

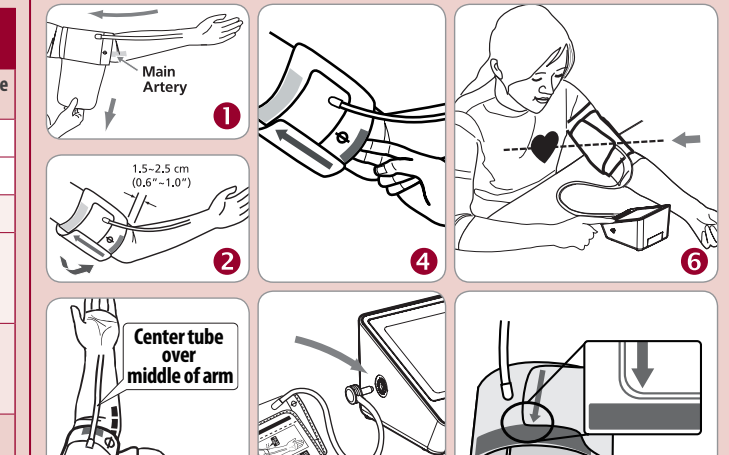
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|---------------------------|--------------------------------------|------------------------------|-------------------------------------|
| EN | ES | DE | FR |
| 1. Arm Cuff | 1. Brazalete | 1. Oberarmmanschette | 1. Brassard pour bras |
| 2. LCD Display | 2. Pantalla LCD | 2. Pantalla LCD | 2. Ecran LCD |
| 3. Air Tube and Connector | 3. Tubo de aire y conector | 3. Luftschlauch und Conector | 3. Tuyau d'air et connecteur |
| 4. Memory Key | 4. Botón de memoria | 4. Anschlüssel | 4. Touche Mémoire |
| 5. ON/OFF/START key | 5. Botón de ENCENDIDO/APAGADO/INICIO | 5. Speicher-Taste / START | 5. Touche ON/OFF/ DÉMARRAGE |
| 6. Battery Cover | 6. Botón de ENCENDIDO/APAGADO/INICIO | 6. Batterie-Abdeckung | 6. Couverture du logement des piles |
| 7. Type C port | 7. Tipo C-Anschluss | 7. Typ C-Anschluss | 7. Port de type C |

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|-----------------------------|---|---|--|
| EN | ES | DE | FR |
| 8. Inflation Risk Indicator | 8. Indicador de riesgo de hipervolación | 8. Indikator für Risiko der Überblähung | 8. Indicateur de risque d'hypertension |
| 9. Movement Mark | 9. Marca de pulso | 9. Bewegungs-Markierung | 9. "Mouvement" marque |
| 10. Cuff Wrap Detection | 10. Detector de arriñamiento | 10. Systolic Pressure | 10. Dectection de l'arrimage |
| 11. Memory Key | 11. Presión sistólica | 11. Diastolic Pressure | 11. Dectection de l'arrimage |
| 12. Memory Average Mark | 12. Número consecutivo de memoria | 12. Mittelwert des Speichers | 12. Marqueur de moyenne |

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|---|---|-------------------------------------|--|
| EN | ES | DE | FR |
| 13. Hypertension Risk | 13. Indicador de riesgo de hipertensión | 13. Hypertonie-Risikoanzeiger | 13. Indicateur de risque d'hypertension |
| 14. Irregular Heartbeat Detection (IHB) | 14. Marca de pulso | 14. Unregelmäßiger Herzschlag (IHB) | 14. Détection de trouble du rythme cardiaque (IHB) |
| 15. Systolic Pressure | 15. Presión sistólica | 15. Systolic Pressure | 15. Pression systolique |
| 16. Diastolic Pressure | 16. Presión diastólica | 16. Diastolic Pressure | 16. Pression diastolique |
| 17. Memory Average | 17. Marca de pulso | 17. Mittelwert des Speichers | 17. Marqueur de moyenne |
| 18. Battery Mark | 18. Número consecutivo de memoria | 18. Pulsfunktion | 18. Marqueur de moyenne |

