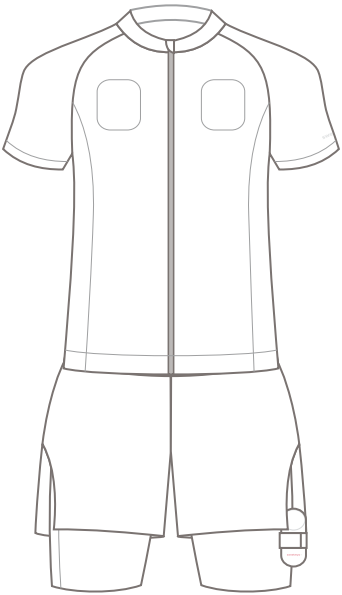
Sweetmyo



USER MANUAL

Sweetmyo



Sweetmyo®

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Manufacturer：Shenzhen Simiao Technology Co., Ltd.
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Exporter：Shanghai Simi Technology Co., Ltd.
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Brand Owner：【Shanghai Simi Technology Co., Ltd.】
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Email: support@sweetmyo.com

User manual version: Revised Version 1.3

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Sweetmyo strongly advises all users of theSTRATA System to thoroughly read this User Manual before operating the device. Please review the contraindications, precautions, safety information, warnings, symbol glossary, and instructions for proper use.

01 Introduction

1.1 Product Model

Product Name：AI Muscle Control System - HUB1

Model Name：STRATA(HUB1)

1.2 Introduction

This User Manual provides guidance for the safe and efective handling, installation, operation, and maintenance of the Sweetmyo STRATA System. Please read this manual carefully before beginning your training with Sweetmyo STRATA.

The manual should be consulted regularly throughout use, and we recommend keeping a clean, legible copy accessible at all times during training. Additional copies can be downloaded free of charge from the Sweetmyo website at www.sweetmyo.com.

All components of the Sweetmyo STRATA System must be properly maintained. Before each training session, inspect the device and garment to confrm they are in good working condition, as outlined in this manual. Proper handling, installation, operation, and maintenance are the sole responsibility of the owner and essential for ensuring the long-term reliability of the system.

Do not operate the Sweetmyo STRATA if there is any suspicion of damage to the system. If you encounter potential issues, please consult the Troubleshooting section of this manual. If the problem persists, contact Sweetmyo Technical Support (support@sweetmyo.com).

Users are advised to train responsibly, remain within their personal capabilities, and avoid taking risks beyond their comfort level, physical condition, or training experience. Always follow the safety and usage instructions in this User Manual.

1.3 Indication for Use

Sweetmyo STRATA is a training system based on muscle electrical stimulation (EMS) technology, designed to stimulate healthy muscles to improve or enhance muscle performance, increase strength and endurance, and refne muscle defnition. This product is intended for adult use only.

Sweetmyo STRATA is a training and ftness equipment designed for human use, not a medical device. Therefore, it is not applicable for the treatment of any type of medical disease or condition, nor can it be used in combination with other therapies.None of its operational parameters or training modes are designed to target injured or ailing muscles and use on such muscles is contraindicated.

Sweetmyo STRATA delivers electrical impulses that trigger action potentials on motoneurons of motor nerves (excitations). These excitations are transmitted to the muscle fbers through the motor endplate, where they generate mechanical muscle fber responses corresponding to muscle work. Based on the electrical stimulation parameters, such as pulse frequency, contraction duration, rest period, and session time, diferent types of muscle work can be imposed on the stimulated muscles.

02 Terminology

Term	Refers to
Sweetmyo	The Sweetmyo trademark name, Sweetmyo®, which has been registered in the China. and certain other countries.
Sweetmyo STRATA System	Any part that makes up a Sweetmyo component. Any individual component of the Sweetmyo STRATA System, including but not limited to the STRATA HUB1, the Sweetmyo Training Suit, the Sweetmyo Mobile App, and this User Manual. The Sweetmyo STRATA System as a whole.
Owner	The person or company who has registered ownership of a specific Sweetmyo component and/or the Sweetmyo STRATA System.
User / Users	Any individual who operates, handles, or maintains any component of the Sweetmyo STRATA System.

03 Symbol Glossary

Symbol	Symbol Title	Description	Standard Reference (Designation #)
	Consult Instructions For Use	Indicates the need for the user to consult the instructions for use.	ISO 7000-1641
	Follow instructions For Use	Signifies the instruction manual must be read before starting work or before operating equipment or machinery.	ISO 7010-M002

	General Warning	Signifies a general warning to a situation, where a potentially hazardous condition could result in serious injury or death.	ISO 7010-W001
	Caution	Indicates the need for the user to consult the instructions of use for important cautionary information such as warnings and precautions, which for a variety of reasons, cannot be presented on the medical device itself.	ISO 7000-0434A
	Temperature Range	Indicates the temperature limits to which the medical device can be safely exposed.	ISO 7000-0632
	Humidity Range	Indicates the range of humidity to which the medical device can be safely exposed.	ISO 7000-2620

Symbol	Symbol Title	Description	Standard Reference (Designation #)
	Keep Dry	Indicates a device, which needs protection from moisture.	ISO 7000-0626

	Keep Away From Sunlight	Indicates a medical device, which needs protection from light sources.	IEC 60417-0624 ISO 7000- 0624
REF	Catalogue / Model Number	Indicates the manufacturer's catalogue number so that the medical	ISO 7000-2493
	Do not use if package is damaged	Indicates a medical device, which should not be used if the package has been damaged or opened.	ISO 7000-2606
	Manufacturer	Indicates the medical device's manufacturer.	ISO 7000-3082

Symbol	Symbol Title	Description	Standard Reference (Designation #)
	WEEE	Indicates separate collection for waste of electrical and electronic equipment as well as batteries, which are not to be dispose of in municipal waste. The black line indicates goods, which have been placed on the market after 2005.	WEEE Directive, Article 11(2) EN 50419:2005 IEC 60417-6416 ISO 7000-6418
	FCC Marking 21 CFR Part 15	Indicates a device, which meets FCC requirements per 21CFR Part 15.	21 CFR Part 15

CE	CE Mark	CE marking indicates certification that a product meets the European Union's (EU) REGULATION (EC) No 765/2008	REGULATION (EC) No 765/2008

	Date Of Manufacture	Indicates the date the medical device was manufactured.	ISO 7000-2497
SN	Serial Number	Indicates the manufacturer's serial number so that a specific medical device can be identified	ISO 7000-2498

Symbol	Symbol Title	Description	Standard Reference (Designation #)
	Do not dry clean / chemically clean	Indicates a garment, which cannot be safely dry clean without damage	ISO 3758:2012 Textiles Care Labeling Code Using ASTM D5489-18 Standard Guide for Care Symbols for Care Instructions on Textile Products
	Do not hand wash	Indicates a garment, which should not be hand washed.	
	Washing Temperature / Wash cold max 30	Indicates a garment which should be washed cold with maximum temperature of +30 degrees Celsius / +86 degrees Fahrenheit.	
	Reduce Spin Speed	Indicates the spin speed should be reduced.	
	Do not bleach	Indicates a garment, which cannot be safely bleached without damage.	

