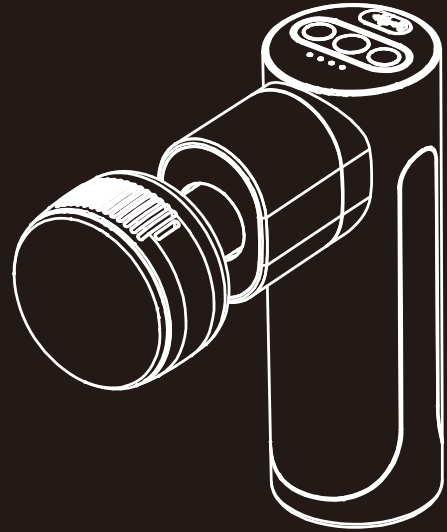




Portable Cold& Hot Massage Device

Operation Manual

Global Exercise Recovery Expert of Family Health

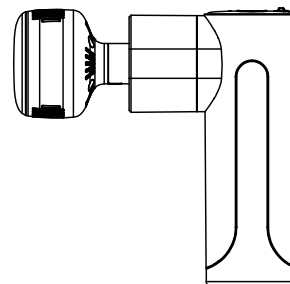
Thanks for purchasing our products. Please carefully read this operation manual before use to ensure correct operation. Please keep this operation manual well for future reference.

Brief Introduction and Purpose of Portable Cold& Hot Massage Device

Portable Cold& Hot Massage Device is a device for deeply relaxing muscular fascia and suitable for a physical massage after exercise and fitness. It can alleviate stiffness and ache of muscles, relieve muscle fatigue, and accelerate blood circulation to improve the soft tissue health of the body.

Purpose

Suitable for physical massage and skincare before/after exercise and fitness.



Portable Cold& Hot Massage Device -Your Healthcare Expert

Important Information

To reduce dangers including fault, electric shock, injury, fire, death, and device damage, before use of the product, please carefully read all instructions, warnings and reminders of the product in this operation manual.

1. Prohibition

01. Juveniles are prohibited from using the product. Do not use the product when you are injured. Before use when your muscle is hurt, please consult with your doctor.
02. Do not use the product on the wet or dirty skin surface. In this case, you can use it wearing your clothes by gently pressing and moving on the skin, each position for about 60 seconds.
03. Do not immerse the product in the water, and make water enter into the air hole of the product.
04. Do not place any objects on the air hole of the product.
05. Do not put the product into the fire or close to the fire source.
06. Do not intentionally drop the product.
07. Do not change or modify the product in anyway.
08. Do not operate or charge the product without monitoring.
09. Do not put your fingers, hair or other body parts close to the axle and back face of the massage head to avoid finger clipping.
10. Children under eight years old are prohibited from use. Use, cleaning and maintenance shall not be performed by children without adults around.
11. Due to the heat-producing surface of the device, those who are not sensitive to heat need to use the product carefully.



Diagram: Do not touch this part to avoid finger clipping when the device is started without a massage head.



Diagram: Do not touch this part to avoid finger clipping when the device is installed with a massage head.

2. Statements

For any of the following conditions, users need to consult with their doctors.

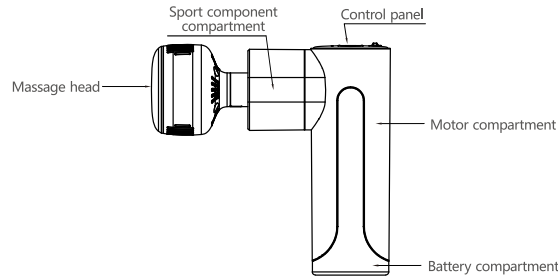
01. Pregnant mothers and people with cancer
02. Those with heart disease, cardiac pacemaker, or defibrillator
03. Those who are provided with operative treatment
04. Those with arterial aneurysm, bleeding, blood thinner
05. People with an anomaly in sensitive areas including head or joint skeleton
06. Complications caused by other diseases (such as neuropathy, etc.)

3. Precautions during use

01. After the battery is full, the charger shall be pulled out.
02. Do not use the product in a charging state.
03. Please correctly use the product according to the operation manual.

