

# Combo Belt



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## **About the Technology**

The Combo Belt TENS/EMS device is a portable and multi-functional device, featuring both Transcutaneous Electrical Nerve Stimulation (TENS) and Electric Muscle Stimulation (EMS). The TENS and EMS functions operate together to give you a safe and effective treatment that targets pain relief and muscle stimulation/toning.

**TENS:** Transcutaneous electrical nerve stimulation (TENS) is used to treat pain, TENS units work by delivering small electrical impulses through electrodes that have adhesive pads to attach them to a person's skin. These electrical impulses flood the nervous system, reducing its ability to transmit pain signals to the spinal cord and brain. The same electrical impulses also stimulate the body to produce natural pain relievers called endorphins. The benefit of TENS Unit is that it is safe, 'drug free' method of pain management.

**EMS:** Electric Muscle Stimulation or EMS is the process of causing muscle contractions using an external electrical charge or pulse created by an EMS device. EMS works by electrodes that are placed on the skin over the muscle that you want to exercise. An electrical charge is sent into the muscle charging the muscle's fibers and causing a muscle contraction. This is the same action muscles experience during exercise and motion. So, it is essentially exercising your muscles as if you were sending the signal for the muscle to contract yourself. EMS will help you to strengthen weak muscles. This sought-after technology can be used by everyone from bodybuilders to physical therapy patients to strengthen and tone muscles.

## Accessories Included

- Pulse Massager Controller
- Belt
- Velcro Belt Extender
- 3 XL Pads
- 2 Large Pads
- 2 Small Pads
- 2 Sets of Cable Wires
- 1 USB Charging Cable
- 1 Wire/Pad Holder



## **Instructions**

1. Fully charge the device before the first use, a full charge will take approximately 8 hours. While the device is charging, the device will show blinking bars in the top right corner. When the device is fully charged you will see a solid three bars.
2. Once the device is fully charged, remove the device from the charger. Plug in 1 or 2 sets of cable wires into the round outputs on the bottom of the device. You can use both sets of wires if you wish to use the devices 'AB mode'. Output A is on the left and output B is on the right (symbols are on the back of the device). If you are using the belt attachment, you may use the other output with one set of cables and pads or use the belt by itself.
3. Connect the electrode pads to the wires by snapping them on each round end of the wires. You can use any size pad that you wish. The pads must be fully connected to your body before you turn the device on and feel any pulses.
4. If you wish to use the belt attachment, you will connect the belt wire to one of the device controller's output connections. In the front of the belt pouch, there is a wire that can be pulled and extended out, pull the wire and attach the wire to the device controller. Attach the 3 XL pads on the inside of the belt, by connecting the XL pads to the round snaps.
5. Connect the wired pads and/or belt to the desired treatment area on the body. Turn the device on by switching the on/off switch on the bottom of the device to the right.
6. Select the mode by using the M button on the top of the round circle.

7. Once mode is selected, increase the intensity to your desired level by hitting the + sign on the right side of the round circle. If you are using both outputs, you may choose each intensity level individually with the AB mode. To switch between A and B mode hit the middle round button with the play and pause symbols (▶||). You will see the device switch between A and B, then increase to desire intensity level. There are 10 levels of intensity, 1 being the weakest and 10 being the strongest.

8. The T on the bottom of the round circle is used for the auto-shut off timer. You can choose from 10-60 minutes, which you will see change in the middle of the digital screen.

9. Now it's time to enjoy your massage. Device will shut off automatically after the set timer has been reached.

### **Recommnded Usage**

1. Use for a duration of 20-30 minutes per each treatment area. It is safe to use for up to 60 minutes per treatment area if tollerance allows.

2. Use 1-3 times a day per each treatment area, depending on desired results.

## Device Mode Specification

The device has 8 different modes to choose from, each mode will treat with TENS and EMS technology simultaneously. All of the below modes can be used on any treatment area to target any type of pain or muscle toning. Find the mode that is most suitable for your treatment area.

**1. Reflexology Mode:** This mode will send slow steady tapping pulses to your body.



**2. Deep Tissue Mode:** This mode will send fast consistent vibrations to your body.



**3. Kneading Mode:** This mode will send vibrations that increase in a pattern to your body.



**4. Shiatsu Mode:** This mode will send fast steady tapping pulses to your body.



**5. Cupping Mode:** This mode will send steady fast vibrations to your body.



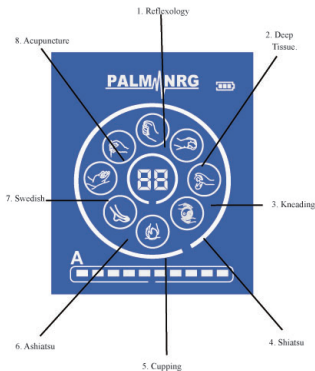
**6. Ashiatsu Mode:** This mode will send vibrations that speed up in a pattern to your body.



