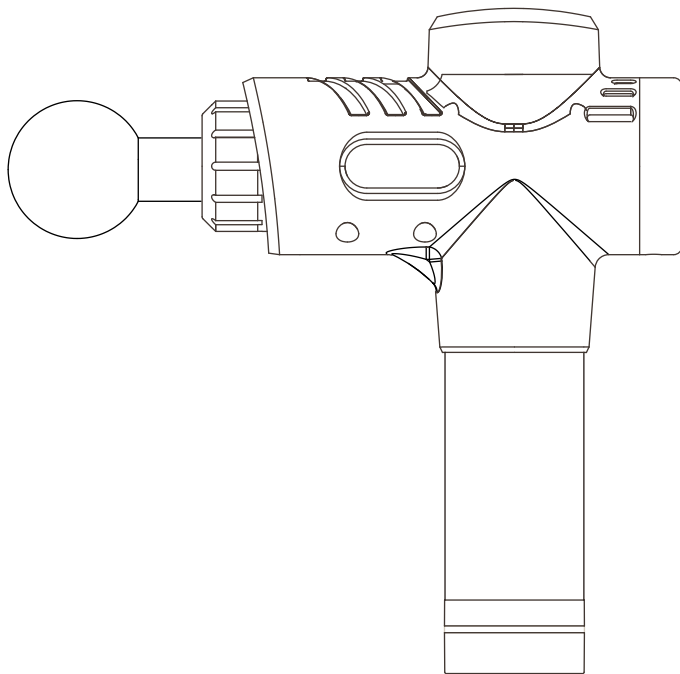


Massage Gun

USER MANUAL



Contents-English

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Dear User

Thank you for purchasing our Massage Gun! The deep muscle massage gun is a portable rechargeable vibration device with large torque, long endurance and multi-gear adjustment. It can effectively reduce 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.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE AFTER-SALES EMAIL:

SUPPORT@FASCARE.COM.



Disclaimer

PLEASE DO NOT USE THE MESSAGE 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 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 contra indications 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 contra indications as shown above.



Safety Instructions

Danger: 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 and clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
- ③ To avoid pain or discomfort, use the high speed only on the body's soft tissue instead of head or any hard or bony area of the body.
- ④ Bruising can occur regardless of speed applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
- ⑤ Keep fingers, hair or any other body part away from the shaft and backside of the head as pinching may occur.
- ⑥ Do not place any objects into the ventilation holes of the Massage Gun.
- ⑦ Do not immerse in water or allow water to enter the ventilation holes of the Massage Gun.
- ⑧ Do not drop or misuse the Massage Gun.
- ⑨ Carefully examine device and battery before each use.
- ⑩ Do not tamper with or alter Massage Gun in any way.
- ⑪ Never leave the Massage Gun operating or charging unattended.



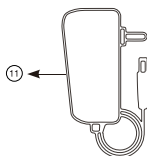
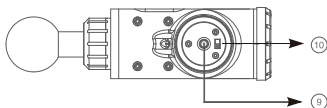
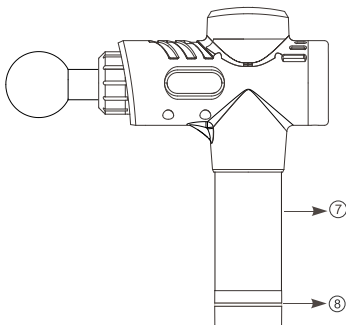
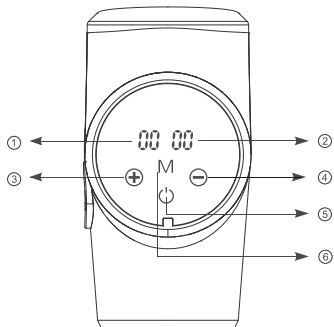
Warnings & Caution

- ① Do not immerse in water. Keep away from liquids or heat sources.
- ② Do not remove screws or attempt to disassemble.
- ③ Do not use continuously for more than one hour. Allow device to rest for 30 minutes before re-using.
- ④ Unplug the power charger from device after charging or prior to use.



Product Structure

1. Speed/Mode Display Window
2. Power Display Window
3. Speed + Button
4. Speed - Button
5. Power Button(on/off)
6. Operate Mode
7. Handle
8. Light Line
9. Charging Port
10. Power Switch(on/off)
11. Power Charger



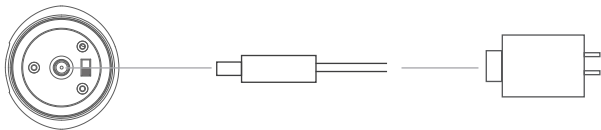


Technical Specifications

Model	MG-008
Rated Power	20W
Motor Diameter	48mm(1.89inch)
Motor Turn Speed	1200-3300RPM
Noise	≤55dB(within the distance of 30cm)
Strength Leve	20
Battery Type	Rechargeable Automoitve Traction Battery
Working Time(Per Charge)	5-8h
Charger Power input	100-220V(AC), 50/60Hz
Charger Power Output	16.8V(DC)
Charging Time	2.5-4h
Massage Head	8
Main Material	Aluminum Alloy+ABS+Silica Gel
G.W/N.W	1700g/860g(3.74lbs/1.89lbs)
Product Size	240x65x250mm(9.45x2.56x9.84inch)



