

## BHK-TENS 280

# BHK-TENS 24 Modes TENS Unit Muscle Stimulator (Model 280) Instruction Manual

## INTRODUCTION

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The BHK-TENS 24 Modes TENS Unit Muscle Stimulator is a professional 3-in-1 electronic pulse massager designed for pain relief and muscle stimulation. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and Massage (MASS) functions. TENS provides safe and effective pain relief, EMS stimulates muscle contraction for rehabilitation and strength training, and MASS aids in full-body relaxation. This device features 24 pre-programmed modes, 40 adjustable intensity levels, and a timer function (5-90 minutes) for customized therapy.

# Professional EMS TENS Unit for Full-Body Pain Relief

FDA-Cleared Muscle Therapy



Image: BHK-TENS device displaying pulse rate and pulse width settings.

# 24 Modes & 40 Current Levels



Image: BHK-TENS device illustrating its 24 modes and 40 intensity levels.



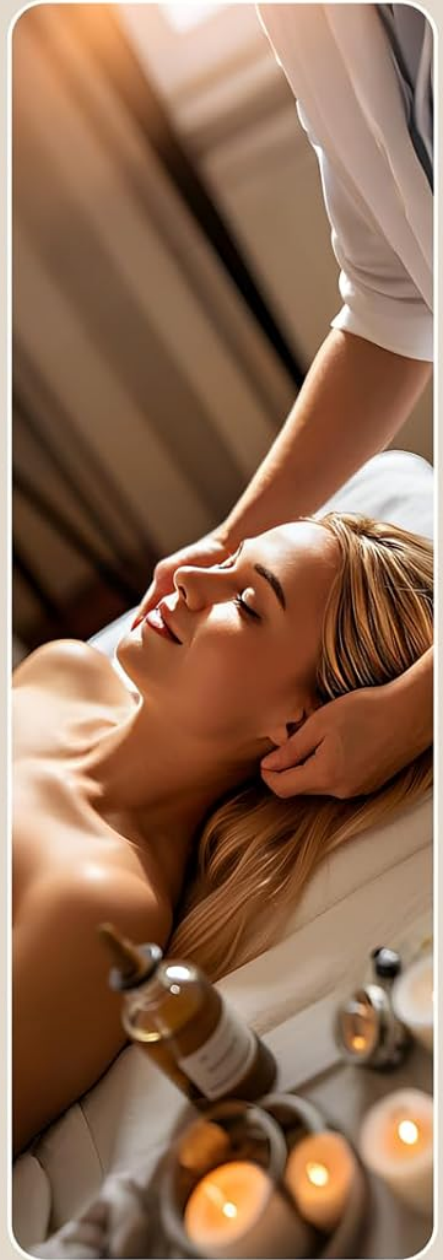
# 3-in-1 Unit TENS/EMS/MASS



**TENS**  
PAIN RELIEF  
(P1-P8)



**EMS**  
MUSCLE  
CONDITIONING  
(P1-P8)



**MASS**  
BODY  
RELAXATION  
(P1-P8)

Image: The 3-in-1 functions of the BHK-TENS unit: TENS for pain relief, EMS for muscle conditioning, and MASS for body relaxation.

## SETUP

## Package Contents

The BHK-TENS device kit includes:

- 1 TENS & EMS Therapy Device
- 8 Electrode Pads (2 rectangular pads 2" x 4", 6 square pads 2" x 2")
- 2 Lead Wires
- 1 Storage Bag
- 1 Pads Holder
- 1 Type-C Cable
- 1 User Manual

# WHAT YOU GET

Tens device x1pc

Electrode pads 2\*2" x6 pcs

Electrode pads 2\*4" x2 pcs

Electric wire x2 pcs

Type-C USB cable x1 pc

User manual x1pc

Pads holder x1pc

Storage Bag x1pc

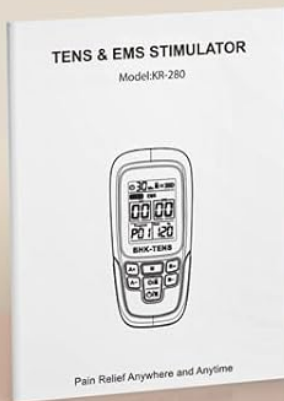


Image: All items included in the BHK-TENS product package.

