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Kongzee AS9026

Kongzee 4-in-1 Muscle Stimulator User Manual

Model: AS9026

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1. INTRODUCTION

The Kongzee 4-in-1 Muscle Stimulator is a versatile device designed for pain relief, muscle exercise, and relaxation. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), Massage, and a customizable D.I.Y. mode to provide a comprehensive therapy experience. This manual provides detailed instructions for safe and effective use of your device.



Image: The Kongzee 4-in-1 Muscle Stimulator, showing the main unit, various electrode pads, and the product packaging.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this device.

- **Before Use:** Be sure to read the entire user manual.
- **Sensitive Areas:** Do not use near sensitive areas such as the heart, head, or carotid artery.
- **Contraindications:** This device is not suitable for pregnant women or individuals with hypertension. It is also unsafe for individuals with pacemakers. Prior to use, it is advisable to consult a doctor's advice.
- **Skin Preparation:** Please clean your skin before using. Ensure all pads in one channel are properly stuck on your skin; otherwise, the device may not function correctly.

3. PACKAGE CONTENTS

Your comprehensive package includes the following items:

- 1 x Kongzee TENS Unit
- 2 x Connection Wires
- 12 x Electrode Pads (various sizes)
- Plastic Plates for pad storage
- 1 x Convenient Pouch

- 1 x USB-C Charging Cable



Image: All components included in the Kongzee 4-in-1 Muscle Stimulator package, neatly arranged.

4. PRODUCT FEATURES

- **Innovative 4-in-1 Functionality:** Combines TENS (Pain Relief), EMS (Exercise Muscles), Massage (Relax Muscles), and a D.I.Y. mode for personalized therapy.
- **Dual Channel (A|B):** Allows up to 4 pads to be used simultaneously for targeted relief on different body areas. Output intensity can be increased or decreased individually for each channel.
- **24 Pre-set Modes + D.I.Y.:** Offers a wide range of pre-programmed massage techniques (Knead, Tap, Pinch, Beat, Relax Mode, Care Mode, Intense Mode, Combo Mode) and unlimited customizable modes via D.I.Y.
- **40 Intensity Levels:** Provides 40 levels of output intensity for deeper effects, catering to different user needs.

- **90 Minutes Endurance Time:** Customizable working time from 10 to 90 minutes.
- **Rechargeable Battery:** Equipped with a long-lasting rechargeable battery for convenience.
- **One-Button Protection:** Pause work and lock screen functionality to prevent accidental touches.
- **Memory Feature:** The device contains a memory function, and the default mode when turned on is the mode it was last turned off in.
- **Advanced Electrode Pads:** Crafted from the latest materials for optimal skin fit, soft, skin-friendly touch, and reusability.

Image: A comparison chart highlighting the superior features of the Kongzee AS9026 model, including 4-in-1 functionality, 24+ D.I.Y. modes, 40 intensities, and 12 pads.

Image: Close-up of the device screen explaining the TENS (Pain Relief), EMS (Exercise Muscles), Massage (Relax Muscles), and D.I.Y. (customizable modes) functions.

Image: Visual summary of the device's multifunctional capabilities, such as 24 modes, 40 intensities, 90 minutes endurance, USB-C charging, and one-button protection.



Image: An exploded view illustrating the layers of the advanced electrode pads, including non-woven cloth, conductive layers, and TENS Premium Gel, with a 2mm pinconnector.

5. SETUP GUIDE

5.1 Charging the Device

Before first use, fully charge the device using the provided USB-C cable. The battery indicator on the screen will show charging status.

5.2 Attaching Electrode Pads

1. Ensure your skin is clean and dry before applying pads.
2. Connect the electrode pads to the connection wires.
3. Plug the connection wires into the A or B channel ports at the top of the device.
4. Carefully peel the protective film from the electrode pads.
5. Apply the pads firmly to the desired area of your body. Ensure good contact for effective stimulation.

90^{mins} Endurance Time

Customized working time, from 10 to 90 minutes. So you don't have to worry about time.



Image: Close-up of the device's USB-C charging port and a note about its 90-minute customizable endurance time.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- **To Turn On:** Short-press the Power button ().
- **To Turn Off:** Long-press the Power button ().

6.2 Selecting Functions (TENS, EMS, Massage, D.I.Y.)

- **Short-press 'M' button:** To cycle through TENS, EMS, and Massage functions.
- **Long-press 'M' button:** To enter D.I.Y. mode. In D.I.Y. mode, you can customize Rate (1-100Hz), Pulse (1-240 μ s), and Cycle (1-30s).

6.3 Adjusting Intensity

- Use the 'A' channel buttons (**+A / -A**) to increase or decrease intensity for Channel A.
- Use the 'B' channel buttons (**+B / -B**) to increase or decrease intensity for Channel B.
- The device offers 40 intensity levels. Start with a low intensity and gradually increase to a comfortable level.

6.4 Setting the Timer

- When the device is powered on, short-press the Timer button (next to Power button) to set the treatment duration from 10 to 90 minutes.

6.5 Pause and Lock Screen

- **Pause:** Short-press the Pause/Lock button () to pause the current work.
- **Lock Screen:** Long-press the Pause/Lock button () to lock the screen and prevent accidental changes.



One-Button Protect

Pause work and lock screen functionality.
One-button protection to prevent accidental touches.



Image: The 'One-Button Protect' feature, illustrating how to pause work or lock the screen to prevent accidental touches.

6.6 Pad Placement Guidelines

The device can be used on various body parts for targeted relief. Refer to the images below for common placement areas:



Image: Visual guide demonstrating various electrode pad placements for different body areas, including shoulder, neck, forearm, arm, knee, leg, and waist.



Image: A warning indicating that if electrode pads are not firmly attached to the skin, it may be impossible to adjust the intensity or achieve proper function.

6.7 Official Product Video

Video: An official product video from Kongzee demonstrating the 4-in-1 functionality of the TENS, EMS, and Massage Muscle Stimulator, highlighting its features and ease of use.

7. MAINTENANCE

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Pads:** After each use, place the electrode pads back onto the plastic plates to maintain their adhesive quality. Store them in a cool, dry place. Replace pads when they lose their stickiness.
- **Storage:** Store the device and accessories in the provided pouch in a cool, dry place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Pads not firmly attached; low intensity; battery low; connection wire loose.	Ensure pads are fully adhered; increase intensity gradually; charge device; check wire connections.
Device does not turn on	Battery depleted.	Charge the device fully.
Screen is unresponsive	Screen is locked.	Long-press the Pause/Lock button to unlock.
Pads losing stickiness	Pads are dirty or worn out.	Clean skin before use; replace pads if necessary.

9. SPECIFICATIONS

- **Model Number:** AS9026
- **Product Dimensions:** 5.31 x 2.05 x 6.5 inches; 15.84 ounces
- **Battery:** 1 Lithium Polymer battery (included)
- **Charging Port:** Type-C
- **Channels:** Dual (A/B)
- **Intensity Levels:** 40
- **Modes:** 24 pre-set + D.I.Y. (unlimited)

- **Timer:** 10-90 minutes
- **Manufacturer:** Shen Zhen As Tec Technology Co Ltd
- **Country of Origin:** China

10. WARRANTY AND SUPPORT

For any product inquiries, technical support, or warranty information, please contact Kongzee customer service. Refer to the official user guide for additional details:

[Download Official User Guide \(PDF\)](#)