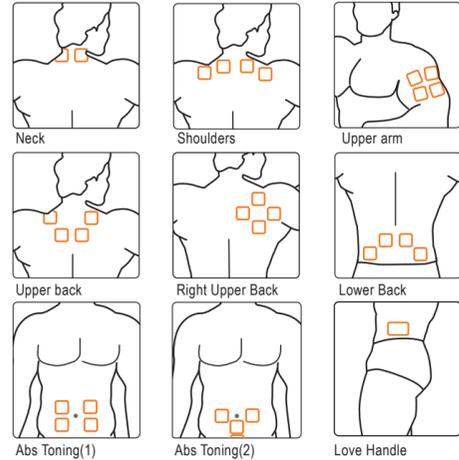


### Massage mode (1) Pushing and scrolling

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

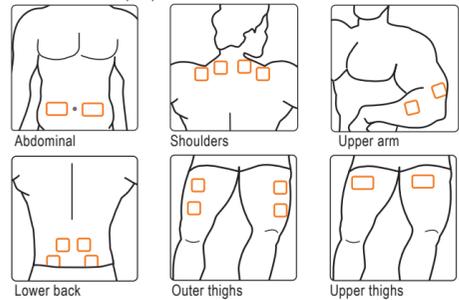


### Massage mode (2) Pushing and scrolling

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

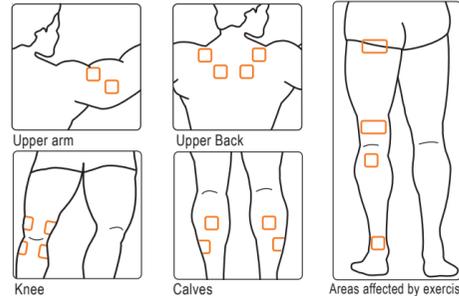


### Massage Mode (3) Massage Chair

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

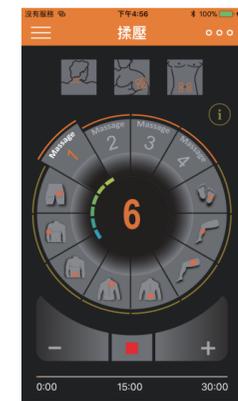
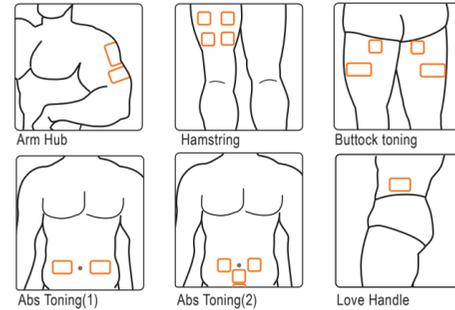


### Massage (4) Muscle Training

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



U-GYM Sport Massage

### UGYM Sport Muscle Training app – Gives you most effective and interactive training experience with UGYM Sport device.

UGYM Sport is a portable deep muscle massager and designed for athletes and sport enthusiasts who always want to push limits and bring their games to the next level. There are 12 modes available in the device and the app can show recommended areas to put electrodes. Use it before exercise to warm up muscle to avoid sport injury and speed up muscle recover after workout, relieve muscle soreness, and unlock muscular knots instantly.

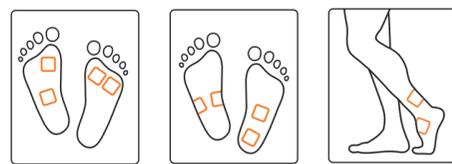
#### Russian Wave

We have designed 8 different Russian waveforms for different part of muscles: foot, calf, quads, back, shoulder, abs, forearm and hip and the waves are set at 2500Hz to give the maximum muscle training result. Study shows using Russian Wave to stimulate muscle can gain as much as 30% more of muscle strength compare to those without. Combine the workout with stimulation can increase training efficiency and get more result with the same amount of time. Self-design mode is also available through the app and you can share your design with friends.

