

AVCOO TA2224C

AVCOO Dual Channel TENS Unit Muscle Stimulator User Manual

Model: TA2224C

1. IMPORTANT SAFETY INFORMATION

Please read all safety information carefully before using this device. Failure to follow these instructions could result in injury or device malfunction.

General Safety Guidelines:

- If you have any of the following conditions, please carefully read the USER MANUAL of the AVCOO Muscle Stimulator 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.

Specific Contraindications:

- 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 if you are under 22 years of age.
- The information provided here is not intended for medical diagnosis or treatment and should not be used as a substitute for professional medical advice. It is strongly recommended that you consult with your physician or a qualified healthcare provider regarding your specific condition and appropriate medical treatment.

2. PACKAGE CONTENTS

The AVCOO Dual Channel TENS Unit Muscle Stimulator kit includes the following items:

PACKAGE CONTENTS



TENS Unit Device x1
Square Pads x8
Rectangular Pads x4
Lead Wire x2
Pads Holder x1
Travel Carry Case x1
Type-C Cable x1
Use Manual x1

Image: All components included in the AVCOO TENS Unit package, neatly arranged.

- 1 x AVCOO Stim Machine (Main Unit)
- 12 Pcs Electrode Pads (4 rectangular pads in 2" x 4" and 8 square pads in 2" x 2")
- 2 x Lead Wires
- 1 x EVA Travel Carry Case
- 1 x Pads Holders
- 1 x Type-C Cable
- 1 x User Manual

3. PRODUCT OVERVIEW AND FEATURES

The AVCOO Dual Channel TENS Unit is a versatile 3-in-1 device designed for drug-free pain relief, muscle conditioning, and relaxation.



Image: The main AVCOO TENS Unit device with electrode pads and carry case.

3-IN-1 MASSAGER

Enjoy the relaxation anytime, anywhere.



Image: Visual representation of the TENS (Pain Relief), EMS (Muscle Conditioning), and RELAX (Body Relaxation) functions.

- **3-in-1 Functionality:** Combines TENS (Transcutaneous Electrical Nerve Stimulation) for pain relief, EMS (Electrical Muscle Stimulation) for muscle conditioning, and RELAX functions for general body relaxation.
- **Versatile Modes & Levels:** Features 24 pre-programmed modes and 40 intensity levels, allowing for customized therapy without sudden shocks.
- **Adjustable Therapy Duration:** Session duration can be set from 10 to 90 minutes, or used in continuous mode.
- **Dual Channel Operation:** A/B channels provide flexibility to use 2 or 4 pads simultaneously for targeted relief.
- **Portable Design:** Comes with a moisture-resistant EVA travel case for easy storage and transport.
- **Long Battery Life:** Equipped with a powerful battery providing up to 40 hours of continuous use on a single charge.
- **High-Quality Pads:** Includes reusable, latex-free, and skin-friendly gel pads designed for over 50 uses. Available in two sizes for various body areas.

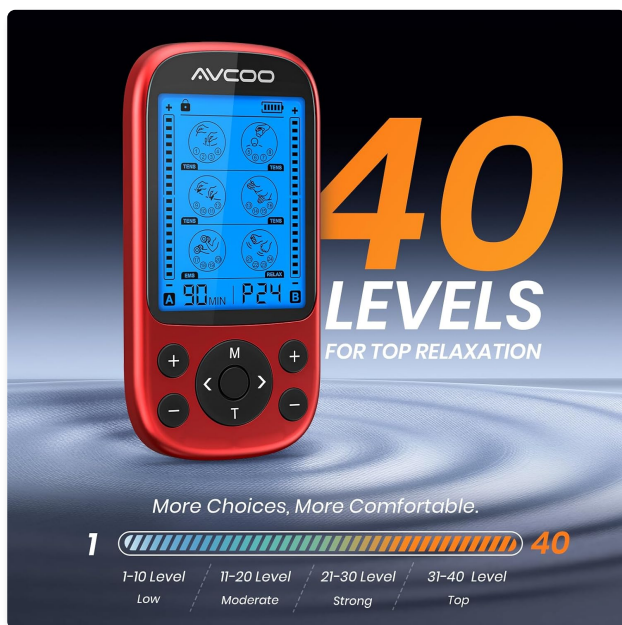


Image: Display showing the 40 levels of intensity for customized therapy.



Image: Illustration highlighting the 40-hour battery life and various charging methods (wall charger, power bank, laptop USB).

