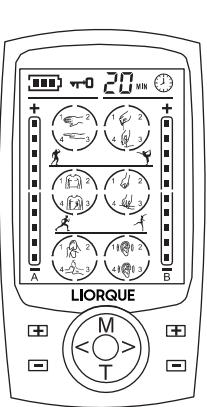


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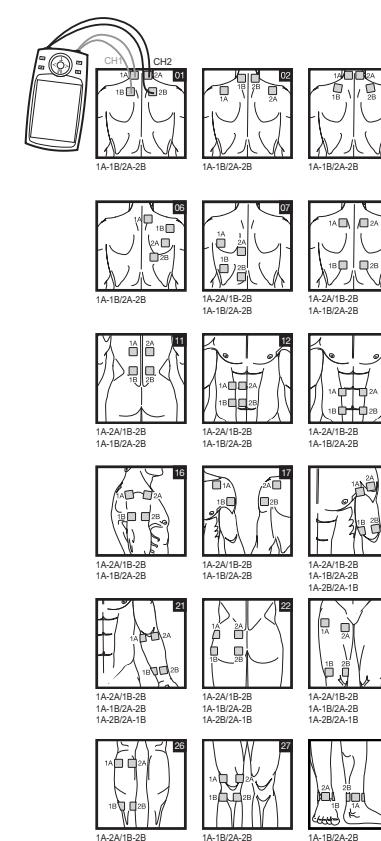
Model:MH-1083



User Manual

- English
- Deutsch
- Italiano
- Français
- Español

Service email:support@liorque.net



Upgrade to 24 Modes

→Multi-functional massage has 24 pre-programmed massage modes to relieve pain and muscles, providing you with hammering, kneading, finger pressing and other options to help relieve pain and fatigue caused by neck, shoulder, back, neck, wrist and elbow, arthritis, period and sports injury.

Independent A / B Dual Channel

→Our product can set different modes and intensities of channel A and channel B, you can share it with family and friends. There are 20 levels of intensity. For every 2 levels of intensity, the bar on the screen will increase by one.

Built-in Powerful Rechargeable Lithium Battery

→Up to 20 hours of continuous use. It can be connected to a wall charger, a mobile power supply or a laptop USB port for charging. (Wall charger (5V dc/1A) is NOT included). But it has battery indicator to remind you to charge in time. Do not need to worry about the interruption during the use.

Relax Anytime and Anywhere

→Pod size, which can be used in office, car or travel. The EMS unit can reduce pain and muscle spasm of the back, knees, shoulders, ankles, wrists and elbows, making it the most powerful weapon against chronic pain. Ideal choice of non-invasive and non drug pain relief!

Operating Instructions

- 1.Connect the pads of the wire by snapping them on, then remove the protective film.
- 2.Put the pads on the place where you need to massage, then put it onto one of the ports of the device.
- 3.Press the button to make sure that your skin is free from burns or injury when using it, and keep the skin clean and free of oil or other lotions.
- 4.Turn the switch on by sliding the On/Off switch on the top of the device, then the unit will be activated.
- 5.Press the "M" button to select different modes, then press the Center button to choose the waves within that selection.
- 6.Press "+" button to set the timing mode. Increase 10 minutes by each of "+" buttons. Then it will automatically counted down and the device will turn off after time finished.

EN-01

to choose the waves within that selection.
"Center button can also be used as a lock function. Press and hold it for 3 seconds to lock the device, then again to unlock it.
Once you selected a mode, please slowly increase the intensity by pressing the "+" button; decrease it by pressing "-" button.
Each time you increase the intensity, the bar on the screen will increase 1 level, the bar on the screen will not change; when press "+" or "-" twice, the intensity will increase OR decrease 2 level.

•Remember the strength will default to the lowest when selecting each mode.
6. Press "+" button to set the timing mode. Increase 10 minutes by each of "+" buttons. Then it will automatically counted down and the device will turn off after time finished.

Precautions

•Do not apply the massage pads near the heart, sensitive parts of the brain, over scarred areas, on the throat or over the mouth.
•Avoid touching the pads when the device is on.

•Pregnant women must avoid using this massager.

•Do not use this device in case of medical emergency or other life support equipment such as an artificial lung or respirator.

•Do not use while driving, operating machine or during any activity in which touchless hands are required to prevent risk of injury.

•It is recommended to use 1-2 times a day.

•Do not use if you have following medical conditions:

Acute disease, trauma or surgical procedure in the past 6 months.

Pregnancy, abdominal or inguinal hernia, prolapse of the rectum or bladder, uterine fibroids, malignant tumors, limited range of motion in skeletal joints.

•Skin problems.

