TESMED Fit 5.4

TESMED Fit 5.4 EMS TENS Electrostimulator with ABS Abdominal Pad

Instruction Manual

1. Introduction

The TESMED Fit 5.4 is a compact and versatile multi-function electrostimulator designed for muscle stimulation, pain relief, and relaxation. This device, combined with the included TESMED ABS Pad, provides a practical solution for stimulating the abdominal area and various other muscle groups. It features 22 programs across EMS, TENS, and low-frequency massage categories, along with 40 adjustable intensity levels and 6 fully customizable programs to suit individual needs. The EMS technology supports stimulation of abdominals, glutes, legs, arms, pectorals, biceps, triceps, and other muscle groups. The TENS function uses low-frequency electrical impulses for localized pain relief, while the massage programs offer a pleasant muscle relaxation sensation. The TESMED ABS Pad is a large pre-gelled electrode (21 x 18 cm) designed for effective and uniform impulse distribution over the entire abdominal area using a single channel. The Fit 5.4 operates with up to 4 electrodes simultaneously via 2 independent channels and is powered by 3 AAA batteries, which are included. The backlit LCD screen ensures simple and intuitive management of all settings.

2. Important Safety Information

Please read all safety warnings and instructions carefully before using the TESMED Fit 5.4 electrostimulator. 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.
- Do not use on areas of skin that are swollen, infected, inflamed, or have skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- Do not use over or near cancerous lesions.
- Do not use on the head, face, neck, or across the chest, as this may cause cardiac arrhythmia.
- Keep out of reach of children.
- Do not use while driving or operating machinery.
- Discontinue use immediately if you experience any discomfort or adverse reactions.
- Use only the electrodes and accessories supplied or recommended by TESMED.

- Ensure the device is turned off before applying or removing electrodes.

3. Package Contents

Verify that all items are present in the package:

- TESMED Fit 5.4 Electrostimulator Unit
- TESMED ABS Pad (21 x 18 cm)
- Electrode connection cables (2 pieces)
- Self-adhesive electrodes (typically 4 small electrodes)
- 3 x AAA Batteries
- Instruction Manual (this document)

4. Product Overview

Familiarize yourself with the components and controls of your TESMED Fit 5.4 device.



Figure 4.1: TESMED Fit 5.4 Electrostimulator unit, showing the main device, connection cables, small electrodes, and the large ABS abdominal pad.



Figure 4.2: Detailed view of the TESMED Fit 5.4 control panel. It features a backlit LCD screen displaying program number, intensity levels for two channels (CH1, CH2), and remaining treatment time. Buttons include Power/Mode (M), Program (P), and Intensity adjustment (+/-) for each channel.

- **Main Unit:** The central control unit with an LCD screen and buttons.
- **LCD Screen:** Displays program number, intensity levels for Channel 1 (CH1) and Channel 2 (CH2), and remaining treatment time.
- **Power/Mode (M) Button:** Turns the device on/off and switches between modes.
- **Program (P) Button:** Selects different pre-set programs.
- **Intensity Buttons (+/-):** Adjusts the intensity level for Channel 1 and Channel 2 independently.
- **Channel Ports (CH1, CH2):** Connect the electrode cables.
- **Electrode Cables:** Connect the main unit to the self-adhesive electrodes or the ABS Pad.
- **Self-Adhesive Electrodes:** Small electrodes for various muscle groups.
- **ABS Pad:** Large pre-gelled electrode specifically for the abdominal area.

5. Setup

5.1 Battery Installation

1. Locate the battery compartment on the back of the TESMED Fit 5.4 unit.
2. Slide open the battery compartment cover.
3. Insert 3 AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

5.2 Connecting Electrodes/ABS Pad

The TESMED Fit 5.4 uses 2mm pin connectors for its electrode cables.

