

Precautions

STATEMENT

To reduce the risk of malfunction, electric shock, injury, fire, death, and equipment damage, please read all instructions and warnings on this product in this manual before using this product.

- This product is not intended for medical use and only provides personal massage;
- Do not allow children or involuntarily persons to use this product. Please keep this product out of reach of children;
- It is forbidden to use on non-dry, clean skin surface. It can be used across the clothes and gently pressed and moved on the skin. Each part is about 10 seconds.
- Do not use on the top of the head or any hard or boned part of the body; use the product only on the soft tissues of the body without causing pain or discomfort;
- It is forbidden to use bruises in the massage area and use it in case of pain or discomfort;
- Do not stand or sit directly on this product, which may cause a fall accident;
- Excessive use can cause the product to overheat and shorten product life. When re-used, the product must be allowed to cool for a while before use.
- Do not use it in a damp environment such as a bathroom. Do not immerse the product in water or other liquids to avoid short circuit or electric shock.
- Do not place the product near a stove or in direct sunlight;
- Do not use it during lightning strikes;
- Do not insert or drop objects into any openings in the product;
- Do not cover the massage machine during use to avoid malfunction due to increased motor temperature.
- Do not allow fingers, hair or other parts of the body to be close to the axis and back of the vibrating head, as it may be caught;

Maintenance

1. Wipe the surface of the device with a slightly damp towel and dry with a soft cloth.
2. When storing for long periods of time or traveling, place the product in the original box of the device and keep it dry.

CAVEAT

- Do not drop or bump the charger (adapter). If the charger (adapter) case is damaged, contact an authorized service center for replacement.
- Do not touch the power cord with wet hands, or pull out the charger (adapter) by pulling the power cable.
- Do not touch the product or charger (adapter) with wet hands to avoid short circuit, malfunction or electric shock.
- When the charger is exposed to rain, liquid, or severe moisture, stop using it and contact an authorized service center for replacement.
- The following people: implanted cardiac pacemaker, suffering from heart disease, strained back disease, pregnant women or shortly after delivery, fractures, osteoporosis, joint disease patients, suffering from malignant tumors, traumatic skin or eczema If you are not allowed to use it, please consult your doctor before using it.
- Do not expose the battery to high temperatures or heat-generating equipment such as sunlight, heaters, microwave ovens, ovens or water heaters. Overheating of the battery may cause an explosion;
- Do not disassemble or modify the battery, insert foreign objects, or immerse in water or other liquids to avoid battery leakage, overheating, fire or explosion.
- The battery must be removed from the appliance before it is discarded;
- When removing the battery, the appliance must be powered off;
- The battery should be disposed of safely;

Technical Parameters

THERE IS A BRUSH

product name: Muscle fascial massager
Charging voltage: 5V ==
Recharging current: 2A
Battery voltage: 7.4V ==
Rated power: 24W
Executive standard: GB 4706.1-2005
GB 4706.10-2008

BRUSHLESS

product name: Muscle fascial massager
Charging voltage: 5V ==
Recharging current: 2A
Battery voltage: 12V ==
Rated power: 24W
Executive standard: GB 4706.1-2005
GB 4706.10-2008

THANK YOU FOR PURCHASING OUR PRODUCTS

In order to use this product safely and satisfactorily, please read the instructions and safety regulations carefully before use.

WARRANTY CARD

Product number	Serial number	Date of manufacture
Customer information	Customer Name: Address:	
	mailing address: Postal code:	
	contact number: mobile phone:	
Mail name		Purchase price
Maintenance records:		

Warranty

Any damage caused by man-made damage, disassembling the machine, improper use, etc., is not covered by the warranty.

CERTIFICATE

Inspector code: Check 03

Production Date:

MUSCLE FASCIAL MASSAGER

INSTRUCTIONS FOR USE



For the convenience of product improvement, the company reserves the right to modify without further notice!

