

Belifu SM9126

Belifu Dual Channel TENS EMS Unit (Model SM9126) Instruction Manual

Model: SM9126 | Brand: Belifu

1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Belifu Dual Channel TENS EMS Unit, Model SM9126. This device is designed to provide pain relief and muscle stimulation through Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) therapy. Please read this manual thoroughly before operating the device and retain it for future reference.

1.1 Package Contents

Upon opening your package, please verify that all components are present:

- 1 x Belifu Dual Channel TENS EMS Unit (SM9126)
- 2 x Large Electrode Pads
- 6 x Medium Electrode Pads
- 2 x Small Electrode Pads
- 3 x Electrode Wires
- 1 x USB Charging Cable
- 1 x Dust-Proof Drawstring Storage Bag
- Reusable Fastening Cable Ties
- 1 x Instruction Manual

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Figure 1.1: Contents of the Belifu TENS EMS Unit package.

The image displays the Belifu TENS EMS Unit, various sizes of blue electrode pads, white electrode wires, a black USB charging cable, a white drawstring storage bag with the Belifu logo, and blue fastening cable ties. All items are neatly arranged, indicating the complete package contents.

2. SAFETY INFORMATION

Please read and understand all safety warnings and precautions before using this device. Improper use may result in injury or adverse reactions.

- Always follow the instructions provided with the product.
- Keep the device away from water and do not use it while sleeping or taking a bath.
- Do not use the device if you have a pacemaker, are pregnant, or have epilepsy.
- Consult a doctor before use if you have any existing health conditions, including but not limited to heart conditions, recent surgery, or skin sensitivities.
- Keep the device out of reach of children and pets.
- Do not apply pads over open wounds, rashes, swollen, red, infected, or inflamed skin areas.

- Do not apply pads over the carotid sinus nerves (front of the neck), over the eyes, or across the chest.
- Discontinue use immediately if you experience any discomfort or adverse reactions.

3. PRODUCT OVERVIEW

The Belifu TENS EMS Unit is a compact, portable device featuring dual channels and 24 pre-programmed massage modes. It is designed for ease of use with an intuitive interface.



Figure 3.1: Belifu TENS EMS Unit Controls and Ports.

This diagram illustrates the various components of the Belifu TENS EMS Unit. Key features include the On/Off switch, USB port for charging, battery indicator, time display, pause function, mode selector, intensity adjustment buttons for channels A and B, mode adjustment buttons, time adjustment button, and output connectors for channels A and B.

3.1 Device Components

- **On/Off Switch:** Located at the top, used to power the device on or off.
- **USB Port:** Located at the top, for charging the internal battery.
- **Battery Indicator:** Displays the current battery level on the screen.

- **Time Display:** Shows the remaining treatment time.
- **Pause Button:** Temporarily stops the stimulation.
- **Mode Selector (M):** Cycles through the 24 pre-programmed modes.
- **Intensity Adjustment (+/-):** Separate controls for increasing or decreasing intensity for Channel A and Channel B.
- **Time Adjustment (T):** Adjusts the treatment duration.
- **Output Connectors (A/B):** Ports for connecting electrode wires for Channel A and Channel B.

4. SETUP

Follow these steps to prepare your Belifu TENS EMS Unit for first use.

4.1 Charging the Device

1. Connect the provided USB charging cable to the USB port on the top of the device.
2. Plug the other end of the USB cable into a wall charger, power bank, or a laptop USB port.
3. The battery indicator on the screen will show charging status. A full charge provides up to 20 hours of continuous use.
4. Disconnect the charger once fully charged.

4.2 Preparing Electrode Pads and Wires

1. Ensure your skin is clean and dry before applying electrode pads.
2. Gently peel the electrode pads from their protective film.
3. Connect the electrode wires to the electrode pads by snapping them onto the metal studs.
4. Insert the pin connectors of the electrode wires into the output connectors (A or B) on the bottom of the device.

4.3 Applying Electrode Pads

Proper placement of electrode pads is crucial for effective therapy. Refer to the diagrams below for common application areas.



Figure 4.1: Common Electrode Pad Placement Areas.

This image illustrates various body areas where the TENS EMS unit can be applied for pain relief, including the neck, back, shoulder, elbow, knee, wrist, hand/foot, and ankle. The central image shows the device with pads attached to a person's leg.

- Place the self-adhesive pads directly onto the skin in the desired treatment area.
- Ensure pads are placed on clean, dry, intact skin.
- For dual-channel operation, you can treat two different areas or use more pads on a single larger area.

