

Compex 25331

Compex Wireless USA 2.0 Muscle Stimulator User Manual

Model: 25331

INTRODUCTION

The Compex Wireless USA 2.0 Muscle Stimulator with TENS Bundle Kit is an advanced device designed for muscle stimulation and pain management. It features wireless PODs for maximum mobility and ease of use, making it a convenient tool for athletes and individuals seeking muscle recovery, strength building, and pain relief.

This manual provides comprehensive instructions for setting up, operating, and maintaining your Compex Wireless USA 2.0 device to ensure optimal performance and longevity.



Figure 1: Complex Wireless USA 2.0 main unit with snap electrodes.

WHAT'S IN THE BOX

Your Complex Wireless USA 2.0 Muscle Stimulator kit includes the following components:

- Complex Wireless USA 2.0 Muscle Stimulator (Main Unit)
- Wireless PODs (multiple units)
- Snap Electrodes (various sizes, e.g., 8x5cm, 4x5x10cm)
- Docking Station with Charger
- Rigid Travel Case and Bag
- User Manual (this document)



Figure 2: All components included in the Compex Wireless USA 2.0 Bundle Kit.



Figure 3: Detailed diagram of the kit contents, including the main unit, modules, electrodes, docking station, and travel case.

PRODUCT FEATURES

The Compex Wireless USA 2.0 is designed for intuitive operation and effective muscle stimulation. Key features of the main unit include:

- **Color Display:** Provides clear program information and settings.
- **Rechargeable Battery Station:** Ensures your device is always ready for use.
- **Wireless PODs:** Offer maximum mobility and freedom during sessions.
- **10 Essential Programs:** Categorized for Strength, Warmup, Recovery, and TENS Pain Management.
- **5 Levels of Progression:** Allows for tailored intensity and progression in your training.



Figure 4: Diagram illustrating the main unit's buttons, multifunction pad, confirmation button, docking station plug, and POD features like On/Off button and cable groove.

