

Fascia Massage Gun
User Manual

Start and finish your workouts with Fascia Massage Gun.
Please read the user manual thoroughly for the correct methods of usage, and keep this manual handy for future reference.

The product description

The Fascia Massage Gun is a high-quality, portable device designed for deep tissue massage. It features a powerful motor and a variety of massage heads to target different muscle groups. The control panel includes a gear display, power button, and intensity adjustment buttons.

Important Safety Instructions

To reduce the risk of malfunction, electric shock, injury, fire, and equipment damage, please read all the instructions and warnings in this manual carefully before using this product.

Warnings and Safety Cautions

- For adult use only. Please consult your physician before using, if you have any health concerns or injuries.
- Do not use on wet or moist surface. Use it through the clothes and gently press and move on the skin for about 60 seconds.
- Do not apply on the head or any hard or bony part of the body. Only on the soft tissues of the body.
- Stop using immediately if you experience discomfort, bruising or pain.
- Do not immerse the product in water or allow water to enter the air vents of the product.
- Keep product away from heated surfaces.
- Do not drop this product intentionally.
- Do not disassemble the product in any way.
- Do not operate continuously for more than one hour. Allow the device to rest for at least 30 minutes before reusing.
- Do not place fingers, hair or other parts of the body near the shaft and back of the massage head as they may be clamped.11. Never leave the product unattended.
- This product is not intended for infants, children, pregnant women, or any individual with weak bones, pacemakers or have metal contents in his/her body.

Mode gear

Icon	Mode
1	1-5 gear
2	6-10 gear
3	11-15 gear
4	16-20 gear

Massage head (different amount of massage head according to different products)

Head Type	Applicable Areas
Small spherical head	For massage arm, hand, back, forearm, thighs, calves and other muscle groups
Large spherical head	Apply to pectoralis major, deltoid muscle and other large muscle groups
Conical head	Apply to impact areas such as shoulder, elbow, knee, joint, plantar, etc.
Flathead	Applicable to the relatively flat areas such as the abdomen, waist, etc.
U head	Apply to massage the neck, shoulder, waist and Achilles tendon

Charging

- Charge the battery for 3 hours before initial use, and charge it fully.
- When charging, Please use the original charger.
- When charging, the marquee flashes cyclically from left to right.
- The battery can be charged in any state of power.
- The device can be used while charging.
- When the equipment is not in use, please charge it once every 1 month to protect the battery life.

Maintenance, cleaning, storage and transportation

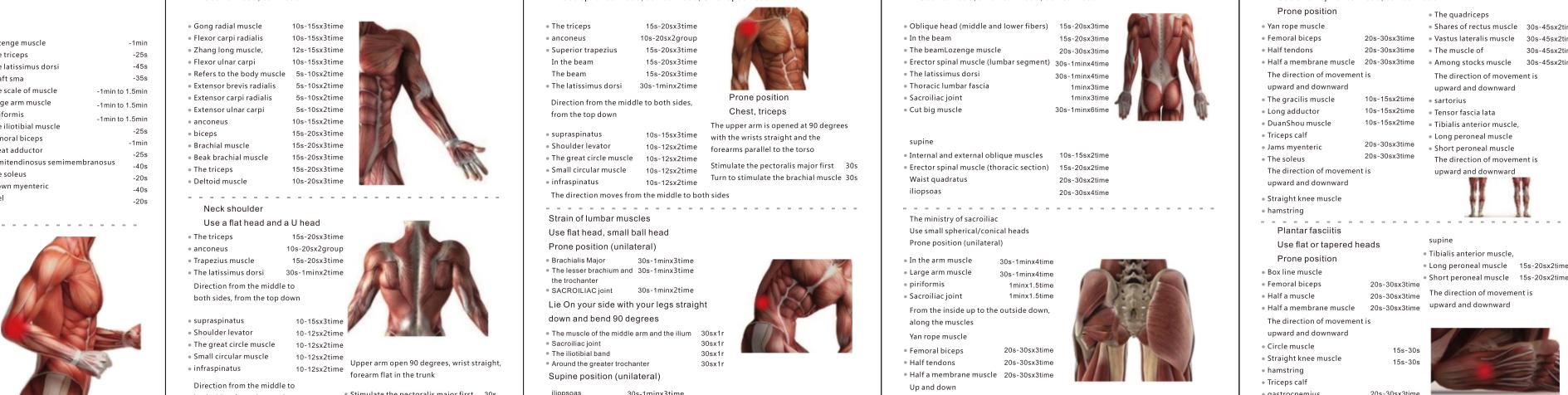
- Wipe with a wet towel, strictly prohibit the use of gasoline and other organic solvents, will damage the plastic parts.
- The machine should be stored in a dry, well-ventilated place with no corrosive gas. The distance from the ground should be more than 25 cm.
- If it is not used for a long time, it should be cleaned, packed and stored, and charged once every other month.
- This product is suitable for automobile, train, ship, airplane and other transportation modes.
- The machine should be fixed in transportation to prevent violent vibration, collision, tumbling and falling.

