



Instruction Manual <Training> / 使用说明书 (锻炼) / 使用説明書 <鍛煉> / 사용설명서 <트레이닝>
 Electronic Muscle Stimulator
 Abs Fit 2: SP-AF2212F-R IF-AF2212F-R
 Body Fit 2: SP-BF2213F-R IF-BF2213F-R

Prior to using this product, thoroughly read this document and "Instruction Manual <Before You Begin>". In order to learn how to use this product correctly. After reading this document and the Instruction Manual, keep them together with the Warranty Certificate for future reference.

使用前，請仔細閱讀本說明書(“使用說明書(鍛煉)”)，正確使用本產品。閱讀完後，請將其與保修書一同存放在便于隨時取閱的地方，妥善保管。

使用前請詳閱本說明書與「使用說明書(開始使用前)」，正確地使用本產品。助讀內容建議和保證書一同妥善保管。

사용하기 전에 본 책자에 '사용설명서 <처음에 읽어 주십시오>' 를 잘 읽고 올바르게 사용하여 주십시오. 읽은 후에는 항상 볼 수 있는 곳에 보정사와 함께 소중히 보관하여 주십시오.

160714b SP4F EN,SC,T2,KO

https://www.sixpad.jp/wma/index.html
 The contents of the instruction manual may also be found on our website. (For "Troubleshooting", refer to the on-line instruction manual.)
 在网站上可以浏览使用说明书的内容。(有关“故障排除”，请参阅网页使用说明书。)
 可在网站上查看使用說明書的內容。(請上網站查詢「故障排除」的說明書內容。)
 사용설명서의 내용을 웹 사이트에서 확인할 수 있습니다. (고장 시 발생되면 온 웹 사용설명서를 참조하여 주십시오.)

Before using the SIXPAD official app, make sure to read SIXPAD official app guide included in the package.
 在開始使用SIXPAD官方APP之前，請務必仔細閱讀SIXPAD官方APP使用指南。
 在開始使用SIXPAD官方應用程序之前，請務必仔細閱讀SIXPAD官方應用程序使用指南。
 SIXPAD 공식 앱을 사용하기 전에 포함된 SIXPAD 공식 앱 안내서를 반드시 확인하여 주십시오.

EN Introduction Purpose

This product is powered by the built-in rechargeable battery. Charge the product before using it for the first time. Charging takes approximately 5 hours.

This product is designed for users who can understand the content of this document and who can use this product safely. Persons who are not familiar with how to handle this product, and children who cannot handle this product by following this document, must not use this product.

Once fully charged, you can train for about 30 mins (when running at Level 6, room temperature 20°C). The number of uses depends on the levels. The number of uses is smaller in a low-temperature environment. The main unit and AC adapter may become warm while charging. It is not a malfunction. However, if abnormal heat is generated from the main unit or AC adapter. The fan of the recharging unit will work when the charging is over. If the LED blinks in red while charging, it shows a charging error. If charging stops even repeatedly, the built-in rechargeable battery may have problems. In this case, please contact MTG Co., Ltd. Charge in a location with a temperature of 15 to 35°C. Battery performance may deteriorate at lower or higher temperatures due to the nature of the rechargeable battery. If there is noise or interference in audio while the product is charging, change it using a different outlet. The product cannot be turned on when charging.

Do not connect anything except AC adapter to the control unit of this product. Doing so may cause fire or damage to the product. Do not apply excessive force to the charging connector if it is inserted in the control unit of this product. Doing so may cause fire or damage to the product.

Insert the charging connector of AC adapter to the control unit of this product. Turn the USB cover over. Plug the charging connector. Please be cautious of the top and bottom of the connector. Insert the AC adapter into the outlet. LED blinks red while charging. Charging takes approximately 5 hours. When charging is complete, LED turns off, but this is not a problem with the product. Do not use with the cover removed, always place it back before use.

When the charging is complete, remove the AC adapter from the outlet. Remove the charging connector from the control unit of the product. When removing the charging connector, hold the connector. If you remove the connector by pulling the cord, the wire may break, and it may not be able to charge. After removing the charging connector, place the USB cover to the control unit.