OPERATING PLAN	OPERATING PLAN	OPERATING PLAN
<p>UPPER LIMB</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 30S-45X2 times Rectus femoris 20S-30X3 times Biceps 20S-30X3 times Hamstrings 20S-30X3 times Quadriceps 20S-30X3 times SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 30S-45X2 times Lateral femoral muscle 30S-45X2 times Medial femoral muscle 30S-45X2 times Moving direction from top to bottom Moving median muscle 30S-45X2 times Small flat head outward 45° 10S-15X2 times Thin muscle 10S-15X2 times Long muscle 10S-15X2 times Short muscle 10S-15X2 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S-30S Hamstrings 20S-30X3 times Biceps 20S-30X3 times Semitendinosus 20S-30X3 times Short humerus 15S-20X2 times Moving direction from top to bottom Moving direction from top to bottom</p>	<p>LOWER LIMB</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 30S-45X2 times Rectus femoris 20S-30X3 times Biceps 20S-30X3 times Semitendinosus 20S-30X3 times Lateral femoral muscle 30S-45X2 times Medial femoral muscle 30S-45X2 times Moving direction from top to bottom Moving median muscle 30S-45X2 times Small flat head outward 45° 10S-15X2 times Thin muscle 10S-15X2 times Long muscle 10S-15X2 times Short muscle 10S-15X2 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S-30S Hamstrings 20S-30X3 times Biceps 20S-30X3 times Semitendinosus 20S-30X3 times Short humerus 15S-20X2 times Moving direction from top to bottom Moving direction from top to bottom</p>	<p>SHOULDER AND NECK</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Trapezius -1min to 1.5min Shoulder levator muscle -1min to 1.5min of the larynx Medium beam 10S-20X3 times After the bundle 10S-20X3 times</p>
<p>TENNIS ELBOW</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10Sx3 times Deltoid 10Sx3 times Biceps 15S - 20X3 times Diaphragm 15S - 20X3 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S - 20X3 times After the bundle 10Sx3 times Elbow muscle 10S-20X3 times Triceps 15S-20X3 times Middle bundle 15S-20X3 times Under the bundle 15S-20X3 times Latissimus dorsi 30S-40S if you Direction from top to bottom SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-15X3 times Shoulder 10S-15X3 times Upper arm muscle 10S-15X3 times Large round muscle 10S-12X2 times Small round muscle 10S-12X2 times Infraclavicular 10S-12X2 times The direction moves from the middle to the sides</p>	<p>SHOULDER AND NECK</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Trapezius -1min to 1.5min Shoulder levator muscle -1min to 1.5min of the larynx Medium beam 10S-20X3 times After the bundle 10S-20X3 times</p>	<p>SHOULDER AND NECK</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Trapezius -1min to 1.5min Shoulder levator muscle -1min to 1.5min of the larynx Medium beam 10S-20X3 times After the bundle 10S-20X3 times</p>
<p>PLANTAR FASCIITIS</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION (ONE SIDE) 20S-30X3 times Plantar fascia 20S-30X3 times Four of clock, the forefoot is on the ground TO THE SOLE OF THE FOOT: THE SMALL ROUND HEAD IS PERPENDICULAR TO THE SOLE OF THE FOOT: Flash muscle 20S-30X3 times Calf triceps 20S-30X3 times Gastrocnemius 20S-30X3 times Ring muscle 15S-30S Straight knee 15S-30S Knee flexor 15S-30S Knee flexor 15S-30S Calf triceps 20S-30X3 times Semitendinosus 20S-30X3 times Short humerus 15S-20X2 times Moving direction from top to bottom Moving direction from top to bottom</p>	<p>SHOULDER AND NECK</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Trapezius -1min to 1.5min Shoulder levator muscle -1min to 1.5min of the larynx Medium beam 10S-20X3 times After the bundle 10S-20X3 times</p>	<p>SHOULDER AND NECK</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Trapezius -1min to 1.5min Shoulder levator muscle -1min to 1.5min of the larynx Medium beam 10S-20X3 times After the bundle 10S-20X3 times</p>

