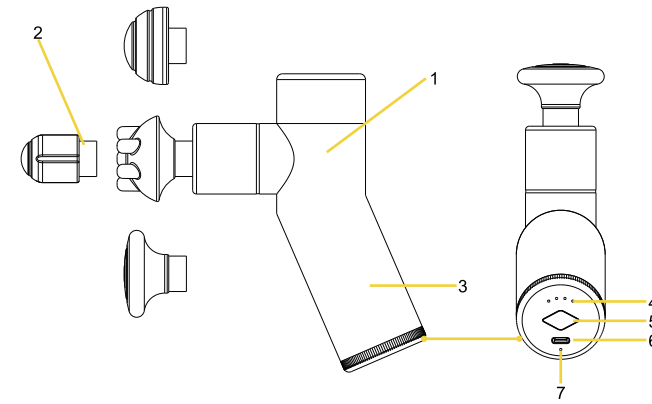


## Mini Massage gun Manual

### Product profile

**Mute, high frequency, high torque, light-weight**  
 Youlism mini massage gun is an advanced cordless deep tissue vibration massage equipment, Which can relieve muscle soreness, increase blood circulation and running range, also improve the overall health status of soft tissue.

### Specifications



- 1.High torque brushless motor
- 2.4 detachable massage nodes
- 3.Chargeable Lithium batteries built-in
- 4.Battery level indicator
- 5.Speed& ON/ OFF button
- 6.Type C charge port
- 7.Charging indicator

### Specifications

Frequency: 1st speed 30Hz, 2nd speed 40Hz, 3rd speed 53Hz  
 Weight: 550G  
 Input: 110-240V, 50-60Hz, 5V/ 1A type C USB

- Cordless / 12V Lithium battery
- Lightweight design, 1.2 lb/ 0.55 Kgs

### Instructions

※ Please read carefully before use

#### Charge

- 1.USB chargers over 5V/ 1A are workable, different power charger may have different charging time;
- 2.Connect the USB charge cord with massager when charging, then charge indicator will red;
- 3.Charge indicator will green when charged fully;
- 4.the massage gun can be charged at any battery level;
- 5.Massage gun can't be work when charging cause automatically protection;
- 6.Everage working time is about 3 hours, specifically depending on the speed and pressure applied.

#### Operation

- 1.Long-press the bottom button more than 3 seconds to turn on;
- 2.Short-press to switch the speed levels;
- 3.Long press again will turn off;
- 4.Switch the speed according to personal need, suggestion once use time not more than half 1 hour;
- 5.Massage node can be replaced when turn off, pull out the massage node directly.

### Warnings and reminders

- 1.Don't immerse in water, away from liquid and heat, keep vent free of dust and debris;
- 2.Don't remove the screw or try to disassembly;
- 3.Don't keep it working more than 1 hour, give it 30 minutes break before reusing;
- 4.Pull out the charger after charging done or before using;
- 5.The product must not be allowed to work or charge unattended;
- 6.Only use the massage gun on soft body tissue without hurt or uncomfortable;
- 7.Don't use hard to hard on any part of body have bones;
- 8.For adults only. Please don't use it if you are hurt. Consult your doctor before use this product.

### Attention in physical therapy

#### After injury

- 1.The fist physiotherapy after injury should be based on patient's satisfaction and comfort.
- 2.ROM assessment.
- 3.Determine the location and surrounding muscle according to physiotherapy program.
- 4.Turn on the device and set on medium low speed.
- 5.The applied pressure should be same with the device.

#### Efficacy

- 1.Relive swelling and pain.
- 2.Remove scar tissue after operation and injury.
- 3.Restore muscle elasticity and extensibility.
- 4.Trigger point physiotherapy.
- 5.Promote blood circulation and lymphoid reflux.
- 6.Muscle fascia relaxation.

**Risk: to reduce the danger of electric shock, fire and personal injury, the product must be used in accordance with the following instructions:**

- 1.For adults only.
- 2.Can only used on dry and clean body surface, can't be used through clothes, pressing gently and move on the skin for about 60 seconds per position..
- 3.Only use the product on body soft tissue without hurt or any uncomfortable, don't use on head or any hard or bony part of body.
- 4.Bruiases may occur whether controlled downpressure or pressure, check the physiotherapy area regularly and stop using immediately when feel pain or any uncomfortable.
- 5.Keep finger- hair or any other part away from massage node as which may be caught.
- 6.Don't put anything in the product ventilation, also don't allow water enter the ventilation.
- 7.Don't fall or improperly use the product.
- 8.Charger with USB charger ONLY.
- 9.Check the product carefully before each using.
- 10.The product must not be allowed to run or recharge in unattended status.

#### Indication

- 1.Pain and spasm due to muscle contusion, sprain, strain.
- 2.Help the swelling fluid flow.
- 3.Relaxed thickened connective tissue and fascia.
- 4.Reduce the accumulation of lactic acid in muscle.
- 5.Increase the motion range of joint.
- 6.Relive intramuscular fatigue.

#### Contraindication

- 1.Aneurysm, bleeding, use blood diluent.
- 2.Heart disease, pacemakers or defibrillators.
- 3.Pregnancy, cancer.
- 4.Within 90 days of joint internal fixation, the product is not allowed used in 3 inches range.
- 5.Sensitive area: head, face, cervical vertebrae, spinal vertebrae.
- 6.The position with less muscle coverage and near the bones: tibia, back of foot, back of hand.

### Disclaimer

Please consult your doctor before use this product if you have following conditions or any health problems:  
 Pregnancy, diabetes mellitus with complications, neuropathy or retinal injury, pacemaker wear, recent surgery, vitiligo, eclampsia or migraine, disc protrusion, lumbar spondylolisthesis or spondylosis, recent joint replacement or IUD, metal needle or plate or any condition related to physical health.

尺寸:150x100mm 双面印刷  
 黑色虚线表示折线