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There may be certain differences between the content of this manual and your product. Please refer to the actual product. We reserve the right to update the product at any time without prior notice.

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PHILIPS

Massage Gun

Mini Massage Gun

PPM7302



User Manual

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1 Instructions for User

Please read this manual carefully before using the product and keep this manual properly.

Symbol Description

To avoid personal injury or property damage, be sure to observe the following.

- The following symbols respectively illustrate the items that you must observe.



Indicate prohibition



Indicate that you should do as instructed



Important Information

People under treatment at a medical institution or in the following conditions, should consult with a doctor or physiotherapist before using the product.

- This product should not be used under any of the following circumstances without the prior consent of the doctor.
- Pregnant women, people suffering from diabetic complications (such as neuropathy or retinal damage), epilepsy or migraine, disc herniation, spondylolisthesis, vertebral disconnection, or spondyloarthritis and those who wear a pacemaker, have recently undergone a surgery, like joint replacement surgery, or have an IUD, needle, or nickel clad inside the body for any health-related problems, are not allowed to use this product. These contraindications do not mean that you cannot use this product. We recommend that you consult your doctor before use.

- The ongoing research is about the impact of vibration training on specific medical diseases. This is likely to reduce the above contraindications. Practical experience shows that in many cases, incorporating vibration training into a treatment regimen is also a form of therapy. However, such method should be suggested or accompanied by doctor, expert or therapist.



The following groups are prohibited from using the product

- Minors are prohibited from using this product to prevent from being injured. Consult your doctor before using this device in case of muscle injury. Do not apply on wet or filthy skin surface. You can use the device with your clothes on. Gently press and move it on your skin and stay at each part for about 60 s. Do not use the product in parts with less muscle coverage. Applying the product to your bones is also discouraged. Always use the product to soft tissues of the body under the premise of no pain or discomfort. When you get bruised, feel pain or discomfort, stop using the product. Do not put any articles in the vent hole of the product.
- Do not immerse the product in water or allow water to enter the ventilation hole of the product.
- Do not throw the product in fire or keep it close to fire source. Do not fall off the product deliberately.
- Do not use a charger above 5 V to charge the product.
- Do not dismantle the product in any method.
- Do not put your fingers, hair or other parts of your body near the shaft and back of the massage head as there is a risk of being caught.
-

- Those who cannot express their will or cannot operate the device by themselves are prohibited to use the product.
- Children are not allowed to use or get close to the operating product.
- If you experience abnormal body reactions such as back pain, dizziness, vomiting, throbbing, etc. during use, please stop the product immediately.
- This product is timed for 10 min operation at a time. Please do not use it for more than 20 min each time. Leave the device rest for 30 min after each use to prolong its service life.
- Use is prohibited under the following circumstances:
 - When you are severely tired
 - Within an hour before and after meals
 - When you are drunk

Precautions for Use

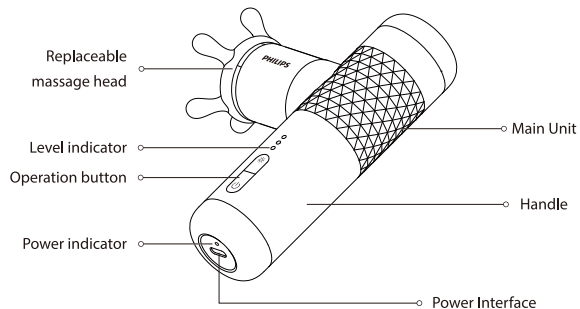
- ! Do not wear too much to use the product.
- ! Keep away from liquids or heat sources and keep the charging port free of dust.
- ! The product cannot be used during charging.
- ! After charging, please disconnect the power supply in time.
- ! If the product cannot work normally or you feel any abnormality, please stop using it immediately.
- ! Please apply this product according to the User Manual.
- ! Before each use, carefully check whether the product can be used normally according to the operation methods in the manual.
- ⊘ Do not stand on the product or use the product as a toy to avoid accidents.

- ⊘ Never disassemble, modify or repair the product by yourself.
- ⊘ Do not use this product when your body is wet.
- ! The product has a heating surface, so people who are not sensitive to heat should use with caution
- ! Precautions for battery scrapping:
 1. Do not replace the battery without authorization during normal use.
 2. The battery must be removed before scrapping the device. The removal steps are as follows:
 - Disassemble the bottom cover of the control box and remove the battery box assembly;
 - Remove the relevant connecting wires inside to take out the battery.
 3. The product must be powered off when you want to remove the battery.
 4. The battery should be disposed of safely.