I. Product introduction

Thanks for selecting Portable Cold& Hot Massage Device



Main Product Construction Diagram

Massage head



Cold & hot head
Mainly used for relaxing
your whole body,
shaping and skincare



Cylindrical head
Mainly used for
shocking deep tissue



Spherical head
Mainly used for large
muscle groups



Spade Shaped Head
Mainly used for Leg/
Arm muscle



C shaped Head
Mainly used for large
muscle groups



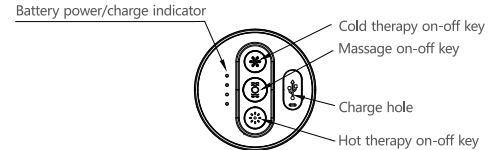
Flat head
Mainly used for
latissimus dorsi muscle and
trapezius muscle



U-shaped head
Mainly used for the
neck and both sides
of the spine

II. Application method

Operation



On-off Key Position Diagram

1. When the device is off and any function key is short pressed, the battery power indicator shows the current battery power. The machine cannot be started.
2. When the device is off: When the vibration and knocking key is long pressed for three seconds, and the knocking function is on at low intensity and the indicator turns blue. After the button is short pressed once, the intensity turns to be medium and the indicator turns purple. When the button is short pressed again, the intensity is high and the indicator turns red. Third short press leads to turning off the function. According to this circulation, the knocking key is long pressed for three seconds to turn it off.
3. When the device is off: When the hot therapy on-off key is long pressed for three seconds, the heating function is started at about 35°C and the indicator turns blue. After it is short pressed once, the temperature turns about 40°C and the indicator turns purple. After a second short press, the temperature turns about 45°C and the indicator turns red. Third short press leads to turning off the function. According to this circulation, the hot therapy key is long pressed for three seconds to turn it off.
4. When the device is off: When the cold therapy on-off key is long pressed for three seconds, the cold therapy function is started at about 10°C and the indicator turns blue. After it is short pressed once, the temperature turns about 15°C and the indicator turns purple. After a second short press, the temperature turns

about 20°C and the indicator turns red. Third short press leads to turning off the function. According to this circulation, the cold therapy key is long pressed for three seconds to turn it off.

5. When the device is on, if any function key is short pressed, the corresponding function will be started.

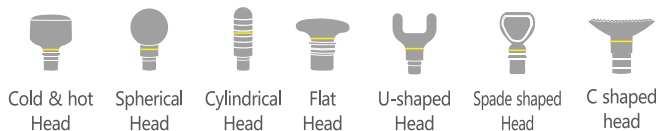
6. When the functions are completely off, the indicator will consistently display the battery power for five seconds and the device is at a standby state. The device can be started by short pressing any function key. The device will automatically turn off without operation for five seconds.

7. For the hot therapy function or the cold therapy function mentioned above, the cold & hot massage head must be installed because other massage heads don't have such functions.

8. Vibration, hot therapy and cold therapy functions can be operated independently.

9. For vibration, hot therapy and cold therapy functions, self-timing is 15 minutes.

Massage head assembly

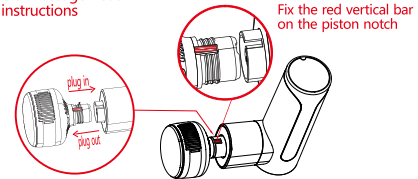


Note: The yellow solid line in the figure is the product alignment line, and it is bright black in actual products.

Massage head installation:

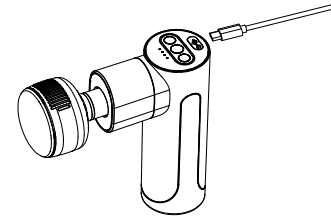
1. Disassembly & assembly of the massage head are conducted in a plug-in way, free from screwing;
2. Fix the red vertical bar of the cold & hot head on the piston notch;
3. Make sure it is inserted to the bottom.

Hot and cold massage head assembly instructions



Charge

The charging port is located in the top end of the product handle lever.



