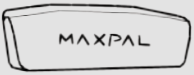
# User Manual

# Bluetooth 1 To 7 Units




# Tens-C

MAXTEK GO-GO CO., LTD.

http://www.maxtek-go-go.com

In order to use this product safely, Be sure to read this manual thoroughly before use.

318AQUA-E01

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## Bluetooth receiver introduction

APPTENS-B01 | APPTENS-B02 | APPTENS-B03

(1) Make sure the Maxpal massage receiver has electricity power.
(suggest not to charge over 30 minutes)

(2) Startup / Keep pressing the power button 3 seconds.
→ Blue LED keep twinkling for 3 seconds.

(3) Shut Down / Keep pressing the power button.
→ Blue LED keep lighting for 3 seconds.

(4) Flashing blue light during use is normal operation.

(5) LED is will show red while no electricity power on Bluetooth Massage Receiver.

(6) LED is green when fully charged.

## Bluetooth Receiver Gel Pads

The applied part is electrode

## Preparation Before Use

### Place the Electrodes

(1) Use a wet towel to wipe the skin of the area to be placed the electrodes and remove any oil, cosmetics, dirt, etc....

(2) If oil or like gets on the surface of the Gel pad, it will not stick as well and will not last as long.

3) Connecting the electrodes Gel pad to the Receiver's button.

4)Attach the pads to your body where you feel pain or stiffness or desire a massage.

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## Download App Software

(1) First please confirm the mobile phone operating system what you are used for.

- Android user please downloads App from Google Play.
- Apple iOS user please downloads App from App Store.

(2) Key-in "Maxpal" and you will find , then please install Maxpal App Software accordingly.

(3) It will take around 1~3 minutes to install App.

(4) Open the App after finished installation, welcome to use our product.

## App software interface and function

MAXPAL Plus

1. Bluetooth pairing switch
2. User Manual Download & Watch
3. Cumulative Usage
4. Receiver Battery Power
5. Cumulative Total Time
6. Timing Setting (Adjustable 01-45 minutes)
7. Massage Mode (6 Mode)
   - A Massage
   - B Beat
   - C Tuina
   - D Cupping
   - E Acupuncture
   - F Scrape
8. Adjustable Strength (Min 00 | Max 30)

## APP software instructions

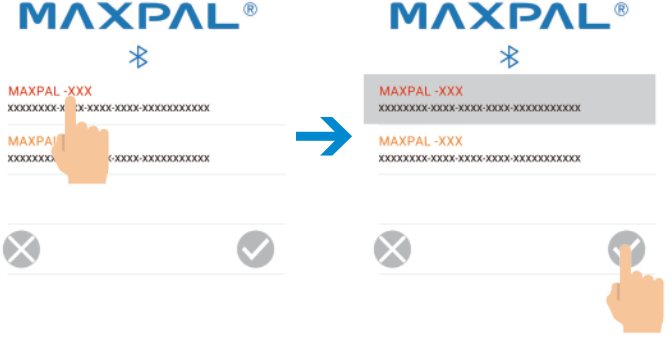
(1) Turn on the APP Bluetooth Pairing Switch.

*Before you use the app, you must first turn on the Bluetooth of your mobile.

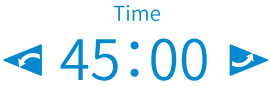
*For the first time, the Android system must agree to turn on the mobile phone GPS.

(2) Bluetooth Receiver will be pairing with your cell phone Bluetooth.

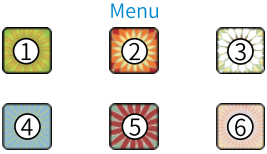
Please check whether it has found the correct Bluetooth pairing code or not ?



(4) Adjust massage time




(5) Choose massage mode



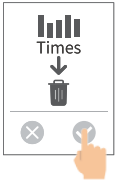

(6) Adjust the proper massage strength which suits you

(7) Total use time and way to recalculate

Clear Accumulated Count

Keep pressing for 5 seconds

Pop Up
Dropbox




Clear Accumulated Count

Keep pressing for 5 seconds

Pop Up
Dropbox

## Principle of Usage

(1) At the beginning of each therapy, please start from the lowest intensity setting and gradually increase the intensity according to your individual needs to prevent discomfort.

