



# CONTENTS

---

sweetmyo

<b>1. Product Introduction</b>	1
1.1 Product Overview	1
1.2 Safety Instructions	1
<b>2. Settings</b>	3
2.1 Package Contents	3
2.2 Instructions for use	3
2.3 Electric pulse generator	5
2.4 J28 Lighting Effect Description	5
<b>3. Maintenance of the Electric Pulse Training Kit</b>	6
3.1 Hub1 terminal maintenance	6
3.2 Hub1 terminal precautions	6
3.3 Training suit maintenance	6
3.4 Training suit precautions	7
<b>4. App Operation Instructions</b>	7
<b>5. Troubleshooting</b>	8
<b>6. Technical specifications</b>	9
<b>7. Warranty Description</b>	10
<b>8. Warranty Commitment</b>	10
<b>9. Warranty Regulations</b>	10
<b>10. FCC Caution</b>	11

## 1. Product Introduction

### 1.1 Product Overview

- Model Name: Hub1

### 1.2 Safety Instructions

#### **Warning**

##### **1. Please consult a doctor before use in the following situations:**

- ① Heart disease patients;
- ② Abnormal blood pressure patients;
- ③ Epilepsy patients;
- ④ Pregnant women;
- ⑤ Malignant tumor patients;
- ⑥ High fever patients;
- ⑦ Infectious disease patients;
- ⑧ Skin sensory disorders or skin abnormalities;
- ⑨ Acute disease patients;
- ⑩ Other patients who are receiving medical treatment and feel abnormal;

※ Accidents or physical discomfort may occur.

##### **2. Never use it with the following medical electronic devices:**

- ① Implantable medical electronic devices such as pacemakers;
- ② Life-sustaining medical electronic devices such as artificial heart-lung machines;
- ③ Medical electronic devices such as electrocardiographs;

※ It may cause these medical electronic devices to malfunction.

##### **3. Please do not disassemble, repair or modify the entire product without authorization.**

※ It may cause malfunction or electric shock.

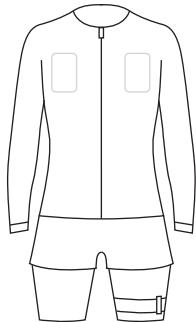
## **Precautions**

1. When you feel any discomfort in your body or skin, please consult a doctor and follow his or her advice.  
※ If you feel dizzy or have a headache during use, please stop using it immediately.
2. During training, it is forbidden to clap or contact with others to prevent electric shock; please turn off or suspend the operation of the equipment before contacting others.  
※ Otherwise you may receive a strong electric shock.
3. If you allow others to use the app, please be sure to set the status to pause or terminate before moving it.  
※ Otherwise you may receive a strong electric shock.
4. Do not use the device while wearing other electronic devices or accessories.  
※ It may cause electronic equipment to malfunction (such as pacemaker malfunction).
5. Do not give this product to children or people who are unable to express themselves.  
※ Accidents or physical discomfort may occur.
6. Do not use in places with high humidity such as bathrooms (e.g. do not use this product while taking a bath).  
※ You may receive a strong electric shock.
7. Do not use at bedtime.  
※ It may cause the training suit to malfunction and the electrodes to shift, causing physical discomfort.
8. During use, do not let the metal parts of belts, necklaces, etc. touch the electrodes.  
※ You may receive a strong electric shock.
9. Do not use for a long time (more than 80 minutes).  
※ It may cause muscle fatigue and physical discomfort.
10. Do not use while driving a car.  
※ Otherwise, the muscles may lose control after being stimulated by strong electric shocks, which may cause traffic accidents.
11. Do not plug or unplug the main unit with wet hands.  
※ Failure to do so may result in electric shock or an accident.

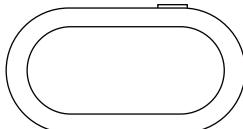
## 2. Settings

### 2.1 Package Contents

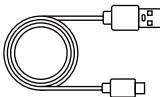
- Check the box contents to make sure they include:



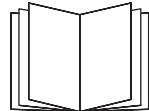
1. Electric pulse training suit  
(suit needs to be purchased separately)



2. Hub1 terminal



3. USB cable



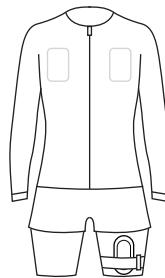
4. Instructions

### 2.2 Instructions for use

2.2.1 Search for "Sweetmyo" in the App Store and download the app

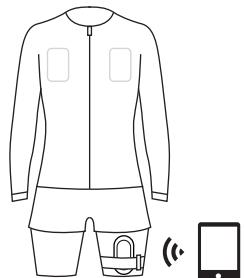
2.2.2 Wearing electric pulse training clothes

- Clean and moisten the electrode area with a wipe.
- Put on your training clothes.
- Connect the Hub1 terminal.



