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› MASTOGO Wireless TENS EMS Muscle Stimulator Instruction Manual

MASTOGO B0CRKRB362

MASTOGO Wireless TENS EMS Muscle Stimulator Instruction Manual

Model: B0CRKRB362

1. INTRODUCTION

Thank you for choosing the MASTOGO Wireless TENS EMS Muscle Stimulator. This device is designed to provide non-invasive, drug-free pain relief and muscle stimulation through Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) technologies. This manual provides essential information for safe and effective use of your device. Please read it thoroughly before operation and retain it for future reference.

2. IMPORTANT SAFETY INFORMATION

WARNING: Consult your physician before using this device if you have any pre-existing medical conditions, including but not limited to:

- Pacemaker or other implanted electronic devices.
- Heart disease or cardiac arrhythmia.
- Epilepsy.
- Pregnancy.
- Cancer.
- Skin conditions or open wounds in the application area.

Do NOT use:

- On the head, face, neck, or across the chest.
- While driving or operating heavy machinery.
- Near water or in a damp environment.
- On broken, irritated, or numb skin.
- On children or individuals unable to understand the instructions.

Discontinue use immediately if you experience any adverse reactions, discomfort, or pain.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

What You Receive

1. Wireless TENS device x1 pcs
2. Big pads x2 pcs
3. Small pads x4 pcs
4. USB cable x1 pcs
5. Instruction manual x1 pcs
6. Collection board for pads x1 pcs
7. Pu Case



Image: Contents of the MASTOGO Wireless TENS EMS Muscle Stimulator package.

1. Wireless TENS device x1
2. Big pads x2
3. Small pads x4
4. USB cable x1
5. Instruction manual x1
6. Collection board for pads x1
7. PU Case x1

4. PRODUCT OVERVIEW

The MASTOGO Wireless TENS EMS Muscle Stimulator is a compact, app-controlled device designed for convenient pain relief and muscle conditioning.

Key Features:

- **Wireless Design:** Eliminates tangled wires for freedom of movement.
- **App Control:** Manage all functions via the DOMAS mobile application (Bluetooth connection).
- **Dual Therapy:** Features 6 TENS modes for pain relief and 6 EMS modes for muscle toning and firmness.
- **Adjustable Intensity:** 20 intensity levels to customize your therapy.
- **Timer Function:** Sessions can be set from 10 to 60 minutes.
- **Rechargeable Battery:** Built-in USB rechargeable battery.
- **Stable Connection:** Utilizes a strong magnetic buckle for secure pad attachment.

