

SQTS-1

JUPITER

Electronic Massage Stimulator

for Pain Relief Therapy, Electronic Portable
Pocket Size Muscle Massager

USER GUIDE

Features:

- Compact and Comfortable to Massage
- Helps Relieve Pain
- TENS Stimulation for muscle therapy - Firm and Effective
- Auto Power Off from 5 mins to 60 mins
- Comes with 5 small pads and 5 large pads
- 25 Massage Modes
- Both size pads can be used at the same time
- Portable Pocket Size
- Stimulate Healthy Muscles in Order to Improve Muscle Performance and Recovery
- Non-Invasive, Solution for relieving pain
- Microcomputer Intelligent Control Technology
- Stimulates a variety of muscles through multiple massage settings
- Can Operate with Different Intensity Settings for Each Channel
- Portable and compact - can be used anywhere
- Reusable Fastening Cable Ties and Self-Adhesive Conductive Reusable Electrode Pads
- Different Sizes of Electrode Pads
- Battery Level indicator for optimal performance recovery
- Built-in Powerful Rechargeable Lithium Battery

Technical Specs:

- Construction Material: ABS
- Battery: 350mAh
- Intensity Level: 0-50 levels
- Adjustable Time Settings: from 5 mins. to 60 mins.
- Product Dimensions (L x W x H): 5.31" x 2.4" x 0.98" -inches



**DOWNLOAD THE SQUATZ APP TO FOLLOW
YOUR CUSTOM SQUATZ WORKOUT!**

**ALL SQUATZ PRODUCTS COME WITH AN
ADVANCED WORKOUT PROGRAM!**

PLEASE READ THE USER MANUAL CAREFULLY BEFORE USE AND KEEP IT IN A CONVENIENT PLACE FOR FUTURE REFERENCE.

Safety Guide

Read the entire instruction manual before you use the **SQTS-1 Electronic Massage Stimulator**. This manual will give you a better understanding of how the product works. If you are unsure whether a medical condition should preclude you from using the device, consult your physiotherapist, osteopath, or medical practitioner.

Intended Use / Indications for Use

T.E.N.S. Transcutaneous Electrical Nerve Stimulation

To be used for temporary pain relief associated with sore and aching muscles in the shoulder, waist, back, back of the neck, arm, leg, and foot due to strain from exercise or daily activities by applying current to stimulate nerve.

DEVICE DESCRIPTION

General Description

The **SQTS-1 Electronic Massage Stimulator** is a household multifunctional device. It can stimulate healthy muscles in order to improve muscle performance and recovery. This device can help relieve the pain associated with sore and aching muscles in the waist, upper and lower back, back of the neck, upper extremities (shoulder, arm, and hand), lower extremities (hip, knee, ankle, leg, and feet) due to strain from exercise or daily activity.

The **SQTS-1 Electronic Massage Stimulator** has 25 operation modes and two channels that can deliver electrical pulses through 2 pairs of electrode patches that are applied to the skin.

The **Electronic Massage Stimulator** has the operating elements of ON/OFF Switch, Display screen, Mode Selection key, Intensity Modification keys and Time selection keys.

The LCD display screen can show selected mode, output intensity of body and/or sole, and time remaining of an application mode.

The device is equipped with electrode patches, connection line, USB charging cable.

The connection line is used to connect the electrode patches to the LCD display.

The product is recommended to be used once a day for at least 4 weeks. If the treatment stops, results may diminish. In order to experience the optimal effects of treatment, it is recommend to perform a full treatment cycle and to drink sufficient water during the treatment cycle.

Electrode patches should be securely attached to the skin.

The patches can be posted in the positions where you are experiencing pain or tension.

The output of the two groups can be carried out simultaneously.

The device is intended to be operated by the user.

