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## Belifu YF1566

# Belifu TENS EMS Unit Muscle Stimulator YF1566 User Manual

Comprehensive guide for effective pain relief and muscle stimulation.

## 1. INTRODUCTION

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The Belifu TENS EMS Unit Muscle Stimulator Model YF1566 is a versatile device designed for pain relief, muscle conditioning, and relaxation. It combines four therapy types: Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), RELAX, and Custom Frequency+Pulse. This manual provides detailed instructions for safe and effective use of your device.



Image 1.1: Belifu TENS EMS Unit YF1566 with included accessories.

## 2. IMPORTANT SAFETY INFORMATION

**WARNING: 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.**

Consult your physician before using this device if you have any pre-existing medical conditions, including but not limited to:

- Cancer
- Epilepsy
- Hypertension
- Thrombosis
- Pacemaker or implanted electronic devices
- Pregnancy (especially over the uterus)

Discontinue use if skin irritation or burns occur. Not for use by children or persons with cognitive impairment.

## Customized Parameters

DIY Mode to Create Unlimited Modes

Adjusted to individual user needs for a personalized massage by set your own rate, pulse and cycle.  
When one channel utilizes the D.I.Y function, the other channel cannot be used simultaneously with other functions.



Image 2.1: Safety warnings for the Belifu TENS EMS Unit, illustrating conditions and individuals for whom the device is not recommended.

### 3. PRODUCT FEATURES

- **4-in-1 Therapy:** Combines TENS, EMS, RELAX, and DIY pulse therapy for comprehensive treatment.
- **3.8" Color Display:** Ultra-clear, large full-color screen for easy readability and adjustment of settings.
- **36 Pre-set Modes:** Diverse range of modes to simulate various massage techniques and target different conditions.
- **Custom DIY Frequency:** Allows users to customize frequency rate and pulse width for personalized therapy.
- **20 Intensity Levels:** Adjustable intensity to suit individual comfort and therapeutic needs.
- **Independent Dual Channels:** Enables simultaneous treatment of two different body areas with separate modes and intensities.
- **Memory & Favorites Function:** Save preferred settings for quick access.
- **Long-lasting Battery:** Rechargeable 600mAh battery provides up to 60 hours of continuous use.
- **Medical-Grade Reusable Pads:** Latex-free electrode pads with advanced gel for stable pulse delivery and extended reuse (50+ times).
- **Portable Design:** Compact and lightweight with a travel case for convenience.

## Dual Channel

Adjusted to individual user needs for a personalized massage by set your own rate, pulse and cycle.  
When one channel utilizes the D.I.Y function, the other channel cannot be used simultaneously with other functions.



Image 3.1: Key features of the Belifu TENS EMS Unit, emphasizing the large screen and variety of modes.

### 4. WHAT'S INCLUDED

Your Belifu TENS EMS Unit package contains the following items:

- 1x Belifu TENS EMS Unit (Model YF1566)
- 1x Device Holder
- 1x Pad's Holder
- 1x User Manual
- 1x Storage Case
- 2x Rectangular Pads
- 8x Square Pads
- 1x USB Type-C Charging Cable
- 2x Lead Wires

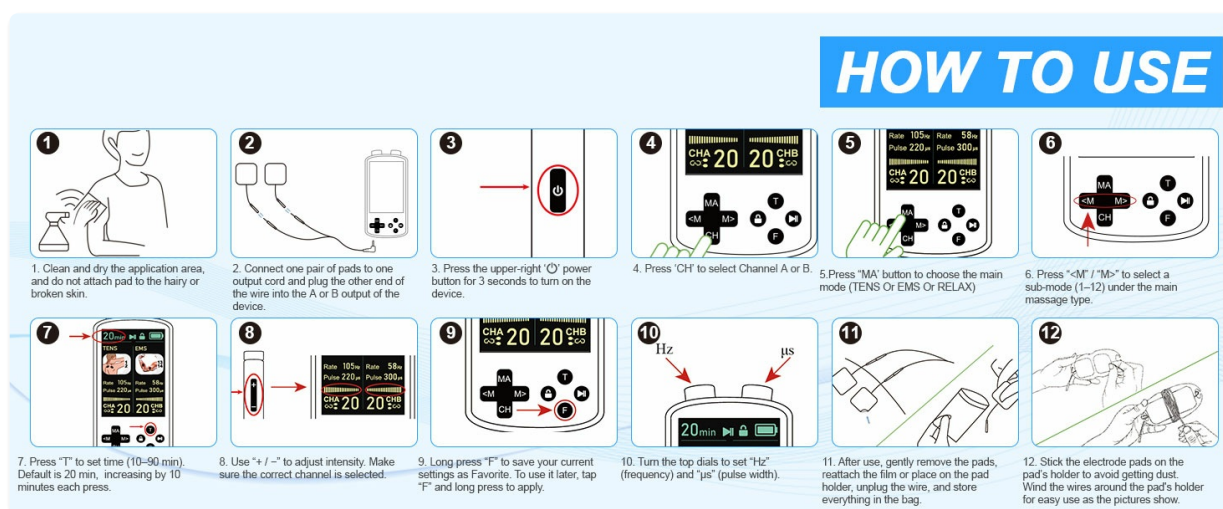


Image 4.1: Contents of the Belifu TENS EMS Unit package.

