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› [RockerTech](#) /

› [RockerTech Pro Deep-Tissue Percussion Massage Gun Instruction Manual](#)

## RockerTech Pro

# RockerTech Pro Deep-Tissue Percussion Massage Gun Instruction Manual

Model: Pro

## INTRODUCTION

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The RockerTech Pro Deep-Tissue Percussion Massage Gun is designed to provide targeted muscle relief and aid in recovery. This device utilizes percussive stimulation to help loosen muscles, increase blood flow, and reduce muscle fatigue. Its ergonomic design allows for precise application to various muscle groups.

## SAFETY INFORMATION

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Please read and understand all safety instructions before using the RockerTech Pro Massage Gun. Failure to follow these instructions may result in injury or damage to the device.

- Always begin use on the lowest speed setting and gradually increase intensity as needed.
- Do not use the massager on broken skin, open wounds, or injured areas.
- Keep the massager clean and dry to prevent electrical shock and ensure proper function.
- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or have any concerns about using a percussion massage device.
- This product is intended for external use on muscles only. Avoid contact with bones, joints, and sensitive areas.
- Do not immerse the device in water or any other liquid.
- Keep out of reach of children and pets.

## PACKAGE CONTENTS

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Your RockerTech Pro Massage Gun package includes the following items:

- RockerTech Pro Massage Gun
- 6 Interchangeable Massage Heads
- Cordless/Rechargeable 24V Lithium-ion Battery (integrated)
- Charging Adapter
- Convenient Carrying Case



Image: The RockerTech Pro Massage Gun and its included accessories, neatly organized within its carrying case.

## PRODUCT OVERVIEW

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The RockerTech Pro Massage Gun features a powerful 45W high-torque brushless motor, delivering 12mm of amplitude for effective deep-tissue massage. It is designed for smooth, consistent, and quiet operation.



Image: A detailed view of the massage gun's control panel, highlighting the speed indicator, power on/off button, and battery level indicator lights.

### Controls and Indicators:

- **Speed Indicator:** Displays the current massage intensity level (1-5).
- **Power On/Off Button:** Used to turn the device on and off, and to cycle through speed settings.
- **Battery Level Indicator:** Shows the remaining battery charge.

### Interchangeable Massage Heads:

The device comes with 6 specialized massage heads to target different muscle groups and provide varied massage experiences.

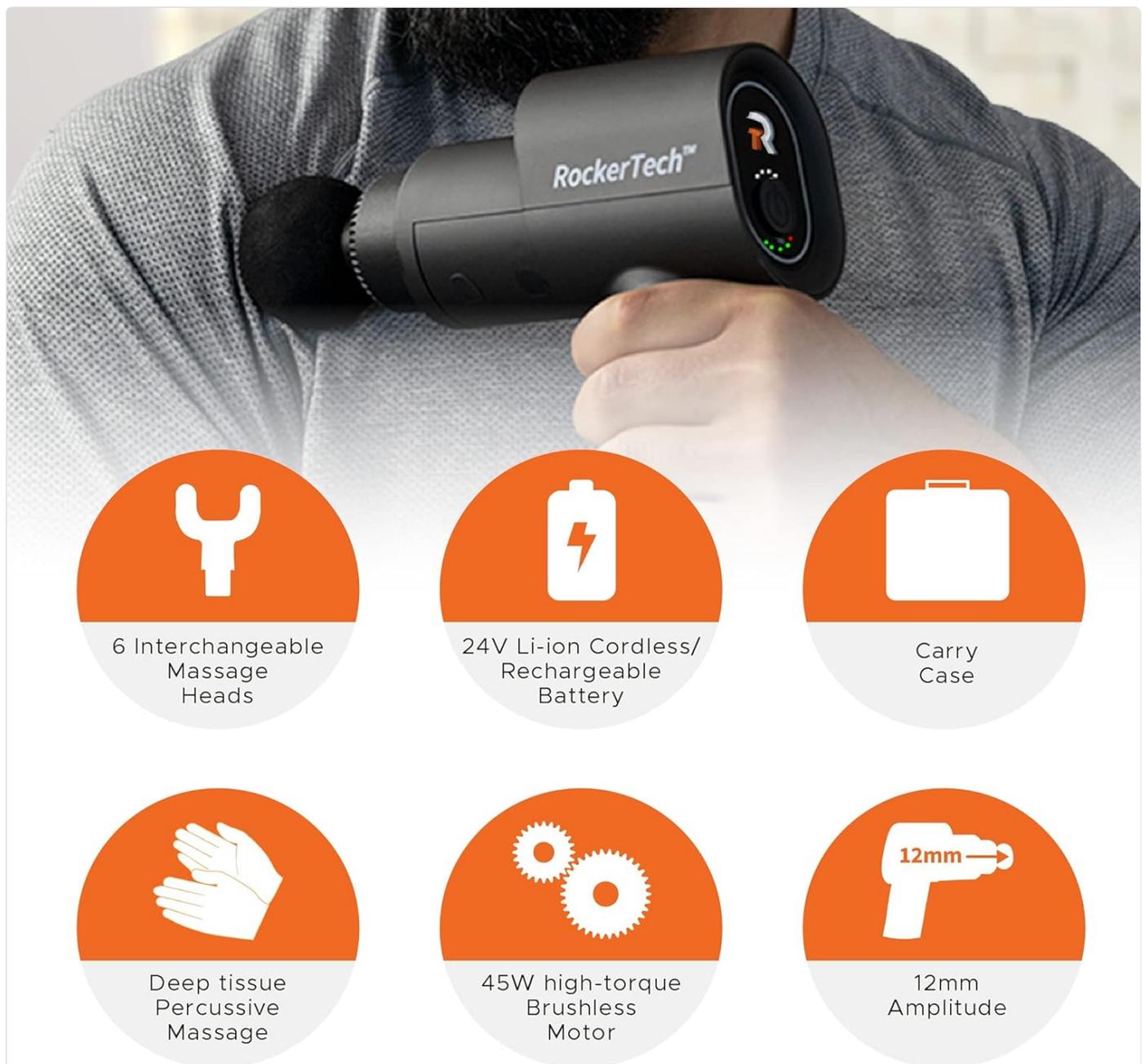


Image: An illustration detailing each of the six massage heads, their recommended uses, and relative intensity levels.