### Foot Massage (Mode V)

Feet are enduring tremendous loading while performing jumping, stepping, dashing or balancing activities. Leg muscles are affected by unbalanced pressure if feet muscles can't operate functionally. Alternating kneading, rubbing and patting massage can effectively relieve pain and help muscles recover.

#### Suggested pad location as illustrated



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

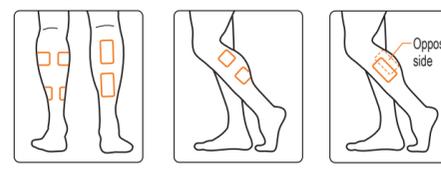
The actual feeling of stimulation intensity relies on pad locations, physical condition, size of electrodes, distance between each electrode and personal sensitivity.



### Calf Massage (Mode VI)

Calf muscles are often left neglected to maintain after exercise and immobilized due to muscle tear and stiffness. One should massage his/her calf muscle after workout or exercise especially with leg movement involved.

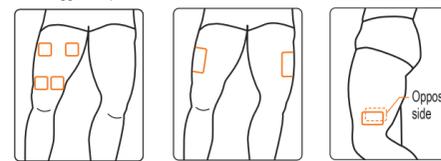
#### Suggested pad location as illustrated



### Quads Massage (Mode VII)

Gradual kneading and patting motions can speed up blood circulation and relax quads. Healthy and strong vastus lateralis and vastus medialis muscles can prevent kneecap injury.

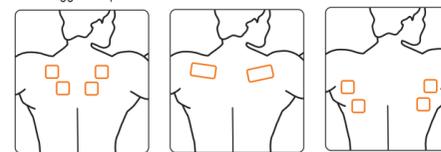
#### Suggested pad location as illustrated



### Back Muscle Massage (Mode VIII)

Back muscle is one of the key muscles affecting upper body movement and strength. It determines the look of your posture and affects skeleton health as trapezius is attached to spine. Relax those deep areas will avoid major injuries from upper muscle movement. The pressing and stretching stimulation can help rhomboid muscle relax.

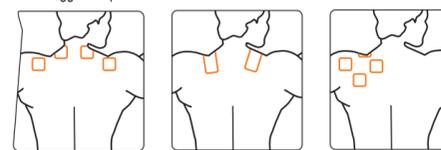
#### Suggested pad location as illustrated



### Shoulder Muscle Massage (Mode VIII)

Shoulder muscles dominate loading capability of upper body, its soreness will affect many arm related activities. Using deep and intensified kneading and stretching stimulation can improve blood circulation and effectively relieve shoulder stiffness.

#### Suggested pad location as illustrated



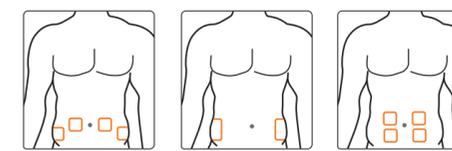
<http://www.myugym.com>  
Email : info@myugym.com

@RelaxDeepMuscle

### Abs Massage (Mode X)

Abdomen is key muscles to all sort of sports including jumping, running and jogging. When performing any type of activities, abdominal muscles can enhance power level, protect and strengthen body torso to avoid potential injuries.

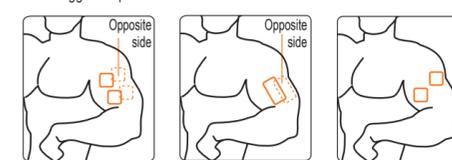
#### Suggested pad location as illustrated



### Upper Arm Massage (Mode XI)

In order to build up a stronger arm, both biceps and triceps need to be trained regularly and equally. Sore or stiffness on either one of the muscles will directly affect strength of the other. With alternating kneading and pressing massage will relieve the sore and keep upper arm healthier and stronger.

