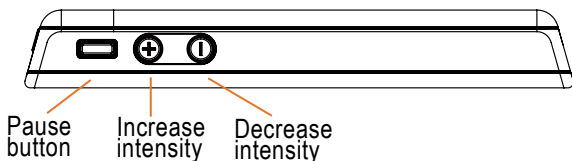
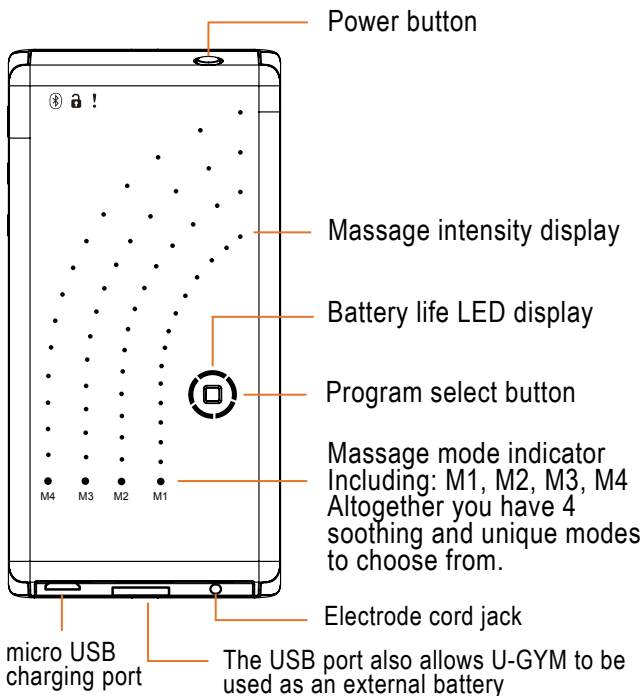


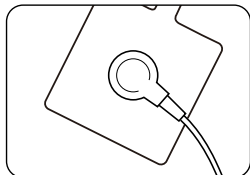
# Quick Guide



- The LED light is in green when battery life is over 20%; it will require charging when LED blinkis orange light, Device will turn off by itself when battery life is below 5%.
- 5LEDs 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.

# Operation Instruction

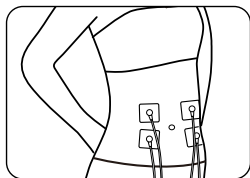
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## 1 Set up and get started

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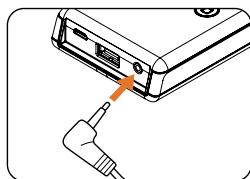
Snap the cord lead to the electrode clip button, make sure the lead is firmly attached to the center of pad.



## 2 Applying electrodes on skin

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Place the electrodes on the muscles based on your personal preference. Note that always apply the electrodes on skin before activating the device.



## 3 Connecting cord to device

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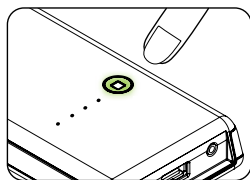
Insert the cord connector into the jack on the bottom of the device. Make sure it is fully inserted in to the jack.



## 4 Powering on

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Press and hold down the power button for 0.3 second (located on the upper right of the device) UGYM Pro will vibrate once and the LED display will illuminate. Now



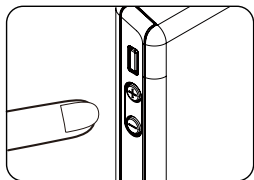
## 5 Selecting massage mode

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Press the mode button (there is a square mark on the button) on the front of the device to cycle through 4 modes (M1 to M4). Other than the original 4 massage modes, we are constantly researching and developing new modes which are available for download through our UGYM Smart Massage app.

# Operation Instruction

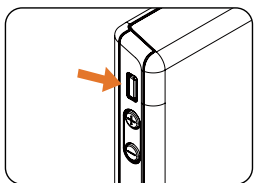
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## 6 Changing massage intensity

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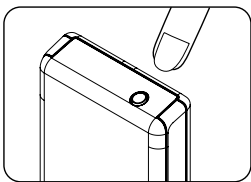
The two buttons on the left side of the device marked +/- allow you to control the intensity of your massage. In total there are 26 levels of intensity marked by the array of LED lights. One LED light indicates two levels of intensity change.



## 7 Pausing during massage

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During massage session you can press the pause button (right above the + button in square shape) to pause stop the device. This will start a new massage session, which means your massage timer and selected intensity will start over from beginning. If you leave device idle for 60 seconds, it will automatically turn off.



## 8 Powering off

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To power off your device simply hold the power button for 2 seconds. There will be two vibrations and the LED display will fully diminish to indicate the device shut off process. When finish massage session, kindly put the electrodes on clear plastic sheet and store it in cool and dry place to insure the maximum amount of uses.



