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> [AERLANG TENS EMS Muscle Stimulator AS2080 User Manual](#)

AERLANG AS2080

AERLANG TENS EMS Muscle Stimulator AS2080 User Manual

Model: AS2080

1. INTRODUCTION

The AERLANG TENS EMS Muscle Stimulator AS2080 is a versatile device designed for pain management, muscle strengthening, and relaxation. It combines Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief, Electrical Muscle Stimulation (EMS) for muscle conditioning, and a RELAX mode for soothing comfort. This manual provides essential information for safe and effective use of your device.



Image: The AERLANG TENS EMS Muscle Stimulator, highlighting its pain relief capabilities.

2. SAFETY INFORMATION AND PRECAUTIONS

Please read all safety instructions carefully before using the device. Improper use can lead to injury or device malfunction.

- **Skin Preparation:** Clean the skin where electrodes are applied. Grease and body hair can affect electrode adhesion and effectiveness.
- **Not for Specific Groups:** This device is not suitable for children or pregnant women. Consult a healthcare provider if you have any medical conditions.
- **Secure Connections:** Ensure electrode leads are securely connected and pads are firmly placed on the skin before turning on the device. Do not adjust intensity or reposition pads while the program is running. Always pause or power off the device first.

- **Discomfort:** If you experience any discomfort, such as skin itching, pain, or muscle contractions that are too intense, stop using the TENS unit immediately and consult your healthcare provider.
- **Pad Usage:** Two pads should always be used together as a pair. Always peel off the protective film from the pads before use. To avoid electrical short circuits, do not connect two pads to each other.
- **Pad Application:** Do not apply ointments or solvents to pads or skin before use. Avoid using pads on sweaty, oily, hairy, or uneven areas.
- **Pad Placement:** Do not overlap pads during application. Do not move pads while they are active.
- **Hygiene:** Do not share pads with others to prevent irritation or infection.
- **Pad Care:** Do not touch the gel to remove pads; grip the edges, not the wires.



NOTE



- Take care to clean the skin where the electrodes are used, grease and body hair can affect the life of the electrodes.
- Not suitable for children or pregnant women.
- Ensure the leads are securely connected and the electrode pads are firmly placed on the skin before using the device, or you won't be able to adjust the intensity. To reposition or remove the pads, always pause the program currently running or power off the device.
- If you experience any discomfort, such as skin irritation, itching, pain, or muscle contractions that are too intense, stop using the TENS unit immediately and consult your healthcare provider.
- Two pads should be used together as a pair. Always peel off the protective film on the pads before use. To avoid an electrical short, do not connect two pads to each other.

Image: Important safety notes regarding TENS unit usage, including skin preparation and conditions for use.

Pads Precautions

- Do not apply ointments or solvents to pads or skin before use.
- Do not use pads in sweaty and oily, hairy and uneven areas.
- Do not overlap the pads during application to maintain function.
- Do not move the pads when they are working.
- Do not share pads with others to prevent irritation or infection.
- Do not bend or fold the pads to prevent gel damage.
- Do not touch the gel to remove pads by gripping edges, not wires.



Image: Precautions for handling and applying electrode pads.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- AERLANG TENS EMS Muscle Stimulator Unit (AS2080)
- 16 Reusable Electrode Patches (various sizes)
- Electrode Wires (Dual plug)
- USB Charging Cable

- Pads Holder
- User Manual (English/French)

COMPLETE
SET

INCLUDES



User manual



Tens unit

x2



Dual plug electrode
USB-C charging

x8



Edical-grade
electrode pads



Pads Holder

Image: A visual representation of all items included in the AERLANG TENS EMS Muscle Stimulator package.



Image: Another view of the complete set of the TENS EMS Muscle Stimulator and its accessories.

4. PRODUCT FEATURES

- **Three Mode Functionality:** TENS for pain management, EMS for muscle strengthening, and RELAX for soothing relaxation.
- **Dual Channel Control:** Independently control two channels to treat multiple body parts simultaneously.
- **24 Modes & 30 Intensity Levels:** Offers a wide range of customizable treatment options.
- **LCD Display:** Bright screen with intuitive icons and buttons for easy operation.
- **Rechargeable Lithium Battery:** Built-in powerful battery for cordless operation.
- **Timer Function:** Adjustable session times from 10 to 90 minutes.
- **Lock Screen Function:** Prevents accidental key presses during treatment.
- **Automatic Shut-off:** Device turns off after 5 minutes of inactivity to conserve energy.
- **Memory Function:** Retains the previously used mode for convenience.

