#### PORTABLE MASSAGE GUN



ANAB-0002-BLACK / ANAB-0002-WHITE



### Instruction Manual

#### **Product Overview**



#### Speed / Charging LED Indicators







Charging: LEDs rolling in Red colour.

Fully Charged: LEDs light up in Green colour.

#### **Package Contents**

Includes: 1(One) Portable Massage Gun with 1(One) Massage Head 7.48in. x 1.97in. x 5.8in. (19cm x 5cm x 14.75cm) 1(One) USB Type-C Charging Cable 19.7in. (50cm) 1(One) Instruction Manual

#### **Technical specification**

Rated power: 24W ± 10% Speed: 1800-3200 RPM Input: DC5V1A, USB Type-C Port Built in Li-ion Battery: 1200 mAh (2 x Li-ion batteries) Run Time: up to 1 hour Charging Time: 3.5 Hours (approx.)

#### Operation

1. Press the On/Off/Speed Button to turn on the massage gun in Low Speed.

2. Short press the On/Off/Speed Button to switch between the available speeds. There are 3 speeds: Low / Medium / High.

3. Press and hold On/Off/Speed Button for 3 seconds to turn off the massage gun.

Note on Auto-off: The massage gun will turn off on its own after 15 minutes of activity.

To continue using the gun after 15 minutes, press the On/Off/Speed Button again.

#### **Charging your Massage Gun**

⚠ For your safety, please always use appropriate 5V input charger/Adapter to charge the product. **DO NOT USE** Quick Charging USB Adapter to charge the product, as it might cause damage.

- 1. Use the USB Type-C charging cable provided with this device.
- Connect the USB Type-C plug to USB Type-C charging port on the device, then connect the USB plug to a USB port on a computer or wall adapter to begin charging.
- 3. The LED Indicators flash red during charging and will turn green when fully charged.
- NOTE: Use a standard USB adaptor for charging.
  - Charge the unit if it has not been used for more than 6 months.



▲ CAUTION: The USB Type-C charging cable included with this item is intended for use with this product. Only use the included USB Type-C charging cable to charge this product.

#### **Important Safety Instructions**

To reduce the risk of failure, electric shocks, fire, injuries or equipment damage, please read all instructions and warnings in this manual. Keep all instructions for future reference.

1. Keep away from children, this product is not a toy.

2. Keep away from water and other liquids. Do not immerse.

If the product falls into water, discontinue use immediately and get it checked by a qualified professional.

3. Do not use or store near heat sources, fires or direct sunlight.

4. Do not drop. No user-serviceable parts inside, do not dismantle.

5. Stop use immediately if the unit is broken or damaged.

6. Do not allow hair, fingers or other body parts to come close to the axis or the back of the massage head as this may cause pinching or injuries.

7. Do not use the massage gun on joints, bones or other sensitive parts of the body. Only use on soft tissues which will not cause pain or discomfort.

8. Do not use the massage gun to replace or supplement medical treatment. If you have any medical conditions or body pain, please consult your doctor before using the massage gun.

#### Cautions

Please consult your doctor before using this massage gun if you have any health-related conditions including the following:

- 1. Pregnancy, diabetes or complications such as neuropathy or retinal damage.
- Use of cardiac pacemaker, recent operation, epilepsy or migraine, protrusion of lumbar intervertebral disc and anterior displacement of bone vertebrae.
- 3. Recent joint replacement surgery or intrauterine device placement, metal implants or similar issues.

# WARNING: Consult doctor before using this product to reduce the risk of injury

Before use, read all warnings found in the included instruction manual. This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any medical conditions. DO NOT USE DIRECTLY ON JOINTS OR BONES

#### FAQ

#### • If the Massage Gun cannot be turned on:

Ensure that the battery of your massage gun is being charged.

#### • If the Massage Gun cannot be recharged:

If you use a power outlet, ensure that the power supply is connected securely and the outlet works. If you use a computer, ensure that it is connected and the USB port is powered.

#### **IMPORTANT: BATTERY INFORMATION**

A Li-ion battery charging warning statement:

The input to the USB Charging Adapter is 5V 1A.

In order to charge the product in safe manner and reliable conditions, please only adopt certified appropriate charger/ adapter for charging the product. Only charge the product at ambient temperatures between 10°C/ 50°F and 40°C/104°F.

Do not expose to sunlight or throw into fire.

Incorrect operation may result in severe injury or property damage.

## ⚠ CAUTION: FOR YOUR SAFETY, ALWAYS CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.



