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› NURSAL /

› NURSAL 4-in-1 TENS EMS Muscle Stimulator User Manual

NURSAL B0CWNRX8VR

NURSAL 4-in-1 TENS EMS Muscle Stimulator User Manual

Model: B0CWNRX8VR

INTRODUCTION

The NURSAL 4-in-1 TENS EMS Muscle Stimulator is a versatile device designed for pain relief and muscle conditioning. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and Massage (MASS) functions, along with a customizable DIY mode. This manual provides essential information for safe and effective use of your device.

SAFETY PRECAUTIONS AND WARNINGS

Please read this user manual carefully and consult with your physician before purchasing or using this device, especially if you have any pre-existing medical conditions.

- Do not use if you are pregnant.
- Do not use if you have heart disease or a pacemaker.
- Do not use if you have an implantable device.
- Do not use if you have cancer.
- 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.
- Keep out of reach of children.
- Do not apply pads to broken skin, open wounds, or sensitive areas like the eyes, mouth, or carotid sinus.
- Consult a healthcare professional if you experience adverse reactions.



Image: Warning against use during pregnancy.



Image: Warning against use with heart conditions.



Image: Warning against use with implantable devices.



Image: Warning against use with cancer.

PACKAGE CONTENTS

Upon opening your NURSAL TENS Unit package, please verify that all the following items are included:

- 1 x NURSAL TENS Machine
- 4 x Square Electrode Pads (2"x 2")
- 2 x Lead Wires (1/2 Wire)
- 1 x USB Cable (Type-C)
- 1 x Premium Carry Case
- 1 x Professional User Manual (this document)



Image: The NURSAL TENS Unit, electrode pads, lead wires, USB cable, and carry case.

PRODUCT OVERVIEW

Familiarize yourself with the components and controls of your NURSAL TENS EMS Muscle Stimulator.

IDEAL GIFT FOR OCCASIONS

- 1 x TENS Machine
- 4 x Square Electrode Pads(2"x 2")
- 2 x Lead Wires (1/2 Wire)
- 1 x USB Cable
- 1 x Premium Carry Case
- 1 x Professional User Manual



Image: Detailed diagram showing the device's CH1/CH2 output connectors, USB port, battery indicator, backlit screen, program selector, mode selector, On/Off/Unlock button, time set, CH1/CH2 intensity adjustment, and belt clip.

Key Features:

- **4-in-1 Modes:** TENS (Pain Relief), EMS (Muscle Conditioning), MASS (Massaging Body), and DIY (Personalized Treatment).
- **25 Programs:** Pre-set programs across TENS, EMS, and MASS modes, plus DIY customization.
- **40 Intensity Levels:** Fine-tune the stimulation intensity for optimal comfort and effectiveness.
- **Dual Channels:** Independently control intensity for two separate body areas simultaneously.
- **Rechargeable Battery:** Powerful 200mAh battery provides 20+ hours of continuous usage.

- **Large Backlit LCD Screen:** Easy to read, especially for elderly users.
- **Auto-Lock Function:** Device automatically locks after 30 seconds of inactivity to prevent accidental changes.
- **9 Timer Settings:** Adjustable treatment duration from 10 to 90 minutes.
- **Memory Function:** Remembers previous settings.
- **Medical-Grade Electrodes:** Standard 2mm pin connector pads, reusable for 50+ uses.



Image: Visual representation of key features including 30s auto-lock, 9 time settings, 25 programs, 40 intensity levels, memory function, 4 medical-grade electrodes, premium carry case, and belt clip.

1. Charging the Device

Before first use, fully charge the NURSAL TENS Unit. The device is equipped with a powerful 200mAh rechargeable battery.

1. Connect the provided Type-C USB cable to the USB port on the top of the device.
2. Connect the other end of the USB cable to a wall charger (not included), power bank, or laptop USB port.
3. The battery level indicator on the LCD screen will show charging status. Charge until the battery icon indicates a full charge.
4. A full charge provides over 20 hours of continuous usage.

200mAh POWERFUL RECHARGEABLE BATTERY



NURSAL



20H
Continuous Usage

A graphic showing a green battery with a lightning bolt symbol, indicating power and duration.

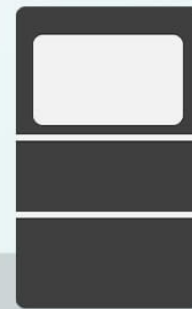
Convenient to Charge

A graphic showing the TENS unit being charged via a USB-C cable. Icons for a battery, USB, and a laptop are shown above the text.

Battery Indicator Remind

A graphic showing the TENS unit with a red circle highlighting the battery level indicator on the display.

 USB-C Cable Included



OTHERS



Image: Illustration of the NURSAL TENS Unit being charged via its USB-C port, highlighting the 200mAh battery, 20+ hours usage, convenient charging, and battery indicator.

2. Attaching Electrode Pads and Lead Wires

Ensure your skin is clean and dry before applying electrode pads for optimal adhesion and conductivity.