Built-in Rechargeable Battery Life The rechargeable battery is consumable (The warranty period is one year from the date of purchase). If the duration of the product (mainly after charging the battery fully, the battery may have reached the end of its useful life. The estimated number of chargeable times is approximately 500 times (The life expectancy of the internal battery varies greatly with how it is used and stored). The life of the rechargeable battery will be shorter if you continue charging even after the battery is only slightly used. Please contact the customer service of MTG Co., Ltd. for replacing the built-in rechargeable battery. Trying to do it yourself may damage the product. The built-in rechargeable battery should be used for a long time. Do not charging for a long time may cause an over-charge and prevent the batteries from being recharged.

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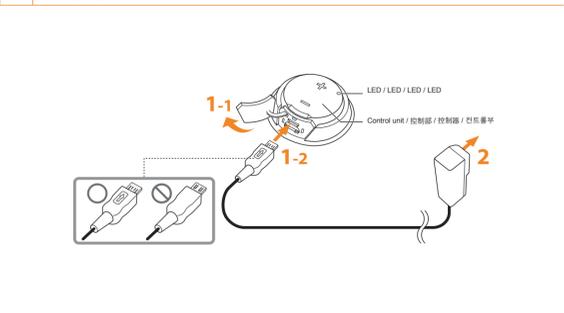
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Preparation / 准备工作 / 準備 / 준비하기

1 Charging / 充电 / 充電 / 충전하기



TC 前言

關於使用目的

本產品用於透過電流來鍛練肌肉，請勿使用於其他用途。(這不是醫療儀器)。

本產品為室內專用。

關於使用對象

本產品可理解本說明書內容並安全使用的用家而設的，不熟悉使用方式者或孩童，以及無法依照本說明書使用者，請勿使用本產品。

本產品以內置的充電電池作「初次使用時，請先充電後再使用」標準的充電時間為約5小時。

每次充電1次，約可使用30次(運動強度為，室溫為20度時)。

在低溫環境下，使用次數會減少。

充電過程中，LED燈亮起時，表示正在充電。若發生多次充電錯誤，有可能是內置充電電池有問題。溫度低下，再嘗試充電或打開電源中心開關。

請在15~35°C的環境下充電。由於內置充電電池的特性，在低溫和高溫時可能會降低電池的效能。

在充電過程中可能會產生噪音，請於不同環境進行充電。

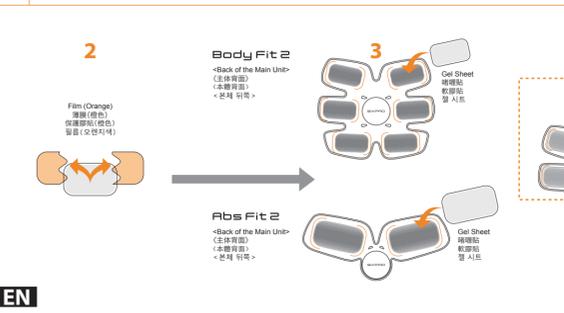
本產品在充電過程中無法連接電源。

請勿將專用AC連接線以外的設備連接到本產品的控制單元，以免導致裝置發生故障。

請勿將專用AC連接線插入插頭以外的地方，否則可能會導致設備損壞。

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2 Attach a Gel Sheet / 粘貼啫喱貼 / 黏貼啫喱貼 / 젤 시트 붙이기



EN Before attaching a gel sheet

Do not use damaged, old, or dirty gel sheets. Doing so may result in burns. Always adhere gel sheet to all the electrodes when using the product. If an electrode touches the skin, it may be painful or cause a burn. Use a gel sheet that is suitable for this product. Using the wrong size of gel sheet may cause burns or other damage to the skin. Follow the precautions below when using the product.

If attached improperly, gel sheets may lose their adhesion to the skin, the product may fail to function normally, and/or gel sheet may wear out faster than normal. Do not peel off the gel sheet until you replace it with a new one. If a gel sheet accidentally gets stuck to clothing or other materials, do not tear it off by force; lightly wet the other side of the cloth where the sheet is stuck, and it will come off easily.

Take the gel sheet out of the bag. Peel off the orange film on the gel sheet. Dispose of the film in a location out of reach of children. There is a risk of accidental swallowing. The side with the clear film is the side that goes onto your body. Make sure the sheet is facing the right way. Stick it to an electrode (gray) on the product, making sure no air comes in. Attach the gel sheet and align it to the orange line around the electrode so to cover the entire electrode. If the electrode is protruding from the gel sheet, it may come in contact with the skin and cause burns.