	Do not use fabric softener or fragrance products	Indicates fabric softeners or fragrance products cannot be used when washing the garment.	
	Do not wring	Indicates a garment, which cannot be wrung without damage.	
	Do not tumble dry	Indicates a garment, which cannot be safely tumbled dried without damage.	
	Natural dry	Indicates a garment, which should dry naturally.	
	Drip dry	Indicates drip drying is allowed in the natural drying process.	
	Flat dry	Indicates flat drying is allowed in the natural drying process.	
	Hang to dry	Indicates a garment, which can be hung to dry.	
	Shade dry	Indicates a garment, which should be dried in a shaded location.	
	Do not iron	Indicates a garment, which cannot be safely ironed without damage.	
	Do not steam	Indicates a garment, which cannot be safely steamed without damage.	

Important Safety Information







Sweetmyo STRATA is intended to be used by adults over the age of 18 only.

Keep any component of a Sweetmyo STRATA out of reach of children and animals. Carefully review all Warning and safety information provided in this User Manual, as well as those displayed in the Sweetmyo Mobile App. This review must be completed prior to initial use and before each subsequent training session.

The STRATA System includes built-in protective mechanisms designed to ensur e user safety. If a fault condition is detected, the system will automatically sto p stimulation or prevent operation.

In all fault conditions:

i.All stimulation channels are immediately disabled

ii.The device indicator light will signal an error state

iii.The Sweetmyo Mobile App will display a fault notification

iv.The user must stop training and resolve the issue before restarting

Do not attempt to bypass or ignore any fault condition.

Contraindications

Do not use theSTRATA System if you have any of the following conditions:

- Implanted medical electronic devices such as pacemakers, defibrillators, artificial heart-lung machines, implantable ECG recorders or so similar devices.
- Implanted neuro-stimulation devices or metal implants (pins, screws, plates, artificial joints, piercings) near electrode placement areas..
- Heart disease.
- Abnormal or uncontrolled blood pressure.
- Neural disorders, epilepsy or multiple sclerosis

- Skin sensory disorders, skin abnormalities, or open wounds.
- Cancerous lesions or treatment for cancer.
- Acute diseases, bacterial infections or inflammatory processes
- Pregnant
- Abdominal wall or inguinal hernias
- Exercise-associated rhabdomyolysis.

Note: Use under these conditions may cause malfunction,electric shock, serious injury, or life-threatening situations.

Adverse Reactions

The Sweetmyo STRATA System may be associated with the following:

- Allergic reactions to materials
- Skin irritation beneath electrodes.
- Headaches or painful sensations during or after use.

Note: If an adverse reaction occurs, immediately discontinue use of the system andseek medical advice.



If at any time before, during, or after training with the Sweetmyo STRATA System yo u experience a contraindication, unusual discomfort, dizziness, headache, or feel unwe ll, you must immediately stop using the device and seek medical attention.

Safety Measures

To ensure safe use of the STRATA System, always observe the following measure

Usage Conditions

- Only use on clean surface.
- Wipe skin dry before use; wait 3–5 minutes after moisture.
- Operate only within:

- 0°C to +40°C
- 30–90% humidity, non-condensing
- Do not use in bathrooms, pools, saunas, steam rooms, outdoors in rain, or other humid environments.
- Do not allow liquids, oils, dust, or foreign objects to enter device components.
- Use only Sweetmyo-approved component and accessories.

Training Guidelines

- Do not use the device continuously for more than 60 minutes.
- Pause or terminate the program before realigning garment.
- Turn off the system and take off the suit after finished training.

Product Handling

- Do not disassemble, repair, or modify any component without authorization.
- Repairs must only be performed by Sweetmyo or authorized service personnel.
- Dispose of components in compliance with local electronic and battery disposal regulations.
- Store components in a secure, dry location, accessible only to the user.

Warnings

- **WARNING:** Do not use while driving, operating machinery, during activities requiring control or sleeping.
- **WARNING:** Personal Use Only
- **WARNING:** Do not use the STRATA System near shortwave or microwave therapy medical equipment. This may lead to instability in the impulse pack.
- **WARNING:** The STRATA System must not be used near medical devices such as MRI, CT, diathermy, and X-Ray as those could alter the current generated by the impulse pack, cause tissue damage, and result in severe injury or death.
- **WARNING:** The STRATA System must not be used in areas where unprotected devices are used to emit electromagnetic radiation. Portable communications equipment, RFID, and electromagnetic security systems (e.g., metal detectors and EAS) can interfere with the Katalyst Training System and alter the current generated by it.
- **CAUTION:** Not all RF emitters are visible. If you experience any unexpected changes in intensity, please immediately end your training and consult manufacturer.

- **CAUTION:** The EMS suit and its control app are intended for operation by the registered user only. Allowing another person to handle or operate the app during an active session may result in unintended electrical stimulation, which could cause discomfort, sudden muscle contractions, or injury.Therefore, do not allow others to adjust intensity levels or modes while the suit is in use.

- **WARNING:** The device includes automatic protective shutdown features. Do not ignore fault indicators or attempt to force continue use after a fault condition is triggered.

- **WARNING:**Do not use the suit on parts of the body it was not designed for such as the calves, head, eyes, mouth, or nose neck or carotid sinus region.

- **WARNING:**Do not charge the STRATA HUB1 while it is attached to the suit.

- **WARNING:**Stimulation should not be applied near metal. Remove all jewelry, body piercings, belt buckles, or any other removable metallic product or device in areas of stimulation.

- **CAUTION:** Although the design of the STRATA System prevents electrical current from crossing th e chest cavity (transthoracically), please be advised that stimulation should not be applied across th e chest cavity in order to prevent electrical current from reaching the heart, where it could cause an irregular heartbeat (cardiac arrhythmias).

- **CAUTION:** Do not connect or disconnect the system with wet hands.

- **CAUTION:** Keep all metal objects away from electrodes at all times, including but not limited to belts, necklaces, jewelry, and other accessories.

- **CAUTION:** Do not allow electrodes to come into contact with metal objects or conductive surfaces.

- **CAUTION:** During operation, avoid physical contact with other persons. Do not clap hands, touch others, or engage in any direct contact while the device is active.

- **CAUTION:** Avoid contact with conductive materials (e.g., metal surfaces) during operation

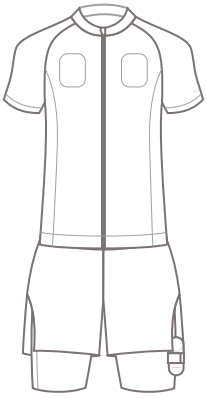
- Always pause or power off the device before making contact with another person or any conductive material.

