

Bao liter B0FYMTCNLQ

Bao liter TENS Unit EMS Muscle Stimulator User Manual

Model: B0FYMTCNLQ | Brand: Bao liter

1. INTRODUCTION

Thank you for choosing the Bao liter TENS Unit EMS Muscle Stimulator. This device is designed to provide effective pain relief, muscle conditioning, and relaxation through its advanced 4-in-1 functionality: TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), RELAX massage, and a customizable DIY mode. Featuring 4 independent channels, 60 diverse modes, and 30 intensity levels, this unit offers a personalized therapy experience. The upgraded color screen ensures clear visibility of settings, and the medical-grade electrode pads are designed for comfort and durability.



Figure 1: Bao liter TENS Unit EMS Muscle Stimulator with upgraded color LCD HD screen.

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.

- Consult your physician before using this device, especially if you have pre-existing medical conditions.
- Do not use if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Do not use if you are pregnant or suspect you might be pregnant.
- Do not apply stimulation over the carotid sinus nerves (front of the neck), across the chest, or over the eyes.
- Do not use on areas of skin that are numb, broken, or have rashes.
- Keep out of reach of children.
- Discontinue use if you experience any adverse reactions and consult a medical professional.

3. PACKAGE CONTENTS

Your Bao liter TENS Unit EMS Muscle Stimulator package includes the following items:

- 1 x TENS EMS Massage Device
- 8 x Reusable Electrode Replacement Pads (various sizes: circular, square, rectangular)
- 4 x Lead Wires
- 1 x USB Charging Cable
- 1 x Instruction Manual
- 1 x Premium Travel Carry Bag

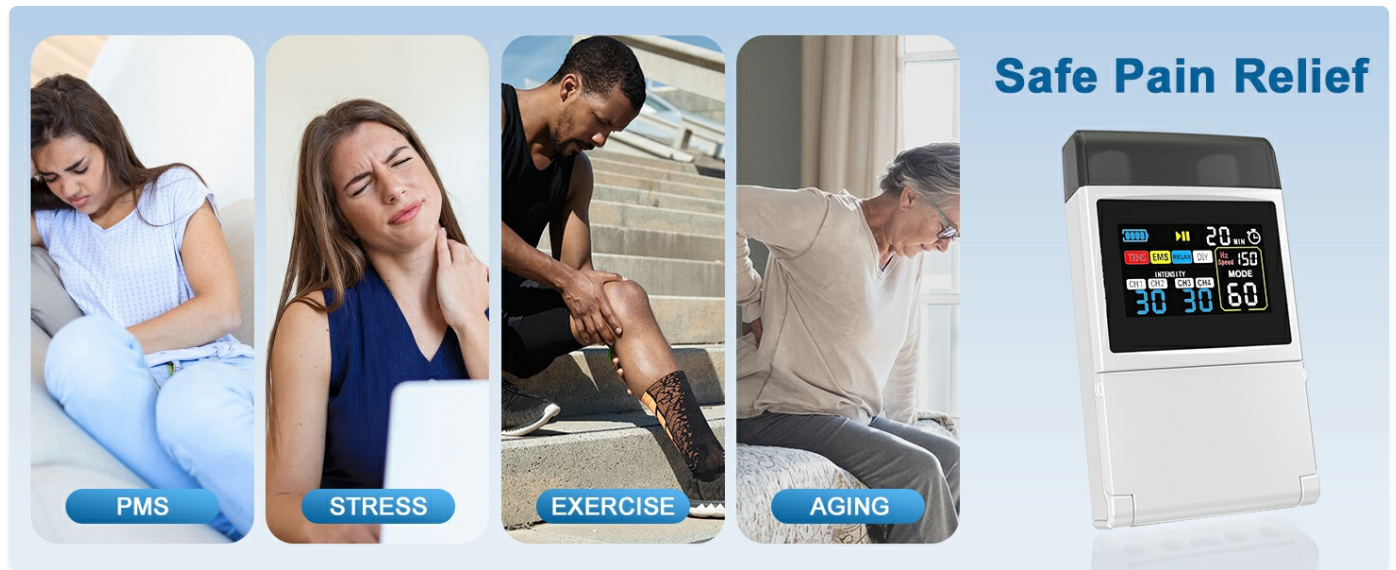


Figure 2: All accessories included in the package.

4. DEVICE OVERVIEW

Familiarize yourself with the main components and controls of your TENS EMS unit:

- **Color LCD Display:** Shows current mode, intensity levels for each channel, remaining time, and battery status.
- **Intensity Knobs:** Two circular knobs on top to adjust intensity for Channel 1/2 and Channel 3/4 independently.
- **Control Buttons:** Located under the flip cover.
 - **ON/OFF:** Powers the device on or off.
 - **PAUSE:** Pauses or resumes stimulation.
 - **MODE:** Cycles through the 60 pre-set modes.
 - **MODE RATE +/-:** Adjusts the pulse rate/frequency within a selected mode.
 - **TIME:** Sets the treatment duration (10-60 minutes).
- **Channel Ports (C1, C2, C3, C4):** Connect lead wires for up to 4 independent channels.
- **USB Charging Port:** For recharging the device.