There are six pieces of gel sheets for Abs Fit 2 and two pieces of gel sheets for Body Fit 2. Use your finger tip to press the clear film over the gel sheet to remove air, and then slowly paste it from the edges. If not properly attached, it may come off easily. The size of gel sheets depends on the product.

When replacing the gel sheet, make sure to purchase the correct size. After attaching a gel sheet properly to the product, peel off the film (clear). Do not peel off the gel sheet attached to the electrodes until you replace it with a new one. If you are not going to start training right away, store the gel sheet attached to the protective sheet (→ "3) Remove From Body for Storage" in "Train" on the back side of this paper).

We strongly recommend that genuine gel sheets be used.

The following activities may occur from using gel sheet other than the genuine product. Cannot achieve the original performance of the product. Part of the product may be damaged and cause malfunction. Separation of a strong shock, causing burns and/or rough skin. Please note we will not be responsible for any problems caused by using non-SIXPAD products. Please contact your dealer for the purchase of genuine gel sheet. Please use the following gel sheets for these products: [For Abs Fit 2: Abs Fit Highly Conductive Gel Sheets for SIXPAD] [For Body Fit 2: Body Fit Highly Conductive Gel Sheets for SIXPAD] When purchasing the gel sheets, be sure to check the product name (→ "Main specifications" in "Instruction Manual <Before You Begin>")

When the gel sheet is dirty and does not stay on. Get some drops of water on your fingertips and rub the adhesive surface (gel surface) to remove any dirt. Do not apply water on the control unit. Shake off as much water as you can and leave it to air-dry with the adhesive face (gel surface) up in a well-ventilated place away from the sunlight. Allow it to air-dry until there is no moisture on the surface and then attach the protective sheet. Do not clean for a long time or too frequently. Doing so may damage the adhesive surface (gel surface) and shorten its life.

When removing the gel sheet Turn off the product before removing the gel sheet. Doing so may result in pain or burns. Please replace the gel sheets for all electrodes when replacing the gel sheets.

Peel off the gel sheet slowly. Remove any gel remaining on the electrode. Use the old gel sheet to get gel remains off of the electrodes.

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Insert the charging connector of AC adapter to the control unit of this product. Turn the USB cover over. Plug the charging connector. Please be cautious of the top and bottom of the connector. Insert the AC adapter into the outlet. LED blinks red while charging. Charging takes approximately 5 hours. When charging is complete,

TRAINING GEAR
SIXPAD

Instruction Manual <Before You Begin>
使用说明书 (序章)
使用説明書 (開始使用前)
사용설명서 <처음에 읽어 주십시오>

<div style="text-align: center;"> <div>Electronic Muscle Stimulator</div> <div>SF-AF2212F-R IF-AF2212F-R</div> <div>Body Fit 2: SF-BF2213F-R IF-BF2213F-R</div> </div>
<div style="text-align: center;"> <div>516071AaF EN:SC:TCXO</div> </div>

EN

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.

Danger	This symbol indicates cases in which incorrect use of the product could lead to serious injury or death.
Warning	This symbol indicates cases where incorrect use "may lead to death or serious injury."
Caution	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.	
Prohibited actions	This symbol indicates prohibited actions.
Precautionary measures	This symbol indicates precautionary measures.
Mandatory actions or instructions	This symbol indicates mandatory actions or instructions.

Disclaimer
Our Company is not responsible for damage resulting from fire, earthquakes, riots, terrorism or other events; from intentional or unintentional misuse by the customer, or from abnormal conditions.

Danger	Never use at the same time as the following kinds of medical electrical devices. Doing so may cause an accident or the medical device to malfunction and result in significant bodily harm.
Warning	• 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

Danger	• Do not approach the areas of individuals who have medical device implants (such as a cardiac pacemaker) with the main unit attached to your body (Keep a distance of at least 22 cm from where the medical devices are implanted).
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Warning	The following persons should not use this product. Doing so may cause an accident or problems to the body or skin.
Prohibited actions	• Persons with heart disease • Women who are pregnant or have just given birth

Warning	Anyone with the following conditions should not use the product without first consulting a physician. Doing so may cause an accident or problems to the body or skin.
Prohibited actions	• Persons prone to allergies • Persons with sensory abnormalities or problems with their skin (infection, inflamed skin or scratches) • Persons with blockages of blood flow • Persons taking medications • Persons with malignant tumors • Persons with any symptoms of cranial nerve anomaly (epilepsy, etc.) • Persons with an impairment in perception due to a significant peripheral circulatory disorder, such as from diabetes • Persons with a fever (38°C or above) • Persons who need rest • Persons with an acute (painful) condition, such as spine fracture, sprain, pulled muscle, etc. • Persons with a bone disorder, such as osteoporosis • Persons with abnormal blood pressure • Persons whose skin is irritated by the gel sheets • 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.

