

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

- › [Nordic Lifting](#) /
- › [Nordic Lifting Fuego X9 Heated Percussion Massage Gun User Manual](#)

Nordic Lifting Fuego_X9_US

Nordic Lifting Fuego X9 Heated Percussion Massage Gun

User Manual

1. INTRODUCTION

Thank you for choosing the Nordic Lifting Fuego X9 Heated Percussion Massage Gun. This device is designed to provide deep tissue massage and muscle relief, aiding in faster recovery and alleviating muscle soreness. Its advanced features, including a heated massage head and multiple intensity settings, make it an ideal tool for athletes and individuals seeking effective muscle therapy.



Image 1.1: The Fuego X9 Heated Percussion Massage Gun with its various attachments and carrying case.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Fuego X9 massage gun. Improper use can lead to injury or device damage.

- Do not immerse the device in water or other liquids.
- Keep away from heat sources and direct sunlight.
- Do not use on open wounds, inflamed areas, or sensitive skin.
- Consult a physician before use if you are pregnant, have a pacemaker, suffer from diabetes, or have any pre-existing medical conditions.
- Keep out of reach of children.
- Use only the provided charger.
- Do not operate the device if it has been damaged or dropped.

- Avoid using the device for more than 15 minutes on a single muscle group.

Warning: This device is for external use only. Do not use on the head, face, or directly over bones.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x Fuego X9 Heated Percussion Massage Gun
- 5 x Versatile Massage Heads (Ball, Fork, Flat, Bullet, Heated)
- 1 x Carry Bag
- 1 x 110-240V Charger
- Interchangeable US, EU, and UK Plugs
- 1 x User Manual (this document)



Image 3.1: All components included with the Fuego X9 massage gun.

4. PRODUCT OVERVIEW

Familiarize yourself with the main components of your Fuego X9 massage gun:

- 1. Massage Head Attachment Point:** Where the various massage heads are inserted.
- 2. Control Panel:** Features power button, mode selection, intensity adjustment, and heating function button.
- 3. Handle:** Ergonomically designed for comfortable grip.
- 4. Charging Port:** Located at the bottom of the handle.
- 5. Battery Indicator Lights:** Display remaining battery life.



Image 4.1: Front view of the Fuego X9 massage gun highlighting its features.

5. SETUP

5.1 Charging the Device

Before first use, fully charge the Fuego X9 massage gun. A full charge provides up to 6 hours of use.

1. Connect the charger to the charging port at the bottom of the massage gun's handle.
2. Plug the charger into a power outlet.
3. The battery indicator lights on the control panel will illuminate to show charging progress. When all lights are solid, the device is fully charged.
4. Unplug the charger once charging is complete.



Image 5.1: Battery life indicator and charging representation. Blue light indicates more than 40% charge, yellow less than 30%, and red less than 10%.

5.2 Attaching Massage Heads

The Fuego X9 comes with 5 versatile massage heads for different muscle groups and massage types.

- To attach a head: Gently push the desired massage head into the attachment point until it is securely seated.
- To remove a head: Firmly pull the massage head straight out from the attachment point.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- To power on: Press and hold the power button on the control panel for 2 seconds.
- To power off: Press and hold the power button for 2 seconds.

6.2 Adjusting Massage Modes and Intensity

The Fuego X9 offers 4 massage modes and adjustable intensity levels.

- Once powered on, press the 'M' button to cycle through the 4 available massage modes.
- Use the '+' and '-' buttons to increase or decrease the massage intensity (speed) within each mode.

6.3 Using the Heating Function

The Fuego X9 features a heated massage head for deep relief, reaching temperatures between 113-118°F (45-48°C).

- Attach the dedicated heated massage head to the device.
- Press the heat button (usually indicated by a flame or temperature icon) on the control panel to activate the heating function.
- Allow a few moments for the head to reach the optimal temperature.

