

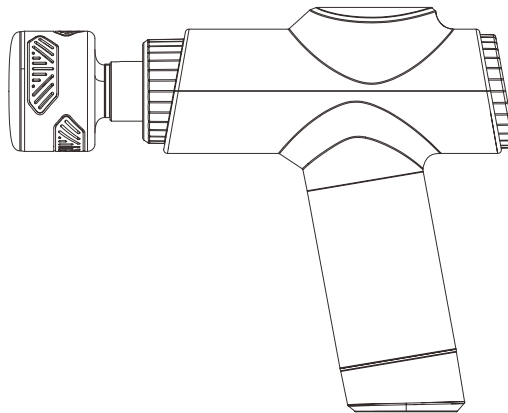
Reclaim

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.

Maintenance, cleaning, storage and transportation

1. Please clean the equipment with a slightly wet towel and dry it with a dry soft cloth.
2. If the equipment is not used for a long time, please store it in the packing box.
3. When the equipment is not used for a long time, please charge the battery once per month.
4. The massage instrument shall be stored in a well ventilated warehouse without corrosive gas, 250mm above the ground;
5. It is strictly prohibited to stack massage instruments in more than 5 layers.
6. 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.
7. The product is applicable to automobile, train, ship and aircraft transportation.
8. 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;

HEAT AND COLD MUSCLE GUN

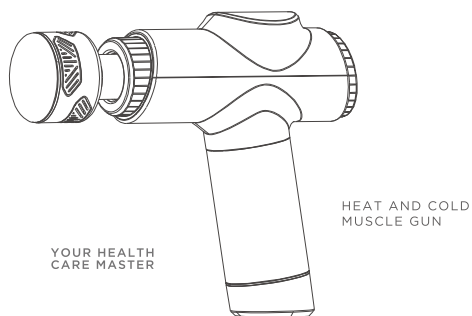


Introduction and application of muscle gun

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



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.

11. The equipment has a function of heating and cooling, so people who are not sensitive to heat and cold should use it carefully.

Illustration



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



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

Declaration

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

1. Pregnant mothers 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.)

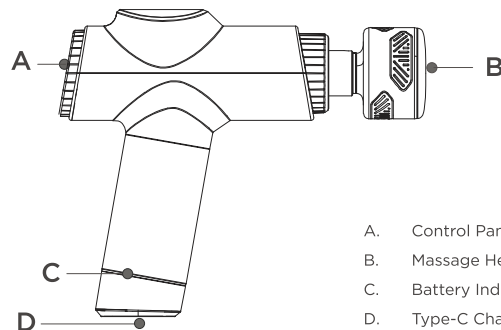
Precautions for use

After charging, unplug the charger.

It is forbidden to use this product under charging state.

Please use the product correctly according to the instructions.

Product introduction



- A. Control Panel
- B. Massage Head
- C. Battery Indicator
- D. Type-C Charging Port

Massage Head Introduction



Cold & Hot head

Can be gently applied on a wide range of areas such as lower legs, thighs and arms.



U-shaped head

Can be applied on the neck, back, arms and Achilles tendon areas.



Cylindrical head

Can be applied on palms, soles and deep muscle areas.



Buffering head

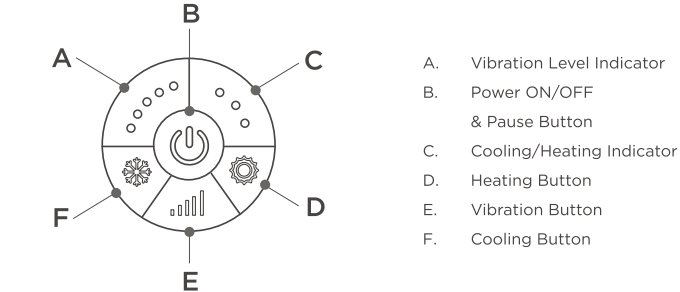
Can be used on shoulders, back and thighs to provide mild stimulation.



Spherical head

Can be used on shoulders, wrists, thighs and lower legs.

Application method



1. When the muscle gun is off, short press key to turn on the muscle gun, at this point, the lights on control panel will light up 1 second and the light on bottom of the handle will be on, then muscle gun will turn into standby mode, in this mode, the vibration intensity is 0, and the cold/hot compress function is off.
2. When the muscle gun is in standby mode, short press key to turn on the vibration function, the indicator light of the vibration level will be on, the vibration intensity is 5 levels totally, continue to short press key to switch the vibration intensity, the indicator light will follow the change of the vibration level.
3. When the muscle gun is in standby mode with cold and hot massage head installed:Short press the key to turn on the cold compress function, the indicator light will be in blue when cold compress function is on, cold compress gear totally 3 level, the temperature is : 20°C, 15°C, 10°C, the temperature will be 15°C variation, continue to short press the key to switch the cold compress gear,

the indicator light will follow the cold compress gear changes. Short press key to turn on the hot compress function, hot compress indicator is red, hot compress gear totally 3 level, the temperature is: 42°C, 46°C, 50°C, the temperature will be 12°C variation, continue to short press the key to switch the hot compress gear, the indicator light will change according to the hot compress level.