- when contact with metal objects or conductive surfaces is necessary, wear appropriate insulating protective gloves to reduce the risk of accidental shock.

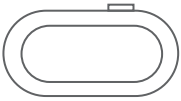
05 STRATA System Components

5.1 Component Overview

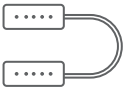
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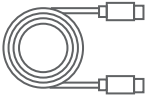
Sweetmyo STRATA Suit



Strata Hub



STRATA Connector



USB



Electrode Wetting

5.2 Software Overview

The Sweetmyo App is a dedicated control application available for iOS and Android smartphones or tablets. It communicates with the STRATA HUB1 via Bluetooth Low Energy (BLE) and provides full control over training sessions.

The application enables the user (or trainer) to:

- **Select a training mode:** Each mode defines the type of stimulation applied to the user's muscles during the session.

• **Set intensity levels:** Adjustable from 1% to 100%.

The Sweetmyo STRATA does not include an ECG module. Training feedback is provided throug h app-based metrics including session duration, selected modes, and user-adjusted intensity.

Compatibility

• iOS: Compatible with iPhone, iPod, and iPad devices running iOS 12.4 or later.
• Android: Compatible with most modern Android smartphones and tablets running Android 9.0 or later.
• Note: The App is not optimized for iPad Mini devices.

Recommendations

• Keep the Sweetmyo App updated by enabling automatic updates in the App Store or Google Play.
• Ensure your mobile device is adequately charged before training. Low battery levels may interfere with Bluetooth connectivity.

Sweetmyo

06 Direction For Use

Before Use

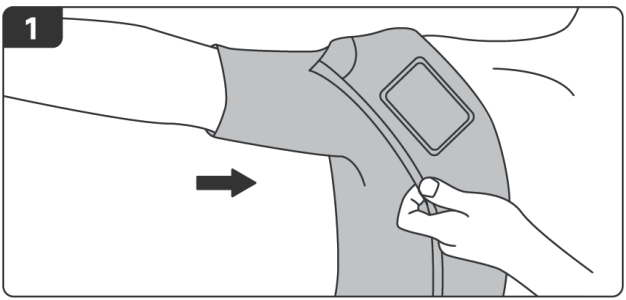
• Ensure the following items are available and ready for use:
• A fully charged STRATA HUB1 and training garment
• A compatible iOS or Android phone or tablet with internet access.
• Prior to operating the device, read and understand all Contraindications, Warnings, Precautions, and Safety Measures provided in this manual.
• Install the Sweetmyo App:
• Open the App Store (iOS) or Google Play (Android).
• Search for "Sweetmyo".
• Download and install the Sweetmyo app.

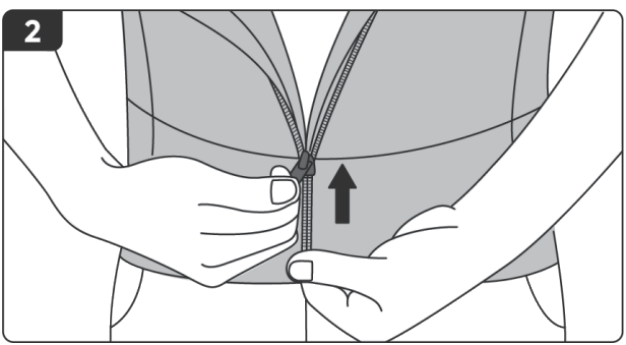
Note: Ensure Bluetooth permissions are enabled for the app when prompted to allow proper device operation.

6.1 Instructions for use –STRATA Suit

- **Inspect the battery, garment and electrodes:** make sure the garment and electrodes are clean and undamaged.
- **Prepare skin-electrode contact:**
- Wipe the electrode contact areas and the corresponding skin to remove oils/sweat.
- For optimal conductivity, lightly moisten the electrode areas with a clean electrode wetting cloth.
- **Wearing:** Put on the garment, ensuring electrodes sit flat over the target muscle groups.

Note: Stop and re-set the garment if you feel sharp or stinging sensations.



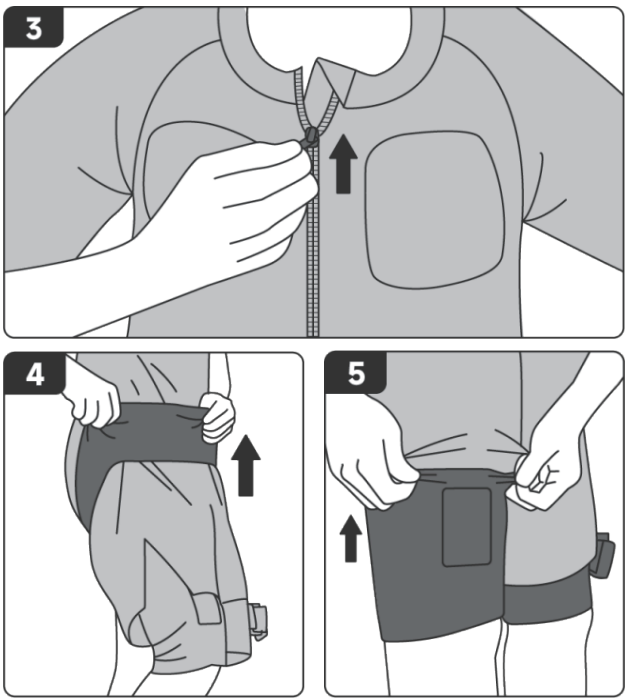


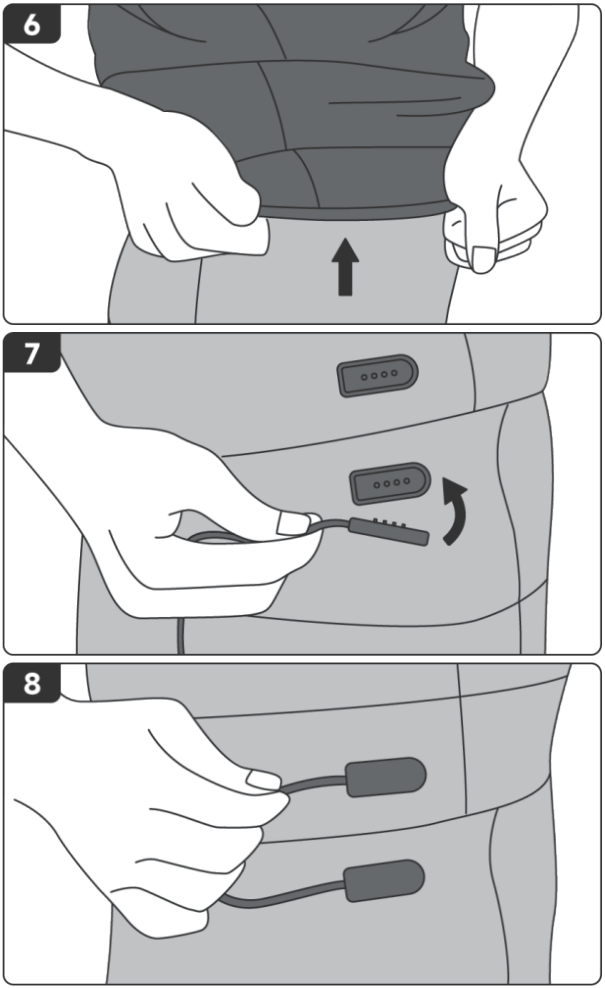
Charge the battery:

