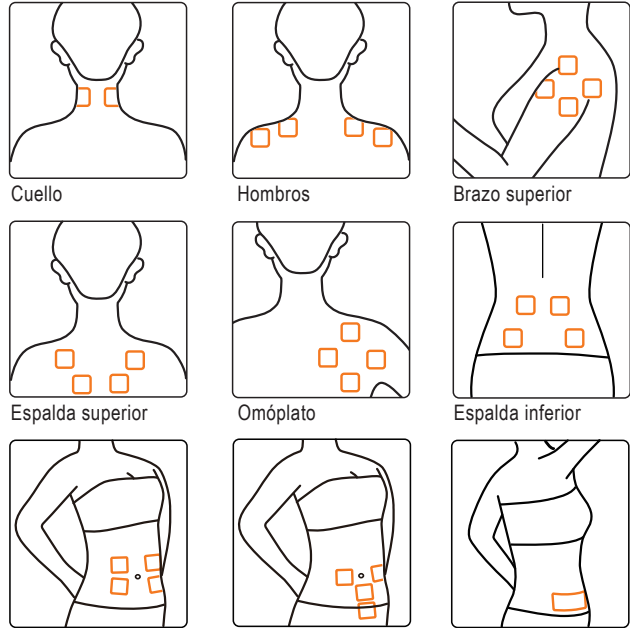


Modo de Masaje (1) Empuje y amasado

Reduzca el dolor, la fatiga y el cansancio y logre que sus músculos regresen a su estado original.

Relaja de forma efectiva la incómoda tensión y fatiga muscular, el dolor muscular y el estrés. Las ondas especialmente diseñadas de estimulación de capas musculares profundas pueden fortalecer los músculos, ayudarle a administrar su salud y reducir su cintura.

▼ Colocación recomendada para las almohadillas



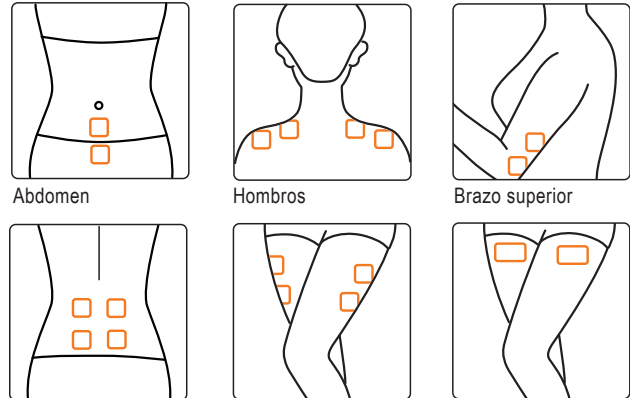
Cuello Hombros Brazo superior Espalda superior Omóplato Espalda inferior Tonificación de abdomen(1) Tonificación de abdomen(2) Área lateral de la cintura

Modo de Masaje (2) Golpeteo rápido

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.

▼ Colocación recomendada para las almohadillas



Abdomen Hombros Brazo superior Espalda baja Muslo exterior Muslo interior



Electrode Usage Guide

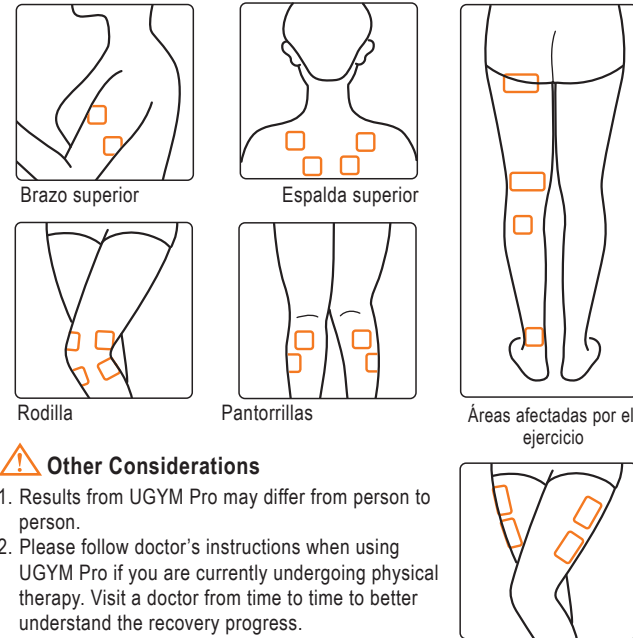
- 1.To avoid dermatological infection and for hygiene purpose, please use dedicated pad for each person.
- 2.Please keep the water-based gel on pad clean and avoid direct touching.
- 3.Place the pad on clear plastic cover to avoid contamination and extend usage life.
- 4.Please keep pads under shade and avoid high humidity and direct sun light. Recommended storage condition: Temperature <28°C and humidity 50±5%
- 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.