(2) If you feel any abnormality while the device operates on your body, please stop using it immediately.

(3) Charge the lithium battery for the first time; please fully charge it for three hours.

(4) This product contains a built-in Lithium battery. If you want to dispose of the battery, please remember to recycle it.

(5) For those who is with weaker perception, suggested the initial use intensity of the product should not exceed 20 levels.

(6) The PATIENT is an intended OPERATOR..

(7) Do not use the product during maintenance.

## Product Usage Time Suggestion

Usage Frequency:

(1) For the first month, it is recommended to use 30 minutes each time in the morning and evening.

● The neck is recommended to be used for 10-15 minutes each time, and the recommended strength should be less than 15 levels.

(2) For the second month, the usage frequency should be reduced to 5 times a week and each time using 30 minutes maximum.

(3) After the third month, the usage frequency should be reduced to twice a week and each time using 20 minutes maximum.

(4) Continuous using it and it can help to maintain muscle strength and muscular endurance, relieve muscle adhesion, accelerate blood circulation, and help you to live joyful and happily.

## Warning and Safety Precautions

This product can affect physiological characteristics and it belongs to medical instrument category.

Please pay attention to the following hazard warning, warning alert and safety warning before start to use it.

Hazard Prohibition

Do not use this product if :

(1) Patients with implantable medical electronic devices such as heart rate adjusters.

(2) There are artificial cardiopulmonary circulators and electronic equipment for life-sustaining medical use.
(3) Wearable medical equipment such as electrocardiogram.
(4) Patients with epilepsy.
(5) Patients with abdominal or inguinal hernia.
(6) Infants or young children or those who cannot express themselves.
(7) Taking sleeping pills or after drinking any alcohol.
(8) If the skin has a wound, it should not be used directly on the wound position.

## Warning

If you have any of the following mentioned conditions, please consult with your doctor before using it:

(1) Those who being treated by a physician, especially those who feel himself unwell.
(2) Anyone who is suffering from malignant tumors or cancer patients.
(3) Anyone who has abnormal heart or brain nerve.
(4) Pregnant, just finished delivered baby.
(5) Anyone who with body temperature of 38 ° C or higher. (during fever period)
Example : Acute complication during serious period.
(severe sensation, chills, blood pressure changes, etc.)
(6) Patients with infectious diseases.
(7) Those with skin perception disorder or abnormal skin.
(8) Patients with spinal fractures and acute (painful) patients.
(9) Those with abnormal blood pressure.
(10) Those who is aware of a severe peripheral circulatory disorder due to diseases such as diabetes.
(11) Those with blood circulation disorders.
(12) Severe lower extremity arterial circulatory disorders.
(13) If the patient is connected to high-frequency surgical medical equipment and the stimulator at the same time, it may cause burns and may damage the stimulator.
(14) Using electrodes near the chest cavity may increase the risk of heart fibrillation.

## Safety Precautions

(1) Do not use while sleeping.

- Doing so may cause the Bluetooth Massage Receiver malfunction failure.
- The product may be placed in an unnoticed area and cause discomfort.

(2) Do not use the abdomen and waist at the same time.

● Failure to do so may result in an accident or physical discomfort.

(3) Do not use it near high-temperature appliances such as electric heaters, electric blankets or on electric heating tables.

● Failure to do so may result in burns, fire or malfunction.

(4) Do not place or store the Bluetooth massage receiver or protective supporter where the baby can take it. In case of swallowing small parts, etc., please send to emergency immediately.

(5) Do not allow young children to use product alone nor allow young children to play or to stand on the Bluetooth massage receiver nor protective supporter alone.

● Failure to do so may result in accident, injury, physical discomfort or malfunction.

(6) Do not use in places with high humidity such as bathrooms or while you are bathing or shower.

