

# GYMSTICK™

## MASSAGE GUN



### USAGE INSTRUCTION

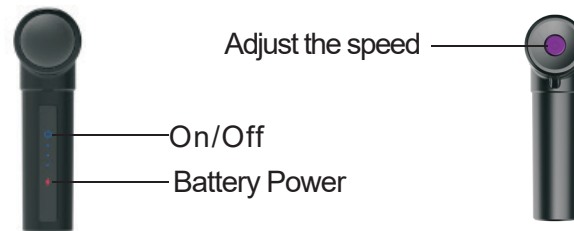
For your own safety please read carefully this user instruction before using this product!

### CHARGING

1. Fully charge battery for up to 3,5 hours before first use.
2. To charge, connect the DC end of the supplied 16.8V adapter to the battery's charging port and plug AC side cable into wall outlet.
3. LED band on battery lights pulsate to show battery level and indicate active charging. When ⚡ symbol on is red, it means the machine should be charged.
4. Full charged is indicated when ⚡ symbol light stop flashing and it turns blue.
5. Battery may be recharged at any time and at any battery level.
6. It is not recommended to fully deplete the battery to the red level.
7. The average run-time is 3+ hours depending on speed level and pressure applied during use.

### OPERATING

1. Make sure the device is charged.
2. Press On/Off button for 3 seconds to turn on the device.
3. Massage desired body part applying pressure as needed.
4. Move the massage head across the body for approximately 60 seconds on one area at a time.
5. Adjust the speed level if needed. At the back of the rear cover, there is a speed button to adjust the speed from 1-3.
6. Do not operate continuously for more than 1 hour at a time.
7. Allow the device to rest for 30 minutes before re-using.



### PLEASE NOTE:

1. When the battery power is less than 20%, the light line on the device shows red, indicating that it need to be charged in time.
2. When the battery is full charged, the ⚡ symbol on the handle changes from red to blue.

### CLEANING & STORAGE

1. Use a slightly damp towel to clean device. Dry with soft cloth.
2. For storage or travel, store in supplied travel case.

### INTRODUCTION



Massage Gun provides comfortable massage experience which relaxes muscles, speeds up muscle recovery and reduces risk for sport injuries. It helps to relieve tight muscles, soreness and improves the blood circulation and sleeping quality. Choose the speed and massage head that best suits your needs in targeting different body parts and muscle groups. Quiet and powerful brushless 20W motor has a 2000mAh lithium battery which enables 3-5 hours of continuous massage.



### TECHNICAL PARAMETERS

Model	Description	Rated Voltage	Rated Frequency	Battery Life	Charger	Battery	Amplitude
61147	MASSAGE DEVICE	16.8V	20-58Hz	3-6H	16.8V	4Batteries	8MM



**USER MANUAL**

[WWW.GYMSTICK.COM](http://WWW.GYMSTICK.COM)



### MASSAGE HEAD INSTRUCTION

#### 1. Ball Head

Recommended for: large muscle group



#### 2. Flat Head

Recommended for: thighs, glues and pecs



#### 3. Spinal U-head

Recommended for: spine and neck



#### 4. Spiral finger-head

Recommended for: trigger points and palms



#### 5. Thumb-head

Recommended for: thighs, calves and soft tissues



### SAFETY INSTRUCTIONS

DANGER: TO REDUCE RISK OF ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS.



1. For adult use only.
2. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
3. Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
4. Use the massage device only the body's soft tissues as desired without producing pain or discomfort. Do not use on head or any hard bone area of the body.
5. Use only the applicators that provide the best desired effect.
6. Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
7. Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
8. Do not place any objects into the ventilation holes of the device.
9. Do not immerse in water or allow water to enter the ventilation holes of the device. Keep away from heat sources.
10. Do not drop or misuse the massage device.
11. Only recharge with supplied 16.8V charger.
12. Carefully examine device and battery before each use. Do not tamper or alter Massage device in any way. Never leave the Massage Device operating or charging unattended.
13. Do not operate continuously for more than one hour. Allow device to rest for 30 minutes before re-using.

PLEASE DO NOT USE THE MASSAGE GUN WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY.



Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylosis, or spondylosis, recent joint replacements or IUD's metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using the device. These contra indications do not mean that you are not able to use the device but we advice you to consult a doctor first.



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### DISCLAIMER

The manufacturer Gymstick International Oy have no responsibility to any persons or entity for any loss, damage sequence alleges to have happened directly or indirectly as a consequent of this product.

For your own safety be sure that you read all the instructions in this manual before using this product!

### WARRANTY

Gymstick International Oy warrants this product to be free of defects in material or workmanship for a period of one year from the date of the original retail purchase.

This warranty is available only to the original purchaser, and only if purchased from and authorized Gymstick distributor or reseller. If your product is found to be defective during the warranty period, Gymstick will, at its sole option, either repair or replace the product with a new or factory reconditioned or substantially equivalent model. Gymstick will not replace or refund cover damage of the body due to consumer's negligence and carelessness.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured for:  
Gymstick International Oy  
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15170 Lahti, FINLAND



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Do not dispose of the device in the normal household waste, but in accordance with the Directive and local regulations. More information on this is available from your municipal waste collector.