

Instruction Manual

【Product Name】 TENS & EMS Stimulator

【Model】 LFK-021, LFK-033, LFK-060, LFK-800

【Manufacturer Name】 Shenzhen Loveka Technology Co., Ltd.

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1.Introduction

Read this instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in this manual. Failure to follow and implement according to the use and operating instructions can cause harm to the user or device.

The device is intended for over-the-counter use however if you have medical questions we strongly encourage you to consult with your physician regarding indications for use of this device.

What is TENS?

TENS stands for transcutaneous electrical nerve stimulation. This TENS unit is intended to deliver electrical current to electrode pads applied to your skin to relieve pain associated with sore or aching muscles.

What is EMS?

EMS stands for electrical muscle stimulation. This electric muscle stimulator is used to stimulate healthy muscles to improve muscle strength and performance.

Indications for Use

TENS: The device is designed to be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), lower extremities (leg), abdomen and bottom due to strain from exercise or normal household work activities.

EMS: The device is designed to be used to stimulate healthy muscles in order to improve or facilitate muscle performance.

Life time

5 years of the Simulator (main device)

5 years of the Remote

2. Warnings

CONTRAINDICATIONS

- EMS & TENS Stimulator should not be used by individuals with cardiac pacemakers, implanted defibrillators, or other implanted metallic electronic devices. Such use could cause electric shock, burns, electrical interference, or death.

WARNINGS

- The long-term effects of chronic electrical stimulation are unknown.
- Stimulation should not be applied over the carotid sinus nerves, particularly in people with a known sensitivity to the carotid sinus reflex.
- Do not apply stimulation directly to the front of the neck. The larynx and pharynx muscles may experience severe spasms, leading to airway obstruction or difficulty breathing.
- Stimulation should not be applied transthoracically, as this may cause cardiac arrhythmias.
- Stimulation should not be applied transcranially.
- Do not apply stimulation over open wounds, rashes, swollen, infected, or inflamed areas, or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- Stimulation should not be applied over or near cancerous lesions.
- If you are under a physician's care, consult with your physician before using these devices.
- If you have received medical or physical treatment for your condition, consult with your physician before using these devices.
- If your symptoms do not improve, worsen, or persist for more than five days, stop using the device and consult your physician.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), as they may not operate properly.
- Do not apply stimulation while in the bath or shower.
- Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating machinery, or during any activity where electrical stimulation could pose a risk of injury.
- Do not use these devices on children unless they have been evaluated for pediatric use.
- Keep batteries out of reach of children to prevent them from swallowing.
- Waste, residue, etc. as well as ME equipment and accessories at the end of their expected service life should be disposed of in accordance with local medical waste disposal regulations.
- Unauthorized disassembly or modification of equipment may result in electrocution or cause loss of performance
- **Potential Hazards:**
 - Simultaneous connection of a PATIENT to high frequency surgical ME EQUIPMENT may result in burns at the site of the STIMULATOR electrodes and possible damage to the STIMULATOR.
 - Operation in close proximity (e.g., 1 m) to shortwave or microwave therapy ME EQUIPMENT may produce instability in the STIMULATOR output.
 - Application of electrodes near the thorax may increase the risk of cardiac fibrillation.

PRECAUTIONS

- The safety of using EMS and TENS devices during pregnancy has not been established.
- Use caution if you have suspected or diagnosed heart problems or epilepsy, and follow the precautions recommended by your physician.
- Use caution if you have a tendency to bleed internally or after a recent injury or surgical procedure, as stimulation may disrupt the healing process.
- Use caution when applying stimulation over the menstruating or pregnant uterus.
- Use caution when applying stimulation over areas of skin that lack normal sensation.
- Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or conductive medium. This can usually be reduced by using an alternative conductive medium or adjusting electrode placement.
- Always use the electrodes and accessories recommended by the manufacturer.
- Keep these devices out of the reach of children.
- Please avoid cotton wool, dust, or direct light (including sunlight) during storage and use of the device to avoid cotton wool, dust or direct light that may reduce the adhesion of the electrode sheet, thereby increasing the impedance of the electrode sheet, affecting the treatment effect or causing harm.
- When connecting electrodes or other devices to the host, please check whether the assembly is tight. Loose electrodes may cause electric shock or make the product lose its therapeutic effect.
- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

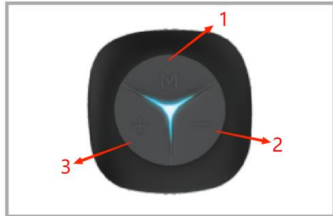
ADVERSE REACTIONS

- Skin irritation and burns beneath the electrodes have been reported.
- Headaches and other painful sensations may occur during or after applying stimulation near the eyes, head, or face.
- If you experience adverse reactions, stop using the device and consult your physician.