● Do not soak the Bluetooth massage receiver into water.

● Otherwise, you may experience a strong electric shock.

(7) Do not use it while driving a car or performing any dangerous work.

● Failure to do so may result in strong irritation resulting in an accident or malfunction.

(8) Do not use it on the affected part near the heart, above the neck, on the head, on the face, in the mouth or in the genitals, or applied onto anyone who is in the absence of normal consciousness.

(9) Do not disassemble, repair or modify this product.

(10) Do not use it around 1.5 m around the microwave or un-protected microwaves, which may alter the current drawn by the product.

(11) A sudden change in temperature will change the composition of the interior of the Bluetooth massage receiver. Please wait until the Bluetooth massage receiver returns to the ambient temperature before using it.

(12) Do not over-discharge and stimulate the muscles too much.

The usage should be based on your comfort feeling.

(13) Do not use this product at an altitude of 3,000 meters above sea level.

## Wearable products use instructions

(1) If you want to change the protective supporter to other parts during the therapy, please be sure to switch off the power of Maxpal Bluetooth Massage Receiver before moving.

● Otherwise, you may suffer a strong electric shock.

(2) Please wear the protective supporter correctly.

● Failure to do so may result in an accident or physical discomfort.

(3) Do not transfer the protective supporter to others during the electric therapy.

● Otherwise, you may suffer a strong electric shock.

(4) Do not keep sticking the protective supporter to the affected or injured part and leave it alone.

● Otherwise, it may cause symptoms such as skin irritation.

(5) Do not use the protective supporter in contact with metal such as a belt or necklace.

● Otherwise, you may experience a strong electric shock.

## Product Features

(1) We are the first company worldwide using Super Fine Metallic Fiber technology to maximize connecting contact area between the product and the stimulation part from hands to feet.

(2) Micro-conductive fibers are made of elastic nylon, cotton, and Super Fine Stainless Steel Fibers.

(3) Micro-conductive fibers are antibacterial, odorless, washable, and can absorb the characteristics of human body positrons.

(4) Six different operating modes, 30 different output strength levels to meet the different effects of the massage parts.

(5) Easy operation, which allows you to easily control the entire massage process by yourself.

## Product Benefits

(1) Provide effective pulse massage for all parts of the body, joints, hands, feet, back and neck.

(2) Promote local blood circulation.

(3) Relieve shoulder pain and peripheral nerve paralysis.

(4) Muscle strength and muscle endurance training.

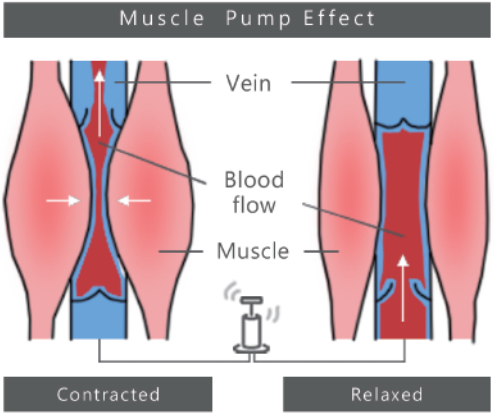
In order to ensure this product to be fully exerted its effects,
please read this user manual carefully and consult relevant issues with your local healthcare or medical-care providers before you are going to take this product as an adjuvant therapy.

# Low-Frequency Device Encyclopedia

## Muscle Pumping Effect

Low Frequent Currents can cause muscle contraction and relaxation, resulting in muscle pumping effect.

After the muscles are contracted and then relax, by way of this the blood will flow into this therapy area in a large amount, and the blood containing the old waste materials will be sent out.




## Reduce Soreness

TENS (Transcutaneous Electrical Nerve Stimulation) Transcutaneous electrical nerve stimulation is through the skin to do the electrical stimulation of the nerve.

In the treatment of pain caused by certain root causes, TENS is considered to be a clinically validated and non-pharmaceutical method with no side effects while applied correctly, so it can be used as a simple self-treatment method to block pain transmission to the nerves and by increasing the secretion of endorphins.

