

Heswea Percussion Massage Gun (B08NWZ3WSG)

Heswea Percussion Massage Gun User Manual

Model: Deep Tissue Percussion Massager (B08NWZ3WSG)

1. INTRODUCTION

Thank you for choosing the Heswea Percussion Massage Gun. This device is designed to provide deep tissue massage, aiding in muscle relaxation, pain relief, and recovery. Featuring 30 speed levels and 6 interchangeable massage heads, it offers a customizable massage experience for various muscle groups. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INFORMATION

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

- Do not immerse the device in water or other liquids.
- Keep away from heat sources and direct sunlight.
- Do not operate continuously for more than 1 hour. Allow 30 minutes of rest before re-using.
- Use only the provided charger.
- Do not use on injured, inflamed, or swollen areas of the body.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- This device is for personal use only and not intended for medical purposes.

3. PACKAGE CONTENTS

Please check the package to ensure all items are present:

- Heswea Percussion Massage Gun
- 6 x Interchangeable Massage Heads
- Power Adapter/Charger
- Portable Carrying Case
- User Manual (this document)



Image: The Heswea Percussion Massage Gun, its six interchangeable heads, and the included carrying case.

4. PRODUCT FEATURES

- **Deep and Powerful Massage:** Equipped with a high-quality brushless silent motor for consistent power.
- **30 Speed Levels:** Adjustable vibration from 1200-3200 rmp/min for customized intensity.
- **6 Replaceable Massage Heads:** Targeted treatment for different muscle groups.
- **Long Working Time:** High capacity 2500mAh rechargeable battery for extended use.
- **LED Display:** Clear display of power and speed level.

LCD TOUCH SCREEN

simple operation & clear display of power and speed grade

1-5 GREAS

Muscle arousal

5-10 GREAS

Fascia relaxation

10-15 GREAS

Decomposition
of lactic acid

15-20 GREAS

Deep Massgae
therapy

20-30 GREAS

Professional mode

Power Display



Image: A detailed view of the LCD touch screen, showing the current speed setting (30) and battery level (99%). The screen also indicates different speed ranges for muscle arousal, fascia relaxation, lactic acid decomposition, deep massage therapy, and professional mode.

SPEED OF VIBRATION



30 Gear Max /3200rpm



1-10 Gear
Warm up

11-20 Gear
Relax Muscles

21-30 Gear
Deep Massage



Image: The massage gun alongside a chart illustrating the 30 speed levels, categorized into Warm up (1-10 Gear), Relax Muscles (11-20 Gear), and Deep Massage (21-30 Gear). Below the chart are images of individuals performing yoga, weightlifting, and boxing, suggesting various applications for muscle recovery.