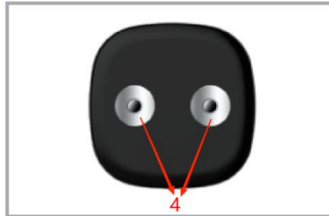
3.Package Content

1. Stimulator

Main device (FRONT and BUTTONS)



Main device(REAR)



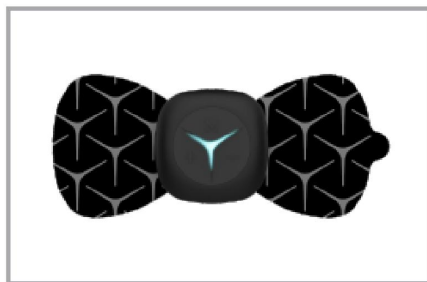
2. Remote

Remote Cotroller (Front and Back)



3. Mini Pad (application part)

Pad (FRONT and REAR)



4. Type C Charging Cable



5. Remote Battery



The device only suitable for standard CR2032 lithium battery.

6. leg strap (application part)



7. Shorts (application part)



8. Wristband (application part)



9. Belt (application part)



4. Device features description

According to the numbers marked in the diagrams in Chapter 3, the functions and interfaces are described as follows:

NUMBER	NAME	FUNCTION
1	Model button	Change the model
2	- button	Reduce the intensity of the current output.
3	+ button	Increase the intensity of the current output
4	Magnetic clasp	Connect the Stimulator to the accessories
5	Charging interface	Charging
6	+ button	Increase the intensity of the current output
7	Model button	Change the model
8	- button	Reduce the intensity of the current output.
9	Battery compartment	Battery connection parts
10	Magnetic receiver	Connect the Stimulator to the accessories

5. Charge remote and stimulator

Charging the Stimulator Using the AC Adapter

1. Connect the small end of the USB cable to the remote or pod and the large end to the AC adapter.
2. Plug the adapter into any standard wall outlet.

The remote control cannot be charged but instead uses batteries, and the Stimulator will flash a blue light until it is fully charged.

Note: Do not charge Stimulator with electrode pads snapped on to the Stimulator as it will reduce longevity of the electrode pads due to excessive heat from charging.

Note: This product does not come with an AC Adapter. Please purchase a qualified 5V AC Adapter separately.



6.About rechargeable batteries

Please fully charge the batteries in both the remote and the Stimulator before using. To prevent the risk of electric shock, make sure power cord is unplugged from wall socket. To fully disengage the power to the unit, please disconnect the power cord from the AC outlet. Do not remove cover (or back). The AC outlet shall be readily available and accessible.

Note: Use important precautions regarding the batteries:

- Do not connect the battery to metal objects placed in your pocket or backpack or other containers.
- Do not short the metal (+)(-) terminals.
- Do not dismantle or modify the battery.
- Please do not apply heavy force onto batteries. Do not throw batteries.
- Do not use sharp utensils or metal objects to scratch or puncture the battery.
- Do not place the battery in a microwave, oven, or dryer. Do not place the battery into high pressure or high temperature environments.
- Do not mix this product with other brands or other types of batteries.
- Before charging or discharging the battery, read the manual.
- Stay away from conductive objects during battery charging and discharging.
- Keep batteries away from children.
- When the device(s) system is not in use, store in a low humidity, low temperature environment.
- In the event the battery fluid comes into contact with your eyes, do not rub your eyes. Rinse with water and immediately seek treatment.
- If you detect abnormal heat, odors, or flames coming from the battery, discontinue using the battery.
- If the battery fluid leaks and comes into contact with the skin, wash with clean water.
- Do not throw batteries into a fire. The battery could explode causing injury or death.
- When discarding or recycling batteries, make sure not to short circuit (+)(-) the terminals.
- Please recycle. Do not dispose of old batteries with your household waste; dispose of them safely at your recycling center or business where the batteries were purchased.
- Gases may escape from the battery housing during charging or discharging, ventilation should be provided to avoid unacceptable risks due to gas accumulation and to prevent possible ignition.
- Do not charge the battery over 2 hours.