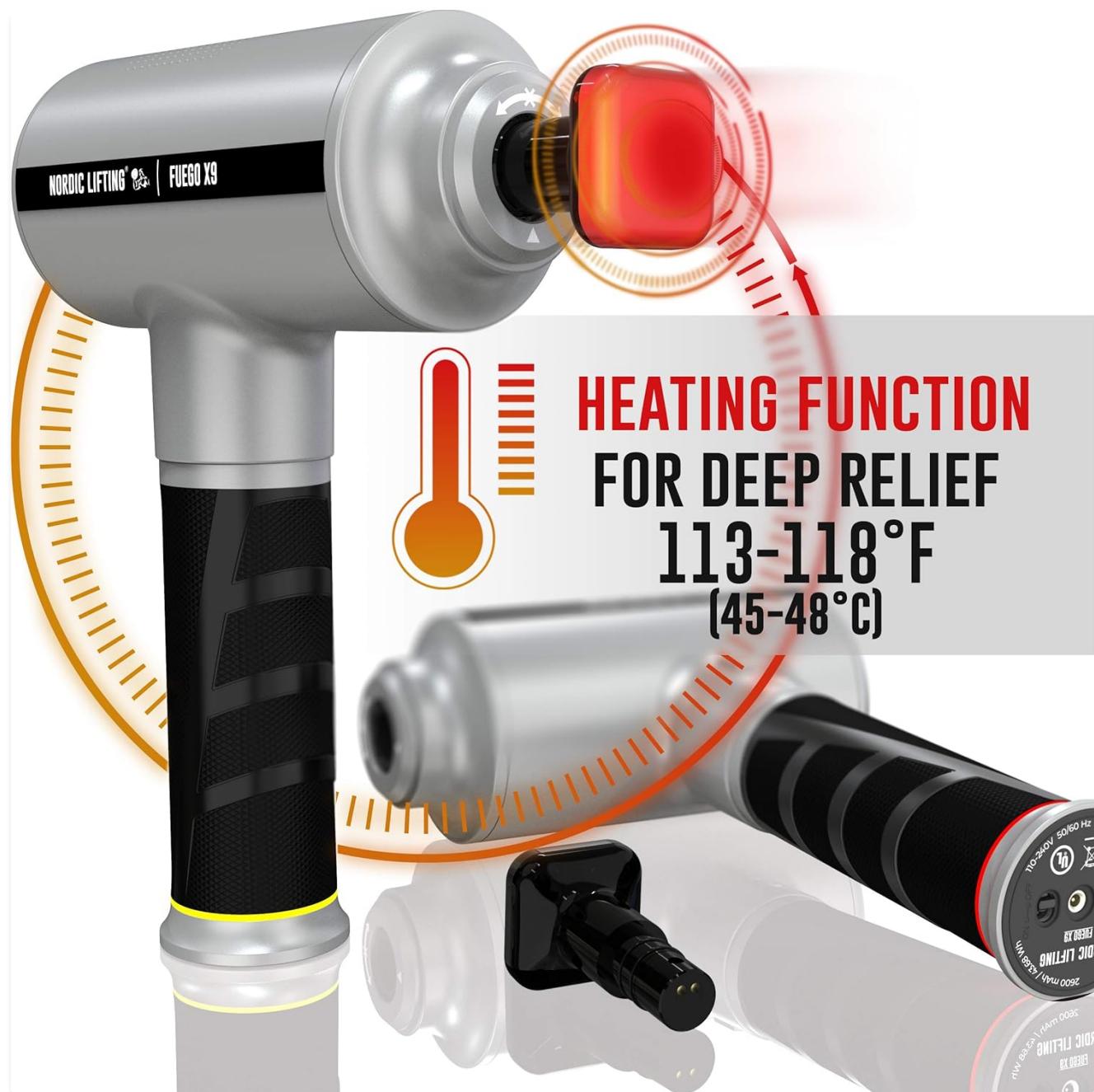


Image 6.1: The heated massage head in operation, providing deep relief.

