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DAM HY-668

DAM Fascia Gun HY-668 Muscle Massage Gun User Manual

Model: HY-668 | Brand: DAM

INTRODUCTION

Thank you for choosing the DAM Fascia Gun HY-668 Muscle Massage Gun. This device is designed to provide deep tissue massage, aid in muscle recovery, and improve overall well-being. Please read this manual carefully before use to ensure safe and effective operation.

PRODUCT OVERVIEW

Components



Figure 1: DAM Fascia Gun HY-668 Muscle Massage Gun. This image shows the main unit of the massage gun with a spherical head attached, highlighting its compact and ergonomic design in black and gold.

- Main Massage Gun Unit
- 4 Interchangeable Massage Heads
- USB-C Charging Cable
- User Manual (this document)

Features

- **5 Intensity Levels:** Adjustable speed up to 3000 RPM for varied massage needs.
- **4 Massage Heads:** Designed for different muscle groups and body parts.
- **Long Battery Life:** 2000 mAh rechargeable battery providing up to 5 hours of use.
- **Quiet Operation:** Equipped with a silent motor.
- **Portable Design:** Compact and lightweight, ideal for use at home, gym, or while traveling.

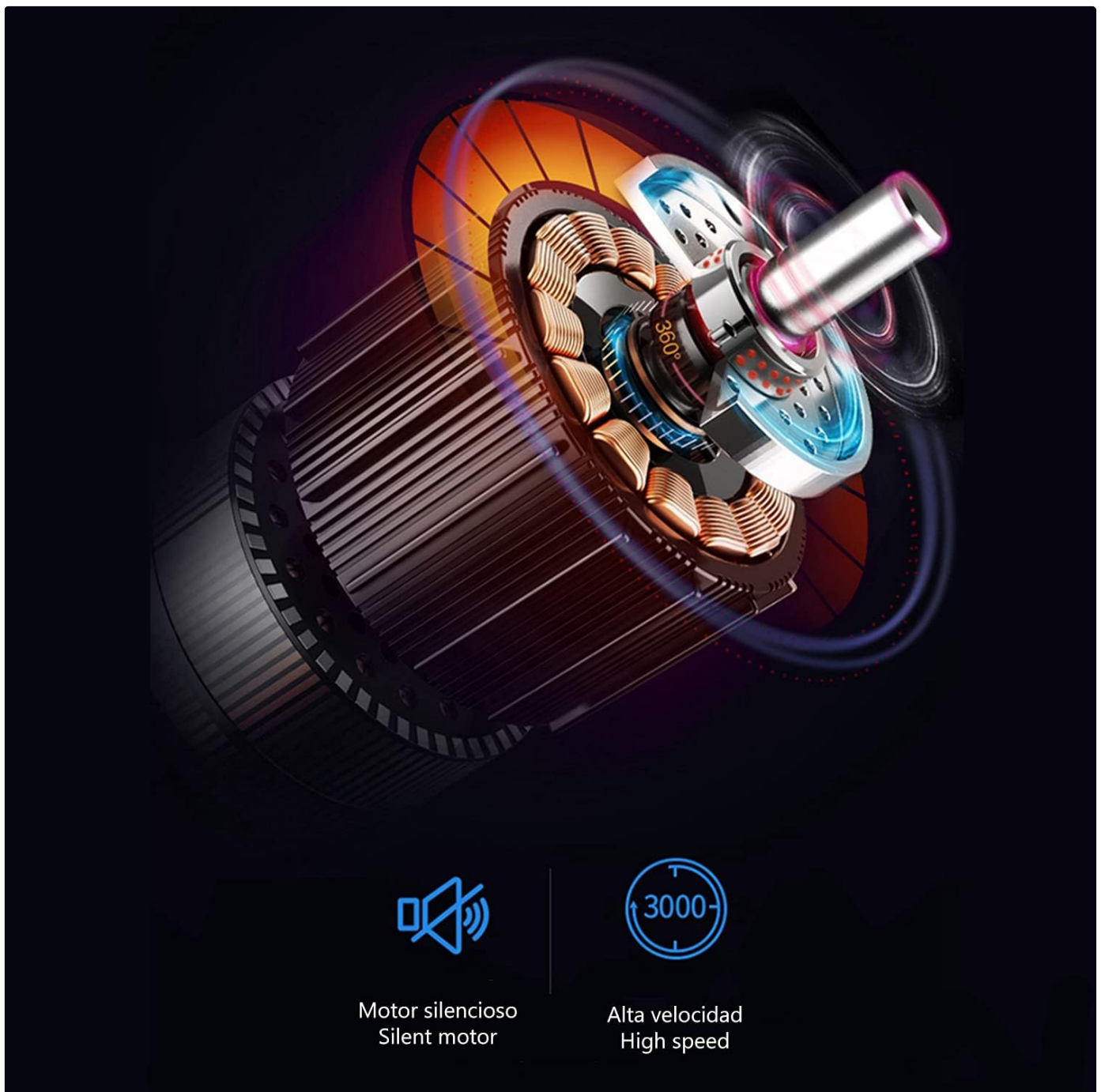


Figure 2: Silent Motor and High Speed. This diagram illustrates the internal motor mechanism, emphasizing its quiet operation and high rotational speed of up to 3000 RPM.

SETUP

Charging the Device

1. Before first use, fully charge the massage gun.
2. Connect the USB-C charging cable to the charging port on the device.
3. Connect the other end of the cable to a compatible USB power adapter (not included) or a USB port.
4. The gear indicator lights will show the charging status. All lights illuminated indicate a full charge.