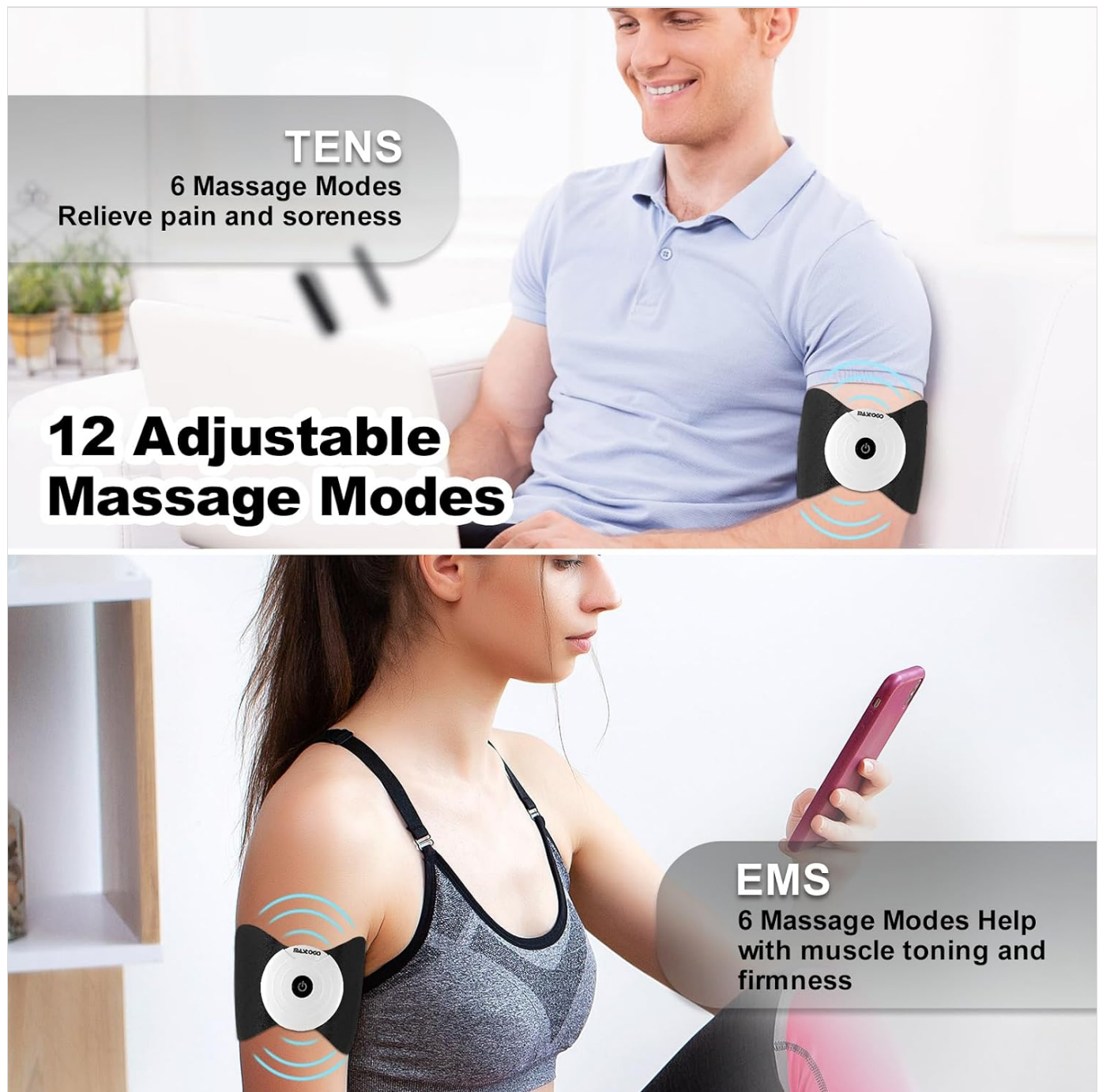


Image: The MASTOGO device highlighting 6 TENS modes for pain relief and 6 EMS modes for muscle toning, totaling 12 adjustable massage modes.

Hassle-Free Connection Smart Control Via App



Image: The MASTOGO device demonstrating hassle-free connection and smart control via the DOMAS mobile application, eliminating the need for a physical remote.

5. SETUP

5.1 Charging the Device

Before first use, fully charge the device.

1. Connect the provided USB cable to the charging port on the MASTOGO device.
2. Plug the other end of the USB cable into a USB power adapter (not included) or a computer's USB port.
3. The indicator light on the device will show charging status (refer to device for specific light indications).
4. Once fully charged, disconnect the cable.

5.2 Downloading the DOMAS App

The MASTOGO device is controlled via the DOMAS mobile application.

- Search for "DOMAS" in your smartphone's app store (Apple App Store for iOS or Google Play Store for Android).
- Download and install the application.

5.3 Attaching Pads

The device connects to the electrode pads using a magnetic buckle.

1. Ensure the device is turned off.
2. Remove the protective film from the electrode pad.
3. Align the magnetic buckle on the device with the corresponding connector on the electrode pad. The magnets will securely snap them together.

5.4 Applying Pads to the Body

Clean and dry the skin area where you intend to apply the pads.

- Carefully place the electrode pad with the attached device onto the desired body area. Ensure full contact with the skin.
- Avoid placing pads over joints, bony areas, or directly over the heart.

