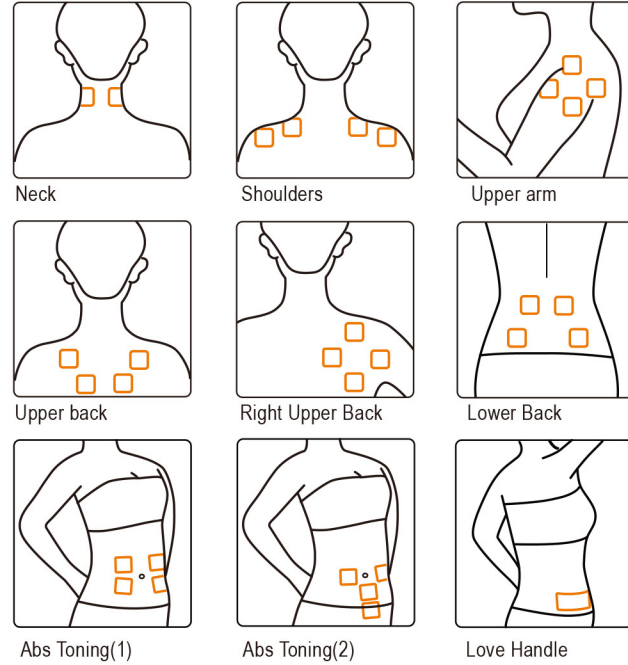


Massage mode (1) Pushing and scrolling

Relieve pains, fatigue and weariness and return muscles to their original state.

Effectively relaxing weary and uncomfortable muscle tension, relieving muscle ache and stress. Special designed deep layer muscle stimulation waves can strengthen muscles, help manage health and reduce waistline.

▼ Recommended pad placement

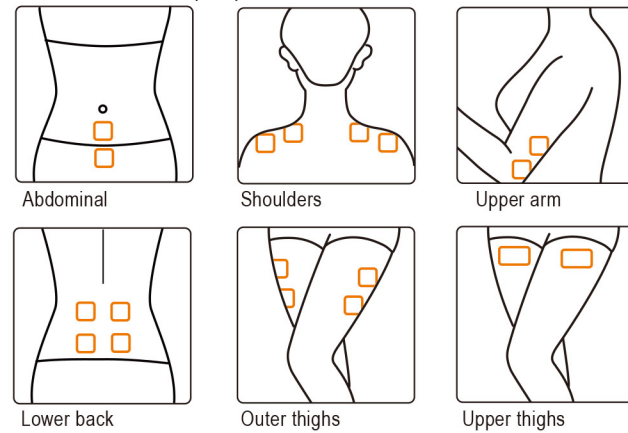


Massage Mode (2) Rapid Patting

Increase blood circulation and promote better health

This mode imitates rhythmic pounding of Swedish massage known as Tapotement. With repetitive strikes that can help tap exact pressure points, increase blood flow and strengthen your immune system.

▼ Recommended pad placement



⚠ Electrode Usage Guide

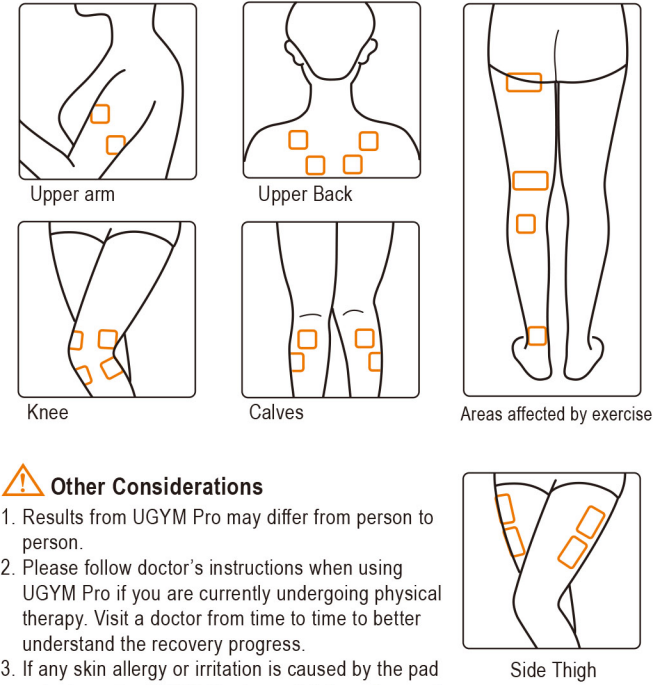
- To avoid dermatological infection and for hygiene purpose, please use dedicated pad for each person.
- Please keep the water-based gel on pad clean and avoid direct touching.
- Place the pad on clear plastic cover to avoid contamination and extend usage life.
- Please keep pads under shade and avoid high humidity and direct sun light. Recommended storage condition: Temperature <math>< 28^{\circ}\text{C}</math> and humidity $50 \pm 5\%$
- The average pad usage life is around 30-40 times (roughly one to two weeks) depending on personal hygiene, skin condition and how many times use per day.

