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## Kentro KTR-2610

# Kentro TENS, EMS and Fitness 3 in 1 Multi-Function Physiotherapy Device User Manual

Model: KTR-2610

## INTRODUCTION

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The Kentro Rechargeable 3-in-1 Muscle Stimulator, model KTR-2610, is a versatile physiotherapy device designed for pain relief, muscle stimulation, and recovery. It integrates Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and Fitness modes to provide comprehensive therapy. This manual provides essential information for the safe and effective operation of your device.

## SAFETY INFORMATION

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**Warning:** Do not use in water or near water. Ensure the device is properly charged and not connected to a power source before cleaning. Use only as directed, avoiding sensitive areas or applying too much pressure. Discontinue use if you experience discomfort or pain. Consult a healthcare professional before using this device if you have any medical conditions or are pregnant.

Always read and understand all instructions before using the device. Keep out of reach of children.

## PACKAGE CONTENTS

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Image: The Kentro KTR-2610 device, two sets of electrode pads, and two connection cables.

- Kentro KTR-2610 Main Unit
- Electrode Pads (multiple pairs)
- Connection Cables (2)
- USB Charging Cable
- User Manual

## FEATURES

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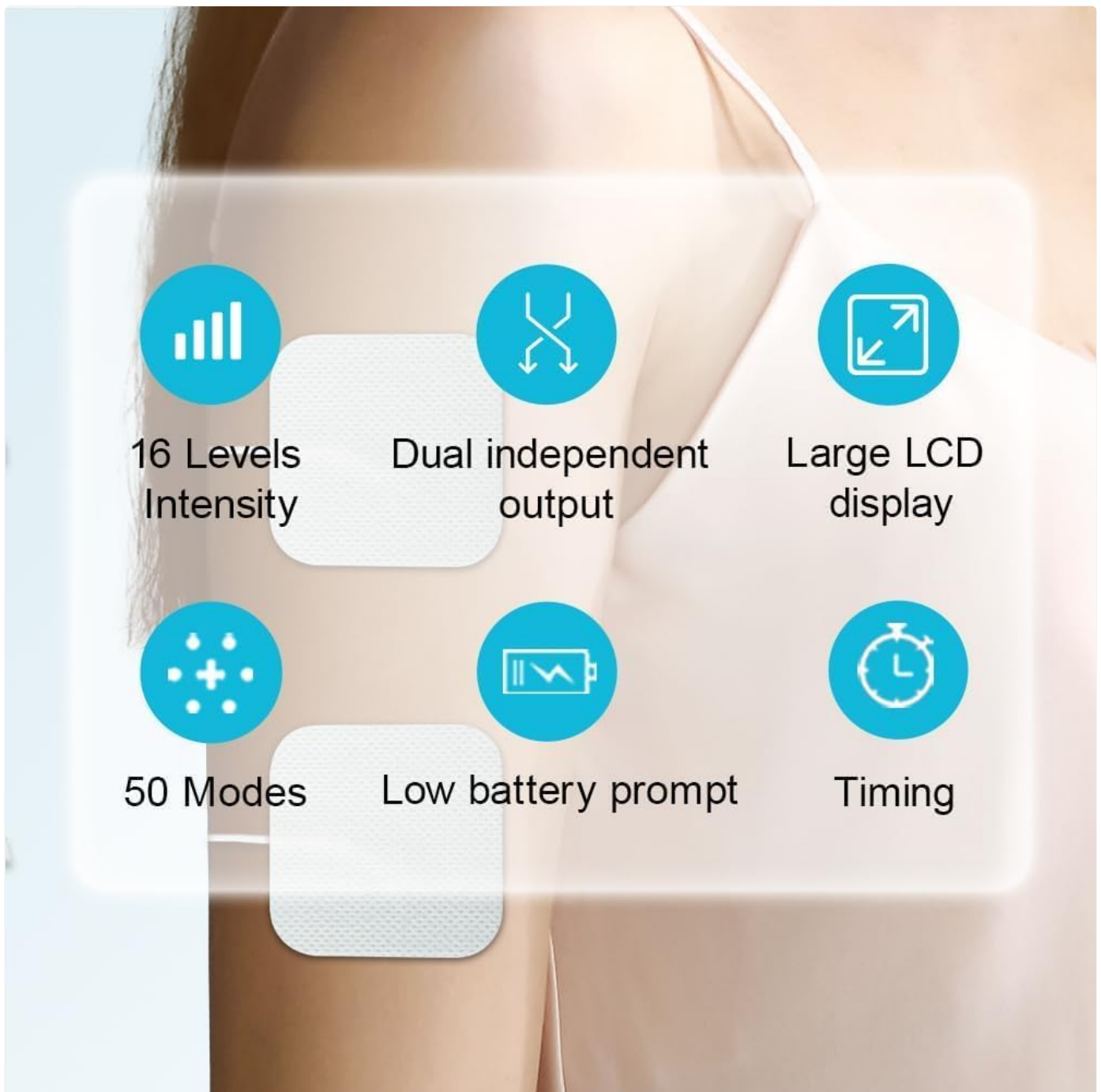