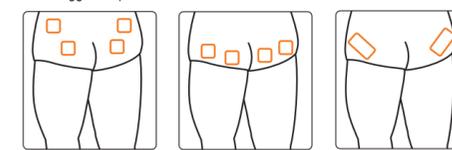
#### Suggested pad location as illustrated



### Hip Muscles Massage (Mode XII)

Hip muscles directly affect exploding power of leg activities and bad hip is normally resulting from wrong sitting postures and muscle overuse. By massaging the gluteus muscles can effectively relax major hip muscles and restore its strength.

#### Suggested pad location as illustrated



#### 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 <28°C and humidity 50±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.

#### Other Considerations

- Results from UGYM Pro may differ from person to person.
- Please follow doctor's instructions when using UGYM Sport 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.

### 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 Sport has 12 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

U-GYM 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.

#### About Electrodes (Pads)

- 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 life after use.
- Please keep pads under shade and avoid high humidity and direct sun light. Recommended storage condition: Temperature <28°C and humidity 50±5%
- The average pad usage life is around 30-40 times (roughly 3 to 4 weeks) depending on personal hygiene, skin condition and how many times use per day.

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

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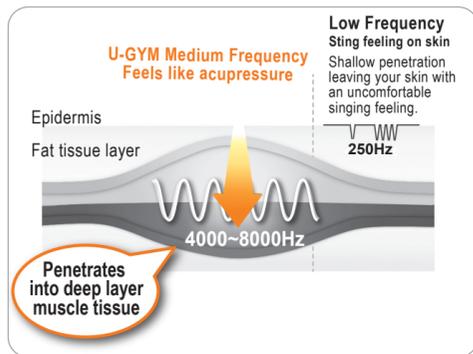
RelaxDeepMuscle.com



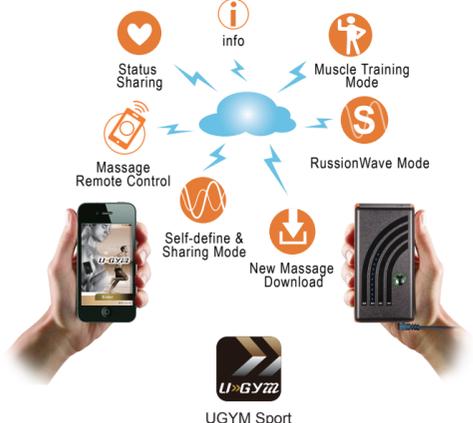
Our smart deep muscle sport massager lets you relax and relieve muscle tension anytime anywhere. Sleek and portable design makes UGYM Sport extremely easy to carry alone and allows users to use it at home or on the go.

UGYM Sport uses medium frequency stimulation between 4000-8000 Hz that can penetrate deep subcutaneous muscle tissue, stimulating deeper nerves and pressure points to effectively relieve muscle sore, pain or stiffness.

Our unique and unprecedented digital massage technology can make you feel deep layer stimulation similar to a traditional massage or acupressure performed by masseuse. This is what separates U-GYM from other low frequency stimulators, TENS and STIMS. Low frequency TENS unit only stimulates as deep as the epidermis which can leave you with uncomfortable stinging feeling.



UGYM Sport connects to smartphone through embedded BLE module to expand more functionalities. With U-GYM Sport Smart Massage app, supporting both iOS and Android, you can design your own muscle training programs or preferred message and share it with friends.



UGYM Smart Massage app has functions like: Info, Self-defined Message, Message Sharing, **New Message Download**, You can even experience more message modes and control the device through the smartphone app.

**NCC Notice**  
According to NCC regulation for low frequency and radiation electronics section 12: Company, business and end user can not alter frequency, enhance power or change original certified design and functionality without official authorization; section 14: Low power radiation electronics cannot be used to affect flight safety or interfere with approved communication and should stop using the electronics immediately if situation appears so.

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.