01. Charge for about 5 hours till full electricity, before your first use.
02. As for rechargeable battery, special USB cable connection device TYPE-C socket will be provided, and the other end is equipped with any 5 volts charger adapter. (5V and 2A is recommended)

03. All the battery power indicators on the instrument flash regularly, indicating it is charging.
04. When all the battery power indicators on the instrument stop flashing and keep on, it shows that the electricity is full.
05. The battery could be charged at any time and any battery level, under specified environment conditions.
06. Charge timely when the power is lower than 25%.
07. It is not recommended to completely run out of the battery power to 25%.
08. Average running time is three hours after the device is loaded, which relies on the vibration frequency and the applied pressure during the application period.

III. Basic parameters

Product name: Portable Cold& Hot Massage Device	Product model: HXR-B025
Product net weight: 620g	Input voltage: 5V, 2A
Power: 25W (maximum 35W)	Battery specification: 11.1V 2400mAh
Strength level: 3 levels available for adjustment	Charging time: About 5 hours
Service environment: 0-40°C	Host size: 140×60×150MM
Battery life: 2-3 hours for knocking 2-3 hours for cooling 3-4 hours for heating	Self-timing: Knocking for 15 minutes Cooling for 15 minutes Heating for 15 minutes
Temperature value: Heating: 35°C for Level-1, 40°C for Level-2, 45°C for Level-3 Cooling: 20°C for Level-1, 15°C for Level-2, 10°C for Level-3 There will be a plus or minus deviation of 5°C in the above values, depending on the environment and service conditions.	

IV. Common problems

Failure to start:

1. Excess temperature:

When the massage gun service environment is above 40°C, the massage gun may trigger the temperature overheating protection, and the machine fails to be started normally.

Solution:

Keep it still under 40°C for 2 hours and then start it.

2. Battery power is "0" :

In case of dead battery, if the user does not charge lasting for a long time, the battery will produce a low power protection, which is called over discharge protection. At this moment, the massage gun could not work normally in case of a turn-on operation again.

Solution:

Hold the shut-down state, connect a charger and make the massage gun enter the charging mode. Unplug the charger when it is full of electricity. At this time, activate the on-off key so that the massage gun could work normally.

Failure to charge:

1. Excess temperature of the massage gun: In case of an excess temperature in the main body of the massage gun, charging is incapable even though a charger is accessed. Solution: Keep it still under 40°C for 2 hours and then carry out the charging operation again.

2. Excessive temperature of the charger. When the massage gun service environment is above 40°C, the charger may trigger the temperature overheating protection, and the manifestation is that the host could not be charged normally. Solution: Keep it still under 40°C for 2 hours and then carry out the charging operation again.

Operation troubleshooting of massage gun	
Fault description	Fault elimination
1.The massage head slips off and drops.	Check whether the massage head is installed in place (see the manual for specific operations)
2.The product could not be turned on	Check whether the electricity is adequate (please charge for more than 5 hours if it is not in use for a long time)
3.The product could not be charged	Check whether the charging port is plugged in place
4.It suddenly stops after a continuous running for 10 minutes	This phenomenon is the setting of long-term running protection function, switching from the running mode to standby mode. Restart is available by short pressing the key,and it is a normal phenomenon (see the manual for specific operations)
5.The knocking function stops after the massage head is locked-rotor	This phenomenon is the setting of abnormal running protection function, switching from the running mode to standby mode. Restart is available by short pressing the key, and it is a normal phenomenon (see the manual for specific operations)

V. Recycling

Once the service life of the product ends, please do not discard it with the general household wastes. You should place the product to the recycle bin appointed by the government. It is also acceptable to send the product back to the after-sales service center of the original factory, and the personnel in the service center will dispose it in an environmentally sound manner.

1. Maintenance, cleaning, storage and transportation

01. Clean the device with a slightly wet towel, wipeanddry it with dry soft cloth.
02. Please store the device in the packing box, if it is out of use for a long time.
03. Please charge the device at least once a month, if it isnot in use for a long time.
04. The massage device should be stored in the warehouse that is in good ventilation and free from corrosive gas, with a distance of 250MM from the ground.
05. Do not exceed 5 layers when stacking the massage devices.
06. Please clean the massage device before packing & storage if it is out of use for a long time. You had better take it out for charging at least once a month, toprevent it from being affected with damp.
07. The product is applicable to the transport mode including vehicle, train, shipand airplane.
08. The product should be fixed in the process of transport, so as to prevent violent vibrations, collisions, rollsand falls. It should be placedupwards, handled with careand prevented from rain.