Image: Visual representation of the device's key features including intensity levels, dual output, LCD, modes, battery prompt, and timing.

- **3-in-1 Functionality:** Combines TENS (Pain Relief), EMS (Exercise), and Fitness (Muscle Training) modes.
- **Extensive Modes:** 50 pre-programmed massage modes (TENS: 20 Modes, EMS: 20 Modes, FITNESS: 10 Modes).
- **Adjustable Intensity:** 16 adjustable intensity levels for customized therapy.
- **Dual Independent Channels:** Allows for targeted treatment of different areas simultaneously with varying intensity levels.
- **LCD Display:** Large LCD display for easy monitoring of settings, modes, intensity, and timer.
- **Timer Function:** Adjustable session duration (15/30/45 minutes).
- **Portable & Rechargeable:** Compact design with a built-in lithium battery, supporting up to 16 days of use (30 min/day) on a 3-hour charge.

## SETUP

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### 1. Charging the Device:

Connect the provided USB charging cable to the device's charging port and a suitable USB power source. The battery indicator on the LCD will show charging status. A full charge takes approximately 3 hours.

## 2. Attaching Electrode Pads:

Ensure the device is turned off. Connect the electrode pads to the connection cables. Peel off the protective film from the electrode pads and firmly apply them to clean, dry skin on the desired treatment area. Ensure good contact for effective stimulation.

## 3. Connecting Cables to Device:

Plug the connection cables into the output ports (Ch1 and Ch2) on the top of the Kentro KTR-2610 device. The device features dual independent channels, allowing for different intensity settings for each channel.

