

Hot And Cold Fascia Gun
with Extended Handle

HXR-B360 User's manual

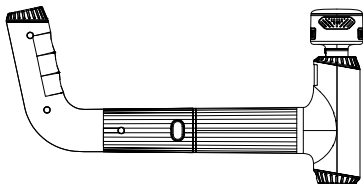
Thank you for purchasing our products. Before use, please read this manual carefully to ensure correct usage. Please keep this manual properly for future query.

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-B360 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.
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.



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

2. Declaration

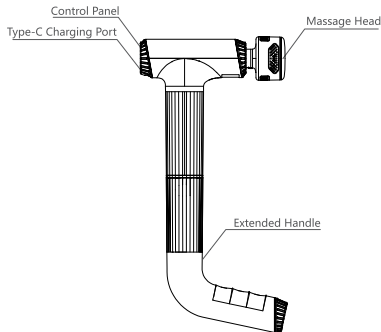
Consult your doctor before use if you have any of the following conditions.

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



The **Heat and cold massage head** is mainly used for relaxing the whole body and shaping skin beauty.



The **Spherical head** is mainly used for large muscle groups.

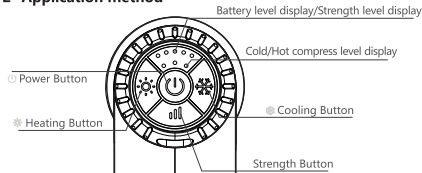


The **Cylindrical head** is mainly used to impact deep tissue.



The **U-shaped head** is mainly used on both sides of the neck and spine.

2- Application method



1. When the fascia gun is in the off situation, shortly press the to turn on the fascia gun. At this time, the vibration strength is at level 1, and the cold/hot compress function is not activated.
 2. Short press the strength button to switch vibration strength. There are 5 levels of vibration strength, and the current level can be viewed through the strength level display.
 3. When the fascia gun is in standby mode and a cold and hot massage head is installed, shortly press the to switch between hot compress levels. There are three hot compress levels, with temperatures of 42 °C, 46 °C, and 50 °C respectively. The current level can be viewed through the hot compress level display (the hot compress indicator light is red)
 4. Short press the to switch between cold compress levels. There are three cold compress levels, with temperatures of 20 °C, 15 °C, and 10 °C respectively. The current level can be viewed through the cold compress level display. (The cold compress indicator light is blue).
 5. When the fascia gun is in standby mode, long press the for 2 seconds to turn off the fascia gun. press the power
- Note: The above function can only be used when the massage gun is installed with hot and cold massage heads.
6. The vibration, hot and cold functions all can be used separately.
 7. The automatic timer for the vibration, hot and cold application functions all are 15 minutes.

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

	hot and cold massage head	other massage head
Speed 1	1600	1800
Speed 2	1800	2100
Speed 3	2000	2400
Speed 4	2200	2700
Speed 5	2400	3200

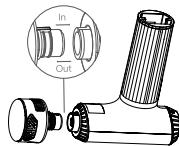
Assembling Massage Head



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 head



Handle Installation

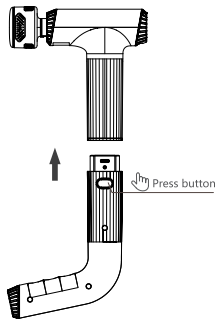


Figure 1

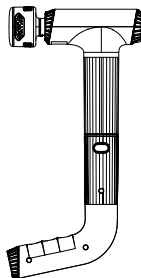
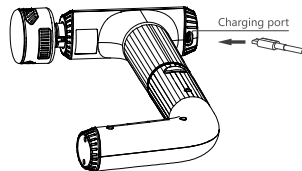


Figure 2

1. Align the extension handle with the fascia gun handle, as shown in Figure 1.
2. Press and hold the button of the extension handle, and merge the handle with the fascia gun handle, as shown in Figure 2.
3. Release the button, and the extension handle is now fixed to the fascia gun.
4. If you need to remove the extension handle, press down the button and split the extension handle in the opposite direction.

Charging:

The charging port is located at the top of the product



1. Charge for about 3 hours before initial use to fully charge the battery.
2. For the charging battery, a special USB cable will be provided to connect the device type-C socket, and any 5-volt charger head will be used at the other end. (5V, 2A 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 charged at any time and at any power level under the specified environmental conditions.
6. When the power is lower than 20%, it shall be charged in time.
7. The average running time of the equipment after loading is three hours, which depends on the vibration frequency and applied pressure during use.

Basic Parameters

Product Name: Hot And Cold Fascia Gun with Extended Handle	Product model: HXR-B360
Net weight: 600g	Input voltage: 5V, 2A
Power: 20W (maximum 30W)	Battery Specification: 7.4V 2200mAh
Speed gear: 5th gear adjustment	Charging time: about 2-3 hours
Service environment: 0-40°C	Product size: 347×173×51MM
Vibration for about 2-2.5 hours Heating for about 5-6 hours Cooling for about 1-1.5 hours	Automatic timing: Vibration for 15 minutes Heating or Cooling for 15 minutes

Temperature value:

Heating: 42°C for 1st gear, 46°C for 2nd gear and 50° 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 plus or minus 5°C depending on the environment and use conditions.

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 massage 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. Massage gun temperature too high:

When the temperature of the main body of the massage 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 massage gun is charged in an environment above 40 °C, the charger may trigger overheating protection, and the massage 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

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;