

Medcursor MMG0101

Medcursor Massage Gun User Manual

Model: MMG0101

Brand: Medcursor

1. INTRODUCTION

Thank you for choosing the Medcursor Massage Gun. This handheld percussion deep tissue massager is designed to provide powerful relief for sore muscles and stiffness, promoting relaxation and recovery. Featuring a high-torque brushless motor, it operates quietly and efficiently. This manual provides essential information for safe and effective use of your device.

2. SAFETY INFORMATION

Important Safety Precautions:

- Do not use the massage gun while charging or plugged in. Always unplug the charger before use.
- Allow the massage gun to cool down after use before charging or storing.
- Keep the charger and massage gun away from water and other liquids.
- Always follow the charging instructions provided with the product to ensure safe charging and prevent potential hazards.

3. PRODUCT OVERVIEW AND COMPONENTS

The Medcursor Massage Gun comes with a main unit and six interchangeable massage heads, designed for various muscle groups and massage needs. A convenient carrying case is included for portability and storage.



Image: Medcursor Massage Gun main unit, six interchangeable massage heads, and a gray carrying case.

Included Components:

- Medcursor Massage Gun Main Unit
- 6 Interchangeable Massage Heads
- USB Charging Cable
- User Manual
- Carrying Case

Massage Heads:

6 Interchangeable Heads

1



ROUND:

For large muscle groups (quads, glutes, etc.) or extreme soreness



2



FLAT:

For general use, relaxing for whole body muscles



3



FORK:

For shoulder, spinal, calves, etc.



4



CONE:

Apply to strike the deep tissue of the joint, feet, wrist, etc.



5



METAL:

Smooth and easy to clean, suitable for sensitive skin and oil massage



6



SHOVEL:

For larger muscles around legs and low back



Image: Visual guide to the six different massage heads and their recommended applications.

1. **Round Head:** Ideal for large muscle groups such as quads, glutes, and for extreme soreness.
2. **Flat Head:** Suitable for general use and relaxing whole body muscles.
3. **Fork Head:** Designed for targeting the shoulder, spinal area, and calves.
4. **Cone Head:** Best for striking deep tissue in joints, feet, and wrists.
5. **Metal Head:** Smooth and easy to clean, suitable for sensitive skin and oil massage.
6. **Shovel Head:** Recommended for larger muscles around the legs and lower back.

4. SETUP

Charging the Device:

Before first use, fully charge the massage gun. The device is equipped with a high-quality 2000mAh*3 rechargeable Lithium battery. A full charge can provide up to 4.5 hours of use, depending on the speed level and pressure

applied.

- Connect the USB charging cable to the charging port on the massage gun.
- Plug the other end of the cable into a compatible USB power adapter (not included) or a USB port.
- The battery indicator lights will show the charging status. A green light indicates 70%-100% charge, yellow for 30%-70%, and red for 0%-30%.
- Once fully charged, disconnect the charger.



Image: Close-up of the massage gun showing the battery indicator lights and gear indicator for speed levels.

Attaching Massage Heads:

To attach a massage head, simply align the base of the desired head with the opening on the front of the massage gun and push it firmly into place. To remove, pull the head straight out.

5. OPERATING INSTRUCTIONS

The Medcursor Massage Gun features a simple one-button operation for ease of use.

Power On/Off:

- To turn the device **ON**, long press the power button.
- To turn the device **OFF**, long press the power button again.

Adjusting Speed Levels:

The massage gun has 5 adjustable speed levels (1200-3200 RPM) to customize your massage intensity.

- Once the device is on, short press the power button to cycle through the 5 speed levels.
- The gear indicator lights will illuminate to show the current speed setting.

Speed Levels and RPM

Speed Level	RPM Range	Recommended Use
1	1200 RPM	Muscle Activation
2-3	1600-2200 RPM	Fascia Relaxation
4	2800 RPM	Deep Massage
5	3200 RPM	Professional Mode

Intelligent Timer and Shutdown:

The device features a 10-minute intelligent timer to prevent overuse and a 60-second intelligent shutdown feature to save battery when in standby mode.

10 min
Intelligent timing

Protect health and
prevent overuse

60 s
Intelligent shutdown

Save battery, works up to 8hrs



Image: Diagram illustrating the 10-minute intelligent timing and 60-second intelligent shutdown features of the massage gun.

6. USAGE GUIDELINES AND APPLICATION AREAS

Select the appropriate massage head and speed level for the specific muscle group you wish to target. Gently apply the massage gun to the desired area, moving it slowly over the muscle. Avoid direct contact with bones or joints.

Recommended Usage for Each Head:



Image: Visual guide for using the Round and Flat heads on large muscle groups like pectoralis major, rectus abdominis, gluteus maximus, quadriceps, hamstrings, and gastrocnemius.

- **Round Head:** Best for large muscle groups such as pectoralis major, rectus abdominis, gluteus maximus, quadriceps, hamstrings, and gastrocnemius.
- **Flat Head:** Suitable for general relaxation across the entire body's muscles.



Image: Visual guide for using the Fork and Shovel heads on areas like the neck, shoulder, spinal muscles, trapezius, latissimus dorsi, and sartorius.

