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## Sportneer MINI 3

# Sportneer Mini 3 Massage Gun User Manual

Model: MINI 3

## INTRODUCTION

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Thank you for choosing the Sportneer Mini 3 Massage Gun. This compact and powerful percussion massager is designed to provide deep tissue massage, relieve muscle fatigue, and improve flexibility. Its smart massaging mode and adjustable handle offer a personalized and convenient massage experience. Please read this manual thoroughly before use to ensure safe and optimal operation.

## IMPORTANT SAFETY INFORMATION

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

- Do not use near water or in wet environments.
- Do not target the same area of the body for more than 10 minutes to prevent injuries and soreness.
- This device is not intended for medical use. Consult a doctor before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Use only as directed in this manual.
- Do not operate if the device is damaged.
- Do not insert any objects into the ventilation ports.
- Do not block the ventilation ports.
- Do not disassemble the device.
- Use only the provided charging cable.

## PACKAGE CONTENTS

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- Sportneer Mini 3 Massage Gun
- 4 Interchangeable Massage Heads (Round Ball, Cylinder, U-Shape, Flat)

- USB-C Charging Cable
- Carrying Case
- Instruction Manual



The Sportneer Mini 3 Massage Gun comes with a compact carrying case, four interchangeable massage heads, and a USB-C charging cable.

## PRODUCT FEATURES & COMPONENTS

- **Compact and Portable Design:** Lightweight and pocket-sized for easy portability.
- **LCD Screen:** Displays mode, force, battery level, and time.
- **Smart Massaging Mode (AI Mode):** Adjusts intensity based on pressure applied.
- **Adjustable Handle:** Extends for comfortable handling and reaching different body parts.
- **Quiet Operation:** Runs at 35-45 decibels.
- **Long Battery Life:** Up to 6 hours of continuous use on a full charge.

- **USB-C Charging:** Convenient and fast charging.



The LCD screen provides clear indicators for mode, battery level, and massage intensity. The power button is centrally located.

# Adjustable Handle Design



The adjustable handle design allows for both compact storage and extended reach during use, enhancing user comfort and versatility.

## SETUP

- 1. Charge the Battery:** Before first use, fully charge the massage gun using the provided USB-C cable. The battery indicator on the LCD screen will show the charging status. The device will not operate while charging.
- 2. Attach Massage Head:** Select the desired massage head. Align the head with the opening on the gun and push it in firmly. Some heads may require a slight twist to secure.
- 3. Adjust Handle (Optional):** To extend the handle, gently twist the lower part of the gun counter-clockwise and pull it outwards. To retract, push it back in and twist clockwise to secure.

# 4 Interchangeable Heads



**Round Ball Head**  
For whole body muscle  
massage and relaxation



**Cylinder Head**  
Access deep tissue like  
joints, and meridian



**U-Shape Head**  
Relieves the neck, spine,  
or achilles tendon



**Flat Head**  
Great for any full  
body muscle groups



The four interchangeable heads are designed for various muscle groups and massage types: Round Ball for whole body, Cylinder for deep tissue, U-Shape for neck/spine, and Flat Head for full body muscles.

## OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button on the LCD screen for a few seconds to turn the device on or off.
2. **Select Mode:**
  - **Smart Massaging Mode (M):** This is the default mode upon startup. The intensity (RPM) automatically adjusts based on the pressure you apply to the muscle.
  - **Manual Modes (1-4):** Tap the power button to cycle through fixed speed levels:
    - Mode 1: 1600 RPM (Muscle Warm Up)
    - Mode 2: 2200 RPM (Fascia Relaxation)
    - Mode 3: 2800 RPM (Lactic Acid Decomposition)
    - Mode 4: 3400 RPM (Deep Massage)

3. **Application:** Gently apply the massage head to the desired muscle group. Move the device slowly across the muscles.
4. **Auto-Off Protection:** The device features a 10-minute auto-off protection to prevent overuse and potential injury.



The LCD screen clearly displays the selected mode (M for Smart, 1-4 for manual speeds), battery level, and force indicator. The central button controls power and mode selection.

## MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth. Do not use harsh chemicals or immerse the device in water.
- **Storage:** Store the massage gun and its accessories in the provided carrying case in a cool, dry place away from direct sunlight.

## TROUBLESHOOTING

If you encounter any issues with your Sportneer Mini 3 Massage Gun, please refer to the following common solutions:

- **Device not turning on:** Ensure the battery is fully charged. The device will not operate while charging.
- **Weak percussion:** Check the battery level. If low, recharge the device. In Smart Massaging Mode, apply more pressure to increase intensity.
- **Unusual noise:** Ensure the massage head is securely attached. If the issue persists, discontinue use and contact customer support.

For further assistance, please contact Sportneer customer support.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	9 x 8 x 3 inches; 2.69 Pounds
Item Model Number	MINI 3
Manufacturer	Sportneer
Power Source	Battery Powered
Special Features	Quiet, Portable, Smart Massaging Mode, Adjustable Handle
Massager Form	Massage Gun
Product Benefits	Fatigue Relief, Flexibility Improvement, Injury Recovery, Muscle Therapy, Pain Relief, Stress Relief, Tissue Therapy
Is Product Cordless	Yes
Water Resistance Level	Not Water Resistant
Massage Therapy Technique	Percussion
Color	Black, Green
Material Type	Aluminum, Metal

## WARRANTY & SUPPORT

Sportneer is committed to providing high-quality products and excellent customer service. If you have any questions, concerns, or require assistance with your Sportneer Mini 3 Massage Gun, please do not hesitate to contact our customer support team. We aim for 100% customer satisfaction.

Please refer to the product packaging or the official Sportneer website for specific warranty details and contact information.