AVCOO B0CN95HS4J

AVCOO 3-in-1 TENS Unit Muscle Stimulator User Manual

Brand: AVCOO | Model: B0CN95HS4J

1. Introduction

The AVCOO 3-in-1 TENS Unit Muscle Stimulator is a versatile device designed for pain relief, muscle performance improvement, and relaxation. It integrates Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and RELAX therapy technologies into one portable unit. This manual provides essential information for safe and effective use of your device.



Image: The AVCOO 3-in-1 TENS Unit, showing the main device, electrode pads, and connecting wires.



Image: Visual representation of common pain areas where the TENS unit can be applied for relief.



Image: Illustration of the three primary functions: TENS for pain relief, EMS for muscle conditioning, and RELAX for body relaxation.

2. Important Safety Information

Please read all safety warnings carefully before using this device. Failure to do so may result in injury or adverse reactions.

General Safety Guidelines:

- If you have any of the following conditions, please carefully read the USER MANUAL of the AVCOO Muscle Stimulator or consult with your physician before purchasing or using this device (e.g., any acute disease; tumor; infectious disease; pregnancy; heart disease; high fever; abnormal blood pressure; epilepsy; brain diseases; neurological disorders; sensitivity to electrotherapy; lack of skin sensation or abnormal skin conditions; any condition requiring active medical supervision).
- Do not use excessively.
- Avoid using above the neck, especially on the head or neck area.

Legal Disclaimer:

- 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 experiencing undiagnosed chronic pain.
- Do not use this product if you are pregnant or in labor.
- Do not use this product if you have cancer.
- Do not use this product if you are sensitive to electrotherapy.
- Do not use this product excessively.
- Do not use this product above the neck, especially on the head or neck area.
- Do not use this product if you are under 22 years of age.

Please note that individual symptoms, situations, circumstances, and results may vary. It is strongly recommended that you consult with your physician or a qualified healthcare provider regarding your specific condition and appropriate medical treatment. The information provided here is not intended for medical diagnosis or treatment and should not be used as a substitute for professional medical advice.

3. Package Contents

Your AVCOO TENS Unit package includes the following items:

- 1 x TENS Unit Device
- 2 x Rectangular Electrode Pads (2" x 4")
- 6 x Palm-shaped Electrode Pads (2" x 3")
- 4 x Oval Electrode Pads (1" x 2")
- 1 x TENS Pads Holder
- 2 x Lead Wires
- 1 x USB Charging Cable
- 1 x User Manual



Image: A complete view of all components included in the product package.

4. Setup Guide

Follow these steps to set up your AVCOO TENS Unit for first use:

1. **Charge the Device:** Before initial use, fully charge the TENS unit using the provided USB charging cable. Connect the cable to the device and a compatible USB power source (wall charger, power bank, or laptop USB port). The battery level indicator on the screen will show charging progress.
2. **Connect Lead Wires:** Insert the lead wires into the output ports (CH1 and CH2) at the top of the TENS unit.
3. **Attach Electrode Pads:** Connect the electrode pads to the pins on the lead wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. This ensures optimal adhesion and conductivity.
5. **Apply Pads:** Carefully peel the protective film from the electrode pads and firmly apply them to the desired

treatment area on your body. Ensure the entire pad surface is in contact with the skin.



Image: The TENS unit being charged, highlighting its 40-hour usage time and various charging methods.



Image: Detail of the superior reusable gel pads, emphasizing their durability for up to 50 uses.

Video: An official demonstration of the AVCOO 3-in-1 TENS Unit, showing its setup and various applications for pain relief and muscle stimulation.

5. Operating Instructions

The AVCOO TENS Unit features a user-friendly interface with 30 modes and 40 intensity levels. It supports dual-channel operation, allowing two different areas or two users to receive therapy simultaneously.

Power On/Off:

- Press and hold the Power button to turn the device on or off.