Stimulator Powerful Functions

DIY & Tens & EMS & RELAX Muscle

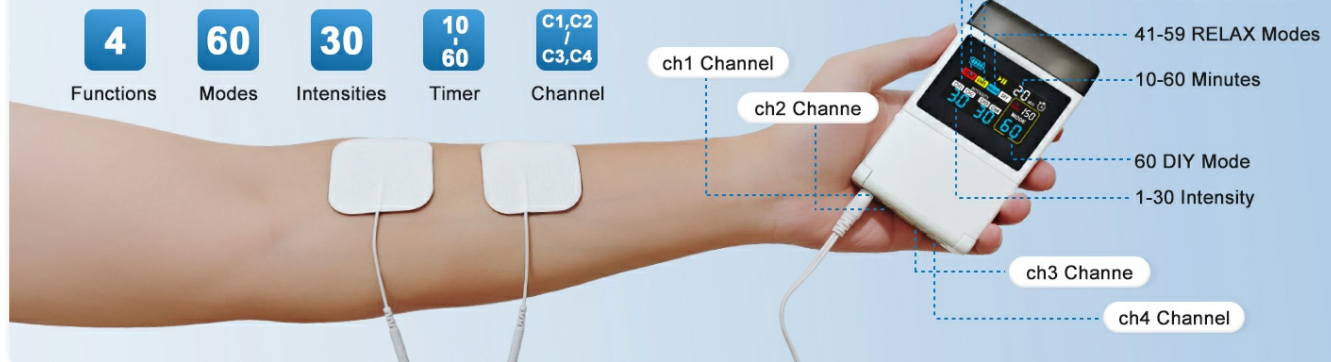


Figure 3: Multi-functional device layout.

5. SETUP AND FIRST USE

1. **Charge the Device:** Connect the USB charging cable to the device and a power source. The battery indicator on the screen will show charging status. The device comes pre-charged for immediate use.
2. **Connect Lead Wires:** Insert the pin connectors of the lead wires into the electrode pads. Ensure a secure connection.
3. **Connect to Device:** Plug the other end of the lead wires into the desired channel ports (C1, C2, C3, C4) on the top of the device. You can use 1, 2, 3, or all 4 channels simultaneously.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. This ensures optimal adhesion and conductivity.
5. **Apply Pads:** Remove the protective film from the electrode pads and firmly press them onto the skin. Ensure the pads are not touching each other.

Video 1: Quick overview of the TENS Unit EMS Muscle Stimulator for Pain Relief, demonstrating its compact size and basic setup.

6. OPERATING MODES AND SETTINGS

The device offers 4 main functions with a total of 60 modes and 30 intensity levels:

- **TENS (Modes 1-20):** Primarily for pain relief by blocking pain signals.
- **EMS (Modes 21-40):** Focuses on muscle conditioning, strengthening, and recovery.
- **RELAX (Modes 41-59):** Provides soothing massage for daily relaxation and tension release.
- **DIY (Mode 60):** Allows customization of frequency and pulse width for a tailored experience.

Independent **CH1, CH2/CH3, CH4** 4 Channels

The independent CH1, CH2 / CH3, CH4 channel system connects four different wires, allowing you to treat four different body parts at the same time.



