



Manuals.plus /

› TEC.BEAN /

› User Manual: TEC.BEAN 24 Modes TENS Unit Muscle Stimulator

TEC.BEAN SM9910

User Manual: TEC.BEAN 24 Modes TENS Unit Muscle Stimulator

BRAND: TEC.BEAN | MODEL: SM9910

Introduction

This user manual provides detailed instructions for the safe and effective operation of your TEC.BEAN 24 Modes TENS Unit Muscle Stimulator. This device is designed to provide pain relief and muscle stimulation through its various preprogrammed modes and adjustable intensity levels. Please read this manual thoroughly before first use and keep it for future reference.



The TEC.BEAN 24 Modes TENS Unit Muscle Stimulator, shown with its various electrode pads and lead wires.

What's Included

Upon opening your package, please ensure all the following items are present:

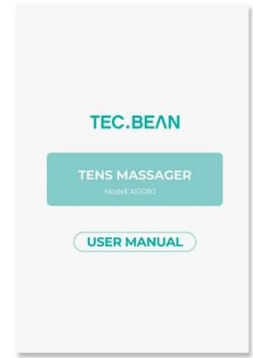
- 1 x TENS & EMS Machine (Main Unit)
- 4 x Palm Electrode Pads
- 2 x Large Rectangle Pads
- 2 x Small Pads
- 2 x 1/2 Lead Wires
- 1 x 1/4 Lead Wires
- 1 x USB Cable
- 1 x User Manual (this document)
- 1 x Pad Holder



Tens Unit



Electrode Pads



Manual



Carrying Bag



Pads Holder



USB Cable



Electric wire



Lanyard

A visual representation of all components included in the TEC.BEAN TENS unit package.

Setup

1. Charging the Device

The TEC.BEAN TENS unit features a rechargeable battery, offering up to 30 hours of continuous use on a full charge. To charge the device, connect the provided USB cable to the unit and plug the other end into a wall charger, power bank, or laptop USB port. The battery indicator on the screen will show charging progress.

2. Connecting Electrode Pads

Ensure the device is turned off before connecting the electrode pads. Connect the lead wires to the electrode pads by snapping them onto the connectors. Then, insert the lead wires into the output ports on the top of the TENS unit. The unit supports all 3.5mm snap-on connector electrode pads.



Compatible with All 3.5mm Snap-on Connectors Electrode Pads



The TENS unit and electrode pads, demonstrating the snap-on connection for lead wires.

Operating Instructions

1. Power On/Off

Press and hold the 'M' button to turn the device on or off.

2. Mode Selection

The device offers 24 preprogrammed massage modes. Press the 'M' button briefly to cycle through the available modes. Each mode is designed for specific pain and muscle relief applications, such as arthritis, knee pain, neck pain, back pain, and sports injuries.



24 Modes
(Tens&EMS)



20 Intensity
Levels



Timer
60 Minutes

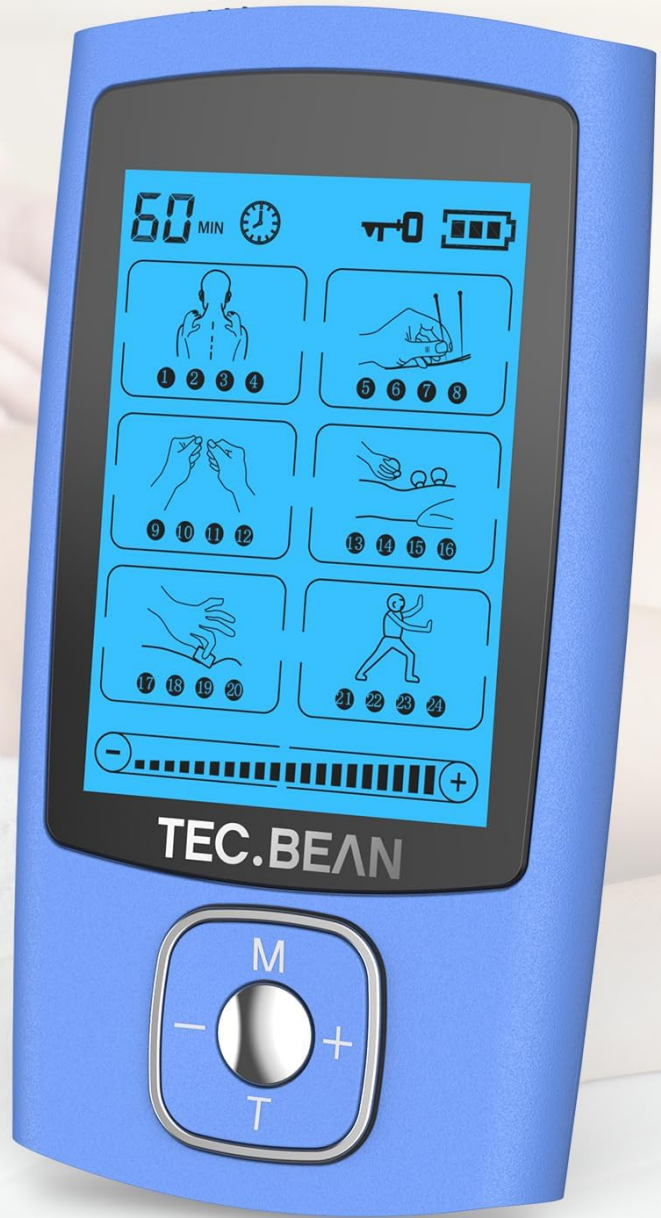
Drug Free
(Pain Relief)



