

Mebak Mebak 3

Mebak 3 Deep Tissue Percussion Massage Gun User Manual

Model: Mebak 3

INTRODUCTION

The Mebak 3 Deep Tissue Percussion Massage Gun is designed to provide targeted muscle relief and aid in recovery. This manual outlines the essential information for safe and effective use of your device, including setup, operation, maintenance, and product specifications.

SAFETY INFORMATION

- Keep out of reach of children.
- Avoid use on bony areas, open wounds, or inflamed skin.
- If the product is not water resistant, do not use in wet or damp environments.
- If discomfort or pain occurs during use, discontinue use immediately.

PACKAGE CONTENTS

Your Mebak 3 Massage Gun package includes the following items:

- Mebak 3 Massage Gun
- 7 Interchangeable Massage Heads
- Carrying Case
- Charging Cable (Adapter not included; 5V/2A adapter recommended)



Figure 1: Mebak 3 Massage Gun, attachments, and carrying case.

SETUP AND CHARGING

Charging the Device

Before first use, fully charge the massage gun. Connect the charging cable to the device and a compatible 5V/2A adapter. The battery indicator on the display will show the charging status. A full charge typically takes approximately 4 hours and provides 2-4 hours of working time.

60W High-torque Brushless Motor for Quick Recovery

Strong torque, no speed reduction even if used for a long time



Figure 2: Battery and charging information for the Mebak 3 Massage Gun.

Attaching Massage Heads

The Mebak 3 comes with 7 interchangeable massage heads, each designed for specific muscle groups and massage types. To attach a head, simply insert it firmly into the opening at the front of the gun. To remove, pull it straight out.



Figure 3: Overview of the 7 massage heads and their applications.

OPERATING INSTRUCTIONS

- Power On/Off:** Locate the power switch at the bottom of the handle. Slide it to the 'ON' position to activate the device.
- Select Massage Head:** Choose the appropriate massage head based on the targeted muscle group and desired intensity. Refer to Figure 3 for guidance.
- Start Massage:** Press the power button on the display to start the percussion.
- Adjust Speed:** The Mebak 3 features 5 speed levels (950 - 3000 RPM). Tap the power button on the display to cycle through the speed settings. The LED display will indicate the current speed level.
- Apply to Muscle:** Gently apply the massage gun to the affected area. Gradually increase pressure as needed. Move the device back and forth over the muscle for 15-30 seconds, then pause and reassess the pressure and comfort level.
- Pressure Sensor:** The LED pressure sensor indicator helps identify optimal pressure.
- Automatic Shut-off:** The device is equipped with a 10-minute automatic shut-off feature to prevent overuse.
- Power Off:** To turn off the device, press and hold the power button on the display until it shuts down, then slide the power

switch at the bottom of the handle to the 'OFF' position.