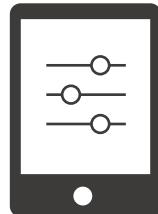
2.2.3 Connect device via mobile phone/tablet Bluetooth

- Please turn on the Bluetooth (iOS and Android) and positioning (Android) authorization on your phone.
- After the connection is successful, the device will flash a blue indicator light (if the indicator light is red or there is no indicator light, please fully charge the device before connecting).



## 2.2.4 Select the desired training program and start using it

- Train according to the APP prompts and adjust the intensity on the mobile device.
- Perform pulse stimulation training under the guidance of the APP.
  - Six pairs of electrodes correspond to muscle groups: latissimus dorsi, pectoralis major, rectus abdominis, erector spinae, gluteus maximus, rectus femoris.
  - Select a mode to start training.



- Only after confirmation can you start using it.

### **Notice:**

When using for the first time, please start from the lowest intensity and gradually increase it. Please note that the intensity of the electric shock will be more obvious after the user sweats. The APP will automatically record the user's previous usage data.

## 2.2.5 Training

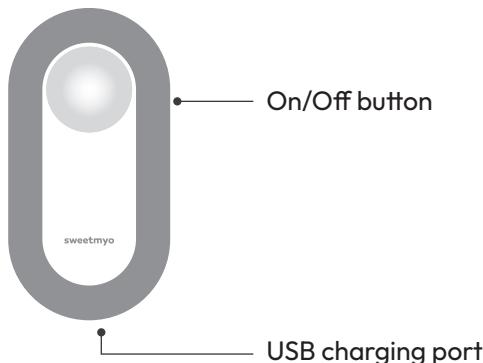


## 2.2.6 After exercise

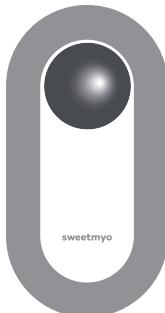
- Turn off the device, exit the app, and take off your training clothes.
- Rehydrate and rest.
- Please wash your clothes as soon as possible.



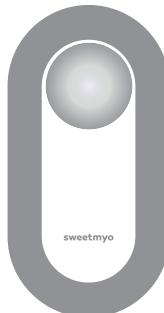
## 2.3 Electric pulse generator (Hub1 terminal)



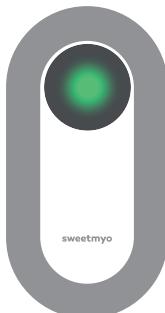
## 2.4 J28 Lighting Effect Description



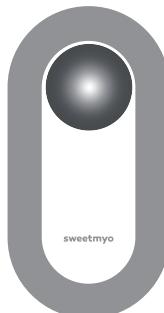
Bluetooth binding search status



Training status (common to all modes)



The device wakes up and waits for Bluetooth connection



Standby

### 3. Maintenance of the Electric Pulse Training Kit

#### 3.1 Hub1 terminal maintenance

- If the Hub1 terminal is dirty, use a damp cloth with water or neutral detergent. Wring out the damp cloth and clean thoroughly. If necessary, clean or disinfect with a damp cloth.
- The Hub1 terminal is not waterproof, avoid direct contact with water or other liquids.

#### 3.2 Hub1 terminal precautions

- If the Hub1 terminal is left unused for half a year, you need to fully charge the main unit before using it again.
- Please store it out of reach of children.
- Do not store the device in direct sunlight, high temperature, humidity, dust, or corrosive gas.

※ Our company does not assume any responsibility if the above precautions are not followed or unconventional methods are used, resulting in damage to the equipment.

#### 3.3 Training suit maintenance

※ For details on training suit maintenance, please refer to the training suit instructions.

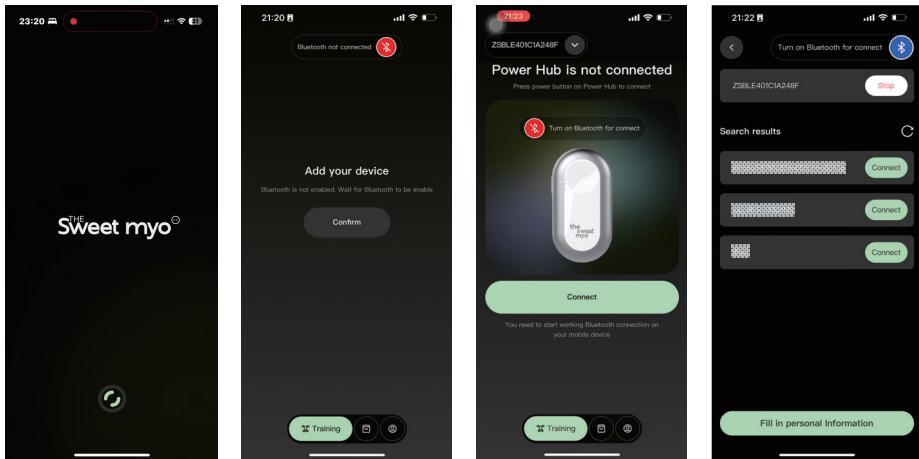
#### 3.4 Training suit precautions

- The electric pulse training suit should not be used on wounds or bruises where the dermis is exposed.

