

PHILIPS

Massage Gun

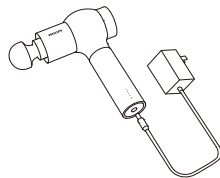
Sports Massage Gun

PPM7521

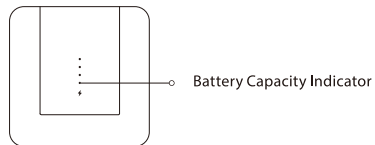


Quick Start Guide

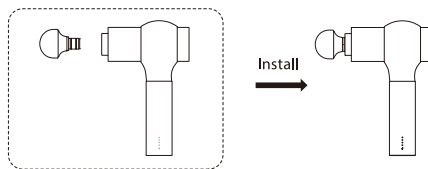
1. It is recommended to charge the device for 4 hours before the first use. Do not start the device while charging.



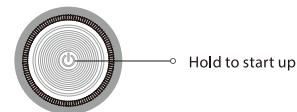
2. When the fourth power indicator remains on, it indicates that the device is fully charged. When the first indicator flashes (indicating the remaining power less than 10%), please charge in time.



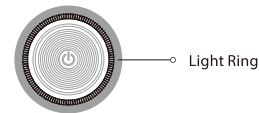
3. To install the massage head, insert it into the front round hole of the fascial gun until the head is aligned with the mark line.



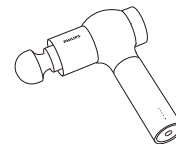
4. Hold the button to turn on the device, the light ring will light up in a section and enter level 1. Each time you press the button, the gear will increase by 1 level. If you continue pressing the button in level 5, the device will turn off.



5. Intelligent intensity sensor indicator:
3 seconds after key operation, the light ring will enter into intensity indication mode and the color changes with the intensity; the light changes with the intensity. The blue indicator indicates a pressure of 0-2 kg, the green indicator indicates a pressure of 2-4 kg, the yellow indicator indicates a pressure of 4-6 kg and the orange indicator indicates a pressure of >6 kg.



6. The device will shut down automatically after continuous use for 10 minutes. If you need to use again, please restart it.





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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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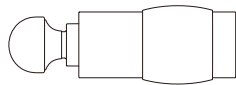
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7. The massage head will not output power if it is stalled. This is to protect the device against abnormal operation and make it switch from operation mode to standby mode. Press the button to restart the device.



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- ⓘ Please choose the massage intensity reasonably according to your own situation, and the single running time should not exceed 10 minutes.