Max 3000RPM/Min

Meet All Your Massage Need

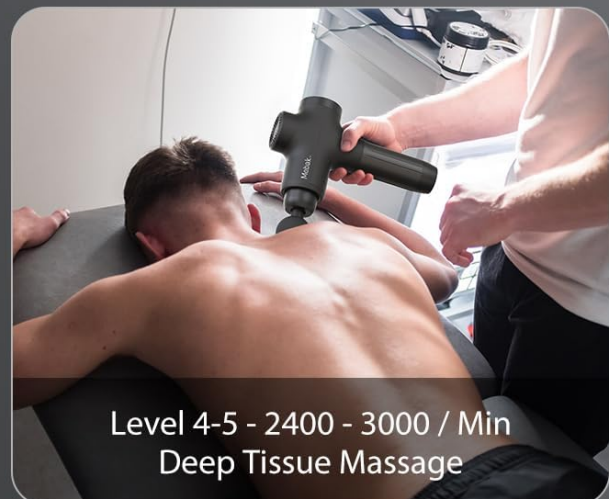
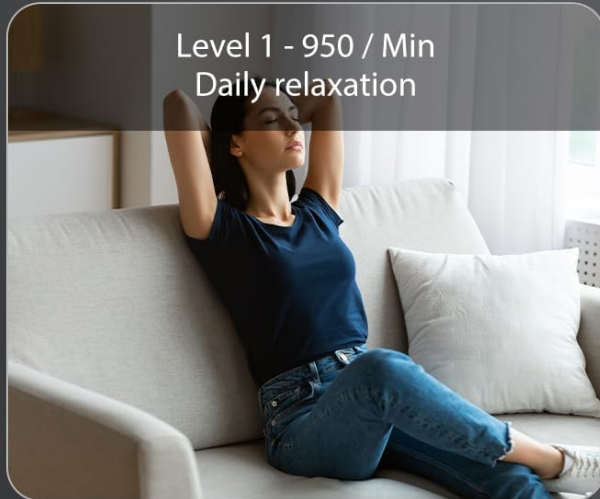
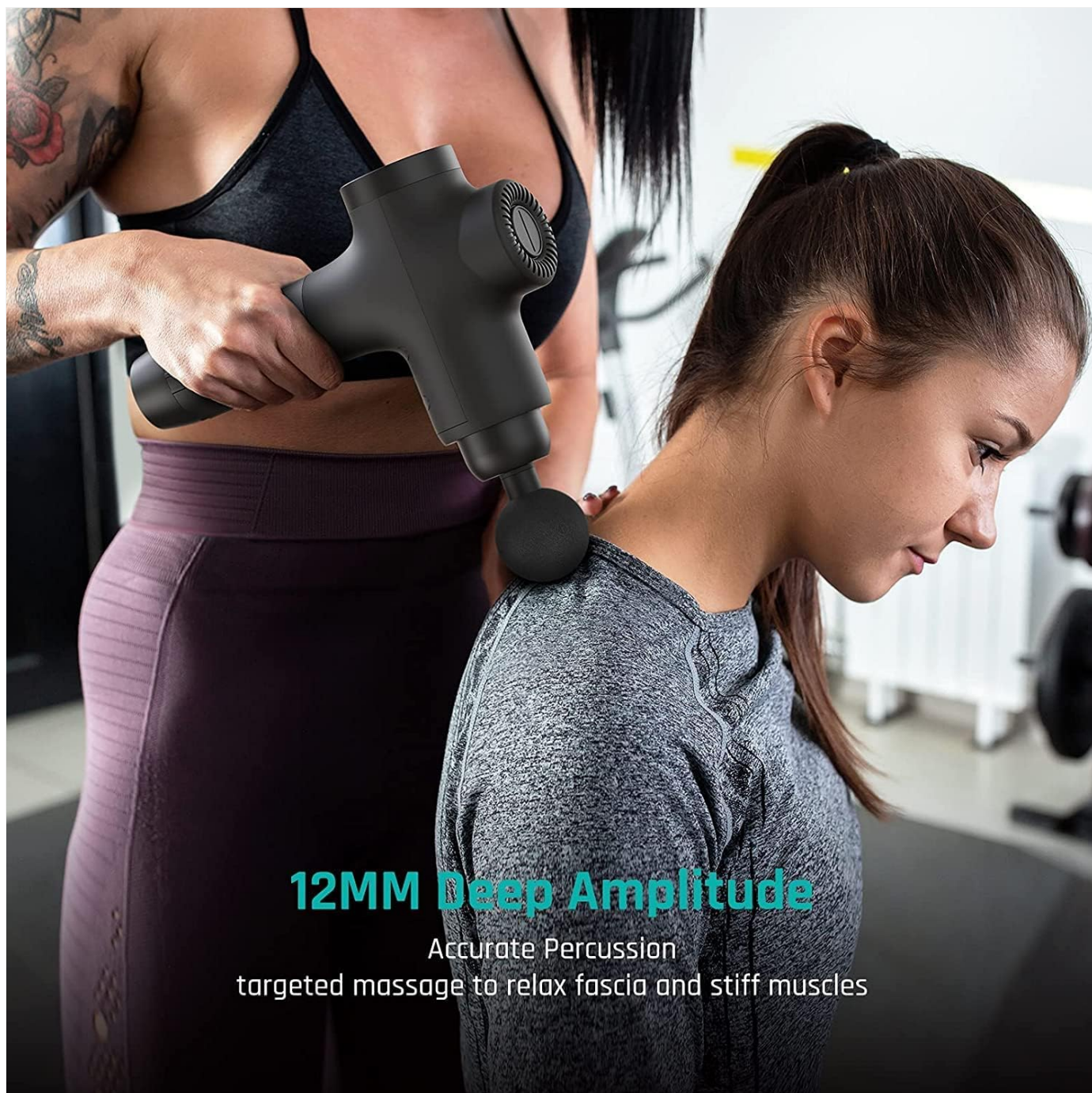


Figure 4: Device display indicating speed and pressure.



12MM Deep Amplitude
Accurate Percussion
targeted massage to relax fascia and stiff muscles

Figure 5: Demonstrating the 12MM deep amplitude for targeted massage.

Official Product Video: Operation Overview

Your browser does not support the video tag.

Video 1: Official Mebak demonstration of the massage gun's features and use.

MAINTENANCE

To ensure the longevity and hygiene of your Mebak 3 Massage Gun:

- After each use, clean the massage heads with a damp cloth and mild soap. Ensure they are completely dry before storing.
- Wipe the body of the massage gun with a clean, dry cloth.
- Store the device and all accessories in the provided carrying case in a cool, dry place.

TROUBLESHOOTING

If you encounter any issues with your Mebak 3 Massage Gun, please refer to the following common troubleshooting steps:

- **Device Not Turning On:** Ensure the power switch at the bottom is in the 'ON' position and the device is sufficiently charged.
- **Weak Percussion:** Check the battery level and recharge if necessary. Ensure the massage head is securely attached.
- **Unusual Noise:** Discontinue use and check if any foreign objects are obstructing the massage head. If the issue persists, contact customer support.
- **Overheating:** The device has an automatic shut-off feature to prevent overheating. Allow the device to cool down before resuming use.

For further assistance, please contact Mebak customer support.

SPECIFICATIONS

Feature	Specification
Product Dimensions	6.78 x 2.6 x 9.8 inches
Item Weight	1.68 Pounds
Model Number	Mebak 3
Batteries	4 Lithium Ion batteries required
Power Source	Battery Powered
Material	Silicone
Amplitude	12MM
Stall Force	53 Pounds
Speed Levels	5 (950 - 3000 RPM)
Noise Level	39-50dB

WARRANTY AND SUPPORT

The Mebak 3 Massage Gun includes a 12-month worry-free warranty. For warranty claims or technical support, please refer to the contact information provided with your product packaging or visit the official Mebak website.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question