

RENPHO

User Manual

Massage Gun

Model: RP-GM171H



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Thank you for your purchase of RENPHO Massage Gun. The massage gun offers a powerful percussion massage. While enjoying muscle and body relief, you should use it with care and safety in mind. To ensure safety and avoid any property damage, please read this manual carefully and use as indicated. Non-compliance may cause serious injuries or death and/or severe property damage.

Important Safety Instructions

When using an electric appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

1. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
2. Children shall not play with the appliance.
3. Cleaning and user maintenance shall not be made by children without supervision.
4. The appliance is not intended for medical use. It is intended only for household to provide a luxurious massage.

DANGER - To reduce the risk of electric shock:

- 1) Always unplug the charger from the electrical outlet after charging.
- 2) Do not reach for the appliance that has fallen into water.
- 3) Do not use while bathing or in a shower.
- 4) Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - To reduce the risk of fire, electric shock, or injury to persons, please follow the instructions below:

- 1) The appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before cleaning, putting on or taking off parts.
- 2) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it is not working properly, has been damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 6) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 7) Never drop or insert any object into any opening.
- 8) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 9) Do not keep the appliance near a magnetic field or where it can be affected by a magnetic field, for it can cause batteries to discharge.
- 10) Do not use the appliance before bed as it has a stimulating effect and can delay sleep.
- 11) Avoid touching the gap between the massage head and body with your finger or hair. Beware of pinching.
- 12) It is recommended to start the massage with the lowest intensity. Do not use for more than 30 minutes at a time. Excessive use could lead to slight bruise or appliance overheating that shortens its lifespan.
- 13) Please keep the appliance away from heat and avoid using it in places where the surrounding temperature is relatively hot.
- 14) Do not use the appliance with wet hands.
- 15) Only use the original massage head officially provided in the package. The use of a third-party massage head may cause damage to the appliance and void the warranty.
- 16) Do not drop, apply excessive force or heavy weight over the appliance to avoid malfunction and/or damages.
- 17) If a high temperature or foul odor occurs while using the appliance, stop using it immediately and unplug the appliance.
- 18) It is prohibited for non-professional personnel to repair the appliance or replace parts.
- 19) Use only massage heads that produce the best results.
- 20) Do not press the massage head vigorously or cover the appliance during a massage.
- 21) Do not use the appliance in close proximity to long hair, loose clothing or jewelry.
- 22) Do not massage on the same part for a long time in a row. If you feel unwell, please stop using it immediately.

Do not use the massage gun on

- 1) Sensitive skin, swollen or inflamed areas, in the area of poor circulation, where skin eruptions are present, or in the area of unexplained abdominal pain;
- 2) Head, face, cervical vertebrae, spine vertebral body;
- 3) Varicose veins;
- 4) Tumor site;
- 5) The throat area;
- 6) Hard parts such as the head or body bones;
- 7) Genital area (do not use this for sexual purposes. It is a powerful massaging appliance and may cause severe bodily harm);
- 8) An unconscious or sleeping person;
- 9) Any possible fracture site;
- 10) Positions close to the bony areas: the humerus, the back of the foot, the back of the hand and so on.

If you fall into any of the following user groups, please consult a doctor before use:

- 1) Blood stasis;
- 2) Fractures;
- 3) Heart disease, with a pacemaker, defibrillator, or metal contents in the body;
- 4) Infants/minors/pregnant women;
- 5) If you have experienced joint surgery within 90 days, do not use the appliance on the body within 3 inches of the surgical position.

If you feel unwell or have any unusual discomfort, please stop using the appliance immediately.

About Battery

1. Warning Chemical Exposure: If the battery pack leaks, Do Not allow the liquid to contact with the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.
2. Do not throw the battery into fire or heat it. The used battery should be placed in a sealed plastic bag and safely disposed of in accordance with local environmental regulations.
3. Battery life can vary by application and/or operating conditions. If the appliance is not in use for a long period of time, please keep it powered off and charge it once a month to prolong its lifespan.

SAVE THESE INSTRUCTIONS

About the RENPHO Massage Gun

1. What's in the box

- RENPHO Massage Gun x 1
- Massage Head x 5
- Type C Charging Cable x 1
- Rubber Sleeve x 2
- User Manual x 1

2. Product Introduction

Removable and replaceable massage head



TIP: None of the massage heads are to be used for your head. **DO NOT** use on your head.



Type-C charging port (Use 5V 1A/2A charger, not included)

When the massage gun reaches a certain amplitude, the massage head will automatically turn on the heating function.

- Built-in 600mAh lithium battery
- Charging time: about 90 minutes
- Battery life: about 90 minutes

* When the red light inside the heating head flashes, please charge it.



Ball head

Ball head: For large muscle groups like quads, glutes, extreme muscles, and joint soreness.



U-shaped head

U-shaped head: for spine, neck, and shoulder for sensitive muscles and soft tissues.



Air cushion head

Air cushion head: for sensitive body flesh relaxation.



Heating head

Flat head: for all parts of the body.



Bullet head

Bullet head: for joints, deep tissues, trigger points and small muscle areas like feet, and wrist.



Rubber Sleeve

Each massage head is pre-installed with a rubber sleeve, if it is damaged, replace it with a spare one.

Using the RENPHO Massage Gun

1. Important tips before use

1.1 Charging

- Please charge the massage gun before use.



DON'T use the massage gun while charging!

