



TENS XS Pro™

ELECTRONIC MINI MASSAGER

User Manual



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1 • Introduction

Thank you for purchasing an Oxiline© TENS XS Pro™.

The TENS XS Pro™ is a Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) Massager. To get the most out of the device, it is recommended to read the entire user manual before utilizing it. If you have any additional questions or concerns please contact our customer service department via email at support@oxiline.shop

2 • Functions, Features & Standards

FEATURE	DESCRIPTION
Therapy Mode	24
Intensity Levels	20
Timer	10-60 min
Battery	Lithium Battery, 180mah
Frequency	1-110Hz
Working Voltage	3.7V
Net Weight	125g

3 • Included Items

- (1) TENS XS Pro
- (1) USB-C charging cable
- (2) Output electrode wires
- (6) Elite-X Electrode Pads
- (1) User's manual

4 • Suggested Areas Of Use



5 • Features - Touch LCD Screen

The TENS XS Pro™ features a highly responsive touchscreen LCD display. This display will allow you to view time, battery life, lock status, massage mode, TENS/EMS mode, and intensity. Additionally, it will allow you to touch and adjust several of the settings mentioned above.

6 • Features - Output Channels

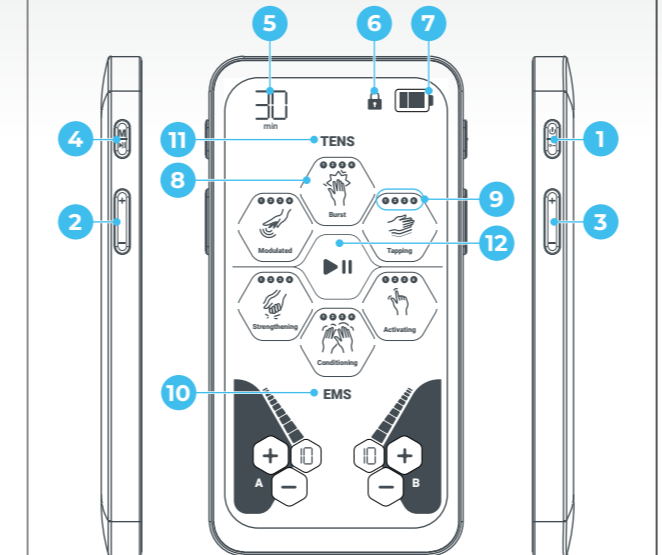
The TENS XS Pro™ features two channels (A/B) which allows you to receive TENS/EMS massages simultaneously. Each channel has independent intensity parameters.

7 • Features - Massage Modes

The TENS XS Pro™ features 24 unique massage modes. These include 6 main mode categories (shown below) plus 4 sub-modes per category. Trying various modes and combinations in one body area may provide additional benefits.

- 1 • Modulated
- 2 • Burst
- 3 • Tapping
- 4 • Strengthening
- 5 • Conditioning
- 6 • Activating

8 • Guide



- 1 Power / Lock (Hold for Power / Tap to Lock or Unlock)
- 2 Channel A Intensity (Left Side)
- 3 Channel B Intensity (Right Side)
- 4 Mode Selection / Play & Pause (Tap to Scroll Mode / Hold to Play or Pause)
- 5 Timer
- 6 Lock Status
- 7 Battery Indicator
- 8 Massage Mode
- 9 Massage Sub-Mode
- 10 EMS Indicator
- 11 TENS Indicator
- 12 Play/Pause Indicator

9 • Directions

1. Connect the electrode wires to the USB-C input on the TENS XS Pro™.
2. Attach the desired electrode pads to the ends of the electrode wires.
3. Remove the clear plastic film on each electrode pad and stick to the desired body area. Read the Warnings & Notices section of this guide before sticking on the electrode pads. Save the clear plastic film to stick back the electrode pads post-use.
4. Press and hold the power button for 3 seconds to power up the device.
5. Select the desired massage mode by tapping it once on the touchpad. Tap the same massage mode icon additional times to cycle through the sub-massage modes.
6. Once the massage mode is selected, begin the session by slowly tapping the intensity plus (+) symbol on the touchpad or the channel up button on the side of the device. You may adjust the intensity anytime during your massage session by tapping the (+) or (-) symbols or pressing the up or down buttons.
7. Once a massage session begins the timer countdown will start. Tap the timer to add 10 additional minutes to the countdown.
8. You may pause the session at any time by tapping the Play/Pause icon.
9. You may lock the screen at any time by pressing the lock button. While in use, the screen will automatically lock after 30 seconds of inactivity. Changing massage modes will reset the countdown timer and intensity parameters.
10. Power off the device by holding down the power button for 3 seconds.

10 • Warnings & Notices

- **DO NOT** use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices. Use with these conditions can result in electric shock, burns, electrical interference, and/or death.
- **DO NOT** allow children to handle, swallow or ingest accessories or parts. Consult with your health care professional prior to use for persons under 16 years of age.
- **DO NOT** use the device across or through your chest because the electrical currents introduced into the chest may cause rhythm disturbances.
- **DO NOT** use this device if you are susceptible to rhythm disturbances to the heart unless under the direction of your physician.
- **DO NOT** use this device over your eyes, mouth, front of the neck, head, chest, carotid, or across your heart because this could cause severe muscle spasms resulting in difficulty in breathing and other adverse effects.
- **DO NOT** use this device while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.

11 • Customer Service

- **DO NOT** use this device over open wounds, rashes, swollen, red, infected, inflamed areas, or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- **DO NOT** use this device over, or in proximity to, cancerous lesions.
- **DO NOT** use the device in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- **DO NOT** use the device when in the bath, shower, or other sources of moisture.
- **DO NOT** use this device while sleeping.
- **DO NOT** use this device on abnormal skin that is not clean & healthy.
- **Consult** with your physician before using this device if you are in the care of a physician.
- **Consult** with your physician before using this device if you have had medical or physical treatment for your pain.
- **Stop** using this device and consult your physician if your pain does not improve, becomes more than mild, or continues for more than five days.

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