HIGH-TORQUE BRUSHLESS MOTOR

Brushless motor with low noise 35dB~55dB

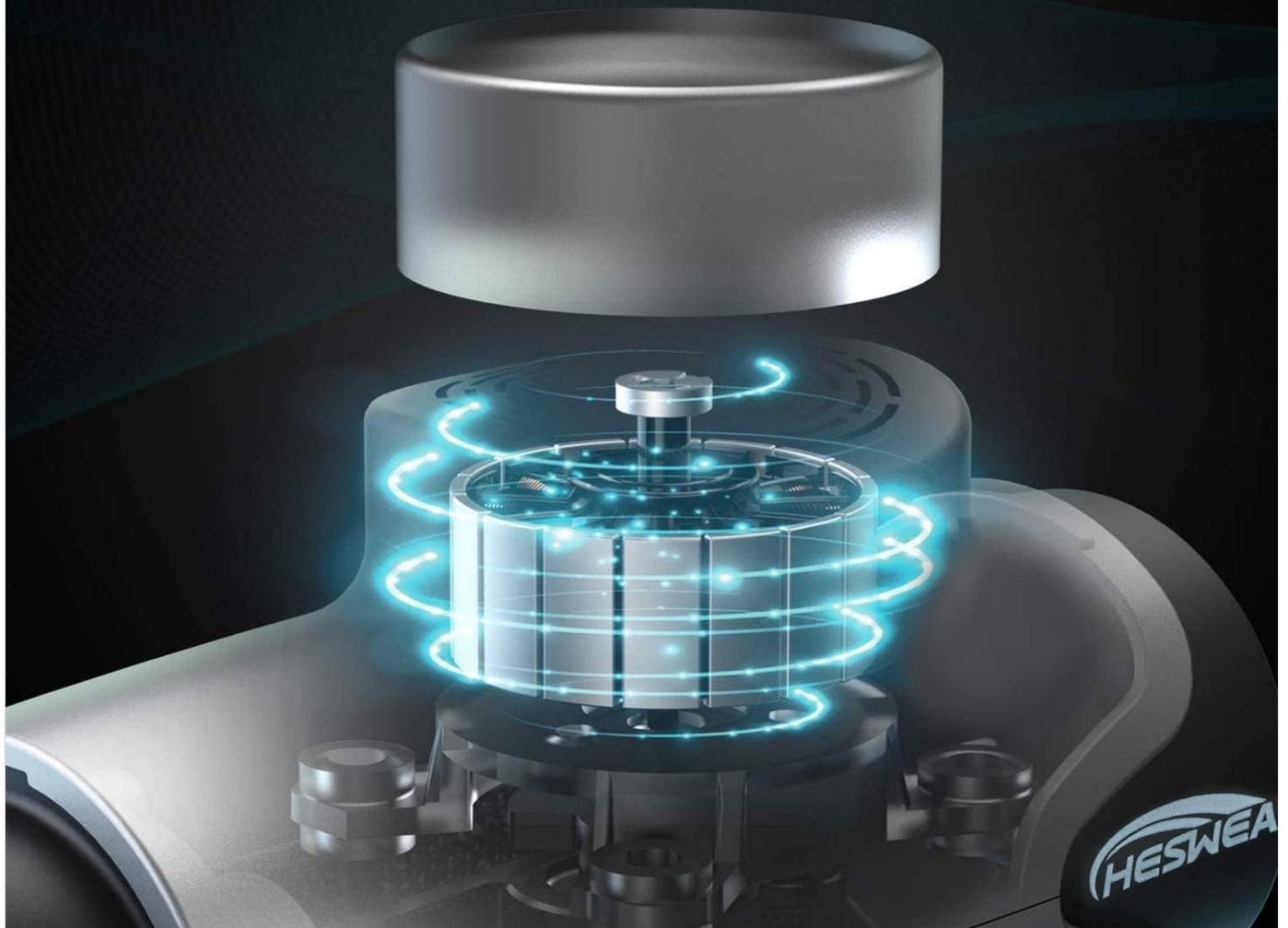


Image: An internal view illustration highlighting the high-torque brushless motor, emphasizing its low noise operation (35dB~55dB).

