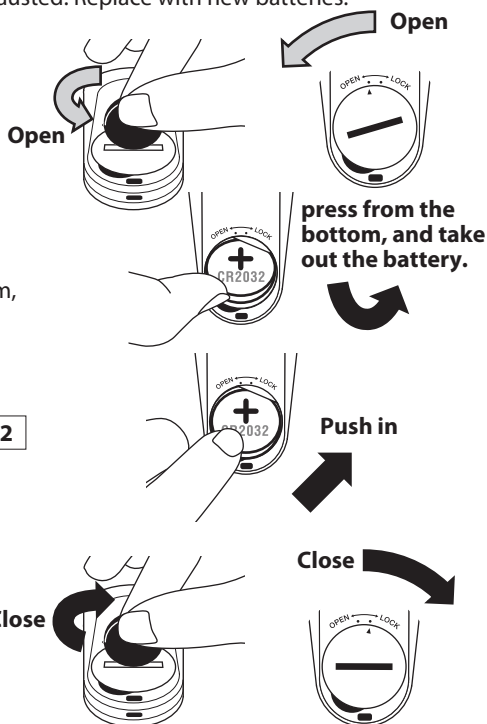
(Recommendation : Maxell Manufacture)

- ※Make sure that the battery is installed securely.

4 Close the battery lid

Use a coin etc. to close the battery lid.

- ※Make sure that the battery lid is tightly closed. If the battery cover is not closed securely, remote control may not operation.



Caution

- Do not insert the battery with the "+" and "-" poles in the incorrect orientation. This may cause rupture, damage, malfunction or injury due to the overheating or leakage.
- If a battery or battery lid is swallowed, contact a doctor immediately for instructions.
- Be sure to replace the battery with a new.
- For the removed battery, cover the "+" and "-" poles with adhesive tape to insulate it, then dispose it according to the disposal rule of the district where you live (city).

6 Troubleshooting

Problem	Cause	Solution
Cannot power on (controller)	Controller battery level is low	Charge the controller
	The time to press and hold the power button is not long enough	When the power button is pressed for approx. 2 seconds, a beep sounds and the power turns on
	Trying to turn on the power with the remote control	The power cannot be turned on with the remote control. Press and hold the power button on the controller (approx. 2 seconds)
Beeping does not stop (controller)	The controller and the main unit are not connected	Please securely attach the controller to the main unit
	Not in close contact with the body	Please adjust the position where you put your feet or sitting position
	Extremely dry skin	Use water to moisten your skin and try again
Device cannot operate (controller, main unit)	Controller battery is exhausted	Charge the controller
	Power turns off automatically after certain time	This device will stop after a mode approx. 10 mins
Cannot feel the training Electrical stimulation is weak, and does not increase	Not in close contact with the body	Please adjust the position where you put your feet or sitting position
	Controller Battery level is low	Charge the Controller
	Intensity setting is low	Press "+" on the intensity selection button to increase the intensity
	It is in a different mode	Select the mode referring to P.9 "8 Example of use"
	Extremely dry skin	Use water to moisten your skin and try again
	Remote control battery is exhausted	Replace the remote control's battery with a new battery
Sensation is too strong or feels painful	Intensity setting is high	Press "-" on the intensity selection button to decrease the intensity
	Not in close contact with the body	Please adjust the position where you put your feet or where sitting position
	Physical predisposition that makes you feel sensitive to electrical stimulation	Please refer to P.10 "If you feel pain during electrical stimulation", wet 2 pieces of non-woven fabric or thin cloths with water, wring them well, place a piece on each conductive part of both sides of the main unit
	Used continuously	For the same part of body, use once a day
Unable to charge (Controller)	The charging cable is not inserted properly	Securely insert the power adapter to the end
LED does not light (Remote control)	Remote control battery is exhausted	Replace the remote controll's battery with a new battery
Remote control cannot operate	Radio waves from the remote control do not reach the controller	Aim the remote control at the controller and operate. Please operate the remote control closer to the controller
	Remote control battery is exhausted	Replace the remote control's battery with a new battery
	Controller battery level is exhausted	Charge the controller
	Try to turn ON the power with the remote control	The power cannot be turned on with the remote controll. Press and hold the power button on the controller (approx. 2 seconds)

7 Device disposal

Regarding controller

 **Caution : Regarding disposal of rechargeable batteries in Japan**

The controller of this product is equipped with a lithium-ion battery (rechargeable battery). Rechargeable batteries can be recycled. Please do not remove this rechargeable battery by yourself, please contact our "Customer Support Center". For the collection/recycling of rechargeable batteries and cooperating organization of recycling, please refer to the JBRC website.



Regarding remote control

When disposal, be sure to remove the battery (coin type lithium battery) from the remote control, cover the "+" and "-" poles with adhesive tape to insulate it, then dispose it according to the disposal rule of the district where you live (city).

Regarding main unit, power adapter, charging cable

Please dispose it according to the disposal rule of the district of where you live (city).

8 Specification

Device (included controller)		Dimension	W360 × H340 × D22mm (excluding protrusions)
		Weight	Approx. 150g
Controller		Battery	Lithium ion battery 3.7V 120mAh
Operation Time			Each mode approx. 10mins
Accessories	Remote Control	Dimension	W37×H70×D11mm (excluding protrusions)
		Weight	Approx. 14 g (without battery)
		Battery	Coin type battery (CR2032)
		Transmission Frequency	315 MHz
		Transmission Distance	Approx. 3m (sight distance)
	Trial Battery	Coin Type Battery (CR2032)	Installed on the remote control
	Power Adapter	Input	AC 100-240V 50 / 60Hz
		Output	DC5V / 1A Max.
	Charging Cable	Length	Approx. 50cm
	Storage Pouch	Dimension	W35×H20cm

Antibacterial effect

Part name : Main unit	The part performed antibacterial treatment : Conductive part
Test method : Based on JIS Z 2801-2012	Antibacterial method : Kneaded into conductive silicone rubber
Testing organization : Guangzhou Microbiology Research Institute (China)	

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