

# STIMULATOR

Pain Relief & Recovery & Relax



Model : MH-1087



## What's in the Box

- 1x Main Device Unit
- 8x Electrode Pads
- 4x Lead Wires
- 1x Type-C Charging Cable
- 1x User Manual

- ✓ Lifetime Warranty Included
- ✓ 30-Day Money-Back Guarantee
- ✓ Free Technical Support

# ■ IMPORTANT SAFETY INFORMATION

## ■ Who Should NOT Use This Device?

- **Pregnant women** - Do not use during pregnancy
- **People with pacemakers** or other electronic medical devices
- **People with cancer** or malignant tumors
- **People with heart conditions** or cardiac dysfunction
- **People with high blood pressure** (uncontrolled)
- **People with fever** or acute infectious diseases
- **People with recent surgery** (within 6 months)
- **People with epilepsy** or seizure disorders
- **People with skin problems** in the treatment area

## ■ Never Apply Pads To These Areas:

Area	Reason	Visual
Near the heart	May interfere with heart rhythm	■
On the throat	May affect breathing/swelling	■
Over the mouth	May block airway	■
Near the brain	May affect neurological function	■
On broken/damaged skin	May cause infection or irritation	■
Over scars	Unpredictable effects on scar tissue	■

## ■ General Safety Warnings:

- Do NOT use while driving, operating machinery, or during any activity where involuntary muscle contractions could cause injury
- Do NOT use for more than 1-2 sessions per day (20-30 minutes each)
- Do NOT apply pads to wet skin - always dry skin thoroughly before use
- Do NOT use alcohol-based products on skin before applying pads
- Keep out of reach of children and pets
- This device is NOT intended for medical diagnosis or treatment of medical conditions
- If you experience pain, skin irritation, or discomfort, stop using immediately and consult a healthcare provider

# ■ Quick Start Guide

Get started with your TENS & EMS device in just 5 simple steps!

## STEP 1

### Charge Your Device

- Connect the Type-C cable to the device
- Plug into any USB power source (5V/1A recommended)
- Wait until battery indicator shows 4 bars (fully charged)
- Full charge takes approximately 3-4 hours
- One charge provides up to 20 hours of use

## STEP 2

### Connect the Electrode Pads

- Remove electrode pads from their protective film
- Attach 2 pads to each channel cable (C1+C2 and C3+C4)
- Stick pads firmly to clean, dry skin
- Position pads on the muscle group you want to treat
- Ensure pads are at least 2 inches apart

## STEP 3

### Turn On the Device

- Press and hold the ON/OFF button for 2 seconds
- The LCD screen will light up
- You will see the default mode displayed (Mode 01, TENS)
- Default treatment time is 20 minutes

## STEP 4

### Choose Your Mode

- Press MODE to cycle through: TENS → EMS → RELAX → DIY
- Use MODE+ / MODE- to select specific mode number:
  - TENS: Modes 01-20 (Pain relief)
  - EMS: Modes 21-40 (Muscle stimulation)
  - RELAX: Modes 41-59 (Massage/Relaxation)
  - DIY: Mode 60 (Custom settings)

## STEP 5

### Adjust Intensity & Start

- Slowly rotate the intensity knob clockwise to increase
- Start at a low level (1-5) and gradually increase
- You should feel a strong but comfortable tingling
- Press TIME to adjust duration (10-60 minutes)
- Press PAUSE anytime to pause/resume treatment

# ■ Complete Mode Reference

This guide shows all 60 modes and helps you choose the right one for your needs.

Function	Mode Range	Best For	How to Select
<b>TENS</b> (Transcutaneous Electrical Nerve Stimulation)	01-20	Pain relief for sore muscles, arthritis, back pain, neck pain, shoulder pain, leg pain, and muscle spasms	Press MODE until TENS lights up, then use MODE+/- to select mode 01-20
<b>EMS</b> (Electrical Muscle Stimulation)	21-40	Muscle strengthening, improving muscle performance, muscle recovery after exercise, preventing muscle atrophy	Press MODE until EMS lights up, then use MODE+/- to select mode 21-40
<b>RELAX</b> (Massage & Relaxation)	41-59	General massage, muscle relaxation, stress relief, fatigue recovery, improving blood circulation	Press MODE until RELAX lights up, then use MODE+/- to select mode 41-59
<b>DIY</b> (Custom Settings)	60	Advanced users who want full control over frequency (Hz), speed, and intensity for personalized treatment	Press MODE until DIY shows on screen, then customize Hz, Speed, and Intensity manually