7.Operation guide

STEP 1 - Preparing Your Skin Before Using

Following the steps below can help prepare the skin for optimal electrical dispersion and increased stimulation sensitivity. Such care may also help extend electrode pad life and may reduce the risk of skin irritation.

1. Determine the electrode pad placement sites for the electrode pad(s).
2. Wash the area with mild soap and water (do not use alcohol). Rinse and dry thoroughly.
3. Trim excess body hair from the area with scissors (do not shave).
4. When removing electrode pads, always remove by pulling in the direction of hair growth.

STEP 2 - Attach Electrode Pad to Stimulator

1. Place the electrode pad with the contact plugs up onto a flat surface. Place the Stimulator with the contact jacks down onto the electrode pad so that plugs and jacks are aligned. Then press down until they are completely snapped in.
2. Do not remove the clear plastic shield from electrode pad until the unit is ready to be placed on the body.

STEP 3 - Attach Pod and Electrode Pad to Your Body

1. Place the pod and electrode pad on your body as per the illustration on page 13.

STEP 4 - Turning On and Off Stimulator

1. To turn on the Stimulator, Press and hold the M button for 3 seconds.
2. To turn on the Remote, Press any button.
3. To turn off the Stimulator, Press and hold the M button for 3 seconds
4. To turn off the Remote, The device will automatically shut off after 6 seconds of no operation.

Note: Stimulator will only turn off automatically under the following conditions:

- No activity or if treatment intensity has not been set for 30 minutes.
- Automatic turn off about 120 seconds later if Do NOT attach to BODY.

Note: To prevent unpleasant electric shocks, never remove the Stimulator and electrode pad while it is still turned on. However, in an emergency, you may unsnap the Stimulator from the electrode pad.

STEP 5 - Turning On and Off Remote

- Pressing any button on the Remote will activate the Remote.

Note: Do not turn the remote on until the Stimulator are properly attached to electrode pad.

Note: When stimulating the muscles of the arms or legs, muscle contraction may cause involuntary limb movement which may cause injury to yourself or others. Ensure limbs are secured to prevent movement.

STEP 6 - Select Therapy Program

1. After remote is enabled, the preset therapy mode is 1. Press the mode key every time to change the therapy mode.

Note: The device offers 6 EMS programs; the programs differ with respect to varying pulse widths and frequencies. The program you choose determines the impulse output type. Choose the program that is appropriate to your needs as shown on pages 14 or is most comfortable to you.

STEP 7 - Select Treatment Minutes

1. The treatment time for each mode of this product is a preset 30 minutes, which cannot be changed.

STEP 8 - Select Intensity Level

1. press the + button (to increase) or the – button (to decrease).

Note: The device offers 15 intensity levels.

Note: While you are using, you will feel the intensity level increase or decrease as you select the intensity level. Always start with the lowest intensity gradually increasing until you feel a "tingling" sensation. Never increase the intensity to a level that causes pain. Stay under point of discomfort. You can use this as a guide to select an intensity level that is comfortable for you.

Note: If you change therapy mode/program during a therapy session, the intensity level will reset to “1” to avoid unpleasant and unexpected impulses; it's a safety and precautionary feature.

STEP 9 – Charging

After the device is turned on, if the blue battery icon below lights up, please charge the device in time;

When the device is connected to a power source, if the blue battery icon below flashes, it means the device is charging;

If the battery icon below is white, it means the device is fully charged.

8.Maintenance

Remote and Stimulator

- To clean exterior of system, please lightly wipe with a clean, wet cloth. Do not submerge the stimulator in liquid or expose it to large amounts of water.
- The system should be cleaned each time after use, and kept safe away in a drawer.
- Never use aggressive cleaning products or stiff brushes to clean the device.
- Do not clean devices when charging. Always unplug the charger first before cleaning the device(s).
- Do not use the device until it is completely dry.
- Do not expose the device to direct sunlight and protect it from dirt and moisture.
- Store the system in a clean, dry place.
- Do not dispose of the device(s) in a fire. The battery could explode, causing injury or death.

