

Belifu Belifu Dual Channel TENS EMS Unit

Belifu Dual Channel TENS EMS Unit Instruction Manual

Brand: Belifu | Model: Belifu Dual Channel TENS EMS Unit

1. PRODUCT OVERVIEW

The Belifu Dual Channel TENS EMS Unit is a multi-functional muscle stimulator designed for pain relief and muscle therapy. It features 24 preprogrammed massage modes, dual A/B channels, 20 intensity levels, and adjustable timing for personalized treatment.



Figure 1: Belifu Dual Channel TENS EMS Unit with included accessories.

2. IMPORTANT SAFETY INFORMATION

Please read and understand all safety warnings before using the device.

- Do not use on the head or near the heart.
- Avoid use if pregnant.
- Do not use on broken or irritated skin.
- Consult a healthcare professional if you have any pre-existing medical conditions or concerns.

3. COMPONENTS AND WHAT'S INCLUDED

Your Belifu TENS EMS Unit package includes the following items:

- 1x Belifu Dual Channel TENS EMS Unit
- 10x Self-adhesive conductive reusable pads (various sizes)
- 3x Electric wire cables
- 1x USB charging cable
- 1x Dust-proof drawstring storage bag

- Reusable fastening cable ties
- Instruction manual



Figure 2: All items included in the Belifu TENS EMS Unit package.

Device Controls

ABOUT OUR PRODUCT



Figure 3: Overview of the device's buttons, ports, and display indicators.

4. SETUP AND CHARGING

1. **Charge the Device:** Fully charge the unit before first use. Connect the USB cable to the device's USB port and to a wall charger, power bank, or laptop USB port. The battery level indicator on the screen will show charging status.
2. **Prepare Electrode Pads:** Clean the desired application area on your skin with alcohol to ensure it is free from dirt, oil, or lotion. This helps maintain pad adhesion and effectiveness.
3. **Connect Pads to Wires:** Snap the electrode pads onto the electric wire cables. Ensure a secure connection.
4. **Connect Wires to Device:** Plug the electric wire cables into the A and/or B output connectors at the bottom of the device. The unit supports dual channels, allowing two sets of pads to be used simultaneously with independent intensity control.
5. **Apply Pads:** Carefully peel the protective film from the pads and firmly attach them to the desired body area. Ensure full contact with the skin.



Figure 4: Connecting pads to electric wires.



Figure 5: Applying pads to the skin.

5. OPERATING INSTRUCTIONS

1. **Power On:** Slide the On/Off switch located at the top of the device to the 'On' position. The screen will illuminate.
2. **Select Mode:** Press the 'M' (Mode) button to cycle through the 24 preprogrammed modes. Each mode simulates different massage techniques (e.g., tapping, acupuncture, cupping, Tuina, Shiatsu, scrapping). The selected mode will be highlighted on the screen.
3. **Adjust Intensity:** Use the '+' and '-' buttons for each channel (A and B) to gradually increase or decrease the intensity level. There are 20 intensity levels. Start with a low intensity and increase until you feel a comfortable sensation.

4. **Set Timer:** Press the 'T' (Time) button to adjust the treatment duration. You can set the timer between 10 to 60 minutes. The device will automatically shut off when the time is up.
5. **Pause/Lock:** Press the middle button to pause the treatment. Hold the middle button for 3 seconds to lock the screen, preventing accidental changes during use. Repeat to unlock.



Figure 6: Turning on the device.



Figure 7: Selecting a massage mode.

Recommended Application Areas



Figure 8: Common body areas for TENS EMS application, including neck, shoulder, knee, wrist, ankle, back, waist, and leg.

6. MAINTENANCE

- **Pad Care:** After each use, place the protective film back onto the adhesive side of the pads. Store them in the provided drawstring bag. If pads lose stickiness, clean them gently with a damp cloth or replace them.
- **Device Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the unit and accessories in the dust-proof drawstring bag in a cool, dry place away from direct sunlight.