Modo de Masaje (3) Sillón de masajes

Alivie y estire sus músculos para que pueda relajarse después de una intensa sesión de ejercicio.

Este programa de masaje pasa de un ligero y suave toque a un masaje profundo y más intenso. Es uno de los modos más populares para estirar de forma efectiva sus músculos mientras les brinda el alivio que necesitan después de un largo día. Ayuda a promover el metabolismo, eliminando la acumulación de ácido láctico, ayudándole a recuperarse más rápidamente.

▼ Colocación recomendada



Brazo superior Espalda superior Rodilla Pantorrillas Áreas afectadas por el ejercicio Muslo externo



Other Considerations

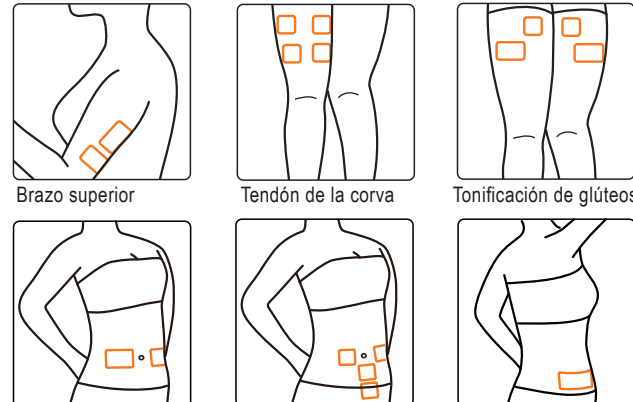
1. Results from UGYM Pro may differ from person to person.
2. Please follow doctor's instructions when using UGYM Pro if you are currently undergoing physical therapy. Visit a doctor from time to time to better understand the recovery progress.
3. If any skin allergy or irritation is caused by the pad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

Modo de Masaje (4) Entrenamiento Muscular

Incrementa de forma eficiente su fortaleza y densidad muscular para reducir la grasa corporal.

Combine la estimulación de entrenamiento muscular con el ejercicio físico para incrementar el ritmo e intensidad de la contracción muscular. Ayuda a generar masa muscular más rápidamente con una menor posibilidad de lesionarse.

▼ Recommended pad placement



Brazo superior Tendón de la corva Tonificación de glúteos Tonificación de abdomen(1) Tonificación de abdomen(2) Área lateral de la cintura

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

1. 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.
2. 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.
3. 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.
4. 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)
5. Keep in mind you can use your smartphone to control the device remotely. (Bluetooth version only)

Troubleshooting

Device has suddenly stopped during session.

1. Check to see if the battery LED display is blinking in orange. The device may need to be charged.
2. 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.
3. Check the lead cord for cracks, tears or other possible damages.
4. Every massage mode lasts for 30 minutes and the device will automatically turn off after 60 seconds with no further action.
5. If your device is overheating or malfunctioning, it will automatically power off.

How to reset the device if it's malfunctioning?

1. Leave it for a day and it will become normal again.
2. Let the battery drain and recharge the device again. (May take couple days)
3. 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.

*** Advertencia

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

About Electrodes (Pads)

1. To avoid dermatological infection and for hygiene purpose, please use dedicated pad for each person.
2. Please keep the water-based gel on pad clean and avoid direct touching.
3. Place the pad on clear plastic cover to avoid contamination and extend life after use.
4. Please keep pads under shade and avoid high humidity and direct sun light. Recommended storage condition: Temperature <28°C and humidity 50±5%
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



Advertencia

Si usted tiene una condición médica, por favor consulte a su médico antes de usar UGYM.