To charge your STRATA HUB1, please do the following:

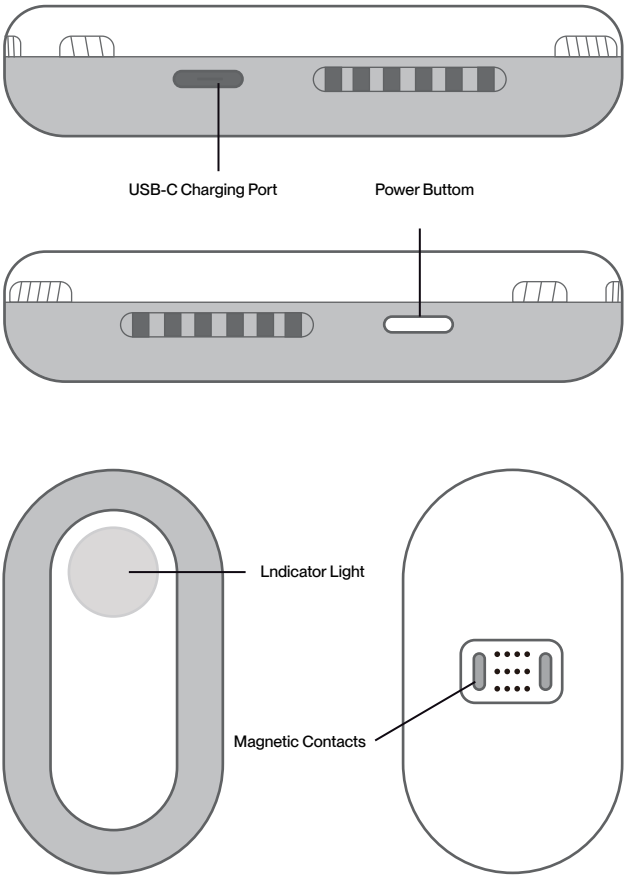
- Ensure that the STRATA HUB1 is turned off by checking the LED status indicator
- Disconnect the STRATA HUB1 from the suit if it is attached.
- Connect the USB cable to the USB-C Charging port of the STRATA HUB1 and the other end to a suitabl e USB socket or an adaptor.

get dressed:



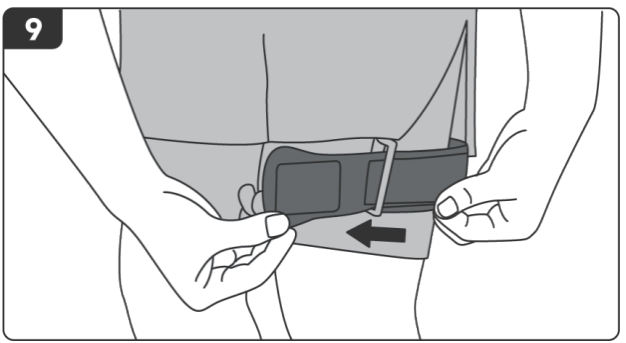

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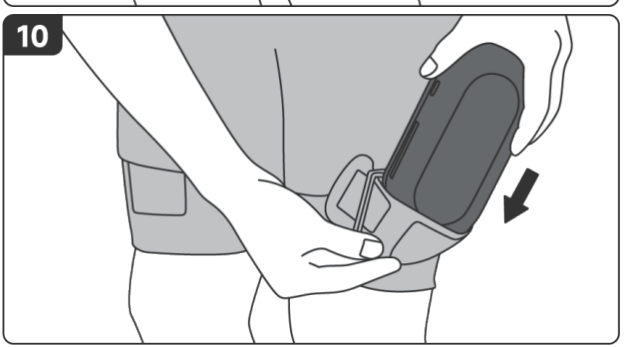
6.2 Instructions for use –STRATA HUB1

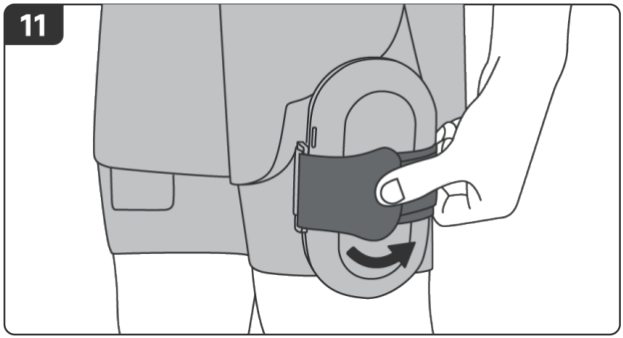


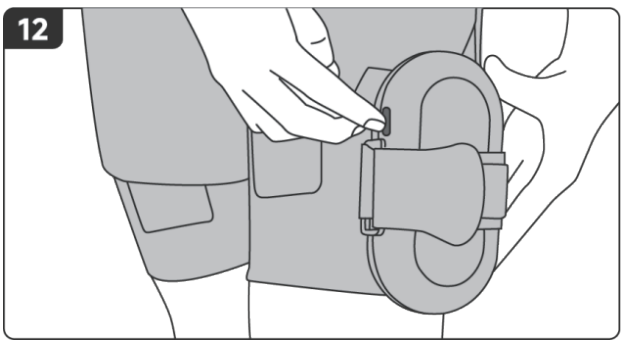
Attach the STRATA HUB1:

Attach the STRATA HUB1 firmly to the garment's magnetic Pogo-pin connector.









Power the STRATA HUB1

- Press the Power button to turn the STRATA HUB1 on.
- Confirm the STRATA HUB1 indicator light shows a white circulating pattern, indicating the device is powered on and ready to pair via Bluetooth.

Enable Mobile Device Settings

- Turn Bluetooth ON (iOS & Android).
- On Android devices, enable Location permission for Bluetooth scanning functionality.
- Download and open the Sweetmyo app.

Pair the Device (Bluetooth)

- In the app, navigate to Devices > Connect.
- Select your STRATA device from the list.
- Confirm the device status displays “Connected” in the app and that the indicator light on the STRATA HUB1 confirms connection with solid white light.

Note: If pairing fails, turn Bluetooth OFF/ON, move closer within 1–2 m of the STRATA HUB1, and retry . Restart the STRATA HUB1 if necessary.