Electrode Pads

The electrodes are used for a limited number of times, and the adhesive used will dry out after prolonged use or storage. Electrode pads should be replaced when they lose their adhesive quality or when you sense a change in stimulation sensation. Electrode pads are for single person use only.

If you have questions about the integrity of the electrode pads or if you want to order new electrode pads, Please contact the manufacturer.

This product is not recommended for use by multiple people. Use by multiple people may increase biocompatibility risks and cause allergic reactions.

Note: Gel pads are consumable items, and new ones can be replaced under the following circumstances:

- * If used for more than one month or more than 30 times.
- * If they lose their stickiness, become dry and damaged, or have dirt that cannot be removed.

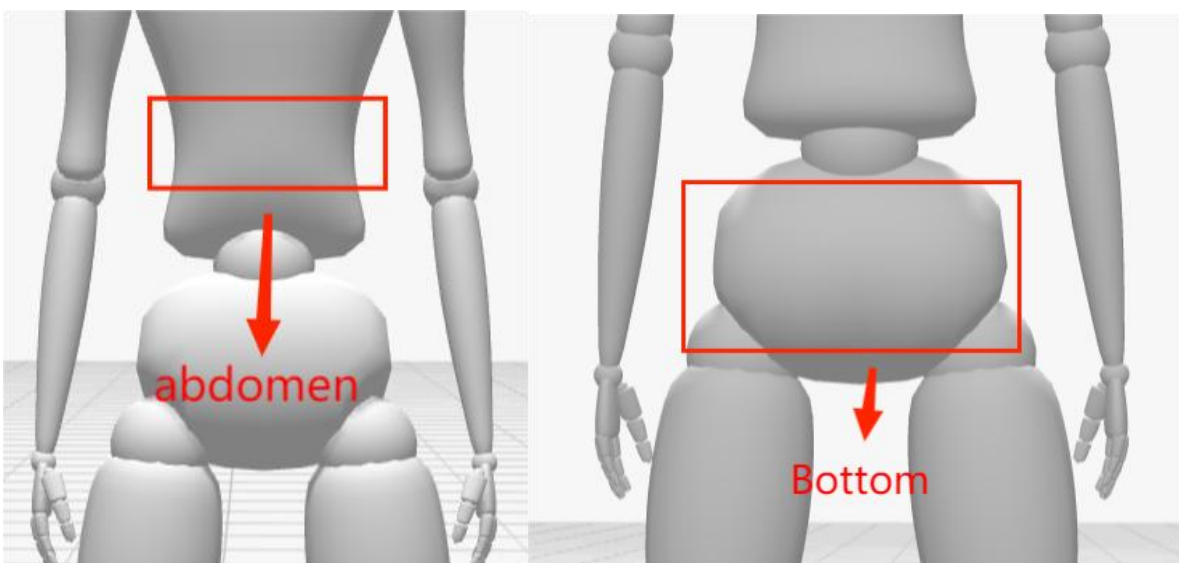
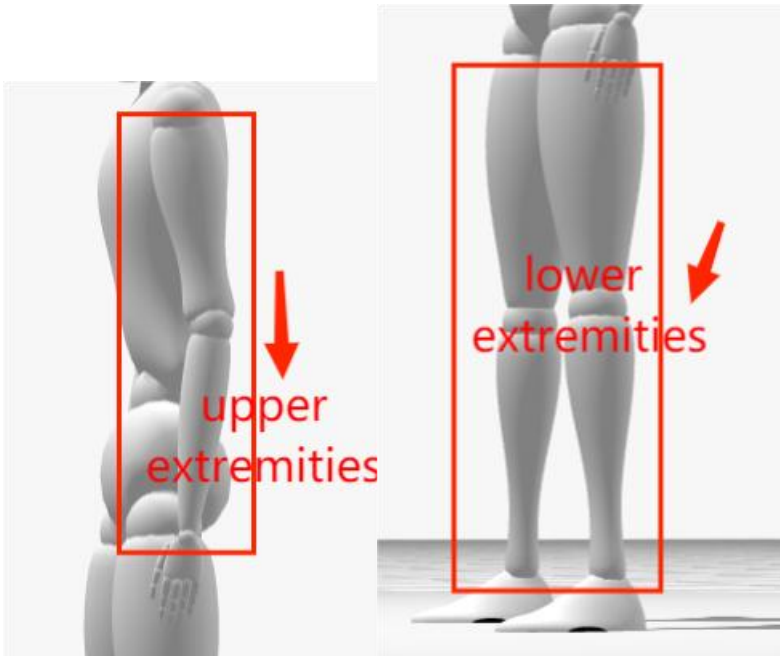
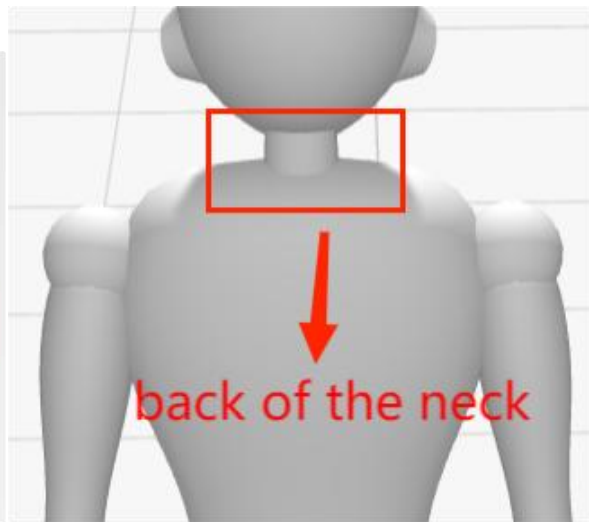
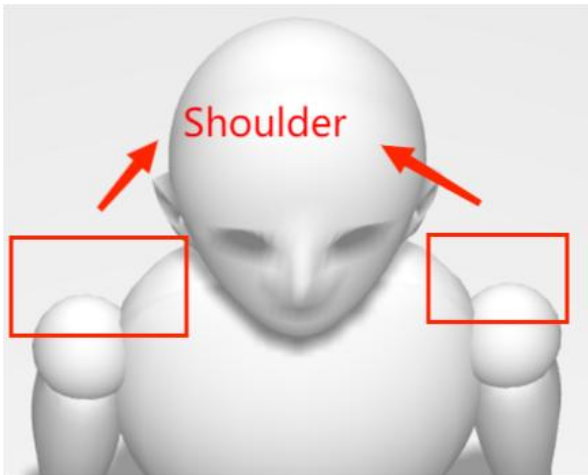
Rechargeable Battery Care