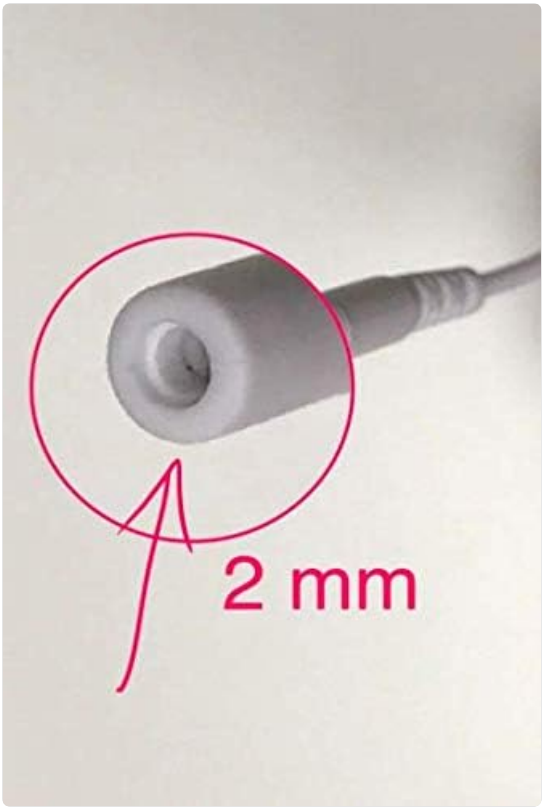


Figure 5.1: Detail of the 2mm pin connector used for electrode cables.

1. Ensure the TESMED Fit 5.4 unit is turned off.
2. Connect the electrode cables to the CH1 and/or CH2 ports on the top of the main unit.
3. Attach the other end of the electrode cables to the self-adhesive electrodes or the TESMED ABS Pad. Ensure a secure connection.
4. Peel off the protective film from the electrodes/ABS Pad.
5. Apply the electrodes/ABS Pad firmly to clean, dry skin on the desired treatment area. Ensure full contact for optimal performance.



Figure 5.2: Example of the TESMED Fit 5.4 connected to small electrodes for use on an arm. The device supports up to 4 electrodes via two independent channels.

6. Operating Instructions

6.1 Powering On/Off

- To turn on: Press and hold the **Power/Mode (M)** button for a few seconds until the LCD screen illuminates.
- To turn off: Press and hold the **Power/Mode (M)** button for a few seconds until the screen turns off.

6.2 Program Selection

The TESMED Fit 5.4 offers 22 pre-set programs, categorized into TENS, EMS, and Massage. Additionally, 6 programs are fully customizable.

1. After powering on, press the **Program (P)** button repeatedly to cycle through the available programs. The program number will be displayed on the LCD screen.
2. The programs are typically grouped:

- **TENS Programs:** For localized pain relief. (Refer to Figure 6.1)
- **EMS Programs:** For muscle stimulation, recovery, and strengthening. (Refer to Figure 6.2)
- **Massage Programs:** For muscle relaxation. (Refer to Figure 6.3)
- **Customizable Programs:** Allow adjustment of pulse width and frequency.

3. Select the desired program based on your needs.



Figure 6.1: Visual guide for TENS program applications, illustrating common areas for localized pain relief such as neck, back, knee, elbow, wrist, and shoulder.



Figure 6.2: Example of EMS program usage, showing electrodes applied to the abdomen for muscle recovery and strengthening.



Figure 6.3: Illustration of massage program application, with electrodes placed on the back for a relaxing sensation.

6.3 Intensity Adjustment

The device offers 40 intensity levels for each channel independently.

1. After selecting a program, press the **+** button for CH1 or CH2 to gradually increase the intensity.
2. Press the **-** button for CH1 or CH2 to decrease the intensity.
3. Adjust the intensity to a comfortable level where you feel a strong but non-painful muscle contraction or sensation.
4. The intensity level for each channel is displayed on the LCD screen.

6.4 Setting the Timer

The TESMED Fit 5.4 features an adjustable timer for treatment duration, up to 90 minutes.

- The default treatment time is usually pre-set for each program.
- To adjust the timer, consult the specific program details in the full manual (if available) or use the**Mode (M)** button to cycle through settings until the timer is highlighted, then use **+/-** buttons to adjust.
- The remaining time is displayed on the LCD screen.

6.5 Customizable Programs

The device includes 6 customizable programs (3 TENS and 3 EMS) allowing you to set specific pulse width and frequency parameters.



