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Rev A MAR 23



PHILIPS

Massage Gun

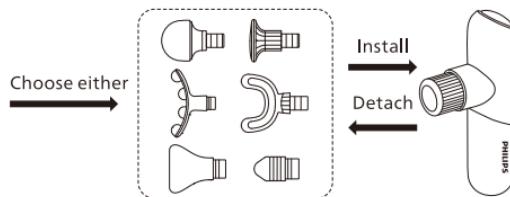
Sports Mini
Massage Gun

PPM7501

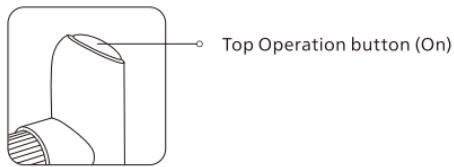


Quick Start Guide

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



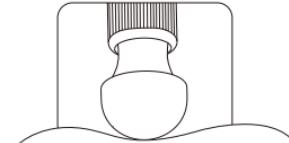
2. Hold the operation button on the top of the device for 1 second to turn it on (there will be no response if holding more than 3 seconds to avoid mis-operation).



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.



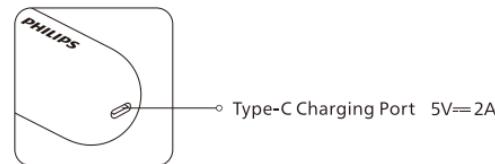
4. Place the head of the gun on the desired position for massage. Glide the gun along the muscle and move slowly.



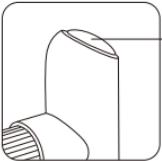
5. If there is no key operation after 3 seconds, the lamp ring will automatically switch to pressure feedback mode. Different colors will prompt the user about the pressure of the device.



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.



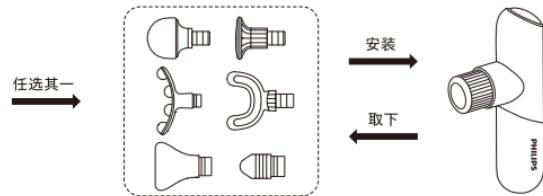
7. The default off time is 10 minutes. In case to stop it, please hold the operation button to turn it off.



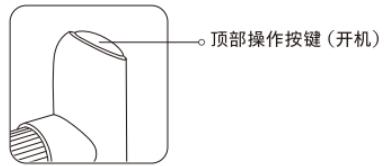
Top Operation Button
(Hold it to shut down)

- ! 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.

1. 根据按摩需求,选择按摩头插入筋膜枪前方圆孔内。



2. 长按机器顶部按键1秒开机（长按超过3秒不识别，避免误触）。



3. 短按操作按键可切换挡位,此时灯圈进入挡位显示模式,均分为5等份,分别对应5个挡位。



1挡



2挡



3挡

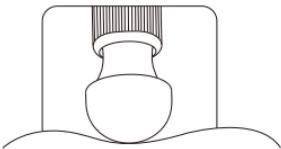


4挡

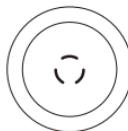


5挡

4. 将按摩头贴于按摩部位处，适当施加压力并缓慢移动。

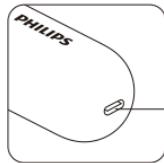


5. 3秒无操作，灯圈自动切换为压力反馈模式，通过不同颜色提示使用者对机器施加的力度。



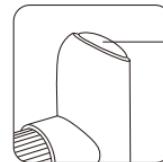
- 蓝色: 0-1kg
- 绿色: 1-3kg
- 黄色: 3-5kg
- 橙色: >5kg

6. 电量小于10%时，灯圈将闪烁红灯，请及时充电。充电状态下，灯圈长亮绿色表示电量已充满。



Type-C充电口 5V--- 2A

7. 默认10分钟定时关机，如需中途停止，请长按操作按键关机。



顶部操作按键（长按关机）

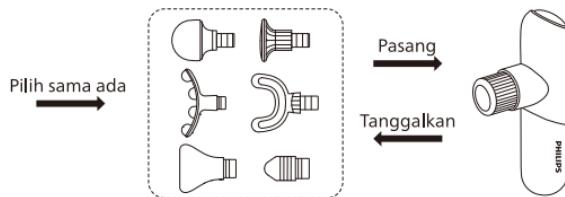
! 1. 充电时不可使用

2. 初次使用建议从最低挡开始

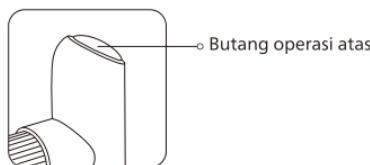
3. 请勿在脊柱、颈部、头部、关节等肌肉薄弱部位使用

4. 避免在同一部位长时间使用，以免造成身体损伤

1. Mengikut keperluan untuk urut, pilih perangkat kepala urut dan masukkan ke dalam lubang bulat di hadapan pistol fascianya.



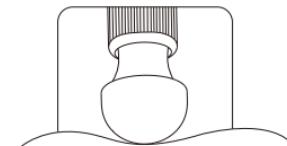
2. Tahan butang operasi di bahagian atas perangkat selama 1 saaat untuk menghidupkannya, tiada tindakan akan dibuat jika menahan lebih daripada 3 saat untuk mengelakkan salah operasi.



3. Tekan butang operasi untuk bertukar daripada tahap 1-5. Pada saat ini, lampu akan memaparkan level, yang dapat dibahagikan sama rata kepada 5 bahagian secara bersamaan dengan 5 level.



4. Letakkan kepala pistol pada kedudukan yang dikehendaki untuk urutan. Luncurkan pistol di sepanjang otot dan bergerak perlahan.

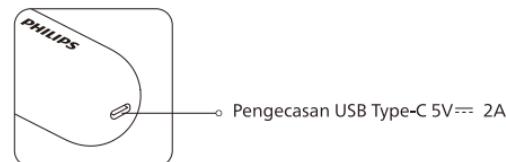


5. Jika tiada operasi selepas 3 saat, gelang lampu akan bertukar secara automatik kepada mod maklum balas tekanan. Warna yang berbeza akan menggesa pengguna untuk tekanan peranti.

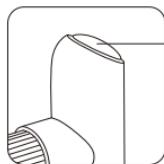


- Cahaya biru: 0-1kg
- Lampu hijau: 1-3kg
- Lampu kuning: 3-5kg
- Lampu oren: >5kg

6. Apabila kapasiti bateri kurang daripada 10%, lampu akan berkelip merah dan sila mengecas dalam masa. Dalam keadaan pengecasan, lampu menyala. Apabila ia berwarna hijau, menandakan bateri telah dicas sepenuhnya.



7. Masa perangkatnya mati lalai ialah 10 minit. Sekiranya untuk menghentikannya, sila tahan butang operasi untuk mematikannya.



Butang operasi atas
(Tahan untuk menghentikannya)

-
- ! 1. Jangan gunakan semasa mengecas.
2. Adalah disyorkan untuk bermula dari tahap yang paling rendah untuk kali pertama.
3. Jangan gunakan pada bahagian tulang belakang, leher, kepala, sendi yang lemah, dll.
4. Sila elakkan menggunakan pada bahagian yang sama untuk masa yang lama untuk mengelakkan kecederaan pada badan Anda.