Wireless & Th Erapy Everywhere

Get Rid of Complicated Wires and Enjoy Pain Relief Everywhere

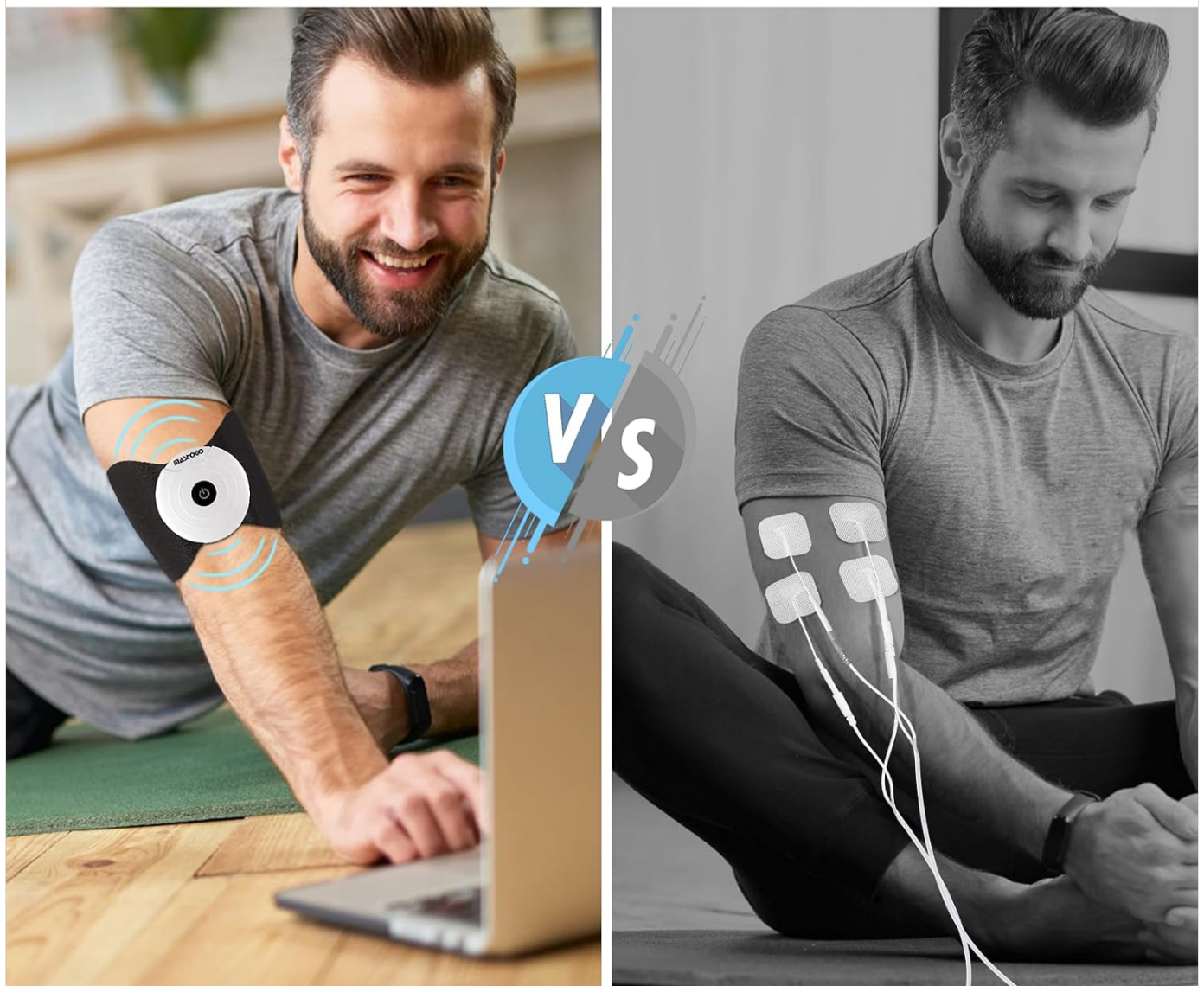


Image: Illustrates the convenience of the wireless MASTOGO TENS EMS device compared to traditional wired units, showing a user exercising with the wireless device.

6. OPERATING INSTRUCTIONS

6.1 Powering On/Off

- **To Power On:** Press and hold the power button on the device for a few seconds until the indicator light illuminates.
- **To Power Off:** Press and hold the power button again until the indicator light turns off. The device will also automatically turn off after a session or if disconnected from the app for an extended period.

6.2 Connecting via Bluetooth (DOMAS App)

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the DOMAS app.
3. The app will automatically search for nearby MASTOGO devices. Select your device from the list to connect. The app can connect to multiple devices simultaneously.
4. Once connected, the app will display "Connected" and show the device's status.

6.3 Selecting Modes and Adjusting Settings

All operational settings are controlled through the DOMAS app.

- **Mode Selection:** Within the app, choose between TENS and EMS therapy. Then, select one of the 6 available modes for your chosen therapy type (e.g., Kneading, Acupuncture, Tapping, Scraping, Cupping, Exercise).
- **Intensity Adjustment:** Use the '+' and '-' buttons in the app to increase or decrease the intensity level. Start at the lowest setting and gradually increase until you feel a comfortable, yet effective, sensation. There are 20 intensity levels.
- **Timer Setting:** Select your desired session duration from 10, 20, 30, or 60 minutes. The device will automatically shut off once the timer expires.
- **Start/Pause:** Use the play/pause button in the app to start or temporarily stop the stimulation.



Image: Overview of the MASTOGO device and the DOMAS app interface, displaying features like Bluetooth connection, 6 TENS + 6 EMS modes, 20 intensity levels, 10-60 minute timer, large electrode pad, and rechargeable battery.

7. TENS AND EMS MODES

The MASTOGO device offers two primary types of electrical stimulation:

7.1 TENS (Transcutaneous Electrical Nerve Stimulation)

TENS therapy is primarily used for pain relief. It works by sending low-voltage electrical currents through the skin to stimulate nerves, which can block pain signals from reaching the brain and encourage the release of endorphins.

- **Available TENS Modes:** Kneading, Acupuncture, Tapping, Scraping, Cupping, Exercise.
- **Recommended Use:** Chronic pain, acute pain, muscle soreness, joint pain.

7.2 EMS (Electrical Muscle Stimulation)

EMS therapy is used for muscle conditioning, strengthening, and recovery. It sends electrical impulses to muscles, causing them

to contract and relax, mimicking natural muscle movements.