7. TROUBLESHOOTING

If you experience any issues with your device, please refer to the following common solutions:

- **No Sensation:** Ensure the device is powered on, pads are securely attached to both the wires and your skin, and intensity is set above zero. Check battery level.
- **Weak Sensation:** Increase the intensity level gradually. Ensure pads are making full contact with clean skin.
- **Pads Not Sticking:** Clean skin thoroughly before application. If pads are old, they may need replacement.
- **Device Not Turning On:** Ensure the battery is charged. Check the On/Off switch position.

8. SPECIFICATIONS

- **Model Number:** Belifu Dual Channel TENS EMS Unit
- **Package Dimensions:** 6.1 x 3.62 x 2.64 inches
- **Item Weight:** 10.55 ounces
- **Battery:** 1 Lithium Polymer battery (included), rechargeable
- **Battery Life:** Up to 20 hours of continuous use
- **Modes:** 24 preprogrammed modes
- **Intensity Levels:** 20 levels
- **Channels:** Dual A/B channels
- **Power Source:** Battery Powered
- **Material:** Plastic, Silicone, or Rubber

9. WARRANTY AND SUPPORT

Belifu strives to provide high-quality products and customer service. For warranty information or support, please refer to the contact details provided in your product packaging or visit the official Belifu website.

10. PRODUCT VIDEOS

Watch these official product videos for additional guidance on using your Belifu TENS EMS Unit.

Belifu Dual Channel TENS EMS Unit - Honest TEST

This video provides an honest test and overview of the Belifu Dual Channel TENS EMS Unit, demonstrating its features and functionality.


UNBOXING and Review of Belifu Dual Channel TENS EMS




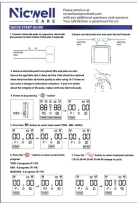
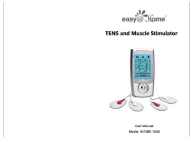
An unboxing and review video showcasing the components and initial impressions of the Belifu Dual Channel TENS EMS Unit.

TENS unboxing and how it works

This video demonstrates the unboxing process and explains how the TENS EMS Unit works, including basic setup and operation.

Related Documents - Belifu Dual Channel TENS EMS Unit

	<p>Easy@Home EHE029N Mini Electronic Pulse Stimulator User Manual</p> <p>Comprehensive user manual for the Easy@Home EHE029N Mini Electronic Pulse Stimulator, a TENS and EMS combo device. Learn about setup, features, benefits, instructions for use, safety warnings, troubleshooting, and technical specifications for effective pain relief and muscle stimulation.</p>
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 USER MANUAL Dual Channel TENS Massager Relaxation, Repetitive, Analogue Model AS8012 <small>Device Name: TENS and Pained Muscle Stimulator</small>	<p>AUVON AS8012 Dual Channel TENS Massager User Manual</p> <p>Comprehensive user manual for the AUVON AS8012 Dual Channel TENS Massager, detailing features, operating instructions, safety precautions, and troubleshooting for effective pain relief and muscle stimulation.</p>
	<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>Prospera PL009 Electronic Pulse Massager Operating Manual User Guide</p> <p>Discover the features and operation of the Prospera PL009 Electronic Pulse Massager. This manual provides essential information on setup, usage, safety guidelines, and troubleshooting for the PL009 model, helping users achieve effective muscle relief.</p>
	<p>Nicwell Care Tens Unit Quick Start Guide</p> <p>A concise guide to setting up and using the Nicwell Care Tens Unit for pain relief and muscle stimulation. Learn how to connect electrodes, select modes and programs, adjust intensity, and utilize safety features.</p>
	<p>easy@Home AS1080-16AB TENS and Muscle Stimulator User Manual</p> <p>Comprehensive user manual for the easy@Home AS1080-16AB TENS and Muscle Stimulator. Learn about its features, intended uses for pain relief and muscle stimulation, setup, operation, and safety precautions.</p>