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> [AVCOO 32 Modes TENS Unit Muscle Stimulator User Manual](#)

AVCOO B0CSPC19P9

AVCOO 32 Modes TENS Unit Muscle Stimulator

Model: B0CSPC19P9

INTRODUCTION

Welcome to the user manual for your new AVCOO 3-in-1 Multifunctional TENS Unit Muscle Stimulator. This device combines TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), and RELAX therapies to provide drug-free pain relief, muscle conditioning, and overall body relaxation. Designed for ease of use and effectiveness, this manual will guide you through the setup, operation, maintenance, and troubleshooting of your device to ensure you get the most out of its features.

SAFETY INFORMATION

General Safety Precautions

If you have any of the following conditions, please carefully read this user manual or consult with your physician before purchasing or using this device:

- 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

Before using this product, please carefully review the following important information as it may not be suitable for individuals with certain medical conditions or circumstances:

- 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.

PACKAGE CONTENTS

Your AVCOO TENS Unit package includes the following items:

- 1 x TENS Unit Device
- 1 x Pair of Massage Slippers
- 8 x Electrode Pads (4 rectangular pads in 2" x 4", 4 square pads in 2" x 2")
- 1 x Pads Holder
- 2 x Lead Wires
- 1 x USB Charging Cable
- 1 x User Manual

PACKAGE CONTENTS



TENS Unit Device x1
Rectangular Pads x4
Square Pads x4
Pads Holder x1
Lead Wires x2
USB Cable x1
Use Manual x1
Pair of Massage Slippers x1

The package includes the AVCOO TENS unit device, one pair of massage slippers, eight electrode pads (four rectangular 2"x4" and four square 2"x2"), one pads holder, two leads, one USB charging cable, and one user manual.

PRODUCT OVERVIEW

The AVCOO TENS Unit is a compact and portable device designed for effective pain management and muscle stimulation. Familiarize yourself with its components:

Main Unit

The central control unit features a clear LCD display, intuitive buttons for mode selection, intensity adjustment, and timer settings. It has two output ports (A and B) for connecting lead wires.

Electrode Pads

The kit includes various sizes of self-adhesive electrode pads. These pads are made with high-quality, latex-free American gel for excellent conductivity and reusability.

Reflexology Slippers

Specialized slippers designed to deliver electrical impulses to the feet, targeting reflexology points for plantar fasciitis, neuropathy, and general foot pain relief.



The AVCOO TENS unit features a clear display showing mode, intensity, and timer. It comes with various electrode pads and specialized reflexology slippers for comprehensive pain relief.

SETUP

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

1. Connecting Lead Wires

1. Insert the pin connectors of the lead wires into the electrode pads or the reflexology slippers.
2. Plug the other end of the lead wires into the output ports (A or B) on the top of the TENS unit device.

2. Applying Electrode Pads

1. Ensure your skin is clean, dry, and free of lotions or oils before applying pads.
2. Carefully peel the electrode pads from their protective film.
3. Apply the pads firmly to the desired treatment area on your body. Ensure full contact with the

skin.

3. Using Reflexology Slippers

1. Wear the reflexology slippers as you would regular slippers.
2. Connect the lead wires to the designated ports on the slippers.
3. Ensure your feet are clean and make good contact with the conductive surfaces inside the slippers.

3-IN-1 MASSAGER

Enjoy the relaxation anytime, anywhere.

TENS
Pain Relief
(P1-P14)

EMS
Muscle Conditioning
(P15-P24)

RELAX
Body Relaxation
(P25-P32)

Proper setup involves connecting the electrode pads or reflexology slippers to the TENS unit via the lead wires. Ensure the pads are applied to clean, dry skin for optimal adhesion and conductivity. The slippers are worn like regular footwear, connecting to the unit for foot therapy.

OPERATING INSTRUCTIONS

Operating your AVCOO TENS Unit is straightforward. Follow these steps to begin your therapy session:

1. Power On/Off

1. Press and hold the **Power/Lock** button (bottom right) for a few seconds to turn the device ON or OFF.

2. Select Mode

1. Press the **Mode** button (bottom center) to cycle through the 32 available programs (P1-P32).
2. The display will show the current program number.
3. The programs are categorized into TENS (P1-P14 for pain relief), EMS (P15-P24 for muscle conditioning), and RELAX (P25-P32 for body relaxation).

3. Adjust Intensity

1. Use the **+** and **-** buttons on the left side of the device to adjust the intensity for Channel A.
2. Use the **+** and **-** buttons on the right side of the device to adjust the intensity for Channel B.
3. There are 40 intensity levels. Start with a low intensity and gradually increase until you feel a comfortable, strong, but not painful, sensation.