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|---|-----------------------------------|-------------------------------------|--|
| EN | ES | DE | FR |
| 19. Pulse Rate | 19. Pulso | 19. Pulsfunktion | 19. Marqueur de moyenne |
| 20. Irregular Heartbeat Detection (IHB) | 20. Marca de pulso | 20. Unregelmäßiger Herzschlag (IHB) | 20. Détection de trouble du rythme cardiaque (IHB) |
| 21. Systolic Pressure | 21. Presión sistólica | 21. Systolic Pressure | 21. Pression systolique |
| 22. Diastolic Pressure | 22. Presión diastólica | 22. Diastolic Pressure | 22. Pression diastolique |
| 23. Memory Average | 23. Marca de pulso | 23. Mittelwert des Speichers | 23. Marqueur de moyenne |
| 24. Battery Mark | 24. Número consecutivo de memoria | 24. Pulsfunktion | 24. Marqueur de moyenne |

Blood Pressure Standard World Health Organization (WHO) : 1999		
Systolic Pressure (mmHg)	and	Diastolic Pressure (mmHg)
Normal	<120	or <80
High-normal	120-139	or 85-89
Grade 1 hypertension (mild)	140-159	or 90-99
Grade 2 hypertension (moderate)	160-179	or 100-109
Grade 3 hypertension	≥180	or ≥110



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|-----------------------------------|---|
| EN | FR |
| 1. Main Artery | 1. Artère principale |
| 2. Center tube over middle of arm | 2. Tube central au-dessus du milieu du bras |
| 3. Main Artery | 3. Artère principale |
| 4. Main Artery | 4. Artère principale |
| 5. Main Artery | 5. Artère principale |
| 6. Main Artery | 6. Artère principale |
| 7. Main Artery | 7. Artère principale |

EN English Introduction

Blood pressure measurements determined with Z1 are equivalent to those obtained by a trained observer using cuff/auscultatory method, within the limits prescribed by the American National Standard, Electronic or Automated Sphygmomanometers. This unit is to be used by adult consumers in a home environment. The patient is an intended operator. Do not use this device on infants or neonates. Z1 is protected against manufacturing defects by an established International Warranty Program. For warranty information you can contact the manufacturer, Rossmax International Ltd.

Attention: Consult the accompanying documents. Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Please be sure to read this manual.

Real Fuzzy Measuring Technology

This unit uses the oscillometric method to detect your blood pressure. Before the cuff starts inflating, the device will establish a baseline cuff pressure equivalent to the air pressure in the cuff. The cuff will then automatically inflate to a pressure oscillations, followed by cuff deflation.

During the deflation, the device will detect the amplitude and slope of the pressure oscillations and thereby determine for you the systolic blood pressure, diastolic blood pressure and pulse rate.

Preliminary Remarks

This Blood Pressure Monitor complies with the European regulations and bears the CE mark. CE 1639. The quality of the device has been verified and conforms to the provisions of the EC Council Directive 93/42/EEC (Medical Device Directive). An essential harmonized standard is applied: EN 1060-1:1995/2:2009 Non-invasive sphygmomanometers - Part 1 - General requirements

EN 1060-3:1997/2:2009 Non-invasive sphygmomanometers - Part 3 - Supplementary requirements for electro-mechanical sphygmomanometers

EN 1060-4:2004 Non-invasive sphygmomanometers - Part 4 - Test Procedures to determine the overall system accuracy of automated non-invasive sphygmomanometers

ISO 81060-2:2013 Non-invasive sphygmomanometers - Part 2: Clinical investigation of the blood pressure monitor was designed for long time service. Ensure continued accuracy. It's recommended that all digital blood pressure monitors require re-calibration. This monitor (under normal use with approx. 3 measurements a day) does not require calibration for 2 years. Once it has been re-calibrated the device will display **LR**.