1. Insert the 2mm pin connectors of the lead wires into the electrode pads.
2. Plug the lead wires into the CH1 and/or CH2 output connectors on the top of the TENS unit.

- Carefully peel the electrode pads from their protective film.
- Apply the pads firmly to the desired treatment area on your skin. Ensure good contact for effective stimulation.

RELAX BODY, REDUCE PAIN

TENS can help reduce your pain and muscle spasms caused by many conditions



Image: Close-up showing the 2mm pin connector of the lead wire connecting to an electrode pad, emphasizing excellent stickiness and reusability.

OPERATING INSTRUCTIONS

1. Power On/Off and Unlock

- To turn on the device, press and hold the On/Off/Unlock button.
- The device will automatically lock if there is no operation within 30 seconds. To unlock, short press the On/Off/Unlock button.
- To turn off the device, press and hold the On/Off/Unlock button again.

2. Selecting Modes (TENS/EMS/MASS/DIY)

The NURSAL TENS Unit offers four distinct modes:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Primarily for pain relief.
- **EMS (Electrical Muscle Stimulation):** For muscle conditioning and strengthening.
- **MASS (Massage):** Provides a relaxing massage sensation.
- **DIY (Do It Yourself):** Allows for customized frequency and pulse width settings.

Use the 'M' (Mode Selector) button to cycle through the available modes. The selected mode will be displayed on the LCD screen.



TENS

Pain Relief
(8 Programs)



EMS

Muscle Conditioning
(8 Programs)

4-IN-1



MASS

Massaging Body
(8 Programs)



DIY

Personalized Treatment
(150 RatesHz)

Image: Visual representation of the four modes: TENS for pain relief, EMS for muscle conditioning, MASS for massaging the body, and DIY for personalized treatment.

3. Selecting Programs (P01-P25)

Within TENS, EMS, and MASS modes, there are pre-set programs (P01-P08 for each, totaling 24 programs). The DIY mode offers 150 rates/Hz for personalized treatment.

- After selecting a mode, use the 'P' (Program Selector) button to cycle through the available programs within that mode.

- In DIY mode, use the DIY +/- buttons to adjust the frequency/rate.

4. Adjusting Intensity (40 Levels)

The device features dual channels (CH1 and CH2) allowing independent intensity control for different body areas.

- Use the CH1 intensity adjustment buttons (+/-) to increase or decrease the intensity for Channel 1.
- Use the CH2 intensity adjustment buttons (+/-) to increase or decrease the intensity for Channel 2.
- Start with the lowest intensity and gradually increase until you feel a comfortable, yet effective, sensation. Avoid setting the intensity too high, which can cause discomfort.

DUAL CHANNELS INDEPENDENT INTENSITY

Allow you to set same modes but different intensities on the two (CH1,CH2) output connectors.