## ■ Intensity Level Guide

Level	Sensation	Recommended For
1-5	Gentle tingling, barely noticeable	First-time users, sensitive areas, relaxation
6-15	Strong tingling, noticeable muscle contraction	General pain relief, muscle stimulation
16-25	Intense pulsing, strong muscle contractions	Deep muscle treatment, muscle strengthening
26-30	Very strong, powerful contractions	Advanced users only, athlete training

## ■ Recommended Treatment Duration

- **First time:** Start with 10-15 minutes at low intensity
- **General use:** 20 minutes per session is optimal
- **Maximum:** Do not exceed 60 minutes or 2 sessions per day
- **Consistency:** Regular use (daily or every other day) provides better results
- **Recovery:** Allow at least 4-6 hours between sessions on the same area

# ■ DIY Mode: Complete Guide

The DIY mode (Mode 60) lets you customize frequency (Hz), speed, and intensity for personalized treatment.

## How to Use DIY Mode:

### Step 1: Enter DIY Mode

Press the MODE button repeatedly until the DIY indicator flashes and the screen shows 'Mode 60'.

### Step 2: Set Frequency (Hz)

Press the intensity knob DOWN once. The 'Hz' indicator will start flashing.

- Rotate the knob to adjust frequency from 10 Hz to 150 Hz
- Lower Hz (10-30): Better for pain relief, gentle stimulation
- Medium Hz (30-60): Balanced pain relief and muscle stimulation
- Higher Hz (60-150): Stronger muscle contraction, fitness training

### Step 3: Set Speed

Press the intensity knob DOWN again. The 'Speed' indicator will start flashing.

- Rotate the knob to adjust speed from 1 (slowest) to 10 (fastest)
- Speed 1-3: Gentle, relaxing massage
- Speed 4-6: Moderate stimulation
- Speed 7-10: Intense, high-energy workout simulation

### Step 4: Set Intensity

Press the intensity knob DOWN a third time. Both 'Hz' and 'Speed' indicators will be off.