Electrode Placement :

Confirm the six electrode pairs properly positioned over the following muscle groups

- Latissimus dorsi (upper back)
- Pectoralis major (chest)
- Rectus abdominis (abdomen)
- Erector spinae (lower and middle back, posterior waist)
- Gluteus maximus (buttocks)
- Thigh muscles (legs)

Note: Reposition garment with electrodes if any pad is misaligned, lifting, or not in full contact with skin..

Select a Training Mode

- oIn the app, browse training modes and select the desired mode.
- oReview and acknowledge the on-screen safety notice before proceeding.
- oSet the session duration if prompted.

Start & Adjust Intensity

- Select Start in the app to begin the session.
- For first-time use: begin at the lowest intensity level for each channel.
- Gradually increase intensity to a firm but comfortable level. Do not exceed a level that causes pain or discomfort, stop use immediately if pain or discomfort occur.
- Follow all in-app instructions for posture and timing.

Important: Sensation intensity may increase during the session (e.g.,due to warning or perspiration). Reduce levels if stimulation becomes uncomfortable.Stop use immediately if pain or discomfort occur.

During Training

- Keep hands and metal objects away from the electrodes.
- Do not touch other person during operation.
- Do not hand the mobile device to another person unless the session is paused or stopped.
- If you experience dizziness, headache, or any unusual discomfort, stop the session immediately and follow the safety guidance in this manual.

Finish & Power Down

- Select Stop/End Session in the app.
- Power OFF theSTRATA HUB1.
- Remove the garment.

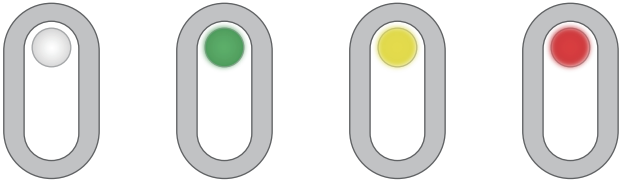
Post-session care

- Hydrate and allow adequate rest.
- Wash the garment according to instructions; air dry, away from heat sources.
- Review session reflection display in app.

Session & Wear-Time Limits

- Do not exceed 20 minutes per session.

STRATA HUB1 Status Indicator (LED)



LED Indicator Definitions:

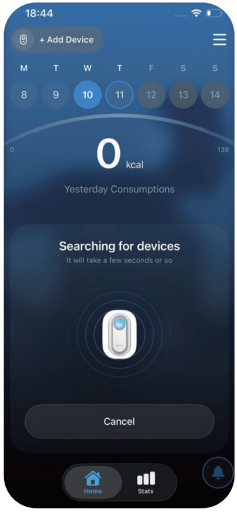
- **White circulating light:** Bluetooth pairing mode
- **White pulsing (breathing) light:** Bluetooth connected
- **Yellow pulsing (breathing) light:** Charging in progress
- **Solid green light:** Fully charged
- **No light:** Battery Low
- **Red flashing light:** Critical fault condition (e.g., electrode detachment or overload protection). Stimulation is stopped or cannot be started.
- **Yellow flashing light:** non-critical hardware fault (e.g., cooling fan error). Stimulation is stopped or cannot be started.

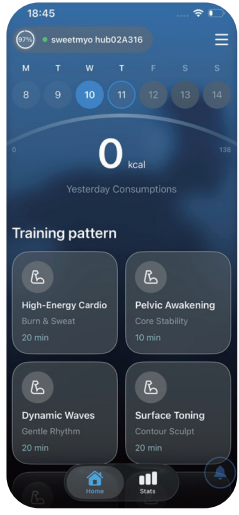
Quick Troubleshooting base on LED Indicator:

- **Device does not power on (no light or red light):**
  Fully charge the STRATA HUB1 before retrying.
- **Device not found during pairing:**
  Ensure Bluetooth is enabled (and Location permission is enabled on Android devices). Move the mobile device closer to the STRATA HUB1 and restart the app and/or device if needed.
- **Red or yellow flashing light observed:**
- Stop using the device immediately
- Check the cause as described in this manual
- Do not resume use until the issue is resolved

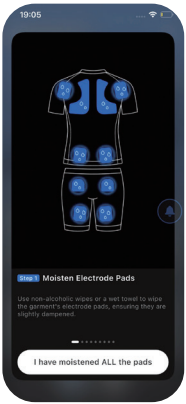
Note: If a fault notification appears in the app or a red/yellow flashing fault indication light is observed, stop the session immediately and follow the instructions in Section 9.

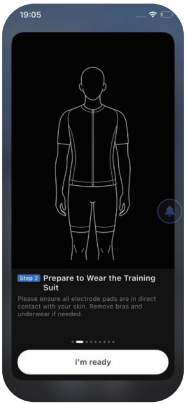
6.3 Instructions for use – Software

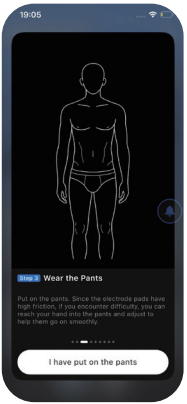


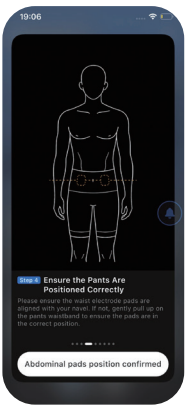


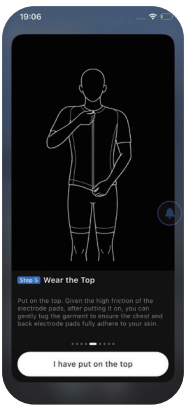
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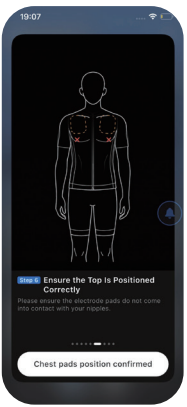




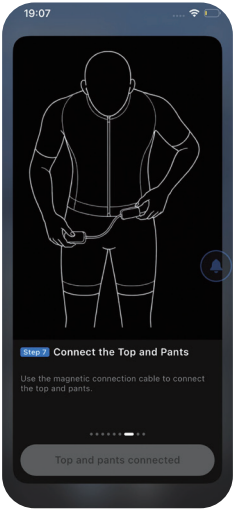


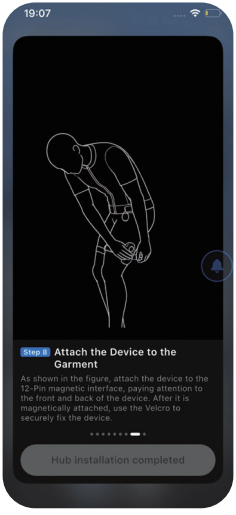


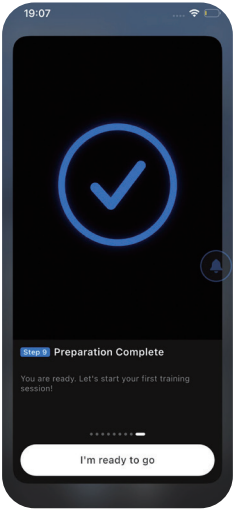




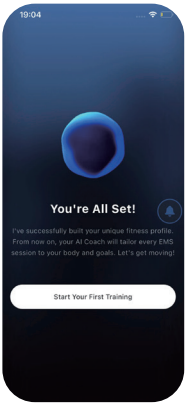
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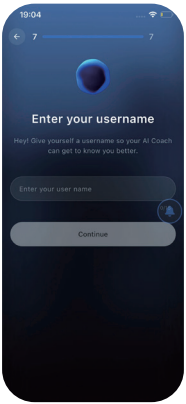