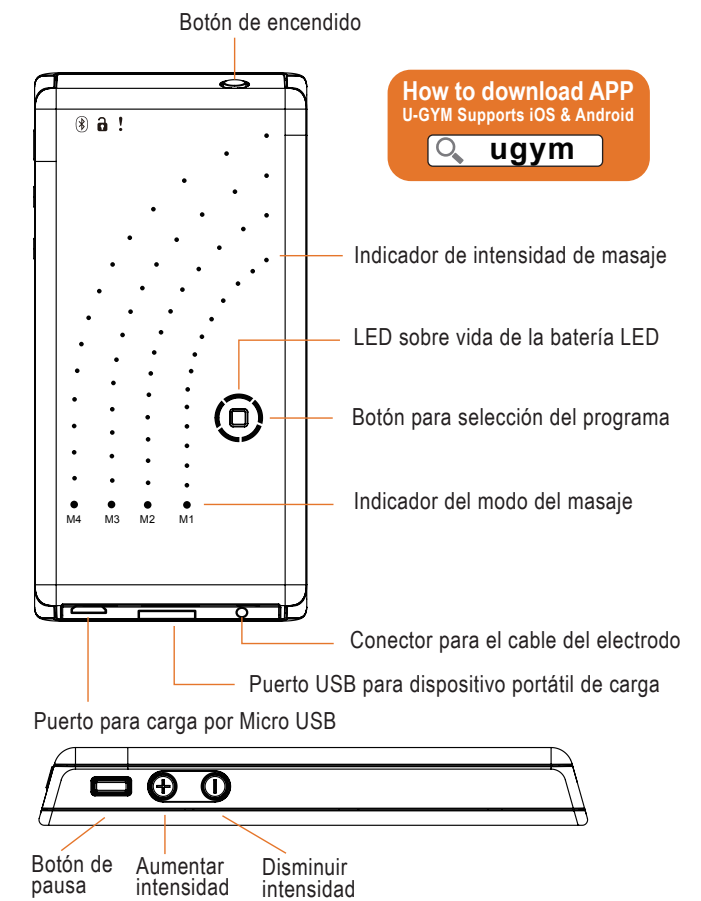
- Marcapasos o enfermedad cardíaca
- Hipertensión, cáncer o diabetes.
- Temperatura corporal por encima de 38° C, inflamación aguda o en condición delicada.
- Esguince o distensión muscular o con dolor agudo.
- Embarazada, ha tenido un parto natural durante los últimos 6 meses o tuvo una cesárea durante el último año.

Especificaciones del Producto:

U-GYM Peso: 150 g
Dimensiones: 128 mm(L) x 63 mm(W) x 17 mm(H)
Interior: Módulo Bluetooth, batería de litio de 3200mAh
Incluye: Manual del usuario, cable de 2-electrodos, cable de 4-electrodos, cable de carga por micro USB, estuche de almacenado, electrodos (tamaño y cantidad varía dependiendo del modelo)



Quando viaje por aire, por favor mantenga el UGYM Pro en su equipaje de mano, pues también es un dispositivo portátil de carga.



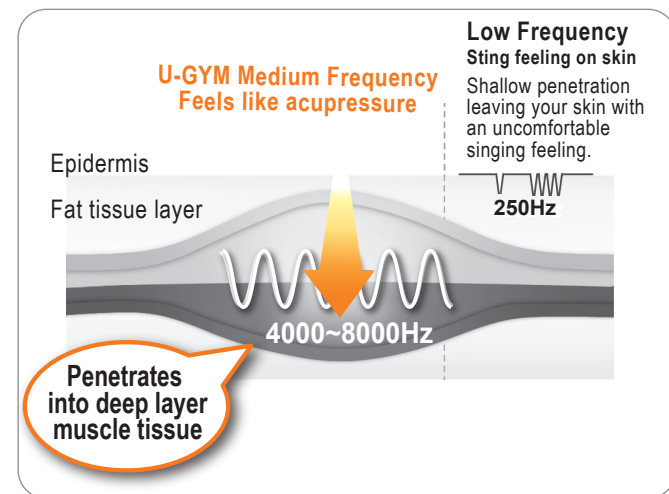
The LED light is in green when battery life is over 20%; it will require charging when LED blinkis orange light, Device will turn off by itself when battery life is below 5%.
- 5LEDs will light when device is fully charged.
- All functions will shut off while device is charging.
- Embedded lithium battery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



Nuestro masajeador deportivo de músculo profundo le permite relajar y liberar la tensión muscular en cualquier momento y en cualquier lugar. Su diseño elegante y portátil hace que sea extremadamente fácil llevar consigo el UGYM Pro y permite a los usuarios utilizarlo en el hogar o fuera de este.

El UGYM Pro utiliza una frecuencia media de estimulación entre 4000-8000 Hz que puede penetrar el tejido muscular subcutáneo a nivel profundo, estimulando los nervios y puntos de presión más profundos para reducir de forma efectiva el dolor o rigidez muscular.

Usando nuestra única tecnología digital de masajes sin igual, los usuarios sentirán una estimulación de tejido profundo similar a un masaje tradicional o acupuntura realizada por un terapeuta masajista. Esto es lo que separa al UGYM de otros estimuladores que usan frecuencias bajas, como TENS y STIM. Los TENS de frecuencia baja solamente estimulan hasta la epidermis, lo cual puede dejarle con una sensación de picazón incómoda.



