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> AVCOO Dual Channel TENS Unit Muscle Stimulator TA2224C User Manual

AVCOO TA2224C

AVCOO Dual Channel TENS Unit Muscle Stimulator

MODEL: TA2224C - USER MANUAL

1. Introduction

The AVCOO Dual Channel TENS Unit Muscle Stimulator (Model TA2224C) is a versatile 3-in-1 device designed for drug-free pain relief, muscle conditioning, and relaxation. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and RELAX functions to address various body discomforts. This manual provides essential information for safe and effective use of your device.



Image: The AVCOO 3-in-1 Pain Relief TENS Unit highlighting its 24 modes and 40 intensity levels.

2. Important Safety Information

Please read all instructions and warnings carefully before using this device. Failure to do so may result in injury or device malfunction.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant.

- Do not use on areas of skin that are broken, irritated, or numb.
- Consult your physician before use if you have any medical conditions, including but not limited to epilepsy, heart disease, or cancer.
- Keep out of reach of children.
- Do not use while driving or operating heavy machinery.
- Do not apply pads to the head, face, neck (especially carotid sinus area), or across the chest.
- Discontinue use if you experience any adverse reactions and consult a medical professional.

3. Package Contents

Verify that all items are present in your package:

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

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: A visual representation of all items included in the AVCOO TENS Unit package, including the main unit, electrode pads, lead wires, travel case, pad holder, and charging cable.

4. Device Components

Familiarize yourself with the main unit's controls and display:

- **LCD Display:** Shows mode, intensity, timer, battery level, and channel status.
- **Power Button:** Turns the device on/off.
- **'M' Button (Mode):** Cycles through main therapy categories (TENS, EMS, RELAX).
- **Arrow Buttons (< / >):** Selects specific sub-modes within a category.
- **'+' / '-' Buttons:** Adjusts intensity for Channel A (left side) and Channel B (right side).
- **'T' Button (Timer):** Adjusts treatment duration.
- **Lock Button (Long press 'M'):** Locks/unlocks the screen to prevent accidental changes.
- **Output Ports (A & B):** Connect lead wires for electrode pads.
- **Type-C Charging Port:** For recharging the internal battery.



Image: The AVCOO TENS Unit main device with its clear LCD screen and control buttons, surrounded by the included accessories.

5. Setup

5.1 Charging the Device

1. Connect the provided Type-C cable to the charging port on the bottom of the device.
2. Connect the other end of the cable to a USB power source (e.g., wall charger, power bank, computer USB port).
3. The battery icon on the display will indicate charging status. A full charge provides up to 40 hours of continuous use.

LONGER BATTERY LIFE



Image: The AVCOO TENS Unit connected to a USB-C charger, illustrating its long battery life of up to 40 hours.

5.2 Attaching Lead Wires and Electrode Pads

1. Ensure the device is turned off before connecting any wires or pads.
2. Insert the lead wire plugs into the output ports (A and/or B) on the top of the device.
3. Connect the snap connectors on the lead wires to the electrode pads. Ensure a secure connection.
4. Peel the protective film from the gel side of the electrode pads.
5. Apply the pads firmly to clean, dry, healthy skin in the desired treatment area. Ensure pads are not touching each other.

6. Operating Instructions

6.1 Power On/Off

Press and hold the Power button for 2-3 seconds to turn the device on or off.

6.2 Selecting Modes

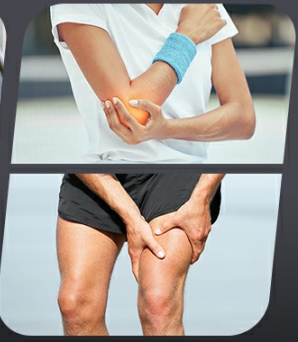
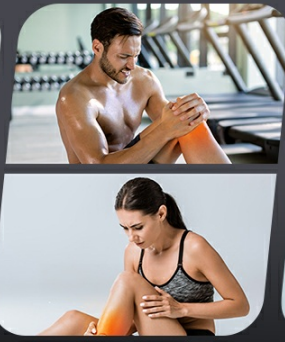
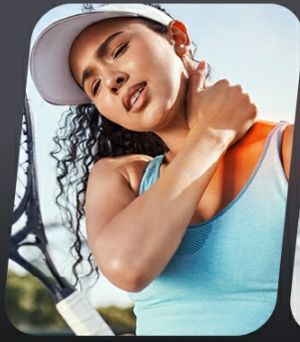
1. Press the 'M' button to cycle through the main therapy categories: TENS (P1-P16), EMS (P17-P20), and RELAX (P21-P24).
2. Once a category is selected, use the '<' or '>' arrow buttons to choose one of the 24 pre-programmed sub-modes. The selected mode number will be displayed.

