

Operations

1. Turn the power switch at the bottom ON. To turn the device off, turn the power switch to OFF.
**The touch display screen will turn on, meaning it is standing-by.*
2. Tap the  icon to start and increase the speed setting from 1-12.
3. Massage desired body parts at a low speed and increase the speed & pressure as needed.

Notes

- This massage gun cannot be used while charging. Please unplug it before use.
- Be aware that excessive pressure can cause muscle damage.
- The massage gun will automatically pause after every 10 minutes of use, press the  icon to restart.
- If the device cannot be charged, check the connection between the USB line and the device. Make sure to use only the charger provided.

Charging

Note: Charge the battery for up to 4 hours before first use.

1. Connect the round end of the USB line to the port at the bottom of the massage gun. Then, plug the charger into a wall outlet.
2. Charge the battery promptly before it is drained to maintain the battery health.
**Fully charge the battery before it is not in use for long periods of time.*

Disclaimer

ALWAYS CONSULT A DOCTOR BEFORE USING THIS MASSAGE GUN OR ANY VIBRATION DEVICE.

May not be suitable if you are pregnant, diabetic, have neuropathy or retinal damage, wear a pace-maker, have had surgery recently, get migraines or have epilepsy, etc.

Frequently Asked Questions

- 1. What are the benefits of a massage gun?**
Massage guns help to increase modality and promote general overall wellness. They have been shown to improve range of motion, increase athletic performance, enhance mental clarity, increase blood circulation, decrease back and muscle pain, decrease stress, improve muscle recovery after workouts, etc.
- 2. How often should you use a massage gun?**
That depends on the individual. However, using too frequently too, directly on bone, or too long in any area would likely make the problem worse. If you're new to massage guns, assess your tolerance first by using the massage gun no more than once a day.
- 3. Can you use a massage gun for neck pain?**
If used with caution, you can use a massage gun on your neck. We recommend that you first assess your tolerance level. Applying too much pressure could potentially make neck pain worse.
- 4. Can I use a massage gun while pregnant?**
DISCLAIMER If you are pregnant, always consult with your doctor before using a massage gun or any other therapeutic device.
- 5. Can a massage gun help lower back pain?**
Yes. A massage gun can be great for relieving lower back pain. Consult your doctor before using.

Specifications

Model:	009
Battery voltage	12.6V
Rotation rate:	800-3200 rpm
Charging time:	3 - 4 hr
Amplitude:	10 mm
Noise level :	<55 dB
Net weight :	1.9 lb
Adapter inout:	5V~ 2A

* Specifications are subject to change without notice.
* Battery life is subject to the intensity and actual environmental factors.

Deep Tissue Massage Gun

User Manual



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Made in China

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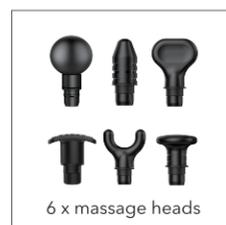
About the massage gun

The Deep Tissue Massage gun soothes sore and stiff muscles by targeting specific muscle groups with six custom massage heads, for deep relief and a quicker recovery time.

In the Box



1 x massage gun



6 x massage heads



1 x travel case



1 x type-c usb line

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Introduction to Parts



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Install / switch message head



Different massage heads



1. **Round head** - relaxes sensitive muscles, back, legs and waist
2. **Long taper** - relieves deep tissue pain, knees, joints, palms and soles
3. **Spade head** - relaxes hamstrings, glutes, and increases flexibility
4. **Y-shape** - relieves spine stiffness and achilles
5. **Flat head** - for back bulk muscle groups
6. **Umbrella Head** - Enhance lumbar muscle for better mobility

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WARNING

- Do not immerse in water. Keep away from liquids or heat sources. Keep the air outlet free from dust and debris.
- Do not remove screws, attempt to disassemble, or tamper with in any way.
- Do not operate continuously for more than one hour. Let the device rest for 30 minutes before reusing.
- Unplug the charger from the device after charging or prior to use.
- For adult use only. Do not use if injured. Consult your doctor before using this product.
- Do not use this device while it is charging.
- Use only over dry clothing, and by lightly pressing and moving across the body for approximately 60 seconds per area.
- Do not use the head or any hard or bony area of the body. Use the massage gun only on the body's soft tissue as desired without producing pain or discomfort.
- Use only the applicators that provide the best desired effect.
- Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at the first sign of pain or discomfort.
- Keep fingers, hair or any other body part away from the shaft and backside of the massage head as pinching may occur.
- Do not place any objects into the air outlet of the Massage Gun.
- Do not drop or misuse the Massage Gun.
- Only recharge with the original Massage Gun charger provided.
- Carefully examine the device and battery before each use.
- Never leave the Massage Gun operating or charging unattended.

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