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**PHILIPS**

Massage Gun

Sports Massage Gun

PPM7322



User Manual

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# 1 Instructions for User

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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












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## Precautions

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 or have recently undergone a surgery for any health-related problems, are not completely excluded from the using of the product. Please consult a doctor in advance.

Practice shows that in many cases, incorporating tapping exercise into a treatment regimen is also a form of therapy, but such method should be suggested or accompanied by doctor, expert or therapist.

## Safety Warning

-  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.
-  Do not use the product above your neck and 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.
-  Do not apply the product on parts with bruise or discomfort;
-  Do not put any articles on the heat part of the product;
-  Do not immerse the product in water or allow water to enter it;
-  Do not throw the product in fire or keep it close to fire source;
-  Do not fall off the product deliberately;
-  Do not dismantle the product in any method;
-  Do not extend your fingers, hair or other parts of your body into the mounting hole of the massage head, which may be caught;
-  People who aged 12-18 years old should be accompanied by parent for use and should not use the product on their own. It is forbidden for children under 12 to use;
-  In case of muscle injury, please consult a doctor in advance or use the product in the company of a professional.

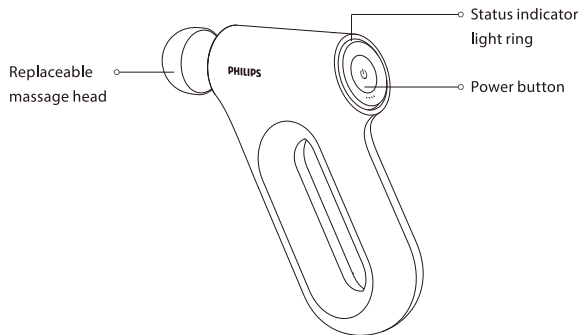
## 2 Product Function

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The product can fully relax the muscle group of body through the high-frequency impact, which can stimulate muscle vitality before exercise, and help relieve tension and stiffness after exercise to release muscle pain and fatigue. Different massage heads can be matched to massage muscles all over the body. Unique shape and simple appearance bring you a deep relaxing and comfortable experience.

## 3 Parts Name

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### Rubber ball head **Pro**

Made of PU foam, skin-friendly and easy to clean, suitable for daily massage and relaxation.



### Titanium Flat head **Pro**

Professional titanium head is skin-friendly and specially designed for deep tissue treatment. Can be used with essential oil.



### Wedge-shaped head

Commonly used for massaging large muscle groups.



### Multipoint arc-shaped head

Up to 4 contact points to meet the needs of larger-areas.



### Bullet-shaped head

Commonly used on small muscle areas for focussed muscle treatment.



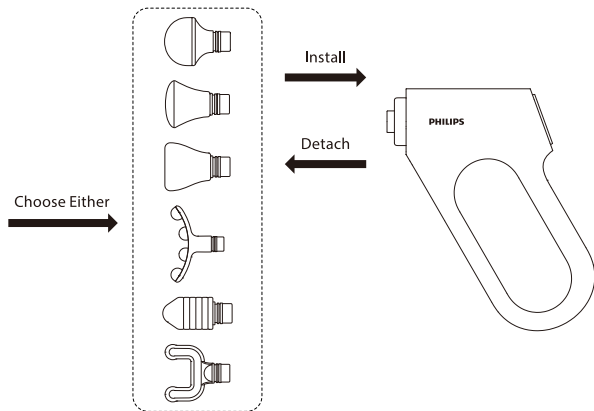
### U-shaped head

Commonly used for concentrated massage on specific sore points.

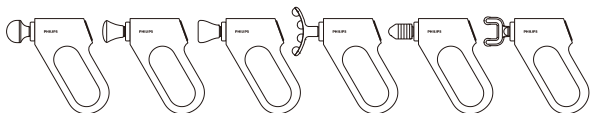
## 4 How to Use

### 1. Product Installation

Select a massage head according to the massage demand, and insert it into the front round hole of the fascial gun.