Charging



How to Charge

1. Plug the adaptor into an electrical outlet. If the outlet is controlled by a wall switch, be sure it is turned on.
2. Fully charge battery for up to six hours before first use.
3. The battery power is divided into 10 settings, the power display window shows the battery level. When the battery power is more than 20%, the light line at the bottom of the machine shows green, and it shows red when less than 20%. When the battery power is less than 10%, the speed display window shows E1, indicating that it needs to be charged in time.
4. The power display window flashes to show battery level when charging, and stops flashing after fully charged.
5. It is recommended to charge it before the battery power is less than 20%.
6. The average run-time is 5+ hours depending on speed level.
7. For your safety, the device cannot be used while charging.



Operating

1. With unit off, choose the massage head you need and insert by pressing in. Remove by pulling it out.
2. 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.
3. With power switch in ON position, press the power button to turn on the massage gun.
4. The speed is divided into 20 settings, press speed + and speed - buttons to adjust speed.
5. Equipped with gear memory function under power-on condition. With power switch in ON position, shut down in a comfortable gear position, next time you press the power button, the device can automatically jump to the last gear.
6. Press M button to select requested program only when machine power switch is in ON mode and massage function in Off mode.
 - a)-P0 Program is manual mode. Use +/- button to adjust intensity as you wish.
 - b)-P1 Program will keep looping from level 1 to level 3. Each level will run for 3 seconds.
 - c)-P2 Program will keep looping from level 7 to level 10. Each level will run for 3 seconds.
 - d)-P3 Program will keep looping from level 16 to level 20.
7. Press on/ off button to start massage program.

Massage Head User Manual

			
Round Shape×1	Mushroom Shape×1	U Shape×1	Conical Shape×1

			
Air Cushion×1	Thumb Shape×1	Double Ball Shape×1	Arc Shape×1

Round Shape



Round spherical design produces a powerful 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 to light weight fitness enthusiasts like dancing, yoga, aerobics and so on.

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.

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 (Cannot directly hit the cervical spine and spine, it will cause physical injury).

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 back, etc.

Air Cushion



Transmission from one side to one point, scientific power transmission perfect umbrella shape. Make it produce comfortable massage power, suitable for all parts of the body muscle group. Especially recommended for foot sole massage and the whole buttock muscle group.

Thumb Shape



The thumb shape is suitable for acupressure massage, especially for the muscle regions of the palm of the hand and sole of the foot. This shape is designed to give a gentle massage. The thumb shaped massage head is recommended to use in palms, underarms and soles of the feet. The thumb shape gives an relaxing feeling and increase the blood flow.

Double Ball Shape



Combining the advantages of U-shaped and spherical-shaped, the two points are transmitted uniformly and spreadingly, The double ball head design can directly stimulate the target muscle tissue, more suitable for the body and muscle structure. Mainly for the neck, lumbar and spine parts, etc.

Arc Shape



Differ from any type of massage gun massage head on the market, unique arc surface semi -surrounded shape, more suitable for human body shape and muscle structure. The bump design on the arc surface can directly stimulate the muscle tissue that needs massage. Mainly for the neck, arms, thighs, the back of the leg, especially the quadriceps femoris of the thigh, as well as the flounder muscles of the leg. Recommend people who love running.

Display Function

When The Massage Gun is in Off mode.

Display shows P001 ~ P010 number to identify the batter-power level.

P010	≤ 100%
P009	≤ 90%
P008	≤ 80%
P007	≤ 70%
P006	≤ 60%
P005	≤ 50%
P004	≤ 40%
P003	≤ 30%
P002	≤ 20%
P001/E1	≤ 10%

When The Massage Gun is in On mode.

When massage gun is in function mode, the LED screen must be read as a split in to two sections.

-First two digits will show intensity.

01 is lowest intensity, 20 is highest intensity.

-Last two digits (blinking) will show battery power level.

Error codes

E1-----Battery is low

Problem: Battery power is too low to operate.

Solve by: Charge battery for a full cycle at once.

E3-----Over pressure protection

Problem: Too much pressure on the motor during operation.

Solve by: Cycle Off/ On to rest the error code. Use less pressure during operation to avoid the over pressure protection to appear again.

Maintenance

Clean device with a slightly damp towel and dry with a soft cloth.

Warranty



We provide 1-year warranty from the original date of purchase. If there is any fault in workmanship or malfunction, please contact our after-sales service department via: support@fascare.com, and do not repair it by nonprofessionals.

Warning



Before undertaking a FASCARE™ Massage Gun, please first consult to your doctor if any of the following apply: Pregnancy, diabetes with complications such as neuropathy or retinal damage, peripheral neuropathy, wearing 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 other concerns about your physical health.
Not for use by 13-year-olds and under.