

# User Manual

Rapid Release Therapy Massager

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Thank you for purchasing This instruction manual contains important information about safety, usage and warranty.Use theproduct as described and keep this manual for future reference.

## Safety Instructions

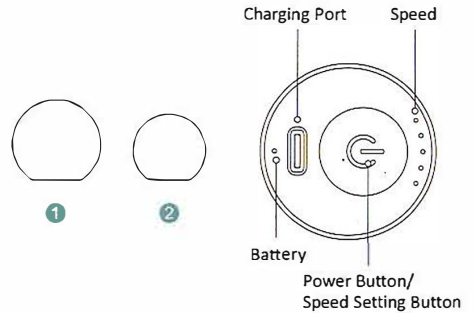
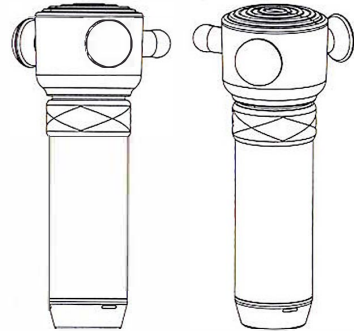
- Do not expose the to sun or fire. Keep it away from the heat source.
  - Do not immerse in water.
  - Do not use any massage attachments other than the ones provided by.
  - For adult use only. Children shall not use and play with the appliance.
  - Use the only on the body's soft tissue. Do not use on the Adam's apple, axilla, genitals or any hard or bony area of the body.
  - Use the on the body for no more than 30 seconds per region continuously in case of bruising.
  - Check treated areas frequently and immediately stop at the first sign of pain or discomfort.
  - Do not operate continuously for more than one hour. Allow the to rest for 10 minutes before re-using.
  - Do not remove screws or attempt to disassemble in case of the electric shock.explussions, exposure to chemicals and other risks.
  - Never leave the charging or working unattended.
  - (Please charge the with the original charger.)
  - Turn off the for storage or travel. Keep out of reach of children.
- To protect the environment, please dispose the in accordance with local laws and regulations.

## The people who should not use it

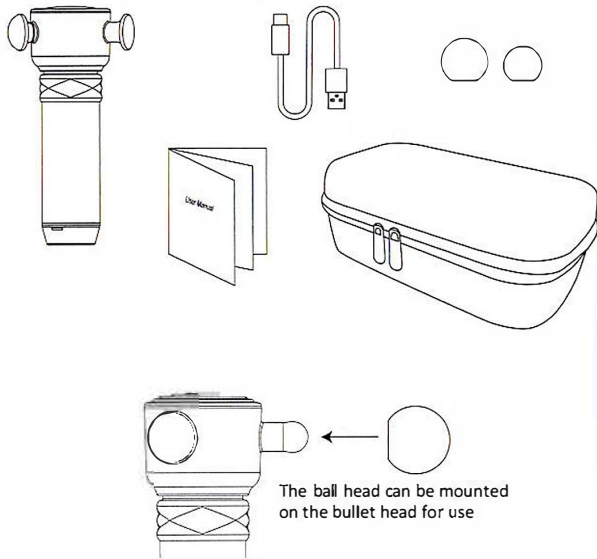
- Patients with osteoporosis
- Heart disease and those who wear electro medicine and pacemakers
- Infants
- Pregnant woman
- Physical trauma
- People who had a surgery recently

Note: Please consult a doctor or technical support if you are not sure whether can use the massager.

## Product Description



## Packing List



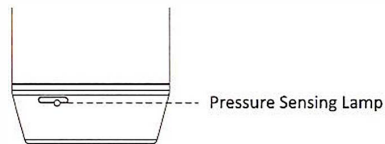
## Technical Parameters

Adjust Speed	1-5 Speed Levels
Percussion Frequency	5500-7000/min
Stroke Length	3mm
Battery Capacity	2900mAh
Input	5V- 2A
Item Net Weight	1.18 lbs (0.54kg)
Item Size	3.5*3.5*7.4 inch ( 90*90*187 mm)

## Technical Parameters

Adjust Speed	1-5 Speed Levels
Percussion Frequency	5500-7000/min
Stroke Length	3mm
Battery Capacity	2900mAh
Input	5V- 2A
Item Net Weight	1.7 lbs (0.78kg)
Item Size	3.5*3.5*8.5 inch (90*90*217 mm)

## Unique Pressure Sensing Technology

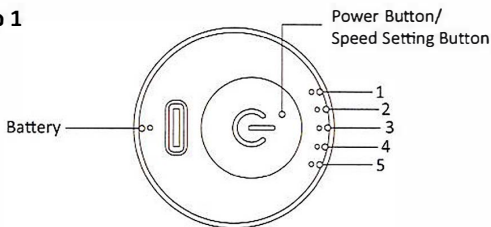


When you use the machine, the pressure sensing light shows a green light, indicating that the applied external force is appropriate; But if the pressure sensing light turns red, please pay attention to whether the applied external force is too large to avoid causing damage to the body.