Massage head installation method

While inserting/pulling, slightly rotate the massage head to insert/pull out. Do not directly insert/pull out. The U-shaped head has a alignment line and can be directly inserted/pulled out.

The basic parameters

Product name:	Fascia massage gun	Product model:	HF01
Net weight:	680g	Motor voltage:	24V
Interface type:	24V ≡ 1A	Battery capacity:	1500mAh*6section
Strength gear position:	20-Speed	Charging time:	About 3hours
Power supply mode:	Rechargeable lithium battery	Operating environment:	0-40°C , Not waterproof
Product size:	156*60*192mm	Age:	For adults over 18 years old, pregnant women are forbidden

<p>Method of use</p> <p>Local muscle relaxation</p> <p>Static technology dynamic technology</p> <p>Tennis elbow</p> <p>Use flat head, size spherical head</p> <p>• Deltoid muscle 10sx3time • biceps 15sx3time • rachial muscle 15sx20sx3time • Gong radial muscle 15sx3time</p> <p>If the lateral condyle tendon of the humerus is afraid of hitting the bone surface in the 30s and 40s, use your hand to pinch the muscle and hit it downward</p> <p>• Flexor carpal flexor 10sx3time • Zhang long muscle 12sx3time • Flexor ulnar carpi 10sx3time • Refers to the extensor 5sx10sx2time • Flexor carpi brevis 5sx10sx2time • Extensor carpi longus 5sx10sx2time</p>	<p>Upper limb</p> <p>Use flat head, ball head</p> <p>• Chest muscle -30s + Lozenge muscle -1min • Triangular muscle -30s + The triceps -25s • The rotator cuff muscles -25s + The latissimus dorsi -45s • biceps -30s + Shaft ma -35s • Brachial muscle -30s + The scale of muscle -1min to 1.5min • Gong radial muscle -30s + Large arm muscle -1min to 1.5min • abs -45s + pectoralis -1min to 1.5min • iliopsoas -25s + The iliobial muscle -25s • The quadriceps -60s + Femoral biceps -1min • External iliac abductor muscle -60s + Great adductor -1min • Thilatis anterior muscle, -45s + Semitendinosus semimembranosus -40s • Long peroneal muscle -30s + The soleus -20s • Short peroneal muscle -30s + Brown myenteric -40s • Shoulder levator -1min to 1.5min + heel -20s • Trapezius muscle -1min to 1.5min</p> <p>Neck shoulder</p> <p>Use a flat head and a U head</p> <p>• The triceps 15sx20sx3time • anconus 10sx20sx2group • Trapezius muscle 15sx20sx3time • The latissimus dorsi 30sx1min2time</p> <p>Direction from the middle to both sides, from the top down</p> <p>• supraspinatus 10sx3time • Shoulder levator 10sx12sx2time • The great circle muscle 10sx12sx2time • Small circular muscle 10sx12sx2time • infraspinatus 10sx12sx2time</p> <p>The direction moves from the middle to both sides</p> <p>Traum of lumbar muscles</p> <p>Use flat head, small head</p> <p>Prone position (unilateral)</p> <p>• Brachialis Major 30s-1minx3time • The lesser brachium and 30s-1minx3time • the ischiotuber 30s-1minx2time</p> <p>Lie on your side with your legs straight down and bend 90 degrees</p> <p>• The muscle of the middle arm and the ilium 30sx1r • Sacroiliac joint 30sx1r • The iliobial band 30sx1r • Around the greater trochanter 30sx1r</p> <p>Supine position (unilateral)</p> <p>iliopsoas 30s-1minx3time (The patient is slowing down the hip flexion) • Stimulate the pectoralis major first 30s • Turn to stimulate the brachial muscle 30s</p>	<p>Rotator cuff injury</p> <p>Use spherical head, conical head, U-shaped head</p> <p>• The triceps 15s-20sx3time • anconus 10sx20sx2group • Superior trapezius 15s-20sx3time In the beam 