

1. Reclaim

At the end of the service life of the product, do not discard it together with general household waste. The product should be placed in the recycling bin designated by the government, or the product can be sent back to the after-sales service center of the original factory. The personnel of the service center will deal with it in an environmentally sound manner.

1. Maintenance, cleaning, storage and transportation

01. Please clean the equipment with a slightly wet towel and dry it with a dry soft cloth.

02. If the equipment is not used for a long time, please store it in the packing box.

03. When the equipment is not used for a long time, please charge the battery once per month.

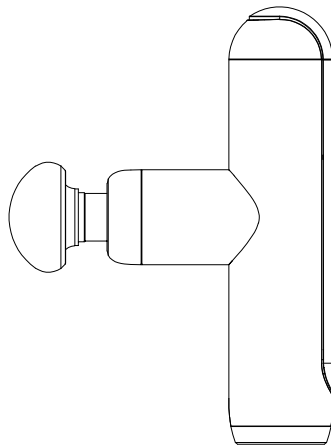
04. The massage instrument shall be stored in a well ventilated warehouse without corrosive gas, 250mm above the ground;

05. It is strictly prohibited to stack massage instruments in more than 5 layers.

06. When the massage instrument is not used for a long time, please pack and store it after cleaning. It is best to take it out and charge it once a month to prevent moisture.

07. The product is applicable to automobile, train, ship and aircraft transportation.

08. During dynamic transmission, the products shall be fixed to prevent violent vibration, collision, tumbling and falling, and shall be upward, handled with care and rainproof;



Pocket Fascia Gun

HXR-B190 User's manual

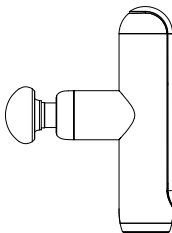
Thank you for purchasing our products. Before use, please read this manual carefully to ensure correct usage. Please keep this manual properly for future query.

1-Introduction and application of massage gun:

- The massage gun is a device for deep relaxation of muscle fascia, which is suitable for physical massage after exercise and fitness. It can reduce muscle stiffness and pain, relieve muscle fatigue and accelerate blood circulation, so as to improve the health of soft tissue.

Purpose

- The massage gun is suitable for physical massage and skin spa beauty care before / after exercise and fitness.



HXR-B190 massage gun — your health care master

Important information

In order to reduce the risk of failure, electric shock, injury, fire, death and equipment damage, please carefully read all instructions and warnings about the product in this manual before using the product.



Prohibition

1. It is forbidden for minors to use. If they are injured, it is forbidden to use this device. Consult your doctor before using this device in case of muscle injury.
2. It is forbidden to use on the surface of non dry and unclean skin. It can be used over clothes. Gently press and move each part on the skin for about 60 seconds.
3. Do not immerse in water or let water enter the ventilation hole of the product.
4. It is forbidden to place any object in the ventilation hole of the product.
5. It is forbidden to put the product into the fire or close to the fire source.
6. It is forbidden to drop the product intentionally.
7. It is forbidden to change or modify the product in any way.
8. It is forbidden to operate or charge the product unattended.
9. Fingers, hair or other parts of the body shall not be close to the shaft and back of the massage head to avoid pinch injury.
10. It is prohibited for children under 8 years old. Children shall not use, clean and maintain the product without supervision.



illustration: Do not touch this area to avoid pinching when starting the machine with the massage head installed at the end.



illustration: Do not touch this area to avoid pinching when starting the machine after installing the massage head.

2. Declaration

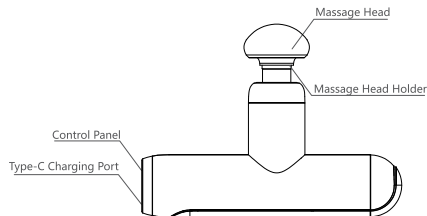
Consult your doctor before use if you have any of the following conditions.

1. Maternity woman and cancer patients
2. Heart disease, cardiac pacemaker or defibrillator
3. Recent surgical treatment
4. Aneurysm, bleeding, use of blood thinner
5. There are differences in sensitive areas, head or joint bones
6. Complications caused by other diseases (such as neuropathy, etc.)

3. Precautions for use

01. After charging, unplug the charger.
02. It is forbidden to use this product under charging state.
03. Please use the product correctly according to the instructions.

1.Product introduction



Massage Head Introduction



Massage head holder: Mainly used for assembling with any silicone massage head



Silicone round head: Mainly used for large muscle groups



Silicone massage brush: Mainly used for relaxing the whole body and shaping skin beauty.

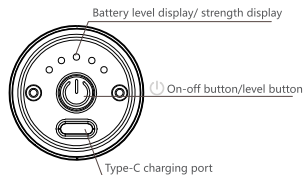


Silicone U-shaped head: Mainly used on both sides of the neck and spine.