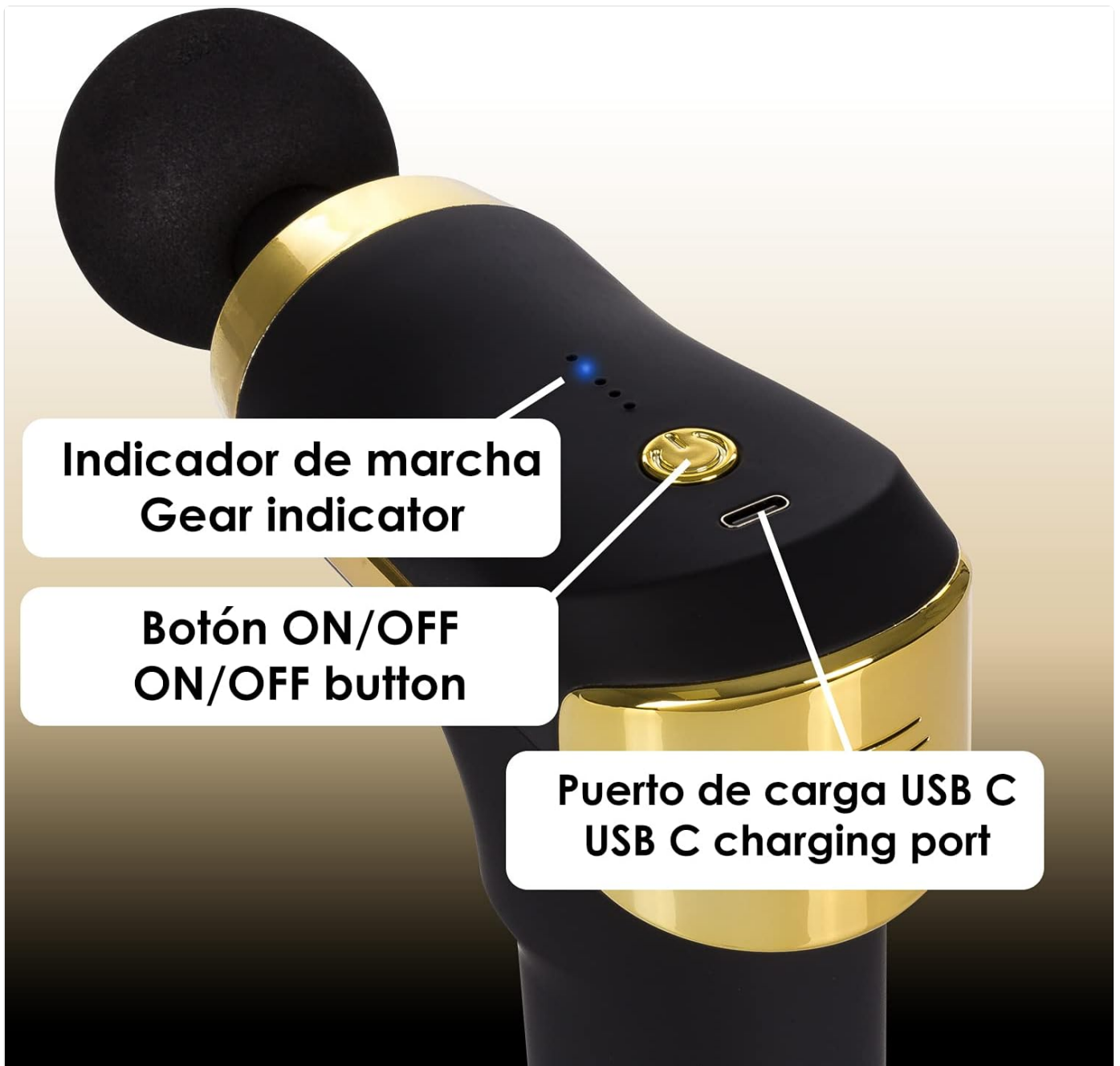


Figure 3: Device Controls and Charging Port. This image highlights the location of the ON/OFF button, the gear indicator lights, and the USB-C charging port on the massage gun.



Figure 4: Battery Capacity. This diagram visually represents the 2000mAh rechargeable battery, emphasizing its low energy consumption and up to 5 hours of endurance.

Attaching Massage Heads