## 5. SETUP INSTRUCTIONS

- 1. Prepare Skin:** Clean and dry the application area on your skin. Do not attach pads to hairy or broken skin.
- 2. Connect Pads:** Connect one pair of pads to one output cord. Plug the other end of the wire into either the A or B output of the device.
- 3. Power On:** Press the upper-right "O" power button for 3 seconds to turn on the device.
- 4. Select Channel:** Press 'CH' to select Channel A or B.
- 5. Choose Main Mode:** Press 'MA' to choose the main mode (TENS, EMS, or RELAX).
- 6. Select Sub-Mode:** Press '<M' or 'M>' to select a sub-mode (1-36) under the main massage type.
- 7. Set Time:** Press 'T' to set the treatment time (10-90 minutes). The default time is 20 minutes. Press 'T' again to increase by 10 minutes.
- 8. Adjust Intensity:** Use the '+' or '-' buttons on the side of the device to adjust the intensity. Increase gradually until comfortable.
- 9. Save Favorites (Optional):** Long press 'F' to save your current setting as a favorite mode. Tap 'F' to access favorites, then long press 'F' to select.



Image 5.1: Visual guide for setting up and operating the Belifu TENS EMS Unit.

## 6. OPERATING INSTRUCTIONS

### 6.1. Device Overview



Image 6.1: Labeled diagram of the Belifu TENS EMS Unit's controls and display.

## 6.2. Dual Channel Operation

The device features independent dual channels (A and B), allowing you to apply different modes and intensities to two separate body areas simultaneously. For example, you can use a TENS mode on your back and an EMS mode on your arm, each with its own intensity level.



*Image 6.2: Dual channel capability for simultaneous treatment of multiple body areas.*

## 6.3. Modes and Functions

The Belifu TENS EMS Unit offers 36 pre-set modes categorized into TENS, EMS, and RELAX, along with a DIY mode for custom settings.

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Modes 1-12. Primarily for pain relief by blocking nerve signals. Adjustable pulse: 1-155Hz, rate: 80-180 $\mu$ s.
- **EMS (Electrical Muscle Stimulation):** Modes 13-24. For muscle conditioning, strengthening, and recovery by stimulating muscle contractions. Adjustable pulse: 10-220Hz, rate: 180-300 $\mu$ s.
- **RELAX:** Modes 25-36. Provides gentle massage and relaxation to alleviate daily stress and tension. Adjustable pulse: 1-300Hz, rate: 200-350 $\mu$ s.
- **DIY Mode:** Customize frequency rate and pulse width to create personalized therapy experiences.

# 36 MODES + DIY FOR PAIN AND MUSCLE RELIEF

<p><b>TENS</b> Pain Relief (MODE 1-12)</p> 	<p><b>CHA TENS</b></p>  <p><b>INT 00</b> Rate <b>035</b>Hz Pulse <b>140</b>μs</p>
<p><b>EMS</b> Muscle Conditioning (MODE 13-24)</p> 	<p><b>CHA EMS</b></p>  <p><b>INT 00</b> Rate <b>006</b>Hz Pulse <b>240</b>μs</p>
<p><b>RELAX</b> Daily Stress Relief (MODE 25-36)</p> 	<p><b>CHA RELAX</b></p>  <p><b>INT 00</b> Rate <b>010</b>Hz Pulse <b>300</b>μs</p>

Image 6.3: Overview of the 36 therapy modes for various applications.

**Large Screen & 36 Modes**

Navigate your pain relief with confidence thanks to our TENS device's large, crystal-clear display. See every setting, timer, and intensity level at a glance.




Image 6.4: Customization options for pulse and rate in DIY mode.

## 6.4. One-Tap Lock Function

Press the lock button to prevent accidental changes to settings during operation, ensuring uninterrupted therapy.



Image 6.5: The one-tap lock feature for secure operation.

## 6.5. Favorites Button

Long press the 'F' button to save your current settings. To use a favorite setting, tap 'F' to access the Favorites menu, then long press 'F' to select it.



Image 6.6: Using the Favorites button to store and retrieve preferred therapy settings.

## 7. MAINTENANCE

### 7.1. Electrode Pad Care

- After each use, gently remove the pads from your skin.
- Reattach the protective film to the adhesive side of the pads to prevent drying and dust accumulation.
- Store pads in the provided pad holder or a sealed bag.
- Pads are reusable over 50 times with proper care. Replace pads when they lose their adhesiveness or if irritation occurs.

