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Brand: HY-IMPACT | Model: 3110

INTRODUCTION

Thank you for choosing the HY-IMPACT Cordless Muscle Massager. This device is designed to provide deep tissue massage, aiding in muscle recovery and reducing fatigue and soreness. Please read this manual thoroughly before use to ensure safe and effective operation.

SAFETY INFORMATION

Important Safety Warnings:

- Avoid using on injured or inflamed areas of the body.
- Do not apply excessive pressure, especially on sensitive areas or bony prominences.
- Keep the device away from water and do not immerse it in liquids.
- Do not use the device while it is charging.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.

WHAT'S IN THE BOX

Your HY-IMPACT Cordless Muscle Massager package includes:

- 1 x HY-IMPACT Cordless Muscle Massager
- 4 x Interchangeable Massage Heads
- 1 x Charging Cable
- 1 x User Manual

Includes **4 INTERCHANGEABLE MASSAGE HEADS**

ROUND HEAD
For Large Muscles



U-SHAPED HEAD
For Neck, Spine & Archilles



FLAT HEAD
For Feet



CONICAL SHAPED HEAD
Targets Joints



TARGET *Different Areas Of The Body*

Image: The HY-IMPACT Cordless Muscle Massager shown with its four distinct interchangeable massage heads: a round head, a U-shaped head, a flat head, and a conical shaped head.

SETUP

1. **Initial Charge:** Before first use, fully charge the device. Connect the charging cable to the massager's charging port and plug it into a suitable power source. The LED battery indicator will show charging status. A full charge provides up to 1.5 hours of use.
2. **Attach Massage Head:** Select the desired massage head. Align the head with the opening on the front of the massager and push it firmly into place. Ensure it is securely attached before operation.

CORDLESS AND **LIGHTWEIGHT**



Enjoy a massage
WHENEVER you need it

Over
1 HR OF USE
From a single charge



Image: A person comfortably using the HY-IMPACT Cordless Muscle Massager on their thigh, demonstrating its portable and lightweight design for convenient use.

OPERATING INSTRUCTIONS

Power On/Off and Speed Adjustment

1. **Power On:** Press and hold the power button located on the back of the device for a few seconds until the device turns on.
2. **Adjust Speed:** Briefly press the power button to cycle through the six intensity speeds. The LED indicators will illuminate to show the current speed level.
3. **Power Off:** To turn off the device, cycle through all speed levels until the device powers down, or press and hold the power button for a few seconds.

POWERFUL MOTOR



Image: A detailed view of the HY-IMPACT Cordless Muscle Massager's control panel, highlighting the power button and the red LED lights indicating the adjustable intensity speeds.

Using the Interchangeable Massage Heads

- **Standard Round Head:** Ideal for large muscle groups such as arms, waist, back, buttocks, and thighs.
- **Flat Head:** Suitable for general relaxation and muscle shaping.
- **Conical Shaped Head:** Designed to target specific trigger points, including the feet.
- **U-Shaped Head:** Best for areas around the trapezoid and calf muscles, avoiding direct contact with bones.

Usage Tips

- Use the massager before workouts to warm up muscles and after workouts to aid in recovery.
- Apply gentle pressure and move the massager slowly over the desired muscle area.
- Do not hold the massager in one spot for extended periods.

Use it **BEFORE & AFTER**

Workouts



Warm Up
MUSCLES
Before The Gym

Help Release
Tight,
Aching
MUSCLES



Image: A woman holding a dumbbell, with an illustration of the HY-IMPACT Cordless Muscle Massager, suggesting its use for warming up muscles before exercise and relieving tightness afterward.

MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on	Low battery or device not charged	Charge the device fully. Ensure the charging cable is properly connected.
Device stops during use	Battery depleted	Recharge the device.
Massage head falls off	Head not securely attached	Ensure the massage head is pushed firmly into place until it clicks.
Unusual noise or vibration	Foreign object or internal issue	Discontinue use immediately and contact customer support.

SPECIFICATIONS

- **Model:** 3110
- **Dimensions (L x W x H):** 10.16 x 7.72 x 3.03 inches
- **Item Weight:** 2 Pounds
- **Material:** Plastic
- **Power Source:** Battery Powered (2000mAh Lithium Battery)
- **Battery Life:** Up to 1.5 hours per full charge
- **Intensity Speeds:** 6 levels
- **Color:** Black

WARRANTY

The HY-IMPACT Cordless Muscle Massager comes with a manufacturer's warranty. Please refer to the warranty card included in your packaging or contact customer support for detailed warranty information and terms.

SUPPORT

For any questions, technical assistance, or warranty claims, please contact HY-IMPACT customer support through the retailer where the product was purchased or visit our official website for contact information.