## 4. APP Operation Instructions

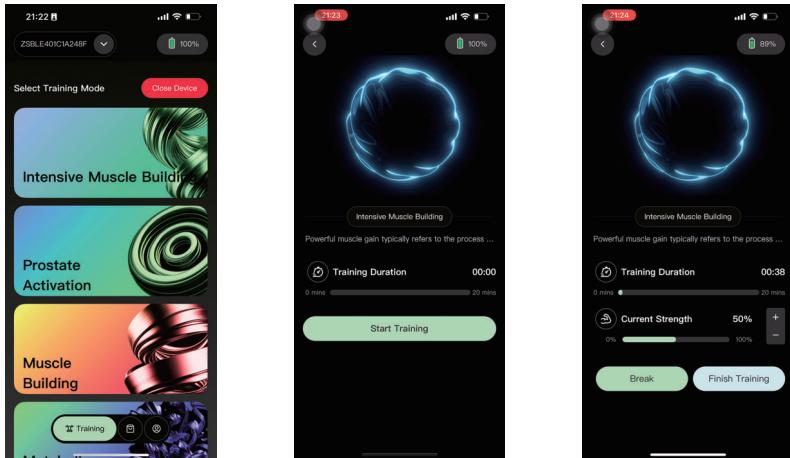
### 4.1 Login to connect device

- Log in to the App → Add device (you need to add a device for the first login)  
→ Open Bluetooth connection → Connect



### 4.2 Training

- Enter the App → Select training mode → Start training



## 5. Troubleshooting

Anomalies		Treatment
Bluetooth cannot find the device	The device is out of power	Please charge the device before connecting
	The device is far from the phone	Put your phone close to the device and connect
	The device is out of power	Please charge the device before use
Output interruption during use	Poor contact	Reseat the main unit
Surface damage to training clothing		Training suits are consumables. Please replace them with new ones.
The strength of the left and right electrodes is inconsistent	Differences in human electrode impedance	Please adjust your training suit so that the electrodes fit more tightly. You can also spray water on the electrodes or warm up and sweat slightly.
Prickly sensation on the skin	The electrodes are not in close contact with the skin	Use an armband or belt to keep the electrodes close to your skin
	Electrode damage	Training suits are consumables, please replace them in time
	Too much strength	Adjust the intensity to suit your comfort
	The electrode is dry or has dust on the surface	Wipe the electrode pads on the inside of the clothes with a cloth
No sense of electrical stimulation	Please make sure that the main unit is connected to the APP and plugged into the base tightly; if the user still cannot feel the pulse stimulation, please warm up and sweat slightly.	

## 6. Technical specifications

Main body	Hub1 Terminal	Color	Silver, white
Equipment weight	$\approx 400\text{g}$ (including battery)		
Device size	167mm (L) x 87.5mm (W) x 34.5mm (H)		
Validity Period	2 years		
Battery capacity	5000 mAh		
Charging Rating	DC 5V		
Battery voltage	DC3.7V (Rechargeable lithium-ion polymer battery)		
Battery Life	500 charge and discharge times		
Output voltage	$\leq 60\text{V}$		
Output carrier frequency	2000Hz		
Output pulse width	500uS		
Operating humidity and humidity	10°C-40°C, 30%RH-75%RH		
Transport and storage temperature and humidity	-40°C-55°C, 10%RH-93%RH		
Operating pressure	860hPa ~ 1060hPa		
Transport and storage pressure	500hPa ~ 1060hPa		

## 7. Warranty Description

Thank you for purchasing SweetMyo products and giving us the opportunity to provide you with quality service.

## 8. Warranty Commitment

- The warranty period for Hub1 terminal equipment is one year (calculated from the original sales and purchase date);
- Free repairs within the warranty period and warranty scope;

## 9. Warranty Regulations

**The appeal commitment does not apply to the following situations:**

- The product has exceeded the free warranty period;
- Failure caused by accidentally falling during use;
- Failure caused by lack of reasonable maintenance;
- Failure caused by failure to operate according to the correct instructions in the instruction manual;
- Scratches, stains and other appearance losses during use;
- Failure or damage caused by unexpected factors or human factors (including operating errors, liquid ingress, scratches, transportation, collision, improper plugging and unplugging, foreign objects, rodent damage, insect damage);
- Failure caused by force majeure (such as: fire, earthquake, typhoon, flood or war and other external factors);
- Failure caused by improper repair by an unauthorized agency of the company;
- If the Sweetmyo electric pulse training set cannot be used due to the above reasons, the company will repair it at cost;
- This product has lifetime maintenance. If it exceeds the warranty period, the company will charge the corresponding fee for repair.

※ If you need warranty, please send an email to  
[support@sweetmyo.com](mailto:support@sweetmyo.com)

## 10. FCC Caution.

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### **Note:**

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.

### **\*RF warning for Portable device:**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

# sweetmyo



Manufacturer: Sweetmyo Inc.

Address: 8 The Green Suite B, Dover, DE 19901

Email: [support@sweetmyo.com](mailto:support@sweetmyo.com)