TESMED Fit 5.8

TESMED Fit 5.8 Muscle Stimulator User Manual

Model: Fit 5.8

1. Introduction and Overview

The TESMED Fit 5.8 is a versatile muscle stimulator designed for EMS (Electrical Muscle Stimulation), TENS (Transcutaneous Electrical Nerve Stimulation), and massage functions. It features 22 programs, including 6 customizable options, 40 intensity levels, and is equipped with 8 electrodes to target large muscle areas or treat two areas simultaneously. This device is ideal for pain relief, muscle training, and relaxation.



Image: The TESMED Fit 5.8 device with its included 8 electrodes, showcasing its compact design and multiple connection points.

2. Safety Information and Contraindications

WARNING: Before using this device, carefully read the entire user manual, especially the warnings and contraindications.

- Do not use if you have a pacemaker, epilepsy, are pregnant, or have cardiac rhythm disorders.
- Always read and follow the user manual's contraindications and warnings.
- This product is not a substitute for medical treatment, and results may vary based on individual health and correct use.
- Do not use if you have an implanted defibrillator, metallic or electronic implants, heart rhythm issues, undiagnosed chronic pain, are in labor, or have cancer.
- It is not suitable for children under 16, and should be kept out of their reach.
- Consult a healthcare provider for medical advice, as this information is not intended for diagnosis or treatment.
- The manufacturer and distributors are not liable for any direct, indirect, special, incidental, or consequential damages from misuse or improper use of the device.
- By purchasing and using this product, you agree to follow the usage guidelines and assume full responsibility for its use.

3. Product Features

- **Power Source:** Operates with 3 AAA non-rechargeable batteries (included).
- **Versatile Functions:** Combines EMS (Electrical Muscle Stimulation), TENS (Transcutaneous Electrical Nerve Stimulation), and Massage functions in one device.
- **Programs & Intensity:** Features 22 pre-set programs and 40 adjustable intensity levels.
- **Customizable Programs:** Includes 6 customizable programs allowing adjustment of frequency and amplitude.
- **Electrode System:** Equipped with 8 electrodes and 2 quadripolar cables, enabling treatment of large muscle areas or two areas simultaneously.
- **Display:** Clear LCD screen for easy program and intensity monitoring.



Image: Visual representation of the three core functions: TENS, EMS, and Massage, highlighting the device's multi-purpose capability.



Image: Close-up of the TESMED Fit 5.8 device, illustrating its key specifications like 22 programs, 40 intensity levels, and timer settings.

4. Setup

1. **Insert Batteries:** Open the battery compartment on the back of the device and insert 3 fresh AAA batteries, ensuring correct polarity.
2. **Connect Cables:** Plug the quadripolar cables into the output ports on the top of the TESMED Fit 5.8 device.
3. **Attach Electrodes:** Connect the electrodes to the ends of the quadripolar cables. Ensure a secure connection.
4. **Prepare Skin:** Before applying electrodes, ensure the skin area is clean, dry, and free from oils or lotions for optimal adhesion and conductivity.



Image: The compact size of the TESMED Fit 5.8, demonstrating its portability and how it can be worn with a belt hook during use.

5. Operating Instructions

1. **Power On:** Press the power button (usually marked with a power symbol) to turn on the device. The LCD screen will illuminate.
2. **Select Function:** Use the mode button (often labeled 'M' or 'P' for program) to cycle through the available functions: TENS, EMS, or Massage.
3. **Choose Program:** Once a function is selected, use the program selection buttons to choose from the 22 pre-set programs. Refer to the program chart in the full manual for details on each program.
4. **Adjust Intensity:** After applying the electrodes to your skin, slowly increase the intensity using the '+' button until you feel a comfortable, yet effective, sensation. Decrease intensity with the '-' button if it becomes too strong. The device has 40 intensity levels.
5. **Customize Programs (if applicable):** For the 6 customizable programs, you can adjust specific parameters like pulse frequency and pulse width according to your needs or a professional's recommendation.
6. **Electrode Placement:** Apply the electrodes to the target muscle groups or pain areas. Ensure proper contact with the skin. For optimal results, consult the detailed electrode placement guide provided in the complete user

manual.

7. **Session Duration:** The device typically has a settable timer up to 90 minutes. Set the desired duration for your session.

Specific Function Applications:

TENS for Pain Therapy



Image: Examples of common pain areas (neck, back, knee, shoulder) where TENS programs can be applied for pain relief.

Utilize the 9 TENS programs for effective pain relief from conditions such as tendinitis, neck pain, and lower back pain.

EMS for Muscle Training & Recovery



Image: A man using the TESMED Fit 5.8 with electrodes placed on his abdominal muscles for EMS training.

Apply the 8 EMS programs for muscle recovery and strengthening, targeting areas like abs, glutes, legs, arms, and chest.

Massage for Relaxation



Image: A woman with electrodes on her upper back, demonstrating the use of the device for relaxing massage programs.

Choose from 5 massage programs for a relaxing sensation and overall well-being.



Image: A woman comfortably using the TESMED Fit 5.8 with electrodes placed on her legs, illustrating simultaneous treatment of two large areas.



Image: A man adjusting the settings on his TESMED Fit 5.8 device, with electrodes applied to his shoulder, demonstrating the ease of parameter adjustment.

6. Maintenance

- **Device Cleaning:** Wipe the main unit with a soft, slightly damp cloth. Do not use harsh chemicals, abrasive cleaners, or immerse the device in water.