**7. Swedish Mode:** This mode will send steady fast vibrations that increase in a pattern to your body.



**8. Acupuncture Mode:** This mode will send steady fast cupping vibrations to your body.



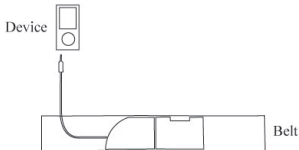
## **AB MODE**

**AB** modes lets you use two sets of wires with two different intensity levels at the same time. You can use both sets of wires if you wish to use the devices **AB** mode or one set of wires with the belt. Output **A** is on the left and output **B** is on the right (symbols are on the back of the device). To switch between **A** and **B** mode hit the middle round button with the play and pause symbols (show symbols). You will see the device switch between **A** and **B**, then increase to desire intensity level. There are 10 levels of intensity, 1 being the weakest and 10 being the strongest.

## **MASSAGE BELT**

The belt comes with a Velcro belt extender, if you need to increase the length of the belt. The set comes with 3 XL pads, when using the belt attachment, the 3 XL pads need to be snapped onto the inside of the belt. When not using the belt, the 3 XL pads can be used with the wires on desired treatment area. The belt can be worn around the abdominal, lower back, wrapped around your tricep/bicep, and wrapped around your thigh, calf, or knee. The belt is great for toning your abdominal muscles but also for treating pain and sore/injured muscles. The belt will work on both TENS and EMS technology simultaneously.

To connect the belt: Located on the front of the belt in the pouch, pull the extendable black cable wire out, connect the wire to either port on the pulse massager device. See diagram below.





## **PADS**

The device comes with 3 XL pads, 2 large pads, and 2 small pads. The 3 XL pads will need to be connected to the belt attachment, however, can be used with the cable wires on the body as well when the belt is not being used. Do not use the large or small pads on the belt attachment. The large and small pads can be used with the cable wires on desired treatment areas. The small pads are great for smaller treatment areas such as the jaw, behind the ears, wrists, neck, or on any treatment area that best suits you. The large and XL pads will work great for most treatment areas as the size is very versatile and meant to fit most areas. It is best to use the pads without any lotions, perfumes, body oils, or serums on the body; the pads will last longer when used on clean skin. After use of the pads, be sure to cover the pads with the plastic cover sheet that they came with or stick the pads to the wire holder board. Pads will need to be replaced if stored properly after approximately 30 uses. Additional pads can be purchased from retailers' website.

## Safety Warnings

### **DANGER**



- 1) Do not use this unit if you are using an implanted electronic medical device such as a pacemaker or other life-maintaining device.
- 2) Do not use this unit if you are wearing electronic medical devices for monitoring health functions.

### **WARNING**



Users should immediately stop using the device and should consult with physicians if feeling any discomfort.

- 1) The long-term effects of chronic electrical stimulation are unknown.
- 2) Do not use stimulation over the main arteries around your neck.
- 3) Do not use stimulation over the neck or mouth. Severe spasm of muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- 4) Do not apply stimulation directly to the heart area across the chest or on the chest.
- 5) Do not use stimulation on your head or across your head.
- 6) Do not use stimulation over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins.
- 7) Do not use stimulation over, or in proximity to, cancerous lesions.
- 8) Do not use stimulation when charging the device.

## Cleaning and Maintenance

Please use water or neutral detergent to clean the device first, and then use the dry cloth to wipe it again. The electrode pads coming with the device are disposable, and should be replaced when their adhesiveness becomes worse. Contact the vendor for replacements. Do not let the sticky side of the pad touch anything, including the greasy finger tips.