LOCAL MUSCLE RELAXATION	UPPER LIMB	LOWER LIMB
<p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-15X3 times Rhomboide 10S-15X3 times Shoulder sleeve 25S Flexor 25S Triceps 25S SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S-20X3 times Diaphragm 15S-20X3 times Latissimus dorsi 10S-15X3 times Ulnar wrist flexor 10S-15X3 times Extensor muscle 5S-10X2 times Temporal extensor 5S-10X2 times Ulnar wrist 5S-10X2 times Pronator 5S-10X2 times End 60S Biceps 60S Hip abductor 60S Pectoralis anterior 45S Large muscle 25S Diaphragm 15S-20X3 times Triceps 15S-20X3 times Calf triceps 15S-20X3 times Biceps 15S-20X3 times Quadriceps 15S-20X3 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Deltoid 10Sx3 times Biceps 15S - 20X3 times Diaphragm 15S - 20X3 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S - 20X3 times After the bundle 10Sx3 times Elbow muscle 10S-20X3 times Triceps 15S-20X3 times Middle bundle 15S-20X3 times Under the bundle 15S-20X3 times Latissimus dorsi 30S-40S if you Direction from top to bottom SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-15X3 times Shoulder 10S-15X3 times Upper arm muscle 10S-15X3 times Large round muscle 10S-12X2 times Small round muscle 10S-12X2 times Infraclavicular 10S-12X2 times The direction moves from the middle to the sides</p>	<p>UPPER LIMB</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Rhomboide 10S-15X3 times Shoulder sleeve 25S Flexor 25S Triceps 25S SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S-20X3 times Diaphragm 15S-20X3 times Latissimus dorsi 10S-15X3 times Ulnar wrist flexor 10S-15X3 times Extensor muscle 5S-10X2 times Temporal extensor 5S-10X2 times Ulnar wrist 5S-10X2 times Pronator 5S-10X2 times End 60S Biceps 60S Hip abductor 60S Pectoralis anterior 45S Large muscle 25S Diaphragm 15S-20X3 times Triceps 15S-20X3 times Calf triceps 15S-20X3 times Biceps 15S-20X3 times Quadriceps 15S-20X3 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-20X3 times Deltoid 10Sx3 times Biceps 15S - 20X3 times Diaphragm 15S - 20X3 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S - 20X3 times After the bundle 10Sx3 times Elbow muscle 10S-20X3 times Triceps 15S-20X3 times Middle bundle 15S-20X3 times Under the bundle 15S-20X3 times Latissimus dorsi 30S-40S if you Direction from top to bottom SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 10S-15X3 times Shoulder 10S-15X3 times Upper arm muscle 10S-15X3 times Large round muscle 10S-12X2 times Small round muscle 10S-12X2 times Infraclavicular 10S-12X2 times The direction moves from the middle to the sides</p>	<p>LOWER LIMB</p> <p>SMALL FLAT HEAD VERTICALLY DOWNWARD SUPINE POSITION 30S-45X2 times Rectus femoris 20S-30X3 times Biceps 20S-30X3 times Semitendinosus 20S-30X3 times Lateral femoral muscle 30S-45X2 times Medial femoral muscle 30S-45X2 times Moving direction from top to bottom Moving median muscle 30S-45X2 times Small flat head outward 45° 10S-15X2 times Thin muscle 10S-15X2 times Long muscle 10S-15X2 times Short muscle 10S-15X2 times SMALL ROUND HEAD VERTICALLY DOWNWARD SUPINE POSITION 15S-30S Hamstrings 20S-30X3 times Biceps 20S-30X3 times Semitendinosus 20S-30X3 times Short humerus 15S-20X2 times Moving direction from top to bottom Moving direction from top to bottom</p>