Electrodes and lead cords are consumables with limited life expectancy and no warranty provided.

# Use U-GYM Sport Massage app

## 1. Download and install app

How to download app  
U-GYM Supports iOS & Android

ugym

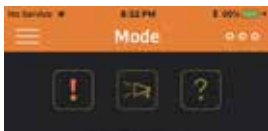


Just search the keyword “UGYM” either in App Store or Google Play and you can find UGYM logo. Click to download and install on your smartphone. Open the app and you will see the welcome page below.



## 2. Activate app

Click “Enter” to the main page. Click upper left ≡ “MENU” to choose different function.



Click above logo to see Warning, Info and Q&A



To Find Notice, Product and Q&A Information.

### 3. Pair Device and Control

In the main mode page, click on bluetooth icon to connect with device. You will see device name “U-Gym XXXXXX” shows up in the search. Click the device name and choose a nickname for your device for easy recognition and now the device is paired with your smartphone. You can click upper left corner and choose “Setting” -> “System Update” -> “Yes” to see if there’s any newer firmware available to update the device.



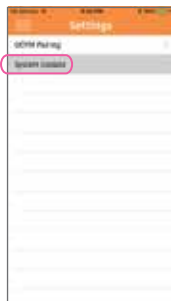
### 4. User's Manual

Click on upper left corner and select “Manual” to find the information. Slide left and right to scroll to different pages.



### 5. System Update

Click ≡ Menu -> settings -> system update to see if there’s new firmware to update. Note that the device needs to be connected first.

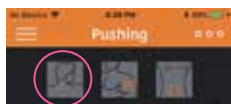


## 6. Use Smartphone to Control Massage Mode

When device is paired, the mode will preset at "Message 1". Press "NEXT" to go to Message 2" and press "PREV" to go to previous mode. There are total of 12 modes to choose from.



Press the PLAY icon ▶ to activate the massage, then press "+" to increase massage intensity and press "-" to lower massage intensity. To stop the massage, press the STOP icon ■ Note that please keep the intensity to the comfortable level and do not increase the intensity too much to avoid any muscle tear or injury.



You can click on the three icons above the big circle for detail explanation and recommended pad area for each massage mode. U-GYM has developed different Russian Wave stimulation for various of muscle groups specifically for enhanced muscle training especially in foot, calf, quads, waist, back, abs, upper arm and hip areas for mode 5 to 12.



As illustrated: Click on icons to show different reference pad areas

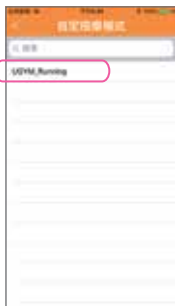
## 7. How to Add Self-design Modes

To enter self-design mode, make sure you are at the main page (click upper left menu and select “Mode”). Then click upper right and select “Add Self-design Modes”.

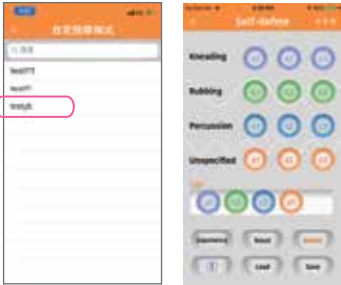
If there's no module showing in the screen, press upper right corner and select “Sync Available Cycles”.



Click on any circular cycle module, it will show up in a row by the order you click. Press "Delete" to remove the last one added and press "Reset" to start over. Press "Experience" and select intensity level to try out your design. (Make sure electrodes are properly setup on your body and cord is plug in to the device) If you like the design you made, press "Save" and enter the name for your design to save it. (A warning message will popup if the name are duplicate)



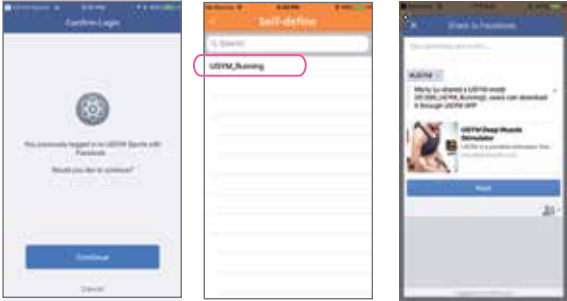
If you'd like to reload previous cedited modes, press "Load" and select the name of message mode to recall the edit screen for re-edit.



## 8. Share Self-define Mode on Facebook



Click the lower left "F" button to share the message mode. Facebook login notice will popup for further authorization. (You can skip this step if already log in)



Once you are logged in, just choose the mode to share and it will post the message name in FB post.