

# PHILIPS

## Massage Gun

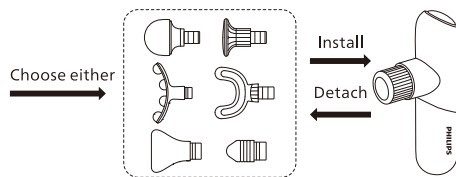
Sports Mini Massage Gun

PPM7501

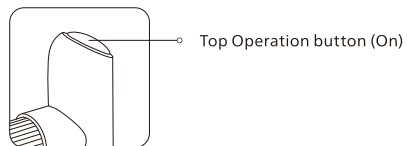


### Quick Start Guide

1. According to the massage needs, please insert the proper massage head into the front round hole of the fascial gun.



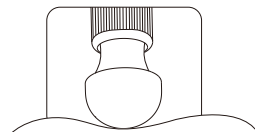
2. Hold the operation button on the top of the device for 1 second to turn it on (there will be no response if holding more than 3 seconds to avoid mis-operation).



3. 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. Place the head of the gun on the desired position for massage. Glide the gun along the muscle and move slowly.

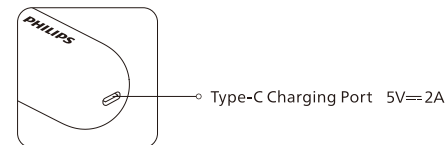


5. If there is no key operation after 3 seconds, the lamp ring will automatically switch to pressure feedback mode. Different colors will prompt the user about the pressure of the device.



- Blue Light:0-1kg
- Green Light:1-3kg
- Yellow Light:3-5kg
- Orange Light:>5kg

6. When the battery capacity is less than 10%, the lamp ring will flicker in red and please charge in time. Under the charging condition, the lamp ring is on. When it is in static green, indicating that the battery has been fully charged.





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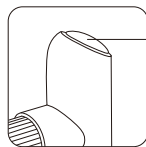
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7. The default off time is 10 minutes. In case to stop it, please hold the operation button to turn it off.



Top Operation Button  
(Hold it to shut down)

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- ❗ 1. Please fully charge the device prior to initial use. Do not operate the device during charging.
  - 2. It is recommended to operate the device from the lowest level for the initial use.
  - 3. Never apply the device for the body parts with weak muscle coverage, such as bones and joints.
  - 4. Avoid using the device on the same part for a long time to prevent physical injury.
  - 5. In case of long-term out of service, the device should be properly packaged and stored after cleaning. It is recommended to charge the device every 1 month.