**Saved from manuals.plus.**
**Open the live page for links to other documents and user manuals.**



**LANDAST MHD TENS Muscle Stimulator**

# LANDAST MHD TENS Muscle Stimulator User Manual

Model: MHD TENS Muscle Stimulator
Brand: LANDAST

## 1. Important Safety Information

Please read all instructions and safety warnings carefully before using the LANDAST MHD TENS Muscle Stimulator. Failure to follow these instructions may result in injury or device malfunction.

- **Consult a Physician:** If you have any medical conditions, including but not limited to heart conditions, epilepsy, cancer, or if you are pregnant, consult your doctor before using this device.
- **Do Not Use On:** Do not apply pads over open wounds, rashes, swollen, red, infected, or inflamed skin areas. Avoid using on the head, face, neck, or across the chest.
- **Moisture-Activated Pads:** Ensure silicone pads are moisturized for proper activation and conductivity. Dry pads will not function correctly and may cause discomfort.
- **FDA Cleared:** This device is FDA cleared, indicating it meets rigorous safety and effectiveness standards for its intended use.
- **Keep Out of Reach of Children:** Store the device and accessories away from children.
- **Not for Diagnostic Use:** This device is intended for muscle stimulation and temporary pain relief only and should not be used for diagnostic purposes.




Image 1: Quality Inspection Certificates, including FDA registration, for the MHD TENS Muscle Stimulator, ensuring compliance with safety standards.

## 2. Product Overview

The LANDAST MHD TENS Muscle Stimulator is a versatile, battery-powered device designed for both Transcutaneous Electrical Nerve Stimulation (TENS) and Powered Muscle Stimulation (PMS). It offers 12 specialized programs to assist with muscle performance improvement, activation, and temporary relief of muscle pain.

### Key Features:

- **Dual Functionality:** Combines TENS for pain relief and PMS for muscle stimulation.
- **12 Programs:** A variety of modes to target different needs and muscle groups.
- **FDA Cleared:** Certified for safe and effective performance.
- **Portable Design:** Battery-powered for convenient use at home or on the go.
- **Moisture-Activated Pads:** Ensures optimal conductivity and user comfort.




Image 2: The LANDAST MHD TENS Muscle Stimulator, showing the main belt unit, detachable controller, and an additional arm/leg pad. A man is shown using the abdominal belt.




Image 3: Illustration of the benefits of electrical muscle stimulation, including body shaping, enhanced performance, and muscle rehabilitation, with a man demonstrating abdominal muscle activation.

## 3. Product Components

Your LANDAST MHD TENS Muscle Stimulator package typically includes the following items:

- MHD TENS Muscle Stimulator Belt (main unit with integrated pads)
- Detachable Control Unit
- USB Charging Cable
- User Manual (this document)

Please inspect all components upon unboxing to ensure everything is present and undamaged.

## 4. Setup

Follow these steps to set up your MHD TENS Muscle Stimulator for first use:

1. **Charge the Controller:** Connect the control unit to a power source using the provided USB cable. Ensure it is fully charged before initial use.
2. **Install the Controller:** Attach the charged control unit securely to the designated connector on the muscle stimulator belt.
3. **Moisturize the Pads:** Lightly spray or dampen the surface of the silicone pads on the belt with water. This is crucial for proper conductivity and effective stimulation. The device will not activate if the pads are dry.
4. **Wear the Belt:** Wrap the belt around the desired muscle area (e.g., abdomen) and secure it comfortably. Ensure the pads are in full contact with your skin.




Image 4: Visual guide demonstrating the easy setup steps: charging the controller via USB, installing the controller onto the belt, and wrapping the belt around the body.




Image 5: A reminder to moisturize the pads surface before use, showing a hand spraying water onto the silicone pads of the belt. The controller requires moistened pads to start.

## 5. Operating Instructions

Once the device is set up and worn, follow these steps to begin your stimulation session:

### 5.1 Power On/Off

- **To Turn On:** Press the '+' button on the control unit. The device will power on and the light will flash, indicating it is working.
- **To Turn Off:** Press the '-' button for several seconds until the device powers down.

### 5.2 Mode Selection

Press the 'M' button to cycle through the 12 available programs. It is recommended to increase the mode number from the lowest step by step to find your preferred setting.

