

Grundig KTR-2610

GRUNDIG TENS EMS Fitness 3-in-1 Therapy Device KTR-2610 User Manual

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your GRUNDIG TENS EMS Fitness 3-in-1 Therapy Device, model KTR-2610. This certified medical device is designed for pain relief, muscle stimulation, and muscle relaxation. Please read this manual thoroughly before first use and retain it for future reference.

2. IMPORTANT SAFETY INFORMATION

WARNING: Do not use this device if you have a pacemaker or any other electronic implant.

Consult your doctor before using this device if you have any of the following conditions:

- Heart rhythm disorders
- Seizures
- Open wounds or skin diseases in the area of electrode placement
- Malignant diseases
- Pregnancy

The electrodes comply with ISO 10993-5 and -10 standards. Ensure electrodes are replaced as needed, typically after 2 years of use or when adhesion diminishes.

GEEIGNET FÜR FAST JEDEN AUCH FÜR SIE ?



GEHÖREN SIE ZU EINER DER FOLGENDEN GRUPPEN, SPRECHEN SIE VOR DEM KAUF EINES REIZSTROMGERÄTES MIT IHREM ARZT:

MENSCHEN MIT:

- ELEKTRONISCHEN IMPLANTATEN
- HERZRHYTHMUSSTÖRUNGEN
- ANFALLSLEIDEN
- WUNDEN ODER HAUTERKRANKUNGEN IM BEREICH DER ELEKTRODEN
- BÖSARTIGE ERKRANKUNGEN IM BEREICH DER ELEKTRODEN
- SCHWANGERSCHAFT



Image: A doctor discusses the device with a patient, highlighting important medical considerations before use.

3. PACKAGE CONTENTS

Please check that all items are present in your package:

- 1 x GRUNDIG TENS EMS Fitness 3-in-1 Therapy Device
- 4 x Electrode Pads
- 2 x Electrode Cables
- 1 x USB Charging Cable
- 1 x Multilingual User Manual
- 1 x Travel Case with separate electrode compartment



Image: The GRUNDIG therapy device shown with its connected electrode pads, illustrating the complete package.

4. DEVICE OVERVIEW

The GRUNDIG KTR-2610 device features a clear display and intuitive controls for easy operation.

GROßES DISPLAY

ALLE FUNKTIONEN AUF EINEN BLICK



Image: The device's display shows battery level, timer, program number, and intensity levels for two channels. Buttons for intensity adjustment, mode selection (A, M, F), and power are visible.

4.1. Display Indicators

- **Battery Indicator:** Shows remaining battery life.
- **Timer:** Displays remaining treatment time (15, 30, or 45 minutes).
- **Program Number:** Indicates the selected program (1-50).
- **Intensity Level:** Shows intensity for Channel 1 (Ch1) and Channel 2 (Ch2) (1-16 levels).
- **Function Mode:** Indicates TENS, EMS, or FITNESS mode.

4.2. Control Buttons

- **On/Off Button:** Powers the device on or off.
- **'+' / '-' Buttons (Ch1/Ch2):** Adjust intensity for each channel.
- **'A' Button:** Selects automatic programs.
- **'M' Button:** Selects manual programs.
- **'F' Button:** Changes/sets function mode (TENS, EMS, Fitness) and time.

5. SETUP

5.1. Charging the Device

Before first use, fully charge the device. Connect the USB charging cable to the device's charging port and to a suitable USB power source (e.g., computer, USB wall adapter). The battery indicator on the display will show charging status. A full charge provides power for numerous applications.



Image: The device's USB charging port is shown with a USB Micro Type B cable connected, emphasizing the rechargeable lithium-ion battery.

5.2. Connecting Electrodes

1. Ensure the device is turned off.
2. Connect the electrode cables to the device's output channels (Ch1 and Ch2).
3. Attach the electrode pads to the ends of the electrode cables.
4. Peel off the protective film from the self-adhesive gel pads.
5. Apply the pads firmly to clean, dry skin in the desired treatment area. No contact gel is necessary.



Image: A hand demonstrates the application of a self-adhesive gel pad directly onto the skin, showing its ease of use without additional gel.

