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# MINI MASSAGE GUN



USER MANUAL

## 1. Configuration and Specification

### 1.1. Specification

Four variable gears can meet different requirements

- Level 1 : 2000 rpm
- Level 2 : 2700 rpm
- Level 3 : 3000 rpm
- Level 4 : 3500 rpm



### 1.2. Configuration

- Power on/off button
  - Power level indicator lamp LED (red)
  - Frequency level indicator lamp LED (blue)
  - Removable, replaceable vibration head
- When removing the vibration head, just exert your strength to pull it out.
- DC charging port
  - AC wall charger

Thank you for choosing this product. Before you use it, please read the user manual in detail so as to master the correct use of this product. When referring, please pay special attention to the precautions and keep the operation manual properly for reference.

Note: The company reserves the right to change and explain the design of the product. If there is any change, we will not give any notice. The color of the product is subject to the material object.

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## 2. Maintenance, cleaning and storage

Clean the device with a slightly wet towel, and then wipe it dry with a soft cloth for storage, or put it into the supplied carton when you go traveling.

## 3. Warnings and reminders

Do not immerse it into water. Keep it away from liquids or heat sources. Keep the vent free from dust and scraps.

Do not remove the screws or try to disassemble the device.

Do not continuously use it for more than one hour. Please stop the device for 30 minutes and then use it again.

Unplug the charger from the battery after charging or before the use. It is only for adults. If you have injuries, do not use this device. Please consult with your doctor before using this device.

## 4. Charging

Before using it for the first time, charge it fully for three hours.

When charging, connect the DC end of the adapter provided to the charging port of the battery, and then plug the AC side cable into the socket.

The LED on the battery flashes regularly and displays the battery level, indicating that the battery is being charged.

When the battery is connected, the LED on the device flashes and displays the battery level, indicating that the battery is being charged.

When all LEDs stop flashing and are on, it indicates that the battery is fully charged.

The battery can be charged at any time and at any level.

It is not recommended to use up the battery to the red LED level.

The average operating time of the device is two hours, depending on the speed and the applied pressure during the use. Do not use the machine when charging.

## 5. Direction For Use

### 5.1. Key control board

Press the key for 2 seconds to enter the standby state, and the four indicator lights will be ticked.

In standby mode, press a short key.

Enter the power-on state, the speed is in 1st gear, and one light is on.

If you press the button again, the speed 2 and 2 lights will come on.

If you press the button again, the speed will be 3 and 3 lights will come on.

If you press the button again, the speed will be 4 or 4 lights will come on.

Shorten the button again, and the speed 1, 1 light will come on.

In standby or power-on state, press and hold for 2 seconds to shut down.

## 6. Safety Instructions

### 6.1. Danger

In order to reduce the risk of electric shock, fire and personal injury, this product must be used in accordance with the following instructions.

### 6.2. For adults only

It can only be used on dry, clean skin surfaces of the body, and cannot be used through clothes. Press and move it gently on the skin. The duration on each part is about 60 seconds.

Use this device only on soft tissues of the body without causing pain or discomfort. Do not use it on head or any hard or boned part of the body. Only use the vibrating head that can produce the best results. Bruise may be caused whether under moderate pressure or normal pressure. Please always check the area that receives physiotherapy.

Stop using it immediately once there is any sign of pain or discomfort. Keep fingers, hair or other parts of the body away from the shaft and back of the vibrating head, because they might be pinched.

Do not place any object in the vent of the device.

Do not immerse it in water or allow water to enter the vent of the device. Do not drop the device or use it improperly.

Carefully check the device and battery before each use.

Do not change or modify the device in any way.

Never operate or charge the device in an unattended way.

## 7. Indications and Contraindications

The deep penetration of the device can reduce pain from joint sprains, bursitis, muscle cramps, neuralgia and other musculoskeletal disorders in a short period of time. Almost all soft tissue diseases are associated with trauma, excessive muscle use or abnormal posture, and most of the scar tissues involved in these diseases can be treated with this device. Avoid excessive stress and prolonged physiotherapy when using the device. Also avoid sensitive areas such as head, face and cervical vertebrae. Stop physiotherapy if there is inflammation, swelling or increased pain.

The ongoing research is about the impact of vibration training on specific medical conditions. This is very likely to reduce the types of contraindications mentioned above, and practical experience has shown that in many cases, it is also a physiotherapy recommendation to combine vibration training into physiotherapy programs. This must be done by, or in the company of, a doctor, expert or physical therapist.

## 8. Indications

- Pain and cramps due to muscle injury, sprains, strains
- Help the flow of edema fluid in the swollen area
- Relax thickened connective tissues and fascias
- Reduce the accumulation of lactic acid in muscles
- Increase joint mobility
- Eliminate muscle fatigue

## 9. Contraindications

- Aneurysm, bleeding, use of blood thinner
- Heart disease, with a pacemaker or defibrillator
- Pregnancy, cancer
- Within 90 days of intra-articular fixation, the device should not be used within 3 inches of internal fixation.
- Sensitive area: head, face, cervical vertebrae, spine
- Positions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand