

Long term discomfort of muscle sore or pain in neck, shoulder and back areas will seriously affect quality of life

Many people nowadays work over 8 hours a day and spend longer time in sitting position. Even though they change their posture and walk a bit from time to time, but most of muscles are not properly stretched out and relaxed, causing accumulation of chemical waste in those areas that will induce muscle sore or pain, especially in the neck, shoulder and back areas.

According to our observation, most white-collar workers have sleep deprivation problem. In fact, most muscle pain or soreness in multiple areas are highly resulted from bad posture at work. If muscle is not fully relaxed in the first place, the quality of sleep will be highly affected causing more muscle pain and becoming a vicious circle. Getting enough sleep is key to muscle recovery, so we all should maintain at least 8 hours of sleep daily to let body fully recover during deep sleep. We can start with simple stretching and adjust sitting posture, or simply utilize UGYM mini to relax muscle anytime, anywhere.

How to check battery life?

Long press 0.3 second to turn on the device. While green or blue LED is blinking, press power button once and white LED will start to blink. Blink once indicates battery life between 10 to 39%; blink twice for 40 to 59%; blink 3 times for 60 to 79% and blink 4 times for more than 80%.





2000-4000Hz
Frequency



Deep Tissue
Massage



Real Massage
Sensation



Up to 5 hours



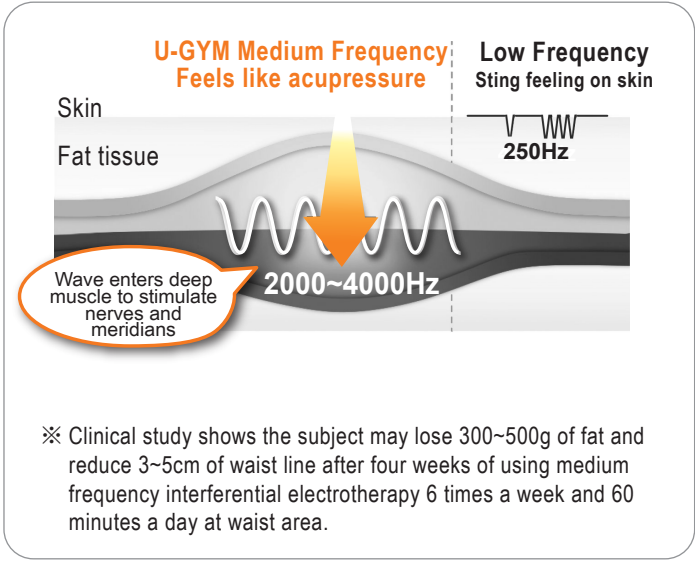
Ultra Portable



Stylish Design

U-GYM’s proprietary digital massage technology gives you professional massage as if getting that from a real therapist

Through UGYM mini’s deep tissue massage, the deeper muscle will contract passively to improve blood circulation and metabolize chemical waste within these areas. Thus it can effectively relieve any discomfort from muscle stiffness or pain. UGYM mini’s medium frequency is between 2000 to 4000Hz and can get into deep tissue to stimulate meridians and nerve, letting you get a feeling of deep pressed sensation, which is similar to acupressure from massage therapist. Most TENS and EMS on the market are using low frequency (below 1000Hz), which can only reach skin areas and cannot effectively stimulate deep tissue for effective muscle contraction.



Operation Notice:

1. Please clean the skin using water and keep it dry; lift up pad (electrode) from rounded ear side off the clear plastic cover and place the pad to the treated area. Keep the pad flat on skin and avoid any wrinkle for better effect.
2. There are two stimulation modes to choose from. Select the desired mode and press **+** or **—** to change the intensity level. Slowly increase the intensity level and keep intensity bearable and comfortable. (Double press **⏻** to switch mode)
3. The stimulation mode is set to end automatically in 30 minutes. The timer and intensity level will reset if the mode has been switched.
4. UGYM mini will shut off automatically in 60 seconds if no further action is followed.
5. Please do not remove the pad from skin until the intensity level is switched to the lowest level or device is turned off.
6. Stimulation cannot be activated for battery lower than 10% and device cannot turn on if battery is lower than 5%.

U-GYM simulates deep massage technique from real therapist to give you full relaxation!

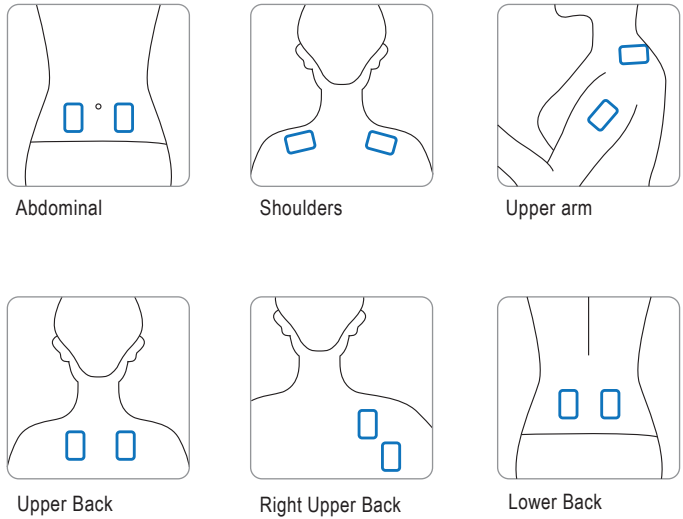
Massage Sequence 1 :

Using different level and frequency of stimulation pulses alternating repeatedly to produce gentle, solid but deep pressing muscle sensation. It can effectively relieve muscle fatigue and soreness and help release your mental pressure.

Massage Sequence 2 :


Alternating gentle and strong beat motion pulses can effectively relieve muscle stiffness caused by static posture. It can improve blood circulation and metabolism to speed up muscle recovery.

▼ Recommended pad placement

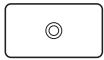


Supported Electropad


Currently we have three sizes to choose from



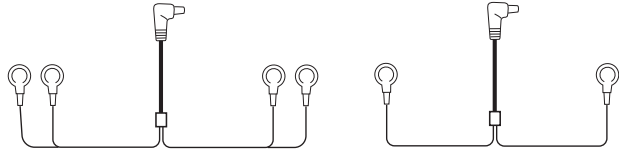
Size 5X5cm, 4 pads a pack



Size 5X9cm, 4 pads a pack



Size 7X13cm, 2 pads a pack



※Recommend to use 4 pads with 1 to 4 cord;
and use 2 pads with 1 to 2 cord

Notice during Massage:

The stimulation intensity is selected based on different treatment areas, size of pads, personal muscle sensitivity and individual body condition. Make sure the intensity is at your most comfortable zone.

- 1.1 hour (two cycles) of treatment for each area per day is recommended.
- 2.Please drink 500cc of warm water after each session to keep muscle cells hydrated during recovery and speed up metabolizing extra cell waste.
3. The actual feel of stimulation intensity relies on pad locations, personal physique and individual sensitivity.
4. Please stop using UGYM mini immediately if you are feeling discomfort or ill in any way during the session and consult your doctor.

Instruction for Electrode:

- 1.Avoid placing pads at heart, neck, eye, oral, genital, arteries and sensitive areas.
- 2.Avoid putting pads at rash, zit and wounded areas.
- 3.For users with skin disease history, please be careful not to use over time.
- 4.If the pads are contaminated, dried out, worn off or other factors causing weak stimulation performance, we recommend to replace with new pads. (For best stimulation result, we recommend to replace new pads every month or after 30~40 uses.)

Best Practice for Electrodes:

- 1.To avoid dermatological infection and for hygiene purpose, please use dedicated pad for each individual.
- 2.Please keep silicone gel on pad clean and avoid touching directly.
- 3.Place the pad on clear plastic cover after every use 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 degree and humidity 50±5%.)
- 5.The average pad usage life cycle is around 30~40 times (roughly within one month) depending on use frequency, personal hygiene and skin condition.

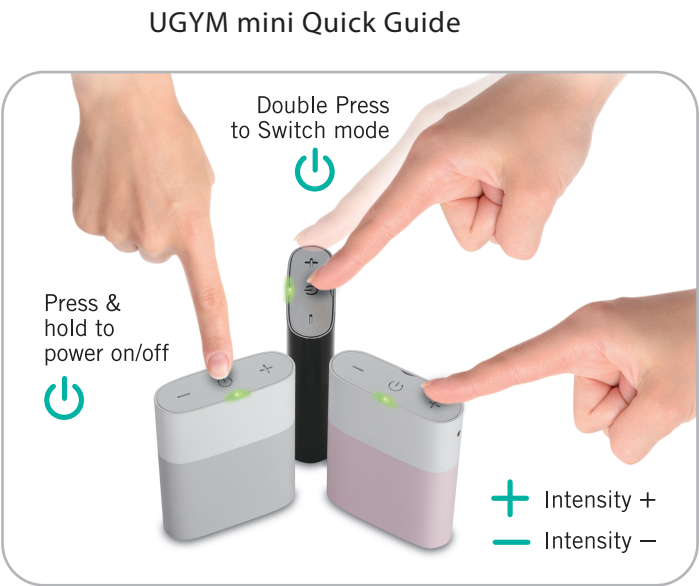


U-GYM simulates real hand massage technique that can fully relax your body.

UGYM mini Set Contains :

- Device weight: 100g (+/- 5%)
Device dimension: 80(H) × 60(W) × 22(L)mm
- Electrodes: Four electrodes in a bag (quantity and size may differ)
- Package includes: User manual, 1-to-2 cord, micro USB charging cable
- Embedded 2600mAh Lithium rechargeable battery

Please contact us for assistance:
E-mail: info@myugym.com
Phone: 886-2-2747-6176
Hours: Monday to Friday from 10AM to 6PM



1. Press and hold for 0.3 seconds to turn it on and press and hold 2 seconds to turn it off.
2. Double-press to switch different between 2 modes.
3. Press to increase intensity level and to lower intensity level.

