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> Fitgun Massage Gun User Manual

Fitgun dad9e0f0fde94ca7a301f1823e209f10

Fitgun Massage Gun User Manual

Model: dad9e0f0fde94ca7a301f1823e209f10

INTRODUCTION

The Fitgun Massage Gun is a portable and powerful muscle massage device designed to provide effective relief from muscle tension and soreness. It is suitable for use at home, in the gym, or at the office, promoting faster recovery and improved muscle flexibility.

Equipped with adjustable intensity levels and a low-noise motor, the Fitgun ensures a comfortable and undisturbed massage experience. Its long-lasting battery allows for extended use on a single charge, making it a convenient tool for daily muscle care.



Image: The Fitgun Massage Gun, its carrying case, digital display, and the six interchangeable massage heads.

SCHNELL **REGENERIERUNG**

Die Fitgun Pro Massage Gun kann Ihnen helfen, Ihre Muskeln zu entspannen, Verklebungen zu lösen und Ihren Bewegungsumfang zu verbessern. Dies kann zu einer verbesserten Mobilität und weniger Schmerzen führen.



Image: A graphic explaining that the Fitgun Pro is a professional massage gun for effective relaxation and muscle regeneration.



Image: A graphic highlighting the benefits of the Fitgun, including releasing fascia, loosening tense muscles, increasing muscle flexibility, and reducing pain.

PACKAGE CONTENTS

Your Fitgun Massage Gun package includes the following items:

- 1 x Fitgun Massage Gun
- 6 x Interchangeable Massage Heads
- 1 x Carrying Case
- 1 x User Manual
- 1 x Charger



Image: A visual representation of the items included in the Fitgun package.

SETUP

1. **Charge the Device:** Ensure the Fitgun Massage Gun is fully charged before its first use. Connect the charger to the device and a power outlet. The battery indicator will show charging status.
2. **Select Massage Head:** Choose one of the six interchangeable massage heads that is best suited for the specific muscle group or area you intend to treat.
3. **Attach Massage Head:** Firmly insert the chosen massage head into the opening at the front of the massage gun. Ensure it is securely seated.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button to turn on the device. The digital display will illuminate.
2. **Adjust Intensity:** Use the '+' and '-' buttons on the display to select your desired intensity level. The Fitgun offers 30 adjustable speed levels, ranging from gentle to very powerful massage.
 - **Level 1 - 4:** Gentle massage for body relaxation.
 - **Level 5 - 8:** Light massage for warm-up.
 - **Level 9 - 12:** Medium massage for rehabilitation.
 - **Level 13 - 20:** Powerful massage for deep tissue.
 - **Level 21 - 25:** Very strong massage for deep tissue.
 - **Level 26 - 30:** Very powerful massage for athletes.
3. **Apply to Area:** Place the massage head on the desired muscle area. Move the device slowly in circular or back-and-forth motions. Do not apply excessive pressure.
4. **Duration of Use:** For optimal results and safety, do not use the massage gun for longer than 20 minutes per day on any single muscle group.

5. **Power Off:** Press and hold the power button to turn off the device when finished.



Image: A detailed chart illustrating the 30 speed levels and their recommended uses.

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GESCHWINDIGKEITSSSTUFEN

STUFE 1 - 4

Sanfte Massage zur Entspannung des Körpers

STUFE 5 - 8

Leichte Massage zum Aufwärmen

STUFE 9 - 12

Mittlere Massage für die Rehabilitation

STUFE 13 - 20

Kräftige Massage für gezielte Entlastung

STUFE 21 - 25

Sehr starke Massage für tiefes Gewebe

STUFE 26 - 30

Sehr Kräftige Massage für Leistungssportler

<p style="font-weight: bold; color: cyan;">BALL</p> <p style="font-size: 0.8em;">Ideal zum Trainieren großer Muskelgruppen, wie zum Beispiel die Beine, Rücken und Gesäß</p>	<p style="font-weight: bold; color: cyan;">SPACHTEL</p> <p style="font-size: 0.8em;">Geegnet zur Entspannung der Unterleibsregionen</p>
<p style="font-weight: bold; color: cyan;">ZYLINDER</p> <p style="font-size: 0.8em;">Geegnet zur Entspannung und zur Massage kleinerer Muskelgruppen</p>	<p style="font-weight: bold; color: cyan;">STIFT</p> <p style="font-size: 0.8em;">Geegnet für empfindliche Schmerzpunkte</p>
<p style="font-weight: bold; color: cyan;">GABEL</p> <p style="font-size: 0.8em;">Geegnet für Massagen entlang der Wirbelsäule</p>	<p style="font-weight: bold; color: cyan;">FINGER</p> <p style="font-size: 0.8em;">Geegnet für Schmerzpunkte im oberen Rückenbereich</p>

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MASSAGEKÖPFE
UM IHRE BEDÜRFNISSE
ZU ERFÜLLEN

Image: A graphic explaining how the Fitgun Pro uses vibrations and short strokes to massage muscles and joints, reducing pain and improving mobility.