Er (Exceeding): This indicates the monitor sustains damage due to blunt force (such as dropping) or exposure to fluids and / or extreme hot or cold temperature / humidity changes. When **LR** appears, simply return to your nearest dealer for re-calibration service.

Blood Pressure Standard

Refer to the definitions of the World Health Organization, the blood pressure ranges can be classified into 6 grades. (Ref. 1999 WHO-International Society of Hypertension Guidelines for the management of Hypertension). This blood classification system is based on the relationship between systolic and diastolic blood pressure.

This unit is to be used by adult consumers in a home environment. The patient is an intended operator. Do not use this device on infants or neonates. Z1 is protected against manufacturing defects by an established International Warranty Program. For warranty information you can contact the manufacturer, Rossmax International Ltd.

Display Explanations

EE / Measurement Error: Make sure the L-Pig is securely connected to the air socket and measure again quietly. Wrap the cuff correctly and keep arm steady during measurement. If the error keeps occurring, return the device to your local distributor or service center.

E1 / Air Circuit Abnormality: Make sure the L-Pig is securely connected to the air socket on the side of the unit and measure again quietly. If the error still occur, return the device to your local distributor or service center for help.

E2 / Pressure Exceeding 300 mmHg: Switch the cuff off and measure again quietly. If the error keeps occurring, return the device to your local distributor or service center.

E3 / Data Error: Remove the batteries, wait for 60 seconds, and reload. If the error keeps occurring, return the device to your local distributor or service center.

Er / Exceeding: This indicates the monitor sustains damage due to blunt force (such as dropping) or exposure to fluids and / or extreme hot or cold temperature / humidity changes. When **LR** appears, simply return the device to your local distributor or service center.

Cuff Wrap Detection

If the cuff was wrapped too loosely, it may cause unreliable measurement results. The cuff wrap detection can help to detect cuff wrap. When the cuff is wrapped snugly enough. The specified **LR** appears on the LCD display. If the error keeps occurring, return the device to your local distributor or service center.

Movement Detection

The movement detection "helps reminding the user to remain still and indicating any body movement during measurement. The specified icon appears once a "body movement" has been detected during and after each measurement.

Note: It's highly recommended that you measure again if the icon **LR** appears.

Hypertension Risk Indication (HRI)

The World Health Organization, classifying blood pressure ranges into 6 grades. This unit is equipped with the hypertension risk indicator. It visually indicates the assumed risk level (optimal / normal / high-normal grade hypertension / grade 2 hypertension / grade 3 hypertension) of the result after each measurement.

Irregular Heartbeat (IHB) Detection

The irregular heartbeat (IHB) detection allows those who have an irregular heartbeat to obtain accurate measurements alerting the user of the presence of an irregular heart beat during the measurement. Note: It is strongly recommended that you consult your physician if the IHB icon appears.

Using the USB cable with authorized AC Adapter (Optional)

1. Connect the USB cable with AC adapter, insert the USB cable into Type C port on the right side of the unit (or Connect the AC adapter with Type C port on the right side of the unit).

2. Plug the AC adapter into the socket.

Caution:
1. Please unload the batteries when operating with the AC mode for a longer period of time. Leaving the batteries in the compartment for a long time may cause leakage or even fire.

2. Batteries are needed when operating with the AC mode.
3. AC adapter is optional. Please contact the distributor for the compatible AC adapters.

4. Use only the authorized USB Adapter (SV) with this blood pressure monitor that complies with the relevant medical standards including EN 60601-1:2006/1-2013 and related collateral standards as EN 60601-1-2:2015.

5. AC adapter cannot be used for charging batteries.
6. USB cable (optional) can only be connected with Rossmax blood pressure monitor and accessories. It cannot be used for any other purpose.

Installing Batteries

1. Press down and lift the battery cover in the direction of the arrow to open the battery compartment.

2. Install or replace 4 "AAA" sized batteries in the battery compartment according to the polarity (+) and (-) signs on the battery cover.

