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PHILIPS

Massage Gun

Sports Mini Massage
Gun

PPM7501



User Manual

Contents

1 Instructions for User

Symbol Description

Precautions for Use

Safety Warning

2 Product Features

3 Parts Name

4 How to Use

5 Description of Indicator Lights

6 Main Specification

7 Service Guideline for Warranty

Service and Support

Warranty

Warranty Card

8 Packing List

1 Instructions for User

Please carefully read the operation manual before use and keep it properly.

Symbol Description

The following contents must be abided by so as to avoid personal injury or property loss.

· The following diagrams are used to illustrate the contents that you should abide by.



It means forbidden



It means to operate according to the instructions

Precautions for use

Please use the product with caution for the following conditions after being approved by doctors.

Pregnant, diabetic complication (such as, neuropathy or retinal damage). People who wear pacemaker and who suffer from seizures or migraines, disc herniation, spinal prolapse, loss of vertebrae or stiffness of joints of immediate vertebrae as well as people who have perform surgeries recently. In case of such conditions, you can use the product, but please consult with doctors in advance.

According to practices, under many cases, it is a treatment method to

combine the beating training with other therapeutic regime, however, such method should be suggested or accompanied by doctor, expert or therapist.

Safety Warning



It is forbidden to apply on wet and filthy skin surface. You can use it with your clothes on. Gently press and move it on your skin;



It is forbidden to use it above the neck and areas with less muscle coverage;



It is forbidden to use it on the weakened parts of the spine, neck, head, joints, etc.;

It is forbidden to apply on part with bruise and discomfort;



It is forbidden to put any articles on the heat part of the product;



It is forbidden to soak the product into water and protect it from water;



It is forbidden to throw the product in fire or keep it close to fire source;



It is forbidden to fall off the product deliberately;



It is forbidden to dismantle the product in any method;



It is forbidden to insert finger, hair or other body part into the mounting hole of the massage head, which may be clamped;



People who aged 12-18 year's old should be accompanied by parents for use and should not use it on their own. It is forbidden for children under 12 to use;

When there is no pain or discomfort, use this product only on the soft tissues of the body, and pay attention to avoiding nearby bones and joints to avoid damage;

In case of muscle injury, please consult doctors in advance or please use it in the company of a professional.



The battery can be taken out from the bottom cabin (users are not allowed to replace battery on their own) :



—The battery must be taken out from the cabin before disposing the device

—The device must be disconnected from power while taking the battery out

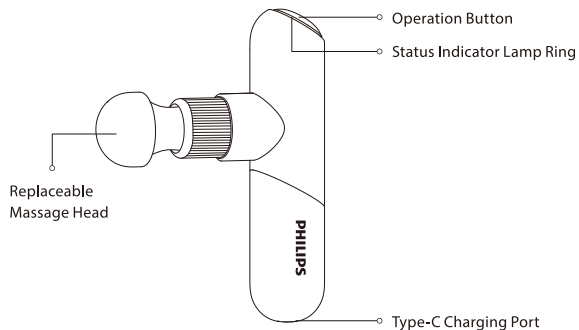
—The battery must be disposed in a safe manner

2 Product Features

The product can relax the soft tissue of body through the high-frequency impact, which can help relax the tense muscles and release the sour and fatigue after exercise. Different massage heads can be matched to massage the muscles. It is compact and portable.

3 Parts Name

The product can relax the soft tissue of body through the high-frequency impact, which can help relax the tense muscles and release the sour and fatigue after exercise. Different massage heads can be matched to massage the muscles. It is compact and portable.



Rubber Spherical head
Suitable for daily massage and relaxation



Titanium Flat Head
Suitable for muscle relaxation after high-intensity exercise



Curved head
Up to 4 contact points to meet the needs of large-area massage



U-shaped Head
Suitable for concentrated massage on specific sore points



Wedge-shaped Head
Can be used for massaging large muscle groups



Pointed Tip Head
Used to impact deep tissues and quickly relieve muscle soreness

4 How to Use

1. Product Installation

According to the massage needs, please select the massage head and insert it into the front round hole of the fascial gun.