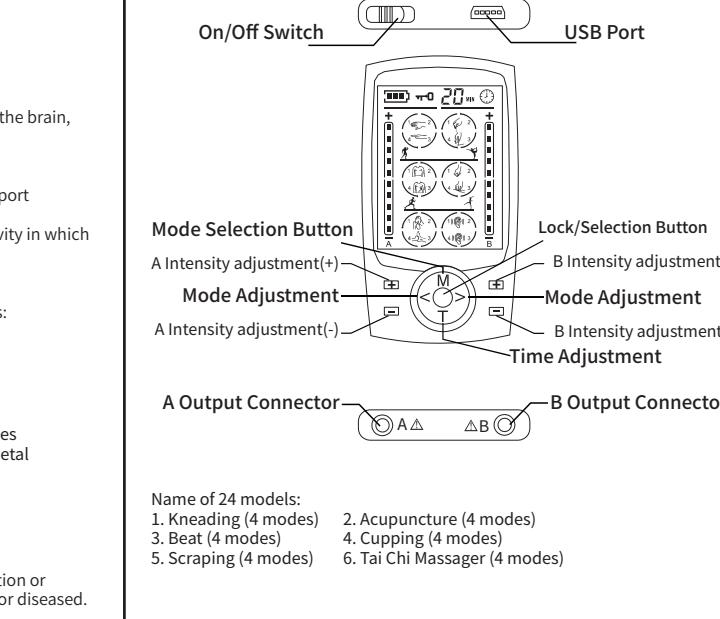
•Keep out of the reach of children.

•The unit is not intended for the application of any medical condition or disease. It is contraindicated for use on any muscle that is injured or diseased.

EN-02

Maintenance

- 1.After finishing to use it, turn it off and take off the pads. Store the machine in a cool and dry place until the next use.
- 2.Cover the pads with the protective film and put them back in their bags.
- 3.Charge the unit at least every 3 month if it is not used regularly.



•One pad feels stronger than the other.

This is normal. Different areas of your body will react differently.

Nothing needs to be done. Make sure the pads are moist and are making good connection.

Problem	Cause	Solution
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good connection.
During the massage, the skin feels a pain burning sensation or becomes weakened.	Adhesive gel pads are not adhering firmly to the surface of each pad. Or the pads are pressed firm to the skin during application.	Apply a few drops of water to the surface of each pad. Make sure the pads are pressed firm to the skin during application.
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly pressed to the skin. Or there is a loose connection. Or the intensity level needs to be increased.	Make sure both pads are firmly pressed to the skin. Make sure all connections are secure from the units to the wires and the wires to the pads to increase the intensity level.
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive gel pads need to be replaced.	Replace the set of pads. pads can be purchased from Amazon.
Unit is not turn on or the screen is dim.	Battery is low.	Recharge the battery.
Does not provide adequate pain relief.	Did not use it long enough.	It is suggested to use the massager 30-60 minutes at a time, 1-2 times per day.

EN-04

Upgrade auf 24 Modi

→Das multifunktionale Massagegerät verfügt über 24 vorprogrammierte Massagemodi zur Linderung von Schmerzen und zur Entspannung von Muskeln. Es gibt viele Modi, z.B. Hämorrhoiden, Kneten, Drücken mit Fingern, zur Erleichterung von Schmerzen und anderen Möglichkeiten wie Nacken, Schulter, Rücken, Knie, Handgelenk und Handgelenk, die von Arthritis, Riggisch und Sportverletzungen betroffen sind.

Achtung

•Berühren Sie die Pads nicht, wenn das Gerät eingeschaltet ist.
•Das Gerät darf nicht von Personen mit medizinischen Implantaten (z.B. Herzschrittmacher) verwendet werden. Andernfalls kann es zu Komplikationen führen.

•Wenn Sie schwanger sind, ist es nicht empfohlen, das Gerät zu nutzen.

•Bei implantierten elektronischen Geräten (wie z.B. Herzschrittmachern) ist von keinem Anwendungsbereich ausgenommen, abgesehen von der Anwendung eines TENS- oder EMS-Stimulators.

•Nicht im Sessel, beim Führen eines Kraftfahrzeugs oder gleichzeitig Beide Hände benutzen.

•Um gesundheitlichen Schaden vorzubürgen ist in folgenden Fällen von der Anwendung des Digitalen TENS/EMS dringend abzuraten:

Bei einer bestehenden Schwangerschaft.

Bei bestehender akuter Herzrhythmusstörungen und anderen Erregungsstörungen und Leitungsstörungen am Herzen.

Nach Operationen, bei denen verstärkte Muskelkontraktionen den Heilungsprozess behindern.

Bei akuten oder chronischen Erkrankungen des Magen-Darm-Trakts.

Bei bestehender Schwellung der Hände.

Bei bestehender Schleimhautentzündung.

Bei bestehender Allgemeinkrankheit.

Bei bestehender akuter Herzrhythmusstörung und anderen Neuronen, Nerven- und thromboembolischen Erkrankungen sowie bei sonstigen Neubildungen.

Bei bestehender akuter Schleimhautentzündung.

Bei bestehender akuter Schleimhautentzündung.