

SKG F3-EN-GRAY

SKG F3-EN-GRAY Massage Gun User Manual

Model: F3-EN-GRAY | Brand: SKG

1. IMPORTANT SAFETY INSTRUCTIONS

To ensure safe and effective use of your SKG F3-EN-GRAY Massage Gun, please read and adhere to the following safety guidelines:

- Always begin using the massager on the lowest intensity setting and gradually increase as needed.
- Do not use the massager on injured, inflamed, or sensitive skin areas. Consult a medical professional if you have any concerns.
- Avoid using the massager near water or any heat sources.
- Always unplug the massager from its power source when not in use or during charging.
- Keep the massager out of reach of children and pets.
- Do not attempt to disassemble or modify the device.
- Use only the provided charging cable and accessories.
- If you experience any discomfort or pain during use, discontinue immediately.

2. PRODUCT OVERVIEW

The SKG F3-EN-GRAY Massage Gun is a lightweight, portable, and wireless percussive massager designed for muscle therapy and myofascial release. Its compact form factor and quiet operation make it an ideal companion for recovery at home or on the go.



Image: The SKG F3-EN-GRAY Massage Gun, shown with the spherical head attached, highlighting its compact design.

Package Contents:

- SKG F3-EN-GRAY Massage Gun
- 4 Interchangeable Massage Heads
- Charging Cable
- User Manual (this document)
- Carrying Case



PORTABLE & LIGHTWEIGHT



Image: A visual comparison illustrating the lightweight design of the SKG Massage Gun (approximately 495g) compared to heavier alternatives, emphasizing its portability.

3. COMPONENTS AND ATTACHMENTS

Your SKG F3-EN-GRAY Massage Gun comes with various components designed for optimal performance and versatility.

Massage Gun Body:

- **Power Button/Indicator:** Controls power and displays battery/speed status.
- **Charging Port:** For connecting the charging cable.
- **Attachment Port:** Where massage heads are inserted.

Interchangeable Massage Heads:

The device includes four specialized massage heads, each suited for different muscle groups and massage types:

4 massage heads for body relaxation



Spherical head

For massage relaxation of big muscle groups



Flat head

For shaping & fitness massage



Bullet head

For deep tissues impact for intensive massage



U-shaped head

Strong stimulation for small muscle groups

Image: The four distinct massage heads included with the SKG F3-EN-GRAY Massage Gun: Spherical, Flat, Bullet, and U-shaped, each designed for specific body relaxation needs.

- **Spherical Head:** Ideal for large muscle groups such as arms, back, hips, and thighs. Provides a general, relaxing massage.
- **Flat Head:** Suitable for shaping and fitness massage, targeting dense muscle areas like the chest and legs.
- **Bullet Head:** Designed for deep tissue impact and intensive massage, perfect for pinpointing knots and trigger points.
- **U-shaped Head:** Best for strong stimulation of small muscle groups, such as around the Achilles tendon, neck, and spine (avoiding direct bone contact).

4. SETUP

4.1 Charging the Device

1. Before first use, fully charge the massage gun.
2. Connect the charging cable to the charging port on the device.
3. Plug the other end of the cable into a suitable USB power adapter (not included) or a USB port.
4. The indicator light will show charging status (e.g., blinking while charging, solid when fully charged).
5. A full charge can provide up to 11 hours of use, depending on the intensity level.

4.2 Attaching Massage Heads

1. Ensure the massage gun is turned off before attaching or removing any heads.

2. Select the desired massage head.
3. Align the base of the massage head with the attachment port on the front of the massage gun.
4. Gently push the head firmly into the port until it is securely seated. Do not twist.
5. To remove, firmly pull the head straight out from the port.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To turn on: Press and hold the power button for a few seconds until the indicator light illuminates.
- To turn off: Press and hold the power button again for a few seconds until the indicator light turns off.

5.2 Adjusting Intensity Levels

The SKG F3-EN-GRAY Massage Gun offers 4 intensity levels. Once the device is on, short press the power button to cycle through the speeds:

- **Mode 1 (1200 RPM):** Gentle mode for muscle awakening and light relaxation.
- **Mode 2 (2000 RPM):** Moderate intensity for fascia relaxation and general muscle relief.
- **Mode 3 (2800 RPM):** Strong intensity for deep tissue relaxation and targeting muscle soreness.
- **Mode 4 (3200 RPM):** Professional mode for treating highly stressed muscles and intense recovery.

5.3 Usage Guidelines

- Apply the massage gun to the desired muscle area.
- Move the device slowly and gently over the muscle, applying light to moderate pressure.
- Avoid pressing too hard or staying in one spot for too long (more than 60 seconds).
- Do not use on bony areas, joints, or directly on the spine.
- The device is designed to reach muscle groups at a depth of 6mm for effective deep tissue massage.
- The motor operates quietly, typically below 44 dB, for a more pleasant experience.

MORE QUIET

UAV motor technology for Ultra-low operation noise



Image: A diagram comparing the low operational noise level of the SKG Massage Gun (approximately 45dB) to common sounds like a library or normal conversation, highlighting its quiet performance.

6. MAINTENANCE

6.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the massage gun body with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- The massage heads can be cleaned with mild soap and water, then rinsed and air-dried thoroughly before reattaching.

6.2 Storage

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

7. TROUBLESHOOTING

If you encounter any issues with your SKG F3-EN-GRAY Massage Gun, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device fully. Press and hold the power button to turn on.
Device not charging.	Charging cable not properly connected or faulty adapter.	Ensure cable is securely connected. Try a different USB power adapter.
Weak percussion or stops during use.	Low battery or excessive pressure.	Recharge the device. Reduce pressure on the muscle area.
Massage head falls off.	Head not securely attached.	Ensure the head is pushed firmly into the attachment port until seated.

8. SPECIFICATIONS

Feature	Detail
Model Number	F3-EN-GRAY
Dimensions (L x W x H)	7 x 17.9 x 16.8 cm
Weight	495 grams
Power Source	Battery Powered
Battery Type	1 Lithium-ion (included)
Battery Life	Up to 11 hours (depending on intensity)
Intensity Levels	4 (1200, 2000, 2800, 3200 RPM)
Massage Technique	Percussion
Noise Level	Less than 44 dB
Wireless	Yes
Color	Gray

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation provided with your purchase or contact SKG customer service through their official website. Please have your model number (F3-EN-GRAY) and purchase details ready when contacting support.

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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