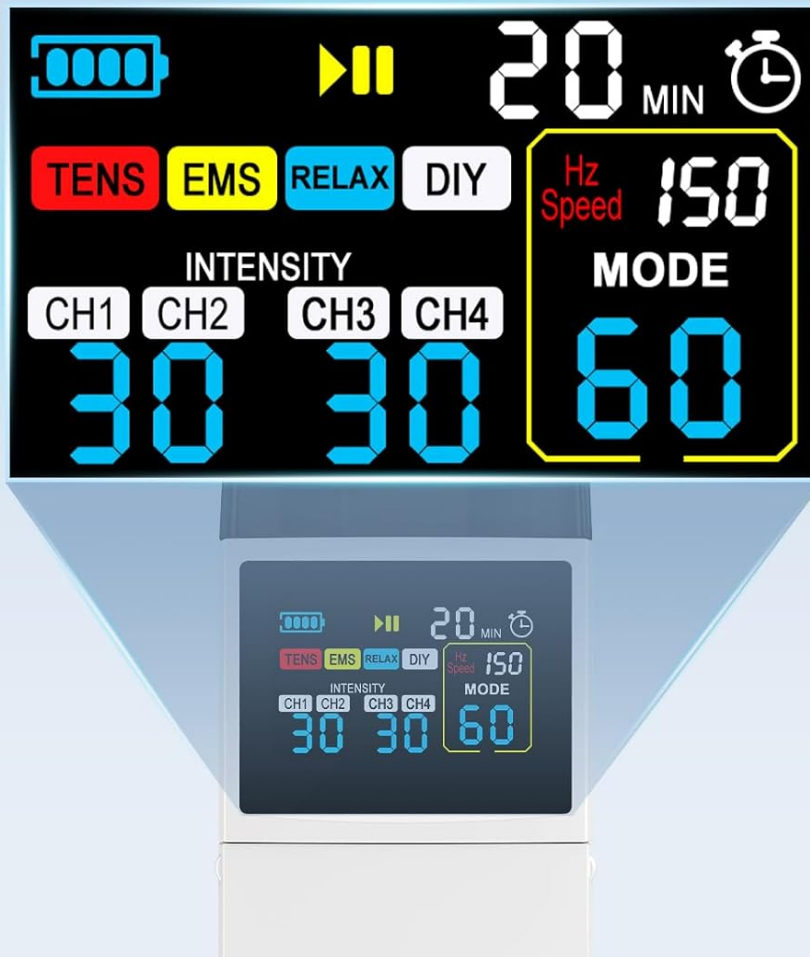
Figure 4: Overview of the 4-in-1 functions.

Adjusting Settings:

1. **Power On:** Press the 'ON/OFF' button.
2. **Select Mode:** Press the 'MODE' button to cycle through the 60 available programs.
3. **Adjust Intensity:** Use the two circular knobs on top of the device to increase or decrease the intensity for each channel independently (CH1/CH2 and CH3/CH4). There are 30 intensity levels.
4. **Adjust Pulse Rate/Frequency (DIY Mode):** In DIY Mode (Mode 60), use the 'MODE RATE +/-' buttons to fine-tune the frequency (0-150 Hz).
5. **Set Timer:** Press the 'TIME' button to set the treatment duration from 10 to 60 minutes. The device will automatically shut off after the set time.
6. **Pause/Resume:** Press the 'PAUSE' button to temporarily stop or restart the stimulation.

Newly Upgraded Color LCD HD Screen

Older Unclear
Blue and White Screen



VS



Figure 5: Independent 4-channel operation for treating multiple body parts simultaneously.

7. ELECTRODE PAD APPLICATION GUIDELINES

Proper placement of electrode pads is crucial for effective and safe stimulation. Refer to the diagrams below for common application areas:

- **Neck/Shoulder:** Place pads on either side of the spine or on the trapezius muscles.
- **Lower Back:** Position pads on either side of the lumbar spine, avoiding direct contact with the spine.
- **Elbow/Arm:** Apply pads to the muscle belly or near the joint, avoiding the joint itself.
- **Knee/Calf:** Place pads around the knee joint or on the calf muscles.
- **Hips/Thighs:** Apply pads to the gluteal muscles or large thigh muscles.

Always ensure pads are placed on clean, dry, intact skin. Avoid placing pads over open wounds, irritated skin, or directly over bony prominences.



Why choose us?

Ours

Others

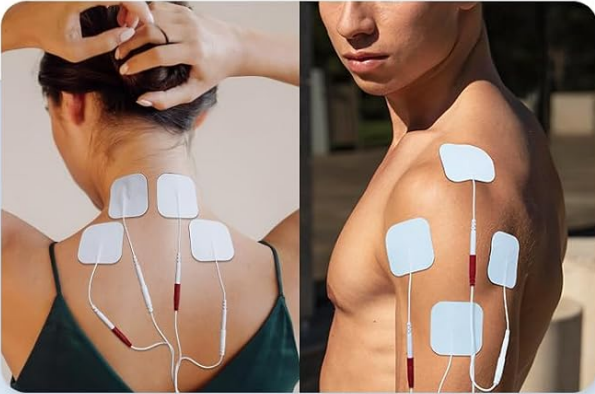
Color LCD Display	 (More Intuitive clearer)	 (More Intuitive clearer)
Electrodes Wires	Pin-style (More stable)	Button-style (Unstable)
Used by Chiropractors and physical Therapists?		
Mode	 (Total 60 modes & 30 Intensity)	 (Total 20 modes & 10 Intensity)
Functions	 (DIY & TENS & EMS & RELAX)	 (TENS Only)

Figure 6: Recommended electrode pad placement for various body areas.

Simply place the electrode pads on the location of the pain!

