

PHILIPS

Massage Gun

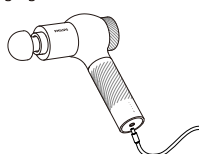
Sports Massage Gun

PPM7721

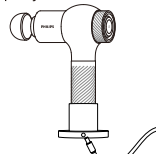


Quick Start Guide

1. It is recommended to charge the device for 4 hours before the first use. The device can be charged by directly using the adapter or by being placed on the charging stand which is connected to the adapter properly.

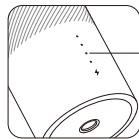


Direct charging



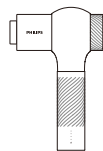
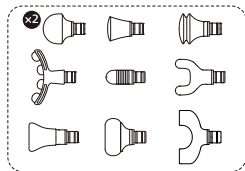
Charging on the charging stand

2. When all the battery indicator lights stays on, it indicates that the battery is fully charged. When only one indicator is on and flashes, it indicates that the battery capacity is lower than 10%. Please charge it in time.

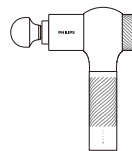


Power indicator

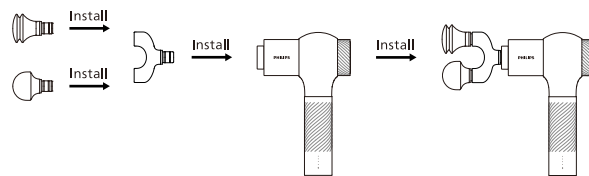
3. To install the massage accessory, insert it into the front round hole of the massage gun and firmly press it to the end.



Install

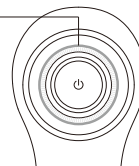


4. With the duo head adapter, you can use two massage accessories at the same time to massage and relax.

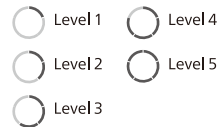


5. Press and hold the power button to start the device to enter level 1 by default. Each button press increases the intensity by 1 level. The indication lamp ring is divided into 5 equal sections, corresponding to 5 levels.

Level indicator

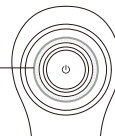


Level indicator light ring:



6. Without operation for 3 seconds, the lamp ring will enter into intensity indication mode and the color changes with the intensity. The blue light indicates a pressure of 0-5 kg, the green light indicates a pressure of 5-7 kg, the yellow light indicates a pressure of 7-9 kg and the orange light indicates a pressure of >9 kg.

Intelligent intensity sensor lamp





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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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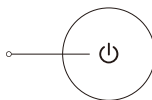
Made in China

Rev A NOV 22



7. To protect the device and users under abnormal situations, the device will suspend when blocked with strong stall force. When stalled, it turns to standby mode. Short press the button to restart the device.

Short press to restart



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- ! 1. Appropriately choose the massage intensity according to your physical condition.
 - 2. Do not use the device for more than 10 minutes on a certain muscle area each time.
 - 3. Do not use the device on the spine, neck, head, joints and other weak muscles.