

RENPHO C3

RENPHO C3 Deep Tissue Massage Gun User Manual

Model: RF-C007-GR

1. INTRODUCTION

Thank you for choosing the RENPHO C3 Deep Tissue Massage Gun. This device is designed to provide percussive massage therapy to help relieve muscle soreness, promote blood circulation, and enhance post-exercise recovery. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, fire, and injury, this product must be used in accordance with the following instructions.

- Do not immerse the device in water or use it near water.
- Do not use the device on broken, irritated, or open skin.
- Discontinue use immediately if you experience any discomfort or pain.
- Ensure proper body positioning during use to avoid potential injury.
- Keep out of reach of children.
- Use only the provided charging cable.
- Do not modify or attempt to repair the device yourself. Contact customer support for assistance.

3. PACKAGE CONTENTS

Your RENPHO C3 Massage Gun package includes the following items:

- RENPHO C3 Massage Gun
- Multiple Interchangeable Massage Heads
- Charging Cable
- Portable Carrying Case
- User Manual



Image: The RENPHO C3 Massage Gun, various massage heads, and charging cable neatly organized within its portable carrying case.

4. PRODUCT OVERVIEW

4.1 Control Panel and LED Display

The RENPHO C3 features an intuitive LED display for easy operation, showing the current speed level and battery power.

Experience The Real Percussion Therapy



Image: Close-up of the massage gun's LED display, indicating speed levels (1-20) and battery status. It also shows buttons for power and intensity adjustment.

4.2 High-Torque Brushless Motor

Equipped with a high-torque brushless motor, the RENPHO C3 provides powerful yet quiet operation, ensuring a comfortable massage experience with extended durability.

High-torque Brushless Motor

Comfortable, Quiet Powerful

Operating life of Up to **10000 Hours**

RENPHO **Running Life--10000H**

Other **Running Life-- <500H**

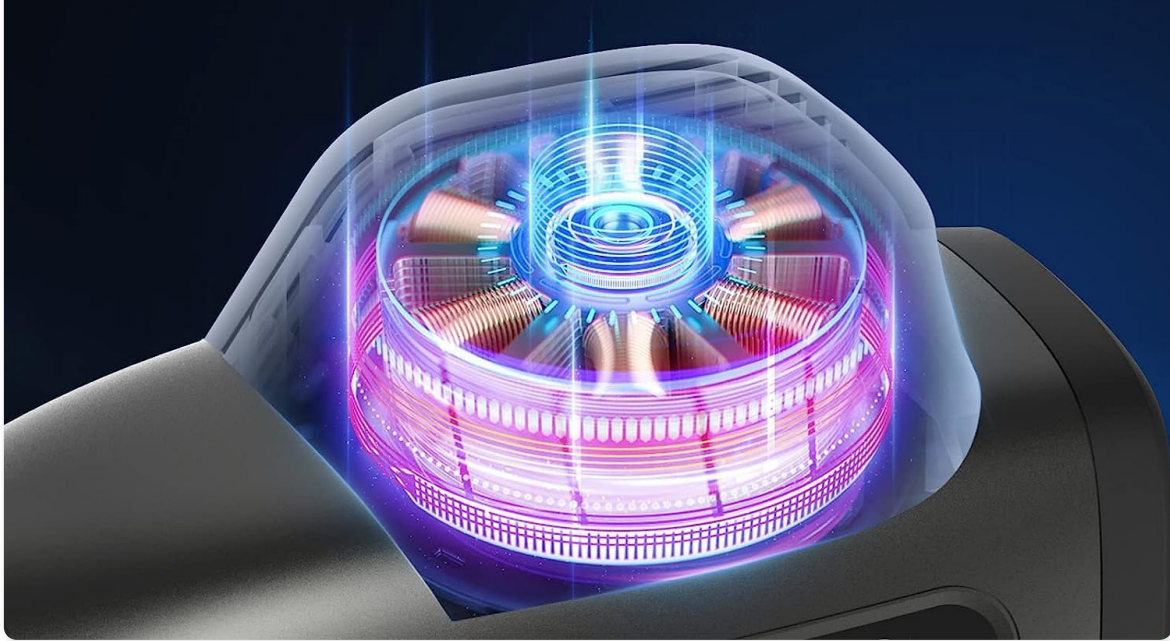


Image: An internal diagram highlighting the high-torque brushless motor, emphasizing its quiet and powerful performance with a long operating life.

4.3 Ultra-Superior Battery

The device is powered by a long-lasting lithium-ion battery, offering extended usage time and reliable performance.