6.4 Application Tips

For optimal results and muscle recovery:

- Move the massage gun slowly over the desired muscle area.
- Apply gentle pressure initially and increase as comfortable.
- Focus on tight knots or sore spots, but avoid prolonged pressure on a single point.
- Use the appropriate massage head for the muscle group (e.g., ball head for large muscles, bullet head for trigger points).



**Your Perfect
Recovery Partner**

Image 6.2: The Fuego X9 in use, demonstrating its application for muscle recovery.

7. MAINTENANCE

7.1 Cleaning

- Always power off and unplug the device before cleaning.
- Wipe the device and massage heads with a slightly damp cloth.
- Do not use abrasive cleaners or solvents.
- Ensure the device is completely dry before storing or recharging.

7.2 Storage

- Store the Fuego X9 massage gun and its accessories in the provided carry bag.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

If you encounter any issues with your Fuego X9 massage gun, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery; Device not charged.	Charge the device fully. Ensure the charger is properly connected.
Device not charging.	Charger not connected properly; Faulty charger or cable.	Ensure charger is securely plugged into device and outlet. Try a different outlet. If issue persists, contact support.
Weak vibration or inconsistent performance.	Low battery; Massage head not properly attached.	Recharge the device. Re-attach the massage head firmly.
Heating function not working.	Incorrect massage head used; Function not activated.	Ensure the dedicated heated massage head is attached. Press the heat button to activate.

If the problem persists after trying these solutions, please contact Nordic Lifting customer support.

9. SPECIFICATIONS

Technical details of the Nordic Lifting Fuego X9 Heated Percussion Massage Gun:

- **Model Number:** Fuego_X9_US
- **Dimensions (L x W x H):** 23 x 7.8 x 25.5 cm
- **Weight:** 980 grams
- **Power Source:** Battery Powered
- **Battery Type:** Lithium-ion (4 required)
- **Battery Life:** Up to 6 hours per charge
- **Material:** Acrylonitrile Butadiene Styrene, Polycarbonate
- **Special Feature:** Heat (113-118°F / 45-48°C)
- **UPC:** 714119671319

10. WARRANTY AND SUPPORT

The Nordic Lifting Fuego X9 Heated Percussion Massage Gun comes with a manufacturer's warranty. You can extend your warranty to 2 years by registering your product using the special warranty certificate included in your package.

For technical support, warranty claims, or any other inquiries, please visit the official Nordic Lifting website or contact their customer service directly. Please have your model number (Fuego_X9_US) and proof of purchase ready when contacting support.

We are committed to providing high-quality products and excellent customer service.

© 2023 Nordic Lifting. All rights reserved.

Related Documents - Fuego_X9_US

	<p>Nordic Lifting Fuego X9 Professional Heated Massage Gun User Manual</p> <p>Your guide to the Nordic Lifting Fuego X9 massage gun. Learn about setup, operation, benefits, troubleshooting, maintenance, and warranty for this professional heated massage device.</p>
	<p>Nordic Lifting Mini Stepper User Manual and Product Information</p> <p>Detailed user manual and product information for the Nordic Lifting Mini Stepper, including manufacturer details, specifications, and support contact. Optimized for search engines.</p>
	<p>Body Lifting and Tightening Massager User Guide</p> <p>Learn how to use the trinity introduction lifting and tightening massager for neck, facial, and eye massage. This guide covers product features, usage instructions, and storage recommendations.</p>
	<p>RMB Nordic SR-200 Neck Massager User Manual</p> <p>Comprehensive user manual for the RMB Nordic SR-200 Neck Massager, detailing features, safety instructions, operation, troubleshooting, and warranty information. Includes technical specifications and disposal guidelines.</p>



[Brace Direct CTU348 Cervical Care Device: Introduction and Instructions](#)

Comprehensive guide to the Brace Direct CTU348 Cervical Care Device, covering product features, operation instructions, important safety information, and maintenance tips for effective neck pain relief and posture support.