

Phoenix A2

Phoenix A2 Percussion Massager Instruction Manual

Model: A2

1. INTRODUCTION

The Phoenix A2 Percussion Massager is designed to provide deep tissue muscle relief, aiding in recovery and reducing muscle fatigue. This device helps to increase lymphatic flow, reduce lactic acid buildup, and alleviate soreness, spasms, and stiffness. It is suitable for athletes and individuals seeking effective muscle care and relaxation.

WHAT CAN PHOENIX DO?



DESIGNED FOR MUSCLE RELIEF:

Pleno deep tissue massager increases lymphatic flow & reduces lactic acid. Helps relieve muscle fatigue, soreness, spasms and stiffness.



01
REMOVE THE CREATINE
AFTER SPORTS



02
AVOID THE PAIN
AFTER SPORTS



03
EFFECTIVE CARING
FOR MUSCLE GROUP

Image 1: Overview of Phoenix A2 Percussion Massager benefits, including muscle relief, post-sport recovery, and general muscle care.

2. SAFETY INFORMATION

WARNING: To prevent electric shock, burns, fire, or injury, please read all instructions before using the device.

- Do not use the massager in the shower or in a humid environment.
- Keep the device away from water and other liquids.
- Do not operate the massager if it has been dropped or damaged.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Use only the provided charging cable.

3. PACKAGE CONTENTS

Please check the box for the following items:

- Phoenix A2 Percussion Massager
- Charging Cable/Adapter
- Four (4) Interchangeable Massage Heads
- User Manual (this document)



Image 2: Contents of the Phoenix A2 Percussion Massager package, including the device and accessories.

4. SETUP

1. **Charge the Device:** Before first use, fully charge the massager. Connect the charging cable to the charging slot located at the bottom of the handle and plug it into a power outlet. The power indication light will show charging status. A full charge provides approximately 4+ hours of use.
2. **Attach a Massage Head:** Select the desired massage head (refer to Section 6 for details). Gently push

the chosen head into the applicator slot on the front of the massager until it is securely in place. To remove, pull the head straight out.



Image 3: Detailed view of the Phoenix A2 massager's components, including charging port and controls.

5. OPERATING INSTRUCTIONS

- Power On/Off:** Locate the power switch at the bottom of the handle (near the charging slot). Slide the switch to the 'ON' position to power on the device. Slide it to 'OFF' to power off.
- Adjust Speed Levels:** After powering on, press the 'ON/OFF/LEVEL' button (often labeled 'PUSH' or indicated by an LED) to cycle through the three available speed settings. The LED speed level indication will show the current intensity.
 - **Level One:** 1800 percussions per minute (for gentle massage or warm-up)
 - **Level Two:** 2400 percussions per minute (for holistic relaxation)
 - **Level Three:** 3200 percussions per minute (for daily health care and deep muscle therapy)
- Application:** Gently apply the massager to the desired muscle group. Do not apply excessive pressure. Move the massager slowly over the muscles. Avoid bony areas and the head.
- Session Duration:** For optimal results, use the massager for 1-2 minutes per muscle group. Do not exceed 15-20 minutes of continuous use.

3 Speed Settings



Image 4: Display of the three speed settings and their corresponding percussions per minute (1800, 2400, 3200).



Image 5: Phoenix A2 Massage Gun showcasing its key features and design.

6. MASSAGE HEAD ATTACHMENTS

The Phoenix A2 comes with four ergonomically designed massage heads, each suited for different muscle groups and massage types:

- **Round Ball Head:** Ideal for large muscle groups such as arms, back, hips, thighs, and calves. Provides a general, all-purpose massage.
- **Flat Head:** Suitable for all parts of the body, offering a broader contact area for a more even massage.
- **Bullet Head:** Designed for deep tissue massage, targeting specific points, joints, and trigger points.
- **U-shaped Head:** Best for spinal injuries, neck, and Achilles tendon areas, providing a gentle massage around sensitive bones.



Image 6: Illustration of the four interchangeable massage heads and their recommended uses.

7. CHARGING

The Phoenix A2 Percussion Massager is equipped with a rechargeable lithium-ion battery. To charge:

1. Ensure the massager is turned OFF.
2. Connect the charging cable to the charging slot at the base of the handle.
3. Plug the adapter into a standard wall outlet.
4. The power indication light will illuminate to show charging status.
5. Allow the device to charge fully before first use and whenever the battery is low. A full charge provides over 4 hours of continuous use.

8. MAINTENANCE

- **Cleaning:** Wipe the massager with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid completely draining the battery frequently. Charge the device regularly, even if not in use for extended periods.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted. Power switch is off.	Charge the device fully. Ensure the power switch is in the 'ON' position.
Weak or inconsistent vibration.	Low battery. Massage head not properly attached.	Recharge the device. Re-attach the massage head securely.

Problem	Possible Cause	Solution
Device stops during use.	Overheating protection activated. Battery depleted.	Turn off the device and let it cool down for 30 minutes. Recharge the device.

10. SPECIFICATIONS

- **Model Name:** Phoenix A2
- **Weight:** 1 Kilogram
- **Power Source:** Battery Powered (Rechargeable Lithium-ion)
- **Material:** Polyurethane
- **Massage Technique:** Percussion
- **Speed Levels:** 3 (1800, 2400, 3200 percussions/minute)
- **Motor:** 24V Brushless DC motor with double bearing transmission
- **Noise Level:** Approximately 40dB (Noise Reducing Technology)
- **Wireless:** Yes
- **Waterproof Level:** Not waterproof
- **Targeted Use:** General Muscle Therapy, Back, Joints, Spinal Area



Image 7: Detail on the noise-reducing technology of the Phoenix A2, operating at approximately 40dB.



Image 8: Internal view illustrating the 3-speed shifting mechanism and the powerful, quiet motor.

11. WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact the retailer or manufacturer directly through their official website or customer service channels.