- To charge the massage gun, plug the type C cable into an adapter and into the unit's charging interface.
- The indicator light on the massage gun will **BLINK BLUE** during the charging process. The indicator light will be **SOLID BLUE** when charging is complete.
- For safety considerations, the massage gun will **NOT** work while charging. Additionally, the massage gun will automatically shut off after 10 minutes of continuous use. If you want longer massage, please turn it on then.

Laptop/Desktop

Adapter



RENPHO
Massage Gun

Note: Adapter is not included.

1.2 Battery Life

- This Massage gun has a built-in rechargeable battery. A full charge takes about 3 hours. Total battery life is up to 150 minutes after a full charge. Please fully charge it before first use.
- Battery life can vary by application and/or operating conditions. If the product is not in use for a long time, please keep it powered off and charge it once a month so that the battery will last longer.
- Please keep the massage gun away from heat and avoid using it in places where the surrounding temperature is relatively hot.

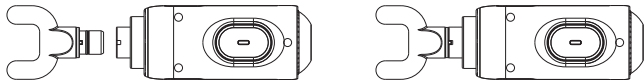
2. Preparation




- Please fully charge the massage gun for 3 hours before use.
- Select the appropriate massage head to connect with the host.

3. Operation Instruction

1. Connect the device with the massage head

Insert the massage head completely into the host when using, and plug out when stop using. Note: The installation of the U-shaped head should be positioned. When the buckle is inserted into the slot, it means the installation is in place. If the massage gun's head is not installed in place, there will be a risk of falling off while use.



2. Long press the  button on the panel for 2 seconds to power on and start the first speed, short press the  button on the panel, the speed will switch between 1-5 level. Long press the  button for 2 seconds to power it off.

*After 10 minutes of operation, the device automatically powers off.

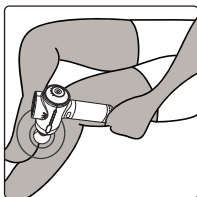
3. Use the massage gun on any area of your body to relieve stiffness, soreness, and pain.



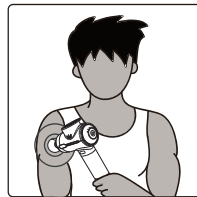
Shoulder Massage



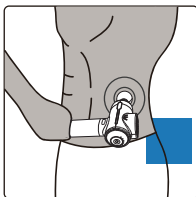
Back Massage



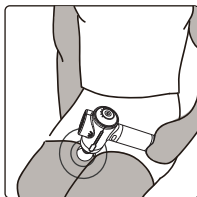
Foot Massage



Arm Massage



Waist Massage



Leg Massage

Product Care and Maintenance

- Place the massage gun in a safe, cool, and dry place when not in use.
- Always unplug the massage gun prior to cleaning.
- After use, wipe massage gun with a soft, damp cloth using non-abrasive cleaners. If necessary, clean with a sterilizer.
- **DO NOT** submerge the massage gun in water or any other liquid.
- Keep away from all solvents and harsh detergents.
- **DO NOT** attempt to repair this massage gun. There are no user-serviceable parts.
- **DO NOT** dispose the massage gun in a land fill. It contains a Li-ion battery and other electrical components, which is considered hazardous E-waste.



- 1) The appliance has a heated massage head. Persons insensitive to heat must be careful when using the appliance.
- 2) Use heated surfaces carefully. May cause serious burns. Do not use it on insensitive skin or on a person with poor blood circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- 3) Temperatures sufficiently high to cause burns may occur regardless of the control setting. Do not use on an infant or invalid or on a sleeping or unconscious person. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of blistering.

Troubleshooting

PROBLEM	CAUSE	SOLUTION
Massage gun doesn't turn on.	Power is off.	Long press the Power Button to turn on the massage gun.
	Battery is too low.	Charge the massage gun.
	Massage gun shuts-off after 10 minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun shuts off automatically.	The massage gun's overheat protection will switch off the massage gun automatically when too hot.	Wait for the massage gun to cool down before powering it back on.
	Massage gun shuts off after 10 minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun fails to run.	The massage head is to inserted too tight.	Plug out the massage head a little, then power it on.
If you encounter any other problems, contact: support@renpho.com		

Specifications

Product Name: RENPHO Massage Gun

Model: RP-GM171H

Rated Voltage: 7.4V $\overline{\text{---}}$

Rated Power: 25W

Input: 5V $\overline{\text{---}}$ 2A

Battery Capacity: 2500mAh

Amplitude: 10mm

RPM: Max 3200r/min

Auto Shut-off Timer: 10 minutes

Product Dimensions: 7.3*5.7*2.3 inches

Product Weight: 1.5lbs

Color: Black / Blue / Silver

Warranty Policy

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.


For warranty terms and conditions, please visit:

<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty. If you choose not to register your product, it will not diminish the product warranty.

Customer Service

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

 **TEL: +1(844) 417 0149 (US ONLY)**

Monday-Friday 9:00AM-4:30PM

1800 MY RENPHO (1800 69 7367) (AU ONLY)

Monday-Friday 9:00AM-6:00PM (AEST)

 **Email: support@renpho.com (US&CA)**

support-au@renpho.com (AU)

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

 **US Importer: JOICOM CORPORATION**

14129 The Merge Street, Building 3 Unit A, Eastvale, CA 92880

Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.

Qianhai Complex A201, Qianwan Road 1, Qianhai Shenzhen-Hong Kong Cooperation Zone, Shenzhen, P.R.China

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ISED Regulatory compliance

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Made in China



装订方式：骑马钉

成品尺寸：98 x 135mm

材質：128g銅版紙 雙面彩色印刷

本页不印刷

版本号：NA4