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› Thumper Sport Percussive Massager User Manual

Thumper E501NA

Thumper Sport Percussive Massager User Manual

Model: E501NA

1. INTRODUCTION

The Thumper Sport Percussive Massager is engineered to deliver deep tissue massage, targeting various muscle groups including the back, shoulders, neck, legs, and arms. This manual provides essential information for the safe and effective use, setup, maintenance, and troubleshooting of your Thumper Sport massager. Please read these instructions thoroughly before first use and retain for future reference.



Figure 1: Thumper Sport Percussive Massager, illustrating its ergonomic design.

2. SAFETY INFORMATION

- This product is electrically approved by UL, CSA, and CE standards.
- The massager is not intended for use by children.
- Always adhere to the manufacturer's instructions for proper use, handling, and maintenance.
- Ensure the massager is unplugged from the power outlet when not in use or before cleaning.
- Do not use the massager near water or in a humid environment to prevent electrical hazards.
- Individuals with pre-existing medical conditions, including but not limited to circulatory issues, diabetes, or nerve damage, should consult a healthcare professional before using this massager.
- **Proposition 65 Warning:** This product may expose you to chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, please visit www.P65Warnings.ca.gov.

3. SETUP

1. **Unpacking:** Carefully remove the Thumper Sport massager and any included accessories from its packaging.
2. **Inspection:** Before each use, visually inspect the device and its power cord for any signs of damage, such as cuts, fraying, or cracks. Do not use the massager if any damage is observed.
3. **Power Connection:** Plug the 12 ft (4m) power cord into a standard 120V electrical outlet. This device is designed for use exclusively in the US and Canada. Using the massager outside these regions will void the product warranty.

4. OPERATING INSTRUCTIONS

1. **Power On/Off:** Locate the power switch on the massager's handle. Move the switch to the "ON" position to activate the massager. To turn off the device, move the switch to the "OFF" position.
2. **Speed Control:** The Thumper Sport features a variable speed control dial, allowing you to adjust the percussive intensity from 20 to 40 pulses per second. Rotate the dial to achieve your desired massage strength.
3. **Interchangeable Spheres:** Your massager includes two sets of interchangeable spheres: grey (soft) and black (firm). Select the spheres that best suit your preference for massage intensity and attach them securely to the device.
4. **Application:**
 - Apply the massager to the desired muscle area. The ergonomic long handle facilitates reaching areas such as the back, shoulders, and legs.
 - Allow the natural weight of the massager to provide the deep tissue percussion. Avoid pressing down excessively hard, as this can reduce the effectiveness of the percussive action and may cause discomfort.
 - Maintain continuous, gentle movement of the massager over the muscle area. Do not hold the device stationary on one spot for prolonged periods.
 - **Critical Warning for Leg Use:** When applying the massager to your legs, always move the device in an **upward** direction, towards the heart. **Never use the massager in a downward motion on the legs, and avoid applying excessive pressure.** Misuse, particularly pressing hard and moving downwards on legs, can potentially damage veins and contribute to conditions such as edema (swelling).
5. **Post-Use:** After completing your massage, turn off the massager using the power switch and unplug it from the electrical outlet.



Figure 2: Applying the massager to the shoulder.



Figure 3: Using the massager on the thigh.



Figure 4: Reaching the lower back with the massager.

5. FEATURES

- **Full Body Massage:** Ideal for warming up muscles, increasing blood flow, releasing muscle tension, and enhancing joint mobility.

- **Extended Reach:** Features a long handle and a 12 ft (4m) power cord, allowing for comfortable positioning and easy maneuverability across various body parts.
- **Customizable Intensity:** Includes interchangeable spheres (soft grey and firm black) to personalize your massage experience.
- **Quiet and Comfortable Operation:** Engineered to minimize kickback to the hands and arms, enabling longer, more comfortable use. Operates quietly for a peaceful massage therapy experience.
- **Powerful and Durable Design:** Offers variable speed control from 20 to 40 pulses per second. Manufactured in Canada with high-quality components, weighing approximately 3 lbs (1.4kg).

6. MAINTENANCE

- **Cleaning:** Always unplug the massager from the power outlet before cleaning. Wipe the exterior surfaces with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or immerse the device in water.
- **Storage:** Store the Thumper Sport massager in a cool, dry place, away from direct sunlight and out of reach of children. A dedicated carry case (sold separately) is recommended for convenient travel, portability, or long-term storage.

7. TROUBLESHOOTING

- **Device Not Turning On:**
 - Ensure the power cord is securely plugged into a functional 120V electrical outlet.
 - Verify that the power switch on the massager is in the "ON" position.
 - Check if the electrical outlet itself is receiving power (e.g., by plugging in another device).
- **Reduced Performance or Unusual Noise:**
 - Confirm that the interchangeable spheres are correctly and securely attached.
 - Avoid applying excessive downward pressure, as this can strain the motor and reduce percussive action.
 - If the device feels unusually warm or temporarily shuts off, it may be due to overheating. Allow the massager to cool down for at least 30 minutes before resuming use.
 - If these steps do not resolve the issue, please contact Thumper customer support for assistance.

8. SPECIFICATIONS

Model Number	E501NA
Power Source	Corded Electric
Voltage	120V (for US & Canada use only)
Material	Plastic
Product Dimensions	19.5 x 5.8 x 6.5 inches
Item Weight	3 Pounds (1.36 Kilograms)
Speed Control	Variable, 20 to 40 pulses per second
Cord Length	12 ft (4m)

Manufacturer	Thumper Massager Inc.
Date First Available	December 21, 2002



Made in Canada



Figure 5: Thumper products are manufactured in Canada.

9. WARRANTY AND SUPPORT

- **Warranty:** The Thumper Sport Percussive Massager is backed by a 2-year warranty, covering defects in materials and workmanship under normal use.
- **Warranty Limitations:** This warranty is valid exclusively for products used within the United States and Canada. Operation of the massager outside these specified regions will void the warranty.
- **Customer Support:** For warranty claims, technical assistance, or any further inquiries regarding your Thumper Sport massager, please refer to the contact information provided with your original product packaging or visit the official Thumper website for support resources.

10. OFFICIAL PRODUCT VIDEOS

No official product videos from the seller are available for embedding at this time.

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