- **Dampener Head:** Cushioned head for sensitive areas such as the knee.
- **Wedge Head:** Long, wide head for scraping along upper arms, chest, IT bands, and shoulders.
- **Flat Head:** Large, flat head for big muscle groups such as the hamstrings or quads.
- **Bullet Head:** Trigger point head for pin-pointing specific areas of the feet or around joints.
- **Ball Head:** Large, round head for overall use.
- **Fork Head:** Two-pronged head for smaller, slimmer muscles: Achilles, forearms, and spine.

## SETUP

### Charging the Device:

1. Before first use, fully charge the massage gun.
2. Connect the charging adapter to the charging port on the device.
3. Plug the adapter into a standard wall outlet.

4. The battery level indicator lights will illuminate to show charging progress. All lights will be solid when fully charged.
5. A full charge typically takes approximately 3 hours and provides up to 4 hours of runtime.

### **Attaching/Removing Massage Heads:**

1. Ensure the massage gun is turned off before attaching or removing any massage head.
2. To attach, gently push the desired massage head into the opening at the front of the gun until it is securely seated.
3. To remove, firmly pull the massage head straight out from the opening. Do not twist.

## **OPERATING INSTRUCTIONS**

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### **Powering On/Off and Adjusting Speed:**

1. To turn on the device, press and hold the Power On/Off button for a few seconds. The device will start at the lowest speed setting.
2. To increase the speed, press the Power On/Off button repeatedly. There are 5 speed settings available.
3. To turn off the device, press and hold the Power On/Off button for a few seconds until the device stops.

### **Application:**

- Select the appropriate massage head for the target muscle group.
- Turn on the device and select a comfortable speed setting.
- Gently press the massage head against the muscle. Move the device slowly 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 the head/neck.
- For pre-workout muscle activation, use briefly on target muscles. For post-workout recovery, use for longer durations on fatigued muscles.



## Dampener

Cushioned head for sensitive areas such as the knee.

Intensity



## Wedge

Long, wide head for scraping along upper arms, chest, IT bands, and shoulders.

Intensity



## Flat

Large, flat head for big muscle groups such as the hamstrings or quads.

Intensity



## Bullet

Trigger point head for pin-pointing specific areas of the feet or around joints.

Intensity



## Ball

Large, round head for overall use.

Intensity



## Fork

Two-pronged head for smaller, slimmer muscles: Achilles, forearms, and spine.

Intensity



Image: A user demonstrating the application of the massage gun to the bicep area of the arm.



Image: A user demonstrating the application of the massage gun to the thigh muscle.

Your browser does not support the video tag.

Video: An official demonstration of the RockerTech Pro Percussion Massage Device in use, showcasing its features and application.

## MAINTENANCE

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### Cleaning:

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the massage gun with a slightly damp, soft cloth.
- For massage heads, wipe with a damp cloth and mild soap if necessary, then rinse and air dry completely before reattaching.
- Do not use abrasive cleaners, solvents, or harsh chemicals.

### Storage:

- Store the massage gun and all accessories in the provided carrying case.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Ensure the device is fully charged before long-term storage to maintain battery health.

## TROUBLESHOOTING

If you encounter any issues with your RockerTech Pro Massage Gun, please refer to the following common solutions:

- **Device not turning on:** Ensure the battery is charged. Connect the charger and allow it to charge for at least 30 minutes before attempting to power on again.
- **Weak percussion or stalling:** Check the battery level. If low, recharge the device. Ensure the massage head is securely attached.
- **Unusual noise:** Turn off the device immediately. Check for any obstructions around the massage head or internal components. If the noise persists, discontinue use and contact customer support.
- **Overheating:** If the device feels excessively hot, turn it off and allow it to cool down for at least 30 minutes before resuming use. Avoid prolonged use on a single area.

For issues not listed here or if problems persist, please contact RockerTech customer support.

## SPECIFICATIONS

| Feature                 | Specification                          |
|-------------------------|--|
| Model Name              | Pro                                    |
| Brand                   | RockerTech                             |
| Power Source            | Battery Powered (Cordless)             |
| Motor                   | 45W High-Torque Brushless Motor        |
| Amplitude               | 12mm                                   |
| Speed Settings          | 5 Speeds                               |
| Battery Type            | 24V Lithium-ion                        |
| Battery Runtime         | Up to 4 hours                          |
| Battery Charging Time   | Approx. 3 hours                        |
| Number of Massage Heads | 6                                      |
| Item Weight             | 0.95 Kilograms (2.09 Pounds)           |
| Color                   | Black                                  |
| Material Type           | Plastic                                |
| Dimensions (L x W x H)  | 7.16 x 2.45 x 9.5 inches (approximate) |

## WARRANTY AND SUPPORT

For warranty information, product registration, or customer support, please refer to the documentation included with your purchase or visit the official RockerTech website. Keep your proof of purchase for warranty claims.