Warning	Do not use the product on the following body parts. Doing so may cause an accident or problems to the body or skin.
Prohibited actions	• 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 • Spinal column • Tattooed areas • Abdomen during menstruation

Please do not use anywhere other than as specified in this manual.

Warning	Do not use the product in the following situations.
Prohibited actions	• While driving an automobile • While exercising • While eating/dinking • While doing household tasks, such as cooking and washing

Warning	Follow the precautions below when using the product. Doing so may result in an accident or injury.
Prohibited actions	• After turning the power on, if this product starts without any operation, there may be a possibility that its signals are mixed with other products. In this case, immediately press and hold the () button until you hear a "peep peep" to turn the power off of the main unit then hit back on.

Warning	Please follow the cautions below.
Prohibited actions	• Small children and persons who cannot read and understand the instruction manual on their own should not use the product. Doing so may cause an accident or problems to the body or skin. • Keep the main unit, AC adapter, and gel sheets away from children's reach. There is a risk of accidental swallowing. If swallowed, contact your doctor immediately. • Do not let persons other than the one wearing the product turn on the power or increase the level without the consent of the person wearing it. Doing so may cause an accident or problems to the body or skin. • Do not disassemble, modify or attempt repairs. Doing so may result in an accident or injury. • Do not drop, strike or subject the product to any impact. Doing so may damage it. If it is damaged, continuing to use it may result in an accident or injury. • Do not let the metal electrodes to touch charging cords or metal. Doing so could result in electric shock. • Do not use in combination with any other electrical device or beauty equipment. Doing so may make you feel ill or nauseous. • Do not pull the main unit using excessive force. Doing so may damage the internal electrical lines and other parts of the product.

Warning	This product has a built-in rechargeable battery.
Prohibited actions	• Do not put it into a fire or heat it and do not charge it, use it or leave it in a hot place. Doing so may result in overheating, fire or rupture.

Warning	Please follow the cautions below when handling the AC adapter.
Prohibited actions	• Do not cut, damage, bundle or alter the cord. Also, avoid putting anything heavy on it, pulling it or unnecessarily bending it. Doing so could cause damage to the cord and result in electrical shock to the product, and/or fire. • Do not charge in wet locations. Doing so could result in electric shock. • Do not use the AC adapter with its terminal parts bent or connector parts deformed. • Do not charge the product or plug in/plug up the charging stand adapter when your hands are wet. Doing so may result in electrical shock and/or burns.

Warning	Follow the precautions below when using the product. Doing so may result in an accident, electric shock, and/or a fire.
Prohibited actions	• Plug the adapter for the charging stand in all the way to its base. Also, do not use it if it is not securely plugged into the outlet. • Keep the AC adapter clean by wiping off any dust on it from periodically with a dry cloth. • When connecting the plug or connection part of the AC adapter, check its position and insert it straight. • Do not allow liquids or foreign articles to adhere to the plug or connector part of the AC adapter.

Warning	Unplug the charging stand adapter from the outlet in the following cases. Doing so may result in an accident, electric shock, and/or a fire.
Prohibited actions	• If water or foreign matter gets into or onto the body of the product, its charging stand or the adapter while charging • If there is a thunder-storm • If there is a power outage • If the cord of the AC adapter is damaged or cut • When charging is complete • If the product will not be used for a long time

Warning	Follow the precautions below when using the product.
Prohibited actions	• Press and hold the () button until you hear a "Peep Peep" to turn the power off in areas such as hospitals where the use of the wireless device is prohibited.

Caution	Follow the precautions below when using the product. Doing so may result in an accident, electric shock, injury, damage or soiling.
Prohibited actions	• Do not heat the product itself or the gel sheet in a microwave or get it close to open flame. • Do not use the 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 in a humid location, such as in the bathroom.

