

Belifu HYTENS001PURPLE

Belifu TENS & PMS 24 Modes Muscle Stimulator Instruction Manual

MODEL: HYTENS001PURPLE

Your guide to effective pain relief and muscle stimulation.

INTRODUCTION

The Belifu TENS & PMS 24 Modes Muscle Stimulator is designed to provide effective pain relief and muscle stimulation. Utilizing human body simulation technology and microcomputer intelligent control, this device offers a variety of massage methods to alleviate discomfort associated with sore and aching muscles. It is suitable for use on the shoulder, waist, back, neck, arms, and legs, and can also stimulate healthy muscles to improve performance.

This compact and portable device features A/B dual channels, 24 preprogrammed massage modes, 20 intensity levels, and a time control function, allowing for personalized therapy anytime, anywhere. The built-in powerful rechargeable lithium battery provides up to 20 hours of continuous use, ensuring convenience without the need for frequent battery changes.

SAFETY INFORMATION

General Precautions

General safety precautions apply. Always consult a healthcare professional before using this device, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker. Do not use on broken skin or open wounds. Keep out of reach of children. Discontinue use if you experience any discomfort or adverse reactions.

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.

WHAT'S IN THE BOX

Your Belifu TENS & PMS 24 Modes Muscle Stimulator package includes the following items:

- 1 x Belifu TENS & PMS Muscle Stimulator Device
- 10 x Self-Adhesive Conductive Reusable Pads (various sizes)
- 3 x Electric Wire Cables
- 1 x USB Charging Cable
- 1 x Dust-Proof Drawstring Storage Bag
- Reusable Fastening Cable Ties
- 1 x Instruction Manual



Image: The complete Belifu TENS & PMS Muscle Stimulator kit, showing the main device, various sizes of electrode pads, connection cables, USB charging cable, and a drawstring storage bag.

SETUP

Follow these steps to set up your Belifu TENS & PMS Muscle Stimulator:

1. **Charge the Device:** Connect the provided USB charging cable to the device's USB port and a compatible power source (wall charger, power bank, or laptop USB port). Ensure the device is fully charged before first use. The battery level indicator on the screen will show charging status.

2. **Connect Pads to Wires:** Attach the electrode pads to the snap connectors on the electric wire cables. Ensure a secure connection.
3. **Connect Wires to Device:** Plug the electric wire cables into the A and/or B output connectors located at the bottom of the device. The dual-channel design allows for independent control of intensity and modes for each channel.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. Ensure the skin is free from oils, lotions, or dirt for optimal adhesion and conductivity.
5. **Apply Pads:** Carefully peel the protective film from the back of the electrode pads. Apply the pads firmly to the desired target body area.



Image: Detailed diagram illustrating the device's controls and connection points for easy setup.

OPERATING INSTRUCTIONS

Once the device is set up, follow these instructions to begin your therapy session:

1. **Power On:** Slide the On/Off switch located on 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 massage modes. The screen displays icons representing different massage types (e.g., tapping, acupuncture, cupping).

Use the left/right arrow buttons to select specific sub-modes within each main mode.

3. **Adjust Intensity:** Use the '+' and '-' buttons on either side of the device to adjust the intensity level for Channel A and Channel B independently. Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, sensation. There are 20 intensity levels available.
4. **Set Timer:** Press the 'T' (Time) button to set the desired duration for your therapy session. Options typically range from 10 to 60 minutes. The device will automatically shut off once the timer expires.
5. **Start Therapy:** The device will begin stimulating once a mode and intensity are selected. You can pause the session at any time by pressing the central button.
6. **End Therapy:** To end the session, either wait for the timer to expire or slide the On/Off switch to the 'Off' position.

PORTABLE POCKET SIZE FOR ON-THE-GO RELIEF



Image: The portable design of the Belifu TENS unit allows for convenient use in various settings, such as during travel or in the office.

MODES AND INTENSITY

The Belifu TENS & PMS Muscle Stimulator offers a wide range of therapeutic options:

- **24 Preprogrammed Modes:** These modes simulate various massage techniques such as tapping, acupuncture, cupping, scraping, and shiatsu, targeting different types of muscle discomfort and

promoting relaxation.

- **20 Intensity Levels:** Each mode can be adjusted across 20 intensity levels, allowing you to fine-tune the stimulation to your personal comfort and therapeutic needs.
- **A/B Dual Channels:** The device features two independent output channels (A and B). This allows you to apply different modes or intensity levels to two separate body areas simultaneously, or use a single mode across four pads for broader coverage.



Image: Visual guide to the various body areas and massage modes available on the device.

MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your device:

- **Pad Care:** After each use, carefully remove the electrode pads from your skin. Reapply the protective film to the adhesive side of the pads. Store them in the provided dust-proof drawstring bag to prevent dust accumulation and maintain their stickiness. With proper care, pads can be reused multiple times.
- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device and all accessories in the drawstring bag in a cool, dry place away from direct sunlight and extreme temperatures. Use the fastening cable ties to keep the wires organized

and prevent tangling.

- **Battery:** Recharge the device when the battery indicator shows low power. Avoid completely draining the battery frequently to prolong its lifespan.

TROUBLESHOOTING

If you encounter any issues with your Belifu TENS & PMS Muscle Stimulator, try the following:

- **No Sensation:** Ensure the device is turned on and the intensity level is set appropriately. Check that the electrode pads are firmly attached to your skin and the cables are securely plugged into both the pads and the device. Make sure the battery is charged.
- **Weak Sensation:** Increase the intensity level gradually. Ensure the pads are not dry or dirty; clean skin and fresh pads improve conductivity.
- **Pads Not Sticking:** Clean the skin area thoroughly before applying pads. If pads lose their stickiness, gently moisten the adhesive surface with a drop of water or replace them with new pads.
- **Device Not Turning On:** Ensure the battery is fully charged. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Belifu
Item Model Number	HYTENS001PURPLE
Power Source	Battery Powered (1 Lithium Polymer battery included)
Modes	24 Preprogrammed Massage Modes
Intensity Levels	20 Levels
Channels	A/B Dual Channels
Usage Time	Up to 20 hours of continuous use per charge
Material	Metal
Item Weight	0.3 Kilograms
Package Dimensions	6.14 x 3.62 x 2.64 inches

WARRANTY AND SUPPORT

For warranty information, product support, or any questions regarding your Belifu TENS & PMS Muscle Stimulator, please refer to the contact details provided in your product packaging or visit the official Belifu website. Keep your purchase receipt as proof of purchase for warranty claims.