4. SETUP GUIDE

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

1. **Clean Application Areas:** Ensure the skin where pads will be applied is clean and dry. This helps with pad adhesion and conductivity.
2. **Connect Lead Wires:** Connect the lead wire to a pair of electrode pads. Then, plug the lead wire into the appropriate port on the AVCOO device.
3. **Paste Pads Firmly:** Remove the protective film from the electrode pads and firmly paste them onto the desired skin area.
4. **Turn On Device:** Long press the power button (usually located on the side or top) to turn on the device.

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Video: A step-by-step guide on how to set up and use the AVCOO 3-in-1 TENS Unit, including cleaning the skin, connecting pads, and powering on the device.

5. OPERATING INSTRUCTIONS

Once the device is set up, follow these steps to begin your therapy session:

1. **Choose a Mode:** Press the 'M' button to cycle through the 24 pre-programmed modes (P1-P24). Use the left/right arrow buttons to select a specific sub-mode if available.
2. **Adjust Strength Level:** Use the '+' and '-' buttons to increase or decrease the intensity level for each channel (A and B). The device offers 40 levels of strength.
3. **Set the Time:** Press the 'T' button to adjust the therapy duration. You can set the timer from 10 to 90 minutes, or select continuous mode.
4. **Lock/Unlock Device:** Long press the central round button to lock or unlock the device screen during use, preventing accidental changes to settings.
5. **Turn Off Device:** Long press the power button to turn off the device after your session is complete.



Image: Diagram illustrating the main controls for mode selection, intensity adjustment, and timer settings on the TENS unit.

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Video: Demonstration of the AVCOO TENS Unit's compact size, 40-hour battery life, 32 modes, 40 levels, and how to set the timer and lock the screen.

6. MAINTENANCE

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

Caring for Electrode Pads:

To extend the lifespan of your reusable electrode pads (rated for 50+ uses):

1. **Clean and Dry Skin:** Always apply pads to clean and dry skin before use.
2. **Attach Firmly:** Ensure pads are attached firmly to the skin during use.
3. **Clean Pads After Use:** Clean the pads with a few drops of water and allow them to air dry naturally after each use.
4. **Proper Storage:** Seal the pads in a dry and cool place, preferably on their original plastic film or the provided pads holders, to maintain adhesive quality.



Image: Close-up of the reusable gel pads, demonstrating their flexibility and adhesive quality.



Image: Step-by-step visual guide on cleaning and storing electrode pads to prolong their life.

Charging the Device:

The device is equipped with a powerful rechargeable battery. Use the provided Type-C cable to charge the unit. It can be charged via a wall charger, power bank, or laptop USB port. Do not use the device while it is charging.

7. TROUBLESHOOTING

If you encounter any issues with your AVCOO TENS Unit, please refer to the following common troubleshooting tips:

- **No Power:** Ensure the device is fully charged. If the battery is low, connect it to a power source using the Type-C cable. Long press the power button to turn it on.
- **No Sensation/Weak Sensation:**
 - Check if the electrode pads are firmly attached to clean, dry skin. Poor contact can reduce sensation.
 - Ensure the lead wires are securely connected to both the pads and the device.
 - Increase the intensity level using the '+' button.
 - Try replacing old or worn-out electrode pads, as their conductivity may decrease over time.
- **Pads Not Sticking:**
 - Clean the adhesive side of the pads with a few drops of water and let them air dry.
 - Ensure your skin is clean and free of oils, lotions, or sweat before application.
 - If pads are very old or have lost their stickiness after many uses, replace them with new ones.
- **Device Not Responding:** Try turning the device off and then on again. If the issue persists, ensure it is not locked (long press the central round button).

8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	TA2224C
Functions	TENS, EMS, RELAX (3-in-1)
Modes	24 Pre-programmed Modes
Intensity Levels	40 Levels
Timer	10-90 Minutes (Adjustable) or Continuous Mode
Battery Life	Up to 40 hours (continuous use)
Pad Material	Latex-free, Skin-friendly Gel
Pad Reusability	50+ times with proper care
Package Dimensions	7.48 x 4.72 x 2.6 inches
Item Weight	14.07 ounces
Manufacturer	AVCOO
Country of Origin	China

9. WARRANTY AND SUPPORT

AVCOO stands behind the quality of its products. Your purchase includes:

- **24 Months Customer Service:** For any inquiries or assistance with your device.
- **Lifetime Technical Support:** Ongoing support for the technical aspects and usage of your TENS unit.

Please retain your proof of purchase for warranty claims. For support, refer to the contact information provided in your physical user manual or visit the official AVCOO website.

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