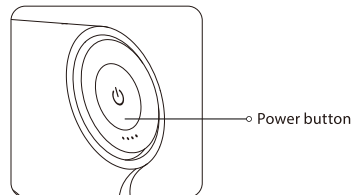


The installation effect is shown in the figure:



### 2. On/Off

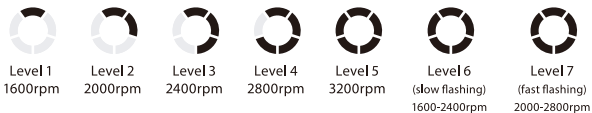
Hold the power button on the back of the device for 2 s to turn it on.



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

### 3. Level Switch

- Press the power button to switch from level 1 to level 7 successively. At this moment, the light ring will display the level;
- The motor speed corresponding to each level is as follows:  
1600 rpm for level 1, 2000 rpm for level 2, 2400 rpm for level 3, 2800 rpm for level 4, 3200 rpm for level 5, 1600-2400rpm for level 6 (slow flashing) and 2000-2800 rpm for level 7 (fast flashing).



## 4. Pressure Feedback

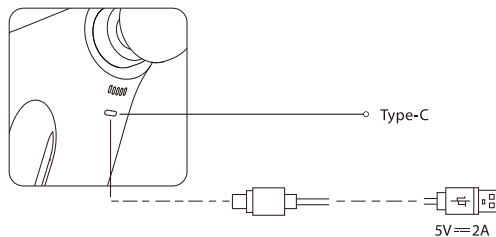
If there is no operation after 3 s, the light ring will automatically switch to the pressure feedback mode. Different colors will prompt the user about the applied force to muscle by the fascia gun.

Corresponding Color	Force Imposed by User to Device
Blue ○	0-2kg
Green ○	2-4kg
Yellow ○	4-6kg
Orange ○	>6kg

- ⚠ 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 4.5 hours for the battery to be fully charged. After charging, please pull out the charging cable in time.



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

## 5 Description of Indicator Lights

Level Indicator	Status	Description
Cyan Light of Section 1	Remain on	Level 1
Cyan Light of Section 2	Remain on	Level 2
Cyan Light of Section 3	Remain on	Level 3
Cyan Light of Section 4	Remain on	Level 4
Cyan Light of Section 5	Remain on	Level 5
Cyan Light of Section 5	Cycle Flash	Level 6
Cyan Light of Section 5	Cycle Flash	Level 7

Charging Indicator	Status	Description
Red	Breathing Light	Current power 20%
Orange	Breathing Light	Current power 21%-70%
Green	Breathing Light	Current power 71%-99%
Green	Remain on	100%

## 6 Maintenance

### Cleaning Method

- (1) Wipe off the dirt from the surface with a clean rag;
- (2) Prevent water from entering the product;
- (3) Place the product and dry it naturally.

- ⚠ Be sure to cut off the power, but do not unplug the power cord with wet hands during maintenance.

## Disposal

The lithium-ion battery used in this product is a valuable resource that can be recycled. Please take out the lithium-ion battery when it reaches the end of life and needs to be scrapped, and hand it over to a professional organization that is qualified to recycle and regenerate the rechargeable batteries.

The battery should be removed as follows:

Pry the bottom to remove the battery from the device (users are not allowed to replace the battery by yourselves):

- The battery must be removed before scrapping the device;
- The device must be powered off when removing the battery;
- The battery should be disposed of safely.

## 7 Main Specification

Product Name	Philips Massage Gun
Product Model	PPM7322
Operating Voltage	14.8V ===
Operating Power	26W
Charging Voltage	5V ===
Charging Current	2A
Product Dimension	117×230×62mm
Net Weight	Approx. 745 g
Battery Capacity	2500mAh
Power Interface	USB Type-C

## 8 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@mnn-noble.com or visit [www.philips.com/support](http://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	

## 9 Packing List

Main Unit	1×	Massage Head	6×
Power Adapter	1×	Type-C Charging Cable	1×
User Manual	1×	Quick Start Guide	1×