3 TREATMENTS

Combined Use



TENS

Pain Relief



EMS

Muscle
Conditioning



RELAX

Massaging
Body

Image: Overview of the three primary treatment modes: TENS, EMS, and RELAX.

Mode 1-8
TENS
Pain Relief

Mode 9-16
EMS
Muscle
Conditioning

Mode 17-24
RELAX
Massaging
Body

3-in-1

TENS Unit

24 Mode TENS Unit includes TENS, EMS, and RELAX to relieve pain drug-free. Set your level of relaxation with 30 intensities.

Image: Detailed breakdown of the 24 modes across TENS, EMS, and RELAX categories.

5. SETUP GUIDE

1. **Charge the Device:** Before first use, fully charge the device using the provided USB charging cable. The battery indicator on the LCD screen will show charging status.
2. **Connect Electrode Wires:** Plug the electrode wires into the ports on the top of the TENS unit.
3. **Attach Electrode Pads:** Connect the electrode pads to the ends of the electrode wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to apply the pads.
5. **Apply Pads:** Peel the protective film from the electrode pads and firmly place them on the desired treatment area. Remember to use two pads per channel.

EASY TO USE



Paste pads to the area where you want therapy



Connect the electrode wire to the A/B channel



Slide the On/Off switch to the left, the LCD will light up and the device will turn on



Select the A/B channel and the mode



Adjust the intensity



Set the times (short press) and lock the screen (long press) to enjoy massage

Image: Visual instructions for connecting pads, wires, and powering on the device.

6. OPERATING INSTRUCTIONS

1. **Power On:** Slide the On/Off switch located on the top of the unit to the 'On' position. The LCD screen will light up.
2. **Select Channel and Mode:**
 - o Press the "<" and ">" buttons to navigate through the 6 main icons on the screen. Each icon contains different built-in

modes (4 modes per icon).

- Press the "M" button to choose the desired mode within the selected icon.

3. **Adjust Intensity:** Press the "+" button to gradually increase the intensity and the "-" button to decrease it. Start with a low intensity and increase gradually until you feel a comfortable, yet effective, sensation.
4. **Set Timer:** Press the "T" button to adjust the treatment time (10-90 minutes). A short press changes the time, a long press activates the lock screen function.
5. **Lock Screen:** To prevent accidental changes during treatment, press and hold the "T" button. A lock icon will appear on the LCD. Press and hold "T" again to unlock.
6. **Power Off:** Slide the On/Off switch to the 'Off' position when finished. The device will also automatically shut off after 5 minutes of inactivity.

