



USER MANUAL



Before using the product, please read the manual carefully.

Save the manual

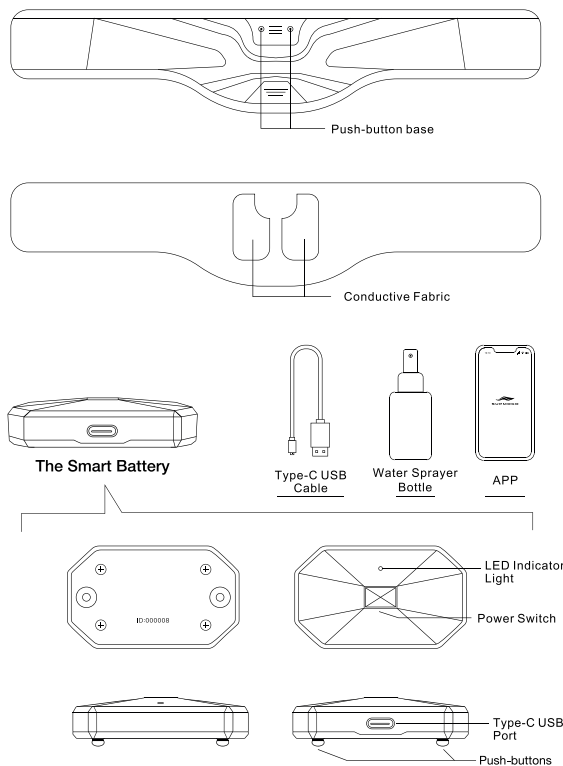
1. Introduction

1.1 Working Principle

The SUPMOGO Fitness Wearable Belt delivers "passive" training to the muscles of the abdominal region through the application of EMS (electronic muscle stimulation). This is a technology that stimulates muscle contractions by mimicking the signals that the central nervous system naturally sends to the neuron of the cells.

1.2 What's Included?

The SUPMOGO Fitness Wearable Belt Includes the following components:
The SUPMOGO Fitness Wearable Belt, The SUPMOGO Belt Extension, The Smart Battery with Bluetooth Technology, The Charging Cable, The SUPMOGO Spray Bottle, The SUPMOGO Light Cover, The SUPMOGO Wash Bag, as well as access to the SUPMOGO App.



2. Instruction

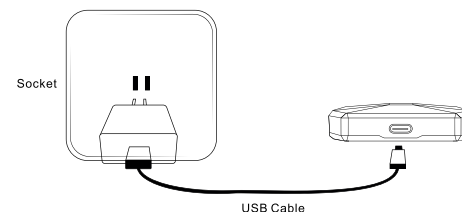
[1] Preparation

2.1.1 Charge

Connect the Type-C end of the USB cable provided to the Type-C USB port on The Smart Battery. Connect the other end to a charging box or a standard USB-A port. When charging starts, the indicator light on The Smart Battery turns red. The light turns green when the battery is fully charged.

Attention:

1. The Smart Battery operates off of a built-in rechargeable battery. Please charge it before your first time use.
 2. Please use the USB cable provided to charge The Smart Battery.
 3. It is recommended to charge The Smart Battery at room temperature (extreme weather conditions may reduce the capacity).
 4. It is recommended to charge The Smart Battery with a 5V 1A charger. It takes about 1 hour for it to be fully charged.
 5. The device can be used for about 5-10 hours once fully charged (with an intensity level of 35 or lower).
- *The battery life varies at different intensity levels and different temperatures*



2.1.2 Download The SUPMOGO APP

IOS: Download SUPMOGO App from the App Store.
Android: Download SUPMOGO App from Google Play.

2.1.3 Fasten The SUPMOGO Fitness Wearable Belt

- I. Before wearing the belt, spray the water evenly on the surface of the conductive fabric to ensure that it is sufficiently moist for successful impulse signal transmission.
- II. Wrap the belt around the waist tightly to ensure that the conductive fabric fully touches the skin.

Attention:

The conductive fabric transmits impulse signals ONLY when the skin surface is sufficiently moist (skin is mildly sweating or the conductive fabric is saturated). If the surface of the skin is not producing sweat, reapply water every 30 minutes to 1 hour to continue the workout. If you feel a slight discomfort or a prickly feeling, reapply water accordingly.

2.1.4 Install The Smart Battery

Match the 2 Push-buttons on the back of The Smart Battery with the 2 Push-button bases on the front side of the belt. Make sure the Push-buttons are locked into the bases completely (no distinction of the left or right).