Notice for Charging:

If orange LED light is off while charging, that indicates the device is fully charged.

Embedded 2600mAh Lithium Battery:

1. UGYM mini can be used up to 5 hours after fully charge (Usage time varies and is depending on different intensity level and sequence used)
2. The orange LED will flash slowly to indicate low battery level (Less 10%).
3. Stimulation will be disabled during battery charging. Both charging and stimulation cannot perform at the same time.

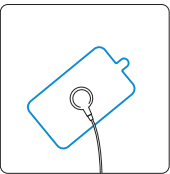
Warning:

Please do not use UGYM mini in environment over 40 degree Celsius. Throwing the device and battery in fire is strictly prohibited.

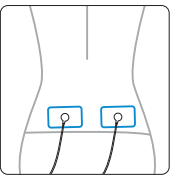
Troubleshooting - Device stops during stimulation:

1. Please check if the LED is flashing in orange showing low battery. Please charge the device immediately if that's the case.
2. Whether electrode cord is firmly plugged in the device and all snap-on clips are firmly attached to the pads. Also, check to see if any of the electrodes are fallen off from skin.
3. Please check if electrode cord is damaged or cracked.
4. If the session has been run for 30 minutes, the device will shut off automatically.
5. If the device is overheating or acting abnormally, it will shut down automatically for safety.

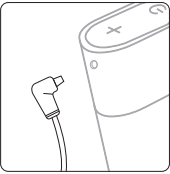
How to use UGYM mini:



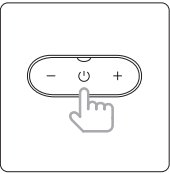
1. Attach electrodes with cord: Press the snap-on clip on pads firmly.



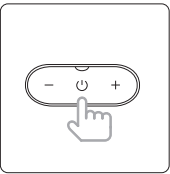
2. Pad placement: Put the pads on areas you want to massage, normally is directly above sore or pain areas. (Please do it while the device is off and refer to illustration for recommended placement areas)



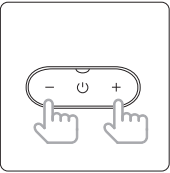
3. Connecting cord: Plug in the cord to the side of UGYM mini and make sure it's all the way to the end.



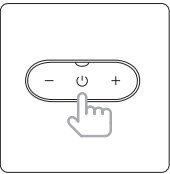
4. Device turn on: Long press for 0.3 seconds, the device will vibrate once and LED will flash green indicating massage sequence 1. (It will automatically shut off in 60 seconds when no further action detected)



5. Massage mode switching: There are two modes to switch from. Double press to switch between sequence 1 and sequence 2. Green LED indicates sequence 1 and blue LED indicates sequence 2.



6. Intensity level selection: and is controlling the intensity of stimulation level. There are total 26 levels to choose from.



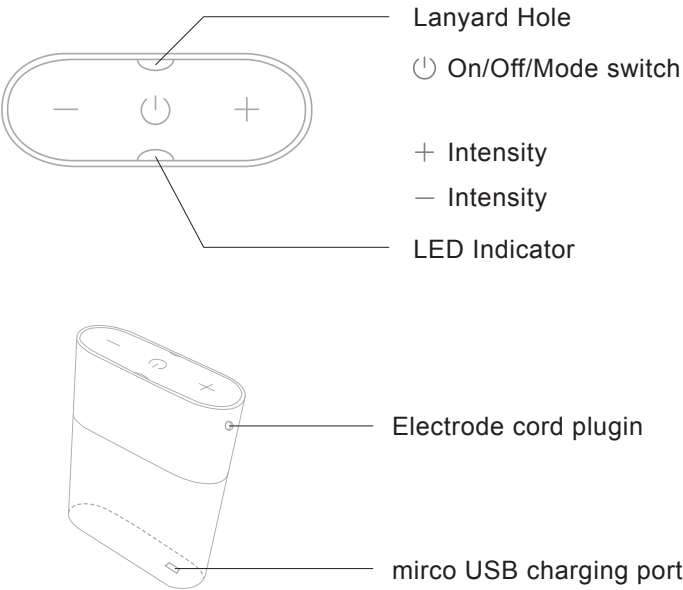
7. Turning device off: Long press for 2 seconds and device will shut off. LED light will also go off and device will vibrate twice to indicate the process.

UGYM mini
Portable Deep Tissue Massager

Warning

Please consult doctors before using UGYM mini if you have below conditions:

- With pacemaker implant or cardiac dysfunction syndrome.
- With hypertension, cancer or diabetes.
- With body temperature over 38 degree Celsius, acute inflammation or in frail physique.
- Has muscle sprain, strain or acute muscle pain condition.
- Under pregnancy, recently gave natural birth, or had caesarean section within 1yr.



Each stimulation mode will stop after 30 minutes, If no further action in one minute or power level is under 5%, U-GYM will shut off automatically.

UGYM mini
Portable Deep Tissue Massager

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