- Ensure the device is turned off before attaching or removing any massage head.
- Gently push the desired massage head into the opening at the front of the gun until it is securely seated.
- To remove, gently pull the head straight out.

4 CABEZALES DE MASAJE 4 MASSAGE HEADS

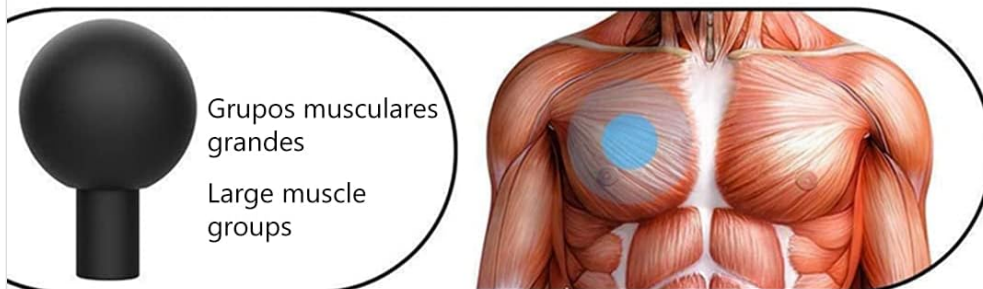
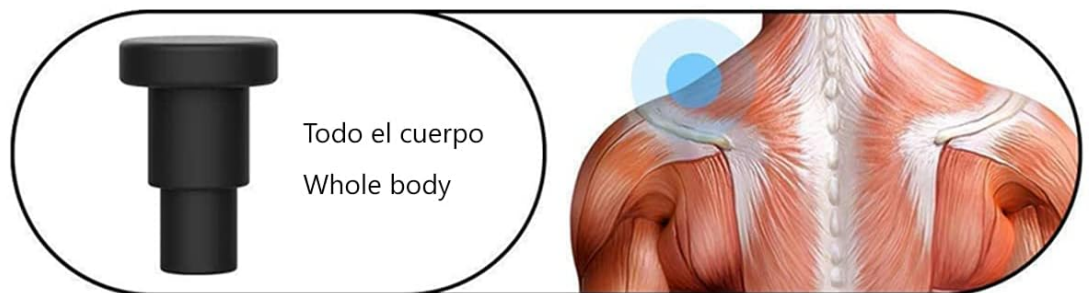
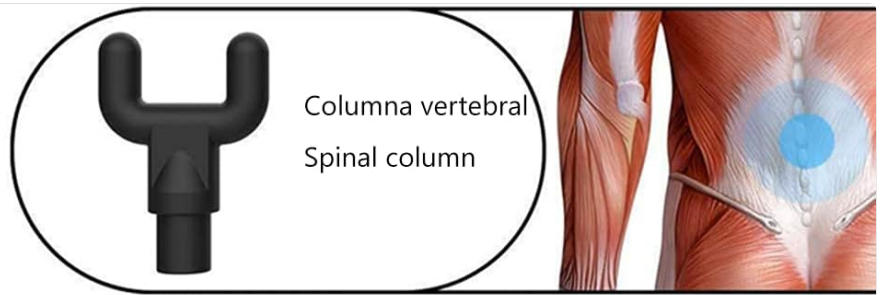


