

Piroir 732694030338

Piroir Massage Gun User Manual

Model: 732694030338

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Piroir Massage Gun. This device is designed to deliver deep muscle percussion massage, aiding in the relief of muscle stiffness and soreness, promoting blood circulation, and improving the overall health of soft tissues. Please read this manual thoroughly before first use and retain it for future reference.

IMPORTANT SAFETY INSTRUCTIONS

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

- This device is intended for adult use only. Do not use on children.
- Consult your physician before using this device if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use the massage gun directly on bones, joints, or the head. Avoid sensitive areas.
- Do not immerse the device in water or expose it to excessive moisture.
- Use only the provided charger.
- Do not operate continuously for more than 15 minutes. Allow 30 minutes of rest before re-using.
- Keep fingers, hair, or any other body parts away from the shaft and back of the massage head to prevent pinching.
- If you experience pain or discomfort, discontinue use immediately.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Piroir Massage Gun
- 6 Interchangeable Massage Heads
- Power Adapter/Charger
- User Manual (this document)
- Storage Case



Image: The Piroir Massage Gun, its various attachments, and charger neatly organized within a durable black storage case.

SETUP

1. Charging the Device

Before first use, fully charge the massage gun for approximately 3-4 hours. Connect the power adapter to the charging port on the base of the massage gun and plug it into a wall outlet. The indicator lights will show charging status and battery level. A full charge provides up to 5 hours of operation.

2. Attaching Massage Heads

To attach a massage head, simply align the head with the opening on the front of the massage gun and push it firmly into place. To remove, pull the head straight out. Ensure the device is powered off before changing heads.



6 Adjustable Speed level

Lever 1: 1600 PPM

Lever 2: 1900 PPM

Lever 3: 2200 PPM

Lever 4: 2500 PPM

Lever 5: 2800 PPM

Lever 6: 3200 PPM

Image: The Piroir Massage Gun with a ball-shaped attachment, illustrating the general design and attachment point.

OPERATING INSTRUCTIONS

1. Power On/Off

Press and hold the power button located on the handle for 2 seconds to turn the device on or off. The device will start at the lowest speed setting.

2. Adjusting Speed Levels

Once powered on, press the power button repeatedly to cycle through the 6 available speed levels. The LED indicators will display the current speed setting.

Lever 1: 1600 PPM (Percussions Per Minute)

Lever 2: 1900 PPM

Lever 3: 2200 PPM

Lever 4: 2500 PPM

Lever 5: 2800 PPM

Lever 6: 3200 PPM



Image: An internal diagram of the Piroir Massage Gun highlighting its brushless motor and quiet operation, indicating sound levels below 45dB.

3. Using the Massage Heads

Select the appropriate massage head for the desired muscle group:

- **Ball Head (x2):** Suitable for large muscle groups such as arms, waist, back, hips, thighs, and calves.
- **Conical Head:** Designed for impacting deep tissues, meridian joints, palms, and soles.
- **Flat Head:** Ideal for massaging deep muscles of the body, including legs and hips.
- **U-Shaped Head:** Best for massage of the neck, spine, and Achilles tendon.
- **Air Compression Head:** For sensitive body areas requiring gentle relaxation.



Image: A visual guide displaying the six interchangeable massage heads and their recommended applications for various muscle groups and body parts.

4. Application Guidelines

Apply the massage gun to the desired muscle area, moving it slowly and gently. Do not apply excessive pressure. Recommended usage times for specific areas:

- **Shoulder Muscle Group:** 15-20 seconds, repeat 3 times.
- **Chest Muscle Group:** 30 seconds, 1 time.
- **Back Muscles:** 30-60 seconds, repeat 3 times.
- **Hip Muscle Group:** 30-60 seconds, repeat 4 times.
- **Lower Limb Muscles:** 20-30 seconds, repeat 3 times.



Instructions



Shoulder muscle group
15-20s x3 Times



Chest muscle group
30s x 1 Times



Back muscles
30-60s x 3 Times



Hip muscle group
30-60s x 4 Times



Lower limb muscles
20-30s x 3 Times

**For more instructions, please see the instructions.

Image: An instructional graphic demonstrating recommended massage durations for various muscle groups including shoulders, chest, back, hips, and lower limbs.

MAINTENANCE

Cleaning

Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the device is powered off and unplugged before cleaning.

Storage

Store the massage gun and its accessories in the provided storage case in a cool, dry place, away from direct sunlight and extreme temperatures. Keep out of reach of children.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully using the provided adapter. Ensure the power button is pressed and held for 2 seconds.
Device stops working during use.	Overheating or low battery.	Allow the device to cool down for 30 minutes. If the issue persists, charge the battery.
Massage head is difficult to attach/remove.	Incorrect alignment or debris.	Ensure the device is off. Align the head correctly and push/pull firmly. Check for any obstructions.
Reduced battery life.	Battery degradation over time.	This is normal for rechargeable batteries. Ensure full charges and avoid deep discharges.

SPECIFICATIONS

- **Model Number:** 732694030338
- **Brand:** Piroir
- **Power Source:** Battery Powered
- **Battery Type:** 2800mAH Rechargeable Lithium-ion
- **Operating Time:** Up to 5 hours (per charge)
- **Speed Levels:** 6 (1600-3200 PPM)
- **Number of Massage Heads:** 6
- **Material:** Silicone (for some heads)
- **Product Dimensions:** 24.99 x 16.99 x 7.01 cm
- **Weight:** 1.52 kg

WARRANTY AND SUPPORT

The Piroir Massage Gun is covered by a 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 manufacturer directly through their official website or the contact information provided with your purchase.

Manufacturer: Piroir