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› CESLIFF Dual Channel TENS EMS Unit Instruction Manual - Model B0CL9JC4C2

## CESLIFF B0CL9JC4C2

# CESLIFF Dual Channel TENS EMS Unit Instruction Manual

Model: B0CL9JC4C2

## 1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your CESLIFF Dual Channel TENS EMS Unit. This device is designed to provide muscle stimulation and pain relief through Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) technologies. It features a large LCD screen, 24 modes, and 36 intensity levels for a customizable experience.

Please read this manual thoroughly before operating the device and retain it for future reference.

## 2. IMPORTANT SAFETY INFORMATION

### WARNING:

- 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 your physician before using this device if you have any pre-existing medical conditions, including but not limited to: pregnancy, epilepsy, hypertension, heart disease, cancer, or if you have a pacemaker or other implanted electronic devices.
- Do not apply electrode pads over broken skin, open wounds, or areas with skin irritation.
- Do not use while driving or operating heavy machinery.
- Keep out of reach of children.

Discontinue use immediately if you experience any discomfort or adverse reactions and consult a healthcare professional.

## 3. PACKAGE CONTENTS

Your CESLIFF TENS EMS Unit package should contain the following items:

- 1x CESLIFF TENS EMS Unit (Main Device)
- 2x Dual Plug Electrode Wires
- 1x USB-C Charging Cable
- 10x Medical-grade Reusable Electrode Pads (various sizes)
- 1x User Manual
- 1x Storage Pouch

## COMPLETE SET INCLUDES



User manual



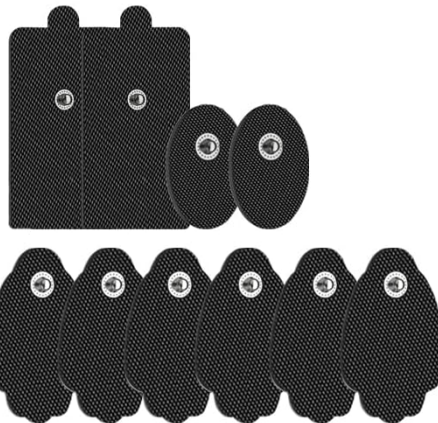
Tens unit



2 Dual plug electrode



USB-C charging



10 Medical-grade electrode pads

Figure 1: Complete package contents of the CESLIFF TENS EMS Unit.

Text Description: The image displays all items included in the CESLIFF TENS EMS Unit package: the main TENS unit device, a user manual, two sets of dual plug electrode wires, a USB-C charging cable, and ten medical-grade reusable electrode pads. All components are neatly arranged, highlighting the comprehensive nature of the kit.

## 4. SETUP

1. **Charge the Device:** Connect the USB-C charging cable to the device and a suitable USB power source. Ensure the device is fully charged before first use.
2. **Prepare Application Area:** Clean the skin area where you intend to place the electrode pads. Ensure the skin is clean, dry, and free of oils or lotions for optimal adhesion and conductivity.

### 3. Attach Electrode Pads:

- Connect the lead wires to the electrode pads by snapping them onto the metal studs.
- Remove the protective film from the adhesive side of the electrode pads.
- Firmly press the pads onto the prepared skin area.

4. **Connect to Device:** Plug the lead wires into the A or B ports at the top of the TENS EMS unit. The device supports dual channels, allowing two sets of pads to operate independently.



Figure 2: Visual guide for connecting pads and operating the device.

Text Description: This image illustrates the setup process in six steps: 1. Paste pads to the desired therapy area. 2. Connect the electrode wire to the A/B channel on the device. 3. Turn on the TENS unit by long-pressing the power button for 2-3 seconds. 4. Select the A/B channel and the desired mode. 5. Adjust the intensity using the +/- buttons. 6. Set the treatment time (short press) and lock the screen (long press) to begin the massage.

## 5. OPERATING INSTRUCTIONS

1. **Power On:** Long press the power button (usually on the side or front) for 2-3 seconds to turn on the device. The large LCD screen will illuminate.

2. **Select Channel (A/B):** If using multiple pads, press the A/B button to select the channel you wish to adjust. Each channel can have independent modes and intensities.
3. **Choose a Mode:** Use the '< M' and 'M >' buttons to cycle through the 24 available modes. These modes simulate various massage functions such as Kneading, Acupuncture, Scraping, Tapping, Shiatsu-Deep, and Cupping.
4. **Adjust Intensity:** Use the '+' and '-' buttons on the side of the device to increase or decrease the intensity level (36 levels available). Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation.
5. **Set Timer:** Short press the 'T' button (often combined with the power button) to set the desired treatment time. The timer can typically be set from 10 to 60 minutes.
6. **Lock Screen:** Long press the 'T' button to lock the screen, preventing accidental changes to settings during use.
7. **Power Off:** Long press the power button again to turn off the device after your session is complete.



Figure 3: Dual channel operation and intensity levels.

Text Description: This image shows a person with electrode pads connected to their arm, demonstrating the dual channel functionality of the TENS EMS unit. The device's screen displays intensity levels ranging from 1 (Low) to 36 (Top), categorized into Modorato (11-20), Strong (21-30), and Top (30-36), indicating the wide range of customizable stimulation available.

# 3 TREATMENTS

## Combined Use



Figure 4: Three combined treatment uses of the device.