Mode Selection (TENS, EMS, RELAX):

- The device offers TENS, EMS, and RELAX modes.
- Use the 'M+' or 'M-' buttons to cycle through the 30 available modes. The human body pattern on the screen

will flash to indicate the targeted body part for precise selection.

Intensity Adjustment:

- Each channel (CH1 and CH2) has independent intensity controls.
- Use the '+' and '-' buttons for CH1 and CH2 respectively to adjust the intensity level (1-40). Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation.

Timer Setting:

- Short press the Timer button to adjust the treatment duration (10-90 minutes).

Screen Lock:

- Long press the Timer/Lock button for 3 seconds to lock or unlock the screen. This prevents accidental changes during therapy.



Image: The device's screen displaying the human body UI for targeted therapy selection.



Image: The device showcasing its 40 intensity levels for customized treatment.

Video: An official video demonstrating the various modes and intensity adjustments of the AVCOO TENS Unit.

6. Electrode Pad Placement

Proper placement of electrode pads is crucial for effective therapy. Refer to the human body diagram on the device screen for suggested placement areas for different body parts (elbow, shoulder, back, waist, legs, etc.).

- Place pads on clean, dry, healthy skin.
- Ensure pads are not placed over open wounds, irritated skin, or sensitive areas like the eyes, mouth, or heart.
- For dual-channel use, you can treat two separate areas or use all four pads on a larger area for broader coverage.



Image: The device's screen illustrating recommended electrode placement points on the human body.

7. Charging the Device

The AVCOO TENS Unit is equipped with a powerful rechargeable lithium battery, providing up to 40 hours of continuous use on a single charge.

- Connect the provided USB charging cable to the device's charging port.
- Plug the other end of the USB cable into a wall charger, power bank, or laptop USB port.
- The battery level indicator on the screen will show the charging status. Charge the device when the indicator shows low battery to avoid interruption during therapy.



Image: The TENS unit being charged, highlighting its 40-hour usage time and various charging methods.

8. Maintenance and Care

Device Care:

- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.

Electrode Pad Care:

- After each use, place the electrode pads back onto the provided TENS pads holder or their protective film to maintain adhesive strength.
- The pads are designed for exceptional durability, maintaining adhesive strength for over 50 uses.
- If pads lose their stickiness, gently wipe the adhesive surface with a damp cloth and let them air dry. Replace pads when they no longer adhere properly.

- Ensure pads are removed from the skin without leaving residual gel.



Image: Detail of the superior reusable gel pads, emphasizing their durability and ease of care.

9. Troubleshooting

If you encounter any issues with your AVCOO TENS Unit, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no charge.	Charge the device fully using the provided USB cable.
No sensation or weak sensation.	Pads not properly attached, low intensity, or worn-out pads.	Ensure pads are firmly attached to clean, dry skin. Increase intensity gradually. Replace old or worn-out electrode pads. Check lead wire connections.

Problem	Possible Cause	Solution
Pads not sticking.	Skin is oily/dirty, pads are dirty, or pads are worn out.	Clean and dry skin before application. Gently wipe pad adhesive with a damp cloth and air dry. Replace pads if they are no longer adhesive.
Sensation is uncomfortable or shocking.	Intensity too high, or poor pad contact.	Decrease intensity. Ensure full pad contact with skin. Avoid placing pads over bony areas or directly on nerves.

10. Specifications

- **Package Dimensions:** 5.79 x 3.58 x 2.87 inches; 10.23 ounces
- **Date First Available:** November 14, 2023
- **Manufacturer:** AVCOO
- **ASIN:** B0CN95HS4J
- **Country of Origin:** China
- **Best Sellers Rank:** See Top 100 in Health & Household

11. Warranty and Support

The AVCOO 3-in-1 TENS Unit comes with a**24-month warranty** from the date of purchase.
For warranty claims, technical support, or any questions regarding your device, please contact AVCOO customer service through the retailer's platform or visit the official AVCOO website for contact information.
Please retain your proof of purchase for warranty validation.

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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.

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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