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› Kongzee 4-in-1 TENS EMS Massage Muscle Stimulator, Model AS9026 User Manual

## Kongzee AS9026

# Kongzee 4-in-1 TENS EMS Massage Muscle Stimulator User Manual

Model: AS9026

## 1. INTRODUCTION

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This manual provides comprehensive instructions for the safe and effective use of your Kongzee 4-in-1 TENS EMS Massage Muscle Stimulator, Model AS9026. This device is designed to offer Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief, Electrical Muscle Stimulation (EMS) for muscle exercise, and various massage modes for muscle relaxation. Please read this manual thoroughly before initial use and retain it for future reference.



Image 1.1: Kongzee 4-in-1 TENS EMS Massage Muscle Stimulator with its packaging and electrode pads.

## 2. IMPORTANT SAFETY INFORMATION

### **Legal Disclaimer:**

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. Consult with a healthcare professional before using this device, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker.

Do not use this device on broken skin, open wounds, or areas with swelling, redness, skin eruptions, or inflammation. Keep out of reach of children.

## 3. PACKAGE CONTENTS

Your Kongzee 4-in-1 TENS EMS Massage Muscle Stimulator package includes the following items:

- 1 x Kongzee TENS EMS Massage Muscle Stimulator Unit
- 2 x Electrode Wires
- 12 x Electrode Pads (various sizes)
- 2 x Plastic Pad Holders
- 1 x USB-C Charging Cable
- 1 x Storage Pouch
- 1 x User Manual

<b>TENS</b>	✓	Others	✓
<b>EMS</b>	✓	—	✓
<b>MASSAGE</b>	✓	—	—
<b>D.I.Y</b>	✓	—	—
<b>Modes</b>	24 + D.I.Y	Customized parameters	24
<b>Intensity</b>	40	20	20
<b>Pads</b>	12	4	8

Image 3.1: Overview of the items included in the product package.

## 4. PRODUCT OVERVIEW

The Kongzee AS9026 is an advanced 4-in-1 device offering multiple therapy options:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** For pain relief.
- **EMS (Electrical Muscle Stimulation):** For muscle exercise and strengthening.
- **Massage:** For muscle relaxation and comfort.

- **D.I.Y. Mode:** Allows for customized settings to create unlimited personalized modes.

Key features include 24 pre-set modes plus D.I.Y. options, 40 intensity levels, dual-channel operation, a rechargeable battery with up to 90 minutes endurance time, USB-C charging, and a one-button protection feature to pause or lock the screen.

# 4 in 1 Combo Unit



Image 4.1: Detailed view of the device's screen and control buttons, highlighting TENS, EMS, Massage, and D.I.Y. modes.



Image 4.2: The one-button protection feature allows users to pause or lock the screen to prevent accidental changes during use.

## 5. SETUP

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### 5.1 Charging the Device

1. Connect the provided USB-C charging cable to the charging port located at the bottom of the device.
2. Plug the other end of the USB-C cable into a compatible USB power adapter (not included) or a computer USB port.
3. The battery indicator on the screen will show charging status. A full charge provides up to 90 minutes of continuous use.

### 5.2 Attaching Electrode Pads

1. Ensure your skin is clean, dry, and free of oils or lotions before applying the pads.
2. Carefully peel the electrode pads from their protective plastic plates. Retain the plastic plates for storage.
3. Connect the electrode wires to the metal pins on the electrode pads.
4. Plug the electrode wires into the Channel A and/or Channel B ports at the top of the stimulator unit.
5. Firmly apply the electrode pads to the desired treatment area on your skin. Ensure good contact for effective stimulation.