UGYM Pro se conecta con su smartphone a través de su módulo Bluetooth BLE para proporcionar mayor funcionalidad. Con la app UGYM Smart Massage, para iOS y Android, usted puede diseñar sus propios programas de entrenamiento muscular o de masaje preferido y compartirlos con sus amigos.



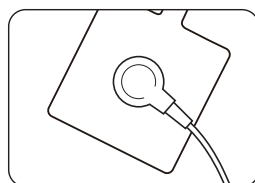
La app UGYM Smart Massage tiene funciones tales como: Información, masaje definido por usted mismo, compartir masaje, descargar nuevo masaje, ingreso a Facebook y Airsig.

Usted incluso puede experimentar más modos de masaje y controlar el dispositivo a través de la app para smartphone.

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.

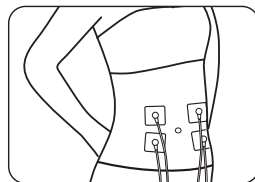
This device complies with part 15 of the FCC rules. Operation is subject to the follow Two Conditions.
(1) This device may not cause harmful interference and
(2) This device must accept any interference received including interference that may cause undesired operation.

Use la app UGYM Smart Massage



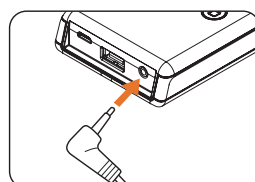
1. Configure y comience

Conecte el cable a los botones en los electrodos, asegurándose de que estén conectados firmemente al centro de los electrodos.



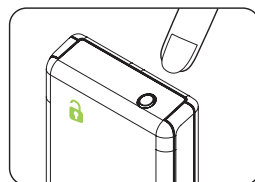
2. Colocando los electrodos sobre la piel

Place the electrodes on the muscles based on your personal preference. Always apply the electrodes on the skin before activating the device.



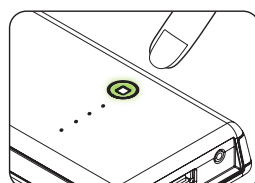
3. Conectando el cable al dispositivo

Inserte el conector del cable al espacio de conexión en la parte inferior del dispositivo. Asegúrese de que el conector esté insertado por completo.



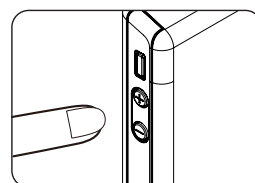
4. Encendiendo

Presione y mantenga presionado el botón de encendido (ubicado en la parte superior derecha del dispositivo) por 1 segundo. El UGYM Pro vibrará una vez y el LED se iluminará. Ahora su dispositivo ha sido encendido.



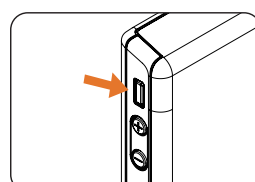
5. Seleccionando el modo de masaje

Presione el botón de modo (hay una marca cuadrada sobre el botón) al frente del dispositivo para ciclar entre los 4 modos (M1 a M4). Además de los 4 modos de masaje originales, nosotros constantemente estamos investigando y desarrollando nuevos modos que están disponibles para ser descargados a través de nuestro app UGYM Smart Massage.



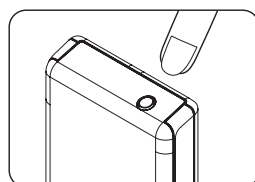
6. Cambiando la intensidad del masaje

Estos dos botones en el lado izquierdo del dispositivo le marcados con +/- le permiten controlar la intensidad de su masaje. En total hay 26 niveles de intensidad marcados por diversas luces LED. Una luz LED indica dos niveles de cambio en intensidad.



7. Pausa durante el masaje

Durante una sesión de masaje, usted puede presionar el botón de pausa (un botón rectangular justo arriba del botón +) para temporalmente detener el dispositivo. Esto reseteará el temporizador del masaje y la intensidad seleccionada a la configuración original. Si usted deja el dispositivo sin actividad durante 60 segundos, este se apagará de forma automática.



8. Apagado

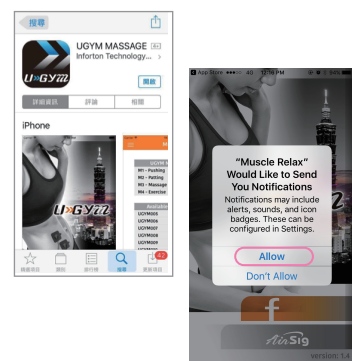
Para apagar el dispositivo simplemente presione y sostenga el botón de encendido durante 3 segundos. Habrá dos vibraciones y los LED se apagarán para indicar que el dispositivo se ha apagado. Cuando termine una sesión de masaje, retire los electrodos y colóquelos sobre la hoja de plástico y guárdelos en un lugar fresco y seco para asegurar su longevidad máxima.

