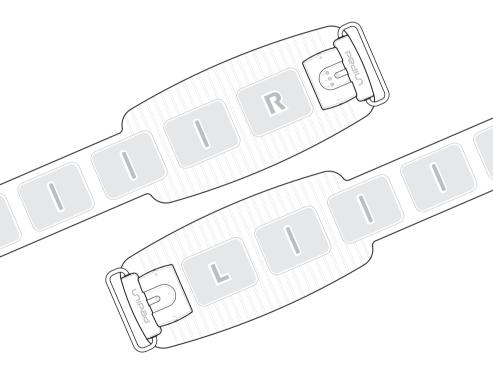


MANUAL



# POWER IOT FOR ARMS

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# Product features

#### Product features

Thank you very much for purchasing the "POWER IOT FOR ARMS" professional EMS (Electrical Muscle Stimulation) device. Please read this manual carefully before using and keep this product manual for later usage.

POWER IOT FOR ARMS is currently the only multi-functional product in the EMS market that is made all-in-one strap style. The professional training effect is ideal for the sport lovers. For the appearance, the device is fully covered in the soft silicone, and the integrated design allow it to reach IP22 waterproof level, which made the usage not limited to indoor or outdoor venue. The new type of electrode area design doesn't require the traditional way of gel sheet. Instead, it'll just need a conductive liquid or a little bit of water for the EMS output.

Most of the EMS devices in the market can only run individually, which may make people feel uncomfortable when using them at the same time with different EMS modes. With the IOT integration, the unit on the left & right arm can wireless synchronize and control without time difference, so both arm can apply the same training at the same time. If you have also purchased the POWER IOT LEGS, you can even connect 4 machines, and train both your arms & legs at the same time, which will help you to achieve a more balanced shape of body.

#### POWER IOT FOR ARMS features:

- IOT connection for double or four machine automatic synchronous training (the system can be expanded to four-machine interconnection)
- Strap style EMS. Silicone is fully integrated with the host device.
- Can be freely adjusted according to various arm sizes
- Perform the output with the conductive liquid, no need to use the fixed viscous conductive gel pad.
- 3 type of profession training modes(Weight, Explosive, Fit)
- Your choice of using the single or double machine.
- Built in with the latest USB type C charging interface.
- IP22 level for against the water splash.
- Dedicated storage bag

#### Please read the instruction manual.

Please read the instruction manual.

The POWER IOT FOR ARMS manual can provide you with complete product operation methods and safety usage info. Please read it carefully before use to ensure that you can fully enjoy the outstanding training effects from this product.

The POWER IOT FOR ARMS after-sales service warranty is attached to the last page of this instruction manual. When you buy the product, please make sure the dealer includes the "Purchase Date", "Dealer Name" on the warranty card. Keep them safely after reading the contents, so you can enjoy the full product after-sales service



Be aware! If you experience any physical discomfort during the usage of this product, please stop using it immediately.

# Safety Precautions

To ensure that the product is used correctly and safely, please read the instruction manual carefully before use.

The precautions described in this manual are intended to ensure the safe and proper use of the product and to prevent injuries to yourself and others, or damage to property.

The following symbols classify and explain the extent of danger or damage that can result from incorrect use.



This symbol indicates cases in which incorrect use of the product could lead to serious injury or death.



This symbol indicates cases where incorrect use "may lead to death or serious injury."



This symbol indicates cases in which incorrect use of the product could lead to physical injury or property damage

Damages affecting buildings, household goods, and livestock and pets

The following symbols are used in this manual to explain procedures, restrictions, handling precautions, and instructions that should be followed for safety.



This symbol indicates prohibited

actions



This symbol indicates precautionary measures.



This symbol indicates mandatory actions or instructions.