5. OPERATING INSTRUCTIONS

Learn how to operate your Belifu TENS EMS Unit for optimal results.

5.1 Powering On/Off

1. To turn on, slide the On/Off switch located at the top of the device to the 'On' position. The screen will illuminate.
2. To turn off, slide the On/Off switch to the 'Off' position.

5.2 Selecting a Mode

1. Press the 'M' (Mode) button to cycle through the 24 pre-programmed massage modes.
2. Each press will change the mode, indicated by an icon or number on the screen. Choose the mode that feels most comfortable and effective for your needs.

5.3 Adjusting Intensity

The device features dual channels (A and B), allowing independent intensity control for each.

1. After selecting a mode, use the '+' and '-' buttons on the left side to adjust the intensity for Channel A.
2. Use the '+' and '-' buttons on the right side to adjust the intensity for Channel B.
3. Start with the lowest intensity and gradually increase it until you feel a comfortable, yet firm, sensation. Avoid increasing intensity to a painful level. There are 20 intensity levels available.

5.4 Setting the Timer

1. Press the 'T' (Time) button to adjust the treatment duration.
2. The default treatment time is typically 20-30 minutes, but can be adjusted according to your preference and medical advice.
3. The device will automatically shut off once the set time has elapsed.

5.5 Pausing Treatment

Press the 'Pause' button (usually the center button on the main dial) to temporarily stop the stimulation. Press it again to resume.

6. MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your Belifu TENS EMS Unit.

6.1 Cleaning the Device and Pads

- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- The self-adhesive conductive reusable pads can be gently cleaned with a small amount of rubbing alcohol on a soft cloth to restore adhesiveness. Allow them to air dry completely before re-applying to the protective film.

6.2 Storage

- After each use, re-apply the electrode pads to their protective film to maintain adhesiveness and prevent contamination.
- Use the provided fastening cable ties to organize the electrode wires, preventing tangles and damage.
- Store the device and all accessories in the dust-proof drawstring storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.



Figure 6.1: Proper Cable Management and Storage.

This image demonstrates the use of blue fastening cable ties to keep electrode wires neatly organized, preventing tangles. Below, the device and its accessories are shown stored within the provided drawstring bag, highlighting the hassle-free storage system.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device fully. Ensure the On/Off switch is in the 'On' position.
No sensation or weak sensation.	Pads not properly applied, pads have lost adhesiveness, or intensity is too low.	Ensure pads are firmly attached to clean skin. Clean pads or replace if necessary. Increase intensity gradually using the '+' button. Check electrode wire connections.

Problem	Possible Cause	Solution
Sensation is uncomfortable or painful.	Intensity is too high or pads are improperly placed.	Decrease intensity using the '-' button. Re-position pads to a more comfortable area.
Pads do not stick well.	Pads are dirty or worn out.	Clean pads with a damp cloth and a small amount of rubbing alcohol. If adhesiveness is not restored, replace with new pads.

If the problem persists after attempting these solutions, please contact Belifu customer support for further assistance.

8. SPECIFICATIONS

Detailed technical specifications for the Belifu Dual Channel TENS EMS Unit (Model SM9126).

Model Number:

SM9126

Power Source:

Battery Powered (1 Lithium Polymer battery included)

Battery Life:

Up to 20 hours of continuous use

Channels:

Dual Channel (A/B)

Modes:

24 Pre-programmed Massage Modes

Intensity Levels:

20 Levels

Special Feature:

Rechargeable

Package Dimensions:

6.15 x 3.62 x 2.64 inches

Item Weight:

10.58 ounces

Manufacturer:

Belifu

9. WARRANTY AND SUPPORT

Belifu is committed to providing high-quality products and customer satisfaction.



9.1 Warranty Information

Specific warranty details may vary. Please refer to the product packaging or contact Belifu customer support for information regarding your product's warranty period and terms.

9.2 Customer Support

For any questions, technical assistance, or support needs, please contact Belifu customer service. Contact information can typically be found on the product packaging or the official Belifu website.

Related Documents - SM9126

	<p>Bisnick SM9126 TENS & PMS User Manual</p> <p>Comprehensive user manual for the Bisnick SM9126 TENS & PMS device, covering packing lists, safety warnings, precautions, features, operation, recommended use positions, maintenance, and troubleshooting.</p>
	<p>AUVON SM9126 TENS Massager User Manual: Features, Operation, and Troubleshooting</p> <p>Comprehensive user manual for the AUVON SM9126 TENS Massager. Learn about its features, operating instructions, safety precautions, troubleshooting tips, and maintenance for effective pain relief and muscle stimulation.</p>