

## Belifu T24AB2

# Belifu TENS EMS Unit (Model T24AB2) User Manual

Your guide to effective muscle stimulation and pain relief.

## 1. INTRODUCTION

The Belifu TENS EMS Unit is a versatile device designed for muscle stimulation and pain relief therapy. It combines Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) technologies to address various discomforts and support muscle recovery. This manual provides essential information for safe and effective use of your device.

## 2. IMPORTANT SAFETY INFORMATION

**Please read all instructions and warnings carefully before using this device. Failure to do so may result in injury or device malfunction.**

- Do not use this device if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Consult your physician before use if you have any medical conditions, including but not limited to epilepsy, heart disease, cancer, or if you are pregnant.
- Do not apply pads over open wounds, rashes, swollen, red, infected, or inflamed skin areas.
- Avoid placing pads on the head, face, neck (especially the carotid sinus area), or across the chest.
- Keep out of reach of children.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put you at risk.
- Discontinue use immediately if you experience any adverse reactions such as skin irritation, discomfort, or dizziness.
- Actual product packaging and materials may contain more and different information than what is shown on our website. We recommend that you do not rely solely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

## 3. PACKAGE CONTENTS

Your Belifu TENS EMS Unit package includes the following items:

## What You Receive



Image: Overview of all items included in the Belifu TENS EMS Unit package.

- Belifu TENS EMS Device (1 pc)
- Medium Electrode Pads (6 pcs)
- Small Electrode Pads (2 pcs)
- Large Electrode Pads (2 pcs)
- Lead Wires (5 sets)
- USB Charging Cable (1 pc)
- Instruction Manual (1 pc)
- Storage Bag (1 pc)

## 4. PRODUCT FEATURES

The Belifu TENS EMS Unit is equipped with advanced features for a customizable and effective therapy experience:

- **Independent 4 Channels:** Allows for simultaneous treatment of up to four different body areas with individual

mode and intensity settings.

- **24 Pre-programmed Modes:** A variety of TENS and EMS massage modes to suit different needs and preferences.
- **30 Intensity Levels:** Fine-tune the stimulation intensity for optimal comfort and effectiveness.
- **Rechargeable Battery:** Built-in lithium battery provides up to 20 hours of continuous use on a single charge.
- **Reusable Electrode Pads:** 10 self-adhesive, thicker electrode pads designed for multiple uses.
- **Compact and Portable:** Pocket-sized design for convenient use at home, office, or while traveling.



Image: Key features of the Belifu TENS EMS Unit.



**More Channel, More Happiness**



Image: The device features 4 independent output ports for multiple connections.

## 5. DEVICE OVERVIEW

Familiarize yourself with the device's components and controls:





Image: Front and side view of the Belifu TENS EMS Unit with all buttons and indicators labeled.

- **Output CH1-CH4:** Ports for connecting lead wires and electrode pads.
- **LCD Display:** Shows mode, intensity, time, and battery status.
- **On/Off/Lock Button:** Powers the device on/off and locks the screen.
- **CH Button:** Switches between channels to adjust settings independently.
- **M+/M- Buttons:** Selects different massage modes.
- **I+/I- Buttons:** Adjusts the intensity level.
- **T Button:** Sets the treatment timer.
- **Pause Button:** Pauses and resumes the treatment.
- **USB Type-C Port:** For charging the device.

## 6. SETUP AND OPERATION

Follow these steps to set up and operate your Belifu TENS EMS Unit:

1. **Charge the Device:** Before first use, fully charge the unit using the provided USB cable. The battery indicator will show charging status.
2. **Connect Lead Wires:** Plug the lead wires into the output ports (CH1-CH4) on the top of the device.
3. **Attach Electrode Pads:** Connect the electrode pads to the lead wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the pads. This ensures optimal adhesion and conductivity.
5. **Place Pads:** Apply the electrode pads firmly onto the targeted skin areas. Ensure pads are not overlapping.
6. **Power On:** Press and hold the On/Off button on the right side of the device to turn it on.
7. **Select Channel:** Press the 'CH' button to select the channel you wish to adjust (CH1, CH2, CH3, or CH4). You can use one channel or up to four simultaneously.
8. **Choose Mode:** Press the 'M+' or 'M-' buttons to cycle through the 24 available massage modes.
9. **Adjust Intensity:** Press the 'I+' or 'I-' buttons to gradually increase or decrease the intensity level (1-30) for the selected channel. Start with a low intensity and increase until you feel a comfortable, yet effective, sensation.
10. **Set Timer:** Press the 'T' button to set the desired treatment duration (e.g., 10-80 minutes).
11. **Start/Pause:** Press the Play/Pause button to start or pause the treatment.
12. **Lock Screen:** Short press the On/Off button to lock the screen during treatment to prevent accidental changes. Short press again to unlock.
13. **Power Off:** After use, press and hold the On/Off button to turn off the device.



Image: Visual guide for connecting and operating the device.

## 7. MAINTENANCE AND STORAGE

Proper maintenance ensures the longevity and effectiveness of your device:

- **Cleaning the Device:** Wipe the unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Cleaning Electrode Pads:** If pads lose their adhesiveness, gently rinse the adhesive side under cold water and let them air dry. Do not rub or use soap.
- **Pad Adhesion:** Always apply pads to clean, dry skin. If pads no longer stick, they may need replacement.
- **Cable Management:** Use the provided fastening cable ties to keep lead wires organized and prevent tangling.
- **Storage:** Store the device and accessories in the provided storage bag in a cool, dry place away from direct sunlight and extreme temperatures.



Image: Proper cable management and storage of the device.

## 8. TROUBLESHOOTING

If you encounter any issues with your Belifu TENS EMS Unit, refer to the following common solutions:

- **No Sensation:**

- Ensure the device is powered on and the screen is unlocked.
- Check that lead wires are securely connected to both the device and the electrode pads.
- Verify that electrode pads are firmly adhered to clean, dry skin.
- Increase the intensity level gradually using the 'I+' button.
- Ensure the battery is charged.

- **Weak Sensation:**

- Increase the intensity level.
- Check pad placement; ensure they are on muscle or nerve areas.

- Clean or replace electrode pads if their adhesiveness is compromised.

- **Device Not Turning On:**

- Ensure the battery is charged. Connect to a power source and try again.
- Press and hold the On/Off button for a few seconds.

- **Screen Unresponsive:**

- Check if the screen is locked (short press On/Off button to unlock).
- Restart the device.

If the issue persists, please contact Belifu customer support for further assistance.

## 9. SPECIFICATIONS

Specification	Detail
Brand	Belifu
Model Number	T24AB2
Channels	4 Independent Channels
Modes	24 Pre-programmed Modes (TENS & EMS)
Intensity Levels	30 Levels
Battery Life	Up to 20 hours continuous use
Charging Port	USB Type-C
Dimensions	15.9 x 9.1 x 6.7 cm
Weight	340 g
Date First Available	Dec 3, 2019

## 10. WARRANTY AND SUPPORT

Belifu offers customer support for their products. While specific warranty details may vary, registering your product can often extend the warranty period. For any questions, technical assistance, or warranty claims, please contact Belifu customer service directly through their official channels or the retailer where the product was purchased. You can often find contact information on the product packaging or the official Belifu website.

Documents - Belifu – T24AB2

no relevant documents