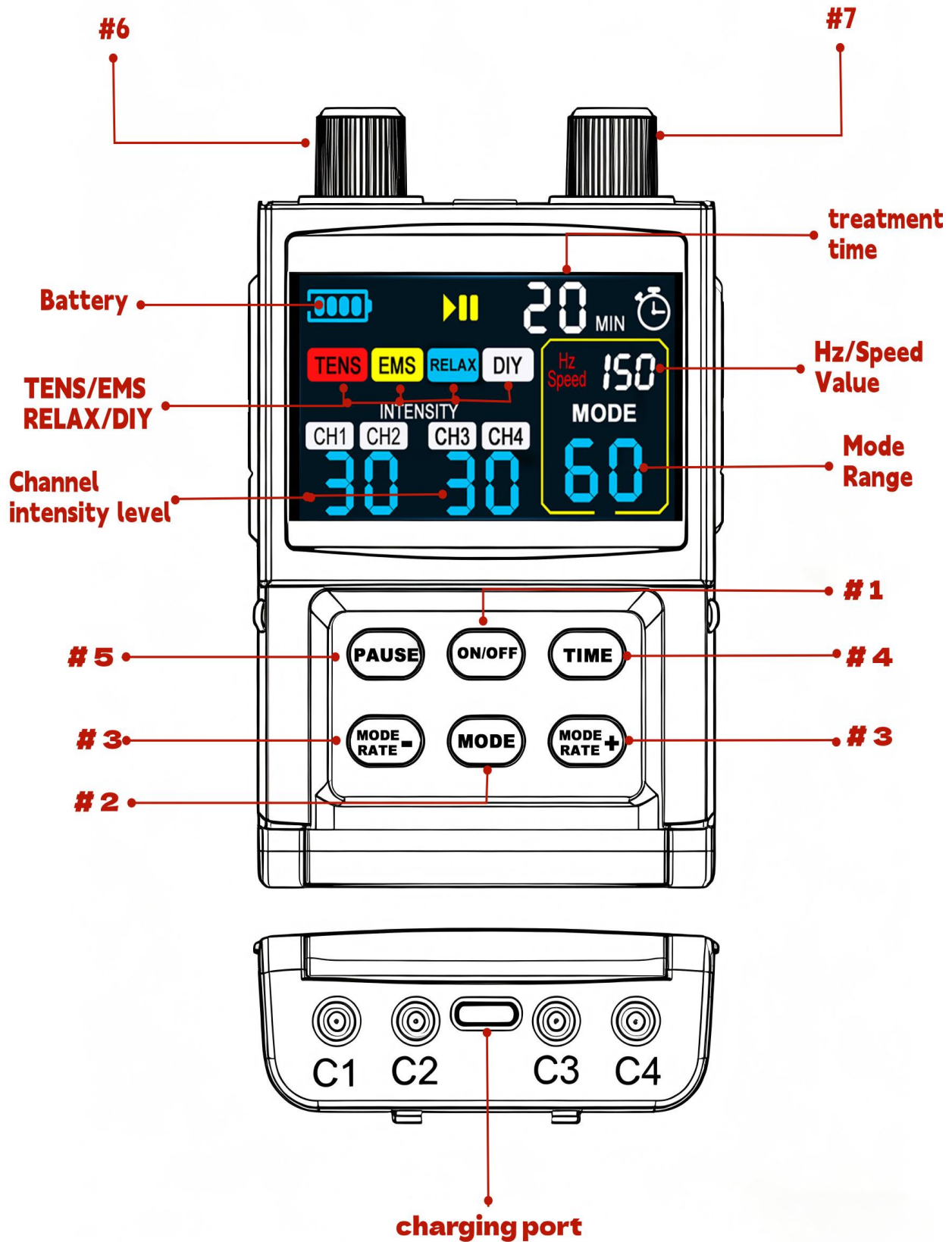
- Rotate the knob to adjust intensity from 0 to 30
- Start low (1-5) and gradually increase
- The sensation should be strong but comfortable
- Never use at maximum intensity (30) for extended periods

## ■ Popular DIY Presets

Preset Name	Frequency (Hz)	Speed	Intensity	Best For
Deep Tissue Pain Relief	30 Hz	4	15-20	Chronic back/shoulder pain
Muscle Recovery	50 Hz	6	10-15	Post-workout recovery
Relaxation Massage	15 Hz	2	5-10	Stress relief, sleep aid
Muscle Endurance	70 Hz	8	12-18	Athletic performance
Acute Pain Relief	100 Hz	5	8-12	Sudden injury, flares

# ■ Device Overview

Familiarize yourself with all the parts and controls of your TENS & EMS device.



## Control Reference:

#	Control	Function	How to Use
1	ON/OFF Button	Power on/off the device	Press and hold for 2 seconds
2	MODE Button	Switch between TENS/EMS/RELAX/DIY	Press to cycle through modes
3	MODE+ / MODE-	Select mode number	Use to go up/down (01-20, 21-40, etc.)
4	TIME Button	Set treatment duration	Press to cycle: 10→20→30→40→50→60 min
5	PAUSE Button	Pause/resume treatment	Press to pause, press again to resume
6	Left Knob (C1/C2)	Adjust intensity or DIY settings	Rotate clockwise to increase
7	Right Knob (C3/C4)	Adjust intensity or DIY settings	Rotate clockwise to increase

## LCD Display Indicators:

Indicator	What It Shows	Visual Example
Battery	Current charge level (0-4 bars)	■■■■■ (full) → ■ (low)
Time	Remaining treatment time in minutes	20:00 (20 minutes)
Mode	Current mode number (01-60)	MODE 05
TENS/EMS/RELAX/DIY	Active treatment program type	TENS indicator ON
CH1 / CH2	Channel 1/2 intensity level	Level 0-30
CH3 / CH4	Channel 3/4 intensity level	Level 0-30
PAUSE	Treatment is paused	PAUSE indicator ON

# ■ Electrode Pad Placement Guide

Proper pad placement is essential for effective treatment and optimal results.