Silicone cone head: Mainly used to impact deep tissue.

2- Application method



1. When the fascia gun is in the shutdown situation, short press the  to display the current battery level of the fascia gun. Long press the  for 2 seconds to start the fascia gun. At this time, the strength of the fascia gun is in 3rd level. Continue to short press the  to switch the vibration strength.

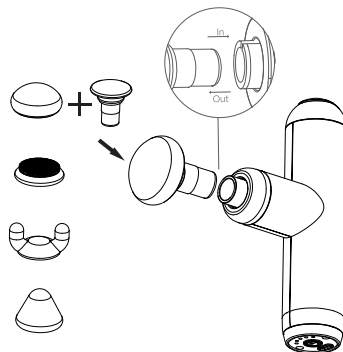
2. The strength is divided into 5 levels, and the speed of each level is:

Gear position	Rotating speed
Speed 1	1800
Speed 2	2100
Speed 3	2400
Speed 4	2700
Speed 5	3000

3. The fascia gun will automatically shut down after 15 minutes of use, and can also be turned off by long pressing the  for 2 seconds. If you need to continue using it, please restart it.

Installation of message head:

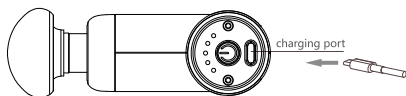
1. Assemble any silicone message head with the message head holder
2. Insert the message head holder into the gap of the main piston of the fascia gun
3. Ensure that the message head holder is inserted to the bottom to prevent it from falling off during use



Installation of massage head diagram

Charging:

The charging port is located at the top of the product



1. Before first use, charge for about 2 hours to fully charge.
2. To charge the battery, a dedicated USB cable will be provided to connect the device to the TYPE-C socket, and use any 5-volt charger head on the other end. (5V,1A recommended)
3. The fascia gun battery indicator light displays as a running light, indicating that it is in charging.
4. The fascia gun battery indicator light shows 5 bars and remains on, indicating that the battery is fully charged. If charging continues for 3 minutes, the indicator light will turn off and the device will automatically stop charging. Please unplug the power in a timely manner.
5. The battery can be used under specified environmental conditions. Charge at any time and at any power level.
6. When the battery level is lower than 20%, charge it in time.
7. It is not recommended to completely drain the battery to 20%.
8. The average running time of the equipment after loading is 1-1.5 hours, which depends on the vibration frequency and applied pressure during use

Basic Parameters

Product Name: Pocket Fascia Gun	Product model: HXR-B190
Net weight: 255g	Input voltage: 5V, 1A
Power: 15W (maximum 25W)	Battery Specification: 7.4V 800mAh
Speed gear:5th gear adjustment	Charging time: about 2 hours
Service environment: 0-40 °C	Product size: 70×150×30MM
Vibration for about 1-1.5 hours	Automatic timing: Vibration for 15 minutes

3- Common problem

Unable to power on:

1. Over heating

When the fascia gun is used in an environment above 40 °C, the fascia gun may trigger the temperature overheating protection, and the main unit will not turn on normally.

Solution: stand still for 2 hours in an environment below 40 °C, and then turn it on for use.

2. Battery level is "0":

When the battery is out of power, if the user does not charge for a long time, the battery will produce low-power protection, collectively referred to as over discharge protection. At this time, the message gun will not work normally.

Solution: keep the power off mode, connect the charger, let the fascia gun enter the charging mode, unplug the charger after being fully charged, and then start the fascia gun to work normally.

Unable to charge:

1. Message gun temperature too high:

When the temperature of the main body of the message gun is too high, it will not be charged when connected to the charger.

Solution: Stand still for 2 hours in an environment below 40 °C, and then charge.

2. Charger temperature too high

When message gun is charged in an environment above 40 °C, the charger may trigger overheating protection, and the message gun cannot be charged normally.

Solution: After standing still in the environment below 40 °C for 2 hours, then charge it.

Troubleshooting of Gun operation

Fault description	Troubleshooting
1. The massage head slides out and falls	Check whether the massage head is installed in place (see page 7 of the manual for specific operation)
2. The product cannot be started	Check whether the power is sufficient (if it has not been used for a long time, please charge it for more than 6 hours)
3. The product is unable to get charge	Check whether the charging port is inserted in place
4. Suddenly stop after continuous operation for 10 minutes	This phenomenon is the setting of long-time operation protection function. It is normal to change from operation to standby mode and restart by pressing the key for a short time
5. The knocking function stops after the massage head is blocked	This phenomenon is the setting of abnormal operation protection function. It is normal to change from operation to standby mode and restart by pressing the key for a short time