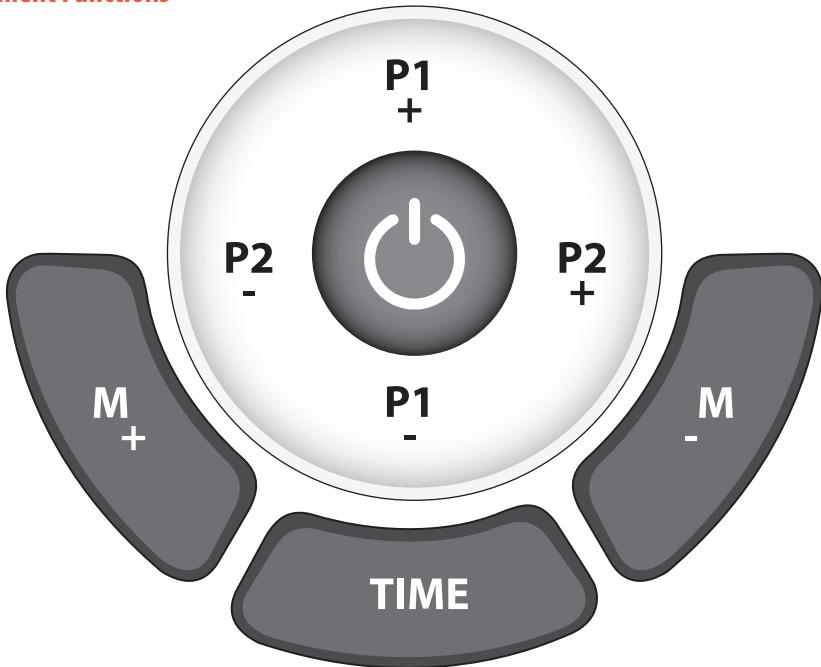
Warning:

Do not use this unit for purposes other than treatment indicated in this manual. Use of this device for reasons not outlined in this manual may lead to accidents, complications, injury, or failure of the unit.



Features & Functions

Instrument Functions



M+, M-: Mode +/- total 25 modes

P1+, P1-: Left part EMS pad intensity Control, total 25 levels

P2+, P2-: Right part EMS pad intensity Control, total 25 levels

(Remark: The right/left EMS P1 and P2 intensities can be adjusted independently)

TIME: You can set timer for every 5 minutes. Minimum treatment time is 5 minutes to 60 minutes.

Treatment Modes

This product has 25 modes.

Mode description with loading @1000 Ω

Mode	Pulse duration (US)	Pulse repetition frequencies (Hz)	Pulse repetition amplitudes (V)	Output current	Remarks
Mode 1	480	7	33	4.36	--
Mode 2	480	100	15	6.12	--
Mode 3	480	6	37	4.72	--
Mode 4	480	9	34	5.06	--
Mode 5	480	25	33	7.08	--
Mode 6	480	10	24	4.32	--
Mode 7	480	7	32	4.28	--
Mode 8	480	23	32	7.04	--
Mode 9	480	13	24	4.88	--
Mode 10	480	22	35	6.46	--
Mode 11	480	41	24	4.90	--
Mode 12	480	22	34	5.28	--
Mode 13	480	126	14	6.62	--
Mode 14	480	10	32	3.88	--
Mode 15	480	4	30	3.96	--
Mode 16	480	28	25	5.12	--
Mode 17	480	21	35	7.48	--
Mode 18	480	50	25	4.82	--
Mode 19	480	34	24	5.28	--
Mode 20	480	46	25	5.26	--
Mode 21	480	14	33	4.7	--
Mode 22	480	46	37	7.42	--
Mode 23	480	128	14	6.88	--
Mode 24	480	22	30	4.5	--
Mode 25	480	39	25	5.12	--

Specifications

Basic Specification	
Method of Line Current Isolation	Type BF Applied Part
Normal Condition	DC: 0.5 μ A
Single Fault Condition	DC: 0.6 μ A
Average DC current through electrodes when device is on but no pulses are being applied	< 0.01 μ A
Number of Output Modes	25
Number of channels	2
Output Intensity Level	50
Output Intensity	0~52V
Weight of Main Unit	115g
Weight of Accessories	Wire: 41g Electrode Pad: 88g
Dimension of Main Unit (L x W x H)	5.31" x 2.4" x 0.98" -inches
Housing Materials of Main Unit	ABS plastic
Materials of Accessories	Electrode Pads: White silica gel, Black conductive silicone, Transparent conductive adhesive silicone, Transparent PET silicone Unit Housing: ABS plastic
Quantity of All Accessories	Electrode Pad: 2 pairs Electrode Wire: 2 pcs
Output Specification	
Waveform	Pulsed, symmetric, biphasic
Shape	Rectangular, with interphase interval
Pulse Duration	120 μ s
Pulse frequency	77.3Hz
Treatment Time	5-60 min
Additional Features	
Environment for operation	Temperature: 5 ~ 40°C Humidity: 15% - 90% Atmospheric pressure range of 700 hPa to 1060 hPa
Environment for storage	Temperature:-25 - +70°C Humidity: up to 90% Atmospheric pressure range of 700 hPa to 1060 hPa