- **Fork Head:** Ideal for the neck, shoulder, spinal muscles, and trapezius.
- **Shovel Head:** Recommended for larger muscles around the legs and lower back, including latissimus dorsi and sartorius.



Image: Visual guide for using the Cone and Metal heads on specific points like deltoid, biceps brachii, triceps brachii, wrist, and feet.

- **Cone Head:** Perfect for precise deep tissue work on areas like the deltoid, biceps brachii, triceps brachii, wrist, and feet.
- **Metal Head:** Can be used on various areas for a smooth massage, including deltoid, biceps brachii, and triceps brachii.

7. MAINTENANCE

Cleaning:

- Before cleaning, ensure the device is turned off and unplugged from any power source.
- Wipe the main unit with a slightly damp cloth. Do not immerse the device in water or any other liquid.
- The massage heads can be cleaned with mild soap and water, then thoroughly dried before reattaching.

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.

8. TROUBLESHOOTING

If you encounter any issues with your Medcursor Massage Gun, please refer to the following common solutions:

Common Issues and Solutions

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Charge the device fully. Ensure the charging cable is securely connected.
Massage head falls out during use.	Head not securely attached.	Ensure the massage head is pushed firmly into the device until it clicks into place.
Device stops unexpectedly.	Intelligent timer activated (10-minute auto-off) or low battery.	Restart the device if the timer was activated. If battery is low, recharge the device.

Problem	Possible Cause	Solution
Unusual noise or vibration.	Foreign object or internal issue.	Turn off the device and inspect for any obstructions. If the issue persists, contact customer support.

If the problem persists after attempting these solutions, please contact Medcursor Customer Support for further assistance.

9. SPECIFICATIONS

Medcursor Massage Gun Specifications

Feature	Detail
Product Dimensions	7.09 x 7.09 x 2.76 inches
Item Model Number	MMG0101
Batteries	1 Lithium Ion battery required (included)
Item Weight	2.92 Pounds
Power Source	Battery Powered
Material	Stainless Steel
Manufacturer	Medcursor
Motor Type	High-torque Brushless Motor
Noise Level	Minimum 35dB
Massage Depth	11mm

10. WARRANTY AND SUPPORT

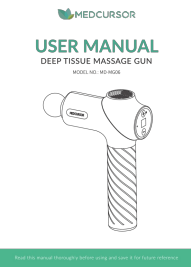


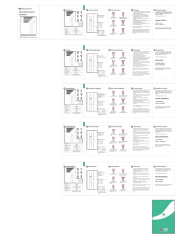
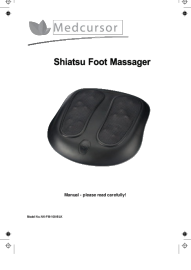

Medcursor offers a **one-year warranty** for this product. Please retain your proof of purchase for warranty claims.

Customer Support:

For product support, troubleshooting assistance, or warranty inquiries, please visit the official Medcursor store or contact their customer service directly.
Visit the Medcursor Store: [Medcursor Official Store](#)

11. LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

 <p>USER MANUAL DEEP TISSUE MASSAGE GUN MODEL: MD-MG06</p>	<p>Medcursor MD-MG06 Deep Tissue Massage Gun User Manual</p> <p>User manual for the Medcursor MD-MG06 Deep Tissue Massage Gun, providing instructions on safe operation, features, maintenance, troubleshooting, and warranty information.</p>
 <p>KNEADING MASSAGER DEEP KNEADING RELIEF FOR HARD-TO-REACH MUSCLES</p>	<p>Medcursor Kneading Massager: Operation Manual and Safety Guide</p> <p>User manual for the Medcursor Kneading Massager, providing detailed operation instructions, important safety warnings, product specifications, care guidelines, warranty information, and customer service contact details. Features deep tissue relief, shiatsu nodes, and heat functionality.</p>
 <p>KNEADING MASSAGER DEEP KNEADING RELIEF FOR HARD-TO-REACH MUSCLES</p>	<p>Medcursor Kneading Massager User Manual and Safety Guide</p> <p>Comprehensive guide for the Medcursor Kneading Massager, covering safe operation, features, specifications, maintenance, and warranty. Learn how to get deep kneading relief for hard-to-reach muscles.</p>
	<p>MEDCURSOR MMG0101 Vibration Massage Device User Manual</p> <p>User manual for the MEDCURSOR MMG0101 Vibration Massage Device, detailing packing list, operating instructions, warnings, and customer support.</p>
 <p>Shiatsu Foot Massager</p>	<p>Medcursor Shiatsu Foot Massager NK-FM-100-BLK User Manual</p> <p>User manual for the Medcursor Shiatsu Foot Massager with model number NK-FM-100-BLK. Provides safety precautions, operating instructions, and technical specifications for the foot massager.</p>
 <p>USER MANUAL Knee Massager with Heat MODEL: MD-KP02</p>	<p>Medcursor MD-KP02 Knee Massager with Heat User Manual - Operation, Care, Troubleshooting</p> <p>Comprehensive user manual for the Medcursor MD-KP02 Knee Massager with Heat. Learn about operation, safety precautions, care, maintenance, troubleshooting, and warranty information for this cordless massager.</p>