- **Electrode Care:** After each use, carefully remove the electrodes from your skin and reattach them to their protective plastic film. This helps preserve their adhesive quality. Store electrodes in a sealed bag to prevent drying.
- **Electrode Replacement:** Replace electrodes when they lose their adhesiveness or if you notice a decrease in stimulation effectiveness, as this can indicate poor contact.
- **Storage:** Store the TESMED Fit 5.8 device and all accessories in a cool, dry place, away from direct sunlight, extreme temperatures, and high humidity.
- **Battery Storage:** If the device will not be used for an extended period, remove the AAA batteries to prevent leakage and potential damage to the unit.

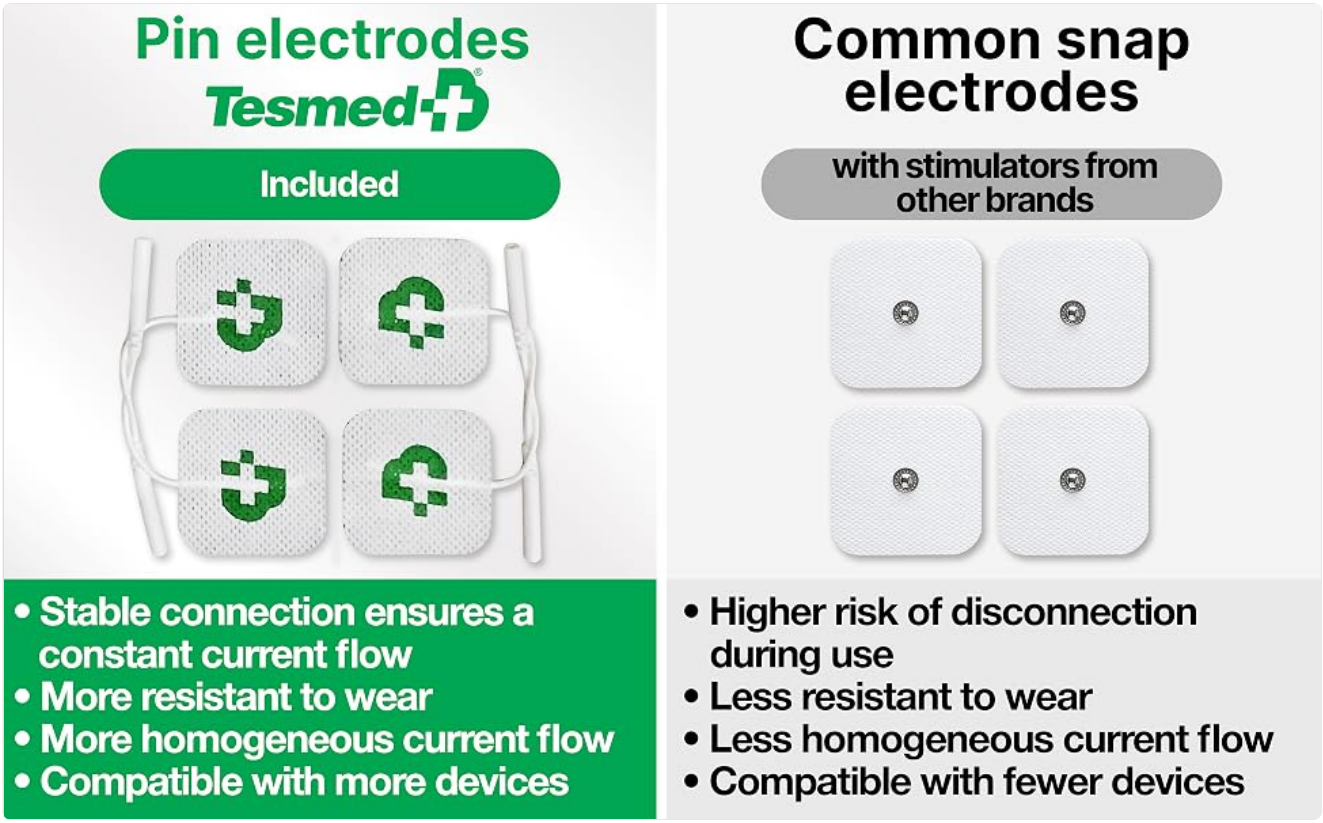


Image: A visual comparison highlighting the benefits of the included pin electrodes (stable connection, wear resistance) versus common snap electrodes.

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not power on.	Low or dead batteries; incorrect battery insertion.	Check battery orientation. Replace with fresh AAA batteries.
Weak or no sensation.	Electrodes not properly adhered; cables loose; intensity too low; electrodes dried out.	Ensure electrodes are firmly on clean skin. Check cable connections. Increase intensity gradually. Replace old or dried electrodes.
Irregular or uncomfortable sensation.	Poor electrode contact; damaged cable or electrode.	Re-position electrodes for full contact. Inspect cables and electrodes for damage; replace if necessary.
Device freezes or is unresponsive.	Temporary software glitch.	Turn off the device, remove batteries, wait 30 seconds, then reinsert batteries and restart.

8. Specifications

- **Product Dimensions:** 3.54 x 2.36 x 6.1 inches
- **Item Weight:** 0.32 ounces (device only); 9 Grams (as per specification, likely device only)
- **Model Number:** Fit 5.8
- **Power Source:** 3 x AAA batteries (included)
- **Material:** Plastic
- **Manufacturer:** TESMED
- **Functions:** EMS, TENS, Massage
- **Programs:** 22 (including 6 customizable)
- **Intensity Levels:** 40
- **Channels:** 2 (quadripolar cables)
- **Electrodes:** 8 included

9. Warranty and Support

For detailed warranty information, product registration, and customer support, please visit the official TESMED website or contact their customer service department directly. Specific warranty terms and conditions were not provided within the scope of this manual.
You can often find additional resources and FAQs on the manufacturer's website:

Visit the Official TESMED Store on Amazon

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