3. Replace the battery cover by clicking in the bottom hooks first, then push in the top end of the battery cover.

4. Replace the batteries in pairs. Remove batteries when unit is not in use for extended periods of time.

5. You need to replace the batteries when:
26. This unit should not be used adjacent to or stacked with other equipment.
27. Please do not use any other cables or accessories not approved by the manufacturer in this manual to avoid negative influence on electromagnetic compatibility.

Specifications

Measurement Method: Oscillometric
Measurement Range: Semi conductor
Pressure Sensor: Pump Drive
Inflation: Automatic Air Release Valve
Deflation: 3 min. after last key operation

Memory capacity: 90 memories
1 minute after last key operation
Remissible Operating Temperature and Humidity: 10°C~40°C (50°F~104°F); 15%-85% RH; 700~1000 hPa
Temperature and Humidity (H): -10°C~60°C (147~147°F); 10%-90% RH; 700~1000 hPa

Power Source: 4 x AAA Batteries
DC Power Source: DC 5V, 100mA (Type C)
DC Voltage: 1.8V (X) 3.6V (X) 6.0V (X)
DC Current: 210.0 μA (w/o Batteries)
DC Current: 4.0 μA (w/ Batteries)

Arm Circumference: Limited Users
Type: RF: Device and cuff are designed to provide secure protection against electrical shock.
Type B: Protection against harmful injury of water and fire.

* Specifications are subject to change without notice.

Blood pressure recording can be affected by the position of the user, his or her physiological condition and other factors. For greatest accuracy, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.

Before measurement, it's suggested that you sit quietly for at least 5 minutes as muscle-tension taken during a related state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.

1. Do not eat or drink anything for at least 30 minutes before measurement.
2. Sit upright in a chair, and take 5-6 deep breaths. Avoid leaning back while the measurement interval is being taken.

3. Do not cross the legs while sitting and keep the feet flat on the floor during measurement. Do not talk or press the buttons on the monitor.
4. During measurement, do not talk or move your arm or hand muscles.
5. Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.

6. The monitor is stored at a normal temperature (near freezing). If you have placed it at a warm location for at least one hour before using it.
7. Wait 5 minutes before taking the next measurement.

8. Press the ON/OFF/START key. All displays will appear for approximately one second before returning to "0".
9. The unit will automatically inflate to the appropriate inflation level based on the user's pulse oscillations. Measurement will then begin. It is important to remain still and quiet during measurement. Any significant movement may affect measurement results.
10. When the measurement is completed, systolic and pulse will be shown simultaneously and be saved automatically in memory system. Up to 90 memories can be saved.

11. Measurement is now completed. Press the ON/OFF/START key to turn off the power. If no key is pressed, the unit will shut off automatically in 1 minute.
12. The monitor will automatically switch to higher pressure. If the system detects that more pressure is needed to take a blood pressure measurement. Note: This monitor automatically switches off approximately 1 minute after the cuff is inflated.

13. To enter the memory, simply press the Memory or ON/OFF/START key. The cuff will deflate immediately.

Recalling Values from Memory

1. To recall stored blood pressure readings from memory, simply press the Memory key, the first reading will appear on the display. Press the Memory key again to recall the next reading, and then the last set of memorized readings will be displayed.

2. Another press of the Memory key will recall the previous set of readings.
3. All readings stored in memory will be displayed with its sequence number. Every measurement is applied harmonized standards.

4. Measurement is now completed. Press the ON/OFF/START key to turn off the power. If no key is pressed, the unit will shut off automatically in 1 minute.
5. The monitor will automatically switch to higher pressure. If the system detects that more pressure is needed to take a blood pressure measurement. Note: This monitor automatically switches off approximately 1 minute after the cuff is inflated.

6. To enter the memory, simply press the Memory or ON/OFF/START key. The cuff will deflate immediately.

Cleaning Values from Memory

Press and hold the Memory key for approximately 5 seconds, then the data in the memory zone can be erased automatically.