Image: A graphic highlighting key features such as 6 hours of battery life, rechargeable design, touchscreen interface, and USB Type-C charging.



FITGUN

MASSAGE PISTOLE

Der ideale Weg, um Muskelschmerzen zu lindern, die Durchblutung zu verbessern und die Genesung zu beschleunigen

Image: A person using the Fitgun massage gun on their leg, demonstrating its application for muscle pain relief and improved circulation.



SCHNELLE REGENERIERUNG

Die Fitgun Pro Massage Gun kann Ihnen helfen, Ihre Muskeln zu entspannen, Verklebungen zu lösen und Ihren Bewegungsumfang zu verbessern. Dies kann zu einer verbesserten Mobilität und weniger Schmerzen führen.

FITGUN

Image: A person using the Fitgun massage gun on their arm, illustrating its use for faster muscle recovery and reduced soreness.

INTERCHANGEABLE MASSAGE HEADS

The Fitgun Massage Gun comes with six specialized massage heads, each designed for different muscle groups and massage needs:



Ball Head

Ideal for training large muscle groups, such as legs, back, and glutes.



Spade Head

Suitable for relaxing lower body regions.



Cylinder Head

Suitable for relaxation and massaging smaller muscle groups.



Pen Head

Suitable for sensitive pain points.



Fork Head

Suitable for massages along the spine.



Finger Head

Suitable for pain points in the upper back area.

MAINTENANCE

To ensure the longevity and hygiene of your Fitgun Massage Gun, follow these maintenance guidelines:

- **Cleaning:** After each use, clean the massage gun and its attachments with a damp cloth. Do not submerge the device in water or use harsh chemicals.
- **Storage:** Store the massage gun and its accessories in the provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To maintain battery health, avoid fully discharging the battery frequently. Recharge the device when the battery level is low. If storing for an extended period, charge the battery to about 50% every few months.

SAFETY WARNINGS

Please read and adhere to the following safety warnings to prevent injury or damage to the device:

- Do not use the massage gun on open wounds, broken skin, or areas with poor circulation.
- Avoid applying the device to sensitive areas such as the eyes, neck, head, or genitals.
- Consult a medical professional before use if you have any pre-existing medical conditions, including but not limited to, heart conditions, pacemakers, diabetes, pregnancy, or recent surgeries.
- Keep the device out of reach of children and pets.
- Do not modify or attempt to repair the device yourself. Contact customer support for assistance.
- Use only the provided charger.
- Do not use the device while driving or operating heavy machinery.

SPECIFICATIONS

Brand	Fitgun
Model Number	dad9e0f0fde94ca7a301f1823e209f10
Product Dimensions	10L x 20B x 10H cm
Item Weight	1 Kilogram
Color	Black
Material	Plastic
Power Source	Battery Powered
Intended Use	Body
Special Feature	Speed Control
Massager Type	Massage Gun
Product Benefits	Muscle Therapy
Vibration Speed Range	1800 to 3200 RPM
Motor Voltage	7.4V
Battery Life	Up to 6 hours



Image: Key technical specifications including noise reduction technology, 7.4V brushless motor, and adjustable speed range of 1800-3200 revolutions per minute.

TROUBLESHOOTING

If you encounter any issues with your Fitgun Massage Gun, please refer to the following common troubleshooting tips:

- **Device not turning on:** Ensure the battery is fully charged. If the device still does not turn on, try connecting it to the charger to see if the charging indicator lights up.
- **Weak vibration:** The battery might be low. Recharge the device. Also, ensure the massage head is securely attached.
- **Unusual noise:** Check if the massage head is properly installed. If the noise persists and seems abnormal, discontinue use and contact customer support.
- **Device overheating:** Discontinue use immediately. Allow the device to cool down completely before attempting to use it again. Prolonged use or use in high ambient temperatures can cause overheating.

If the problem persists after trying these steps, please contact customer support for further assistance.

WARRANTY AND SUPPORT

For information regarding warranty coverage, product registration, or technical support, please refer to the warranty card included in your package or visit the official Fitgun website. Our customer support team is available to assist you with any questions or concerns you may have.

Please retain your proof of purchase for warranty claims.

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For more information, visit [Fitgun Official Store](#)