# **A** Danger

#### In the following cases, the use of this product is strictly prohibited



- Implanted medical devices, such as a pacemaker
- Medical electrical equipment used to sustain life, such as heart-lung machines
- Wearable medical devices, such as EKGs

# **▲** WARNING

#### Anyone with the following conditions should not use the product

- Persons prone to allergies
- Persons with sensory abnormalities or problems with their skin (infection, inflamed skin or scratches)
- Persons with abnormal blood pressure
- · Persons with a fever
- Persons with malignant tumors
- Persons who are pregnant
- Persons who are acute patient
- Persons with an impairment in perception due to a significant
- peripheral circulatory disorder, such as from diabetes
   Persons with an acute (painful) condition, such as spine fracture, sprain, pulled muscle, etc.
- Persons with a bone disorder, such as osteoporosis
- Persons who need rest
- Persons experiencing any specific physical abnormalities
- Persons receiving treatment from a medical institution

Even if none of the conditions above apply to you, please consult with your physician if you have any concerns about using the product.

## **A** WARNING

#### Do not use the product on the following body parts

- Areas around the heart, such as the chest or shoulder blade, or parts from the neck up (head, face, etc.)
- On wounds, or mucous membranes such as the eyes, mouth or genitals
- On body parts where hair removal treatment was performed the same day
- On body parts where plastic surgery has been performed
- On body parts with metal, plastic, or silicone implants
- Spinal column
- Tattooed areas
- Abdomen during menstruation





## **A**\_CAUTION

# Follow the precautions below when using the product. Failure to do so may result in an accident, electric shock, injury, damage, or soiling.

- Do not heat the product itself or the gel sheet in a microwave or get it close to open flame.
- Do not use this product in any manner other than its intended use and make sure to follow all directions in the instruction manual.
- Do not use the product on small children or pets. Do not let children or pets play with the product.
- · Do not spill any liquids on the product.
- Do not use this product while doing the exercise or driving.
- If you notice any strange smell or sound, or if any water or other contaminants should happen to get inside the product, switch it off immediately. This is to avoid the short circuit or fire or other damage to the product.

# Please follow the below cautions when charging. This is to avoid the injury or product malfunction or accident to happen.

- Charge in a location with a temperature of 15 to 35oC. Battery performance may deteriorate at lower or higher temperatures due to the nature of the rechargeable battery.
- •If charging is not completed after the specified charging time, stop the charging process right away. If an abnormal situation occurs during charging, please immediately unplug the power adapter from the socket. Otherwise, it may cause smoke, fire, rupture, or failure.
- Do not connect anything except AC adapter to the control unit of this product. Doing so may cause fire or damage to the product.
- Plug the adapter for the charging stand in all the way to its base. If it's used without securely plugged, it may cause electrical shock or fire due to the accumulation of dusk.

# Follow the instructions below when handling gel sheets. Failure to do so may result in pain or burns.

- Do not use damaged, old or dirty gel sheets.
- Do not bend or fold gel sheets. Doing so will damage the gel sheet.
- Stick the gel sheet to your skin. If there is a gap between the gel sheet and the area it is attached to, the electricity will not flow evenly across the entire surface of the gel sheet and you may feel a strong stimulus or pain.
- Turn off the product before removing the gel sheet.
- Always adhere the gel sheet to the electrodes when using the product. Do not touch the electrodes directly when the power is on.
- Make sure your hands are clean when handling the gel sheets.





## **A** CAUTION

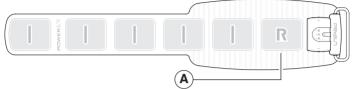
#### please read the instruction below carefully before use.