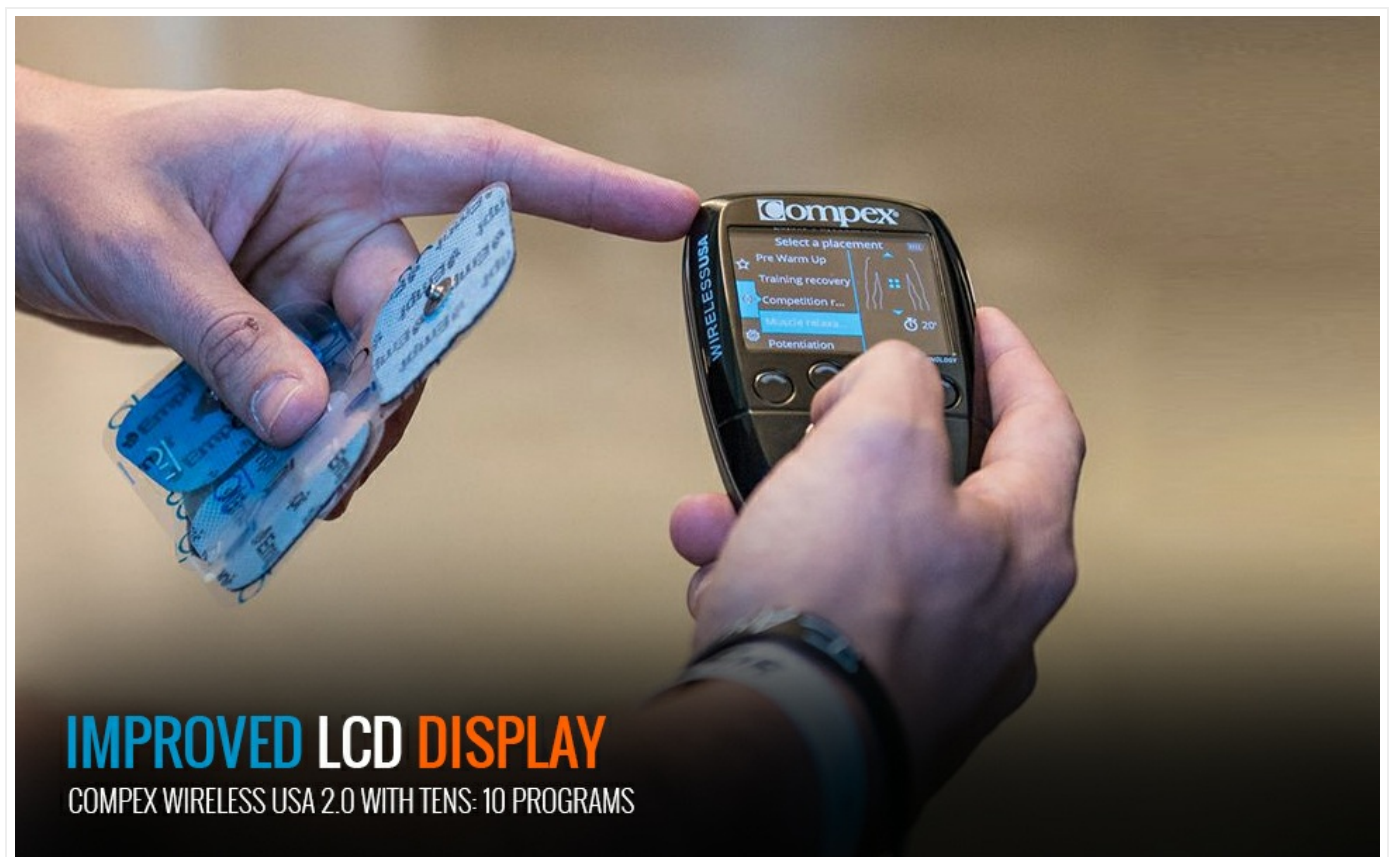


Figure 5: Close-up view of the improved LCD display and how electrodes connect to the wireless PODs.

SETUP AND ASSEMBLY

1. **Charge the Device:** Place the main unit and wireless PODs into the docking station. Connect the charger to a

power outlet. Ensure all units are fully charged before first use.

2. **Attach Electrodes to PODs:** Peel the protective backing from the snap electrodes. Connect the electrodes to the wireless PODs by snapping them onto the metal studs. Ensure a secure connection.
3. **Prepare Skin:** Clean and dry the skin area where electrodes will be placed. Avoid applying lotions or oils, as this can reduce electrode adhesion and lifespan.
4. **Apply Electrodes:** Firmly press the electrodes onto the desired muscle group. Ensure full contact with the skin.



Figure 6: Wireless PODs connected to electrodes, ready for application.

OPERATING INSTRUCTIONS

The Compex Wireless USA 2.0 offers a variety of programs to suit your needs. Follow these steps to operate the device:

1. **Power On:** Press the On/Off button on the main unit. Ensure the wireless PODs are also powered on.
2. **Select Program:** Navigate through the menu using the multifunction pad to select your desired program. The device offers 10 programs, including:
 - Endurance
 - Resistance
 - Strength
 - Explosive Strength
 - Pre Warm Up
 - Training Recovery / Activity Recovery
 - Competition Recovery / Recovery Plus
 - Muscle Relaxation / Massage
 - Potentiation
 - Pain Relief (TENS)
3. **Adjust Intensity:** Once a program is selected, use the controls to gradually increase the intensity to a comfortable yet effective level. You should feel a strong, deep muscle contraction without discomfort.
4. **Monitor Session:** The LCD display will show the remaining time and intensity levels.
5. **End Session:** The program will automatically end, or you can manually stop it by pressing the On/Off button.

10 STIMULATION PROGRAMS

Endurance

Resistance

Strength

Explosive Strength

Pre Warm Up

Training Recovery / Activity Recovery

Competition Recovery / Recovery Plus

Muscle Relaxation / Massage

Potentiation

Pain Relief (TENS)