## Operating Instructions Charging

1. Fully charge the device before first use.
2. When charging, the battery indicator on the back is pulsating. Full charge is indicated when the top of the battery indicator lights stop pulsating.
3. The average run-time is 3 hours depending on speed level and pressure applied during use. And the average charging time is about 4-5 hours.
4. Please do not use this device while charging.
5. Fully charge the.

### Step 1



Long press the power button for 2 seconds ,the battery indicator will light up. Press the Speed Setting Button once to turn the device on to Level 1, twice to turn the device to Level 2, three times to turn the device to Level 3, four times to turn the device to Level 4. and five times to turn the device to Level 5. Press the Speed Setting Button again will turn the device into the standby mode. The working speed is indicated by the speed level indicator.

### Step 2

With the Speed Level in 1-5 position, press and hold the Speed Setting Button for 2 seconds to switch off the device.

Note:

With the working mode, the device will automatically turn off after 10 minutes.

### Warranty

IF WITHIN 12 MONTHS FROM THE DATE OF PURCHASE, THIS PRODUCT FAILS DUE TO A DEFECT IN MATERIAL OR WORKMANSHIP, LIMITED WILL REPAIR OR REPLACE THE PRODUCT, OR NECESSARY COMPONENTS, FREE OF CHARGE

THE WARRANTY EXCLUDES:

- a. Damage caused by accident, abuse, mishandling, or transport;
- b. Units subjected to unauthorized repair or disassembly;
- c. Units not used in accordance with instructions;
- d. Damage exceeding the cost of the product;
- e. Deterioration of the delivered product resulting from abnormal storage and/or safeguarding conditions on the client's premises;
- f. Failure to provide the dated proof of purchase

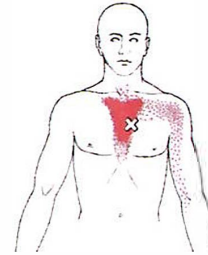
## FAQ

Questions	Reasons	Trouble shooting
Unable to charge	The charger is not compatible.	Make sure to use the original charger during charging.
	Power cord is not plugged in tightly.	Make sure the power cord is attached in place.
Stops working during massage	The battery runs out.	Please charge the device with the original charger.
	Touch the Speed Setting Button	Please check the Speed Setting Button
	The pressure force is over stall force, the device turn off.	Press the Speed Setting Button to turn on the device again.
	The device automatically turns off after 10 minutes of continuous use.	Press the Speed Setting Button to turn on the device again.

## HOW TO HEAL WITH MASSAGE

Professional rehabilitation training

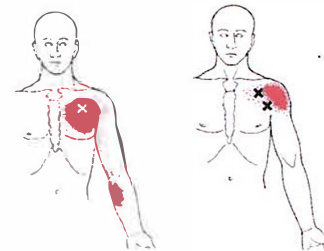
### Sternocleidomastoid



Parts in Use: Silicone TIP

Trigger point: Middle of the sternocleidomastoid muscle belly  
Red indicates the area of pain, × signifies the area for release.

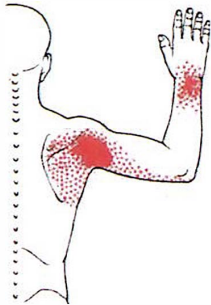
### Pectoralis Major



Parts in Use: Silicone TIP

Trigger point: Left – Sternocostal head of pectoralis major.  
Right – Clavicular head of pectoralis major.  
Red indicates the area of pain, × signifies the area for release.

### Subscapularis

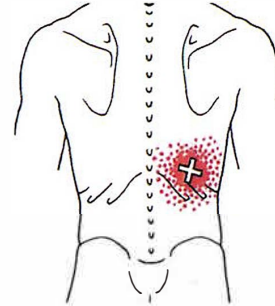


Parts in Use: Bullet TIP & Flathead

Trigger point: Beneath the scapula, at the subscapularis muscle belly.

Red indicates the area of pain, × signifies the area for release.