# Medical-Grade Electrodes

Classic pin-style electrodes are better than other button-style ones on current stability and anti-corrosion



Image 7.1: Structure of medical-grade reusable electrode pads.

## 7.2. Battery Charging

The device is equipped with a rechargeable 600mAh lithium polymer battery. Connect the provided USB Type-C cable to the charging port on the device and a suitable USB power source. A full charge takes approximately 2 hours and provides up to 60 hours of continuous use.



Image 7.2: Battery specifications and charging information.

### 7.3. Storage

Store the device and all accessories in the provided travel case to protect them from dust and damage. Use the cable and wire management solutions to keep cords organized.

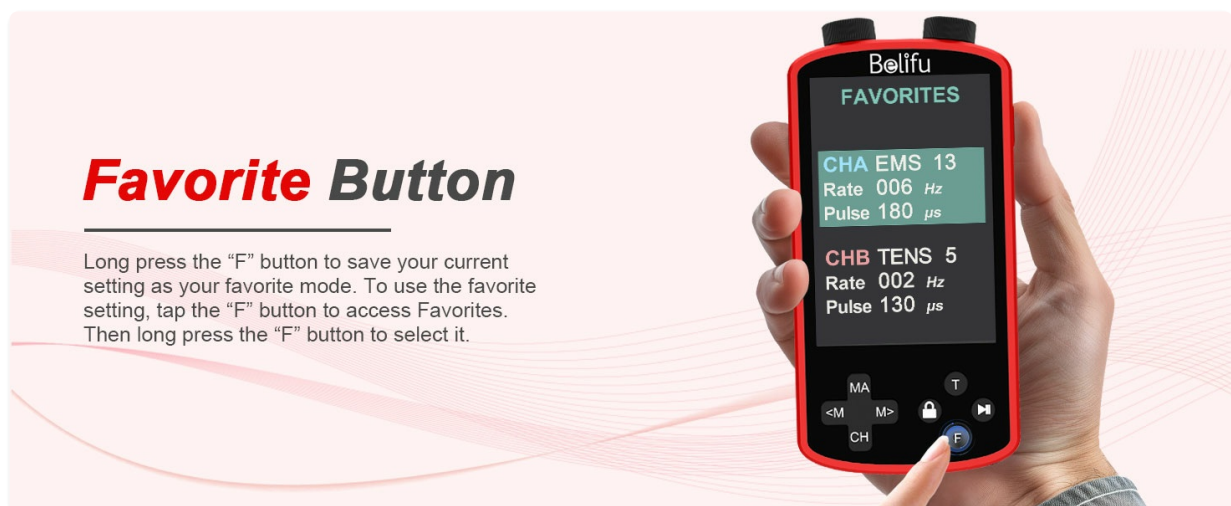


Image 7.3: Cable management and storage case for the device.

## 8. TROUBLESHOOTING

If you encounter issues with your Belifu TENS EMS Unit, please refer to the following common solutions:

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 3 seconds.
- **No sensation or weak sensation:**
  - Check that the electrode pads are firmly attached to clean, dry skin.
  - Verify that the lead wires are securely connected to both the pads and the device output ports (A or B).
  - Increase the intensity level gradually using the '+' button.
  - Ensure the device is not in 'Pause' mode. Press the play/pause button to resume.
  - Replace old or worn-out electrode pads with new ones if they have lost adhesiveness.
- **Difficulty understanding programs/abbreviations:** Refer to the detailed user manual (included in the package) for a comprehensive explanation of each mode and its corresponding icon/abbreviation.
- **Skin irritation:** Discontinue use immediately. Ensure skin is clean before application. Avoid placing pads on broken or irritated skin.

## 9. SPECIFICATIONS

Feature	Specification
Model	YF1566
Product Dimensions	6 x 3 x 2 inches
Weight	15.52 ounces
Battery Type	1 Lithium Polymer battery (included)
Battery Capacity	600mAh
Continuous Use Time	Up to 60 hours
Charging Time	Approx. 2 hours
Display	3.8" Color Display
Modes	36 (TENS, EMS, RELAX, DIY)
Intensity Levels	20
Channels	Independent Dual Channels (A/B)

## 10. OFFICIAL PRODUCT VIDEO

Watch this video from Belifu official for a demonstration of the TENS EMS unit's benefits for pain relief.

Your browser does not support the video tag.

*Video 10.1: Non-invasive, drug-free choice for relieving pain with the Belifu TENS EMS Unit.*

## 11. WARRANTY AND SUPPORT

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Belifu is committed to providing quality products and excellent customer service. For any questions, support, or warranty inquiries, please refer to the contact information provided in your product packaging or visit the official Belifu website. We strive to consistently improve our products and service to enrich your life.

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