METHOD OF APPLICATION	CONTRAINDICATIONS	INDICATION
<p>1. The battery is exhausted and needs to be charged for about 3 hours, and it can be used for several hours. When the battery is charging, the indicator light is red and the green light is on when the battery is fully charged. It is forbidden to start for your safe charging.</p> <p>2. Before using for the first time, be sure to fully charge the battery. The signal light turns red when charging, and the signal light turns green when fully charged. (Bring your own)</p>	<p>▲ CONTRAINDICATIONS</p> <p>» Aneurysm, bleeding, use of blood thinner » Heart disease, with a pacemaker or defibrillator » 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 » Muscular-corrected position close to the bone; the humerus, the back of the foot, the back of the hand, etc.</p>	<p>INDICATION</p> <p>» Pain and cramps due to muscle contusions, sprains, strains » Heart disease, with a pacemaker or defibrillator » 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 » Muscular-corrected position close to the bone; the humerus, the back of the foot, the back of the hand, etc.</p>

● The device's deep penetration reduces pain, bursts, muscle cramps, neuralgia and other musculoskeletal disorders caused by joint sprains in a short period of time. Almost all soft tissue diseases are associated with trauma, excessive use, or abnormal posture, and most of the scar tissue involved in these diseases can be treated with this device. Excessive stress and prolonged physiotherapy should be avoided when using the device. Sensitive areas such as the head, face and cervical vertebrae should be avoided. If there is inflammation, swelling or pain, stop using it immediately.

Product description	INSTRUCTIONS FOR USE	THERE IS A BRUSH	BRUSHLESS
<p>Side view</p> <p>Rear view</p> <p>Rear view</p> <p>Rear view</p> <p>U head</p> <p>T head</p> <p>50mm ball type</p>	<p>Instructions for use</p> <p>THERE IS A BRUSH</p> <p>1. According to the different parts of the massage, choose the appropriate massage head and insert it into the front hole of the fascia gun. 2. Long press the touch switch for 2 seconds to turn on and off. (Continue to press the open key, the gear will increase; press the “-” key, the gear will decrease.) 3. Gear position 1 to 10 gears. The digital tube displays 01-10, corresponding to the corresponding gear. Press six times to turn off.</p> <p>BRUSHLESS</p> <p>1. According to the different parts of the massage, choose the appropriate massage head and insert it into the front hole of the fascia gun. 2. Press the switch button to start rotating. Press once, 1 red light is on, representing gear “1”. Press three times, 3 red lights are on, representing gear “3”. Press five times, 5 red lights are on, representing gear “5”. Press six times to turn off.</p>	<p>THERE IS A BRUSH</p> <p>1. According to the different parts of the massage, choose the appropriate massage head and insert it into the front hole of the fascia gun. 2. Long press the touch switch for 2 seconds to turn on and off. (Continue to press the open key, the gear will increase; press the “-” key, the gear will decrease.) 3. Gear position 1 to 10 gears. The digital tube displays 01-10, corresponding to the corresponding gear. Press six times to turn off.</p>	<p>BRUSHLESS</p> <p>1. According to the different parts of the massage, choose the appropriate massage head and insert it into the front hole of the fascia gun. 2. Press the switch button to start rotating. Press once, 1 red light is on, representing gear “1”. Press three times, 3 red lights are on, representing gear “3”. Press five times, 5 red lights are on, representing gear “5”. Press six times to turn off.</p>

THE NUMBER OF MESSAGE HEADS IS DIFFERENT FOR SOME MODELS, WHICH IS SUBJECT TO THE SELECTED ORDER PACKAGE.

The deep muscle fascial massage device is a portable and rechargeable vibration device with large torque and long endurance multi-range adjustment. It can effectively alleviate the soreness caused by lactic acid accumulation after strenuous exercise, and relieve the discomfort of various muscles in sedentary and long-stayed people.