

AVCOO AVCOO 3-in-1 TENS Unit (Model: B0CFKZXVQP)

AVCOO 3-in-1 TENS Unit User Manual

Model: B0CFKZXVQP

INTRODUCTION

The AVCOO 3-in-1 TENS Unit is a versatile device designed for drug-free pain relief, muscle stimulation, and relaxation therapy. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and RELAX functions to address various discomforts in areas such as the elbow, shoulders, back, knees, arms, legs, and more. This manual provides essential information for safe and effective use of your device.

SAFETY INFORMATION

WARNING: Please read all safety information carefully before use. Consult with your physician if you have any pre-existing medical conditions.

- Do not use this product if you have an implanted defibrillator, cardiac pacemaker, or any other implanted metallic or electronic device.
- Do not use this product if you have heart rhythm problems, epilepsy, brain diseases, or neurological disorders.
- Do not use this product if you are pregnant or in labor.
- Do not use this product if you have cancer or undiagnosed chronic pain.
- Avoid using excessively or above the neck, especially on the head or neck area.
- Do not use if you are under 22 years of age.
- Discontinue use if skin irritation or discomfort occurs.

PACKAGE CONTENTS

Your AVCOO 3-in-1 TENS Unit package includes the following items:

- 1 x Pocket-size TENS Machine
- 1 x EVA Travel Carry Case
- 12 x Electrode Pads (4 rectangular pads in 2" x 4", 8 square pads in 2" x 2")
- 1 x Pads Holder
- 2 x Lead Wires
- 1 x USB Charging Cable

- 1 x User Manual



Figure 1: All items included in the AVCOO 3-in-1 TENS Unit package.

SETUP

1. Charging the Device

The AVCOO TENS Unit is equipped with a powerful lithium battery providing up to 20 hours of use. Before first use, ensure the device is fully charged.

- Connect the provided USB charging cable to the device's charging port.
- Plug the other end of the USB cable into a wall charger (not included), power bank, or laptop USB port.
- The battery level indicator on the screen will show charging status. Charge until the battery icon is full.

2. Attaching Electrode Pads

The upgraded electrode pads are made of latex-free gel and are reusable for more than 50 times. Ensure your skin is clean and dry before application.

- Carefully peel the protective film from the adhesive side of the electrode pads.
- Snap the lead wires onto the metal studs on the pads.
- Apply the pads firmly to the desired treatment area on your skin. Small pads are suitable for areas like the neck, knee, and ankle, while larger pads are ideal for shoulders, waist, and thighs.



Figure 2: Proper application of electrode pads to the skin.

3. Connecting Leads to Device

- Insert the pin connectors of the lead wires into the output ports (A and B) on the top of the TENS unit.



Figure 3: TENS Unit with all components connected and ready for use.

Setup Demonstration Video

Video 1: Official AVCOO video demonstrating the setup and connection of the TENS unit and electrode pads.

OPERATING INSTRUCTIONS

1. Powering On/Off

- Slide the ON/OFF switch located on the side of the device to turn it on or off. The screen will illuminate upon powering on.

2. Selecting Modes and Programs

The device features 32 preset modes (P01-P32) across TENS, EMS, and RELAX therapies.

- Press the 'Mode' button to cycle through the main therapy modes (TENS, EMS, RELAX).
- Once a therapy mode is selected, press the 'P' button to cycle through the available programs (P01-P32) within that mode.



Figure 4: TENS Unit display showing selected mode and program.

3. Adjusting Intensity

The device offers 40 intensity levels for each channel (A and B) independently.

- Use the '+' and '-' buttons on either side of the device to increase or decrease the intensity for Channel A and Channel B respectively.
- Adjust the intensity to a comfortable level. Avoid setting it too high, which may cause discomfort.

3-IN-1 MASSAGER

Enjoy the relaxation anytime, anywhere.



Figure 5: TENS Unit screen displaying adjustable intensity levels for both channels.

4. Setting the Timer

You can set the treatment duration from 10 to 90 minutes.

- Press the 'Clock/Lock' button (bottom center) to adjust the timer. Each press will cycle through preset time intervals.
- Long-press the 'Clock/Lock' button to activate the screen lock function, preventing accidental changes during use. Long-press again to unlock.



Figure 6: TENS Unit display showing timer settings.

MAINTENANCE AND CARE

1. Cleaning Electrode Pads

To prolong the life of your electrode pads and maintain hygiene:

- After each use, gently wipe the adhesive side of the pads with a damp cloth or a small amount of mild soap and water.
- Allow the pads to air dry completely before reattaching them to the pads holder or protective film.
- Store pads in a cool, dry place away from direct sunlight.

2. Device Storage

When not in use, store your TENS unit and accessories properly to ensure longevity.

- Place the TENS unit, lead wires, and pads (on their holder or protective film) inside the provided EVA travel carry case.

- The EVA case is designed to be waterproof and shockproof, offering excellent protection for your device during travel or storage.

TROUBLESHOOTING

If you encounter any issues with your AVCOO 3-in-1 TENS Unit, please try the following:

- **Device not turning on:** Ensure the device is fully charged. Check the ON/OFF switch position.
- **No sensation from pads:** Verify that the lead wires are securely connected to both the pads and the device. Ensure the pads are firmly applied to the skin. Increase the intensity level gradually.
- **Pads not sticking:** Clean the adhesive side of the pads as described in the Maintenance section. If pads have lost their stickiness after many uses, they may need to be replaced.
- **Irregular sensation:** Check for any kinks or damage in the lead wires. Ensure pads are not overlapping.

If problems persist, please refer to the detailed user manual or contact AVCOO customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	7.44 x 4.69 x 2.52 inches
Item Weight	14.07 ounces
Therapy Modes	TENS, EMS, RELAX (32 preset modes)
Intensity Levels	40 (Dual Channel A/B)
Battery Life	Up to 20 hours per charge
Charging Port	USB-C
Electrode Pads	Latex-free, reusable (50+ uses)

WARRANTY AND SUPPORT

The AVCOO 3-in-1 TENS Unit comes with a 12-month warranty from the date of purchase. For any questions, technical support, or warranty claims, please contact AVCOO customer service through their official website or the retailer where you purchased the product.

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