Endorphins are the sensation of reducing pain through the central nervous system.

The symptoms of TENS must be consult to your doctor and they will also provide you with useful information about TENS self-treatment.

# Troubleshooting

| Failure Situation | Possible Root Causes | Solution |
|---|---|---|
| **No Response** | Receiver is dead | Charging till the LED show green light (Cannot exceed 30 minutes) |
| | Mobile phone Bluetooth is off | Turn on the Smartphone Bluetooth |
| | The Gel Pad is not 100% fit to the skin | Please re-put on the Gel Pad and allow it fits to the skin |
| **No stimulating feeling or stimulating too weak** | Strength / level is too low | According to the individual's acceptable massage intensity to adjust it (Adjustment Strength Intensity) |
| | Skin is too dry | Before doing therapy, suggested to Put some lotion on your skin surface or spray water on the supporter's fabric to keep it oisturized |
| **Redness and swelling of the skin** | The therapy time is too long | Suggested each therapy shall not exceed 45 minutes |
| | Strength Intensity is too high | Reduce the strength |
| **Can't receive Bluetooth signal** | Receiver's battery power is too low | Fully charged till green LED on |

**Attention!**

(1) Maxpal Bluetooth Massage Receiver is precision instrument, do not drop, shock or external impact.

(2) Please preserve the Receiver properly to prevent from damage if long time non-usage.

Please stored under low temperature, dry, keep away from strong electromagnetic field and sunlight.

# Product Maintenance

## Bluetooth 1 To 7 Units

(1) Clean the dirt on the Receiver with a cloth dampened with tap water or with a neutral detergent. Never use alcohol, benzene or other chemicals to clean it.
(2) In order to maintain the internal battery life of the Receiver, it should be stored in a low temperature, dry, dust-free environment.
(3) Keep away from heat sources, and do not place them directly under the sun or in enclosed cars and away from places with strong electromagnetic waves.
(4) If you do not use the Receiver for a long time, please use the battery power up to about 20% and store it in dehumidification and moisture-proof packaging or moisture-proof box, and take it out every 3-6 months.

## Precaution for the built-in battery of Receiver

(While you are going to dispose of the rechargeable battery, please obey below instructions)
(1) This is a rechargeable battery exclusive for this product only. Do not use it other than this product application.
(2) Do not remove battery and charge it.
(3) Do not throw it into the fire and heat it.
(4) Do not touch the positive and negative electrodes with a substance such as metal.
(Do not store with necklaces, hair clips, etc.)
(5)Do not place it in a hot place such as near the fire source or under the sun.
(otherwise, it may cause heat, fire or breakage)
(6) Do not remove the battery in a position where it can be taken by an infant or the pet can reach it. Otherwise, it may cause injury or accidents etc.
(7) If a pet's urine invades the battery, it may cause a fire or an accident.

## Maintain - Cleaning the Gel Pad

1) Turn the power off and remove the Gel Pad from the receiver
2) Wash the Gel Pads when the adhesive surface become dirty and/or the pads are difficult to attach. Wash the Gel Pad softly with your fingertips under slow running cold water for several seconds (do not use a sponge/cloth/sharp objects, do not use detergents, chemicals or soap)
3) Gel Pad can be washed after 15 used approximately 10 times for up to 50 uses. Do not wash the Gel Pads too long or too frequently. If the adhesive surface become sticky or the Gel Pad peels off, leave the pad inside the refrigerator (not freeze) overnight. The adhesion may be restored.
4) Dry the Gel Pads and let the adhesive surface air-dry completely. Do not wipe with a tissue paper or cloth.
5) Pads are replaceable and be purchased.
The life of pads may vary by how often you wash the Gel Pads, the skin condition, and how you store the pads.

