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Rev A MAR 23



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Massage Gun

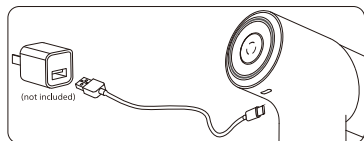
Sports Massage Gun

PPM7323

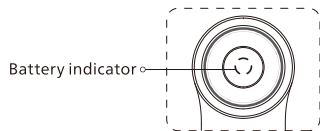


Quick Start Guide

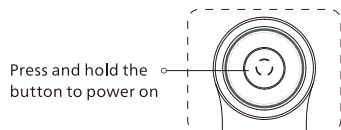
1. It is recommended to charge the device for 4 hours before \square rst use. Do not turn it on when charging.



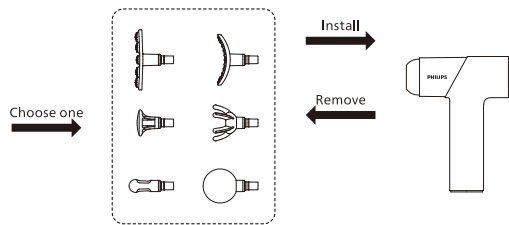
2. When the battery indicator becomes green and remains on, it indicates that the battery is fully charged. When the battery indicator \square ashes red (the battery remaining capacity is lower than 10%), please charge it in time.



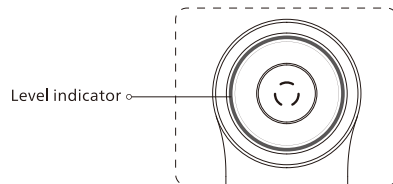
3. The device will power off automatically after continuous use for 10 minutes. Press and hold the operation button to restart the device for use again.



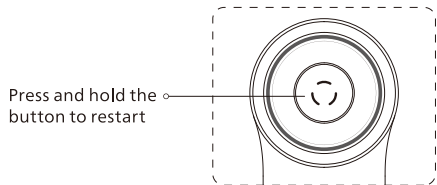
4. During the installation of massage head, insert the appropriate massage head into the front round hole of main unit and press it \square rmly to the end.



5. Press and hold the operation button to turn on the device. The device will enter Level 1 by default. Press the button to change the levels at a range of Level 1 / Level 2 / Level 3 / Level 4 / Level 5 / low-speed waveform level / high-speed waveform level.

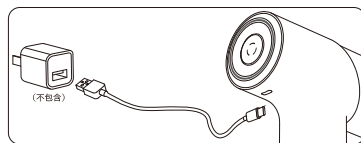


6. The massage head is suspended after being blocked. This is to protect the device against abnormal operation and make it switch from operation mode to shutdown mode. Press and hold the button to restart the device.

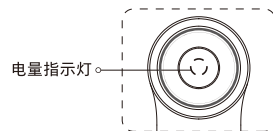


! Please choose the appropriate massage strength based on your own situation. Do not massage a single part for more than 10 minutes during each use.

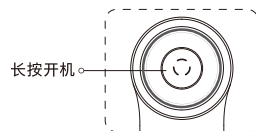
1. 首次使用前, 建议充电4小时。充电时, 请勿开机使用。



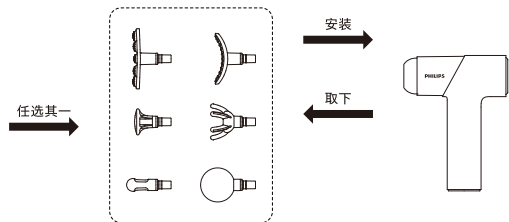
2. 当电量指示灯常亮绿色, 表示电量已充满。当指示灯呈红色闪烁 (电量低于10%), 请及时充电。



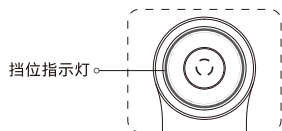
3. 连续使用10分钟后, 将自动关机。如再使用, 请重新开机。



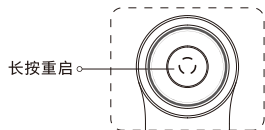
4. 安装按摩头时, 将按摩头插入筋膜枪前方圆孔内, 用力按压到底。



5. 长按开机, 默认进入1挡。短按切换挡位, 按照1挡/2挡/3挡/4挡/慢速波形挡/快速波形挡变换。

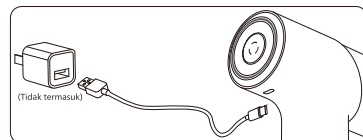


6. 按摩头堵转后停止工作, 为运行异常保护功能设定, 由运行转为关机模式, 长按按键可重新启动。

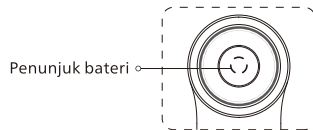


❗ 请根据自身情况合理选择按摩力度, 单单位单次使用请不要超过10分钟。

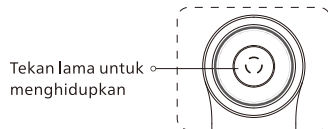
1. Sebelum penggunaan pertama, adalah disyorkan untuk melakukan pengisian selama 4 jam. Jangan hidupkan semasa pengisian.



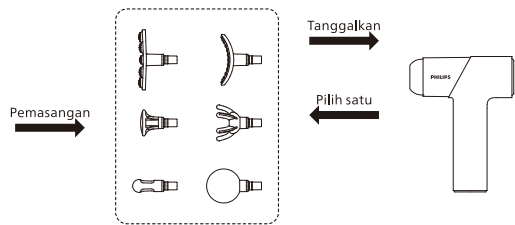
2. Apabila lampu penunjuk kuasa senantiasa berwarna hijau, maka artinya adalah bateri telah dicas sepenuhnya. Apabila lampu penunjuk berkelip dengan warna merah (Bateri kurang daripada 10%), sila caskannya tepat pada masanya.



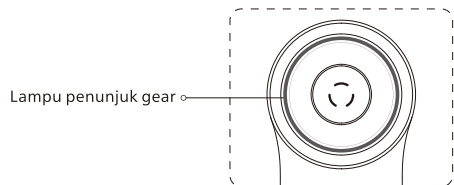
3. Selepas 10 minit penggunaan secara berterusan, ia akan dimatikan secara automatik. Jika Anda ingin menggunakannya sekali lagi, sila mulakan semula mesin.



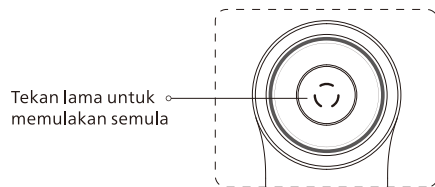
4. Apabila sedang memasang kepala urut, sila masukkan kepala urut ke dalam lubang bulat di hadapan pistol fascia dan tekan dengan kuat ke hujungnya.



5. Tekan dan tahan untuk menghidupkan peranti, dan masukkan tahap 1 secara lalai. Tekan pendek untuk menukar tahap frekuensi, dalam tahap berikutnya tahap 1/ tahap 2/ tahap 3/ tahap 4/ tahap 5/ tahap bentuk gelombang perlahan/ tahap bentuk gelombang cepat.



6. Kepala urut akan berhenti berfungsi selepas disekat, dan ia ditetapkan untuk fungsi perlindungan operasi yang tidak normal kemudian ia akan berputar daripada berjalan ke mod penutupan, setelah itu dapat dimulakan semula dengan menekan butang dengan lama.



! Sila pilih intensiti urutan secara munasabhat sesuai Anda sendiri dan sila jangan gunakannya selama lebih daripada 10 minit pada satu bahagian.