2 Product Features

This product relaxes the soft tissue of the body through high-frequency impact, which can help relax tense muscles and release pain and fatigue after exercise. The product can be used with different massage heads to massage muscles all over the body. It is equipped with a portable storage bag for the purpose of convenient carrying.

3 Parts Name



Finger massage head

Dragon grip shape, silicone material.
Soft claw part of the massage head can be used for whole body massage and relaxation.



Gentle massage head

Silicone brush on the surface.
Suitable for deep muscle massage while activating the surface skin.
Can be used with essential oil to promote the absorption by the body and skin.



Dot matrix massage head

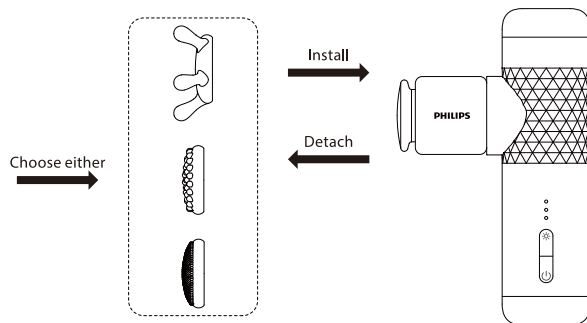
Working in the principle of finger pressing plate.
Suitable for massaging deep tissues such as meridians, joints, soles of feet and palms.

4 How to Use

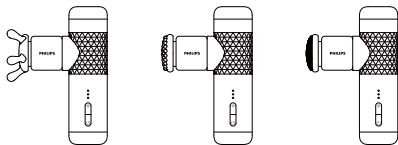
Preparations for Use

1. Check that the product and accessories are complete.
2. Always remove the pendant and decorations before use to avoid affecting the massage part.
3. Use the preinstalled massage head for massage with hot compress. If you do not need hot compress, choose a massage to install.

Installation method: Select an massage head to fit on the heating plate support according to your massage demand, as shown in the figure.

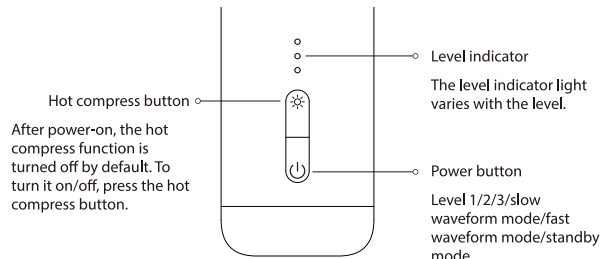


The installation effect is shown in the figure:



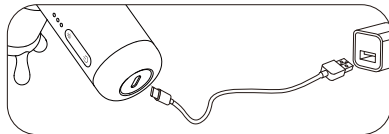
Operation

1. Hold the power button to turn on the device in level 1 by default. When the hot compress mode is off, the indicator light will be illuminated in blue. 3. Press the power button and the device will switch to level 1/level 2/level 3/slow waveform mode/fast waveform mode/standby mode successively.
2. When you hold the power button in any level, the device will shut down. In the standby mode, if there is no level switching operation or the hot compress mode is not turned on in 30 s, the device will turn off automatically.
3. Hold the hot compress button in any gear to enable the only hot compress mode. Press the hot compress button in standby mode, and the only hot compress mode will also be turned on.
4. The device will enter the standby mode after being used continuously for 10 min, and it will automatically shut down in case of no operation within 30 s (in standby mode, the device can also be shut down directly by holding the power button). If you need to use again, please hold the power button to start the device.
5. The massage head will not output power if it is stalled. This is to protect the device against abnormal operation and make it switch from operation mode to standby mode. Press the button only to restart the device.



Charging method

1. Before initial use, fully charge your device for 4 hours.
2. When charging, connect the data line of the supplied adapter to the battery charging port and the power socket.
3. The LED indicator on the device flashes regularly to display the battery power, indicating that it is charging.
4. The battery can be charged at any time and under any power level. Do not turn on the device when charging.
5. The battery needs to be charged in time when it is exhausted to less than 10% power (namely the red indicator is flashing).