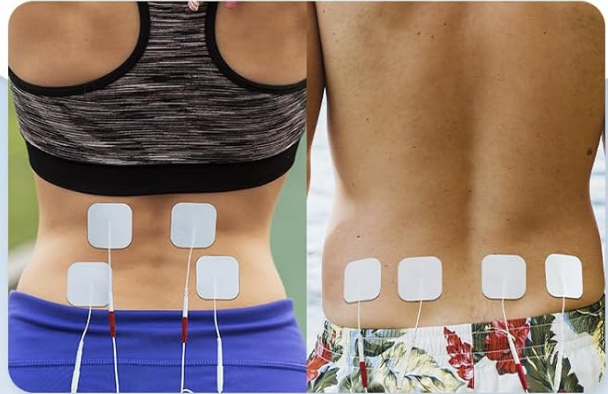
Neck/Shoulder

Cervical Pain



Lower Back

Lumbar Pain



Elbow/Back

Arm Pain



Knee/Calf

Leg Pain



Figure 7: Muscle groups targeted for pain relief.

8. MAINTENANCE AND CARE

Device Care:

- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Store the device and accessories in the provided travel bag in a cool, dry place when not in use.

Electrode Pad Care:

The medical-grade electrode pads are designed for multiple uses (over 50 times) with proper care:

- Always apply pads to clean, dry, oil-free skin to maximize adhesion and lifespan.
- After each use, place the pads back onto their protective film.
- If pads lose stickiness, gently wipe the adhesive surface with a damp cloth or a drop of water and let air dry. Do not

rub vigorously.

- Replace pads when they no longer adhere well or if you experience discomfort during use.

Up to 50+ Times Reusable Pin-style Pads



Longer life



More stable



More convenient

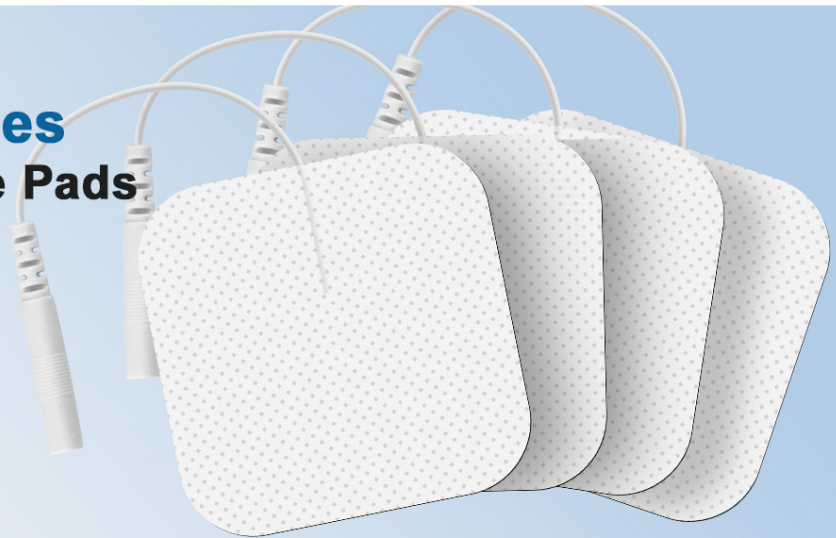


Figure 8: Structure of medical-grade electrode pads.

9. TROUBLESHOOTING

If you encounter any issues with your device, please refer to the following common solutions:

- **No Stimulation/Weak Sensation:**

- Ensure the device is powered on and fully charged.
- Check all lead wire connections to the pads and the device.
- Increase the intensity level using the top knobs.
- Ensure electrode pads are firmly adhered to clean, dry skin.
- Replace old or worn-out electrode pads.

- **Device Not Turning On:**

- Ensure the battery is charged. Connect to the charger for at least 30 minutes.
- Press and hold the 'ON/OFF' button for a few seconds.

- **Screen Not Responding:**

- Try turning the device off and on again.
- Ensure the battery is not critically low.

If the issue persists, please contact customer support.

10. SPECIFICATIONS

Feature	Detail
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Functions	TENS, EMS, RELAX, DIY
Channels	4 Independent Channels (C1/C2, C3/C4)
Modes	60 Pre-set Programs
Intensity Levels	30 Levels
Frequency Range	0-150 Hz (Adjustable in DIY Mode)
Timer	10-60 Minutes (Adjustable)
Display	Upgraded Color LCD HD Screen
Electrode Pads	Medical-Grade, Latex-Free, Reusable (50+ times)
Battery	1 Lithium Ion battery (included)
Package Dimensions	7.68 x 4.57 x 2.72 inches
Weight	15.2 ounces
Manufacturer	Bao liter

11. WARRANTY AND SUPPORT

For warranty information, product registration, or technical support, please refer to the official Bao liter website or contact their customer service directly. Contact details are typically provided in the packaging or on the manufacturer's website.

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.

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