# A/B Dual Channel

Up to 4 pads can be used at the same time

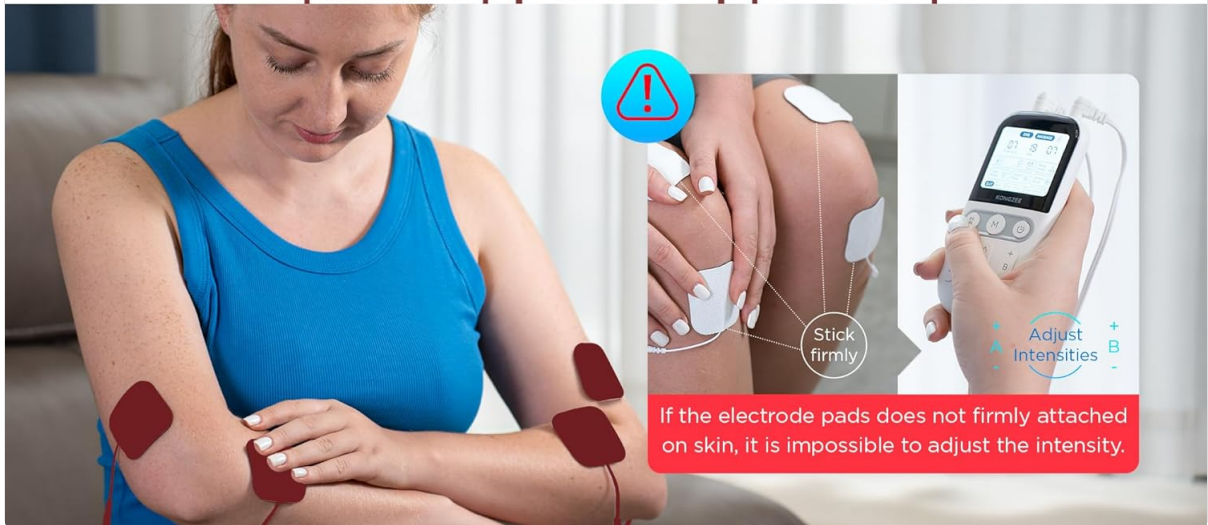


Image 5.1: Illustration of connecting electrode pads and wires to the device, demonstrating dual-channel application.



Image 5.2: The device features a USB-C charging port for convenient power replenishment, offering up to 90 minutes of use per charge.

## 6. OPERATING INSTRUCTIONS

## 6.1 Power On/Off

Press and hold the **Power button** ( ) to turn the device



on or off.

## 6.2 Mode Selection

Press the **Mode button (M)** to cycle through the available TENS, EMS, Massage, and D.I.Y. modes. The current mode will be displayed on the screen.

## 6.3 Intensity Adjustment

Use the '+' and '-' buttons for Channel A and Channel B to increase or decrease the intensity of the stimulation. Start with the lowest intensity and gradually increase to a comfortable level. The device offers 40 intensity levels.



Image 6.1: The device provides 40 levels of output intensity for personalized therapy.

## 6.4 Timer Setting

While the device is on, short press the **Power button** to adjust the treatment timer. You can set the timer from 10 to 90 minutes.

## 6.5 Dual Channel Use

The device features dual channels (A and B), allowing you to use up to 4 pads simultaneously and adjust the intensity for each channel independently. This enables treatment of two different body areas or a larger area with varied intensity.

## 6.6 Electrode Pad Placement Guide

Refer to the diagram below for recommended electrode pad placements on various body parts. Ensure pads are placed on clean, dry skin for optimal adhesion and conductivity.