The rechargeable batteries are built-in the device(s). Please do not attempt to disassemble or force open the built-in battery.

Note: Fully charged devices will provide therapy for:

- Pods: 3 hours

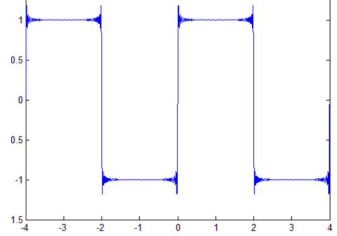
9. Electrode pad placement guide



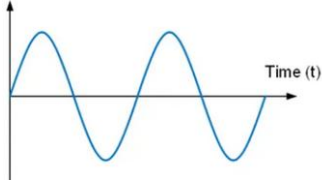
10. Program specification

Default mode

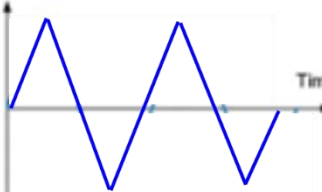
Mode 1 - Relax

Frequency	1-200 Hz	Pulse width	$\leq 150 \mu s$
Running period	15 min.	Diagram of wave form	

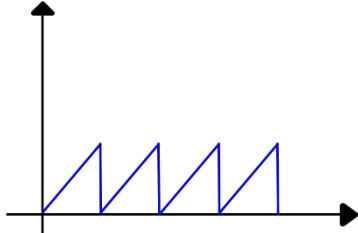
Mode 2 - Tighten

Frequency	1-200 Hz	Pulse width	$\leq 150 \mu s$
Running period	10 min.	Diagram of wave form	

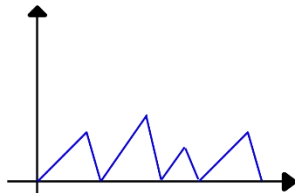
Mode 3 - Intensify

Frequency	1-200 Hz	Pulse width	$\leq 150 \mu s$
Running period	8 min.	Diagram of wave form	