Cómo usar la app del UGYM Smart Massage

1. Descargue e instale la app



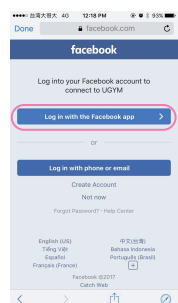
Just use keyword "UGYM" in app store and you should find UGYM logo. Please download and install the app in your smartphone.



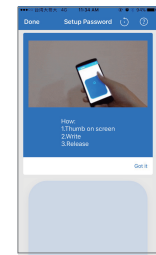
2. Active la app

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.)

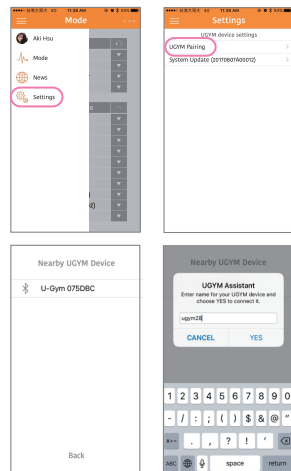


When using Airsig to login the first time, the prompt will lead you to setup a signature. Please think of a name at least 6 characters such as "Franky", picture that word in your head and keep your thumb on the screen and hold the phone like a wand to write the word as if you are writing on the wall 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.)



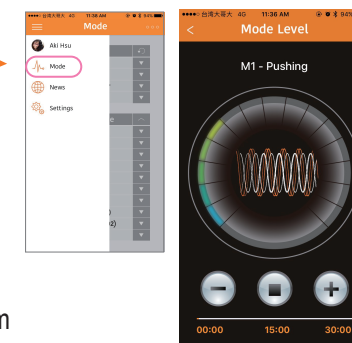
3. Empareje y controle el dispositivo

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 Paring. 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.

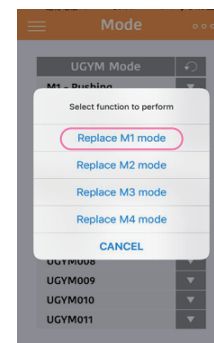
Click on one of the M1-M4 modes and the screen will change to below. Press "+" to go up higher intensity and "-" to go down. You can see the remaining time left on the lower bar.



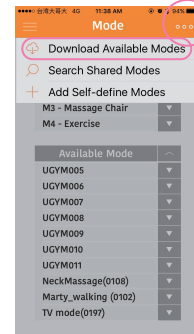
Más información en :
<http://RelaxDeepMuscle.com>
Email : info@myugym.com

4. Descargue los modos adicionales para masaje

Press the upper right corner and select "Download Available Modes" and you will see UGYM005 to UGYM011 show up in the Available Mode section.

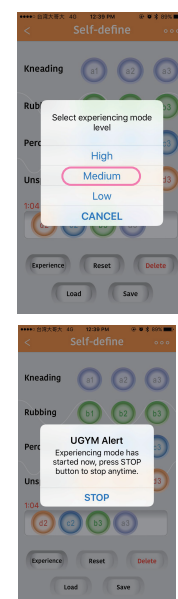
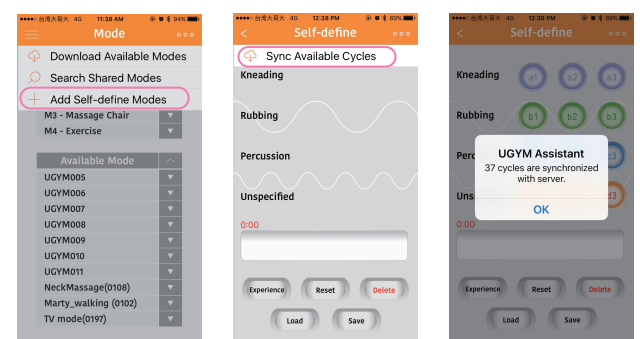


If you select one of the available modes download from our server, you can replace M1 to M4 mode on the device. If you don't like the change, you can restore the default M1-M4 back on device as well.



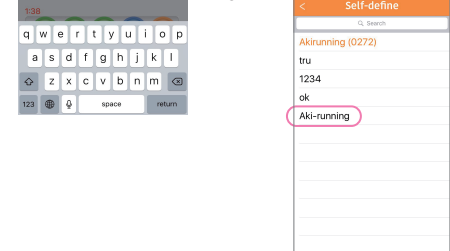
5. Cree un modo definido por usted mismo

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 intensity 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. Suba y comparta el modo definido por usted mismo

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