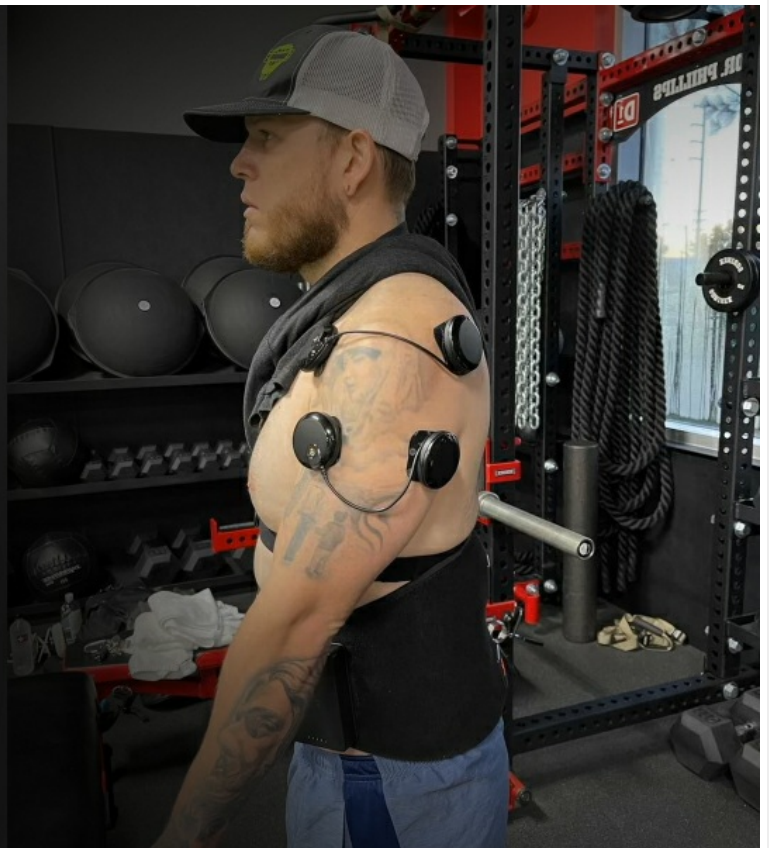


Figure 7: Overview of the 10 stimulation programs available on the Complex Wireless USA 2.0.

PAD PLACEMENT GUIDELINES

Proper electrode placement is crucial for effective stimulation. Refer to the diagrams below for common application areas. Always ensure electrodes are placed on clean, dry skin.



Figure 8: Electrode placement for quadriceps muscle stimulation, enhancing power and endurance.

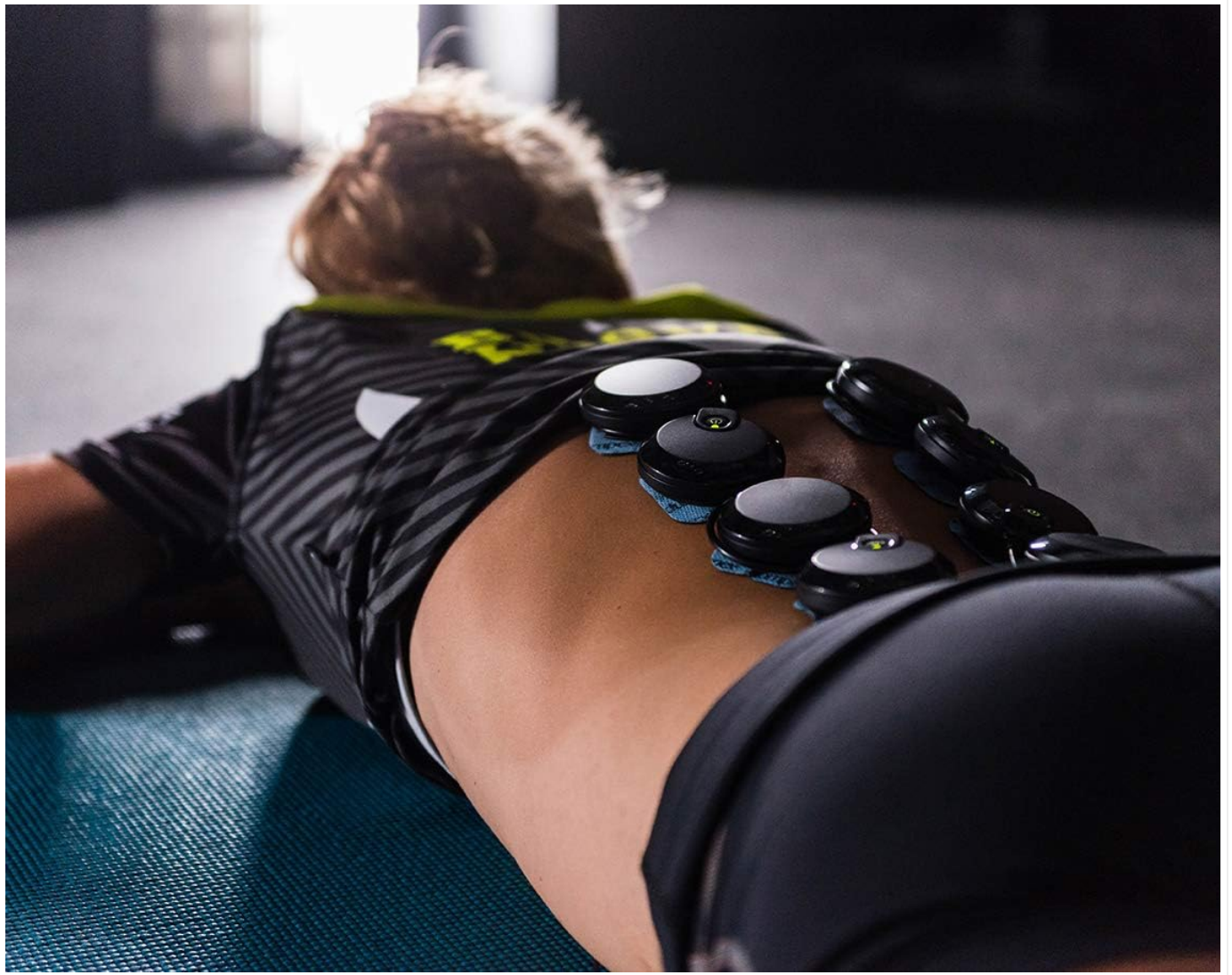


Figure 9: Electrode placement for back muscle stimulation, aiding in recovery and pain relief.