Caution	Follow the precautions below when using the product.
Prohibited actions	• If there is any discomfort or abnormality such as dry skin, rash, redness, itching, burn or inflammation during or after use, immediately discontinue use and consult your doctor. Continued use may aggravate the symptoms. • 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 and contact our Customer Service Station. Doing so may cause a short circuit, fire or damage to the product. • Do not share gel sheets with others. Doing so could result in infection. • Attach the product to the area it will be used and then turn the power on. If you are done using it, turn the power off after removing it from your body. Failing to do so may result in a strong shock. • 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. • Do not apply strong impact to the control unit, or press the (+) and (-) buttons using excessive force. If the product is damaged, it may become uncontrollable, which may result in an accident or injury.

Caution	Follow the instructions below when handling gel sheets. Doing so may result in pain or burns.
Prohibited actions	• 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. • Do not use gel sheet after one month of opening or after using about 30 times (on and off your body). • 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.

Caution	Follow the precautions below when using the product.
Prohibited actions	• Do not charge the unit where multiple power strips or outlet splitters are used. Doing so may result in an accident, electric shock, and/or a fire.

Caution	Follow the precautions below when using the product.
Prohibited actions	• Use the AC adapter designed for this product to charge the product. An accident and/or fire may result if anything else is used. • Do not charge any other products with the AC adapter designed for this product. • Do not allow things like hairpins and other debris to stick to the electrical plug or charging stand terminals. • Refrain from wrapping the cord of the AC adapter around the adapter body during storage. • When unplugging the AC adapter, never pull on the cord; hold the body of the adapter or the connector on the main unit side to unplug. • Do not drag and move the main unit around by holding only the AC adapter or the cord. Doing so may damage it or scratch the surface of the desk, floor, etc.

Caution	Follow the precautions below when using the product.
Prohibited actions	• Before using the official app, read the instruction manual of the smartphone carefully. When used incorrectly, it may damage your smartphone. • Bringing the product into the aircraft may be prohibited depending on the airline. Please contact the security department of the airlines or the airport in advance.

Precautions for Use

Read the following carefully before using the product.
• Keep electronic devices, such as wristwatches, pedometers, etc., away from your body during use. Doing so may result in malfunction of the electrical device.
• 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.
• Get 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.
• Keep the product clean as it will come in direct contact with your skin. (For information on how to clean the product, refer to "To Keep the Product in Good Shape")
• This product is not waterproof. Do not use in a location that is humid or where it may get wet.
• Dispose of the product if cuts or cracks develop after using the product for a long time.
• The product may emit an odor; however, that will not affect the quality of this product.

The electrodes may turn black, depending on the number of times used and/or the usage conditions

- The electrode material itself is being discolored. It is not anything unusual, such as mold or dirt, and it does not diminish the performance of the product.

■ Precautions for the Use of Bluetooth Function on This Product

- As security measures for wireless communication, we provide the security function according to Bluetooth standard specification; however, this may not be sufficient depending on the usage environment and your settings. Please be cautious when transmitting data via Bluetooth.
- We shall not be responsible for any data or information leaked through a Bluetooth communication. Thank you for your kind understanding in advance.
- Do not bring other communication media such as IC cards or other items that generate a magnetic field (metal or magnet) into the vicinity during the communication. Doing so may cause malfunction or data damage.
- Before using this product, read the smartphone instruction manual carefully.
- Available channels vary by country. In some countries, use of the Bluetooth function may be limited. Use according to the restriction or regulations of the area or country.
- This product has not been tested for connection with all smartphones. Therefore, it does not assure the operation with all smartphones.
- The trademark and logo of Bluetooth ® are registered trademarks of Bluetooth SIG, Inc., and MTG uses these marks according to a licensing agreement.

Warranty and After-sales Service

Warranty certificate
Be sure to fill in the date of purchase, store name and other requested information, and keep the warranty certificate after you have read it.

Warranty period
The warranty period is 1 year from the date of purchase.
• If there are any problems during use, please consult with the local agent customer service station or importer.

Minimum retention period for service functional parts
The minimum retention period for service functional parts for this product is 5 years from the discontinuation of manufacture. *Service functional parts" means parts that are required to maintain the functionality of this product.

When requesting repairs

- Within warranty period**
Repairs will be provided free of charge during the 1 year warranty period in accordance with what is stated on the warranty certificate. To request a repair, present the warranty certificate at the local agent customer service station or importer.
- After the 1 year warranty has ended**
For repairs after the end of the warranty period, consult the local agent customer service station or importer. Repairs will be provided for a fee.