4. Set Timer

1. Press the **P** button (top center) to adjust the treatment timer.
2. The timer can be set from 10 to 90 minutes. The device will automatically shut off when the timer expires.

5. Screen Lock Function

1. Briefly press the **Power/Lock** button to lock the screen and prevent accidental changes during a session.
2. Press it again briefly to unlock.

FULL BODY PAIN RELIEF



The AVCOO TENS unit offers 32 preset modes across three categories: TENS (P1-P14) for pain relief, EMS (P15-P24) for muscle conditioning, and RELAX (P25-P32) for general body relaxation. Users can select the desired mode and adjust the intensity from 1 to 40 levels using the '+' and '-' buttons. The device also features a timer function, allowing sessions from 10 to 90 minutes, and a screen lock to prevent accidental changes during use.

CHARGING

The AVCOO TENS Unit is equipped with a powerful rechargeable lithium battery for extended use.

- **Battery Life:** A full charge provides up to 40 hours of continuous usage.
- **Charging Method:** Connect the included USB charging cable to the USB-C port on the device.
- **Power Sources:** You can charge the device using a wall charger (not included), a power bank, or a laptop USB port.
- **Battery Indicator:** The battery level indicator on the display will show the current charge status and remind you when it's time to recharge.



SUPERIOR REUSABLE GEL

*Industry-leading pads with
excellent self-adhesive for
50 times of use.*

50 TIMES

** Certificated latex-free, and non-irritating for skin.*

The AVCOO TENS unit is equipped with a powerful 300mAh rechargeable lithium battery, providing up to 40 hours of continuous use on a full charge. It can be conveniently charged via the included USB-C cable using a wall charger, power bank, or laptop USB port. A battery level indicator on the display will notify you when charging is required.

MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your AVCOO TENS Unit and its accessories.

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, gently remove the pads from your skin and reattach them to the provided pads holder or their original protective film. This protects the adhesive from dust and debris.

- If the pads lose stickiness, gently wipe the adhesive side with a damp cloth and let them air dry. Do not use soap or harsh chemicals.
- The pads are designed for over 50 uses with proper care. Replace pads when they no longer adhere well to the skin.
- All AVCOO pads are latex-free and designed to minimize skin irritation.

Reflexology Slipper Care

- Wipe the slippers clean with a damp cloth as needed. Ensure they are dry before storage.



To ensure the longevity and effectiveness of your AVCOO TENS unit and its accessories, keep the device clean and dry. The electrode pads feature industry-leading American gel designed for outstanding longevity and stickiness, allowing for more than 50 uses. After each use, reattach the pads to the pads holder to protect the adhesive. All pads are latex-free and designed to minimize skin irritation. The reflexology slippers can be wiped clean with a damp cloth.

TROUBLESHOOTING

If you encounter any issues with your AVCOO TENS Unit, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device fully. Press and hold the Power/Lock button to turn on.
No sensation or weak sensation.	Pads not properly applied, lead wires loose, intensity too low, or pads worn out.	Ensure pads are firmly attached to clean, dry skin. Check lead wire connections. Increase intensity gradually. Replace old pads.
Pads are not sticking.	Skin is oily/dirty, pads are dirty, or pads are worn out.	Clean skin before application. Gently wipe pad adhesive with a damp cloth and air dry. Replace pads if severely worn.
Display is frozen or unresponsive.	Temporary software glitch.	Turn off the device by holding the Power/Lock button, then turn it back on. If unresponsive, allow battery to drain completely then recharge.
Slippers not working.	Lead wire connection issue or feet not making good contact.	Ensure lead wires are securely connected to both the device and slippers. Make sure feet are clean and fully inside the slippers, making contact with the conductive areas.

SPECIFICATIONS

Feature	Detail
Model	B0CSPC19P9
Therapy Modes	TENS, EMS, RELAX (3-in-1)
Preset Programs	32
Intensity Levels	40
Channels	A/B Dual Channels
Battery Type	Rechargeable Lithium Battery (300mAh)
Usage Time	Up to 40 hours per charge
Timer Settings	10-90 minutes
Electrode Pads	8 Pcs (4 rectangular 2"x4", 4 square 2"x2"), Latex-free
Manufacturer	AVCOO
Package Dimensions	11.73 x 4.61 x 3.62 inches; 1.34 Pounds

WARRANTY AND SUPPORT

AVCOO stands behind the quality of its products. Your AVCOO TENS Unit comes with a **12-month warranty** from the date of purchase.

If you have any questions, concerns, or require technical assistance, please refer to the contact information provided with your purchase or visit the official AVCOO website for support. Please retain your proof of purchase for warranty claims.

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