



Muscle Massage Gun Manual

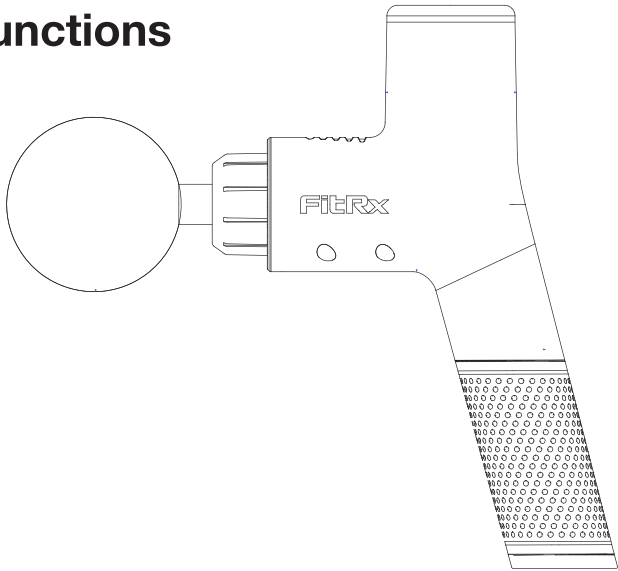
Muscle Massage Gun Manual

Relieve muscle soreness and stiffness with the FitRx muscle massage gun. Ideal for relieving, shoulder, neck, waist, and back pain, this massager is your answer for soothed and relaxed muscles. It includes four interchangeable massage heads for a comfortable massage experience. The muscle massage gun is compact, portable and ultra-quiet; choose from six massage speeds which allow you to get the right and appropriate amount of pressure to relive your pain and improve muscle strength, flexibility, and coordination.

Package Contents

- Massager
- Charger
- Four Massage Heads
- Manual
- Case

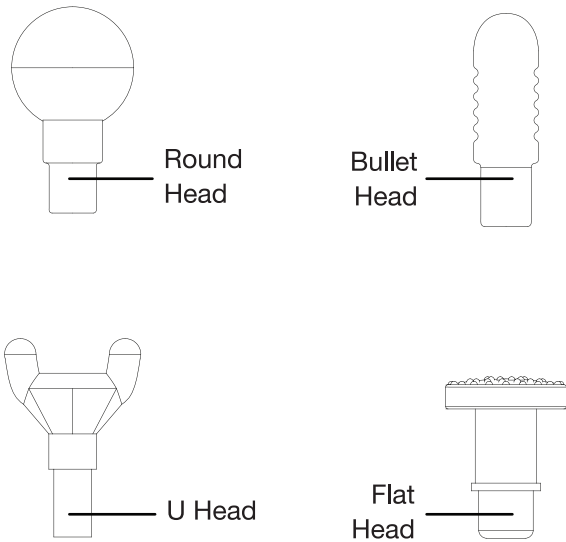
Product Overview & Functions



- Releases tension and eases sore, tight muscles, promotes blood circulation, improves soft tissue health, and strengthens range of motion.
- Ideal for massaging different parts of the body i.e. shoulders, neck, waist, and back.
- Choose from four interchangeable massage heads for a comfortable massage experience.
- Adjust the intensity of your massage using the speed levels

Four Ergonomic Massage Heads for Every Muscle Group

- Round Head:** Arm, waist, hip, thigh, calf, and other big muscle groups
- Flat Head:** Neck, spine, and achilles tendon
- Bullet Head:** Deep tissue such as joints, palms and plantar
- U Head:** Relaxes and shapes various muscle parts



User Instructions

- Select the massage head you would like to use and insert it in the round hole in front of the massager.
- To turn the unit on press the ON/OFF button at the bottom of the massager.
- To increase the speed of the massage, press the speed button again.
- Each press on the button will increase the speed of your massage up to level 6 max the LED at the bottom of the massager will show the intensity level
- Press again to stop the massager and to turn it off
- The battery indicator level lights will show the corresponding battery level
- After completing the massage press the on/off button at the bottom of the massager to turn it off.

Charging Instructions

- The battery should be fully charged prior to use.
- To charge the battery, plug in the USB C cable into the charging port and the other end into a USB power source
- The LED will flash while charging and will turn solid red once fully charged
- The average running time of the massager is 50-75 minutes depending on speed and pressure levels.

Safety Instructions

- To reduce the risk of electric shock, fire and injury follow these instructions carefully:
1. This device is recommended for use by adults only.
 2. Do not use the massager directly on the surface of your skin. To avoid injury the massaged area should be covered by clean clothes or a dry towel.
 3. Gently press and move the massager; do not massage the same part of the body for more than 60 seconds.
 4. Use high speed on soft body tissue only. Do not use high speed and pressure on the head, bones, and joints.
 5. Always choose the right massage head for the respective body part.
 6. Frequent use of high pressure may cause abrasions. If you experience pain or discomfort stop using the massager immediately.
 7. The massager should not be submerged in water. Do not allow water/liquids to enter the vent of the massager.
 8. Do not modify or make changes to the device's equipment.
 9. Do not charge or leave the device ON unattended

WARNING: The use of this device for massaging an injured part of the body should be avoided without consulting your doctor.

How to Maintain The Muscle Massage Gun

- To keep this device in its pristine condition, wipe its surface with a slightly damp towel and dry it with a soft cloth.
- Keep the device away from liquids and heat.

Specifications

- Battery Type: Lithium Ion Battery
- Battery Capacity: 2000mah
- Maximum Speed: 3,600 Rpm
- Input: 7.4v /1a
- Speed Settings: Six Speed Settings
- Charging Time: 4 Hours
- Four Interchangeable Massage Heads: (Round, Flat, Bullet And Fort)

Disclaimer

Read the instructions carefully before using the massager. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damage or loss caused by inappropriate use of this device.

Do not use this massager without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, recovering from surgery, suffer from migraines, neuropathy disorders, disc protrusion or spinal inflammation. If you feel pain or discomfort while using the massager stop using it immediately and consult your doctor or physiotherapist.



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