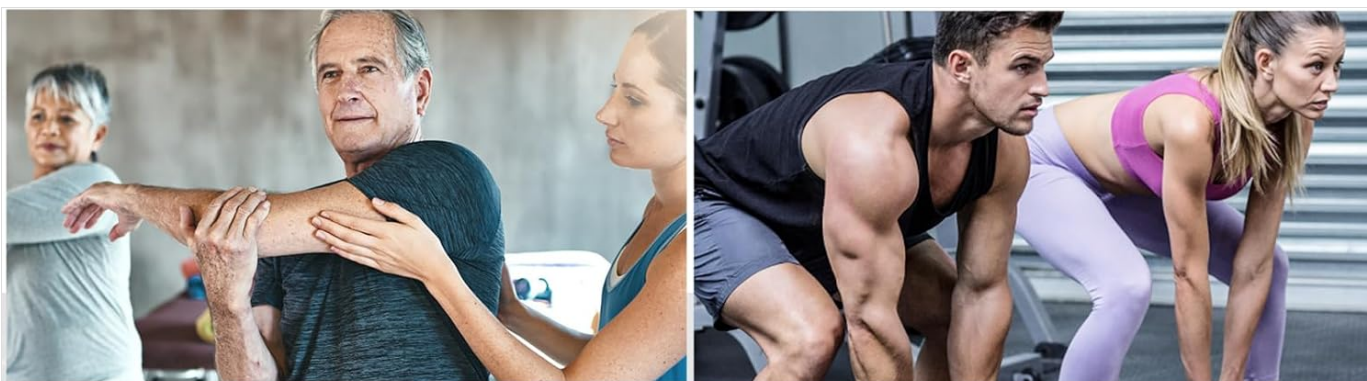
- **Available EMS Modes:** (Same 6 modes as TENS, but with EMS specific waveforms for muscle contraction).
- **Recommended Use:** Muscle toning, muscle firmness, post-exercise recovery, muscle rehabilitation.

8. APPLICATION AREAS

The MASTOGO device can be applied to various body parts for targeted relief and stimulation. Common application areas include:

- Shoulders
- Neck
- Back (upper, middle, lower)
- Waist
- Abdomen
- Arms and Legs

Always ensure pads are placed on clean, dry, intact skin. Avoid sensitive areas or areas with broken skin.



Relieve Your Pain

Safe, non-invasive, drug free method for pain relief and pain management



Image: Demonstrates various body areas where the TENS EMS device can be applied for pain relief, including the knee, neck, shoulder, and lower back.

9. MAINTENANCE

9.1 Cleaning the Device and Pads

- **Device:** Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Pads:** After each use, place the electrode pads back onto the provided collection board or plastic film to maintain their adhesive quality. If pads lose stickiness, gently wipe the adhesive surface with a damp cloth and let air dry. Replace pads when they no longer adhere effectively.

9.2 Storage

Store the device and pads in the provided PU case in a cool, dry place, away from direct sunlight and extreme temperatures.

Portable And Lightweight

Come With PU Case & Pads Holder
You Can Take it Anytime, Anywhere !



Image: The MASTOGO device and its accessories, including pads, stored neatly in a portable and lightweight PU case, emphasizing ease of transport.

10. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery; Device not properly charged.	Charge the device fully using the provided USB cable.
Cannot connect to the DOMAS app.	Bluetooth is off; Device is off; App not updated; Interference.	Ensure device is on and charged. Turn on Bluetooth on your phone. Restart the app and device. Try connecting in a different location to avoid interference.
No sensation or weak sensation.	Pads not adhering well; Intensity too low; Pads worn out; Device malfunction.	Ensure pads are firmly pressed onto clean, dry skin. Increase intensity gradually in the app. Replace old pads with new ones. If problem persists, contact customer support.

Problem	Possible Cause	Solution
Pads lose stickiness.	Skin oils/dirt; Pads are old.	Clean skin before use. Gently wipe pad adhesive with a damp cloth and air dry. Replace pads if stickiness cannot be restored.
One side of the device stops working.	Faulty pad connection; Internal malfunction.	Ensure the pad is securely attached via the magnetic buckle. Try a different pad. If the issue persists, contact customer support.

11. SPECIFICATIONS

- **Brand:** MASTOGO
- **Model:** B0CRKRB362
- **Therapy Types:** TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation)
- **Modes:** 6 TENS modes, 6 EMS modes (12 total)
- **Intensity Levels:** 20
- **Timer Settings:** 10, 20, 30, 60 minutes
- **Connectivity:** Bluetooth (DOMAS App)
- **Power Source:** USB Rechargeable Battery
- **First Available Date:** September 13, 2024

12. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official MASTOGO website. Keep your purchase receipt as proof of purchase.

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

Open the live page

<https://manuals.plus/asin/B0CRKRB362>

More documents and user manuals: <https://manuals.plus/>