

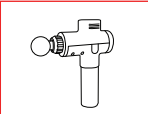
70mm

Deep Tissue Massage Gun
USER MANUAL

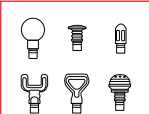


DW DARTWOOD

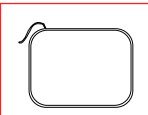
In the Box



1 x massage gun



6 x massage heads



1 x travel case



1 x wall charger

Warning

- Read and follow all of the instructions listed in this manual. Improper use of this device could result in injury or health complications.
- Never burn, incinerate, or expose the massage gun or its battery to flames. This could cause personal injury and will cause the release of toxic fumes from burning the battery.
- Your massage gun should never be used under any bed covers or pillows. This will cause overheating and may cause a fire.
- Consult your physician before using any fitness equipment, especially if you have any pre-existing health conditions
- Do not overcharge, as it will impair battery life.
- Do not crush, drop, or damage the massage gun. If it has been damaged in any way, refrain from use.

Important Tips

- Always start on lower intensity before moving to a higher intensity. Starting with a higher intensity can hurt and cause muscle strain.
- Do not put excess pressure on the massage gun. Let it glide over the skin. Repeat this several times, then slowly add pressure in small increments.
- Once you are done massaging a target area, you can move to another muscle group, following the same procedure.

Cleaning and Storage

- Keep the massage gun free of dust, hair, lint, or any other objects that may reduce the airflow.
- The device should be cleaned regularly using an all-purpose cleaning agent.
- Do not attempt to clean internal surfaces - cleaning should not require disassembling the device. Doing so could result in device failure.
- For storage or travel purposes, store it in the supplied travel case.

Introduction to Parts



Use one of the six massage heads below to target specific areas of the body:



· **Air Cushioning Soft Head**
For sensitive muscles and relaxation.



· **Flat Head**
For back bulk muscle groups.



· **Bullet Head**
For deep tissue like meridians, joints, palms, and soles.



· **U-Shaped Head**
For neck, spine, and Achilles.



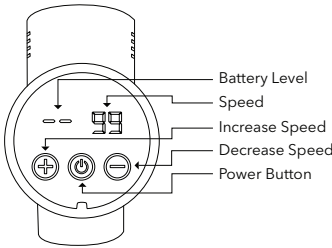
· **D-Shaped Head**
For abdominals.



· **Spherical Head**
For large muscle groups like arms, back, hips, thighs, calves

How to Charge

- To begin charging, connect the DC end of the supplied 24V adapter to the battery's charging port and plug the AC side cable into the wall outlet.
- The LED on the wall charger will turn red. When fully charged, the LED will turn green.
- The average run-time is 2+ hours depending on the speed level and pressure applied during use.



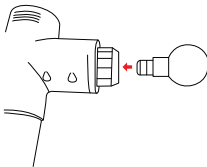
Center LCD Display

Note: Fully charge the battery before first use.
The massage gun cannot be operated while charging.

How to Use

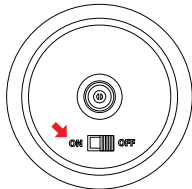
Attaching the massage heads

Pick the appropriate massage head and push it into the front hole of the massage gun, making sure that it is aligned as shown below.



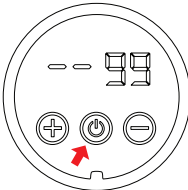
Turning On

1. Turn on the massage gun by flipping the switch at the bottom to the ON position.



Bottom of Massage Gun

2. Then press the power button at the Center LCD Display.

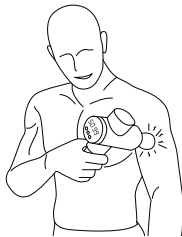


Turning Off

To turn off, first press the power button at the Center LCD Display. Then flip the switch at the bottom to the OFF position.

Changing Speed

To increase speed, simply press the "+" button at the Center LCD Display and "-" to decrease the speed.



FAQ

1. What do I use it for?

The massage gun can be used to reduce muscle soreness and stiffness, as well as to enhance flexibility. Consult your physician before using if you have any of the following conditions:

- Sprains
- Muscle Strains
- Blood Thinners
- Blood Clots
- Fractures
- Inflammation

2. Which part of my body can I use it on?

Use it on any muscle group of the body. Do not use it on the face, neck, or throat, or any other sensitive areas of the body. Do not use directly on bones. Do not use on injuries that are still healing (such as stitches).

3. Can I use this massage gun during pregnancy?

No, it is not recommended to use this device during pregnancy, especially over the abdominal area.

Specifications

Battery capacity: 2600 mAh
Vibration frequency: Level 1- 30Hz, Level 2 - 40Hz, Level 3 - 53Hz
Weight: 2.5 lb / 1.1 kg
Power: 110-240V 50/60Hz - 5A - 26 VDC - 1A

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