- During the usage process, if you' d like to remove or relocate this product, make sure to turn the power off first.
- If you sense something abnormal with your skin or body, stop use immediately and consult your doctor. Doing so may result in an accident or poor health.
- Using the product at a very high level or for a long time may cause muscle fatigue, tingling and/or redness on your skin.
- Remove any jewelry or accessories such as necklaces, belts, and piercings when using this product. Doing so may result in an accident, injury, or damage.
- Keep electronic devices, such as wristwatches, pedometers, etc., away from your body during use. Failure to do so may result in malfunction of the electrical device.
- •If there is a special need for use, please use it under the guidance of a physical therapist or sports physician.
- When using the product, do not apply lotion or body cream on the area where you will be attaching this product. Doing so may reduce adhesion of the gel sheet.
- Gel sheets adhere to the skin better if the hair in the area has been removed. However, do not use on the day the hair is removed.
- Do not heat or cool the product before use, as doing so may deform it. Also, do not use in a manner that subjects the product to sudden changes in temperature, such as pouring hot water on it, using it in a sauna, etc.
- Before using the product, clean the area of the skin where you want to apply it.
- Do not immerse this product in water
- Do not repair this product on your own
- Do not dissemble this product unless the purpose of disposal it.

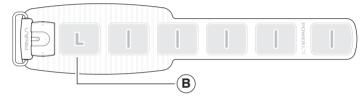


# Package content

## Main device(R)Sub device(L)



The R word on the main device means right hand.



The L word on the sub device means left hand.

Product: A. Main device(R) x1 B. Sub device(L) x1

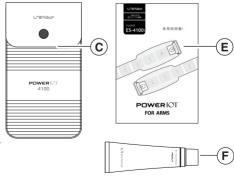
#### Accessories

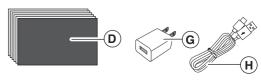
### C. Storage bag x1

D. Black cloth x1 (To clean the silicon surface) White paper towel x5 (Can soak it with water to clean the conductive rubber area)



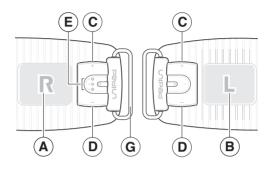
- F. Conductive liquid x1
- G. Adaptor x1
- H. Cable x1

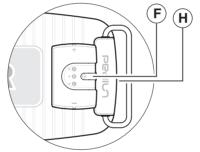




# Operation interface

## Main device/Sub device [Front]



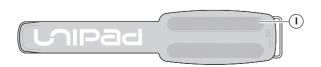


A. Main device D.EMS level down G. Strap buckle

B. Sub device E.LED light H. Charging interface(type-C)

C. EMS level up F. Power & mode selection button

## Main device/Sub device [back]

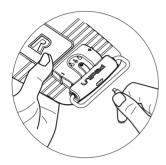


I. Conductive rubber electrode area

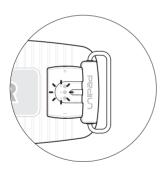
# reparation before usage

## 1.Charge the product

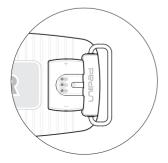
t is recommended that you fully charge the POWER IOT FOR ARMS before using it for the first time.



 nsert the charging terminal to the USB charging hole on the side



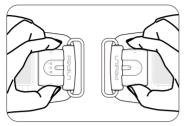
When charging, the LED indicator area will flash green



 When charging is complete, the LED will turn to constant green light

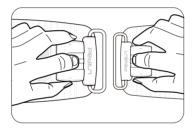
#### 2.Dual-machine pairing

Before using for the first time, the main and sub units must perform the initial pairing procedure .



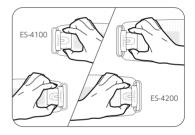
After turning on the two devices, press both the + and – buttons at the same time for about 3 second (yellow light flashes quickly). When you hear ¬ beep-beep. Beep-beep. Beep, it means that the initial pairing procedure has been successfully completed. The next time you use it, the two devices will connect by themselves

## 3. The pairing method for the four machines



#### Procedure 1

- First, perform the pairing procedure for each model' s main device (ES-4100, ES-4200).
- Press the power & + & button of the two main devices at the same time with the left & right hand. You' Il see the red & green light flash alternately for about 3 seconds. When you hear ¬¬ beep-beep. Beep. Beep-beep. Beep ¬ The two main device's pairing process has been successfully completed.
- •When the four machines are synchronized, the ES4100's main device will be the main host of the four machines



## Procedure 2

omplete the pairing process for each main & sub devices of the ES-4100 & ES4200(you' II see the yellow light flashes quickly)

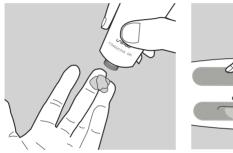
When you hear

¬beep-beep-beep-beep, you have successfully completed the first pairing procedure.

