

LT3062E

Generic Muscle Electro-Stimulator User Manual

Model: LT3062E

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Generic Muscle Electro-Stimulator, Model LT3062E. This device is designed to provide muscle stimulation for pain relief, muscle relaxation, and muscle strengthening through electrical impulses.

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

2. IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in injury or damage to the device.

- Do not use this device if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Consult your physician before use if you have any medical conditions, including but not limited to, heart disease, epilepsy, cancer, or are pregnant.
- Do not apply electrodes to the head, face, neck, chest, or any broken or irritated skin areas.
- Keep out of reach of children.
- Do not use while driving or operating heavy machinery.
- Do not immerse the device in water or use it in excessively humid environments.
- Use only the electrodes and accessories provided or recommended by the manufacturer.
- Discontinue use immediately if you experience any discomfort, pain, or adverse reactions.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Electro-Stimulator Device
- Electrode Pads (4 pairs)
- Connection Cables
- Protective Pouch
- Batteries (included)
- User Manual (this document)



Figure 3.1: Package contents of the electro-stimulator. This image displays the main unit, electrode pads, connection wires, a storage pouch, and batteries.

4. SETUP

4.1 Battery Installation

1. Locate the battery compartment on the back of the device.
2. Open the battery compartment cover.
3. Insert the included batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

4.2 Attaching Electrodes

1. Ensure the device is turned off before connecting electrodes.
2. Connect the electrode cables to the output ports on the device.
3. Attach the electrode pads to the ends of the cables. Ensure a secure connection.
4. Peel the protective film from the electrode pads.
5. Apply the electrode pads to clean, dry skin in the desired treatment area. Ensure the pads are flat against the skin and not overlapping.



Figure 4.1: Example of electrode pad placement on the back. Ensure pads are placed on clean, dry skin.

Figure 4.2: Illustrative guide for electrode placement on different body zones for targeted relief.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To turn on: Press and hold the **Power** button (usually marked with an 'ON/OFF' or power symbol) until the display illuminates.
- To turn off: Press and hold the **Power** button until the display turns off.

5.2 Program Selection

The device features 14 pre-set programs for various applications (e.g., massage, acupuncture, kneading, tapping). The display shows the selected program number.

1. After powering on, press the **MODE** or **PROG** button to cycle through the available programs.
2. Observe the program number on the LED display.
3. Stop at your desired program.

5.3 Intensity Adjustment

The device offers 25 intensity levels. Adjust the intensity to a comfortable level, avoiding any pain or discomfort.

1. Use the **+** button to increase intensity.
2. Use the **-** button to decrease intensity.
3. The current intensity level will be displayed on the screen.

5.4 Mode Selection (if applicable)

Some devices may offer different modes (e.g., TENS, EMS). Refer to the device's specific buttons for mode selection if available. The product description mentions "3 modos".

- Press the **MODE** button to switch between available modes.
- The selected mode will be indicated on the display.

5.5 Session Duration

The device typically has a pre-set session timer. The remaining time is shown on the LED display. The device will automatically shut off after the session concludes.

6. MAINTENANCE

6.1 Cleaning the Device

- Turn off the device and disconnect all electrodes before cleaning.
- Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- Ensure the device is completely dry before storing or next use.

6.2 Electrode Pad Care

- After each use, re-attach the protective film to the electrode pads to preserve their adhesive quality.
- Store pads in a cool, dry place.
- Replace electrode pads when they lose their adhesiveness or if they become damaged.

6.3 Storage

- Store the device and accessories in the provided protective pouch.
- Remove batteries if the device will not be used for an extended period to prevent leakage.
- Store in a cool, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low or dead batteries; incorrect battery installation.	Replace batteries; check battery polarity.
No sensation or weak sensation.	Electrodes not properly attached; low intensity setting; worn-out electrode pads; faulty cable.	Ensure pads are firmly on skin; increase intensity; replace pads; check cable connection or replace cable.
Skin irritation at electrode site.	Skin not clean; allergic reaction to pads; excessive intensity; prolonged use.	Clean skin thoroughly before use; discontinue use if irritation persists; reduce intensity; limit session duration.
Device shuts off unexpectedly.	Low batteries; session timer expired.	Replace batteries; this is normal if the session timer has completed.

8. SPECIFICATIONS

Feature	Detail
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Feature	Detail
Model Number	LT3062E
Manufacturer	loren luxerie
Intensity Levels	25
Programs	14
Modes	3
Dimensions	18 x 10 x 6.5 cm
Weight	100 g
ASIN	B0CP7TV3Y4

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your product packaging or visit the manufacturer's official website.

If you encounter any issues not covered in the troubleshooting section or require further assistance, please contact customer support through the retailer or manufacturer's contact channels.

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