

PHILIPS

筋膜槍

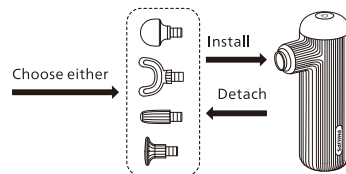
迷你筋膜槍

PPM7301

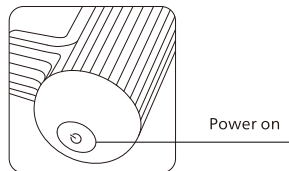


Quick Start Guide 快速入門指南

1. 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.

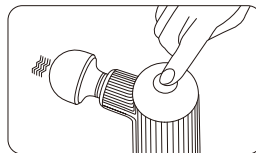


2. Double-click the touch button on the top to power on.

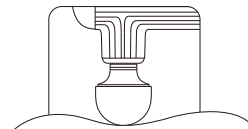


3. Orange light will turn on. Current power level will be displayed by colour. Short press to change the level.

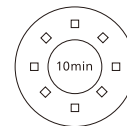
Level 1 - Blue
Level 2 - Cyan
Level 3 - Green
Level 4 - Orange



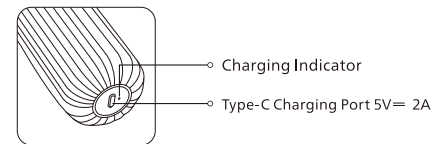
4. Place the head of the gun on the desired position for massage. Glide the gun along the muscle and move slowly.



5. The device will be automatically off after working 10 minutes. In case to stop it, please hold the touch button to turn it off.



6. When the battery is low, the light at the top will flicker in red. It takes about 3.5 hours for the battery to be fully charged.



- ❗ 1. Do not use while charging.
- 2. It is recommended to start from the lowest level for the first time
- 3. Do not use on weakened parts of the spine, neck, head, joints, etc.
- 4. Please avoid using it at the same part for a long time so as to avoid injury to your body.



請在以下網站鏈接中了解詳情
www.philips.com

本手冊內容與實物可能存在差異，請以實物為準，如產品有任何更新恕不另行通知。

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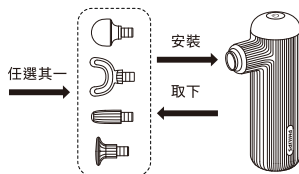
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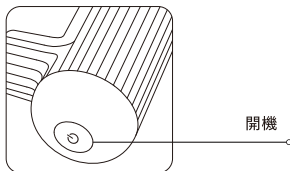
水護盾是飛利浦淨飲水解決方案、熱水解決方案、衛浴解決方案、水杯及個人按摩器唯一品牌官方授權運營主體。



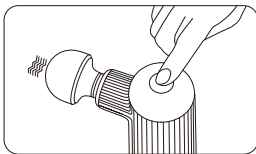
1. 本產品通過高頻率衝擊放鬆身體的軟組織，可以幫助放鬆緊張肌肉，釋放運動後酸痛和疲憊。搭配不同的按摩頭使用，可用於身體各處肌肉按摩，而且非常輕巧，方便外出攜帶。



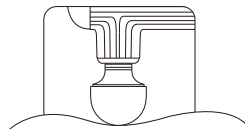
2. 雙擊機器頂部觸摸按鍵“⦿”開機。



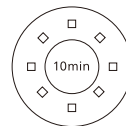
3. 開機後燈圈亮起，通過顏色顯示當前擋位，1擋藍色，2擋青色，3擋綠色，4擋橙色。短按“⦿”鍵切換至合適擋位。



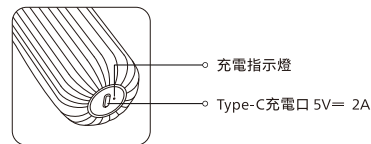
4. 將按摩頭貼於按摩部位處，適當施加壓力並緩慢移動。



5. 默認10分鐘定時關機。如需中途停止，請長按“⦿”鍵關機。



6. 電量過低時頂部燈圈將閃爍紅燈，請及時充電，充滿電約需3.5小時。



- ❗ 1. 充電時不可使用
- 2. 初次使用建議從最低擋開始
- 3. 請勿在脊柱、頸部、頭部、關節等肌肉薄弱部位使用
- 4. 避免在同一部位長時間使用，以免造成身體損傷