**Available Programs (Modes)**

| Mode | Description |
|---|---|
| Mode 1 | Lightly pat |
| Mode 2 | Flap like waves |
| Mode 3 | Like scraping the skin |
| Mode 4 | Massage |
| Mode 5 | Soft kneading |
| Mode 6 | Hand-launder |
| Mode 7 | Like flexible acupuncture |
| Mode 8 | Quick press |
| Mode 9 | Strong press |
| Mode 10 | Stronger press |
| Mode 11 | Magic pinch |
| Mode 12 | Super power hammering |

## 5.3 Intensity Adjustment

- **Increase Intensity:** Press the '+' button to increase the stimulation level.
- **Decrease Intensity:** Press the '-' button to decrease the stimulation level.

Intensity levels are typically categorized as:

- **1-7 Levels:** Weak
- **8-14 Levels:** Moderate
- **15-20 Levels:** Strong




Image 6: Detailed overview of the control unit, displaying current mode and intensity, along with descriptions for each of the 12 modes and the corresponding intensity levels (Weak, Moderate, Strong).

### 5.4 Usage Guidelines

- **Session Duration:** Each session typically lasts 20 minutes. The device may have an automatic shut-off feature after this duration.
- **Application:** The device can be used during various activities such as resting, working, running, or yoga, as long as the pads maintain good skin contact.




Image 7: Collage showing the versatility of the muscle stimulator, usable during various activities like running, resting, yoga, and working.

## 6. Maintenance and Care

Proper maintenance ensures the longevity and effectiveness of your device.

- **Cleaning the Pads:** After each use, gently wipe the silicone pads with a damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Keep the protective film on the pads when not in use to prevent drying.
- **Pad Integrity:** Do not fold or squeeze the electrode pads, as this can damage them.
- **Battery Care:** Recharge the device regularly, even if not in frequent use, to maintain battery health.

## 7. Troubleshooting

If you encounter issues with your MHD TENS Muscle Stimulator, refer to the following common problems and solutions:

- **Device Not Turning On:**
  - Ensure the control unit is fully charged.
  - Verify the control unit is securely attached to the belt.
- **No Sensation or Weak Stimulation:**
  - **Crucial:** Ensure the silicone pads are adequately moistened. The controller can only be started when the silicone pads are moistened and conductive.
  - Check that the pads are in full and firm contact with your skin.
  - Increase the intensity level gradually using the '+' button.
  - Ensure the device is not in a paused or standby mode.
- **Pads Not Sticking:**
  - Clean the pads and your skin thoroughly. Oils or lotions can reduce adhesion.
  - Moisten the pads as instructed.
  - If pads are worn out, they may need replacement (contact support for compatible replacements).
- **Discomfort During Use:**
  - Reduce the intensity level.
  - Ensure pads are properly moistened and making full contact.
  - If discomfort persists, discontinue use and consult a physician.

## 8. Specifications

| Feature | Detail |
|---|---|
| Model | MHD TENS Muscle Stimulator |
| ASIN | B0D7ZN3DY5 |
| Functions | TENS (Transcutaneous Electrical Nerve Stimulation) & PMS (Powered Muscle Stimulation) |
| Programs | 12 Modes |
| Intensity Levels | Up to 20 levels |
| Power Source | 1 Lithium Ion battery (included) |
| Package Dimensions | 9.09 x 7.44 x 1.85 inches |
| Item Weight | 12.31 ounces |
| Manufacturer | Shenzhen MingHuangDa Electronics Co., Ltd. |
| Belt Length | Approximately 47 inches + Belt Extension |




Image 8: Illustration of the product size, indicating the belt length of 47 inches plus an additional belt extension for adjustable fit.

## 9. Warranty and Support

For warranty information, please refer to the documentation included with your product packaging or contact the manufacturer directly. Warranty terms typically cover manufacturing defects for a specified period from the date of purchase.

### Customer Support:

If you have any questions, require technical assistance, or need to report an issue, please contact LANDAST customer support through the retailer where you purchased the product or refer to the contact information provided in your product packaging.

© 2024 LANDAST. All rights reserved.

## 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/B0D7ZN3DY5**

More documents and user manuals: **https://manuals.plus/**