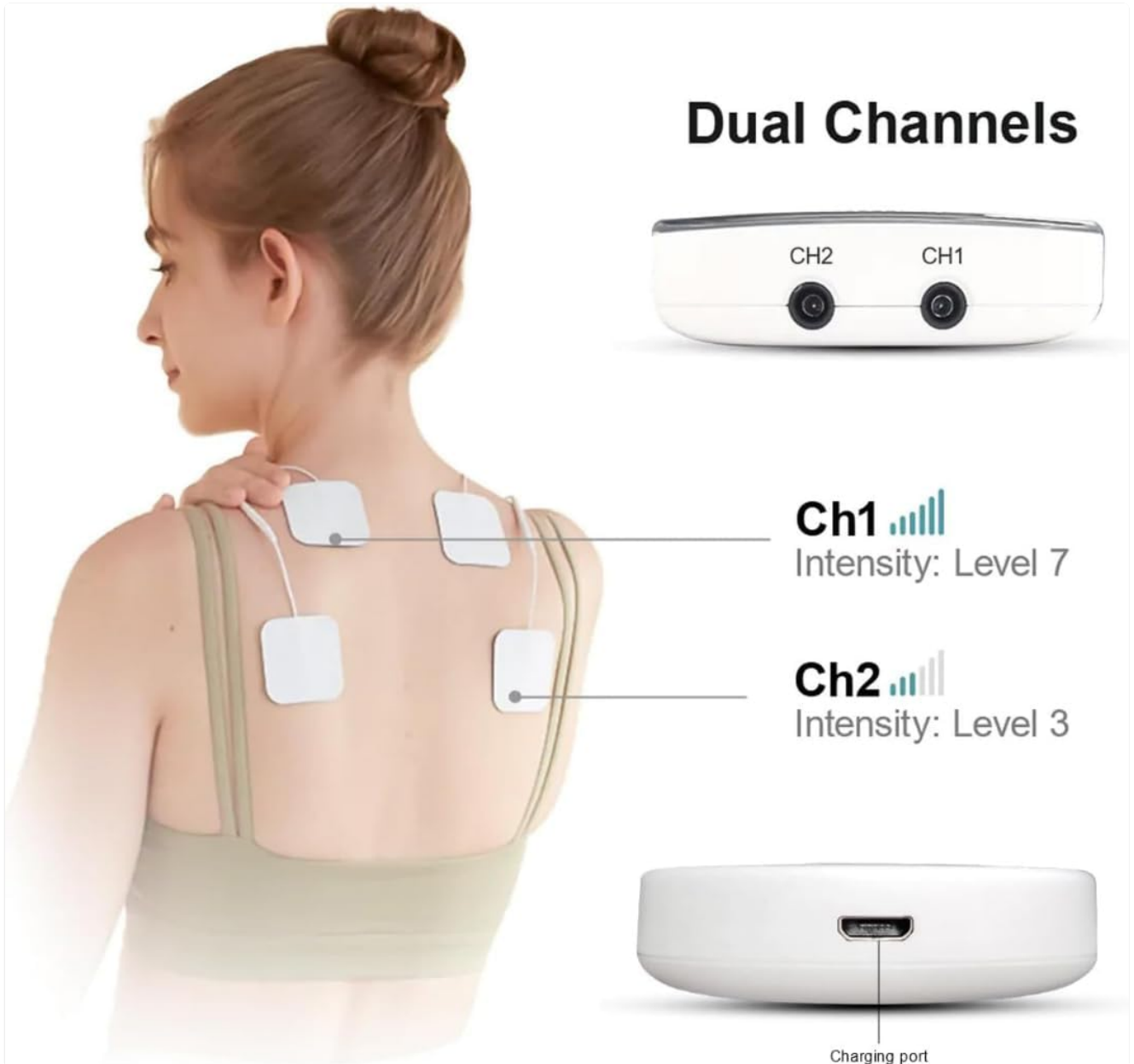


Image: Illustration of the dual independent channels (Ch1 and Ch2) and their ability to operate at different intensity levels.

## OPERATING INSTRUCTIONS

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Choose from  
50 massage modes Massage  
like a real person



Image: Detailed layout of the device's buttons and LCD display, indicating their functions.

1. **Power On/Off:** Press the "On/Off" button to turn the device on or off.
2. **Select Mode (TENS/EMS/FITNESS):** Use the "F" button to cycle through the three functional modules: TENS, EMS, and FITNESS. The selected mode will be displayed on the LCD.



Image: Explanation of the three primary modes: TENS for pain relief, EMS for exercise, and FITNESS for muscle training.

3. **Adjust Program:** Use the "up" and "down" arrow buttons (located between Ch1 and Ch2 intensity controls) to select from the 50 pre-programmed massage modes within the chosen functional module.
4. **Set Timer:** The LCD display allows you to set the session duration to 15, 30, or 45 minutes. The timer function coordinates your therapy sessions.
5. **Adjust Intensity (Ch1/Ch2):**
  - For Channel 1 (Ch1): Use the "+" and "-" buttons on the left side to increase or decrease intensity.
  - For Channel 2 (Ch2): Use the "+" and "-" buttons on the right side to increase or decrease intensity.

