

Belifu Belifu Dual Channel TENS EMS Unit

Belifu Dual Channel TENS EMS Unit User Manual

Model: Belifu Dual Channel TENS EMS Unit

Brand: Belifu

INTRODUCTION

The Belifu Dual Channel TENS EMS Unit is a multi-functional muscle stimulator designed for pain relief therapy. It offers 24 preprogrammed massage modes to help alleviate pain and fatigue in various body areas, including the neck, shoulder, back, ankles, wrists, and elbows. This device utilizes human body simulation technology and microcomputer intelligent control to provide a variety of massage methods, offering a non-medicinal choice for pain management.

With independent A/B dual channels, users can set separate modes and intensities for different body parts, providing versatile and customizable treatment. Its portable design allows for convenient use in various settings, making it an effective tool in managing chronic or acute pain.

SAFETY INFORMATION

Please read all instructions carefully before using this device. Failure to do so may result in injury or damage to the device.

- Do not use this device if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Consult your physician before use if you have any medical conditions, including but not limited to, heart disease, epilepsy, cancer, or if you are pregnant.
- Do not apply stimulation over the carotid sinus nerves (front of neck), across the chest, or over the eyes.
- Do not use on broken skin, open wounds, or areas with swelling, redness, or inflammation.
- Keep out of reach of children.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put the user at risk.
- Discontinue use and consult a physician if you experience any adverse reactions, such as skin irritation or discomfort.
- 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.

PACKAGE CONTENTS

Your Belifu Dual Channel TENS EMS Unit package includes the following items:

- 1 x Belifu TENS EMS Device
- 4 x Large Electrode Pads
- 6 x Medium Electrode Pads
- 2 x Small Electrode Pads
- 3 x Electric Wires (lead cables)
- 1 x USB Charging Cable
- 1 x Dust-Proof Drawstring Storage Bag
- 1 x Instruction Manual



Figure 1: Contents of the Belifu Dual Channel TENS EMS Unit package.

PRODUCT FEATURES

The Belifu Dual Channel TENS EMS Unit is equipped with advanced features for effective pain relief and muscle stimulation:

- **24 Preprogrammed Modes:** Offers a wide variety of massage sensations including hammering,

kneading, and shiatsu for comprehensive pain and muscle relief.

- **Independent A/B Dual Channels:** Allows for simultaneous treatment of two different body areas with separate modes and intensity settings.
- **20 Level Intensity Control:** Provides precise control over the stimulation strength to suit individual comfort and therapeutic needs.
- **Time Control:** Adjustable session duration for customized treatment plans.
- **Reusable Electrode Pads:** 12 strong, self-adhesive, and thicker pads designed for multiple uses.
- **Rechargeable Lithium Battery:** Built-in powerful battery provides up to 20 hours of continuous use on a single charge. Can be charged via wall charger, power bank, or laptop USB port.
- **Portable Design:** Pocket-sized for convenient use at home, office, or while traveling.
- **Battery Level Indicator:** Helps monitor battery status for timely recharging.

UPGRADE NEW MODEL WITH 24 MODES TO CHOOSE



24 Modes



20H Usage



Pocket Size



A/B Dual
Channel



Adjustable
Timing



Rechargeable
Design



Figure 2: Key features of the Belifu Dual Channel TENS EMS Unit.

SETUP

1. **Charge the Device:** Before first use, fully charge the TENS EMS unit using the provided USB cable. Connect the USB cable to the device and a compatible USB power source (e.g., wall adapter, power bank, computer USB port). The battery indicator on the screen will show charging progress.
2. **Connect Electrode Pads:**
 - Attach the electrode pads to the lead wires by snapping them onto the connectors.

- Plug the lead wires into the output ports (A or B) at the bottom of the TENS EMS unit. You can use one or both channels.
3. **Prepare Skin:** Ensure the skin area where you intend to place the pads is clean, dry, and free from oils, lotions, or dirt. This helps ensure optimal adhesion and conductivity of the pads.
 4. **Apply Electrode Pads:** Carefully peel the protective film from the electrode pads and firmly place them on the desired treatment area. Ensure the pads are flat against the skin and not overlapping.



