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QUINEAR QN-022G

QUINEAR QN-022G Deep Tissue Percussion Massage Gun User Manual

1. INTRODUCTION

Thank you for choosing the QUINEAR QN-022G Deep Tissue Percussion Massage Gun. This device is designed to provide targeted muscle relief, reduce stiffness, and improve circulation. Please read this manual thoroughly before use to ensure safe and effective operation.

Accurate Percussion

- 20 Speed Shift
- 6 Massage Heads
- 2500mAh lithium-ion
- Relieve Muscle Soreness



Image 1.1: The QUINEAR QN-022G Massage Gun with its six interchangeable massage heads, demonstrating its use for muscle relief and recovery.

2. SAFETY INSTRUCTIONS

- Do not immerse the device in water. Keep away from liquids.
- Do not operate continuously for more than 1 hour. Allow 30 minutes of rest before re-using.
- For adult use only. Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on injured skin, open wounds, or areas with bone fractures.
- Avoid using on the head, face, or directly over bones.
- Keep out of reach of children.
- Use only the provided charger.
- Do not modify or disassemble the device.

3. PACKAGE CONTENTS

Upon opening your QUINEAR QN-022G Massage Gun package, you should find the following items:

- 1 x QUINEAR QN-022G Massage Gun
- 6 x Interchangeable Massage Heads
- 1 x Power Charger
- 1 x Portable Carrying Case
- 1 x User Manual

Package includes

1 x Massage Gun

6 x Massage Heads

1 x Power Charger

1 x Portable Carrying Case

1 x User Manual



Image 3.1: All items included in the QUINEAR QN-022G Massage Gun package: the massage gun, six massage heads, power charger, portable carrying case, and user manual.

4. PRODUCT OVERVIEW

Familiarize yourself with the components of your massage gun:

Product Details



Image 4.1: Labeled diagram of the QUINEAR QN-022G Massage Gun, highlighting key features such as the Vent Radiator, Electricity Display, Speed Level Display, Interchangeable Massage Heads, Charging Port, Power Switch, and Ergonomic Handle with Built-in 2500mAh Rechargeable Lithium-ion battery.

- **Interchangeable Massage Heads:** Six different heads for various muscle groups and massage types.
- **Vent Radiator:** Ensures efficient heat dissipation during operation.
- **Electricity Display (LCD Screen):** Shows remaining battery power.
- **Speed Level Display (LCD Screen):** Indicates the current massage intensity level (1-20).
- **Speed Control Buttons (+/-):** Adjust the percussion speed.
- **Start/Stop Button:** Powers the device on/off and starts/stops percussion.
- **Charging Port:** Connect the power charger here.
- **Power Switch (Bottom):** Main power on/off switch for the device.
- **Ergonomic Handle:** Designed for comfortable grip and extended use.

5. SETUP

1. **Charge the Device:** Before first use, fully charge the massage gun. Refer to Section 7 for detailed charging instructions.
2. **Attach a Massage Head:** Select the desired massage head (refer to Section 6 for guidance). Gently push the stem of the massage head into the opening at the front of the gun until it is securely seated. To remove, pull the head straight out.
3. **Power On:** Locate the main power switch at the bottom of the handle. Slide it to the "ON" position. The LCD screen will illuminate.

6. OPERATING INSTRUCTIONS

1. **Start Percussion:** After powering on the device (main switch), press the "Start/Stop" button on the LCD screen to begin percussion.
2. **Adjust Speed:** Use the "+" and "-" buttons on the LCD screen to increase or decrease the massage speed. There are 20 speed levels available, ranging from 1200 to 3200 percussions per minute.
3. **Apply to Muscles:** Gently press the massage head against the desired muscle group. Move the device slowly over the muscle, applying light to moderate pressure. Do not apply excessive force.
4. **Session Duration:** For optimal results and safety, limit each massage session to 10-15 minutes per muscle group. The device may have an automatic shut-off feature after 10 minutes.
5. **Stop Percussion:** Press the "Start/Stop" button on the LCD screen to pause or stop the percussion.
6. **Power Off:** After use, slide the main power switch at the bottom of the handle to the "OFF" position to completely power down the device.



Image 6.1: Examples of how the QUINEAR QN-022G Massage Gun can be used on different body areas for muscle relief.

7. MESSAGE HEAD GUIDE

The QUINEAR QN-022G comes with six specialized massage heads, each designed for specific muscle groups and massage types:

6 Massage Applicators



U-Shaped Head

for neck, spine, achilles etc



Flat Head

for various muscle parts



Bullet Head

for meridians, palms, soles



Thumb Head

Suitable for deep tissue in the body, acupressure.



Small Ball Head

for arms, thighs, calves



Big Ball Head

for back, buttocks

Image 7.1: Visual guide to the six massage heads included with the QUINEAR QN-022G Massage Gun and their recommended applications.

- **U-Shaped Head:** Ideal for the neck, spine, and Achilles tendon.
- **Flat Head:** Suitable for various muscle parts, offering a broad contact surface.
- **Bullet Head:** Designed for meridians, palms, and soles, providing pinpoint pressure.
- **Thumb Head:** Best for deep tissue massage and acupressure points.
- **Small Ball Head:** Recommended for arms, thighs, and calves.
- **Big Ball Head:** Effective for larger muscle groups like the back and buttocks.

8. CHARGING

The device is powered by a built-in 2500mAh rechargeable Lithium-ion battery.

1. Ensure the main power switch at the bottom of the handle is in the "OFF" position.

2. Connect the power charger to the charging port on the massage gun.
3. Plug the charger into a suitable wall outlet (AC 100-240V, 50/60Hz).
4. The LCD battery indicator will show the charging status. It will typically show a full battery icon when charging is complete.
5. A full charge provides approximately 4-6 hours of continuous use, depending on the speed setting.
6. Unplug the charger once charging is complete.

9. MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the massage gun and its accessories in the portable carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

10. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Main power switch is OFF. Battery is depleted.	Slide main power switch to ON. Charge the device fully.
No percussion when turned on.	Percussion not activated.	Press the "Start/Stop" button on the LCD screen.
Short battery life.	Battery not fully charged. High speed setting used frequently.	Ensure full charge. Lower speed settings consume less power.
Massage head falls off.	Head not securely attached.	Ensure the massage head is pushed firmly into place.
Device overheats.	Continuous use for too long.	Allow the device to cool down for at least 30 minutes after 1 hour of continuous use.

11. SPECIFICATIONS

Feature	Detail
Brand	QUINEAR
Model Number	QN-022G
Color	Black
Power Source	Battery Powered (Rechargeable)
Battery Type	2500mAh Lithium-ion

Feature	Detail
Battery Life	Up to 4-6 hours (depending on speed)
Massage Speeds	20 levels (1200-3200 percussions/minute)
Motor Type	High-torque Brushless Motor
Noise Level	39dB - 55dB
Display	LCD Screen (Speed & Battery)
Number of Massage Heads	6
Materials	ABS Plastic (gun body), Silicone (some heads)
AC/DC Adapter Input	100-240V, 50/60Hz
AC/DC Adapter Output	25.2V 1A
Item Weight	2.08 Pounds (approx. 943 grams)

High-torque Brushless Motor

Give you quiet and comfortable experience



Image 11.1: An internal view highlighting the high-torque brushless motor, which contributes to the quiet and powerful operation of the massage gun.

12. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official QUINEAR website. Keep your purchase receipt as proof of purchase.