## Positions for use

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**Waist**



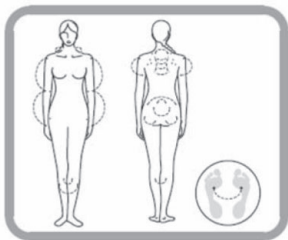
**Shoulder**



**Joints**



**Sole of Foot**



**Arms or legs**

## NOTICE



- 1) Do not use the muscle stimulator during pregnancy.
- 2) Do not use if you have heart problems.
- 3) Do not use if you have epilepsy.
- 4) Do not use the device in the presence of the following:
  - a. When there is a tendency to hemorrhage following acute trauma or fracture;
  - b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
  - c. Over the menstruating or pregnant uterus;
  - d. Over areas of the skin which lack normal sensation.
- 5) Do not use the products near the heart, it may cause fast or irregular heartbeat.
- 6) Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium.
- 7) Palm nrg must be kept out of the reach of children.
- 8) Palm nrg should be used only with the leads and electrodes recommended.
- 9) Never apply the pads to your skin with the power on, which will result in sudden shock. And when the power is on, do not remove or move the pads.
- 10) Two pads should be used together as a pair. Always peel off the protective film on the pads before use. To avoid an electrical short, do not connect two pads to each other.
- 11) Do not apply pads to the same spot for over 60 minutes at a time.
- 12) Do not use the Palm nrg while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

- 13) Do not use the product in bathroom or a moist environment. Do not use while bathing.
- 14) Do not use the product in the condition of air mixed with flammable gas.
- 15) Never use this product in concurrence with high frequency surgical equipment; it may result in burns at the site of the stimulator electrodes and possible damage to the control unit.
- 16) Never use this product near a microwave oven, or other high frequency equipment.
- 17) Never use this product while it is being charged
- 18) Do not operate the product in close proximity to shortwave therapy equipment.

Environmental condition for transport and storage



Easily fragile product



Keep the product in the dry place away from water and rain.



Product package should be recycled.



Stacked up 4 cartons at most

Temperature range: 0°C to 48°C

Humidity: 10% to 85%

Atmospheric pressure: 400hPa to 1060hPa

## **Power Specifications**

- Power supply: DC 3.7V
- Output voltage: 1 0 0 V @ 5 . 1 K
- Output current: 84mA@5.1K
- Consumed current: 40mA
- Pulse width: 100 $\mu$ S
- Frequency: 1-200Hz
- Timer: 10-60 minutes
- Intensity Levels: 10 levels
- Charger: 100-220V, 50/60Hz, and 10mA (input); DC5V, 300mA (output)

## **Troubleshooting**

Problem	Possible Cause	Solution
One pad feels stronger than the other	This is normal. Different area of your body will react differently	Nothing needs to be done. Make sure the pads are moist and making good contact.
The intensity is not felt with a very weak intensity level	Pads are not attached to the body firmly	Attach both pads firmly to the skin
	The transparent films are still stuck to the pads	Peel off film on the adhesive surface of pads
	The pads stack together or overlap	Do not stack pads together or overlap pads
	The cord is not properly connected to the unit	Connect cord correctly into the jack
	The intensity setting is getting weak	Increase the intensity level
	The battery capacity is low	Charge the battery
The skin turns red or the skin feels irritated	The adhesive surface of the pads is dirty or dry	Wash adhesive surface of pads gently with your fingertips for about 3 seconds under slow running water
	The therapy time is too	Reduce the application time

	long or the intensity is set too high	or reduce the intensity
	The electrode pad surface if worn out	Replace electrode pad
No power source; no display on LCD.	The battery capacity is depleted	Charge the battery
Power cuts off during use	The battery is weak	Charge the battery
	The cord is broken	Replace the cord
It is difficult to attach the pad to the skin	Have you remove the transparent film from the pad?	Peel off film on the adhesive surface of pads
	Was the pad applied immediately after washing?	Dry the pad
	Is the adhesive surface of the pad damaged?	Replace the pad
Adhesive surface of pad is not sticky	Pads get deteriorative	Contact the vendor for replacements.
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace the pad.



## **One Year Limited Warranty**

Palm NRG offers a ONE (1) YEAR limited manufacturer's warranty with a valid proof of purchase from an authorized retailer. The Palm NRG Combo Belt Set is warranted against defects in materials and workmanship for a period of ONE (1) YEAR from the date of original retail purchase when used in accordance with Palm NRG's user manual. Warranty does not cover wear and tear, and damages arisen from misuse or use not in accordance with the product user manual.

To submit a warranty claim, please email the below warranty card, with proof of purchase to [info@palmnrg.com](mailto:info@palmnrg.com)

<b>Certificate of Quality Warranty Card</b>	
Brand Palm NRG	Product Name Belt Combo Set
Date of Purchase:	Customer Name:
Retailer's Name:	Customer Address:
Retailer's Address:	Customer Email Address:
Issues with Product:	Customer Phone Number: