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www.philips.com

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水護盾是飛利浦淨飲水解決方案、熱水解決方案、衛浴解決方案、水杯及個人按摩器唯一品牌官方授權運營主體。

Rev A NOV 21



PHILIPS

筋膜槍

運動迷你筋膜槍

PPM7501



User Manual
使用說明書

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1 Important Information

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

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 performed 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

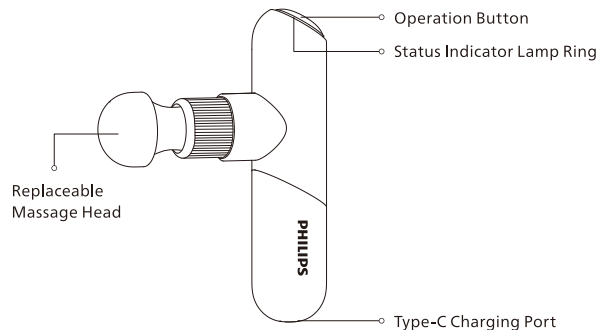
—The battery must be disposed in a safe manner

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
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.

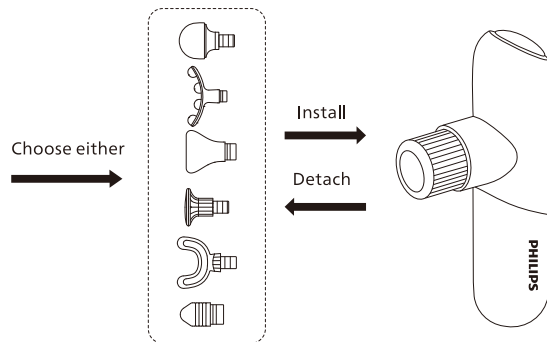
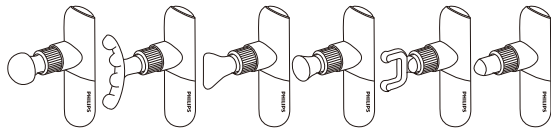
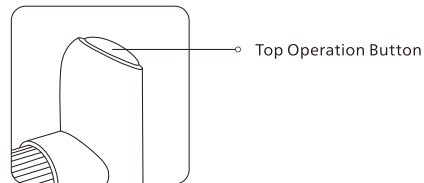


Illustration as shown in the figure:



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

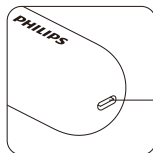
If there is no operation after 3s, the lamp ring will automatically switch to pressure feedback mode. Different colors will prompt the user about the pressure of the device.

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 Sports MiniFascial Gun		
Product Model	PPM7501	Battery Capacity	1300mAh
Power Supply Method	Rechargeable Lithium Battery		
Charging Voltage	5V==	Power Supply Port	USB Type-C
Working Voltage	11.1V==	Power Adjustment	5 Levels
Working Power	25W	Product Size	145x75x35mm
Charing Current	2A	Product Net Weight	308g

7 Service Guideline for Warranty

Warranty and Service

The product is a household appliance with exquisite design and high-quality component. Within two years from the date of purchase, you will receive free warranty service for any damage caused by the manufacturing process or components under normal operation confirmed by our maintenance service.

The warranty service does not include consumable components, transportation fee and door-to-door service. Please show the proof of purchase to the service personnel during maintenance.

You cannot receive free warranty service under the following conditions:

1. Damage by improper operation, such as improper components connection, improper installation, deprived of manual use, mis-operation.
2. Negligence and damage because of transportation or other accident.
3. Maintenance and modification without approval.
4. Other damage caused by force majeure (such as natural disaster, abnormal voltage, etc.).
5. Damage caused by general use outside home (e.g. industrial and commercial use).
6. Aging, wearing and tearing caused by normal operation of the product without affecting normal operation of the product.

This statement serves as a publicity for free maintenance within the specified time limit and conditions, and does not limit the legal rights of consumers.

Please contact our local maintenance service center for any information or difficulties or you can consult through the hotline.

HongKong

Hotline: 852-3188-4987

Service Email: Philips.Massage.hk@centuryfield.com

Taiwan

Hotline: 0800-661-600

Service Email: Philips.Massage.hk@centuryfield.com

Warranty Card

Product Model		Customer Name	
Seller		Contact No.	
Date of Purchase		Serial No.	
Customer Address			
Maintenance Content	Date	Maintenance Personnel	

8 Packing List

Main Unit	1×	Storage Bag	1×
Massage Head	6×	User Manual	1×
Charging Cable	1×	Certificate of Conformity	1×

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1 重要通知

產品使用前請仔細閱讀並妥善保管本說明書。

符號描述

為避免造成人身危害或財產損失，請務必遵守以下內容。

· 用以下圖示來分別說明希望遵守的內容。



表示禁止



表示需要根據指示執行

注意事項

獲得醫生同意，請在以下任意情況下謹慎使用本產品。

懷孕、糖尿病併發症（如神經病變或視網膜損傷）、佩戴起搏器、癲癇或偏頭疼、椎間盤突出、脊椎前移、椎骨脫落或脊椎關節強硬、近期做過手術等任何與您身體健康相關的問題，這些並不意味您無法使用本產品，建議使用前諮詢醫生。

實踐表明，在許多情況下，將捶打訓練結合到治療方案中也是一種治療方式，但必須在醫生、專家或物理治療師的建議或陪同下進行。

安全提示



禁止在非乾燥、非潔淨皮膚表面上使用，可以隔著衣服使用，輕輕在皮膚上按壓、移動；



禁止在頸部以上和肌肉覆蓋較少的部位使用；



禁止在脊柱、頸部、頭部、關節等肌肉薄弱部位使用；



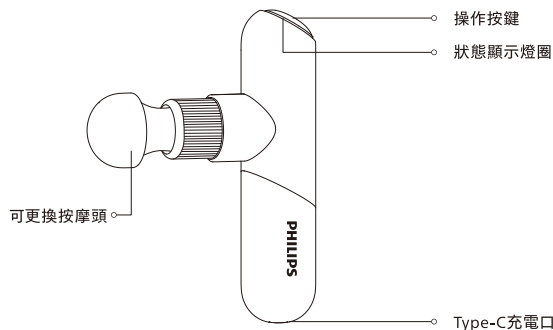
禁止在產生淤青、出現不適的部位使用；

- ⊗ 禁止將任何物體放置在產品的發熱處；
- ⊗ 禁止將產品浸入水中，也不要讓水進入產品；
- ⊗ 禁止將產品投入火中或靠近火源；
- ⊗ 禁止故意摔落產品；
- ⊗ 禁止以任何方式拆卸本產品；
- ⊗ 禁止手指、頭髮或身體其他部位塞入按摩頭安裝孔，有可能會被夾住；
- ⊗ 12-18歲人士需在家長的陪同下使用，禁止獨自使用，禁止12歲以下兒童使用；
- ❗ 在不產生疼痛或不適的情況下，只在身體的軟組織上使用本產品，注意避開附近的骨頭和關節，以免造成損傷；
- ❗ 肌肉損傷如需使用本產品，請先諮詢醫生或在專業人士陪同下使用。
- ❗ 撬開底部可將電池從器具中取出（用戶不能自行更換電池）；
 - 廢棄器具前，必須將電池從器具中取出；
 - 在取出電池時，器具必須斷電；
 - 電池應安全地處理。

2 產品功能

本產品通過高頻率衝擊放鬆身體的軟組織，可以幫助放鬆緊張肌肉，釋放運動後酸痛和疲憊。搭配不同的按摩頭使用，可用於身體各處肌肉按摩，而且非常輕巧，方便外出攜帶。

3 零件名稱



橡膠球形頭
適合日常按摩放鬆



鈦金扁平頭
適用於高強度運動後的肌肉放鬆



弧形頭
多達4個接觸點，滿足大面積按摩需求



U型頭
適用於集中按摩特定的酸痛點



楔形頭
可用於大肌肉群的按摩

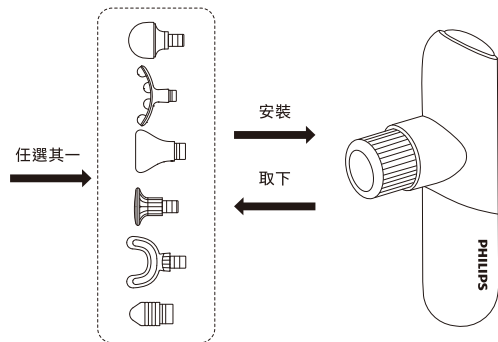


尖頭
用於衝擊深層組織，快速緩解肌肉酸痛

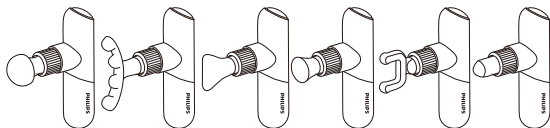
4 使用方法

1. 產品安裝

根據按摩需求，選擇按摩頭插入筋膜槍前方圓孔內。

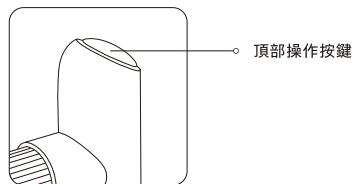


安裝效果如圖：



2. 開/關機

長按機器頂部操作按鍵1秒開機，長按超過3秒不識別，避免誤觸。



- ⊘ 充電時設備會進入充電模式，此時操作觸摸按鍵產品不會開機。
- ❗ 為避免長時間按摩一個位置，每個檔位使用10分鐘會自動關機。

3. 檔位切換

短按操作按鍵可依次切換1-5擋，此時燈圈進入檔位顯示模式，均分為5等份，分別對應5個檔位。



4. 壓力回饋

3秒無操作，燈圈自動切換為壓力回饋模式，通過不同顏色提示使用者對機器施加的力度。

對應顏色	使用者對機器施加的力
藍色○	0-1kg
綠色○	1-3kg
黃色○	3-5kg
橙色○	>5kg

- ❗ 请根据自身受力情况正确使用，切勿过度用力，以免造成肌肉损伤。
- ❗ 因為運動零件是金屬，長時間使用會發熱，屬於正常情況。

5. 充電

電池充滿電需要約4小時，充電完成後，請及時拔出充電線。



- ❗ 充電時，筋膜槍需平躺放置。

5 指示燈說明

檔位指示	狀態	描述
1 段青色燈光	常亮	一擋
2 段青色燈光	常亮	二擋
3 段青色燈光	常亮	三擋
4 段青色燈光	常亮	四擋
5 段青色燈光	常亮	五擋

壓力反饋	狀態	描述
藍燈	常亮	0-1kg
綠燈	常亮	1-3kg
黃燈	常亮	3-5kg
橙燈	常亮	>5kg

充電指示	狀態	描述
紅燈	呼吸燈	當前電量 <20%
橙燈	呼吸燈	當前電量 21%-60%
綠燈	呼吸燈	當前電量 61%-99%
綠燈	常亮	當前電量 100%

6 主要技術參數

產品名稱	飛利浦運動迷你筋膜槍		
產品型號	PPM7501	電池容量	1300mAh
供電方式	可充電鋰電池	電源介面	USB Type-C
充電电压	5V==	強度調節	5擋
工作電壓	11.1V==	產品尺寸	145x75x35mm
工作功率	25W	產品淨重	308g
充電電流	2A		

7 產品保修服務指南

保修及服務

此產品是一件設計精良，用高品質元件製造之家用電器，在正常使用及保養下應能發揮其優越性能。在購買日期後起計兩年內，凡經本公司特約維修站人員確認為正常使用情況下，因製作工藝或原配件造成之損壞，您都將獲得免費保修服務。此免費服務不包括需時常更換的消耗品，運輸費及維修人員上門服務費，維修時請提供有效購買憑證。

以下情況將不能獲得免費服務

- 1. 使用不當引起的人為損壞，例如接入不適當配件、不適當之安裝、不依說明書使用、錯誤使用或疏忽而造成損壞等。
- 2. 因運輸及其他意外而造成之損壞。
- 3. 非經本公司認可之維修和改裝。
- 4. 其他因不可抗力（如自然在乎，電壓異常等）造成的損壞。
- 5. 一般家庭以外使用（如工業、商業用等）而造成的損壞。
- 6. 正常使用引起的產品老化，磨損等，但不影響產品使用。

該說明作為在規定期限及條件之內進行免費維修的宣貫，並不限製消費者的法定權力。

若您需諮詢相關資訊，或遇困難事項時，請聯絡本公司當地維修服務中心，或向服務熱線諮詢。

香港：

服務熱線：852-3188-4987

服務郵箱：Philips.Massage.hk@centuryfield.com

臺灣：

服務熱線：0800-661-600

服務郵箱：Philips.massager@xander.com.tw

保修卡

產品型號		用戶姓名	
銷售單位		聯繫電話	
購買日期		出廠編號	
維修內容		用戶地址	
		時間	保修人員

8 包裝清單

主機	1×	收納包	1×
按摩頭	6×	說明書	1×
充電線	1×	合格證	1×