Figure 5: Four Interchangeable Massage Heads. This image displays the four different massage heads: Spherical (for large muscle groups), Flat (for whole body), Cylindrical (for joints), and U-shaped (for spinal column), along with their recommended applications.

Massage Head Applications:

| Head Type | Recommended Use |
|------------------|--|
| Spherical Head | Large muscle groups (e.g., arms, thighs, calves, glutes) |
| Flat Head | Whole body relaxation, general muscle massage |
| Cylindrical Head | Joints, deep tissue, trigger points |
| U-shaped Head | Spinal column, Achilles tendon, neck muscles |

OPERATING INSTRUCTIONS

Turning On/Off and Adjusting Speed

1. To turn on the device, press and hold the ON/OFF button for 2 seconds. The device will start at the lowest intensity level.

2. To increase the intensity level, short press the ON/OFF button. Each press will cycle through the 5 available levels. The gear indicator lights will illuminate to show the current level.
3. To turn off the device, press and hold the ON/OFF button for 2 seconds.

Usage Guidelines

- Apply the massage gun to the desired muscle area. Do not apply excessive pressure.
- Move the device slowly over the muscle, avoiding direct contact with bones or joints.
- For optimal results, use for 1-2 minutes per muscle group. Do not exceed 15 minutes of continuous use.
- The massage gun can be used before, during, or after training to stimulate blood circulation, warm up muscle tissue, improve elasticity, and aid in recovery.
- It helps to awaken muscles, release fascia, eliminate lactic acid, and provide deep tissue massage.
- Consult a healthcare professional if you have any pre-existing medical conditions or concerns.

MAINTENANCE

- Always turn off the device before cleaning.
- Wipe the device and massage heads with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep out of reach of children.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|--------------------------|-----------------------------|---|
| Device does not turn on. | Low battery. | Charge the device fully. |
| Device stops during use. | Overheating or low battery. | Allow the device to cool down, then recharge if necessary. |
| Massage head is loose. | Not properly attached. | Ensure the device is off, then firmly push the head into place. |

SPECIFICATIONS

| Feature | Detail |
|------------------------|-------------------------|
| Model Number | HY-668 (DMAF0134C0096) |
| Brand | DAM |
| Battery Capacity | 2000 mAh (Rechargeable) |
| Battery Life | Up to 5 hours |
| Speed Levels | 5 levels |
| Max Speed | 3000 RPM |
| Motor Power | 24 W |
| Operating Temperature | -10 ~ 40 °C |
| Dimensions (L x W x H) | 13 x 5.2 x 18.4 cm |
| Weight | 612 grams |
| Material | ABS and Metal Alloy |
| Charging Port | USB-C |

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact your retailer. Keep your proof of purchase for any warranty claims.