

## Compex CX192WI02

# Compex Performance 3.0 Muscle Stimulator with TENS Kit User Manual

Model: CX192WI02

## INTRODUCTION

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The Compex Performance 3.0 Muscle Stimulator with TENS Kit is designed to facilitate and improve muscle performance and aid in recovery. This device offers 6 distinct programs, including Warm Up, Strength, Recovery, and TENS for pain relief. It features a redesigned water-resistant silicone sleeve, an improved LCD display, and a central navigation button for ease of use. The integrated USB rechargeable Lithium Ion battery provides up to 8 hours of stimulation.



Image: The Compex Performance 3.0 device, angled view, displaying the program selection screen with options like Endurance, Resistance, and Strength.

## SAFETY INFORMATION

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Before using the Compex Performance 3.0, please read all instructions carefully. Consult with a healthcare professional before beginning any new muscle stimulation or TENS therapy, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker. Do not use on open wounds, irritated skin, or over areas of the body where sensation is impaired. Keep out of reach of children.

*Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.*

## SETUP

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### 1. Unpacking and Initial Charge

- Carefully remove all components from the packaging. Verify that all items are present: Compex Performance 3.0 device, electrode leads, electrode pads, USB charging cable, and carrying case.

- Before first use, fully charge the device using the provided USB cable. Connect the USB cable to the device and a compatible USB power source. The battery indicator on the LCD screen will show charging status.

## **2. Connecting Electrode Leads**

- Ensure the device is turned off.
- Connect the colored electrode leads to the corresponding ports at the bottom of the Compex device. Each lead has two connectors for electrode pads.



Image: The Compex Performance 3.0 device with all four colored electrode leads securely connected to the bottom ports.

### 3. Attaching Electrode Pads

- Attach the self-adhesive electrode pads to the ends of the electrode leads. Ensure a firm connection.
- Clean and dry the skin area where the pads will be placed. Proper skin preparation ensures optimal adhesion and conductivity.
- Apply the electrode pads firmly to the target muscle group or area requiring TENS therapy. Refer to the device's on-screen guidance for recommended placement for specific programs.



Image: A user applying electrode pads to their thigh, with the Compex device held in hand, demonstrating typical setup for lower body stimulation.





Image: A user applying electrode pads to their neck and shoulder area, holding the Compex device, illustrating upper body placement.

## OPERATING INSTRUCTIONS

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### 1. Powering On/Off

- To power on, press and hold the central navigation button until the LCD screen illuminates.
- To power off, press and hold the central navigation button until the device shuts down.

### 2. Navigating the Menu

- Use the central navigation button to scroll through menu options.
- Press the central navigation button to select an option.
- The improved LCD display provides clear visual feedback for navigation.

### 3. Selecting a Program

The Compex Performance 3.0 offers 6 programs:

- **Warm Up:** 1 program to prepare muscles for activity.
- **Strength:** 3 programs for muscle strengthening.
- **Recovery:** 1 program for post-activity muscle recovery.
- **TENS:** 1 program for pain relief.

Navigate to the 'Programs' menu and select the desired program based on your needs.

#### 4. Adjusting Intensity

- Once a program starts, use the intensity buttons (usually '+' and '-' symbols) on the device to increase or decrease the stimulation level for each channel.
- Adjust the intensity until you feel a strong, comfortable muscle contraction or a pleasant tingling sensation for TENS. Avoid discomfort or pain.

#### 5. Ending a Session

- The program will automatically end after its set duration.
- To manually end a session, decrease the intensity to zero for all channels, then power off the device.

### MAINTENANCE

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#### 1. Cleaning the Device and Leads

- Wipe the device and leads with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- The silicone sleeve is water-resistant, but the device itself should not be submerged.

#### 2. Caring for Electrode Pads

- After each use, reattach the electrode pads to their protective plastic film.
- If pads lose their stickiness, gently wipe the adhesive surface with a damp cloth and allow to air dry. Replace pads when they no longer adhere properly.

#### 3. Battery Care and Storage

- Charge the Lithium Ion battery regularly to maintain its lifespan. Avoid completely draining the battery frequently.
- Store the Compex device and accessories in the provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.





Image: The Compex Performance 3.0 device and its various accessories, including leads and charging cable, neatly organized within its dedicated carrying case.

## TROUBLESHOOTING

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- **Device Not Powering On:** Ensure the device is fully charged. If the battery is depleted, connect it to the charger for at least 30 minutes before attempting to power on again.
- **No Sensation or Weak Sensation:** Check that electrode pads are firmly attached to the skin and that leads are securely connected to both the pads and the device. Increase the intensity gradually. Ensure pads are not expired or



dried out.

- **Pads Not Sticking:** Clean the skin area thoroughly before application. If pads are old, they may need replacement. Store pads on their protective film in a sealed bag to prolong their life.
- **Charging Issues:** Verify the USB cable is correctly inserted into both the device and the power source. Try a different USB port or power adapter. If the charging port appears damaged, discontinue use and contact support.
- **Error Messages:** If an error message appears on the screen, try restarting the device. If the error persists, note the message and contact Compex customer support for assistance.

## SPECIFICATIONS

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|--------------------|---|
| Model Number       | CX192WI02                                     |
| Manufacturer       | Compex®                                       |
| Battery Type       | 1 Lithium Polymer battery (included)          |
| Battery Life       | Up to 8 hours of stimulation                  |
| Programs           | 6 (1 Warm Up, 3 Strength, 1 Recovery, 1 TENS) |
| Package Dimensions | 7.2 x 5.31 x 2.52 inches                      |
| Item Weight        | 1.34 Pounds                                   |

## WARRANTY AND SUPPORT

Compex stands behind the quality of its products. If you experience any issues with your Compex Performance 3.0 device, please refer to the warranty information provided with your purchase or visit the official Compex website for details on warranty coverage and how to initiate a claim. For technical assistance, troubleshooting not covered in this manual, or general inquiries, please contact Compex customer support directly through their official channels.