When the pairing fails, the two devices will emit a continuous beep for 5 seconds and automatically shut down. Please turn on the machine and do the pairing again.

## 4. Applying the conductive liquid

The function of the conductive liquid is to evenly conduct the energy output from the POWER IOT FOR ARMS electrode to the skin. Please apply it correctly according to the instructions below, take out the conductive liquid bottle, and squeeze an appropriate amount of conductive liquid to the fingertips, and evenly apply to the long black conductive rubber. You can also just apply the appropriate amount to the arm area to make this work too.





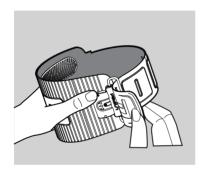
Other precautions regarding the use of conductive fluids are as follows:

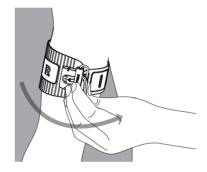
- When applying conductive liquid, cover the electrode completely, otherwise the uneven output may occur.
- The conductive liquid contains the conductive medium to allow the current to pass the skin with a more smoothly & comfortable way. In addition, it also have the moisturizing ingredients to ensure a more stable current output comparing with just applying the water.
- Do not use the expired & non-original conductive liquid.
- After the usage, close the cover and keep it in a dark place. Avoid from the direct sunshine & the places that have both high temperature and humidity.

#### 5.Wear it correctly

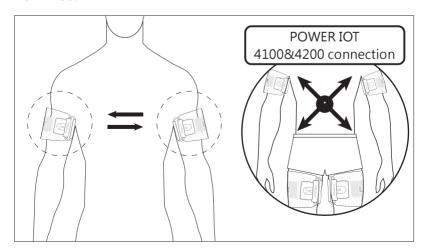
After the conductive liquid has been applied to the electrode area, roll the product into a loop, then insert your arm into it. Adjust the tightness & the position according to your need. Make sure the control panel side is heading towards you.

- Roll the product into a loop, slip your arm in and pass it through.
- Try to turn the product control panel towards you, and stick the hook & loop fastener firmly





• In additional to single & dual machine usage, this system can also be used in combination of four machine with POWER IOT FOR LEGS.



# Basic operation of the product

#### 1.Turn on the power

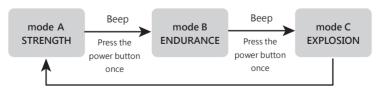
Press and hold the power button of the main unit and sub unit for 1.5 seconds, you will hear a long beep, indicating that the main and sub units are powered on. When the sub unit sends out a beep-beep beep-beep beep, it indicates that the synchronization connection status has been completed.



- When the power is turned on, the default intensity level is "0" (no stimulation)
- When the turned on product is not attached to the human body part for a long time, the product will shut down automatically.

#### 2.raining mode selection

When the turned on product is not attached to the human body part for a long time, the product will shut down automatically.

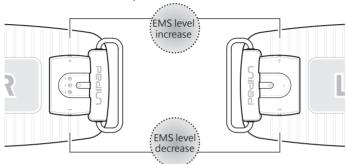


Press the power button once

mode	description
mode A : STRENGTH	Weight training
modeB : ENDURANCE	ndurance training
modeC : EXPLOSION	Explosive training

#### 3.Adjust the intensity

This machine is designed to adjust the output strength of the two machines individually. The maximum output level is 30. Please adjust slowly to avoid the sudden overload on the muscle for the EMS output.

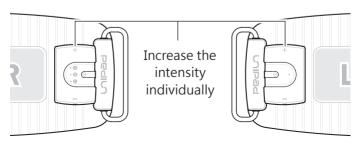


• Each time the increase / decrease key is pressed, you' Il hear a beep sound. When the intensity reaches the maximum or minimum level, it will beep twice.