Figure 10: Electrode placement for shoulder and upper back muscles, useful for strength and recovery programs.

For specific muscle groups not shown, consult the detailed electrode placement guide available on the Compex website or in the full user manual (PDF link provided in the Warranty & Support section).

MAINTENANCE AND CARE

- **Electrode Care:** After each use, place the electrodes back on their protective plastic sheets. Store them in the sealed plastic bag they came in, ideally in a cool, dry place or even the freezer to prolong their stickiness. Clean skin thoroughly before application to prevent oils and dirt from degrading the adhesive.
- **Device Cleaning:** Wipe the main unit and PODs with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** When not in use, store the entire kit in the provided rigid travel case to protect it from damage.
- **Battery Life:** Regularly charge the device and PODs to maintain battery health.

TROUBLESHOOTING

Issue	Possible Cause	Solution
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Issue	Possible Cause	Solution
No stimulation felt or weak stimulation	Electrodes not making full contact; low battery; incorrect program intensity.	Ensure electrodes are firmly pressed onto clean, dry skin. Recharge device/PODs. Increase intensity gradually.
Electrodes losing stickiness	Skin oils/dirt; electrodes are old/worn out.	Clean skin before use. Gently wipe electrodes with a damp cloth (water only). Replace electrodes if necessary. Consider using Compex electrode gel or wraps for extended use.
Device not powering on	Battery depleted; device malfunction.	Place device in docking station and charge fully. If issue persists, contact customer support.

SPECIFICATIONS

- **Model Number:** 25331
- **Product Dimensions:** 4.25 x 2.75 x 0.75 inches
- **Item Weight:** 1 Pound
- **Manufacturer:** DJO Consumer LLC
- **Programs:** 10 (4 Strength, 2 Warmup, 3 Recovery, 1 TENS)
- **Connectivity:** Wireless PODs
- **Power Source:** Rechargeable Battery

WARRANTY AND SUPPORT

The Compex Wireless USA 2.0 Muscle Stimulator comes with a 2-year warranty from the date of purchase. For warranty claims, technical support, or additional information, please refer to the official user manual or contact Compex customer service.

Official User Manual (PDF): [Download Here](#)


User Guide (PDF): [Download Here](#)



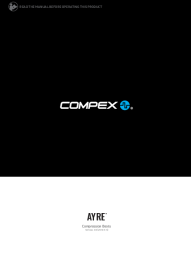
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Related Documents - 25331

	<p>Compex Sport Elite 2.0 User Manual - Muscle Stimulation & TENS Guide</p> <p>Comprehensive user manual for the Compex Sport Elite 2.0, detailing muscle stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS) programs for performance enhancement and pain relief. Includes safety information, device operation, and troubleshooting.</p>
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	<p>Compex EDGE 3.0, PERFORMANCE 3.0, SPORT ELITE 3.0 Quick Start Guide</p> <p>Quick start guide for Compex EDGE 3.0, PERFORMANCE 3.0, and SPORT ELITE 3.0 muscle stimulators. Learn about intended use, contraindications, setup, charging, and electrode placement.</p>
	<p>Compex Fit 5.0, SP 6.0, SP 8.0 Quick Start Guide & User Manual</p> <p>Comprehensive quick start guide and user manual for Compex Fit 5.0, SP 6.0, and SP 8.0 electrical stimulation devices. Learn setup, usage, and safety guidelines for pain management, muscle recovery, rehabilitation, and fitness.</p>
	<p>Compex Fit/SP Series Quick Start Guide - Setup and Usage</p> <p>Get started quickly with your Compex Fit 1.0, Fit 3.0, SP 2.0, or SP 4.0 electrical muscle stimulator. This guide provides essential instructions for setup, electrode placement, and program selection.</p>
	<p>Compex for Cycling: Enhance Performance and Recovery</p> <p>Discover how Compex electrostimulation can optimize your cycling preparation, improve performance, and accelerate recovery. Explore Compex devices, programs, and training plans for cyclists.</p>
	<p>Compex Ayre Compression Boots User Manual and Guide</p> <p>Official user manual for the Compex Ayre Compression Boots, detailing setup, operation, maintenance, and safety information for temporary relief of muscle aches and improved circulation.</p>