Ultra-Superior Battery



Image: A visual representation of the massage gun's internal battery structure, indicating 6x2000 mAh cells for superior battery cycles.

5. SETUP

5.1 Charging the Device

1. Before first use, fully charge the massage gun.
2. Connect the charging cable to the charging port on the device and plug the other end into a suitable power adapter.
3. The LED display will indicate the charging status. The device is fully charged when the battery indicator shows full.

5.2 Attaching Massage Heads

1. Ensure the device is turned off before attaching or removing any massage head.
2. Gently push the desired massage head into the opening at the front of the gun.
3. To remove, gently pull the massage head straight out. Do not twist.

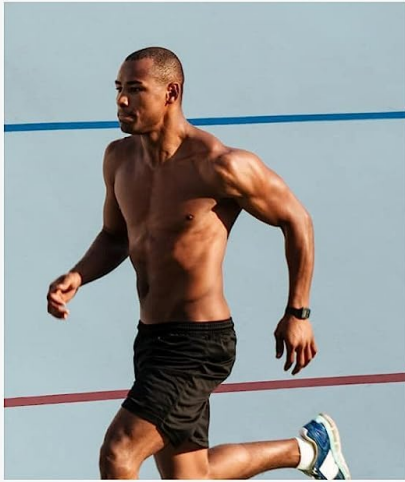
6. OPERATING INSTRUCTIONS

6.1 Basic Operation

1. Press and hold the power button on the LED display to turn on the massage gun.
2. Use the '+' and '-' buttons to select your desired speed level from the 20 available settings.
3. Place the massage gun on the desired body area and move it slowly for a few minutes.
4. To turn off, press and hold the power button again.

6.2 Usage Guidelines

- Start with a low speed and gradually increase as comfortable.
- Do not apply excessive pressure. Let the percussive action do the work.
- Avoid using on bony areas, joints, or the head/neck.
- Limit usage to 1-2 minutes per muscle group.
- The RENPHO C3 is designed for post-exercise recovery, muscle tension relief, and promoting blood flow.



YOUR PRE & POST WORKOUT COMPANION

Enhance muscle recovery

Prepare for warm up

Increase range of motion

Relieve muscle soreness post-workout



Image: A visual comparison demonstrating the percussion force of the RENPHO C3 (60lbs) versus other massage guns (10-30lbs).



Image: A collage showing various individuals using the massage gun for pre-workout warm-up, post-workout recovery, and general muscle relief.

7. MESSAGE HEAD GUIDE

The RENPHO C3 comes with several interchangeable massage heads, each designed for specific muscle groups and massage types:



Image: A display of six different massage heads, each with a description of its intended use for various body parts and massage techniques.

- **Ball Head:** Ideal for bulk muscle groups like arms, back, hips, thighs, and calves.
- **Fork Head:** Suitable for small areas of the back, neck, and waist, and for targeting the Achilles tendon.
- **Flat Head:** Designed for deep tissue massage and precise massage on various body parts.
- **Bullet Head:** Best for sensitive body relaxation and muscle plasticity, targeting specific trigger points.
- **Cushion Head:** For general muscle relaxation and larger muscle areas.
- **Cone Head:** For massaging the neck, spine, and Achilles tendon.

8. MAINTENANCE

8.1 Cleaning

- Turn off the device and unplug it before cleaning.

- Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or solvents.
- Ensure the device is completely dry before storing or next use.

8.2 Storage

- Store the massage gun and its accessories in the provided carrying case.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for a few seconds.
- **Weak percussion:** Check the battery level. If low, recharge the device. Ensure the massage head is securely attached.
- **Unusual noise:** Turn off the device immediately. Check for any obstructions around the massage head. If the noise persists, contact customer support.
- **Device stops during use:** The device may have an overheating protection feature. Allow it to cool down before attempting to use it again. Check battery level.

10. SPECIFICATIONS

Model Number	RF-C007-GR
Dimensions	17.5 x 24.5 x 7.5 cm
Weight	800 grams
Material	ABS
Battery	1 Lithium Ion Battery (Rechargeable)
Speed Levels	20
Special Features	Wireless, Portable, Adjustable Intensity, Deep Tissue Massage
Massage Technique	Percussion

11. WARRANTY AND SUPPORT

RENPHO products come with a standard warranty. For detailed warranty information, product support,

or any inquiries, please refer to the warranty card included in your package or visit the official RENPHO website. You can also contact our customer service team for assistance.

For further assistance, please visit the [RENPHO Store on Amazon](#).