2.2.1 Turn on The Smart Battery

After attaching The Smart Battery to the SUPMOGO Fitness Wearable Belt, press the power switch of The Smart Battery (long press for 2 seconds) to turn on the device. The Smart Battery should have a blue flashing indicator shown on the front side.

2.2.2 Connect The Smart Battery

Open the SUPMOGO App. In the App, click "Pair Device". Once the Bluetooth device list pop up appears, choose your device and click the "Pair" button. Once the Smart Battery LED Indicator starts flashing green, you are connected.

Attention:

Please ensure the Bluetooth settings on your smartphone are set to discoverable. A message will be prompted stating that our app is requesting to turn on Bluetooth if the Bluetooth is off.

2.2.3 Exercise with The SUPMOGO Fitness Wearable Belt

- 1) Start the exercise

On the operation interface, click 'Quick Start' to begin your exercise.

- 2) Adjust the intensity level

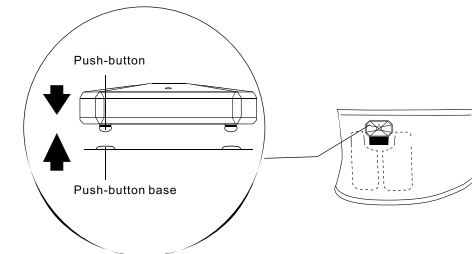
- a. On the operation interface, click the '+' button to increase the intensity level and the '-' button to decrease the intensity level.
- b. The initial intensity level is set at 0. The intensity level can be adjusted step by step during the exercise.

- 3) Adjust the pulse and rest levels

- a. On the operation interface, click the '+' button to increase the level and the '-' button to decrease the level. The pulse controls the contraction time and the rest controls the time between contractions.

2.2.4 End the Exercise

- 1) Click the OFF button on the app.
- 2) Turn off The Smart Battery (hold the power switch button on The Smart Battery for 2 seconds).
- 3) Take The Smart Battery off of the belt and exit the app.
- 4) Take off the SUPMOGO Fitness Wearable Belt.



3. Product Specifications:

Name: SUPMOGO Fitness Wearable Belt
Weight: The Smart Battery: about 23.3g
Size: About 4.76oz
Material: SUPMOGO Fitness Wearable Belt: 78.7% Nylon + 21.3% Spandex
Package Contents/Accessories:
a. SUPMOGO Fitness Wearable Belt
b. SUPMOGO Belt Extension
c. Smart Battery with Bluetooth Technology
d. USB-C Charging Cable
e. SUPMOGO Spray Bottle
f. SUPMOGO Light Cover
g. SUPMOGO Wash Bag

Bluetooth Specifications:

Version: Bluetooth Low Energy Ver 5.0
Radio Frequency: 2.4 Ghz band FH-SS
Supported Configuration:
Bluetooth Broadcast / Battery Status (Standard specification)
Distance/Range: About 10 meters
Voltage: 0.4 V
Power Source: Battery Information: 3.7V 200mAh
Power Input: 6V 180mAh
Charging Time: About 1 hour
Number of Uses (Battery Life): About 5-10 hours once fully charged
(May vary based on intensity levels and device temperature.)
Manufacturer: Supmogo Inc. (assembled in China)
Official Website: www.supmogo.com
After-Sales Hotline: 1-877-900-6646

Size Chart:

Size	Short (inches)	Long (inches)	With Extension
Small	22 in	29 in	Up to 39 in
Medium	29 in	36 in	Up to 46 in
Large	36 in	42 in	Up to 52 in
Extension			Adds 10 in

4. Maintenance

4.1 The Smart Battery

- Do NOT put The Smart Battery near any source of heat or fire.
- Do NOT dampen The Smart Battery or overexpose it under the sun.
- Do NOT use detergent, alcohol, sprays, or strong solvents on The Smart Battery.
- Do NOT submerge or soak The Smart Battery in water or any other liquids.
- Do NOT use The Smart Battery if it is damaged. Please return it to the manufacturer or dealer for exchange or repair.
- Do NOT take apart The Smart Battery or alter the device in any way. This could cause harm to the user or the product itself, which would invalidate it's warranty.

The Smart Battery should be fully charged and stored properly when not in constant use. Please run the device at least once every three months and recharge it. The built in battery will discharge slowly even without being used. The long-term absence of recharging may cause the battery to over-discharge, which could lead to a nonchargeable device.