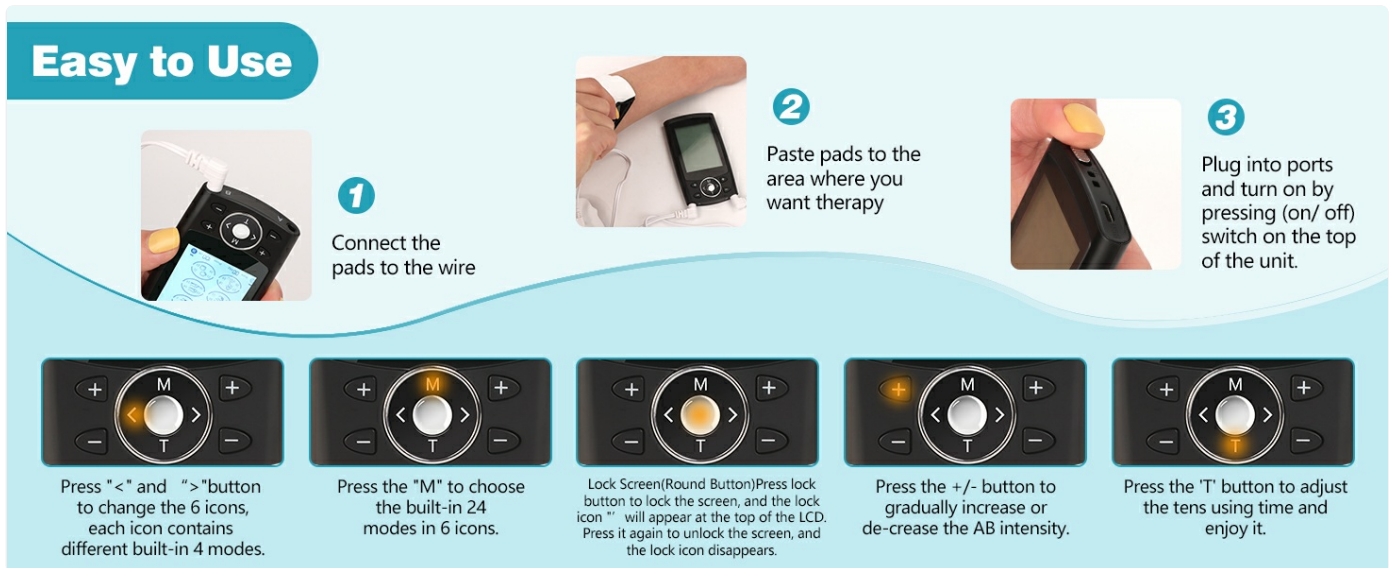


Image: Step-by-step instructions for operating the device's controls.

7. MODES AND INTENSITY LEVELS

The device offers 24 distinct modes across TENS, EMS, and RELAX categories, with 30 adjustable intensity levels.

- **TENS Modes (Pain Relief):** Typically modes 1-8. Designed to block pain signals.
- **EMS Modes (Muscle Conditioning):** Typically modes 9-16. Designed to stimulate muscle contractions for strengthening and recovery.
- **RELAX Modes (Massaging Body):** Typically modes 17-24. Designed for gentle massage and relaxation.

Intensity levels range from 1 to 30:

- **Level 1-6:** Low intensity, gentle sensation.
- **Level 7-12:** Moderate intensity.
- **Level 13-20:** Strong intensity.
- **Level 21-30:** Top intensity, for experienced users.