Troubleshooting

This unit may require you to do the following to solve the problem. If you are unable to solve the problem, please contact your local distributor or service center for help.

1. No display when the cuff is wrapped around the arm.
Symptoms: No display when the cuff is wrapped around the arm.
Check points: Has the batteries run down?
Correction: Replace them with four new batteries.

2. Error message "LR" appears on the LCD display.
Symptoms: Error message "LR" appears on the LCD display.
Check points: Has the batteries' polarities been positioned correctly?
Correction: Re-insert the batteries in the correct polarity. If the error message "LR" appears properly that it is positioned correctly.

3. Error message "E1" appears on the LCD display.
Symptoms: Error message "E1" appears on the LCD display.
Check points: Did you turn on or move during measurement?
Correction: Measure again. Keep arm steady during measurement. If the error keeps occurring, return the device to your local distributor or service center.

4. Error message "E2" appears on the LCD display.
Symptoms: Error message "E2" appears on the LCD display.
Check points: Did you use the cuff during measurement?
Correction: Note if the unit still does not work, return it to your dealer. Under no circumstance should you disassemble and repair the unit by yourself.

5. Error message "E3" appears on the LCD display.
Symptoms: Error message "E3" appears on the LCD display.
Check points: Are the batteries high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

6. Error message "Er" appears on the LCD display.
Symptoms: Error message "Er" appears on the LCD display.
Check points: Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not use the cuff with a chemical cleaner or oil. Never use thinner, alcohol or petrol (gasoline) as cleaner.
7. Leaky batteries can damage the unit. Remove the batteries when the unit is not used for a long time.

8. The unit should not be operated by children so as to avoid hazardous situations.
9. If the unit is not stored near freezing, allow it to acclimate at room temperature before use.
10. This unit is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact the distributor from whom you purchased this unit or please contact Rossmax International Ltd.

11. Error message "E4" appears on the LCD display.
Symptoms: Error message "E4" appears on the LCD display.
Check points: As a common issue for all blood pressure monitors using the oscillometric measurement function, the device may have difficulty in determining the proper blood pressure for users diagnosed with common arrhythmia (irregular heartbeats or atrial fibrillation), diabetes, poor circulation of blood, limb problems, or for users suffered from stroke, or for concious users.

12. Error message "E5" appears on the LCD display.
Symptoms: Error message "E5" appears on the LCD display.
Check points: Stop the operation at any time, press the ON/OFF/START key, and the air in the cuff returns to zero. Once inflation reaches 300 mmHg, the unit will start deflating rapidly for safety reasons.

13. Error message "E6" appears on the LCD display.
Symptoms: Error message "E6" appears on the LCD display.
Check points: Note that this is a home healthcare product only and it is not intended to serve as a substitute for a physician's professional medical advice. The presence of a hypertension risk indicator during the measurement, indicates the presence of a hypertension risk indicator during the measurement. Note: It is strongly recommended that you consult your physician if the IHB icon appears.

14. Error message "E7" appears on the LCD display.
Symptoms: Error message "E7" appears on the LCD display.
Check points: Do not use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a healthcare professional for interpretation of pressure measurements. Contact your physician if you have or suspect hypertension. Do not change your medications without the advice of your physician or healthcare professional.

15. Error message "E8" appears on the LCD display.
Symptoms: Error message "E8" appears on the LCD display.
Check points: Use the USB cable with authorized AC adapter (optional).
1. Connect the USB cable with AC adapter, insert the USB cable into Type C port on the right side of the unit (or Connect the AC adapter with Type C port on the right side of the unit).

2. Plug the AC adapter into the socket.
Caution:
1. Please unload the batteries when operating with the AC mode for a longer period of time. Leaving the batteries in the compartment for a long time may cause leakage or even fire.