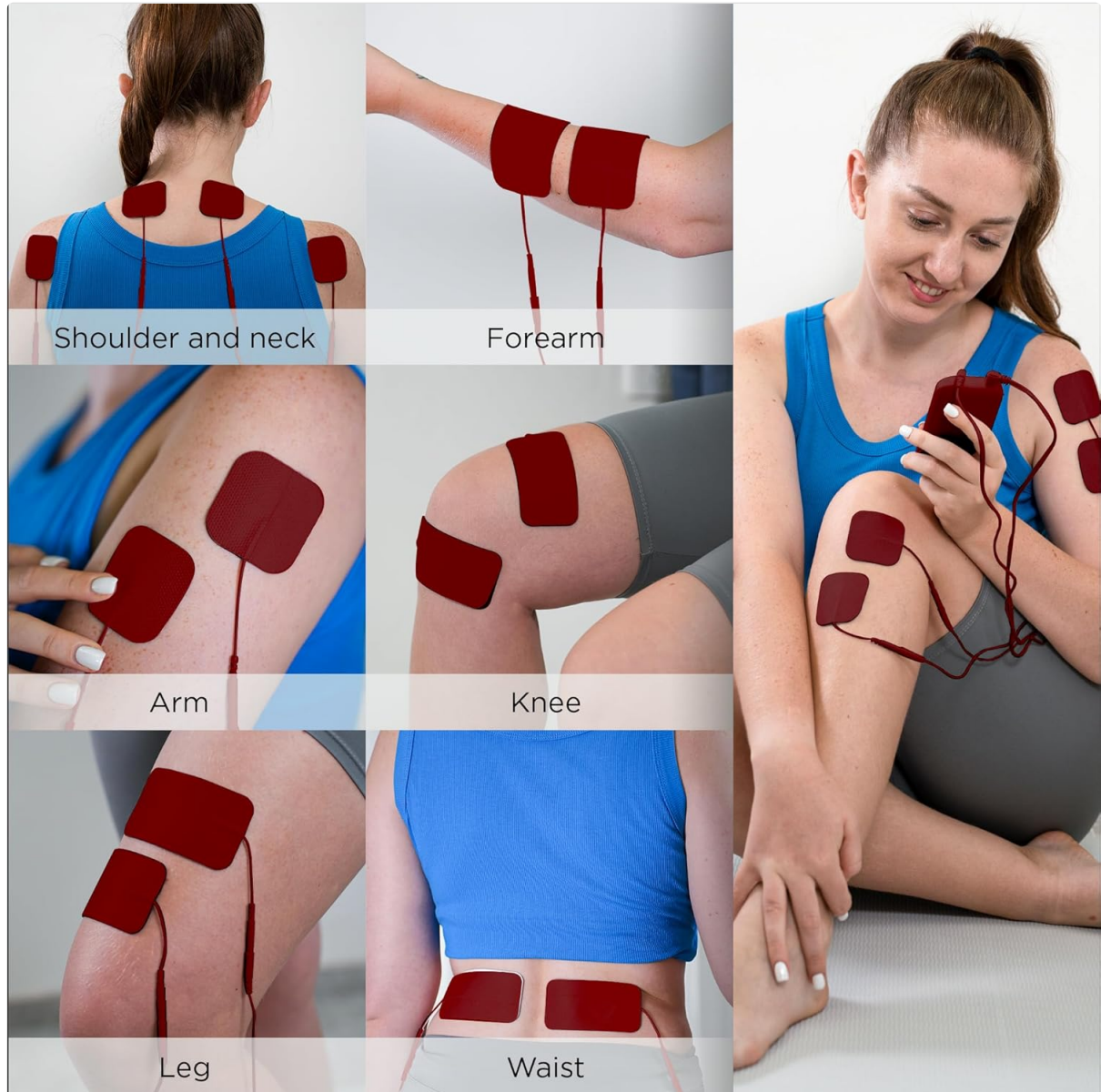


Image 6.2: Recommended electrode pad placements for various body areas.

## 7. MAINTENANCE

### 7.1 Cleaning the Device

Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

## 7.2 Cleaning and Storing Electrode Pads

After each use, gently wipe the adhesive side of the pads with a damp cloth to remove any debris. Allow them to air dry completely (adhesive side up) before reattaching them to their plastic plates. Store the pads in a sealed bag to prolong their lifespan. Replace pads when they lose their adhesiveness.

## 7.3 Storage

Store the device and all accessories in the provided storage pouch in a cool, dry place, away from direct sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

- **No stimulation felt:** Ensure the device is powered on, electrode pads are firmly attached to the skin, and wires are securely connected to both the pads and the device. Increase intensity gradually.
- **Pads not sticking:** Clean the pads and skin as per maintenance instructions. Replace pads if they have lost their adhesiveness.
- **Device not turning on:** Ensure the device is fully charged.
- **Irregular or uncomfortable sensation:** Reduce intensity. Re-position pads. If discomfort persists, discontinue use and consult a healthcare professional.

## 9. SPECIFICATIONS

Feature	Specification
Model Number	AS9026
Product Dimensions	5.31 x 2.05 x 6.5 inches
Item Weight	15.84 ounces
Battery Type	1 Lithium Polymer battery (included)
Charging Port	USB-C
Intensity Levels	40
Modes	24+ D.I.Y.
Channels	Dual (A/B)
Manufacturer	KONGZEE

## 10. WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation included in your product packaging or visit the official Kongzee website. Contact information for support is typically provided within the warranty details.