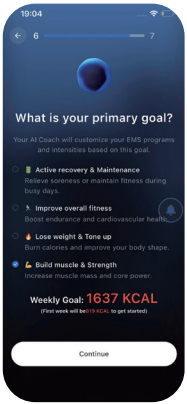


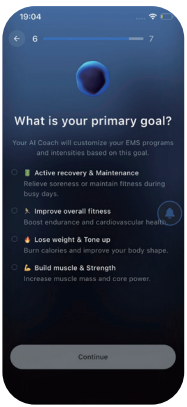


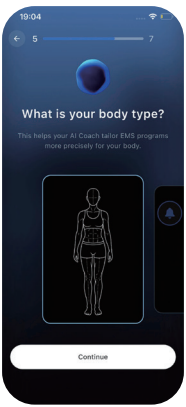
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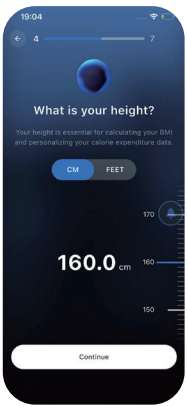




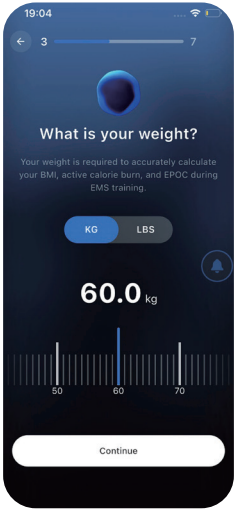




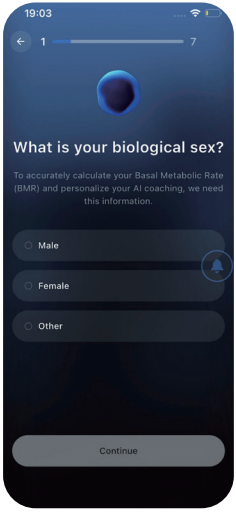




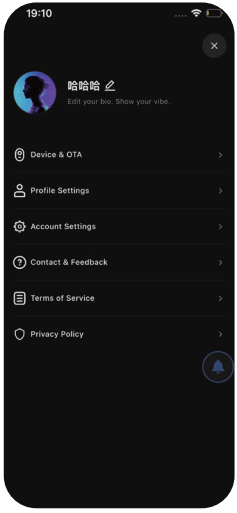
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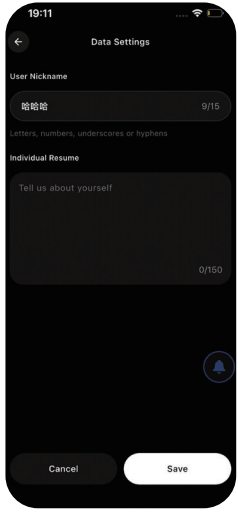




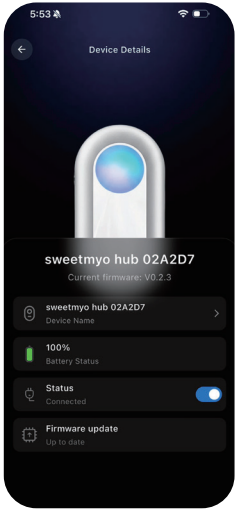


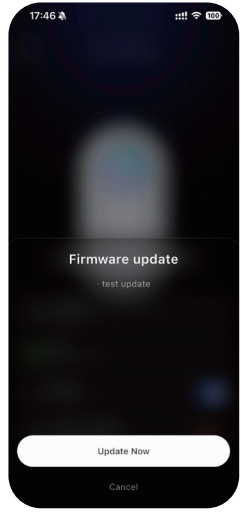
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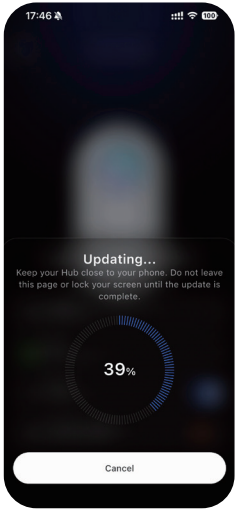


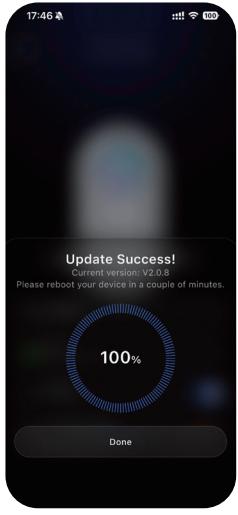
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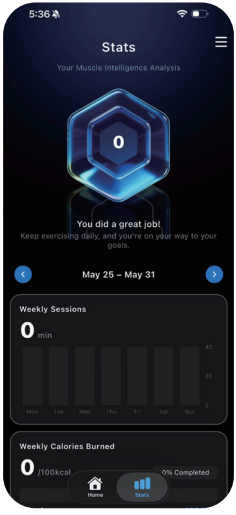


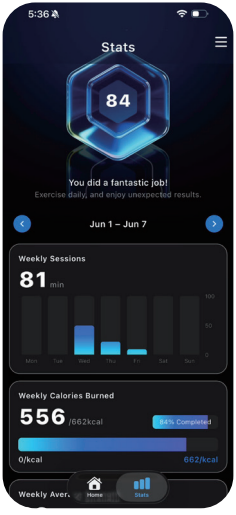
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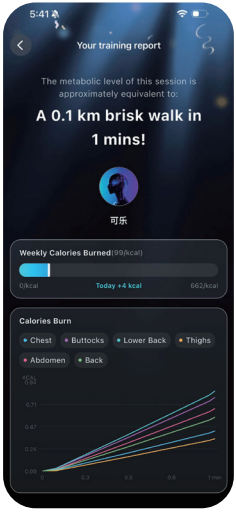




6.3 Instructions for use – Software







07 Storage & Maintenance



- **Training Garment:** When washed according to instructions, the garment is designed to withstand approximately 100 wash cycles. For optimal performance and hygiene, replacement is recommended after 100 washes or earlier if visible wear, reduced conductivity, or fabric damage occurs.

- **STRATA HUB1:** When used and maintained in accordance with this manual, the STRATA HUB1 is no t expected to exhibit significant time-dependent degradation over its intended service life.