Note: The above function is available only when the muscle gun is installed with hot and cold massage heads.

4. Each of the vibration, cold and hot compress functions can be used separately.
5. The automatic timer for each of the vibration, cold and hot application functions is 15 minutes. 15 min later the muscle gun will shut down automatically.
6. When the muscle gun is in standby or working mode, short press the key to pause the vibration function, and short press again to resume the vibration function; long press the key for 2 seconds to turn off the muscle gun in any mode.

Note: The speed of muscle gun in each gear will be different with assembly of hot and cold massage head and other massage head. The specific data as follows:

	HOT AND COLD MESSAGE HEAD	OTHER MESSAGE HEAD
SPEED 1	1600 RPM	1800 RPM
SPEED 2	1800 RPM	2100 RPM
SPEED 3	2000 RPM	2400 RPM
SPEED 4	2200 RPM	2700 RPM
SPEED 5	2400 RPM	3000 RPM

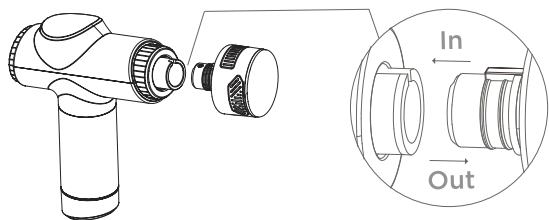
Assembling Massage Head



Installation of massage head

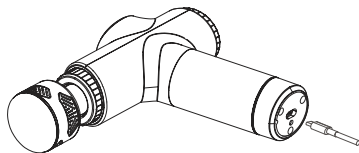
- 1. The disassembly and assembly of massage head are in-line, without screwing.
- 2. The red straight bar of cold and hot head is aligned with the gap of piston.
- 3. Be sure to plug it to the bottom

Figure for installation of heat and cold



Charging:

The charging port is located at the bottom of the product



- 1. Charge for about 5 hours before initial use to fully charge the battery. After full charged, the white light of charging indicator will be on then be off after 5min.
- 2. When charging the battery, a special USB cable will be provided to connect type-C socket on the device, and any 5-volt charger head can be used at the other end. (5V, 2A recommended) During charging/use, the power indicator light at the bottom of the muscle gun grip will be on, the color of the indicator light is displayed according to the remaining power:
White light on: sufficient power;
Green light on: medium power;
Red light on: low power, please charge;
Red light blinking: very low power, the muscle gun will be automatically shut down after red light blinking 5 times.
- 4. The battery can be charged at any time and at any power level under the specified environmental conditions.
- 5. The average running time of the equipment after loading is two hours, which depends on the vibration frequency and applied pressure during use.

Basic Parameters

Product name	HEAT & COLD MUSCLE GUN	Net weight	about 776g
Product model	B330	Charging interface	Type-C
Power	35W (maximum 70W)	Automatic timing	Vibration for 15 minutes Heating or Cooling for 15 minutes
Input voltage	5V = 2A	Vibration	3-4 hours
Battery Specification	11.1V 2400mAh	Cooling	3-4 hours
Speed gear	5th gear adjustment	Heating	8-9 hours
Charging time	about 4-6 hours		
Product size	202 × 52 × 169MM		

Temperature value:

Heating: 42°C for 1st gear, 46°C for 2nd gear and 50°C for 3rd gear.

Cooling: 20°C for 1st gear, 15°C for 2nd gear and 10°C for 3rd gear.

The above deviation will be

±5°C depending on the environment and use conditions for cooling,

±2°C for heating.

Common problem

Unable to power on:

1. **Over heating** When the muscle gun is used in an environment above 40°C, the muscle 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 massage gun will not work normally. **Solution:** keep the power off mode, connect the charger, let the muscle gun enter the charging mode, unplug the charger after being fully charged, and then start the muscle gun to work normally.

Unable to charge:

1. **Muscle gun temperature too high:** When the temperature of the main body of the muscle 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 muscle gun is charged in an environment above 40°C, the charger may trigger overheating protection, and the muscle 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 8 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 stop 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