## Product Specifications

**BF type applied part**

**▼ The product specifications are subject to change without notice.**

| | |
|---|---|
| **Product Name :** | |
| **Model Name :** | |
| **Purpose / Effect :** | It is used as a low-frequency therapy device to relieve pain, massage, build muscle, strengthen metabolism, and massage it. Suitable for individuals and general households. |
| **Interface :** | Built-in Bluetooth module for connection with mobile. |
| **Control Inferface :** | All controls are on the phone screen through the download APP. There are 6 operation modes. |
| **Output Strength Adjustment level :** | 1~30 |
| **Charging Interface :** | Micro USB Slot |
| **Battery :** | DC 3.7V (built-in one internal rechargable 3.7V DC Lithium battery pack) \| Lithium battery cycle \| 1000 times of cycle |
| **Battery Capacity :** | 120mAh |
| **Charging Time :** | Charge until green LED on |
| **Timing :** | 01 - 45 mins. |
| **Standing-by Time :** | 60 mins. |
| **Product Life Time :** | 3 years (Self-declaration based on our test figures) |
| **Rated Voltage :** | 3.7V (Built-in Battery),<br>5.0V DC (USB) output of external device |
| **Output Voltage :** | 50-90 V |
| **Average Output current :** | Max 3.6mA (500Ω) |
| **Default Output Voltage :** | Max. 90V (500Ω) |
| **Usage Time :** | 3~7 hours depends on strength level |
| **Power Consumption :** | 1.6~2.0 mA |
| **Pulse Frequency :** | 16~100Hz |
| **Pulse Width :** | 50~200 us (Max. Pulse Width 200 us) |
| **Operation Temperature :** | 10~40°C / Relative Temperature 15~90% / Atmospheric pressure 700~1060 hPa |

| | |
|---|---|
| Storage/Transportation Temperature : | -25~70°C (It takes 13 mins recovery ,to use at 20°C when moving from -25°C ; it could be used right away at 20°C, when moving from 70°C)<br>Relative Temperature up to 90%  Atmospheric pressure  700~1060 |
| Performance Test : | Output characteristic test, functional control test, open/ Short circuit test, incorrect battery instllation test, temperature (operation)test, humidity test, water immersion test, solvent resistance, vibration, mechanical shock test, biocompatibility test (skin irritation, skin sensitivity), low power low frequency test. |
| Princile of Operation : | Making use of nerves and muscles to respond to low-frequency electrical,a weak pulse current is applied to the surface of the skin, because we use a special metal synthetic material to allow this current to penetrate deep into the subcutaneous tissue for deep massage. The physiological action caused by it can relax the muscles, relieve pain, massage, build muscle, strengthen metabolism, Strengthen the effect of bone tightness and massage.<br>Use our supporter with Massage Receiver. |
| IP : | IP22 (Ingress protection, protection against solid foreign objects of 12.5 Ø mm and greater and against vertically falling water drops when enclosure tilted up to 15˚) |
| Product / Certificate : | ISO 9001, 13485,  EMC Qualified to EMC Specifications IEC60601-1-2:2007. |
| Accessory : | Micro USB Charging cord |
| Weight : | 16.5g |
| Dimension : | 1.5(W) * 7.8 (L) * 2.3(H) cm (Blutooth connection) |
| Selling Company : | Maxtek Go Go Co., Ltd. |
| Manufacturer : | Ta-Lai Sporting Goods Ent. Co., Ltd. |
| Manufacturing Address : | 5F, No. 12, Alley 6, Lane 45, Bao Xing Road,<br>Xindian District, New Taipei City, Taiwan, R.O.C. |
| Country of Origin : | Taiwan, R.O.C. |
| Material : | ABS ; Acrylonitrile Butadiene Styrene |

| | |
|---|---|
| Gel Pad dimension : | diameter 4.5cm |
| Web / Tel | www.maxtek-go-go.com/www.maxpal.com.tw / 886-2-29176675 |

To properly dispose electronic wastes, please refer and follow local regulation.

# FCC Warning

15.105
FEDERAL COMMUNICATIONS COMMISSION
INTERFERENCE STATEMENT
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

15.19
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

15.21 Statement
CAUTION:
To assure continued FCC compliance:
1. Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.
2. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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