2. Batteries are needed when operating with the AC mode.
3. AC adapter is optional. Please contact the distributor for the compatible AC adapters.
4. Use only the authorized USB Adapter (SV) with this blood pressure monitor that complies with the relevant medical standards including EN 60601-1:2006/1-2013 and related collateral standards as EN 60601-1-2:2015.

5. AC adapter cannot be used for charging batteries.
6. USB cable (optional) can only be connected with Rossmax blood pressure monitor and accessories. It cannot be used for any other purpose.

16. Error message "E9" appears on the LCD display.
Symptoms: Error message "E9" appears on the LCD display.
Check points: Do not use the cuff on people who have undergone a mastectomy.
19. Do not place the cuff over wounds as this may cause further injury.
20. Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

21. Error message "E10" appears on the LCD display.
Symptoms: Error message "E10" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

22. Error message "E11" appears on the LCD display.
Symptoms: Error message "E11" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

23. Error message "E12" appears on the LCD display.
Symptoms: Error message "E12" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

24. Error message "E13" appears on the LCD display.
Symptoms: Error message "E13" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

25. Error message "E14" appears on the LCD display.
Symptoms: Error message "E14" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

26. Error message "E15" appears on the LCD display.
Symptoms: Error message "E15" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

27. Error message "E16" appears on the LCD display.
Symptoms: Error message "E16" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

28. Error message "E17" appears on the LCD display.
Symptoms: Error message "E17" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

29. Error message "E18" appears on the LCD display.
Symptoms: Error message "E18" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

30. Error message "E19" appears on the LCD display.
Symptoms: Error message "E19" appears on the LCD display.
Check points: Do not use the cuff on people with a high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and return the device to your local distributor or service center for help.

ES Español Introducción

Las mediciones de presión arterial determinadas con Z1 son equivalentes con aquellas obtenidas por un observador entrenado usando el método auscultatorio de brachio-cuff. Este telescopio dentro de los límites especificados en la norma ANSI para esfigmomanómetros electrónicos o automatizados. Esta unidad se ha concebido para ser usada por adultos en un entorno doméstico. El paciente es el operador intencionado. No se permite el uso de esta unidad en niños. El Z1 está protegido contra defectos de fabricación mediante un programa de garantía internacional. Para una información acerca de la garantía, usted puede contactar al fabricante, Rossmax International Ltd.

Atención: Consulte los documentos de acompañamiento. Lea este manual cuidadosamente antes del uso. Para una información específica acerca de su propia presión arterial, contacte a su médico. Por favor, fíjese en cada parte este manual.

Tecnología de medición real Fuzzy

Este instrumento utiliza el método oscilométrico para detectar su presión arterial. Antes de que el brazalete comience con el inflado, el aparato establecerá una presión equivalente de la brazalete equivalente a la presión del aire. Esta unidad determinará el nivel de inflado apropiado basándose en las oscilaciones de la brazalete. Después de la inflación, el aparato detectará la amplitud y la pendiente de las oscilaciones de presión, y de este modo, determinará su presión arterial sistólica, la presión arterial diastólica y el pulso.

Notas preliminares

Este instrumento cumple con los requisitos europeos y lleva el marcado CE. Este instrumento cumple con los requisitos europeos y lleva el marcado CE. Este instrumento cumple con los requisitos europeos y lleva el marcado CE. Este instrumento cumple con los requisitos europeos y lleva el marcado CE.

1. No coma ni beba nada durante la medición.
2. No se debe usar el brazalete si se está cansado o si se está cansado.
3. No se debe usar el brazalete si se está cansado o si se está cansado.
4. No se debe usar el brazalete si se está cansado o si se está cansado.

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12. No se debe usar el brazalete si se está cansado o si se está cansado.
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19. No se debe usar el brazalete si se está cansado o si se está cansado.

20. No se debe usar el brazalete si se está cansado o si se está cansado.
21. No se debe usar el brazalete si se está cansado o si se está cansado.
22. No se debe usar el brazalete si se está cansado o si se está cansado.