3-IN-1 MASSAGER

Enjoy the relaxation anytime, anywhere.



Image: The AVCOO TENS Unit displaying its 3-in-1 functionality: TENS for pain relief, EMS for muscle conditioning, and RELAX for body relaxation, with corresponding mode ranges.



24 MODES

AVCOO compact TENS massager has 24 Modes and 40 Degrees of Strength. TENS modes can help with deep muscle pain and soothe your body; EMS modes can work as a training tool to rejuvenate and improve your muscle strength and endurance.

Image: An illustration showing the variety of 24 modes available on the AVCOO TENS Unit, designed for deep muscle pain relief, body soothing, and muscle strength improvement.

6.3 Adjusting Intensity

1. The device offers 40 intensity levels.
2. Use the left '+' or '-' buttons to adjust the intensity for Channel A.
3. Use the right '+' or '-' buttons to adjust the intensity for Channel B.
4. Increase intensity gradually until you feel a comfortable, strong, but not painful, sensation.



Image: The AVCOO TENS Unit displaying its 40 adjustable intensity levels, categorized from low to top for precise control.

6.4 Setting the Timer

Press the 'T' button to adjust the treatment duration. The timer can be set from 10 to 90 minutes in continuous mode. The remaining time will be displayed on the screen.

6.5 Screen Lock Function

To prevent accidental changes during treatment, long-press the 'M' button to lock the screen. Repeat the long-press to unlock.

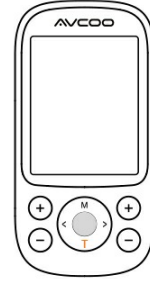
SET YOUR TENS EASILY



1 Main Mode: Press "M"
Sub-mode: Press "</>"



2 Intensity for A: Press left "+/-"
Intensity for B: Press right "+/-"



3 Timer: Press "T"
Lock: Long press the round button

Image: A diagram illustrating how to easily set the AVCOO TENS Unit, showing controls for main mode, sub-mode, intensity for channels A and B, and timer/screen lock functions.

7. Maintenance

7.1 Cleaning the Unit

Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

7.2 Caring for Electrode Pads

- After each use, place the pads back on the provided pads holder or the protective film to maintain their adhesive quality.
- Ensure skin is clean and dry before application to prolong pad life.
- The upgraded latex-free, skin-friendly gel pads are designed for more than 50 uses. Replace pads when they lose their stickiness.

SUPERIOR REUSABLE GEL

Industry-leading pads with
excellent self-adhesive for
50 times of use.

50
times



* *Certificated latex-free, and non-irritating for skin.*

Image: A close-up of the AVCOO TENS Unit's superior reusable gel pads, emphasizing their self-adhesive quality for over 50 uses and their latex-free, non-irritating properties.

7.3 Storage

Store the device and accessories in the EVA travel carry case in a cool, dry place away from direct sunlight and extreme temperatures.

ALL-IN-1 KIT

TENS Unit and all accessories are stored in a premium travel carry case.

- ✓ Waterproof
- ✓ Travel-Friendly
- ✓ Spacious
- ✓ Trendy



Image: A user relaxing with the AVCOO TENS Unit, showcasing the compact device and the premium travel carry case that stores all accessories, highlighting its portability and convenience.

8. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device using the provided Type-C cable.
No sensation or weak sensation.	Pads not properly applied, pads lost stickiness, lead wire disconnected, or intensity too low.	Ensure pads are firmly on clean skin. Replace old pads. Check lead wire connections. Increase intensity gradually.
Sensation is uncomfortable or painful.	Intensity too high or pads placed incorrectly.	Decrease intensity. Reposition pads according to guidelines.

Problem	Possible Cause	Solution
Screen is locked.	Screen lock function activated.	Long-press the 'M' button to unlock the screen.

9. Specifications

- **Model Number:** TA2224C
- **Dimensions:** 7.52 x 4.76 x 2.52 inches
- **Weight:** 14.11 ounces
- **Channels:** Dual (A & B)
- **Modes:** 24 Pre-programmed (TENS, EMS, RELAX)
- **Intensity Levels:** 40
- **Timer:** 10-90 minutes adjustable
- **Battery Life:** Up to 40 hours continuous use
- **Charging Port:** USB Type-C

10. Warranty and Support

AVCOO provides 24 Months Customer Service and Lifetime Technical Support for the TA2224C TENS Unit. For assistance, please refer to the contact information provided in your product packaging or visit the official AVCOO website.

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Question

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Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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