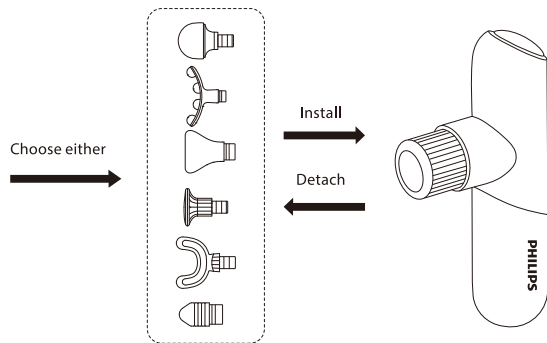
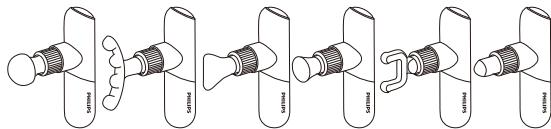
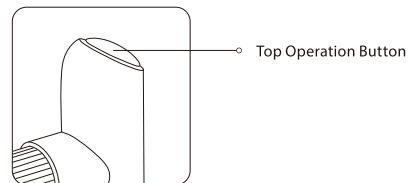


Illustration as shown in the figure:



2. On/Off

Hold the operation button on the top of the device for 1 second to turn it on. No action will be made if holding more than 3 seconds to avoid mis-operation.



- ⊘ The device will switch to charging mode while charging and the product will not turn on by pressing the touch button.
- ⚠ In order to avoid massaging the same position for a long time, the device will be automatically off after using 10 minutes for each level.

3. Level Switch

Press the operation button to switch from level 1-5. At this moment, the lamp ring will display the level, which can be equally divided into 5 parts, corresponding to 5 levels.



4. Pressure Feedback

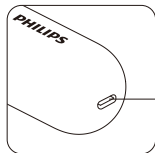
If there is no operation after 3s, the lamp ring will automatically switch to pressure feedback mode. Different colors will prompt the user about the pressure of the device.

Corresponding Color	The Force Imposed to the Device by the User
○ Blue	0-1kg
○ Green	1-3kg
○ Yellow	3-5kg
○ Orange	>5kg

- ❗ Please adjust the power according to your own condition to avoid damaging your muscle.
- ❗ As the moving parts are made of metal, they may heat after a long-time use, which is normal.

5. Charging

It takes about 4 hours for the battery to be fully charged. Please unplug the charging cable once finish charging.



Type-C Charging Port 5V=2A

- ❗ During charging, the fascial gun should lay flat.

5 Description of Indicator Light

Level Indicator	Status	Description
Cyan Light of Section 1	On	Level 1
Cyan Light of Section 2	On	Level 2
Cyan Light of Section 3	On	Level 3
Cyan Light of Section 4	On	Level 4
Cyan Light of Section 5	On	Level 5

Pressure Feedback	Status	Description
Blue Light	On	0-1kg
Green Light	On	1-3kg
Yellow Light	On	3-5kg
Orange Light	On	>5kg

Charging Indicator	Status	Description
Red Light	Breathing Light	Current Battery Capacity<20%
Orange Light	Breathing Light	Current Battery Capacity 21%-60%
Green Light	Breathing Light	Current Battery Capacity 61%-99%
Green Light	On	Current Battery Capacity 100%

6 Main Specification

Product Name	Philips Massage Gun		
Product Model	PPM7501	Battery Capacity	1300mAh
Power Supply Method	Rechargeable Lithium Battery		
Charging Voltage	5V =	Power Interface	USB Type-C
Working Voltage	11.1V =	Power Adjustment	5 Levels
Working Power	25W	Product Size	145×75×35mm
Charing Current	2A	Product Net Weight	308g

7 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	

8 Packing List

Massage Gun	1x	User Manual	1x
Storage Bag	1x	Massage Heads	6x
Charging Cable	1x		