- **Rechargeable Battery:** The STRATA HUB1 contains an integrated rechargeable battery with a manufacturer-declared service life of approximately 5 years under normal use conditions.

7.1 STRATA HUB1 Maintenance

- If the STRATA HUB1 becomes soiled, clean it using a soft cloth lightly dampened with water or a mil d (neutral) detergent. Ensure the cloth is well wrung out prior to use.

- For disinfection, wipe the device with a damp cloth. Do not immerse the device or apply liquids directly (e.g., spraying).

- Do not use solvents, alcohol, bleach, or abrasive cleaning agents, as these may damage the device surface or components.

Note: The STRATA HUB1 is not waterproof. Avoid exposure to water or other liquids. Ensure the devic e remains dry during use and cleaning.

7.2 STRATA HUB1 Storage & Handling

Environmental Conditions for Operation & Storage:

- emperature range: 0°C to +40°C
- Relative humidity: 30–90% humidity, non-condensing

STRATA HUB1 - Storage and Handling

- Keep the STRATA HUB1 dry at all times.
- Store theSTRATA HUB1 only under the environmental conditions specifed in this manual.
- Do not expose or store the device in:
  - Direct sunlight
  - High temperatures or near heat sources
  - High humidity or condensation
  - Dust, dirt, or excessive particulate matter
  - Environments containing corrosive gases or vapors
- Store the STRATA HUB1 and accessories in a clean, dry, and secure location, out of reach of children , animals, and unauthorized persons.
- Do not place the STRATA HUB1 on metallic, concrete, or abrasive surfaces that may cause scratches o r damage.
- If visible damage is observed upon received (e.g., cracks, corrosion,or broken housing), stop use immediately and contact Sweetmyo support.

STRATA HUB1 - Battery and Device Safety

- Do not open, disassemble, or modify the STRATA HUB1, battery, or labeling. Unauthorized modification may result in device malfunction or safety hazards.
- Keep the device and all components away from liquids, oils, and conductive materials.

STRATA HUB1 Battery Maintenance

- Prior to extended storage, fully charge the STRATA HUB1 battery.
- Recharge the battery at least every 3–6 months to maintain performance.
- If the device has not been used for 6 months or longer, fully charge the battery before use.

Note: Failure to follow these storage and handling instructions may result in device damage, reduced performance, or safety risks.

Disclaimer: Sweetmyo shall not be held liable for any damage, malfunction, or safety risks resulting from failure to comply with these storage requirements or from the use of unapproved or unconventional storage or handling methods.

7.3 Training Suit Maintenance

The Sweetmyo training garments incorporate integrated electrode and textile technology that require special care and handling. Please follow the instructions below to maintain garment function, hygiene, and safety.

Material Composition

Sweetmyo garments are manufactured from a high-performance fabric blend (approx. 80% nylon, 20% spandex) designed to provide flexibility and conductivity for EMS training.

Washing Instructions

- The garment is machine washable when maintained according to this User Manual.
- Service life: approximately 100 washes under recommended care conditions.
- Before each wash:
- Ensure all zippers are fully closed.
- Remove or securely close any Velcro fasteners.
- Turn the garment right side out (logo visible).

- Place the garment carefully into the mesh laundry bag.
- Ensure the connection plate is visible through the mesh before closing the bag.
- Wash the garment separately from other items.
- Maximum water temperature: +30°C / +86°F.
- Use only mild, bleach-free, fragrance-free detergent (pH 8–8.5 recommended).
- Recommended spin cycle: 800 RPM.

Drying Instructions

- Dry garments naturally: hang or lay flat in a shaded, ventilated area.
- Drip drying is permitted.
- Do not:
- Hand scrub, wring, or twist the garment.
- Use bleach, fabric softeners, or fragrance additives.
- Tumble dry, iron, or steam the garment.
- Dry clean or chemically clean.
- Expose to direct sunlight or heat sources during drying.

Storage Conditions

- Store indoors in a dry, clean, pest-free environment, away from children and animals.
- Avoid direct sunlight, damp conditions, or dusty environments.
- Recommended storage conditions:
- Temperature range: -20 ℃ -70 ℃
- Relative humidity: 10–80% humidity, non-condensing

Inspection and Replacement

- Inspect garments regularly for:
- Physical damage, loose threads, or fabric wear.
- Degradation of electrodes or connection plates.
- Discontinue use immediately if:
- Electrodes show damage or unusual wear.
- Abnormal performance is observed (e.g., stimulation not delivered, unusual sensations).

- Do not alter, patch, or add logos to the garment, as this may cause malfunction.
- Replace the garment after 100 wash cycles or earlier if wear or performance loss is noted.

7.4 User Manual Handling

This Sweetmyo STRATA User Manual contains important information that must be followed during the handling, installation, operation, cleaning, and maintenance of all components of the Sweetmyo STRATA.

All users are required to ensure that a complete, authentic, dry, and legible copy of this User Manual is a vailable for reference at all times when using the Sweetmyo STRATA System.

If this User Manual is lost or damaged, the latest version can be downloaded free of charge from the official Sweetmyo website: www.sweetmyo.com

08 Troubleshooting

Issue		Recommendation
Device not found during Bluetooth pairing	Battery depleted	Fully charge the STRATA HUB1 before use
	Device is too far from mobile device	Move the mobile device within 1-2 meters of the STRATA HUB1 and retry
Interruption of output during use	No Load Protection activated /Electrode detachment （Red flashing fault indication light observe on STRATA HUB1）	Stop training immediately Reposition the garment to ensure proper electrode alignment and full skin contact. Verify that the STRATA HUB1 is securely attached via the magnetic connector
	When the battery level drops below 20%, the LED	Charge the STRATA HUB1 before continuing use

	indicator light turns red, indicating low battery.	
Damage to training garment (normal wear and tear)		The garment is a consumable item. Replace if damaged or worn
Uneven stimulation between left and right sides	Variations in skin-electrode impedance	Adjust garment fit to improve electrode contact. If needed, lightly moisten the electrode areas or allow slight perspiration before use
Prickling or stinging sensation	Poor electrode contact	Ensure electrodes are in full contact with the skin. Adjust garment fit or use straps if applicable
	Worn or damaged electrodes	Replace the garment if electrodes are degraded
	ntensity set too high	Reduce intensity to a comfortable level
	Dry or contaminated electrodes	Clean electrodes areas with a electrode wetting cloth before use
No sensation during stimulation	Device not properly connected	Ensure the STRATA HUB1 is securely attached and connected to the app
	Low skin conductivity	Warm up prior to use to promote slight perspiration and improve conductivity