30



21-30
Level Top

13-20
Level Strong

7-12
Level Modorato

1-6
Level LOW

1

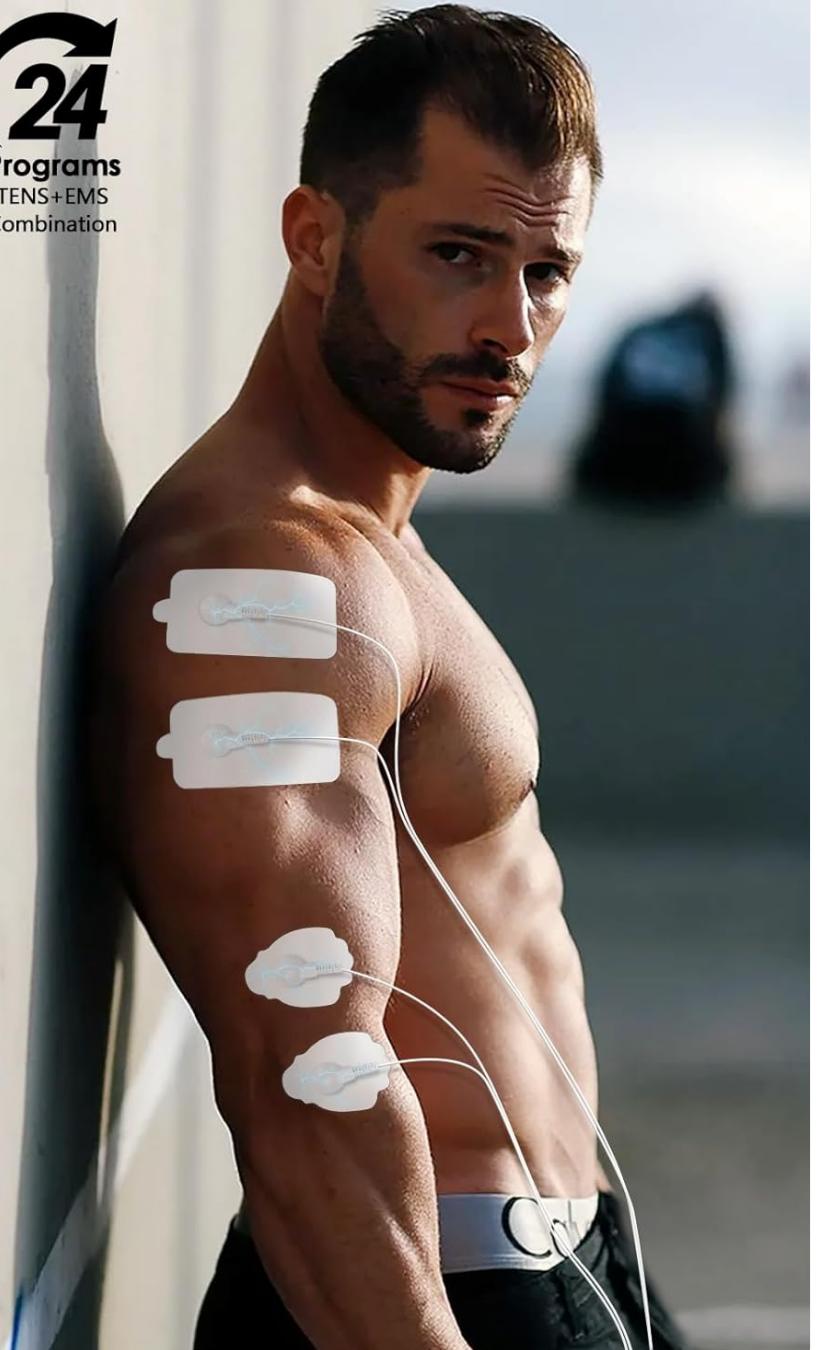


Image: Visual guide to the 30 intensity levels and their corresponding sensation categories.

8. ELECTRODE PAD APPLICATION AND CARE

Proper application and care of electrode pads are crucial for effectiveness and longevity.

- **Application:** Ensure skin is clean and dry. Apply pads firmly to the desired area.
- **Reusability:** The advanced gel pads are designed for superior adhesion and can be reused up to 50 times with proper care.
- **Storage:** After each use, reattach the protective film to the pads and store them on the provided pads holder or in a sealed bag to prevent drying.
- **Cleaning:** If pads lose stickiness, gently wipe the adhesive surface with a damp cloth (water only) and let air dry. Do not use soap or alcohol.
- **Replacement:** Replace pads when they no longer adhere well or if you experience reduced sensation or discomfort during use.

ADVANCED REUSABLE GEL PADSD

Designed for superior
adhesion and up to 50 uses



Image: Demonstrating the reusability and proper handling of the gel electrode pads.

9. CHARGING THE DEVICE

The AERLANG TENS EMS Muscle Stimulator is equipped with a built-in rechargeable lithium-ion battery.

- Connect the provided USB charging cable to the charging port on the device.
- Plug the other end of the USB cable into a compatible USB power adapter (not included) or a computer USB port.
- The battery icon on the LCD screen will indicate charging status.
- A full charge provides extended usage time.

10. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully.

Problem	Possible Cause	Solution
No sensation or weak sensation.	<ul style="list-style-type: none"> • Pads not adhering properly. • Pads are worn out. • Wires are loose or damaged. • Intensity level is too low. 	<ul style="list-style-type: none"> • Ensure skin is clean and dry; reapply pads firmly. • Replace electrode pads. • Check all wire connections; replace if damaged. • Increase intensity gradually.
Skin irritation or discomfort.	<ul style="list-style-type: none"> • Pads applied to sensitive or unclean skin. • Allergic reaction to pads. • Intensity too high. 	<ul style="list-style-type: none"> • Clean skin thoroughly before application. • Discontinue use and consult a healthcare professional. • Reduce intensity or stop treatment.
Screen is locked.	Lock function activated.	Press and hold the "T" button to unlock the screen.

11. SPECIFICATIONS

Model Number	AS2080
Dimensions	9.5 x 5.5 x 11 cm
Weight	62.4 Grams
Power Source	Battery Powered (1 Lithium Ion battery, included)
Material	Plastic
Channels	Dual Channel
Modes	24 (TENS, EMS, RELAX)
Intensity Levels	30
Timer Settings	10-90 minutes
Manufacturer	SHENZHEN ASTEC TECHNOLOGY CO., LTD.
Country of Origin	China

12. PRODUCT VIDEOS

Watch these official videos for a visual guide on using your AERLANG TENS EMS Muscle Stimulator.

Product Overview (0:56)

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Video: A brief overview demonstrating the key features and benefits of the AERLANG TENS EMS Muscle Stimulator.

Detailed Usage Guide (2:29)

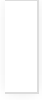
Your browser does not support the video tag.

Video: A comprehensive guide on how to set up, operate, and select modes and intensity levels on the device.

13. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided in your product packaging or contact the seller directly. Keep your purchase receipt as proof of purchase.

Manufacturer: SHENZHEN ASTEC TECHNOLOGY CO., LTD.



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