Massage Mode (3) Massage Chair

Sooth and stretch out your muscles so you can relax after an intense workout.

This massage program shifts from a soft and light touch to a deep and intense massage. It's one of the popular mode to effectively stretch out and sooth your muscles after a long day. It helps promote metabolism, eliminating lactic acid buildup and helping you recover faster.

▼ Recommended pad placement



⚠ Other Considerations

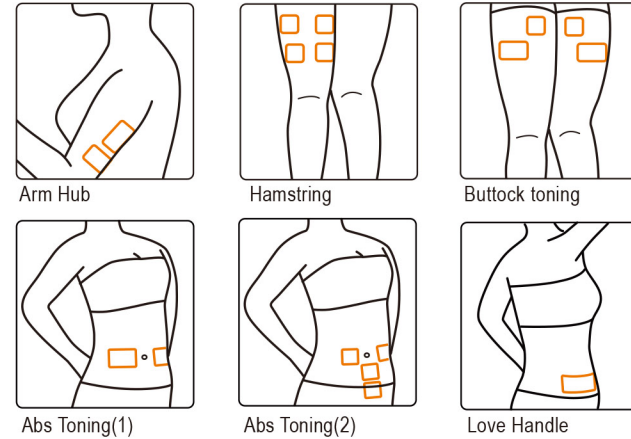
- Results from UGYM Pro may differ from person to person.
- Please follow doctor's instructions when using UGYM Pro if you are currently undergoing physical therapy. Visit a doctor from time to time to better understand the recovery progress.
- If any skin allergy or irritation is caused by the pad gel, stop using UGYM Pro immediately and consult a doctor.

Massage (4) Muscle Training

Efficiently increase muscle strength and density to reduce body fat.

Combine muscle training stimulation with physical exercise can increase muscle contraction rate and intensity to help build up muscle much faster with less chance of getting injured.

▼ Recommended pad placement



The actual feeling of stimulation intensity relies on pad locations, physical condition, size of electrodes, distance between each electrode and personal sensitivity.

Please drink 500cc of warm water after each massage session to keep muscle cells hydrated during recovery and speed up metabolism of waste product.

Quick Guide

- Thoroughly wash and dry the skin, snap the black or red lead to the electrode clip button, slowly pull electrode off the clear plastic sheet by grabbing its ear, apply electrodes flat to the skin. Make sure no electrodes are overlapping. Uneven electrodes will affect the desired stimulation.
- UGYM Pro has 4 massage modes to choose from. Select the mode that fits you best and raise the intensity level where you find most comfortable. Be careful not to raise the intensity level too fast as overloading intensity may cause muscle cramps or tear.
- Every massage session lasts for 30 minutes and will stop automatically. If you change the massage mode during previous session, the timer will restart for 30 minutes.
- If you want to remove electrodes during massage session, remember to press reset button or switch to the lowest intensity. (Reset button is located next to "+" button)
- Keep in mind you can use your smartphone to control the device remotely. (Bluetooth version only)

Troubleshooting

Device has suddenly stopped during session.

- Check to see if the battery LED display is blinking in orange. The device may need to be charged.
- Check to see if electrodes are falling off the skin; one of the leads has got disconnected; or if the lead cord jack got disconnected from the device.
- Check the lead cord for cracks, tears or other possible damages.
- Every massage mode lasts for 30 minutes and the device will automatically turn off after 60 seconds with no further action.
- If your device is overheating or malfunctioning, it will automatically power off.