Start with the lowest intensity and gradually increase until you feel a comfortable, yet effective, sensation. Do not increase intensity to a painful level.

## Application Areas



Image: Illustration of recommended treatment sites for electrode pad placement, including abdomen, waist, sole, thigh, calf, and hand.

# PRODUCT PARAMETERS

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PRODUCT  
PARAMETER



## KTR-2610 COMMON PARAMETERS

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### ITEM

TENS UNIT

### PLACE OF ORIGIN

CHINA

### BRAND NAME

KENTRO

### MODEL NUMBER

KTR-2610

### TYPE

BODY MASSAGE

### MATERIAL

PLASTIC

### FUNCTION

TIMING CONTROL

### POWER TYPE

USB CHARGING

### MODE

50 MODES

### INTENSITY

16 INTENSITY

### VOLTAGE

3.7V

### INPUT

180MA

### FREQUENCY

TENS:(20-100)HZ, EMS:(1-15)HZ, FITNESS:(2-16)HZ

### CERTIFICATE

MEDICAL CE,ISO13485

### IMPULSE WIDTH

TENS: 120 $\mu$ s, EMS: 200 $\mu$ s, FITNESS: 200 $\mu$ s

### SERVICE

OEM/ODM

Image: Example of electrode pad placement on various body parts such as the back, thighs, legs, and waist.

The Kentro KTR-2610 can be applied to various body parts for pain relief and muscle stimulation. Common application areas include the shoulder, low back, knee, abdomen, waist, sole, thigh, calf, and hand. Always ensure pads are placed on clean, dry skin and avoid sensitive areas or broken skin.

## MAINTENANCE

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- **Cleaning the Device:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is turned off and disconnected from any power source before cleaning.
  - **Electrode Pad Care:** After each use, place the electrode pads back on their protective film to maintain adhesiveness. If pads lose stickiness, they may need to be replaced. Store pads in a cool, dry place.
  - **Storage:** Store the device and accessories in a clean, dry environment away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device. Press the "On/Off" button firmly.
No sensation or weak sensation.	Pads not properly applied, low intensity, or worn-out pads.	Ensure pads are firmly on skin. Increase intensity gradually. Replace old electrode pads.
Sensation is uncomfortable or painful.	Intensity too high or pads on sensitive area.	Decrease intensity. Reposition pads away from sensitive areas or bony prominences. Discontinue use if pain persists.
Pads not sticking.	Skin is oily/dirty, pads are old/dry.	Clean and dry skin before application. Replace electrode pads.

## SPECIFICATIONS

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Image: Detailed product parameters and specifications for the Kentro KTR-2610 device.

Parameter	Value
Product Name	Electronic Muscle Stimulation
Model Number	KTR-2610
Brand	Kentro (Manufacturer: Shenzhen Kentro Medical Electronics Co., Ltd)
Dimensions	16 x 8.3 x 4.9 cm
Weight	25 Grams (device only); 230g (package weight mentioned in feature bullets)

Parameter	Value
Material	Acrylonitrile Butadiene Styrene
Power Source	Battery Powered (Built-in Lithium battery)
Charging Time	Approx. 3 hours
Battery Life	Up to 16 days (based on 30 min/day use)
Modes	50 (TENS: 20, EMS: 20, FITNESS: 10)
Intensity Levels	16
Frequency (TENS)	20-100 Hz
Frequency (EMS)	1-15 Hz
Frequency (FITNESS)	2-16 Hz
Impulse Width (TENS)	120 $\mu$ s
Impulse Width (EMS)	200 $\mu$ s
Impulse Width (FITNESS)	200 $\mu$ s

## WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation provided with your purchase or contact the manufacturer directly. Keep your proof of purchase for any warranty claims.

Manufacturer: Shenzhen Kentro Medical Electronics Co., Ltd