4.2 Fitness Wearable Belt

- Wash the belt after using it for one week.
- Place the front side of the belt flat into The SUPMOGO Wash Bag that is provided.
- Place the wash bag (with the belt inside) into the washing machine on delicate wash with warm water. You may also hand wash it with a small amount of natural detergent. Do NOT use detergent that contains bleach, fabric softener or disinfectant.
- Hang dry the belt in the shade after washing. Do NOT dry the belt with heat, iron, or dry clean it.
- Please avoid placing the belt in high temperature, high humidity, and high acidity or any type of extreme environment for long periods of time.

* Product malfunctioning caused by improper maintenance is NOT covered in the warranty.

5. Safety Notice

This product is designed to be used by ages 18 and up. If you have any pre-existing conditions we advise that you consult with your medical professional prior to use. Issues may occur if you have any of the following health conditions or a history of skin conditions, including but not limited to:

- Abnormal blood pressure
- Osteoporosis and other skeletal anomalies
- Undergoing medication or treatment
- Pregnancy or nursing
- Cranial nerve disorder (e.g.: seizure)
- Diabetes-caused severe peripheral circulatory disorder impeding perception
- Malignant tumor and acute infectious disease
- Blood circulation disorder
- Allergies
- Fever
- Undergoing hospital treatment
- If you use a pace maker

ATTENTION

In addition to the conditions described, please consult a doctor if you have any discomfort about using the product.

It is not recommended that you apply this product to the specific part of the skin if the following applies, but not limited to:

- Any skin damage
- Hair removal the day of
- Open wounds
- Plastic surgery, or any other metal or plastic implants
- Tattoos that have not finished healing

Attention: Do NOT apply this product to any body parts other than the ones specified in this manual.

6. Warranty

Strictly complying to the Law of the United States of America on the Protection of Consumer Rights and Interests and Product Quality, the after-sales service of SUPMOGO Inc. provides the 'Three Guarantees' services (Guarantee to return, guarantee to exchange, guarantee to repair) as follows:

[1] Warranty Policy

1. The Smart Battery

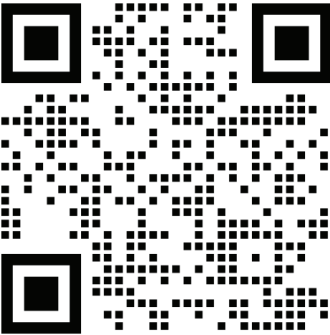
- 1) If The Smart Battery has any of the conditions described in The Performance Failures List of SUPMOGO Fitness Wearable Belt within 7 days after you acknowledge the receipt of the product, the problem was examined and determined by the after-sales service center, you can enjoy the return or exchange service for free.
- 2) If The Smart Battery has any of the conditions described in The Performance Failures List of SUPMOGO Fitness Wearable Belt within 15 days after you acknowledge the receipt of the product, the problem was examined and determined by the after-sales service center, you can enjoy the exchange or repair service for free.
- 3) If The Smart Battery has any of the conditions described in The Performance Failures List of SUPMOGO Fitness Wearable Belt within 12 months after you acknowledge the receipt of the product, the problem was examined and determined by the after-sales service center, you can enjoy the repair service for free.

[2] The Performance Failure List of SUPMOGO Fitness Wearable Belt

1. Power switch failure of The Smart Battery.
2. The Smart Battery is nonchargeable or the indicator light is not working.
3. The Smart Battery runs for less than 60 minutes after it is sufficiently charged as advised.
4. The SUPMOGO Fitness Wearable Belt is unable to connect to The Smart Battery or function.
5. The Smart Battery overheats abnormally.
6. The SUPMOGO Fitness Wearable Belt is unable to transmit impulse signals.

[3] Non-Warranty Terms

1. Unauthorized repair, misuse, crash, negligence, abuse, liquid damage, accident, alteration, use of non-original accessories, tearing or obliterating of labels.
2. 'Three Guarantees' service period expired.
3. Damage by force or misuse.
4. Conditions NOT listed in The Performance Failures List of SUPMOGO Fitness Wearable Belt.
5. Conditions of the product and accessories listed in The Performance Failures List of SUPMOGO Fitness Wearable Belt caused by personal damage.



Need assistance? Scan the QR code above to visit our FAQ page which contains extensive troubleshooting information as well as our after-sales service contact information.

www.supmogo.com/FAQ