#### 4. The way to adjust the product position or shut it down while using it

During the product usage, if you'd like to adjust the position of it, please individually reduce the intensity level to 0, and then proceed with the adjustment. You'll need to press the EMS level increase button individually again to the intensity you desired.

If you' d like to shut it down, please press the power button for about 1.5 seconds. After you hear a long beep, the power of the machine has been turned off, and then you can remove the device.



## Cleaning & maintenance method for after use

#### Clean & do the maintenance every time you use the device

Apply small amount of water to the white paper towels, wipe away the conductive liquid remaining on the black conductive rubber. After this, use a black wiping cloth to clean the whole surface of the device.

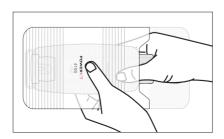


- Make sure the body is turned off.
- When cleaning, please make sure that the conductive liquid in the conductive rubber's groove area has been cleaned.
- After cleaning, the white paper towel can be discarded after use. Keep the black cloth for the next time.

#### The correct storage method of the device

After each maintenance, please make sure that the device is dry before putting it in the storage bag. This is to avoid it to produce the unpleasant smell under the humidity condition.

Tips for putting in the storage bag; two sponge strips are included in the product's packaging. When the bended device is placed in the bag, the sponge strips can be placed together. This is to prevent the deformation of the device from the long bending storage process.



# Optional product

#### Purchase POWER IOT conductive liquid

- Please contact our company or dealer for the purchase.
- Be sure to use the conductive liquid that is specifically for this product
- Misuse of non-original conductive liquid may result in poor conductive effect on this product
- The company will not be responsible for any accidents caused by the use of non-original products.



POWER IOT ( ES-4000GEL )

Q1 Can it be used every day?

A1 Yes, it can be used daily; however, do not use more than twice a day for the same area, as it may result in muscle fatigue.

Q2 Does higher the intensity of EMS the better on the effect?
A2 Insist of using the high voltage that exceeds the individual' s intensity tolerance, it may damage the muscle for this type of pain and discomfort. This is absolutely wrong and should be prohibited.

Q3 Can I use this product during a cold or when I don't feel well? A3 Performing EMS training with a poor health condition may cause more burden on your body. It's recommended to take more rest and use it after you've recovered completely.

Q4 Will my muscles get sore from using this product? A4 Just as with any kind of training, your muscles may get sore. If your muscles are too sore, you can lower the intensity level or stop the training for 2 days.

Q5 Can I use this product in the bathroom?

A5 Although this product do have certain level of waterproof; however, the unknown humidity environment in the bathroom may cause the unnecessary accidents. The use of this product in the bathroom is prohibited.

Q6 Can I apply the POWER IOT conductive liquid to the arm area & product' s conductive area at the same time?

A6 Correct, this will optimize the EMS output effect.

Q7 Are there any areas or conditions where I shouldn't use this product?

A7 The designated use of this product is the arm training, and not suitable for the other parts of the body.

Q8 Can I use this product without the conductive liquid?
A8 You can apply the water if you' re temporary ran out of the conductive liquid. Applying with the conductive liquid will bring the optimal effect.

# TROUBLE SHOOTING-1

Issue	Cause	Solution
	Battery exhausted	Recharge the battery
The power fails to turn on	ailed to press the button long enough	Hold the + button down until the product beeps(1.5 seconds)
	Being used in an environment that is too hot/cold	Use in the recommended temperate range of 15 to 35 degree celsius
Keep beeping for 10 seconds	Remaining battery power is too low	Recharge the battery
Keep beeping for 1 mins	The electrode area didn't fit to the skin	Fit the electrode area close to the skin
	The electrode area didn't fit to the skin	Fit the electrode area close to the skin
Can't feel the electro stimulation	Didn't paste enough conductive liquid	Remove the product and paste more conductive liquid to the electrode area
	One of the device didn't work	Check if the power is on
		Please restart the devices again to see if they've connected to each other
Electrical stimulation	The intensity level is set too low	Increase the intensity level by pressing the + button
is weak	Remaining battery power is too low	Recharge the battery
	Didn't paste enough conductive liquid	Remove the product and paste more conductive liquid to the electrode area
Sudden stop of the electrical stimulation	Battery exhausted	Recharge the battery