## Charging the Device

Before first use, ensure the device is fully charged using the provided Type-C cable. The device should be turned off during charging.



## Connecting and Applying Electrode Pads

1. **Ensure Device is Off:** Always make sure the TENS unit is turned off before connecting or applying electrode pads.
2. **Connect Lead Wires:** Insert one end of the lead wire into either Channel A or Channel B port on the top of the device. Connect the two pins on the other end of the lead wire to the electrode pads.
3. **Prepare Skin:** Clean and dry the skin area where the pads will be applied. Ensure there are no irritations. For optimal adhesion and to prevent discomfort, choose non-hairy areas of the skin.
4. **Apply Pads:** Stick the electrode pads firmly onto the clean skin over the targeted area.

**Important: The device will only function correctly when an even number of pads (e.g., 2 or 4) are connected and attached to the skin. If only one or three pads are attached, the current output intensity cannot be increased due to a protective function designed to prevent electrical shock.**



Image: Visual guide for connecting pads and wires to the device.

Video: Demonstrates connecting the electrode pads to the lead wires and then to the device, followed by applying the pads to the skin. It also shows cleaning the skin with an alcohol wipe before application.

## Recommended Pad Positions

Refer to the user manual for detailed diagrams and recommended positions for applying the electrode pads to various body parts for effective therapy.



Image: Recommended electrode pad placements for different body areas.

## OPERATING INSTRUCTIONS

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### Powering On/Off

After connecting and applying the pads, long-press the power button (O/I) for 3 seconds to turn on the device. To turn off the device, long-press the power button again. To pause or stop treatment, short-press the power button.

### Selecting Modes and Programs

1. **Select Mode:** Long-press the 'M' button to switch between the three basic modes: TENS, EMS, and MASS.
2. **Select Program:** Once a mode is selected, short-press the 'M' button to cycle through the available programs within that mode. The device offers 24 pre-set programs.

### Adjusting Intensity

Use the 'A+' and 'A-' buttons to increase or decrease the intensity for Channel A. Use the 'B+' and 'B-' buttons to increase or decrease the intensity for Channel B. The device has 40 adjustable intensity levels.

### Setting the Timer

The default treatment time is 30 minutes. You can adjust the timer between 5 and 90 minutes by pressing the timer button (clock icon). The timer indicator on the screen will show the remaining time.

## MAINTENANCE

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### Cleaning the Device and Pads

- Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- The electrode pads are reusable. After each use, gently remove them from the skin (pulling in the direction of hair growth to minimize stress) and place them back on the pads holder or the protective film.
- If the pads lose their stickiness, they can be gently cleaned with a damp cloth and allowed to air dry. Replace pads when they no longer adhere properly.

### Storage

Store the device and accessories in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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- **No sensation or weak sensation:** Ensure the device is turned on, pads are correctly connected to the wires and device, and an even number of pads are firmly attached to clean, dry skin. Increase the intensity using the A+/A- or B+/B- buttons.
- **Device not turning on:** Check if the device is fully charged.
- **Pads not sticking:** Clean the skin area thoroughly before application. If pads are old or dirty, clean them or replace them with new ones.
- **Discomfort during use:** Reduce the intensity. Ensure pads are not placed over irritated skin or sensitive areas. Consult the user manual for areas to avoid.

For further assistance, please refer to the detailed troubleshooting section in the user manual.



## SPECIFICATIONS

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- **Modes:** 24 (TENS+EMS+MASS)
- **Intensity Levels:** 40 adjustable levels
- **Pulse Rate:** 2-150Hz
- **Pulse Width:** 8-300µs
- **Timer:** 5-90 minutes (default 30 minutes)
- **Battery:** 1 Lithium Polymer battery (included)
- **Power Source:** Rechargeable via Type-C cable
- **Channels:** Dual-channel system with independent intensity controls
- **Package Dimensions:** 6.81 x 3.74 x 2.05 inches
- **Weight:** 8.15 ounces
- **Manufacturer:** Dongguan bohuikang Technology Co.,Ltd

## WARRANTY AND SUPPORT

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The BHK-TENS 24 Modes TENS Unit Muscle Stimulator comes with 24 months of customer service and lifetime technical support. For any inquiries or assistance, please contact BHK-TENS customer support.