

ELEFOR

MASSAGE GUN USER'S MANUAL



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Thank you for buying our products!

USAGE INSTRUCTIONS

Please read prior to use

CHARGING

1. Fully charge battery for up to two hours before first use should detached from the device.
2. To charge: Use USB Type-C Charging cable.
3. Battery may be recharged at any time and at any battery level. Do not use the device when charging.

OPERATING

1. Set the switch of bottom to On position, the device will turn on.
2. According to the needs of different parts of the massage, select the appropriate massage attachment to insert into the round hole in front of the massage gun.
3. Touch the '+' button of the screen to adjust speed level. Up to speed level is 20 level.

MAINTENANCE, CLEANING&STORAGE

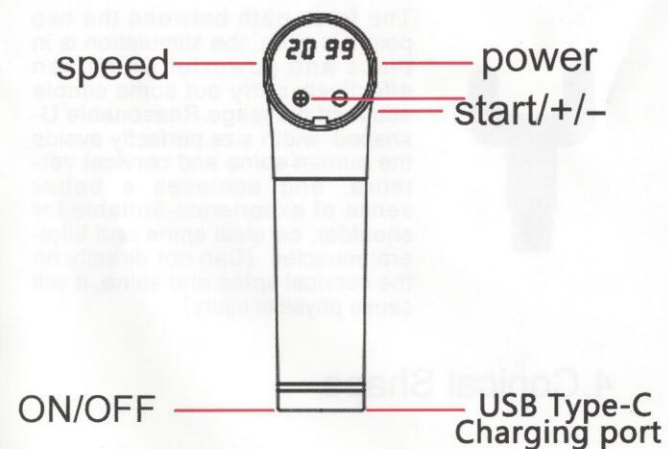
1. Use a slightly damp towel to clean device and a dry with a soft cloth.
2. For storage or travel, store in supplied carton box.
3. Store in a dry, well-ventilated place with no corrosive gas, no less than 250mm away from the ground, and no more than 5 layers.
4. Store and package the device for a long time no use and charge every half a year.
5. The device is suitable for automobile, train, ship and airplane transportation.
6. The device should be secured during transportation to prevent violent vibration, collision, tumbling and falling and upward, gently and waterproof.

Specifications

The deep muscle fascia massager is a portable rechargeable vibration device with large torque and long adjustment. It can effectively relieve the pain caused by the accumulation of lactic acid after intense exercise, and relieve the discomfort of muscles in the sedentary and long-lying population.

Technical Parameters

speed	voltage	battery capacity	product size	product N.W
20levels	12V	2000mAh	16.8X6.2X22cm	865g



Massage head user manual

1.Round Shape



Round spherical design produces a power output of propagating and diffusing type between receiving and pushing. Strength is even and soft. It is suitable for massage and relaxation of waist, abdomen, buttocks and legs. As well as muscle relaxation before and after exercise, recommend light weight fitness enthusiasts like dancing, yoga, aerobics and so on.

2.Mushroom Shape



Small and brief design, on the basis of the plane, a small arc which fits the body modeling mechanism is added and make it feel better. Suitable for the inside and outside muscles of the abdomen, chest and legs of the human body.

3.U Shape



The force path between the two points is even, the stimulation is in place and powerful, which can effectively carry out some simple acupoint massage. Reasonable U-shaped width size perfectly avoids the human spine and cervical vertebra, and achieves a better sense of experience. Suitable for shoulder, cervical spine and bilateral muscles. (Can not directly hit the cervical spine and spine, it will cause physical injury)

4.Conical Shape



Simple shape, full of impact experience, direct pressure to the depths. Suitable for meridians, soles of feet, palms, Achilles tendons, rhomboid muscles of



Curved head
In line with the arc structure of human body, it is suitable for muscle massage and relaxation of arms and legs



Prickly head
Apply to: Prickly head upgrade enhance irritation, suitable for big muscle pain point massage



Big flat head
Suitable for impacting deep tissues such as meridians, palms, soles



Comb head
For larger muscles around chest back & legs

Special Customization

Thumb



For relaxation and plasticity of various muscle parts

Sector



Apply to massage the neck and Achilles tendon of spine

Important Information

DISCLAIMER

WARNINGS & CAUTION

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

1. For adult use only. Do not use if injured. Consult your doctor before using this product.
2. 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.
3. Use the massage gun only on the body's soft tissue as desired without producing pain or discomfort. Do not use on head, neck or any hard or bony area of the body.
4. Use only the applicators that provide the best desired effect.
5. Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
6. Do not place any objects into the ventilation holes of the Fascia massager.
7. Do not immerse in water. Keep away from liquids or heat sources.
8. Do not drop or misuse the Fascia massager.
9. Only charging with USB Type-C Charging cable.
10. Do not tamper or alter Fascia massager in any way.
11. Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.

DISCLAIMER

PLEASE DO NOT USE THE FASCIA MASSAGER WITHOUT YOUR DOCTOR'S PERMISSION IN ANY FOLLOWING CASES.

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 IUD's 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.

On going 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 the 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.