Issue	Cause	Solution
My skin turn red	The electrode area didn't fit to the skin	Fit the electrode area close to the skin
and feels prickly	Didn't paste enough conductive liquid	Remove the product and paste more conductive liquid to the electrode area

There are no other accessory parts in this product. Do not disassemble or repair it by yourself, or warranty may not be valid.

#### Product spec

Model: ES-4100 POWER IOT FOR ARMS

Adaptor spec: input 5V / 500mA

Battery spec: DC 3.7V (Rechargeble lithium battery)

Battery capacity: 250mAh

Charger spec: Input=AC 100~240V, 50-60Hz/

output=DC5V 500mA

Frequency: 4 ~ 80Hz ± 10% (Cycle Rotates)

Pulse width:  $200 \sim 400 \mu s \pm 10\%$ 

Output power: Max. 120 Vpp  $\pm$  10%, based 1K $\Omega$  on load

Intensity: 0 - 30 level

Single use time: 20 minutes; Auto shut down Operation environment: 10~40°C / Humidity 30%~85%

Charging environment: 10~35°C

Storage environment: 0~40°C / Humidity 30%~85%

Product sixze: Length 465mm x Width 95mm x Height 14mm

Applicable leg range: 29~42cm

Product weight: Approximately 258g

Country of origin: china

# Product and battery disposal methods

Please dispose the product properly in accordance with the local regulations. If the product is damaged or cracked, stop using it immediately and discard it. This product is equipped with a lithium battery. Be sure to remove the lithium battery when discarding it.

# 🛕 Danger

Do not charge or perform the following operations on the removed lithium-ion battery.

(It may generate heat, fire, cracking, or malfunction.)

- Do not throw it into a fire or heat it.
- Do not puncture with nails, impact them, or dismantle or modify them.



- Avoid contact between the battery electrodes and metal.
- Do not carry or store it with items such as necklaces and hairpins.
- Do not place it near a fire source or in a high-temperature place such as a flame environment.

## **A** Warning

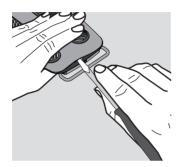
Please make sure the removed lithium-ion battery is out of reach of infants and young children.

- In case of swallowing, consult a doctor immediately.
- When the lithium-ion battery leaks, do not touch it with your bare hands. Use the following procedures to deal with it.
- When the liquid gets into your eyes, do not rub your eyes, wash them with clean water immediately, and consult your doctor.
- When the liquid adheres to the body or clothes, rinse thoroughly with clean water and consult a doctor.
- Do not disassemble the product unless the need to discard it. Please process it according to the instructions of the manual. Improper disassembling process may cause fire, electric shock and injury.



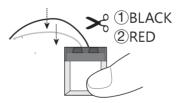
#### Removing the lithium-ion battery

- 1. Please use POWER IOT FOR ARMS until it is completely inoperable (discharge the lithium ion battery).
- 2. Put a slotted screwdriver into the gap of the main body box, pry open the cover, and remove the battery from the base.





3.Cut the black and red wires one by one (it may cause problem when cutting them at the same time).





- When disassembling, use the tools carefully to avoid injury.
- Do not let the wires (red and black) touch the removed lithium-ion battery. It may cause a short circuit and cause burns.
  - Remove the battery without breaking it.
- The removed battery have to be send to the recycling shop. Please do not dispose it as household waste.



Li-ion

If the used rechargeable battery is not handled properly, it may cause environmental pollution or danger. Therefore, please use a tape to paste the battery electrode and send it to the nearest rechargeable battery recycling shop or put it in a dedicated "rechargeable battery recycling bin".