15s-20sx3time The beam 15s-20sx3time • The latissimus dorsi 30s-1minx2time</p> <p>Direction from the middle to both sides, from the top down</p> <p>• supraspinatus 10sx3time • Shoulder levator 10sx12sx2time • The great circle muscle 10sx12sx2time • Small circular muscle 10sx12sx2time • infraspinatus 10sx12sx2time</p> <p>The direction moves from the middle to both sides</p> <p>Strain of lumbar muscles</p> <p>Use flat head, small ball head</p> <p>Prone position</p> <p>• The iliobial band 30s-1minx3time • the ischiotuber 30s-1minx3time • Sacroiliac joint 30s-1minx2time</p> <p>Lie on your side with your legs straight down and bend 90 degrees</p> <p>• The muscle of the middle arm and the ilium 30sx1r • Sacroiliac joint 30sx1r • The iliobial band 30sx1r • Around the greater trochanter 30sx1r</p> <p>Supine position (unilateral)</p> <p>iliopsoas 30s-1minx3time (The patient is slowing down the hip flexion) • Stimulate the pectoralis major first 30s • Turn to stimulate the brachial muscle 30s</p>	<p>The small of the back</p> <p>Use flat head, small ball head, conical head</p> <p>• Oblique head (middle and lower fibers) 15s-20sx3time • In the beam 15s-20sx3time • The beamLozenge muscle 20s-30sx3time • Erector spinal muscle (lumbar segment) 30s-1minx4time • The latissimus dorsi 30s-1minx4time • Thoracic lumbar fascia 1minx3time • Sacroiliac joint 1minx3time • Cut big muscle 30s-1minx8time</p> <p>supine</p> <p>• Internal and external oblique muscles 10s-15sx2time • Erector spinal muscle (thoracic section) 15s-20sx2time Waist quadratus 20s-30sx2time iliopsoas 20s-30sx4time</p> <p>The ministry of sacroiliac</p> <p>Use small spherical/conical heads</p> <p>Prone position (unilateral)</p> <p>• In the arm muscle 30s-1minx4time • Large arm muscle 30s-1minx4time • pectoralis 1minx1.5time • Sacroiliac joint 1minx1.5time</p> <p>From the inside up to the outside down, along the muscles</p> <p>Yan rope muscle</p> <p>• Femoral biceps 20s-30sx3time • Half tendons 20s-30sx3time • Half a membrane muscle 20s-30sx3time</p> <p>Up and down</p>	<p>The ministry of lower limbs</p> <p>Use small spherical head, conical head</p> <p>Prone position</p> <p>• The quadriceps 30s-45sx2time • Femoral biceps 20s-30sx3time • Half tendons 20s-30sx3time • Half a membrane muscle 20s-30sx3time</p> <p>The direction of movement is upward and downward</p> <p>• The gracilis muscle 10s-15sx2time • Long adductor 10s-15sx2time • DuanShou muscle 10s-15sx2time</p> <p>• Triceps calf 20s-30sx3time • Jams myenteric 20s-30sx3time • The soleus 30s-1minx3time</p> <p>The direction of movement is upward and downward</p> <p>• Straight knee muscle 10s-15sx2time • hamstring 10s-15sx2time</p> <p>Plantar fasciitis</p> <p>Use flat or tapered heads</p> <p>Prone position</p> <p>• Tibialis anterior muscle, 15s-20sx2time • Long peroneal muscle 15s-20sx2time • Short peroneal muscle 15s-20sx2time</p> <p>The direction of movement is upward and downward</p> <p>• Box line muscle 20s-30sx3time • Femoral biceps 20s-30sx3time • Half a muscle 20s-30sx3time • Half a membrane muscle 20s-30sx3time</p> <p>Up and down</p> <p>supine</p> <p>• Tibialis anterior muscle, 15s-20sx2time • Long peroneal muscle 15s-20sx2time • Short peroneal muscle 15s-20sx2time</p> <p>Four o'clock female position, feet on the ground</p> <p>Plantar fascia</p> 
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FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.