Rules for Free Repairs

- If this product falls within the warranty period when used correctly in accordance with the precautions in the instruction manual, repairs will be provided free of charge (Excluding accessories).
- Even within the warranty period, a fee will be charged for repairs in the following cases:
 - Product damage due to incorrect use, inappropriate repair, disassembly, or modification
 - Product damage due to transport or dropping after purchase
 - Product damage due to fire, earthquake, water damage, lightning, other natural disasters, or pollution
 - Product damage that occurs when loaded onto an automobile, ship, or other vehicles
 - When the warranty certificate is not presented
 - If the date of purchase, customer name, or store name is not written on the warranty certificate or has been altered
 - Product failure or damage due to use contrary to that indicated in the instruction manual
 - Product damage due to neglect of care after use
 - Product damage that occurs when used other than for original personal use (for example, commercial use)
 - Product damage in cases where any non-genuine gel sheets have been used
- The warranty certificate is only valid in the country or area of purchase.
- Keep the warranty certificate as it will not be reissued.
 - Please understand that the personal information (name, address, and telephone number) that you as the customer enter on the warranty certificate form may be used for after service during the warranty period and for safety inspection services afterward.
 - The warranty certificate promises free repairs during the period under the conditions stated on the warranty certificate. Therefore, the warranty certificate does not limit the legal rights of the customer with regard to the party issuing the warranty certificate (the party responsible for the warranty certificate) or other businesses.

■ When disposing of this product
Lithium-ion battery used for this product is a precious resource that can be recycled.
Before disposing of this product, please contact your local agent customer service station or importer. The product will be collected and disposed of correctly.
 Li-ion

Main specifications

	SIXPAD Abs Fit 2	SIXPAD Body Fit 2
Model Number	SP-AF2212F-R IF-AF2212F-R	SP-BF2213F-R IF-BF2213F-R
Weight	Approx. 90 g	Approx. 112 mm × 198 mm
External dimensions	Approx. 173 mm × 198 mm	Approx. 112 mm × 245 mm
Size (Support Belt)	Length: Approx. 100 cm, Width: Approx. 12 cm	Length: Approx. 68 cm, Width: Approx. 6 cm
Recommended temperature range for use	15 to 35 °C	
Materials	<ul style="list-style-type: none">Main Unit Front: Silicone rubber Main Unit Back: PET Electrodes: Conductive Silver, Carbon Ink USB Cover: Elastomer Control Unit Back: ABS Storage Sheet: PET, PP, Paper Clear Case: EVA Special AC Adapter: PPE Protective Cover: EVA Support Belt: <ul style="list-style-type: none">*FACI: 80% NYLON, 14% ELASTANE *BACD: 100% POLYESTER *PPNG: 80% POLYESTER, 20% ELASTANE	<ul style="list-style-type: none">*Items Included: Main Unit, Special AC Adapter *Accessories: Storage Sheet, Abs Fit Highly Conductive Gel Sheets for SIXPAD, Instruction Manual <Before you Begin> (this document), Instruction Manual <Training> (this document), Instruction Manual <Training>, Warranty Certificate, Clear Case, Support Belt, and Protective Cover
Items Included and Accessories		<ul style="list-style-type: none">*Items Included: Main Unit, Special AC Adapter *Accessories: Storage Sheet, Body Fit Highly Conductive Gel Sheets for SIXPAD, Instruction Manual <Before you Begin> (this document), Instruction Manual <Training>, Warranty Certificate, Clear Case, Support Belt, and Protective Cover
Bluetooth	<ul style="list-style-type: none">Version: Bluetooth Low Energy Ver.2 Communication System: 2.4 GHz band FH-SS Supported Profiles: Device Information Service/Battery Service (Standard) Transmission Distance: Approx. 10 m	
Power Consumption	Approx. 1.6 W (When charging)	
Power	Lithium-ion polymer battery (3.7 V DC  , 180 mAh, 0.666 Wh)	
AC Adapter	*Input: 100-240 V AC  , 50 Hz60 Hz  *Output: 5 V DC  *700 mA * Cord Length: Approx. 1.5 m	
Charging Time	Approx. 5 hours	
Number of Operation	Approx. 30 times (At Level 8, Room Temperature 20 °C)	
Made by	MTG Co., Ltd. (Japan) Country of origin: China	