## Before Applying Pads:

- ✓ **Clean the skin** - Wash the treatment area with mild soap and water, then dry thoroughly
- ✓ **Avoid products** - Do NOT use alcohol, lotions, or creams on the skin before applying pads
- ✓ **Trim hair** - If needed, trim excess hair with scissors (do NOT shave)
- ✓ **Check pads** - Ensure electrode pads are clean and sticky before applying
- ✓ **Position correctly** - Place pads at least 2 inches (5cm) apart

## Where to Place Pads:

Body Area	Pad Placement	Recommended Mode
Lower Back	Place one pad on each side of the spine, 2-3 inches apart	TENS 01-10, RELAX 45-50
Upper Back	Place pads on both sides of shoulder blades	TENS 05-15, EMS 25-30
Neck	Place pads on back of neck, below skull, avoiding spine contact	TENS 01-08 (LOW intensity)
Shoulder	Place pads around the shoulder joint in a V pattern	TENS 08-12, EMS 28-35
Arm (Bicep/Tricep)	Place pads at each end of the muscle, parallel to muscle fibers	EMS 25-35
Forearm	Place pads on top and bottom of forearm, opposite each other	TENS 10-15, EMS 30-35
Waist (Abs)	Place one pad on each side of the belly button	EMS 30-40, RELAX 50-55
Thigh (Quad/Hamstring)	Place pads at top and bottom of thigh muscle	EMS 28-38
Calf	Place pads along the length of the calf muscle	TENS 08-12, EMS 25-30
Knee	Place pads on each side of the kneecap	TENS 10-15
Ankle	Place pads on front and back of ankle	TENS 08-12
Wrist	Place pads on top and bottom of wrist	TENS 05-10

### ■ Pro Tips:

- **Channel Separation:** Channels C1/C2 and C3/C4 work independently - you can treat two body areas at once!
- **Pain Relief vs. Muscle:** For pain relief, use TENS modes with lower intensity. For muscle building, use EMS modes with higher intensity.
- **Symmetrical Placement:** For best results, place pads symmetrically (same distance and angle on each side).
- **Skin Care:** If you have sensitive skin, start with short sessions (10 minutes) and low intensity.



# ■ Care & Maintenance

## Electrode Pad Care

Proper care of your electrode pads will extend their life and ensure effective treatment.

- **Storage:** Always replace the protective film after each use to prevent drying
- **Cleaning:** Gently wipe pads with a damp cloth (no soap or chemicals)
- **Lifespan:** Replace pads every 20-30 uses or when they lose stickiness
- **Skin reactions:** If pads cause skin irritation, stop using and replace pads
- **Hygiene:** Each user should have their own set of pads to prevent skin infections
- **Temperature:** Store pads at room temperature, away from direct sunlight

## Battery Care

- **First charge:** Charge fully before first use (3-4 hours)
- **Charging:** Use the included Type-C cable with a 5V/1A USB power source
- **Low battery:** Charge when battery indicator shows only 1 bar
- **Storage:** If not using for extended period, charge every 2-3 months
- **Power adapter:** Wall charger (5V DC/1A) is NOT included - use any standard USB charger
- **Usage time:** Up to 20 hours on a full charge (varies by intensity settings)

## Device Care

- **Cleaning:** Wipe the device with a soft, dry cloth
- **Water:** Do NOT submerge in water or expose to liquids
- **Cables:** Handle lead wires carefully; do not pull on cords
- **Storage:** Store in a cool, dry place away from direct sunlight
- **Damage:** If device is damaged, stop using and contact support
- **Disposal:** Recycle properly at electronics recycling points

## ■ Troubleshooting

Problem	Possible Cause	Solution
No power	Battery depleted	Charge the device for 3-4 hours
No power	Not turned on properly	Hold ON/OFF for 2 full seconds
Weak sensation	Pads not sticky enough	Replace or clean electrode pads
Weak sensation	Skin not prepared	Clean and dry skin before applying
Weak sensation	Intensity too low	Gradually increase intensity level
Sensation on one side only	Cable connection loose	Check all cable connections
Intermittent sensation	Pads too far apart	Ensure pads are 2-5 inches apart
Skin irritation	Pads dirty or worn	Clean pads or replace with new ones
Skin irritation	Sensitive skin	Use lower intensity, shorter sessions
Device won't charge	Cable not connected	Check all cable connections
Device won't charge	Power source issue	Try a different USB power source

# ■ Product Features

## 60 Pre-Programmed Modes

Choose from 60 different massage and stimulation modes including hammering, kneading, finger pressing, and more. Perfect for addressing various pain types and muscle needs.