# After-sales service and warranty

#### warranyty letter

Ensure the contents such as "purchase date and dealer name" are recorded in the warranty letter, and keep them safely after reading the contents of the warranty.

#### When you want to repair the product.....

Please contact your source of purchase to obtain the following information.

- · Purchase date
- · Product model name
- · Failure status (Please be specific)

#### If you want to repair during the warranty period

We will repair according to the warranty terms. Please read the warranty carefully as there may be charges during the warranty period.

#### After the warranty period

If it can be diagnosed and repaired, it will be charged upon request. The maintenance fee includes the following

- · Technical expenses: Diagnosis, repair, adjustment, inspection, etc.
- · Component cost: Parts & other materials used for repairs.
- · Round-trip freight for the maintenance products.

#### Retention period of the components for repair

The retention period of the performance parts for repairing is 5 years from the manufacturing date.

#### contact us

If you have any questions regarding to the after-sales service, please contact your vendor or Unipad customer service center.



D) DOCTORAIR

10am~18pm

UNIPAD Customer Service Center

**5**。0120-88-500<sup>-</sup>

M Excepts Saturday & Sunday & National holidays & New Year holidays.

## Free warranty policy

- 1. During the warranty period, please use the product according to the instructions on the manual. We'll provide the free maintenance if there're any technical issues.
- \* When free maintenance is required during the warranty period, please present the product and the manual to your dealer.
- \* If you have a different address from the warranty card, or your product is a gift from a person, your product can still be covered by this warranty from the dealers listed. If not, please contact UNIPAD Customer Service Center.

In general, you may be charged on the following fees during the warranty period.

- (1) Malfunctions and damage caused by misuse that is other than stated the instruction manual
- (2) Failure and damage caused by improper self-repair
- (3) Shipping damage after purchase
- (4) Failure and damage when this product is operated for commercial usage
- (5) When the warranty card is not presented
- (6) The warranty card does not include the date of purchase, customer's name, address or dealer's name. If the wording has been modified, warranty may be affected.
- (7) Failures and damages that occurs when the user operate this product in the vehicles or ships, etc.
- (8) Failures and damaged that occurs due to fire, earthquake, flood, lightning, other natural disasters, abnormal voltage, unspecified power supply
- (9) Failure caused by any person other than manufacturer or approved engineer on the repairing
- (10) The consumables & accessories are excluded from the warranty
- (11) Replacement of parts that are easily wear out
- 3. This warranty is only valid in Japan.
- 4. This warranty card will not be reissued, so please keep it properly. For the paid repair service, the customer is responsible for the parts & technical cost.

Repair record		

• This warranty guarantees the free repair under the conditions specified in this document. If you have any questions about repairs after the warranty period, please contact your dealer or UNIPAD customer service.

service

This warranty is based on the free maintenance regulations, and it is agreed to provide free maintenance services within one year from the date of purchase. Follow the precautions described in the instruction manual, etc., except for damage caused by abnormal conditions such as fire, earthquake, riot, terrorist attack, etc., or deliberate, negligent or improper use by customers, the company will not bear the responsibility of the above issues.), The company will perform free maintenance according to the contents of the warranty. Please bring this product, warranty certificate and proof of purchase (receipts, etc.) confirming the date of purchase during the warranty period, and contact with the local agent or importer's customer service center for repairs. Ensure the contents such as "purchase date and dealer name" are recorded in the warranty letter, and keep them safely after reading the contents of the warranty.

Model	ES-4100 POWER IOT FOR ARMS		
Within the warranty period	Within 1 year from the date of purchase ( Except the condition in the attachement )		
Manufacture barcode			
Purchase date	Year/ Month/ Day/		
	Name Phone		
Customer info	Address		
Dealer	**Dealer' s name(where you purchase the product), address, telephone		

**XX** XAsk your dealer to fill & stamp

Repair	

850-17410-01001



### **UNIPad**

Manufacturer: UNIPAD 株式會社

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