	SIXPAD Abs Fit Gel Sheet (Abs Fit Highly Conductive Gel Sheets for SIXPAD)	SIXPAD Body Fit Gel Sheet (Body Fit Highly Conductive Gel Sheets for SIXPAD)
Model Number	SP-AF2214G IF-AF2214G	SP-BF2216G IF-BF2216G
Weight	Approx. 21 g (8 pcs) (Approx. 3.5 g/pc)	Approx. 12 g (6 pcs) (Approx. 6 g/pc)
External dimensions	Gel Sheet Only: Approx. 64 mm × 37 mm With Protective Sheet: Approx. 69 mm × 42 mm	Gel Sheet Only: Approx. 90 mm × 51 mm With Protective Sheet: Approx. 95 mm × 56 mm
Materials	Acrylic polymer	
Made by	MTG Co., Ltd. (Japan)	Gel Sheet Raw Material: Japan, Manufacturing/Processing: China
*In the interest of product improvement, these specifications are subject to change without notice. * If anything else is abnormal, immediately discontinue use of the product and contact the local agent customer service station or importer.		

Manufactured for MTG Co., Ltd. MTG No.2 Hkai Bldg., 4-13 Honjo-cho, Nakamura-ku, Nagoya-shi, Aichi 464-0041, Japan http://www.mtg.jp/	 We have many dreams
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安全注意事项

使用前，请务必仔细阅读“安全注意事项”，正确安全地使用本产品。此处所列注意事项是为了避免给您及他人的安全带来危害或造成财产损失，让您能够正确并安全地使用本产品。

使用方法请时，其他警告及注意事项的程度通过以下标记分别说明。

危险	表示使用方法错误时，“极有可能导致人员伤亡或重伤”的内容。
警告	表示使用方法错误时，“有可能导致人员伤亡或重伤”的内容。
注意	表示使用方法错误时，“有可能发生人员伤亡或财产损失（涉及房屋、家庭财产及家具、宠物的扩大财产损失）”的内容。

需要遵守的事项通过以下标记说明。

! 表示禁止行为。

! 表示需要注意的事项。

! 表示必须遵守的行为及指示。

免責事項

因火灾、地震、暴乱、恐怖袭击以及由于故障、疏忽、使用不当造成的损坏，本公司将不承担任何责任。

危险	切勿将本产品与下列医用电子仪器同时使用。否则可能引发事故或导致医用电子仪器失灵，给身体带来严重后果。
警告	• 心脏起搏器等植入式医用电子仪器 • 人工心肺机等用于维持生命的医用电子仪器 • 动态心电图等可穿戴医用电子仪器

危险	! 请勿在粘有主体的状态下，靠近使用植入式医疗设备（心脏起搏器等）的患者的植入部位（请确保本产品距离植入医疗器械 22cm 以上）。
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警告	以上人士请勿使用。否则可能引发事故或疾病、健康方面的问题。
警告	• 心脏病患者 • 孕妇、刚生产后的女性

警告	以下人士使用本产品前请务必咨询医生。否则可能引发事故或皮肤、健康方面的问题。
警告	• 过敏体质者 • 皮肤有知觉障碍或异常（感染、皮炎或伤口等）者 • 血液循环障碍患者 • 正在接受治疗的患者 • 恶性肿瘤患者 • 癫痫神经异常者（癫痫病） • 因疾病等导致的皮肤长期干燥或脱皮障碍者 • 发热（38 度以上）患者 • 患静养者 • 骨节骨折、扭伤、肌肉拉伤等急性（慢性）疾病患者 • 骨质疏松等骨质疏松者 • 血压异常者 • 肤质不适合使用凝胶贴片者 • 明显感觉身体异常者 • 正在医疗机构接受治疗的患者

上述情况以外使用者本产品感到不安者，请咨询医生。

警告	请勿将本产品用于以下部位。否则可能引发事故或皮肤、健康方面的问题。
警告	• 胸部及锁骨等心脏重要部位、颈部以上的部位（头部、面部等） • 伤口及眼睛、口腔、面部黏膜部位 • 当天进行过毛发的部位 • 做过整形手术的部位 • 植入金属、金属、橡胶等物体的部位 • 臂纹（臂环） • 肘部（肘骨）部位 • 处于生理期时的腹部

请勿切勿用本说明书指定以外的身体部位。

警告	以下情况请勿使用本产品。
警告	• 驾驶过程中 • 运动过程中 • 进食过程中 • 饮酒时、饮酒后
警告	• 正在进行做饭、洗衣等家务时

否则可能导致事故或人员受伤。

警告	使用时请遵守以下注意事项。否则可能会引发事故或导致人员受伤。
警告	• 接通电源后，若本产品在进行任何操作的情况下发生抖动，则可能是与其他产品发生了串线。此时，请立即拔线（-）按钮，直至听到“哔-哔-”的提示音，在关闭本产品电源后，重新连接电源。