09 Technical Specifications

Product Name	AI muscle control system
Device Name	STRATA HUB1
Product Color	white
Equipment weight	370g (built-in battery)
Device size	167mm (L) x 87mm (W) x 35mm (H)
Battery Type	Lithium-ion battery (Li-ion)
Rated voltage of battery	3.7V
battery capacity	5000mAh
rated energy	18.5Wh
Rated input power	10W
Charging input	Rated 5 V ⎓ 2 A, compatible up to 5 V ⎓ 3 A
battery life	Approximately 300 charge-discharge cycles (with a capacity retention rate of ≥80% under standard charge-discharge conditions at 25℃ in a standard environment)
Maximum Output Voltage	≤60V
Output Carrier Frequency	2000Hz
Output Pulse Width	250μs

09 Technical Specifications

Working environment conditions	· Ambient temperature: 0 ℃ ~ 40 ℃ Relative humidity: 30% to 90% RH (non-condensing) · Atmospheric pressure: 86 to 106 kPa
Transportation and storage environment	· Ambient temperature: -20 ℃ ~ 70 ℃ Relative humidity: 10% to 80% RH (non-condensing) · Atmospheric pressure: 50 to 106 kPa

10 Warranties & Liabilities

Thank you for purchasing SweetmyoSTRATA and giving us the opportunity to serve you with quality and reliable products. Please read the following warranty conditions carefully.

Warranty Coverage

- The STRATA HUB1 is covered by a one (1) year limited warranty, starting from the original purchase dat e (proof of purchase required).
- The Sweetmyo garment is covered for six (6) months or up to 100 washes, whichever occurs first.
- The material and accessories (such as straps and undergarments) are covered by a 30-day limited warranty against defects in material or workmanship.
- All warranty applies only to the original purchaser and is non-transferable.

Warranty Conditions

Under this limited warranty, Sweetmyo will repair or replace, at its discretion, any product or component deemed defective in material or workmanship during the warranty period.

- Repairs under warranty must be carried out only by Sweetmyo or an authorized service partner.
- Warranty claims must include:
- The defective product/component
- Proof of purchase (receipt/invoice)
- A clear description of the defect, including photos or video if applicable
- Warranty service must be requested by contacting support@sweetmyo.com.

Exclusions – Situations Not Covered

This warranty does not cover failures, defects, or damages caused by:

- Expiration of the warranty period.
- Accidental damage (e.g., drops, impacts, collisions, scratches, or stains).
- Improper use or use not in accordance with this User Manual
- Lack of routine care or maintenance
- Exposure to liquids, excessive moisture, or conditions beyond specified environmental limits
- Improper handling of connectors or damage caused by foreign objects, insects, or animals

- Damage due to transportation, misuse, neglect, or unauthorized modifications or repairs.
- Force majeure events (e.g., fire, earthquake, flood, lightning, typhoon, war, or other external causes).
- Use of non- Sweetmeat-approved parts, accessories, or charging equipment.
- Normal wear and tear of garments, electrodes, or connection components.

If a product failure is determined to result from any of the above exclusions, repair services may be offered at the customer's expense.

Post-Warranty Service

- Sweetmyo provides lifetime maintenance support for its products.
- After expiration of the limited warranty period, repairs may still be performed, all associated costs (including labor, replacement parts, and shipping) will be the responsibility of the customer.

Limitations of Liability

- Sweetmyo's responsibility under this warranty is strictly limited to repair or replacement of defective components as defined above.
- Sweetmyo shall not be held liable for incidental, indirect, or consequential damages, including but not limited to personal injury, property damage, data loss, or economic losses, resulting from use or misuse of the STRATA System.
- Any implied warranties are limited to the duration of the applicable limited warranty period. Some jurisdictions do not allow limitations on implied warranties or the exclusion of incidental/consequential damages; in such cases, these limitations may not apply.

Limitations of Liability

In no event shall Sweetmyo, its subsidiaries, or its authorized partners be held liable for any direct, indirect, incidental, or consequential injury or damage arising from, but not limited to:

- Failure to follow the instructions, warnings, and guidelines provided in this User Manual.
- Mishandling, improper assembly, installation, storage, or maintenance of any component of the STRAT A System.
- Misuse, neglect, accidents, abuse, alterations, or unauthorized modifications.
- Use of non-original Sweetmyo parts, accessories, or charging equipment.
- Use of third-party products in combination with any Sweetmyo component without prior written approval.

- Training in hazardous environments (e.g., areas with extreme humidity, heat, moisture, or unsafe conditions).
- Continued use of the system after experiencing or reporting any contraindications, adverse reactions, or unusual device behavior.

Sweetmyo further disclaims liability for any loss, misuse, or unauthorized disclosure of confidential information or personal data, whether due to user handling, storage, or third-party access, to the extent permitted by applicable law.

This limitation of liability does not affect any rights you may have under applicable consumer protection laws, which may vary by jurisdiction.

11 Regulatory Declaration

11.1 FCC Requirements

The Sweetmyo STRATA HUB1 has been tested and found to comply with the limits for a Class B digita l device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protectio n against harmful interference in residential environments.

Operation is subject to the following two conditions:
1.This device may not cause harmful interference.
2.This device must accept any interference received, including interference that may cause undesired operation.

FCC ID: 2BQHU-HUB1

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

Interference Note:

This equipment generates, uses, and can radiate radio frequency energy. If not installed and used in accordance with the instructions, it may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular installation. If this equipment causes harmful interference to radio or television reception (determined by turning the equipment off and on), users are encouraged to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase separation between the equipment and the receiver.
- Connect the equipment to an outlet on a different circuit from the receiver.
- Consult the dealer or an experienced radio/TV technician for assistance.

RF Warning (Portable Device):

This device has been evaluated to meet the general RF exposure requirements. It can be used in portable exposure conditions without restriction.

EU-Declaration of Conformity

Manufacturer:	Sweetmyo Inc. 16192 Coastal Highway, Lewes, DE 19958
European Representative:	MEGA LAGES SAS Bureau 450,37 passage du Ponceau, Paris, France 75002 Jean Dupon +33-170613157 admin@mega-lages.com
Product name:	SweetmyoSTRATA System
Model:	STRATA (HUB1)

We, the manufacturer, herewith declare under our sole responsibility that the above-mentioned products meet the following EU directives, standards and regulations:

2011/65/EU and its subsequent amendments regulation EU No. 2015/863 Directive on the restriction of the use of certain hazardous substances in electrical and electronic equipment

2014/53/EU Radio Equipment Directive

IEC 62321-3-1:2013

IEC 62321-6:2015

IEC 62321-8:2017

ETSI EN 301 489-1 V2.2.3 (2019-11)

ETSI EN 301 489-17 V3.3.1 (2024-09)

ETSI EN 300 328 V2.2.2 (2019-07)

EN 62478:2010

IEC 60335-2-32:2019/EN 60335-2-32:2003 + A1:2008 + A2:2015

EN 60335-1:2012 + A11:2014 + A13:2017+A1:2019 + A14:2019 + A2:2019 + A15:2021

EN 62233:2008+AC:2008

Authorized person for technical documentation:

Shenzhen/2026-07-06

Place/date Signature