5 Description of Indicator Lights

Hold the power button to turn on the device. It is defaulted to level 1 massage with hot compress mode off. The level indicator varies with the level switching, and different colors prompts different compress status. The light statuses of level indicator and compress function are as follows:

Level	Description	Level indicator	Status
Level 1	1600rpm	1 light dot illuminated	Remain on
Level 2	2200rpm	2 light dots illuminated	Remain on
Level 3	2800rpm	3 light dot illuminated	Remain on
Slow waveform mode	(Cycle) 1600-2200 rpm	Marquee	Slow flashing
Fast waveform mode	(Cycle) 1800-2800 rpm	Marquee	Fast flashing
Standby	Standby status	3 light dot illuminated	Change in breathing mode

After power on, the power indicator lights up and displays the current power of the device in different colors:

Hot compress function	Status	Description
Orange light	Remain on	On
Blue light	Remain on	Off

When the device is being charged, the indicator light is illuminated in different colors to display the current power of the device:

Charging power indicator	Status	Description
Red	Change in breathing mode	Current power 0%-10%
Yellow	Change in breathing mode	Current power 11%-50%
Green	Change in breathing mode	Current power 51%-99%
Green	Remain on	Current power 100%

6 Maintenance

1. Clean the surface of the device with a slightly wet towel and dry it with a soft cloth.
2. When storing or carrying, put the device in the supplied portable bag.
3. The device should be stored in a dry, well ventilated place without corrosive gas.
4. In case of long-term out of service, the device should be packaged and stored after cleaning. It is recommended to charge the device every 1 month.
5. The product can be transported by truck, train, ship and aircraft. During transportation, the product should be fixed to prevent violent vibration, collision, rolling and falling, and it should be placed upward, handled lightly, and protected against rain.
6. Do not discard the product at random. Please scrap it according to the disposal method for each part to protect the environment.

7 Diagnosis

This chapter lists the most common problems to the product. If the problems you encounter are not included in the following tables, please call our service hotline or contact the authorized service center at the region where you are located.

Fault Description	Troubleshooting
Massage head slipping out or falling	Check whether the massage head is installed in place
Start-up failure	Check whether the power is sufficient (if the device is not used for a long time, charge it for more than 8 hours first)
Charging failure	1. Check whether the voltage and current of the charging plug meet the product requirements. 2. Check whether the charging connector and power supply are plugged in place.
Sudden stop after continuous operation for 10 minutes	This phenomenon is a normal phenomenon, which is set for long-time operation protection. It indicates that the device switches from operation mode to standby mode. Press the button, you can restart the device.
Massage head stopping to output power after being stalled	This is a normal phenomenon, which is set to protect the device against abnormal operation and make it switch from operation mode to standby mode. Press the button, you can restart the device.
<p>Reasonable use of the product can effectively prolong its service life. It is recommended:</p> <ol style="list-style-type: none"> 1. Do not throw or drop the device during use. 2. The maximum continuous use time is recommended not to exceed 30 minutes. Keep away from the humid environment when using or storing the product. 3. In case of long-term out of service, please charge the device every 1 month. 	

If the product has been left unused for a long time, be sure to confirm that its function is normal before using it again.		
Regular check	Check for the following faults	In the event of the above faults, stop using the product immediately and cut off the power supply to avoid accidents. Please send the defective product to Philips's service center.
	<ul style="list-style-type: none"> · Whether the power cord or plug is hot · Whether the power cord is deeply scratched or deformed, and has a burnt smell · Whether there is abnormal sound or vibration during work · Whether the product can work properly after the power · Whether there are other abnormalities or faults 	

Note:

If the fault cannot be eliminated or the product still cannot be operated ideally, please contact the after-sales service personnel, and do not disassemble or repair by yourself.

8 Main Specification

Product Name	Philips Massage Gun
Product Model	PPM7302
Power Supply Method	Rechargeable Lithium Battery
Operating Voltage	7.4V \approx
Operating Power	15W
Charging Voltage	5V \approx
Charging Current	1.5A
Product Dimension	74x134x38mm
Net Weight	262g
Battery Capacity	1300mAh
Level Adjustment	Level 5
Interface Type	Type-C 5V \approx 1.5A
Charging Time	3 hours

9 Service Guideline for Warranty

Service and Support

If you require assistance with the operation of the product, its features or specifications. Please call Mann & Noble on +61 (0) 2 8801 7666 in Australia or +64 (0) 800 112 660 in New Zealand or email Philips.Massager.ANZ@mann-noble.com or visit www.philips.com/support.

Warranty

Please refer to the separate warranty leaflet provided with this product.

Warranty Card

Product model		User name	
Sales company		Phone number	
Purchase date		Serial number	
Special technical service station		User address	
Service content	Date	Service personnel	

10 Packing List

Massage Gun	1×	User Manual	1×
Quick Start Guide	1×	Replaceable Massage Heads	3×
Type-C Charging Cable	1×		