How to reset the device if it's malfunctioning?

- Leave it for a day and it will become normal again.
- Let the battery drain and recharge the device again. (May take couple days)
- Charge the device for 10 minutes and unplug the micro USB cable.

⚠ Embedded 3200mA Lithium Battery

UGYM has a battery life up to 8 hours. Depending on the program and intensity selected, the battery life may vary from person to person. Through the USB port, U-GYM can also be used as an external battery to charge other electronics. When the device is fully charged the LED will display green. As the battery life diminishes, it will blink orange. All functions will shut off during charging.

*** Warning

- Do not use U-GYM in temperatures above 37°C.
- Do not put U-GYM in or around fire.

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference and
- (2) this device must accept any interference received, including interference that may cause undesired operation

U-GYM Technology Corp.

No. 2-1, Ln. 18, Yanshou St., Songshan Dist., Taipei City 105, Taiwan
Tel: 886-2-27476176 Email: info@myugym.com

@RelaxDeepMuscle



RelaxDeepMuscle.com

U>>GYM

Empowering Muscle Strength

U-GYM Pro Smart Deep Tissue Muscle Massager

⚠ Warning

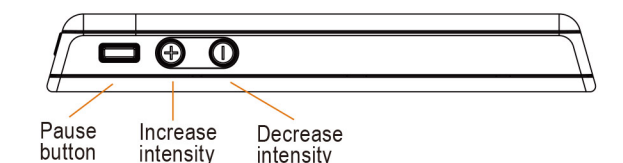
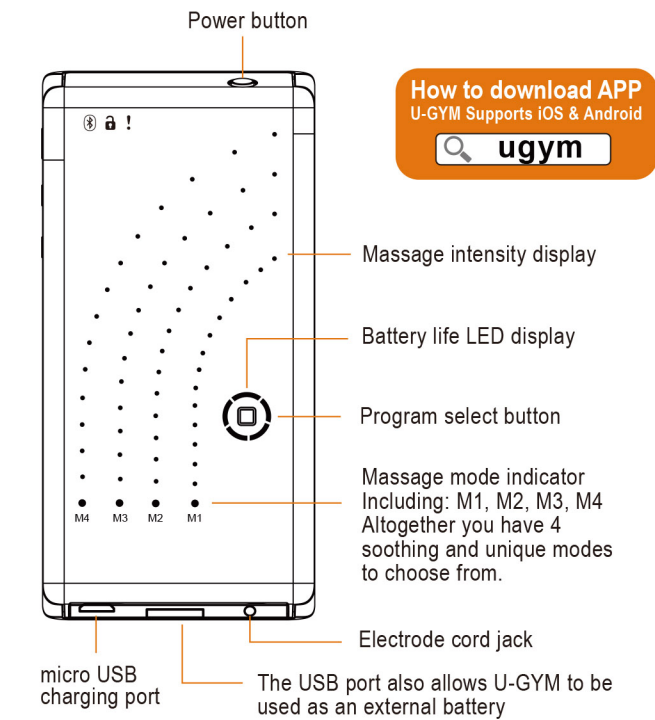
If you are acutely ill, please consult your doctor before using U-GYM.

- With pacemaker implant or cardiac dysfunction
- With hypertension, cancer or diabetes.
- With body temperature over 38°C, acute inflammation or in frail condition
- With muscle sprain, strain or in acute pain.
- Under pregnancy, had given natural birth within 6 months, or had caesarean section within 1 year.

Product Specifications:

U-GYM Weight: 150g
Dimensions : 128mm(L) x 63mm(W) x 17mm(H)
Embedded : Bluetooth module, 3200mAh Lithium battery
Included : User manual, 2-electrode cord, 4-electrode cord, micro USB charging cable, Storage bag, electrodes (size and quantity vary between models)

⚠ When travel by air, please keep UGYM Pro in the carry-on as it is also a power bank.



The LED light is in green when battery life is over 20%; it will require charging when LED blinks orange light, Device will turn off by itself when battery life is below 5%.
- 5 LEDs will light when device is fully charged.
- All functions will shut off while device is charging.
- Embedded lithium battery can be used up to 8hrs with one charge.

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