### Operation Instruction

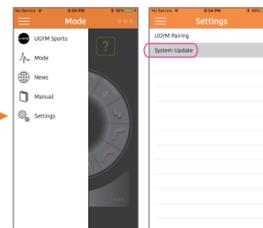
- Set up and get started**  
Snap the cord lead to the electrode clip button, make sure the lead is firmly attached to the center of pad.
- Applying electrodes on skin**  
Place the electrodes on the muscles based on your personal preference. Note that always apply the electrodes on skin before activating the device.
- Connecting cord to device**  
Insert the cord connector into the jack on the bottom of the device. Make sure it is fully inserted in to the jack.
- Powering on**  
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 your device is turned on.
- Selecting massage mode**  
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 Sport Massage app.
- Changing message intensity**  
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.
- Pausing during massage**  
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.
- Powering off**  
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 a cool and dry place to insure the maximum amount of uses.

### Use U-GYM Sport Massage app

- Download and install app**  
How to download APP U-GYM Supports iOS & Android **ugym sport**  
UGYM Sport  
Just search the keyword "ugym sport" 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.
- 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.
- 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.
- 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.

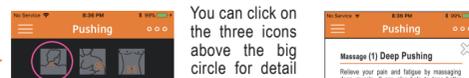


### 6. Use Smartphone to Control Massage Mode

When device is paired, the mode will preset at "Massage 1". Press "NEXT" to go to Massage 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.

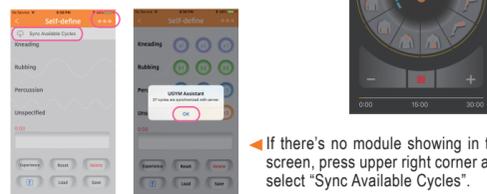


You can click on the three icons above the big circle for detail explanation and recommended pad area for each massage mode. U-GYM has developed different Russian Wave stimulation for various of muscle groups specifically for enhanced muscle training especially in foot, calf, quads, waist, back, abs,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

As illustrated: Click on icons to show different reference pad

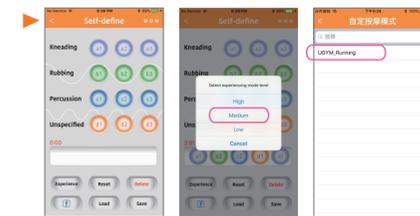
### 7. How to Add Self-design Modes

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)

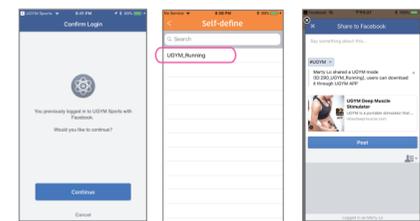


If you'd like to reload previous cedited modes, press "Load" and select the name of message mode to recall the edit screen for re-edit.

### 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.

### Warranty Info

Thank you for choosing Professional Deep Muscle Sport Manager. To ensure better warranty service, please register your product and membership at [www.RelaxDeepMuscle.com](http://www.RelaxDeepMuscle.com)

Warranty period : Within one year from the purchase date. To ensure better service, please complete registration online.

Warranty coverage: Limited warranty coverage is provided for material, manufacturing and parts defect. The warranty does not cover damage and dysfunction due to misuse or natural disaster. Electrowire, electrodepads and charging cable are not under warranty.



### Professional Deep Muscle Sport Manager

#### 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 Sport in the carry-on as it is also a power bank. [www.RelaxDeepMuscle.com](http://www.RelaxDeepMuscle.com) Email: [info@myugym.com](mailto:info@myugym.com)



**Note for charging**  
- 5 green LED light means device is fully charged. Device will shut-off if no further action after 60 seconds.  
- Massage and powerbank charging functions cannot work simultaneously. If you have problem powering on, that means battery low and need to recharge.  
- Embedded lithium battery can allow device work up to 7 hours when it's fully charged.