Instructions for Use

Preparation for Use

Step 1: Charge the Lithium battery in the main unit. Connect the LCD display with the power adapter and USB charging cable. The device is equipped with a rechargeable battery. Before using the device, it needs to charge the battery to support the power supply. Connect the LCD display with the power adapter and USB charging cable, then insert the adapter pins into the AC outlet.

Warning: The device will not work during charging, please fully charged the battery before using.

Step 2: Connect LCD display with the electrode patch and connection line

Push the Wire Plug tightly into the output port at the top of the main unit.
Ensure that the wires and the electrode Patches are well connected.

Step 3: Patch placement

Place four patches on a clean, dry and healthy skin near the area where you are experiencing discomfort. **DO NOT overlap the patches.**

Operation

1. Place the electrode patches in the area where you want to massage.

A. Symptoms: Shoulder, back pain. Patches location: shoulder, back.

See Placement Examples:



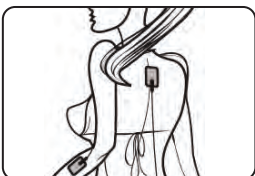
B. Symptoms: Discomfort and pain. Patches location: back, hips, the waist.

See Placement Examples:



C. Symptoms: Muscle ache, muscle pain Patches location: arm, back.

See Placement Examples:



D. Symptoms: Muscle soreness, pain. Patches location: legs

See Placement Examples:



2. Turn ON the device: Press and hold the power switch button for 3 seconds to turn ON the device, then LCD display will turn blue.

Note:

You can stop the treatment at any time by pressing the power switch button for about 3 seconds.

3. Set the treatment time: Default timer is 30 minutes and you can adjust the time by pressing the "Time" button.

Note:

"Time" button is a cycle button with the minimum setting of 5 minutes and the maximum setting of 60 minutes. For every press of the button, 5 minutes will be increased and after 60 minutes, the setting will start at 5 minutes again.

4. Set the treatment mode: The device has 25 different modes and you can choose your favorite mode by pressing the "mode" button.

Note:

You can adjust the mode at any time during the treatment. However, after you adjust the mode the intensity will set to "0".

5. Set the intensity for both channels: The intensity of channels P1 and P2 can be set to different settings. Press "+" button of P1/P2 to increase the intensity; Press "-" button of P1/P2 to reduce the intensity.

Note:

Select a setting that is most comfortable for you and your body - it is not recommended that you use the device at a setting that causes you discomfort. Adjust the intensity gradually from weak to strong.

What's in the Box:

- Massage Stimulator
- Bag
- Pads
- Cables
- Adapter

California Prop 65 Warning

 **WARNING:**

This product contains Lead which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov

GENERAL TROUBLESHOOTING

Problem	Reason	Solution
The power cannot be turned ON	Product battery is low	Use the standard power supply to charge
The power turns off too soon	Product standby time is only 60s.	Prepare in advance
The power turns OFF while using the unit	The batteries are worn out	Recharge the unit
	It's time to set to work	Restart again treatment or turn off the machine
	Using the pad as body massage, the pad is broken	Replace the pad
The Pad does not attach to the skin	The clear film on the adhesive surface of the Pad is not peeled off	Peel off the clear film on the adhesive surface
	Used the Pad immediately after washing it	Keep the pad dry enough
	Damaged adhesive surface of Pad	Replace the pad
	The adhesive surface of Pad is dirty	Replace the pad, or dip a small amount of water on the pad, then wipe the pad surface
The adhesive surface of the pad is sticky	Sweat from using the pad	Leave the Pad in the refrigerator overnight.
	Washing the Pad too long or too frequent	
	Pad is stored at high temperatures, high humidity, or under the sun	
Cannot feel the stimulation	Dry skin	Use after washing your hand or shower
	The Pad is not attached close to the skin	Attach the Pad close to the skin
	Pad overlap	Attach the Pads by not overlapping them
	The Electrode Cord is not connected correctly	Connect the Electrode Cord correctly
	The intensity is adjusted too weak	Open the switch to enhance the intensity
The skin turns red. The skin feels irritating.	The adhesive surface of Pad is dirty or dried.	Wash the adhesive surface of Pad softly with your fingertips for several seconds under slow running water
	The adhesive surface of Pad is damaged	Replace the Pad with a new one

If the unit does not operate after taking the above-mentioned measures, contact the nearest SQUATZ dealer.

PATCH TROUBLESHOOTING

Problem	Electrode line	Solution
No effect	Is it connected?	Connect the right electrode line
Weak effect	Is the pad protective film removed?	Remove the protective film
	Are the pads tightly attached to the skin	Pad should be tightly attached to the skin
	Pad overlap	Attach the Pads by not overlapping them
	Pad dirty	Clean up the pad
	Is the pad damaged?	Replace the pad
Skin redness and pain	The treatment time is too long	Limit the treatment time to 5 to 10 minutes
	The adhesive surface of Pad is dried	Wipe it clean and use it again
	Is the pad too tight?	Clean up the pad
	Is the pad damaged?	Replace the pad
The machine stops working	Pads are removed from the skin	Turn off the power and re-attach it
	The line is broken?	Turn off the power and connect the pad again
	The batteries are worn out	Recharge the unit
	Treatment overtime?	The power turns off automatically after 30 minutes

Important Safe Guards

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

CLEANING AND MAINTENANCE

LCD Display

1. Before using, use a dry soft cloth or dry towel to wipe the machine. Use a moist cloth to clean the electrodes' upper surfaces, but do not wipe, scratch or scrub the adhesive surfaces.

Warning:

- **DO NOT** repair or rebuild the machine privately or the manufacturer will not guarantee after-sales services or repair.

- Keep the machine far away from moisture, high temperature, direct sunlight or sprinkling water.
 - Keep the device out of reach of infants, children or pets, inhalation or swallowing of small parts is dangerous or even fatal.
2. After use, clean the conductive film. You can use a soft cloth or towel wring dry, when the conductive film is particularly dirty, you can use a soft cloth with a little medical alcohol (alcohol concentration of 75%) to wipe or disinfect.

Electrode Patches

1. **Never** overlap two electrode patches to each other.
2. Keep the electrode patches clean, and never put them under high temperature and direct sunshine.
3. Gently clean the electrode with a moist cloth or use a rubber to remove dust.
4. **DO NOT** clean the electrode patches with hot water or any chemical.
5. **DO NOT** use your figure to touch the gel of the Meridian patches, or it will reduce the gel and lose its function.
6. **DO NOT** clean the electrode patches with any chemical.
7. Put the electrode patches on the pallet after each use.

Warning:

1. The effects of degraded sensors and electrodes, or loosened electrodes can degrade the performance or cause other problems. When the stimulation from the pads feels weak, this may be an indicator that the battery power is low.
2. It is necessary to clean and disinfect and sterilize the device, parts, and accessories for multiple patients use between uses on different patients.
The device should be cleaned, dried, handled, and stored until re-use or transferred to another patient.
3. Never operate the equipment while other personnel are cleaning, servicing or performing maintenance.

Battery

The device has a rechargeable battery. It is suggested that the battery be charged regularly. If you do not charge the battery for extended periods of time, it will shorten the service life of the rechargeable battery. We recommend charging the batteries at least once every month. Batteries should be stored and installed in a clean, cool and dry place, keeping water, oil, and dirt away from the batteries.