6. OPERATING MODES

The GRUNDIG device offers three primary modes:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Primarily for pain relief by blocking pain signals and stimulating endorphin release. Features 20 modes with pulse frequencies of 20-100 Hz.
- **EMS (Electrical Muscle Stimulation):** Used for muscle relaxation, muscle training, and preventing muscle atrophy. Features 20 modes with pulse frequencies of 1-15 Hz.
- **Fitness/Massage:** Designed for muscle training, relaxation, and promoting local blood circulation. Features 10 modes with pulse frequencies of 2-16 Hz.

The device has 50 pre-set programs and 16 intensity levels across these modes.

50 PROGRAMME & 16 INTENSITÄTSSTUFEN ZUR SCHMERZLINDERUNG & MUSKELENTSPANNUNG



Image: The device is shown connected to electrodes on both a foot and an arm, illustrating its dual-channel capability and the application of TENS, EMS, or Fitness modes for different body areas.

7. OPERATION

1. **Power On:** Press and hold the 'On/Off' button to turn on the device.
2. **Select Mode:** Press the 'F' button to cycle through TENS, EMS, and FITNESS modes.
3. **Select Program:** Use the 'A' button for automatic programs or the 'M' button for manual programs. The display will show the program number.
4. **Set Timer:** Press the 'F' button again (after selecting mode) to adjust the treatment time (15, 30, or 45 minutes).
5. **Adjust Intensity:** Use the '+' and '-' buttons for Channel 1 (Ch1) and Channel 2 (Ch2) to gradually increase or decrease the intensity to a comfortable level. Start with the lowest intensity and increase slowly.
6. **Treatment:** The device will operate for the selected duration.
7. **Power Off:** After the session, or to stop early, press and hold the 'On/Off' button.

8. ELECTRODE PLACEMENT

Proper electrode placement is crucial for effective treatment. The device display may show suggested pad positions based on the selected program. Generally, place electrodes on clean, dry skin over or around the area requiring treatment. Avoid placing electrodes directly over joints, open wounds, or sensitive areas.

Common treatment areas include shoulders, hips, back, neck, arms, legs, and feet.



Image: The device is shown held in a hand, illustrating its ergonomic design. The image also details the approximate dimensions of the electrode pads (5.5 cm x 5 cm) and their ISO compliance.

9. MAINTENANCE

9.1. Cleaning the Device

Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

9.2. Electrode Care

- After each use, reattach the protective film to the electrode pads to maintain their adhesive quality.
- Store electrodes in the provided travel case.
- Replace electrodes when they lose their stickiness or show signs of wear. Electrodes are durable for up to 2 years.

9.3. Storage

Store the device and accessories in the travel case in a cool, dry place, away from direct sunlight and extreme temperatures.

10. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on	Low battery	Charge the device fully.
No sensation or weak sensation	Electrodes not properly attached or worn out; Intensity too low; Cable connection loose	Ensure electrodes are firmly attached to clean skin; Increase intensity gradually; Check electrode cable connections; Replace old electrodes.
Skin irritation under electrodes	Skin not clean; Electrodes used too long; Allergic reaction	Clean skin thoroughly before use; Reduce treatment time; Discontinue use if irritation persists and consult a doctor.

11. SPECIFICATIONS

- **Model Number:** KTR-2610
- **Brand:** Grundig
- **Functions:** TENS, EMS, Fitness/Massage
- **Programs:** 50 (20 TENS, 20 EMS, 10 Fitness/Massage)
- **Intensity Levels:** 16
- **Channels:** 2 (independently controllable)
- **TENS Pulse Frequency:** 20-100 Hz
- **EMS Pulse Frequency:** 1-15 Hz
- **Fitness Pulse Frequency:** 2-16 Hz

- **Timer Settings:** 15, 30, 45 minutes
- **Battery:** Rechargeable Lithium-ion (1 included)
- **Dimensions:** 16.1 x 8.4 x 4.9 cm
- **Weight:** 290 grams
- **Country of Origin:** China

12. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the specific terms provided with your purchase or contact Grundig customer service. Keep your proof of purchase for any warranty claims.