### Serratus Posterior Inferior

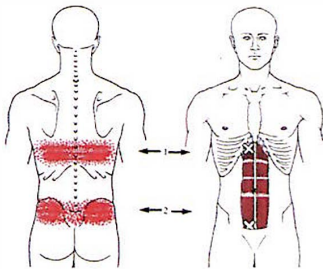


Parts in Use: Buffer Cap & Bullet TIP

Trigger point: Upper muscle belly of serratus posterior inferior, near the 11th rib.

Red indicates the area of pain, × signifies the area for release.

### Rectus Abdominis

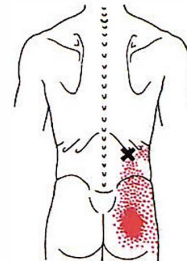


Parts in Use: Buffer Cap

Trigger point: Upper and lower parts of rectus abdominis.

Red indicates the area of pain, × signifies the area for release.

### Quadratus Lumborum

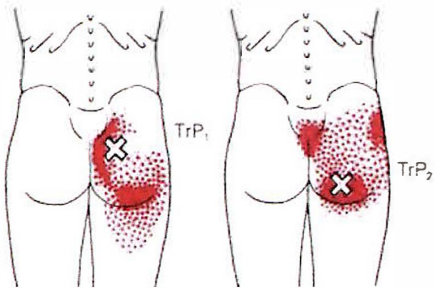


Parts in Use: Buffer Cap & Bullet TIP

Trigger point: Quadratus lumborum, near the lower 12th rib.

Red indicates the area of pain, × signifies the area for release.

## Gluteus Maximus

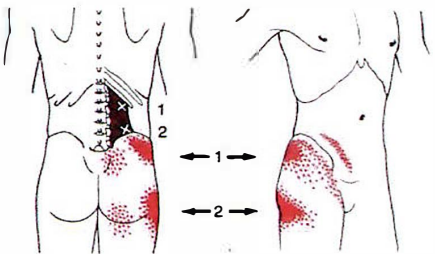


Parts in Use: Silicone TIP

Trigger point: Inner upper side of the gluteus maximus;  
mid-lower section of gluteus maximus.

Red indicates the area of pain, x signifies the area for release.

## Quadratus Lumborum

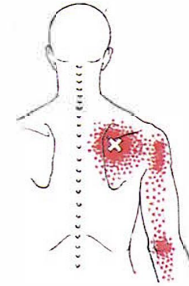


Parts in Use: Silicone TIP

Trigger point: Below the 12th rib margin; beside the transverse process of the  
3rd lumbar vertebra; upper part of the iliac crest.

Red indicates the area of pain, x signifies the area for release.

## Serratus Posterior Superior



Parts in Use: Bullet TIP

Trigger point: Just under the scapula, where it attaches to the ribs.

Red indicates the area of pain, x signifies the area for release.

## Serratus Anterior

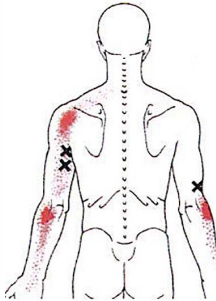


Parts in Use: Silicone TIP

Trigger point: On the anterior, middle, and posterior bellies  
of the serratus anterior muscle.

Red indicates the area of pain, x signifies the area for release.

### Triceps Brachii

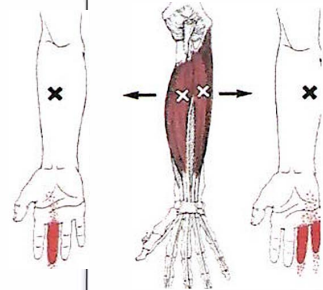


Parts in Use: Bullet TIP

Trigger point: Central area of the long head of the triceps brachii muscle belly.

Red indicates the area of pain, × signifies the area for release.

### Flexor Digitorum Superficialis

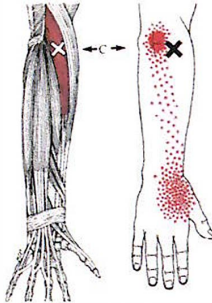


Parts in Use: Bullet TIP & Silicone TIP

Trigger point: Central part of the flexor digitorum superficialis muscle belly.

Red indicates the area of pain, × signifies the area for release.

