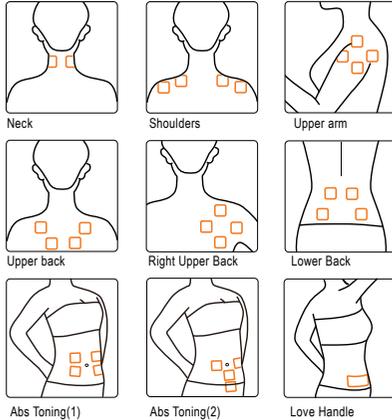


## Massage mode (1) Pushing and scrolling

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

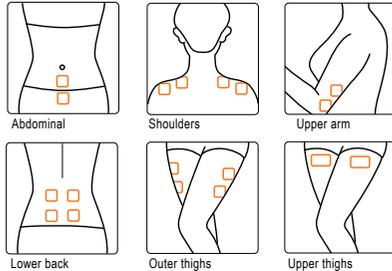


## Massage Mode (2) Rapid Patting

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

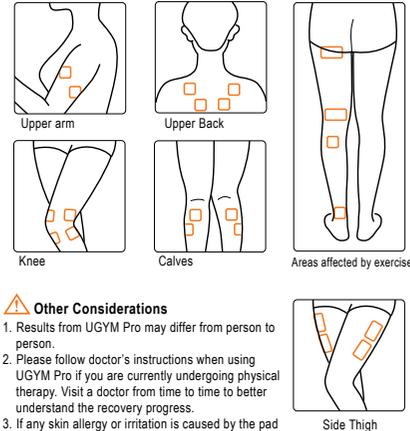
- To avoid dermatological infection and for hygiene purpose, please use dedicated pad for each person.
- Please keep the water-based gel on pad clean and avoid direct touching.
- Place the pad on clear plastic cover to avoid contamination and extend usage life.
- Please keep pads under shade and avoid high humidity and direct sun light. Recommended storage condition: Temperature <math>< 28^{\circ}\text{C}</math> and humidity 50±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

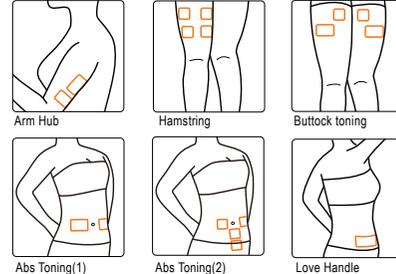
- Results from UGYM Pro may differ from person to person.
- Please follow doctor's instructions when using UGYM Pro if you are currently undergoing physical therapy. Visit a doctor from time to time to better understand the recovery progress.
- If any skin allergy or irritation is caused by the pad gel,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

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 <math>< 28^{\circ}\text{C}</math> 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.

### 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

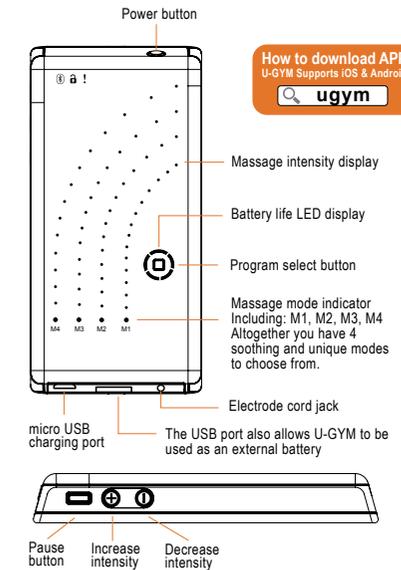
If you are acutely ill, please consult your doctor before using U-GYM.

- 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%.  
- SLEDs 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.

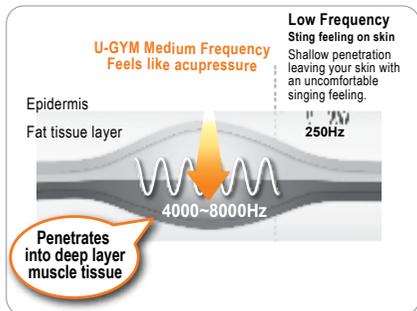
15112017



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

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



U-GYM Smart Massage app has functions like: Info, Self-defined Message, Message Sharing, New Massage Download, Facebook and Airsig login.