Figure 3: Visual guide for setting up and using the device.

OPERATING INSTRUCTIONS

Follow these steps to operate your Belifu Dual Channel TENS EMS Unit:

1. **Power On:** Slide the ON/OFF switch located at the top of the unit to the "ON" position. The screen will light up.
2. **Select Mode:**
 - Press the "M" (Mode) button to cycle through the 24 preprogrammed modes. Each mode offers a different massage sensation.
 - Use the "<" and ">" buttons to select between the 6 main icon categories, each containing 4 variations within that mode.
3. **Adjust Intensity:**
 - For Channel A, use the "+" and "-" buttons on the left side of the device to gradually increase or decrease the intensity.
 - For Channel B, use the "+" and "-" buttons on the right side of the device to adjust its intensity independently.
 - Start with a low intensity and gradually increase it until you feel a comfortable, strong, but not painful, sensation.
4. **Set Timer:** Press the "T" (Time) button to adjust the treatment duration. The timer typically increases

in 10-minute increments, up to 60 minutes. The device will automatically shut off when the set time is reached.

5. **Pause Function:** Press the round central button to pause the massage at any time. Press it again to resume.
6. **Power Off:** After your session, slide the ON/OFF switch to the "OFF" position. Remove the electrode pads from your skin and store them properly.



Figure 4: Overview of device controls and functions.

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Video 1: Demonstrates the application and use of the Belifu TENS EMS Unit for pain relief and muscle stimulation. This video highlights how the device can be used to target specific areas for pain relief and muscle strengthening, showing the natural contraction of muscles through electrical impulses.

MAINTENANCE

- **Cleaning the Device:** Wipe the unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Pad Care:**
 - After each use, place the electrode pads back onto their protective film to maintain their

adhesive quality.

- If the pads lose their stickiness, gently wipe the adhesive surface with a damp cloth and let them air dry. Do not use soap or harsh chemicals.
- Replace pads when they no longer adhere well to the skin, as this can affect performance and comfort.
- **Storage:** Store the device and all accessories in the provided dust-proof drawstring storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery:** Recharge the battery regularly, even if not in frequent use, to prolong its lifespan. Avoid completely draining the battery before recharging.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or dead.	Charge the device fully using the USB cable.
No sensation or weak sensation.	Pads not properly attached to skin. Pads have lost adhesiveness. Lead wires not securely connected. Intensity setting is too low.	Ensure pads are flat and firm on clean, dry skin. Replace old pads with new ones. Check all connections between pads, wires, and device. Increase intensity gradually.
Pads do not stick.	Skin is oily or dirty. Pads are worn out.	Clean and dry skin thoroughly before application. Replace pads.
Discomfort or burning sensation.	Intensity is too high. Pads are not fully adhering or are damaged. Skin irritation.	Decrease intensity immediately. Check pads for proper adhesion and integrity; replace if damaged. Discontinue use if irritation persists and consult a physician.

SPECIFICATIONS

- **Product Dimensions:** 4.9"L x 1.96"W x 1.33"H
- **Weight:** 11.68 ounces
- **Modes:** 24 Preprogrammed Massage Modes
- **Channels:** Dual Channel (A/B Independent)
- **Intensity Levels:** 20 Levels
- **Power Source:** Rechargeable Lithium Battery
- **Battery Life:** Up to 20 hours of continuous use
- **Manufacturer:** Belifu
- **Model:** Belifu Dual Channel TENS EMS Unit




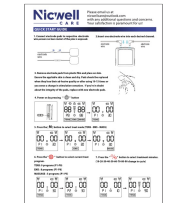
WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your Belifu Dual Channel TENS EMS Unit, please contact the seller directly through the platform where you purchased the product. While specific warranty details are not provided in this manual, most products come with a standard manufacturer's warranty against defects in materials and workmanship.

Please retain your proof of purchase for any warranty claims or support inquiries.

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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>
	<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>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>



[Prospera PL009 Electronic Pulse Massager Operating Manual | User Guide](#)

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.



[easy@Home AS1080-16AB TENS and Muscle Stimulator User Manual](#)

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.