### Extensor Carpi Radialis Longus

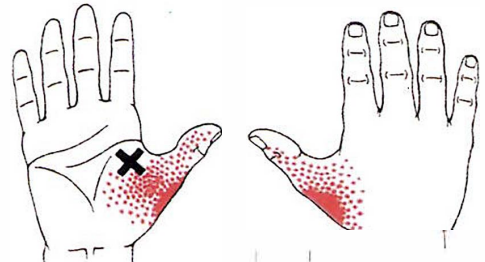


Parts in Use: Bullet TIP & Silicone TIP

Trigger point: Muscle belly of extensor carpi radialis longus.

Red indicates the area of pain, × signifies the area for release.

### Adductor Pollicis

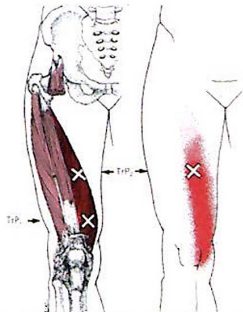


Parts in Use: Bullet TIP

Trigger point: Adductor pollicis, near the base of the thumb.

Red indicates the area of pain, × signifies the area for release.

### Adductor Group (Thigh)

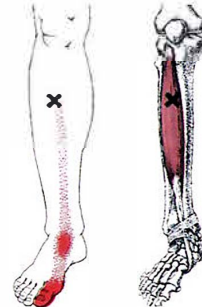


Parts in Use: Flathead & Silicone TIP

Trigger point: Middle of the adductor muscle belly.

Red indicates the area of pain, x signifies the area for release.

### Tibialis Anterior

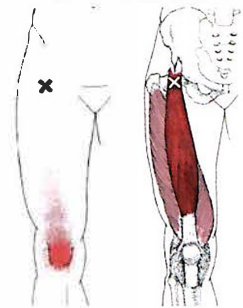


Parts in Use: Bullet TIP

Trigger point: Often present in the upper third of the tibialis anterior.

Red indicates the area of pain, x signifies the area for release.

### Rectus Femoris

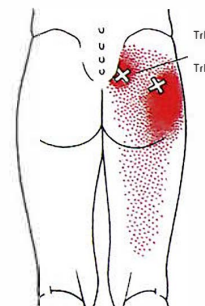


Parts in Use: Flathead & Silicone TIP

Trigger point: Below the anterior inferior iliac spine.

Red indicates the area of pain, x signifies the area for release.

### Piriformis

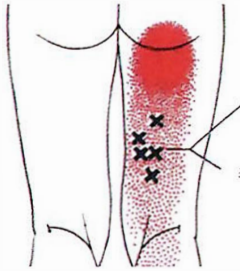


Parts in Use: Bullet TIP & Silicone TIP

Trigger point: Inside, near the sacrum; middle third of the piriformis muscle.

Red indicates the area of pain, x signifies the area for release.

## Semitendinosus and Semimembranosus



Parts in Use: Bullet TIP

Trigger point: Central intersection area of semitendinosus and semimembranosus muscle bellies.

Red indicates the area of pain, x signifies the area for release.

## Posterior Tibialis

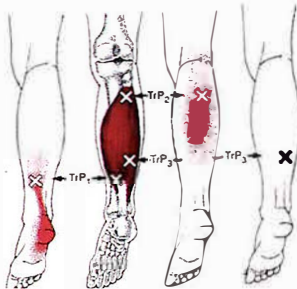


Parts in Use: Bullet TIP & Silicone TIP

Trigger point: Above the posterior tibialis muscle.

Red indicates the area of pain, x signifies the area for release.

## Soleus

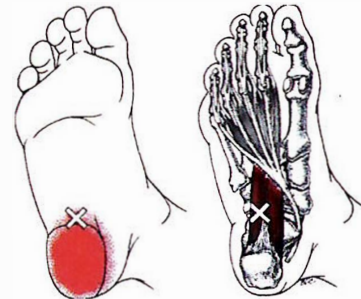


Parts in Use: Bullet TIP & Silicone TIP

Trigger point: Near the fibula, at the upper end of the soleus; central muscle belly near the tendinous intersection.

Red indicates the area of pain, x signifies the area for release.

## Abductor Hallucis



Parts in Use: Bullet TIP & Silicone TIP

Trigger point: Near the heel, close to the arch of the foot.

Red indicates the area of pain, x signifies the area for release.

## Warranty Card

(The device is guaranteed for 12 months, from date of purchase, providing not damaged by the user.)

Recipient's Name

Contact Information

Recipient's Address

Return Reason

return    replace    repair

Order ID

Note: Be assured the above info is not disclosed.  
It is only used for after-sales service.