TESMED TESMED MAX 830

TESMED Max 830 Professional Muscle Electro-stimulator User Manual

Model: TESMED MAX 830

1. Introduction

The TESMED Max 830 is a professional, rechargeable muscle electro-stimulator designed for a wide range of applications including muscle strengthening, toning, recovery, aesthetic treatments, and pain relief through TENS and massage programs. It features advanced technology, including the patented Waims System, to provide effective and customizable stimulation.

This manual provides essential information for the safe and effective use of your TESMED Max 830 device. Please read it thoroughly before first use and keep it for future reference.

2. Safety Information

Always consult with a healthcare professional before using any electro-stimulation device, especially if you have pre-existing medical conditions. Do not use this device if you have a pacemaker, are pregnant, have epilepsy, or have any heart conditions. Do not apply electrodes over open wounds, rashes, swollen, red, infected, or inflamed areas, or skin eruptions.

- Keep the device and electrodes out of reach of children.
- Do not use the device while driving or operating heavy machinery.
- Do not immerse the device in water or use it in excessively humid environments.
- Only use original TESMED electrodes and accessories.
- Discontinue use immediately if you experience any discomfort, pain, or adverse reactions.
- Do not use gel or creams with the electrodes, as they are self-adhesive.

3. Product Overview and Components

The TESMED Max 830 is a compact and powerful electro-stimulator. It comes with all necessary accessories to begin your treatments.



The TESMED Max 830 electro-stimulator with its connected electrodes, ready for use.



The complete TESMED Max 830 kit, including the main unit, 20 self-adhesive electrodes, 4 bipolar cables, a USB charging cable, a belt hook, and a detailed color manual.

Included Components:

- TESMED Max 830 Main Unit
- 20 Self-Adhesive Electrodes (various sizes)
- 4 Bipolar Connection Cables
- USB Charging Cable
- Belt Hook
- Color User Manual with 220 Treatments and 79 Electrode Placement Photos

4. Setup

4.1 Charging the Device

The TESMED Max 830 is rechargeable. Before first use, it is recommended to fully charge the device. Connect the

provided USB charging cable to the device and a suitable power source. The charging indicator on the device will show its status. A full charge typically takes 6-8 hours if completely depleted. The device may come partially charged from the factory; it is advisable to use it until it fully discharges before its initial full charge cycle.

4.2 Electrode Connection and Placement

The TESMED Max 830 features 4 independent channels, allowing the use of up to 8 electrodes simultaneously. The electrode terminals do not have polarity, simplifying connection.

1. Ensure the device is turned off before connecting electrodes.
2. Connect the bipolar cables to the electrode pads.
3. Plug the other end of the cables into the corresponding channels on the TESMED Max 830 unit.
4. Clean and dry the skin area where electrodes will be placed.
5. Carefully peel the electrodes from their protective film and apply them firmly to the skin. Refer to the detailed color manual for specific electrode placement diagrams for various treatments.



Example of electrode placement for muscle stimulation. The device supports 8 electrodes across 4 channels for comprehensive treatment.

5. Operating Instructions

The TESMED Max 830 offers 115 programs and 99 intensity levels, providing extensive customization for your needs.



The TESMED Max 830 offers a wide range of programs, including 81 for sports, 90 for aesthetics, 19 for fitness, 16 TENS programs, and 34 different massage options.

5.1 Powering On/Off

Press and hold the power button to turn the device on or off. The LCD screen will illuminate.

5.2 Program Selection

Use the 'MODE' button to navigate through the program categories. The device includes:

- **20 Customizable Programs:** Adjust frequency, pulse width, duration, and intensity.
- **79 Pre-set Multiphase Programs:** Designed for various applications, including:
  - **5 WAIMS-SYSTEMS Programs:** Patented sequential stimulations for lower limbs, relaxation, active recovery, and fatigue reduction.

    - **15 Customizable Programs:** For de-contracting, toning, aerobic, strength development, and cellulite imperfections.

- **Specific Treatment Categories:**
    - **81 Treatments for Athletes:** Covering explosive strength, maximum strength, endurance, active recovery, aerobic resistance, warm-up, and training for various sports (football, skiing, cycling, swimming, running, basketball, tennis).
    - **90 Treatments for Aesthetics:** Including shaping, firming, toning, cellulite imperfections, and muscle definition.
    - **19 Treatments for Fitness:** Ranging from muscle mass increase and strengthening to stretching, aerobic, anaerobic, and warm-up.
    - **10 Massage Treatments:** Dedicated to well-being and relaxation.
    - **16 TENS Programs:** For pain relief.



The TESMED Max 830 offers 34 massage treatments for relaxation and 16 TENS programs for drug-free pain relief, applicable to various body areas like the back and shoulders.



The exclusive Waims System provides 25 advanced programs with sequential stimulations, promoting better circulation, as demonstrated by electrode placement on the leg.

5.3 Adjusting Intensity

The device offers 99 levels of intensity. Use the up/down arrow buttons to adjust the intensity for each channel independently. During multi-phase programs, the intensity will automatically adjust at each phase change for safety. You can then manually fine-tune the intensity to your comfort level.

5.4 Treatment Duration

Each program has a pre-set duration or allows for customization. It is recommended not to exceed one daily session per muscle area. The total electro-stimulation time should not exceed two hours per day, even if treating different muscle areas.

6. Maintenance

Proper maintenance ensures the longevity and effectiveness of your TESMED Max 830.

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- **Electrode Care:** After each use, re-apply the electrodes to their protective film. If the adhesive quality diminishes, gently clean the adhesive surface with a damp cloth or rinse briefly under lukewarm water and let air dry. Do not use soap or detergents.
- **Storage:** Store the device and electrodes in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery:** For optimal battery life, avoid completely draining the battery frequently. Recharge as needed.
- **Regular Use:** For maintenance of results, it is recommended to use the device 2-3 times per week, not on consecutive days, unless advised otherwise by a professional.

7. Troubleshooting

If you encounter any issues with your TESMED Max 830, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no charge.	Charge the device fully using the provided USB cable.
No sensation or weak sensation.	Electrodes not properly adhered, low intensity, or worn-out electrodes.	Ensure electrodes are firmly pressed onto clean, dry skin. Increase intensity. Replace old electrodes.
Sensation is uncomfortable or stinging.	Intensity too high, poor electrode contact, or dry skin.	Decrease intensity. Re-position electrodes for full contact. Ensure skin is clean and dry.
Electrodes losing stickiness.	Dirt/oil on electrodes or skin, or electrodes are old.	Clean electrodes as per maintenance section. Clean skin thoroughly before application. Replace electrodes if necessary.

If the problem persists after attempting these solutions, please contact TESMED customer support.

8. Specifications

Feature	Detail
Model Number	TESMED MAX 830
Color	Silver
Dimensions (L x W x H)	5 x 12 x 2 cm
Weight	108 grams
Material	Plastic
Battery Type	1 Lithium-polymer (included)
Channels	4 Independent Channels
Programs	115 (20 customizable, 79 pre-set multiphase, 5 WAIMS-SYSTEMS)
Intensity Levels	99

Feature	Detail
Electrodes Included	20 Self-Adhesive Electrodes
Manufacturer	TESMED

9. Warranty and Support

TESMED is committed to providing high-quality products and qualified after-sales service. For any questions, concerns, or technical assistance, please contact TESMED customer support through the official website or the contact information provided with your purchase.

Please retain your proof of purchase for warranty claims. Specific warranty terms and conditions may vary by region; refer to the documentation included with your product for detailed warranty information.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question