Figure 6.4: The TESMED Fit 5.4 offers 3 customizable TENS programs and 3 customizable EMS programs, allowing users to adjust pulse width and frequency for personalized therapy. This feature enables creation of custom programs or adherence to medical professional recommendations.

1. Select one of the customizable programs using the **Program (P)** button.
2. Use the **Mode (M)** button to navigate between adjustable parameters (e.g., pulse width, frequency).
3. Use the **+/-** buttons to adjust the values of the selected parameter.
4. Consult a medical professional or physical therapist for guidance on appropriate custom settings.

7. ABS Pad Usage

The TESMED ABS Pad is specifically designed for effective stimulation of the abdominal area.



Figure 7.1: A man demonstrating the application of the TESMED ABS Pad on the abdominal area for muscle stimulation. The large pad ensures uniform impulse distribution.

1. Ensure your abdominal skin is clean and dry before application.
2. Connect the electrode cable to the ABS Pad. The ABS Pad typically uses one channel.
3. Carefully peel off the protective film from the gel surface of the ABS Pad.
4. Apply the ABS Pad firmly to your abdominal area, ensuring good contact across the entire surface.
5. Connect the other end of the electrode cable to one of the channel ports (CH1 or CH2) on the TESMED Fit 5.4 unit.
6. Turn on the device and select an appropriate EMS program for abdominal stimulation.
7. Gradually increase the intensity to a comfortable and effective level.
8. After use, turn off the device, gently peel off the ABS Pad, and reapply the protective film to preserve the gel's adhesive quality.

8. Maintenance

8.1 Cleaning the Device

- Turn off the device and disconnect all electrodes before cleaning.
- Wipe the main unit with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure the device is completely dry before storing or next use.

8.2 Electrode Care and Storage

- After each use, gently remove electrodes from your skin.
- Reapply the protective film to the gel side of the electrodes/ABS Pad to prevent drying and maintain adhesiveness.
- Store electrodes in a cool, dry place, away from direct sunlight.
- Replace electrodes when they lose their adhesiveness or if they become damaged. Using worn-out electrodes can reduce effectiveness and cause skin irritation.

8.3 Battery Replacement

- When the battery indicator on the LCD screen shows low power, replace all 3 AAA batteries.
- Follow the battery installation steps in Section 5.1.
- Dispose of used batteries according to local regulations.

9. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace with new AAA batteries.
No sensation or weak stimulation.	• Intensity too low. • Electrodes not making good contact. • Electrodes are dry or worn out. • Cables are loose or damaged.	• Increase intensity gradually. • Ensure electrodes are firmly pressed onto clean, dry skin. • Replace electrodes if they have lost adhesiveness. • Check cable connections. Replace cables if damaged.
Skin irritation under electrodes.	• Skin not clean before application. • Electrodes are worn out or dirty. • Allergic reaction to electrode gel. • Intensity too high.	• Clean and dry skin thoroughly before use. • Replace electrodes. • Discontinue use and consult a doctor. • Reduce intensity.
Device turns off unexpectedly.	Low battery power or automatic shut-off.	Replace batteries. The device may have an automatic shut-off feature after a certain period of inactivity or program completion.

10. Specifications

- **Model Name:** Fit 5.4
- **Brand:** TESMED

- **Power Source:** Battery (3 x AAA)
- **Number of Programs:** 22 (EMS, TENS, Massage)
- **Customizable Programs:** 6 (3 TENS, 3 EMS)
- **Intensity Levels:** 40
- **Channels:** 2 independent channels (supports up to 4 electrodes)
- **Special Feature:** Backlit LCD Display
- **ABS Pad Dimensions:** 21 x 18 cm
- **Therapy Type:** Muscle Therapy, Pain Relief
- **Cordless:** Yes (main unit is battery-powered)
- **ASIN:** B0H4RQLJ1L

11. Warranty and Support

For warranty information, technical support, or any questions regarding your TESMED Fit 5.4 electrostimulator, please contact TESMED customer service directly. Refer to the packaging or the official TESMED website for contact details.
You can visit the TESMED store on Amazon for more information: TESMED Amazon Store

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