HIGH CAPACITY BATTERY

Built-in 2500mAh rechargeable battery, will last 8 hours



8 Hours Working Time

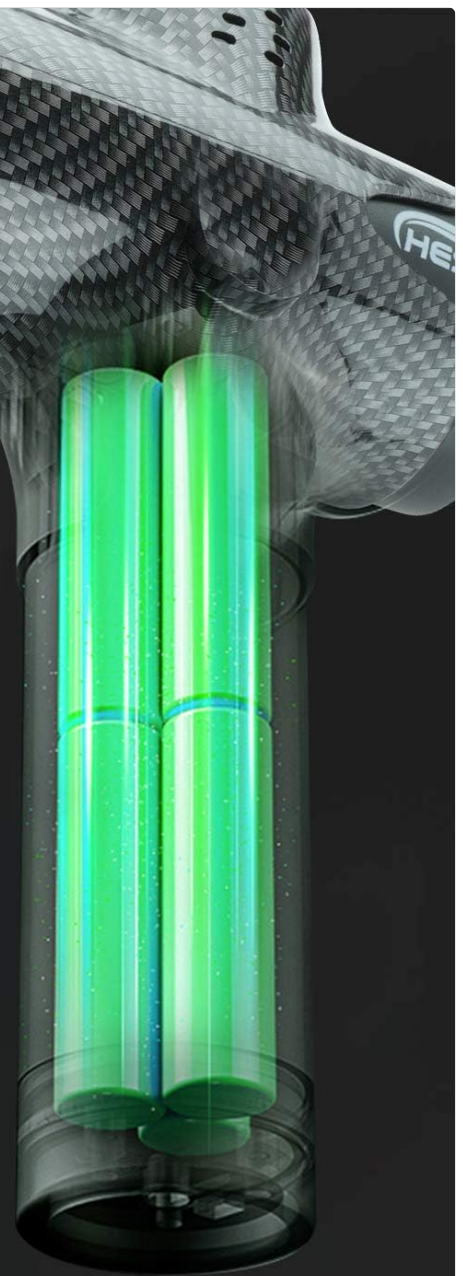


Image: An illustration showing the internal high-capacity 2500mAh rechargeable battery, indicating an 8-hour working time on a single charge.

5. SETUP

5.1 Charging the Device

1. Before first use, fully charge the massage gun for approximately 3-4 hours.
2. Connect the power adapter to the charging port on the bottom of the massage gun.
3. Plug the adapter into a wall outlet. The LED indicator on the device will show charging status (e.g., flashing while charging, solid when fully charged).
4. The LED panel will display the battery level, allowing you to monitor charging progress.

5.2 Attaching Massage Heads

1. Ensure the device is turned off before attaching or removing any massage head.
2. Select the desired massage head.

3. Align the base of the massage head with the opening on the front of the gun.
4. Gently push the head firmly into the opening until it is securely seated. Do not twist forcefully.
5. To remove, gently pull the head straight out.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- To power on, press and hold the power button located on the bottom of the handle for a few seconds until the display lights up.
- To power off, press and hold the power button again until the display turns off.

6.2 Adjusting Speed Levels

- Once powered on, the device will start at the lowest speed setting.
- Use the '+' and '-' buttons on the LCD touch screen to increase or decrease the vibration speed.
- There are 30 adjustable speed levels (1200-3200 RPM). The current speed level will be displayed on the screen.

6.3 Using the Massage Heads

Each of the 6 massage heads is designed for specific muscle groups and massage types:

- **Ball Head:** Suitable for large muscle groups like arms, back, hips, thighs, calves. Ideal for general massage and warm-up.
- **Flat Head:** Applicable for all body parts, especially for relaxation and shaping.
- **Fork Head:** Designed for the spine, neck, and Achilles tendon.
- **Bullet Head:** For deep tissue, trigger points, and small muscle areas like feet and joints.
- **Thumb Head:** Mimics a thumb for deep tissue massage, suitable for palms and soles.
- **Wedge Head:** For scraping and relaxing large muscle groups, such as the back and thighs.

Gently apply the massage head to the desired muscle area. Move the device slowly over the muscle, applying light to moderate pressure. Avoid pressing too hard or staying in one spot for too long.

7. MAINTENANCE

7.1 Cleaning

- Turn off the device and unplug it before cleaning.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- The massage heads can be wiped clean with a damp cloth and mild soap, then air-dried.

7.2 Storage

- Store the device and its accessories in the provided carrying case when not in use.
- Keep in a cool, dry place, away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully.
Device stops during use.	Overheating protection activated.	Turn off the device and let it cool down for at least 30 minutes.
Weak vibration.	Low battery or incorrect speed setting.	Recharge the device. Increase the speed level using the '+' button.
Massage head is loose.	Head not fully inserted.	Ensure the device is off, then firmly push the massage head into place.

9. SPECIFICATIONS

Model: Percussion Massage Gun (B08NWZ3WSG)

Brand: Heswea

Power Source: Battery Powered

Battery Capacity: 2500mAh

Working Time: Up to 8 hours (depending on speed setting)

Speed Levels: 30 (1200-3200 RPM)

Noise Level: 35dB~55dB

Color: Black

Special Feature: Rechargeable, Cordless

Manufacturer: Heswea

First Available: November 20, 2020

10. WARRANTY AND SUPPORT

The Heswea Percussion Massage Gun comes with an **18-month quality warranty** from the date of purchase. For any questions, concerns, or support needs regarding your product, please contact Heswea customer service. We are committed to providing 100% satisfaction. You can typically find contact information on the product packaging or through the retailer's website where you purchased the item.

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This manual is subject to change without notice.

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