You can even experience more massage 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.

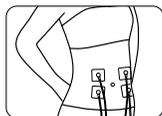
This device complies with part 15 of the FCC rules. Operation is subject to the following Two Conditions.  
(1) This device may not cause harmful interference and  
(2) This device must accept any interference received including interference that may cause undesired operation.

## Operation Instruction



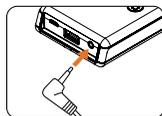
### 1 Set up and get started

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



### 2 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.



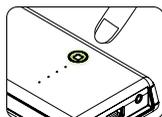
### 3 Connecting cord to device

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



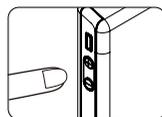
### 4 Powering on

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.



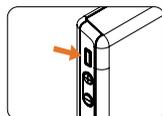
### 5 Selecting message mode

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 message modes, we are constantly researching and developing new modes which are available for download through our UGYM Smart Massage app.



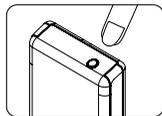
### 6 Changing message intensity

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.



### 7 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.



### 8 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 cool and dry place to insure the maximum amount of uses.

## Use U-GYM Smart Massage app

### 1. Download and Install app

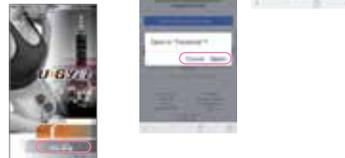


Just use keyword "UGYM" in app store and you should find UGYM logo. Please download and install the app in your smartphone.

### 2. Activate the app

Once you open the app you will see the login screen (right). You can either use Facebook login or Airsig login.

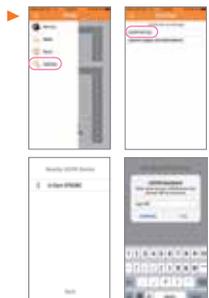
When using Facebook to login, make sure the Facebook account is already login, the app will take you to Facebook login page and select "Use Facebook to Login" and click "Confirm" to continue. The app now will take you to the main page. (Note that if you are inactive for 5 minutes, you will be logged out.)



When using Airsig to login the first time, the prompt will lead you to setup a signature. Please think of a name at least 6 characters such as "Franky", picture that word in your head and keep your thumb on the screen and hold the phone like a wand to write the word as if you are writing on the wall with the tip edge of your phone. Once it's setup, it will take you to the main page. (Note that if you are inactive for 5 minutes, you will be logged out.)

### 3. Pair and control device

You will need to pair the device to update the firmware or control the device. Press the upper left corner and click on "Settings" and click on "UGYM Pairing". Now you see a device turned on named "U-Gym 075DBC", click on the name and you can set a nickname for it. Now the device is paired successfully. You can click on "System Update" to see if there's any available firmware to update your device.



Now click on "Mode" to go back to the main screen.



Click on one of the M1-M4 modes and the screen will change to below. Press "+" to go up higher intensity and "-" to go down. You can see the remaining time left on the lower bar.

For more information, please reach out to:  
<http://RelaxDeepMuscle.com>  
Email : [info@myugym.com](mailto:info@myugym.com)

### 4. Download additional message modes

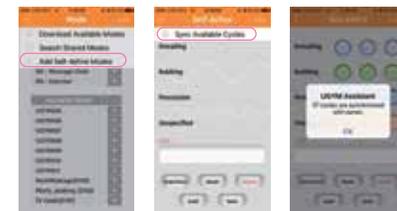
Press the upper right corner and select "Download Available Modes" and you will see UGYM05 to UGYM011 show up in the Available Mode section.



If you select one of the available modes download from our server, you can replace M1 to M4 mode on the device. If you don't like the change, you can restore the default M1-M4 back on device as well.

### 5. Create self-define mode

Before using the Self-define mode, please make sure you click on upper corner to select "Sync Available Cycles" and you will see different cycles pops up.



Click on any of the cycles and they will show up in the row of sequence. Click on "Experience" and intensify to try your design. (Make sure your pads are already on your body and cord is plugged in to the device)



If the design is complete, press "Save" and give the mode a name. Now you can see there's additional mode on the bottom of main page.



### 6. Upload and share self-define mode

Click on one of the Self-design mode and you can delete or share the mode on Facebook.



For more Information please contact us under:

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