

Prorelax 10010

Prorelax TENS/EMS Trio+ User Manual

Model: 10010

1. INTRODUCTION

The Prorelax TENS/EMS Trio+ is a versatile, battery-powered electrostimulation device designed for pain relief, muscle strengthening, and relaxation. It combines three therapeutic functions: Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and a dedicated FITNESS mode. With 50 pre-set programs and 16 adjustable intensity levels, the device offers personalized treatment options for various body areas and needs.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the device. Failure to follow safety guidelines may result in injury or device malfunction.

- Do not use if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Do not use if you are pregnant or suspect you might be pregnant.
- Do not use on open wounds, rashes, swollen, red, infected, or inflamed areas.
- Consult your physician before use if you have any medical conditions, including but not limited to epilepsy, heart disease, or cancer.
- Do not use while driving or operating heavy machinery.
- Keep out of reach of children.
- Only use the original accessories and electrodes provided or recommended by Prorelax.
- Discontinue use immediately if you experience any discomfort, pain, or adverse reactions.

3. PACKAGE CONTENTS

Your Prorelax TENS/EMS Trio+ package should contain the following items:

- Prorelax TENS/EMS Trio+ device

- 4 reusable adhesive electrodes
- 2 electrode cables
- USB charging cable
- Practical belt clip
- Storage box



Image: All components included in the Prorelax TENS/EMS Trio+ package.

4. PRODUCT FEATURES AND COMPONENTS

Familiarize yourself with the main parts of your Prorelax TENS/EMS Trio+ device:



Image: Labeled diagram of the Prorelax TENS/EMS Trio+ device.

- **Blue LCD Display:** Shows battery status, current program, frequency, intensity levels for Channel 1 (Ch1) and Channel 2 (Ch2), and remaining treatment time.
- **On/Off Button:** Powers the device on or off.
- **Mode Button:** Cycles through the three therapy modes: TENS, EMS, and FITNESS.
- **Channel 1 (Ch1) Intensity Buttons (+/-):** Adjusts the intensity level for Channel 1.
- **Channel 2 (Ch2) Intensity Buttons (+/-):** Adjusts the intensity level for Channel 2.
- **Program Selection Buttons (Up/Down Arrows):** Navigates through the 50 available programs.
- **Key Lock Button (Lock Icon):** Locks the buttons to prevent accidental changes during treatment.
- **USB Port:** For charging the device's internal battery.

5. SETUP

5.1 Charging the Device

The Prorelax Trio+ features a rechargeable battery. Before first use, fully charge the device.

1. Connect the provided USB charging cable to the device's USB port.
2. Plug the other end of the USB cable into a compatible USB power adapter (not included) or a computer's USB port.
3. The battery indicator on the LCD display will show charging status. A full charge typically takes a few hours.
4. Once fully charged, disconnect the cable.

5.2 Connecting Electrodes

The device has two independent channels (Ch1 and Ch2), allowing for simultaneous treatment of two different body areas or a larger area with four electrodes.

1. Ensure the device is turned off before connecting electrodes.
2. Insert the pin connectors of the electrode cables into the electrode ports on the top of the device (Ch1 and Ch2).
3. Attach the snap connectors of the electrode cables firmly to the adhesive electrodes.
4. Peel the protective film from the adhesive electrodes.
5. Apply the electrodes to clean, dry, and healthy skin in the desired treatment area. Ensure good contact for optimal performance.

6. OPERATING INSTRUCTIONS

6.1 Powering On/Off

Press and hold the **On/Off** button to turn the device on or off.

6.2 Selecting a Therapy Mode

Press the **Mode** button to cycle through the three available therapy modes:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Primarily used for pain relief.
- **EMS (Electrical Muscle Stimulation):** Used for muscle strengthening, rehabilitation, and muscle activation.
- **FITNESS:** Designed for regenerative relaxation and post-workout recovery.

6.3 Selecting a Program

The device offers 50 pre-set programs. Use the **Up/Down Arrow** buttons to select a program (P01-P50) suitable for your needs and the targeted body area. Refer to the program chart in the full manual for detailed descriptions of each program.



Image: Example electrode placement for different body areas. Always refer to the full manual for precise placement guidelines.

6.4 Adjusting Intensity

After selecting a program, adjust the intensity for each channel independently using the +/- buttons for Ch1 and Ch2. Start with the lowest intensity and gradually increase it until you feel a comfortable, yet effective, sensation. There are 16 intensity levels.

6.5 Setting the Timer

The device typically has a default treatment time. You can adjust the timer if needed, usually by pressing the program selection buttons while in a specific mode or program. Consult the full manual for exact timer adjustment procedures for each program.

6.6 Using the Key Lock

To prevent accidental changes to settings during a session, press the **Key Lock** button (lock icon). The display will show a lock symbol. Press it again to unlock the buttons.

7. MAINTENANCE

7.1 Cleaning the Device

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

7.2 Electrode Care

- After each use, reattach the protective film to the adhesive side of the electrodes.
- Store electrodes in a cool, dry place, preferably in the provided storage box.
- If electrodes lose their adhesiveness, gently clean the adhesive surface with a damp cloth and allow to air dry. This can sometimes restore stickiness. Replace electrodes when they no longer adhere properly.

7.3 Storage

Store the device and all accessories in the provided storage box in a dry place, away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

- **Device does not turn on:** Ensure the battery is charged. Connect the USB charging cable and try again.
- **No sensation or weak sensation:** Check that electrodes are firmly attached to the skin and cables are securely connected to both the electrodes and the device. Increase the intensity level gradually. Ensure the device is not in key lock mode.
- **Electrodes not sticking:** Ensure skin is clean and dry before application. Replace old or worn-out electrodes.
- **Display is blank or flickering:** The battery might be low. Recharge the device. If the issue persists, contact customer support.

9. SPECIFICATIONS

Feature	Specification
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Model Number	10010
Dimensions (Package)	20.9 x 16.4 x 5.3 cm
Weight (Package)	228 grams
Battery Type	1 Lithium Polymer battery (included)
Therapy Modes	TENS, EMS, FITNESS
Programs	50
Intensity Levels	16
Channels	2
Country of Origin	China

10. WARRANTY AND SUPPORT

Prorelax products are manufactured to high-quality standards. For information regarding warranty coverage, technical support, or replacement parts, please refer to the warranty card included with your product or visit the official Prorelax website. You may also contact Prorelax customer service directly for assistance. For further assistance, please visit the [Prorelax 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