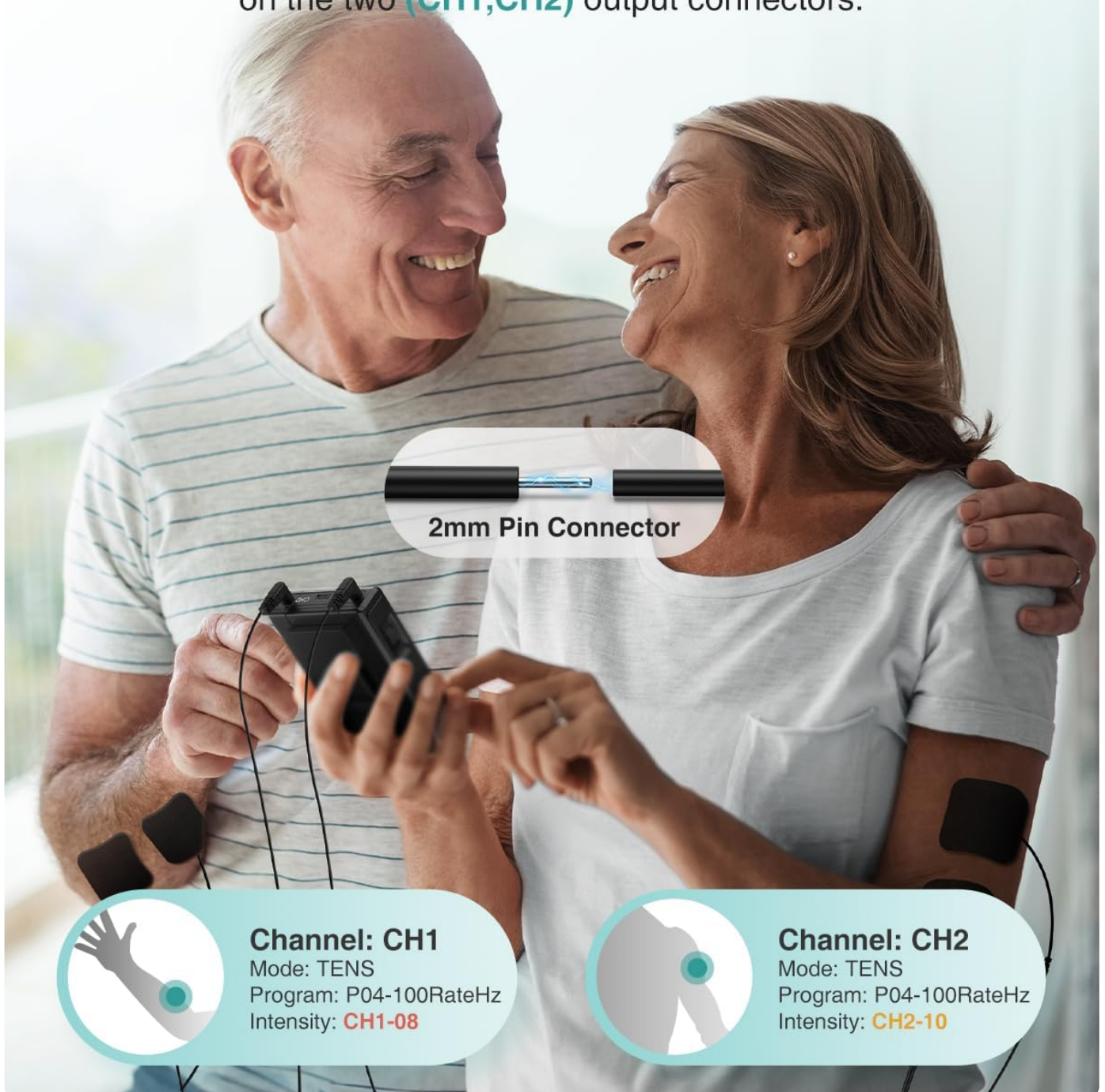


Image: Two individuals demonstrating the dual-channel feature, allowing independent intensity settings for Channel 1 and Channel 2 on different body parts.

5. Setting the Timer (10-90 Minutes)

The device has 9 timer settings, allowing you to set the therapy time according to your needs.

- Press the 'T' (Time Set) button to cycle through the available time durations (10-90 minutes).
- The remaining time will be displayed on the LCD screen. The device will automatically shut off once the timer

expires.

MAINTENANCE

1. Cleaning the Device

- Always turn off the device and disconnect all wires before cleaning.
- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in its premium carry case when not in use to protect it from dust and damage.

2. Caring for Electrode Pads

- After each use, gently peel the pads from your skin.
- Place the pads back onto their protective film to maintain their adhesive quality.
- If the pads lose their stickiness, gently wipe the adhesive surface with a damp cloth and let them air dry. This can sometimes restore stickiness.
- Replace pads when they no longer adhere well to the skin, typically after 50+ uses, or if they become damaged.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	<ul style="list-style-type: none">• Device not turned on.• Intensity too low.• Pads not properly attached or worn out.• Lead wires not connected securely.• Battery low.	<ul style="list-style-type: none">• Press and hold On/Off button.• Increase intensity gradually.• Re-apply pads firmly or replace them.• Check lead wire connections to device and pads.• Recharge the device.
Device turns off unexpectedly	<ul style="list-style-type: none">• Timer expired.• Battery depleted.• Auto-lock engaged (if no operation for 30s).	<ul style="list-style-type: none">• Check timer setting.• Recharge the device.• Short press On/Off button to unlock.
Screen is dim or blank	<ul style="list-style-type: none">• Battery low.• Device off.	<ul style="list-style-type: none">• Recharge the device.• Turn on the device.

SPECIFICATIONS

Feature	Detail
Model	B0CWNRX8VR
Modes	TENS, EMS, MASS, DIY
Programs	25 (8 TENS, 8 EMS, 8 MASS, 1 DIY)
Intensity Levels	40
Channels	Dual (CH1, CH2)
Battery	200mAh Rechargeable Lithium Battery
Usage Time	20+ hours (continuous)
Timer Settings	10-90 minutes (9 settings)
Electrode Pad Connector	Standard 2mm Pin
Package Dimensions	6.34 x 4.57 x 2.6 inches
Weight	10.23 ounces
Manufacturer	NURSAL

WARRANTY AND SUPPORT

NURSAL is committed to providing high-quality products and excellent customer service.

- **Satisfaction Guarantee:** The product comes with a 100% satisfaction guarantee.
- **Return Policy:** 365 Days Return.
- **Technical Support:** Lifetime technical support is provided.
- **Customer Service:** 24/7 online customer service is available to assist with any questions or concerns.

For support, please refer to the contact information provided on the product packaging or the official NURSAL website.

SAFETY PRECAUTIONS AND WARNINGS

Note:
Please read NURSAL Muscle Stimulator
USER MANUAL carefully or consult with your
physician before purchasing or using this device




Image: Graphic highlighting NURSAL's commitment to customer satisfaction, including 24/7 service, 365-day return policy, and lifetime technical support.