警告	请务必遵守以下注意事项。
警告	• 强烈建议立即读并理解使用说明书内容的人士切勿使用本产品。否则可能引发事故或皮肤、健康方面的问题。
警告	• 请勿将主体、专用 AC 适配器及凝胶贴片置于婴幼儿可以接触到的地方。否则可能导致烫伤或皮肤、健康方面的问题。 • 除了使用本产品，请勿在未经本人同意的情况下接通电源或提高强度。否则可能引发事故或皮肤、健康方面的问题。
警告	• 请勿自行拆解、改造、维修本产品。否则可能会导致产品变形。此外，请勿在桑拿浴等会使本产品产生急剧温度变化的环境下使用。
警告	• 小心不要将产品掉落到坚硬地面上。否则可能损坏本产品。若继续用受到损坏的产品，则可能引发事故或导致人员受伤。
警告	• 电击请勿接触充电线或金属夹。否则可能导致触电。
警告	• 请勿与其他电子产品或美容仪器等一起使用。否则可能导致身体不适或出现不良反应。
警告	• 请勿强行用力拉扯主体。否则可能导致内部线路和其他部件等的损坏故障。

警告	本产品内置有充电式电池。
警告	• 请勿投入火中、对其进行加热、或在高温环境下充电、使用、放置。否则可能导致火灾、起火或爆炸。

警告	使用专用 AC 适配器时，请务必遵守下列注意事项。
警告	• 请勿使电线受压、破裂，或对其进行捆扎或加工。并且，请勿在电线上放置重物、拉扯电线或过度弯曲。否则可能损伤电线，导致触电或引发故障与火灾。 • 请勿在有水的地方充电。否则可能导致触电。 • 一旦专用 AC 适配器的插头或端子接触到水或潮湿表面，请停止使用。 • 请勿用湿手充电及拔插专用 AC 适配器。否则可能导致触电或受伤。

警告	使用时请遵守以下注意事项。否则可能导致事故、触电或起火等。
警告	• 请勿将专用 AC 适配器插入插头至金属表面。此外，插入插座时如果出现松动，请勿使用。 • 请勿将专用 AC 适配器的插头或端子插入非专用 AC 适配器上的插座。 • 在连接专用 AC 适配器的插头及接头时，请确认好连接的方向，再笔直插入。 • 请避免液体或异物附着在专用 AC 适配器的插头及接头上。

警告	出现以下情况时，请将专用 AC 适配器从插座上拔下。否则可能导致事故、触电或起火等。
警告	• 充电时有水或异物进入主体、专用 AC 适配区内、或滴落在上面时 • 打雷时 • 停电时 • 专用 AC 适配器的电线受损或断裂时 • 充电完成时 • 长时间不使用

警告	使用时请遵守以下注意事项。
警告	• 在医院等禁止使用无线设备区域内，请长按（-）按钮，直至听到“哔-哔-”的提示音，关闭电源。

注意	使用时请遵守以下注意事项。否则可能导致事故、人员受伤、触电、产品损坏或脏污。
注意	• 请勿将主体或凝胶贴片直接置于阳光下，或靠近热源。 • 请勿用于接触用以外的使用目的，或以使用说明书中未介绍的方法使用本产品。 • 请勿用于婴幼儿或宠物身上。请勿将本产品当作婴幼儿或宠物玩具来使用。 • 请勿将液体及膏在在产品主体上。 • 请勿在浴室等湿度较高的场所使用本产品。

使用时的注意	使用时请遵守以下注意事项。
警告	• 使用时有或没有感觉到疼痛或不适、出现皮肤粗糙干燥、皮疹、发红、痒痒、烫伤、发痒等异常情况，请立即停止使用并咨询医生。若继续长时间使用，可能会导致恶化。 • 产品发出异味、异响，或者产品内部有水等其他异物进入时，请立即关闭电源，并咨询 MTG 客户服务中心。否则可能引起短路、故障或起火。 • 请勿与他人共用凝胶贴片。否则有可能传播病毒。 • 请将主体粘附在使用部位后再接通电源。使用结束后，请务必先关闭电源，再将主体从身体上剥离。否则可能受到强烈刺激。 • 感觉身体不适或发出异常