STORAGE

1. Keep the device out of reach of infants, children or pets, inhalation or swallowing of small parts is dangerous or even fatal.
2. Keep away from magnetic fields and away from children.
3. Keep away from direct sunlight, moisture, high temperature, exposure, and water.
Keep it in a dry, ventilated place.
4. If the electrode patches are not sticky or dirty, please use a damp cloth to clean or change to a new patch. Do not clean the patch with any chemicals.
5. In order to protect the electrode patches, after use, please put them on the pallet.
6. If the equipment is not likely to be used for some time, remove all the batteries to prevent the leaking. **Environment for storage:**

- **Temperature:** -25°C - +70°C / -13°F - 158°F
- **Humidity:** up to 90%
- **Atmospheric pressure range of 700 hPa to 1060 hPa**

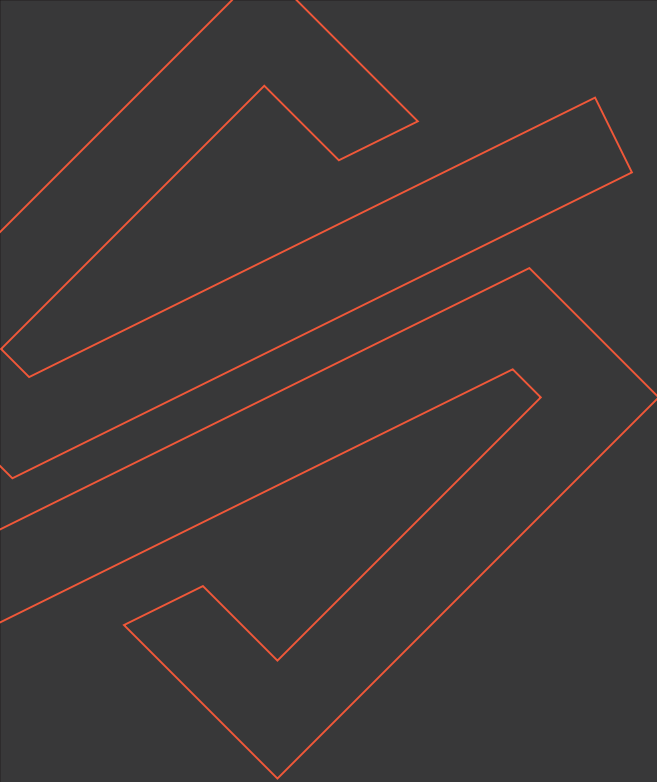
DISPOSAL

1. The device and accessories out of shelf life or use life should not be thrown randomly and should be recycled by the manufacturer.
2. To dispose of packing materials, take appropriate actions in accordance with the rules and regulations in force in your area to prevent adverse ecological effects.
3. The expected service life is two or three years according to the rechargeable battery, and the electrode Patches can be reused for 70-100 times, depending on your skin type and other conditions.

Warnings

- If you are in the care of a physician, consult with your physician before using this device.
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Do not apply stimulation over painful areas. If you have painful areas, you should consult with your physician before using this device.

- Stimulation should not be applied across or through the head, directly on the eyes, covering the mouth, on the front of the neck, (especially the carotid sinus), or from electrodes placed on the chest and the upper back or crossing over the heart. The application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Do not apply stimulation when in the bath or shower.
- Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not use the device on children; it has not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.
- Apply stimulation only to normal, intact, clean, healthy skin.
- Only use the electrode patches supplied by the manufacturer; other electrode patches may present a risk of unsuitable electrical characteristics with your Low-frequency Multifunction physiotherapy instrument.
- Do not use the Low-frequency Multifunction physiotherapy instrument on different people, otherwise, skin reaction or cross contamination may occur.
- Always turn off the device before removing or repositioning the electrode patches.
- Wash skin thoroughly, and then dry it before applying the electrode patches.
- Apply the whole surface of the patch firmly to the skin. Do not use electrode patches that do not stick properly to the skin or only partially stick to the skin.
- In case of skin redness under the electrode patches after stimulation, do not stimulate in the same place if skin redness is still evident.
- There's potential electromagnetic or other interference. Operation in close proximity (e.g. 1 m) to a shortwave or microwave therapy, the device may produce instability in the stimulator output.
- Do not use the device by detached any accessories.



Questions? Comments?

We are here to help!

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