Text Description: The image highlights the three primary functions of the device: TENS for pain relief, EMS for muscle conditioning, and RELAX for general body massage. Each function is accompanied by an illustrative image, such as a person holding their neck for pain relief, a woman lifting weights for muscle conditioning, and a person receiving a back massage for relaxation.

Video 1: Demonstration of the Dual Channel TENS EMS Unit's features and modes.

Text Description: This video, titled "Dual Channel TENS EMS Unit 24 Modes 36 Levels, Large Screen," provides a visual overview of the product's features, including its large screen display, 24 modes, and 36 intensity levels. It demonstrates the device's compact size and ease of use, highlighting its suitability for various pain relief and muscle stimulation needs.

## 6. ELECTRODE PAD APPLICATION

Proper placement of electrode pads is crucial for effective treatment. Refer to the diagrams below for recommended placement for common areas of discomfort. Always ensure pads are firmly adhered to clean, dry skin.

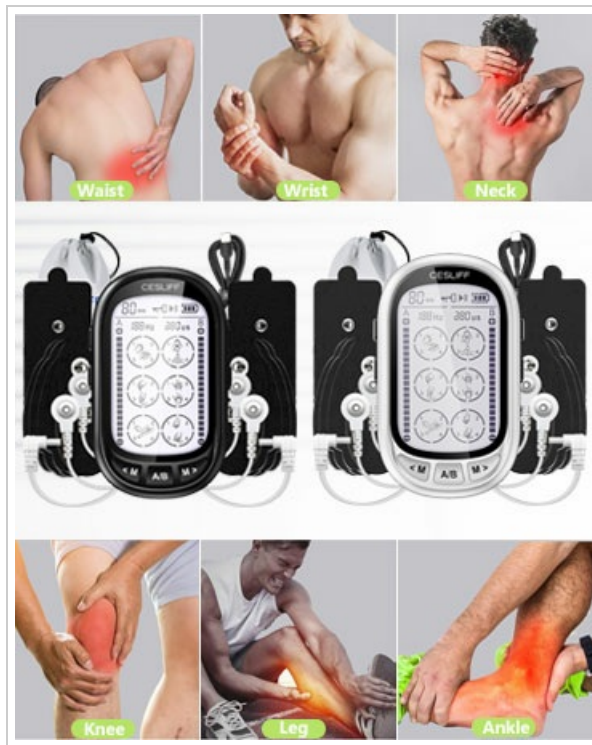


Figure 5: Recommended electrode pad placement.

Text Description: This image provides a visual guide for electrode pad placement on various body parts. It shows recommended positions for the waist, wrist, neck, knee, leg, and ankle, indicating where to apply the pads for targeted pain relief or muscle stimulation.

## 7. MAINTENANCE AND CARE

- **Cleaning Pads:** After each use, place the protective film back onto the adhesive side of the electrode pads. If the pads lose their stickiness, gently clean the adhesive surface with a damp cloth and allow to air dry.
- **Storage:** Store the device and pads in the provided storage pouch in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Replacing Pads:** Electrode pads are reusable but will eventually lose their adhesive quality. Replacement pads can be purchased separately. Ensure replacement pads have a snap 3.5mm attachment lead.
- **Device Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.

# ADVANCED REUSABLE GEL PADS

Designed for superior adhesion and up to 50 uses

**50**  
TIMES



Figure 6: Reusable gel pads for extended use.

Text Description: The image features a hand carefully peeling a black electrode gel pad from its clear protective backing. Text overlays indicate that these are "Advanced Reusable Gel Pads" designed for "superior adhesion and up to 50 uses," emphasizing their durability and cost-effectiveness.

## 8. TROUBLESHOOTING

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Problem	Possible Cause	Solution
No sensation or weak sensation	<ul style="list-style-type: none"> <li>• Pads not properly adhered</li> <li>• Low battery</li> <li>• Intensity too low</li> <li>• Lead wire disconnected</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure pads are firmly on skin</li> <li>• Recharge the device</li> <li>• Increase intensity gradually</li> <li>• Check lead wire connections</li> </ul>
Device not turning on	<ul style="list-style-type: none"> <li>• Battery is depleted</li> <li>• Power button not pressed long enough</li> </ul>	<ul style="list-style-type: none"> <li>• Charge the device</li> <li>• Long press the power button for 2-3 seconds</li> </ul>
Pads losing stickiness	<ul style="list-style-type: none"> <li>• Pads are dirty or worn out</li> </ul>	<ul style="list-style-type: none"> <li>• Clean pads with a damp cloth</li> <li>• Replace with new pads</li> </ul>

For further assistance, please refer to the full user manual or contact customer support.

## 9. PRODUCT SPECIFICATIONS

- **Model:** B0CL9JC4C2
- **Brand:** CESLIFF
- **Channels:** Dual (A/B independent)
- **Modes:** 24 TENS/EMS Combination Modes
- **Intensity Levels:** 36 Levels
- **Display:** Large LCD Screen
- **Battery:** Rechargeable (USB-C)
- **Usage Time:** Up to 30 hours per charge (approximate)
- **Pad Attachment:** Snap 3.5mm
- **Package Dimensions:** 6.06 x 3.58 x 2.64 inches
- **Weight:** 10.55 ounces

## 10. WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the contact details provided in your product packaging or visit the official CESLIFF website. Ensure you have your model number (B0CL9JC4C2) and purchase date available when contacting support.