## 4 Independent Channels (8 Pads)

Two completely independent output channels (C1/C2 and C3/C4) allow you to treat two body areas simultaneously or share the device with family members with different intensity preferences.

## 30 Intensity Levels

Fine-tune your treatment with 30 levels of intensity for each channel. From gentle relaxation to intense muscle stimulation, find your perfect comfort level.

## Rechargeable Battery (20 Hours)

Built-in powerful lithium battery provides up to 20 hours of continuous use. Type-C charging for convenient power-up anywhere - wall charger, power bank, laptop, or car.

## Portable & Lightweight

Compact pocket-sized design lets you take pain relief anywhere - office, car, travel, or home. Never let pain slow you down again.

## Large LCD Display

Clear, easy-to-read LCD screen shows all your settings at a glance: mode, time remaining, battery level, and intensity for each channel.

## DIY Custom Mode

Advanced DIY mode (60) lets you manually set frequency (Hz), speed, and intensity for fully personalized treatment tailored to your specific needs.

## Auto Shut-Off Safety

Built-in 60-minute maximum timer and auto shut-off feature ensures safe operation and prevents over-treatment.

## ■ Warranty & Support

### ■ Lifetime Warranty Included!

As a professional seller, we offer **lifetime warranty** on this 4-in-1 TENS & EMS & MASSAGE & DIY device.

Your warranty covers:

- Manufacturing defects
- Device malfunctions under normal use
- Battery issues (within first 12 months)

**To activate your warranty:**

1. You can directly visit our warranty website at: <https://warranty.baoliter.com/>, or scan the QR code next to it with your camera, or contact us email at: [NexMedio-us@outlook.com](mailto:NexMedio-us@outlook.com).
2. Include your name, order ID, and issue description
3. We will respond within 24 hours



### ■ Extra 1-Year Warranty Available!

Scan the QR code on the product packaging or inside the box to register for an **additional 1-year warranty** - absolutely FREE!

This bonus extends your total coverage to **lifetime + 1 year** of comprehensive protection.

## ■ Contact Us

- **Email:** [NexMedio-us@outlook.com](mailto:NexMedio-us@outlook.com)
- **Response Time:** Within 24 hours
- **Hours:** Monday - Friday, 9 AM - 6 PM EST
- **Language:** English/Spanish supported



## ■ Frequently Asked Questions

Question	Answer
How often can I use it?	We recommend 1-2 sessions per day, with each session lasting 20-30 minutes.
Is it safe for everyone?	No. See the Safety Information page for contraindications. Consult a doctor if unsure.
Will it help with my condition?	TENS/EMS devices are generally effective for temporary pain relief and muscle stimulation. Results vary.
How long until I see results?	Many users feel relief during or immediately after use. Long-term benefits require consistent use.
Can I use it while pregnant?	No. Pregnant women should NOT use this device.
Can I share it with family?	Yes! Each person should use their own electrode pads for hygiene reasons.

## Thank You for Choosing Bao Liter!

Your satisfaction is our ultimate goal. We're committed to providing you with high-quality products and exceptional customer service.

If you have any questions, concerns, or feedback, please don't hesitate to contact us. We're here to help!

### Quick Reference

**Power:** Hold ON/OFF for 2 seconds  
**Mode:** Press MODE to cycle TENS → EMS → RELAX → DIY  
**Intensity:** Rotate knobs clockwise to increase  
**Time:** Press TIME to set duration (10-60 min)  
**Pause:** Press PAUSE to stop/resume  
**Charging:** Use Type-C cable (5V/1A)