Mode 4 - Knead

Frequency	1-200 Hz	Pulse width	$\leq 150 \mu s$
Running period	20 min.	Diagram of wave form	

Mode 5 - Jitler

Frequency	1-200 Hz	Pulse width	$\leq 150 \mu s$
Running period	5 min.	Diagram of wave form	

Mode 6 - Punch

Frequency	1-200 Hz	Pulse width	$\leq 150 \mu s$
Running period	3 min.	Diagram of wave form	

Max. Output stimulus intensity

50mA (at Load Resistance 500Ω)

11. Environmental Conditions

- Operating Conditions:

+50°F (10°C) to +104°F (40°C),
40-90% max. Relative humidity
700hPa~1060hPa

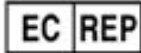
- Transport and Storage Conditions:

+14°F (-10°C) to +140° (60°C),
30-95% max. Relative humidity
700hPa~1060hPa

After the device is transferred from the lowest storage temperature to the operation temperature, it needs to be left alone for at least an hour before it can be put into use and enter the device ready state.

After the device is transferred from the highest storage temperature to the operation temperature, it needs to be left alone for at least an hour before it can be put into use and enter the device ready state.

12. Technical symbols

 Manufacturers information	 Notice, refer to the attached documents
 Prevent insolation	 Be sure not to use it when the package is in damaged condition
 Service life	 Refer to manual
 CE mark	 Trash can identify
 Lot identification mark	 Production Start Date
 The validity of the product	 The European Union on behalf of the logo
 FCC mark	 Include RF transmitters
 Type BF equipment	

13. Troubleshooting

Always check the unit and accessories before use to prevent damage and defects; these are some of the simple troubleshooting tips or you may call us at 086-755-23355131.

If this happens...	Try this solution...
Stimulator turns off after 2 minutes.	1. Turn on the Stimulator. 2. Turn on the remote. 3. Set Stimulator by adjusting settings and intensity. (See page 11) Automatic turn off about 120 seconds later if Do NOT attach to BODY.
I cannot feel anything.	1. Ensure that the Stimulator are turned on. 2. Gradually increase the intensity past "1" until a tingling sensation is felt. (See page 11)
The remote and Stimulator will not turn on	Press the ON button. Ensure that the remote and Stimulator is fully charged and is unplugged from the charging cable.
The Stimulator will not turn off	When treatment minutes are remaining, reduce the intensity to "0", then press and hold the OFF/- button for 3 seconds. When treatment minutes have not been set, press and hold the OFF/- button for 3 seconds.
The remote/Stimulator do not seem to be charging	Ensure the USB cable is correctly plugged into the remote/Stimulator and ensure that the AC adaptor is plugged into the electrical socket securely. (See page 8)
The remote does not control the Stimulator	1. Ensure the Stimulator and remote are fully charged and turned on. 2. Set the Stimulator by adjusting the intensity. (See page 17) Automatic turn off about 120 seconds later if Do NOT attach to BODY.

If the device has faults not listed above, please do not open the repair by yourself, please contact the after-sales service professionals for maintenance

14. Abstract

This abstract is not a substitute for the complete user manual, which should be read thoroughly before operating the equipment;



Warning

We kindly urge you to thoroughly review the warning section of this manual, as it holds significant importance.

STEP BY STEP OPERATION GUIDE

STEP 1 - Preparing Your Skin Before Using

STEP 2 - Attach Electrode Pad to Stimulator

STEP 3 - Attach Pod and Electrode Pad to Your Body

STEP 4 - Turning On and Off Stimulator

STEP 5 - Turning On and Off Remote

STEP 6 - Select Therapy Program

STEP 7 - Select Treatment Minutes

STEP 8 - Select Intensity Level

【TEL.】 086-755-23355131

15. WARRANTY

The TENS & EMS Stimulator carries a one-year warranty from the date of purchase.

The warranty applies to the remote, Stimulator, necessary parts, and labor relating thereto.

Consumable items, like electrode pads and other accessories, are guaranteed to be free from defects in workmanship and materials at the time of delivery.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations, or disassembly by unauthorized individuals.

Shenzhen Loveka Technology Co., Ltd. reserves the right to replace or repair the unit at our discretion.

【Product Name】TENS & EMS Stimulator

【Manufacturer Name】Shenzhen Loveka Technology Co., Ltd.

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【Contact Number】086-755-23355131

16. FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.