24 Hours
(Continuous Use)



All In One Set
(With Everything
You Need)



The TENS unit's screen displaying the various modes, intensity levels, and timer settings.

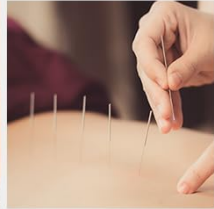


24 EMS/TENS Modes with 20 Intensities

Meet Varied Demand and Strength Preference



Kneading



Acupuncture



Beat



Cupping



Scraping



Tai Chi Massage

Illustrations of different EMS/TENS modes, such as Kneading, Acupuncture, Beat, Cupping, Scraping, and Tai Chi Massage.

3. Intensity Adjustment

Once a mode is selected, use the '+' and '-' buttons to increase or decrease the intensity. There are 20 intensity levels, allowing you to find the setting that best suits your comfort and therapeutic needs.

4. Timer Setting

The device includes an adjustable timer. Press the 'T' button to set the treatment duration between 10 and 60 minutes. The default setting is 20 minutes. The timer indicator on the screen will display the remaining time.

Usage Guidelines

1. Pad Placement

Clean and dry the skin area where you intend to place the electrode pads. Apply the pads firmly to the skin. For optimal results, place pads on or around the area of discomfort. Refer to the included user manual for specific pad placement diagrams for different body parts.



Relaxing Massage

A woman relaxing while using the TENS unit with electrode pads placed on her neck for a relaxing massage.



Use On Two Areas at Once

The TENS unit allows for simultaneous treatment of two areas, as shown with pads on both arms.

2. Treatment Duration and Frequency

Begin with shorter sessions (e.g., 10-20 minutes) and gradually increase as needed, up to the maximum 60-minute duration. Consult a healthcare professional for personalized recommendations on treatment duration and frequency.

Maintenance

1. Cleaning Electrode Pads

After each use, gently wipe the adhesive side of the electrode pads with a damp cloth to remove any skin oils or debris. Allow them to air dry completely before reattaching them to the pad holder or protective film. Proper cleaning extends the lifespan and adhesive quality of the pads.

2. Device Storage

Store the TENS unit and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures. The compact size of the unit makes it convenient for storage in a bag or pocket.

Troubleshooting

Problem	Possible Cause	Solution
No sensation or weak sensation	Pads not properly attached; low battery; intensity too low; lead wires not connected.	Ensure pads are firmly on skin; charge the device; increase intensity; check lead wire connections.
Pads not sticking well	Pads are dirty or worn out; skin is oily or hairy.	Clean pads with a damp cloth; replace old pads; clean and dry skin thoroughly before application.
Device does not turn on	Low battery; power button not pressed long enough.	Charge the device fully; press and hold the 'M' button for a few seconds.

If you encounter issues not listed here or if troubleshooting steps do not resolve the problem, please contact TEC.BEAN customer service for assistance.

Specifications

Model Number: SM9910

Manufacturer: TEC.BEAN

Product Dimensions: 6.1"L x 3.7"W x 3.1"H (approx. 6 x 3 x 3 inches)

Item Weight: 10.86 ounces

UPC: 840164808971

Modes: 24 Preprogrammed Modes (TENS & EMS)

Intensity Levels: 20 Levels

Timer: Adjustable from 10-60 minutes (Default: 20 minutes)

Battery: Rechargeable, up to 30 hours continuous use

Warranty and Support

TEC.BEAN is committed to providing quality products and customer satisfaction. For any questions, concerns, or technical support regarding your TENS unit, please refer to the contact information provided in your product packaging or visit the official TEC.BEAN website. Our friendly customer service team is ready to assist you.