Rev. 0.1

Muscle Strength Coach Manual

CONTENTS

Precautions

Notification

- The contents of this manual are subject to change without notice.

- We are not responsible for any problems caused by use other than the cable provided.

- When not charging the product, disconnect the cable and store it.

- When charging is complete, disconnect the cable. Failure to do so may shorten the life of the battery.

- Do not disassemble the product. It may cause malfunction.

- When the product is dirty, wipe it with a soft cloth. Do not use alcohol, thinner or benzene.

- Water or rain may cause malfunction.

Product appearance / Components

① Green LED(Active)
② Power button
③ Charging Connector
④ Red LED(Charging)
⑤ Rear / Sensor

⑥ USB 3.1 Type C Cable
⑦ Thigh belt
⑧ Waist belt
⑨ Waist Cradle
⑩ Thigh Cradle

* USB ports is only available for charging

Product Specifications

Specifications

Division	Detail
Designation	MSCoach
Model name	MSC-001
Wireless	Low power 2.4GHz
Size (mm)	Horizontal 67 X Vertical 47 X Height 27
Weight	**45g**
Battery	3.7V / 170mA
Current Consumption	5mA (MAX)
Charging time	3hours (MAX)
usage time	Approximately 30 hours (continuous use)
waiting time	About 100 days
Connected device	Only available on Android 5.1 (BLE) or higher
Operating temperature	0℃ ~ 60℃
Storage temperature	-5℃ ~ 80℃
Manufacturer	CRETA Co., Ltd.
Country of manufacture	Republic of Korea

■ The radio equipment may cause radio interference.

How to use

Smart device connection (Android 5.1 or later)

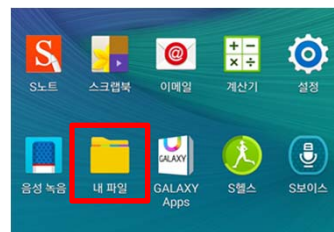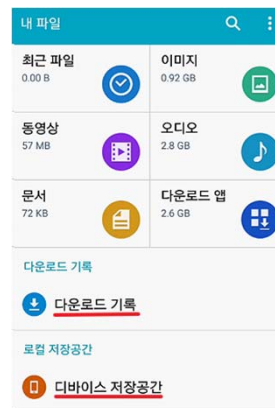1. Install the program on the smart device.

http://tshot.tngsoft.com/download/tinga.apk

② Enter above address then download

③ Install tinga.apk from my file's download history

① Launch the Internet

2. Activate the Bluetooth function.
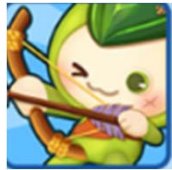
① Run Setup   ② Click on bluetooth   ③ Bluetooth ON

How to use

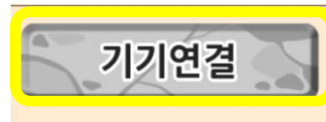## Smart device connection (Android 5.1 or later)

3. Prepare to connect the device after running the installed application.

① Application execution ② Click Settings at the top right ③ Click to connect device

4. Press the power button on the MSC to turn it on.

Press the power button on the MSC to turn it on..

5. Smart Device Connect the MSC in the running application.

MST-T305

Click on the name on the product label to connect.

How to use

Charging method / Power ON / OFF method / LED color information

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How to charge

Connect the charging cable to charge as shown above

Power ON / OFF method

① Press the MSC power button to turn on the power.

② Disconnect from the application and wait for 1 minute 30 seconds to turn off the power.

LED color information

▶ Pairing status: Green blinking slowly
▶ Standby: Flashing green rapidly
▶ Primary Battery Warning: Blinking red slowly
▶ Battery Second Warning: flashing red fast twice, total five times, power off
▶ Charging: Red ON / OFF LED OFF
▶ All LEDs: Charging completion / termination status

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

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.

Caution: Any changes or modifications to this device not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

FCC RF Exposure Statement
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must
follow the specific operating instructions for satisfying RF exposure compliance. The antenna used for this transmitter
must not transmit simultaneously with any other antenna or transmitter, except in accordance with FCC multi-transmitter
product procedures.