

MASSAGE GUN USER'S MANUAL



Do not turn on or use machine while charging

6 MASSAGE HEADS



Ball Head

Suitable for large muscle groups, such as arms, back, hips, thighs, calves



Bullet Head

Suitable for impacting deep tissues, such as meridians, joints, palms, and soles



Folk Head

Suitable for neck, spine, tendon



Mushroom Head

Suitable for impacting deep tissues of most muscle groups, arms, back, waist



Pointed Head

Suitable for deep tissue in acupuncture points



Flat Head

Used to shape and release the muscles of the body



rubbers for replacement here when have worn parts

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DISCLAIMER

PLEASE DO NOT USE THE Massage Gun OR ANY VIBRATION DEVICE WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUDs, metal pins or plates, or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device. These contraindications do not mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.

Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of contraindications as shown above. Practical experience has shown that integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist.

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SPECIFICATIONS



- Powerful High-Torque with Quiet Brushless Motor Technology
- Removable Battery Release
- Rechargeable Lithium-ion Battery (8+ Hrs of Use Per Charge)
- Multi-Speed Settings for Optimal Pressure
- Cordless and Lightweight (2.5 Lbs) "Includes AC wall charger"
- ON / OFF Power Switch
- Interchangeable Applicators (x6)

Vibration Speed:
Model1: Level 1 - Level 30
Product speed: 1200-3300 rpm/min
Weight:
2.5 lbs / 1.1 kg
Charge:
110-240V 50/60Hz - 1A - 25VDC-1A

USAGE INSTRUCTIONS PLEASE READ PRIOR TO USE

CHARGING

- Fully charge the battery for up to six hours before first use either attached or detached from the device.
- To charge, please connect the DC end of the supplied 25V adapter to the battery's charging port and plug AC side cable into a wall outlet.
- LED band on battery lights pulsate to show battery level and indicate active charging.
- With the battery attached, LED lights on the unit flash to show battery level and indicate active charging.
- Full charge is indicated when all LED lights stop flashing and remain fully illuminated.
- The battery may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery to the red LED Level.
- The average run time is 8+ hours depending on speed level and pressure applied during use.

OPERATING

Align and attach battery into the base of unit - ensure it is securely locked in place.
Power device on by moving the power switch on the bottom of the battery to the ON position.
Power device off by moving the power switch to the OFF position.
When the power switch is in the ON position, "1" on the display represents the upshift key "-" represents the downshift key, and a total of 30 speed levels can be changed. The blue LED lights will indicate the corresponding power level.
Pressing the power button again will turn the device off. The blue LED lights will indicate the corresponding power level.
With unit off, fully insert applicator by pressing in. Remove by pulling it out.
Massage the desired body part at the desired speed applying pressure as needed.
To remove the battery, lightly press the battery release button with thumb. Firmly pull downwards on the battery handle with the other hand.

DISCLAIMER

WARNINGS & CAUTION

- Do not immerse in water. Keep away from liquids or heat sources. Keep ventilation ports free from dust and debris.
- Do not remove screws or attempt to disassemble.
- Do not operate continuously for more than one hour. Allow device to rest for 30 minutes before re-using
- Unplug the charger from device battery after charging or prior to use. For adult use only. Do not use it if injured. Consult your doctor before using this product.

SAFETY INSTRUCTIONS

DANGER: TO REDUCE RISKS OF ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

- For adult use only.
- Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
- Use the Massage Gun only on the body's soft tissue as desired without producing pain or discomfort. Do not use on head or any hard or bony area of the body.
- Use only the applicators that provide the best-desired effect.
- Bruising can occur regardless of the 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 applicator as pinching may occur.
- Do not place any objects into the ventilation holes of the Massage Gun.
- Do not immerse in water or allow water to enter the ventilation holes of the Massage Gun.
- Do not drop or misuse the Massage Gun.