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Platinet 45619

PLATINET Massage Gun Model 45619 User Manual

Professional Cordless Rechargeable Massage Gun

1. INTRODUCTION

Thank you for choosing the PLATINET Massage Gun Model 45619. This professional cordless rechargeable massage gun is designed to help relieve muscle soreness and stiffness, improve range of motion, and promote blood circulation. Please read this manual carefully before use to ensure safe and effective operation.

2. IMPORTANT SAFETY WARNINGS

- **Do not use the massage gun on damaged skin.** Avoid direct contact with open wounds, rashes, or irritated skin.
- **Consult your physician if you have any health concerns** or pre-existing medical conditions before using this device. This includes, but is not limited to, pregnancy, diabetes, heart conditions, recent surgeries, or if you have metal implants.
- **Avoid using the massager while sleeping or driving.** Ensure you are in a safe and stable environment during use.
- **Do not immerse the device in water or any liquids.** Clean with a damp cloth only.
- **Keep out of reach of children and pets.** This device is not a toy.
- **Do not operate continuously for more than 15 minutes.** Allow the device to cool down for at least 30 minutes before resuming use.
- **Use only the provided charging cable.** Using unauthorized chargers may damage the device or pose a fire hazard.
- **Do not disassemble or modify the device.** This will void the warranty and may cause malfunction or injury.
- **Avoid using the massage gun on your head, face, or directly over bones and joints.** Focus on muscle tissue.

3. PACKAGE CONTENTS

Please check the package to ensure all items are present and in good condition:

- PLATINET Massage Gun (Model 45619)
- 4 x Interchangeable Massage Heads
- USB DC Charging Cable
- User Manual (this document)



Image: The PLATINET Massage Gun with its four distinct massage heads laid out.

4. PRODUCT OVERVIEW

4.1 Main Unit



Image: The PLATINET Massage Gun, showing its ergonomic design and main body.

4.2 Massage Heads

The PLATINET Massage Gun comes with 4 interchangeable massage heads, each designed for specific muscle groups and massage types:



Image: Close-up view of the four distinct massage heads: spherical, U-shaped, bullet, and flat.

- **Spherical Head:** Suitable for large muscle groups like arms, back, hips, thighs, and calves.
- **U-shaped Head:** Designed for the spine, neck, and Achilles tendon.
- **Bullet Head:** Ideal for deep tissue massage, trigger points, and small muscle areas.
- **Flat Head:** Versatile for all body parts, offering a general, even massage.

5. SETUP

5.1 Charging the Device

1. Before first use, fully charge the massage gun.
2. Locate the charging port, typically at the bottom of the handle.
3. Connect the provided USB DC charging cable to the device and plug the other end into a compatible USB power adapter (not included) or a USB port.
4. The LED indicator will show the charging status. A red LED indicates charging, and it will change or turn off when fully charged.
5. A full charge takes approximately 2-3 hours. The 1500 mAh battery provides wireless operation.



Image: Rear view of the massage gun, highlighting the power button and charging port at the base of the handle.

5.2 Attaching Massage Heads

1. Ensure the device is turned off before attaching or removing any massage head.
2. Select the desired massage head.
3. Align the stem of the massage head with the opening on the front of the massage gun.

4. Gently push the massage head firmly into the opening until it is securely seated. Do not twist forcefully.
5. To remove, gently pull the massage head straight out.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- To turn on: Press and hold the power button (usually located at the bottom of the handle or on the back of the device) for a few seconds until the device starts.
- To turn off: Press and hold the power button again for a few seconds until the device stops.

6.2 Adjusting Speed Levels

The PLATINET Massage Gun features 6 power levels (2100-3200 RPM) to customize your massage experience.

- Once the device is powered on, short press the power button to cycle through the different speed levels.
- The LED indicator will typically show the current power level.
- Start with the lowest speed and gradually increase to a comfortable intensity.

6.3 Usage Recommendations

- Apply the massage gun to the desired muscle area. Do not apply excessive pressure; let the device do the work.
- Move the massage gun slowly over the muscle, avoiding direct contact with bones or joints.
- For each muscle group, use for approximately 30-60 seconds. Do not exceed 15 minutes of continuous use for the entire body.
- Use before exercise to warm up muscles or after exercise to aid recovery and reduce soreness.

7. MAINTENANCE

7.1 Cleaning

- Always turn off and unplug the device before cleaning.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- The massage heads can be wiped clean with a damp cloth and mild soap, then rinsed and air-dried thoroughly before reattaching.

7.2 Storage

- Store the massage gun and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep the device in its original packaging or a protective case to prevent damage.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully using the provided USB DC cable.
Device stops during use.	Battery is low. Overheating protection activated.	Recharge the battery. Allow the device to cool down for 30 minutes before resuming use.

Problem	Possible Cause	Solution
Massage head falls off.	Head not securely attached.	Ensure the massage head is pushed firmly into place.
Weak vibration.	Low battery. Incorrect speed setting.	Charge the device. Increase the speed level.

9. SPECIFICATIONS

- **Model:** 45619
- **Battery:** 1500 mAh Lithium-ion
- **Operating Time:** Wireless operation (duration depends on speed level)
- **RPM Range:** 2100 - 3200 RPM
- **Speed Levels:** 6
- **Rated Voltage:** 8.4 V
- **Motor Power:** 20 W
- **Charging:** USB DC Cable (79 cm length)
- **Dimensions (L x W x H):** 225 x 170 x 65 mm (approx. 8.86 x 6.69 x 2.56 inches)
- **Weight:** 378 grams (approx. 0.83 lbs)
- **Color:** Grey
- **Special Feature:** Rechargeable
- **Benefits:** Pain relief, promotes blood circulation, reduces muscle soreness and stiffness, improves range of motion.

10. WARRANTY AND SUPPORT

PLATINET products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty card included with your purchase or contact your local retailer. If you encounter any issues or have questions about your PLATINET Massage Gun, please contact customer support through your purchase platform or the official PLATINET website.

Manufacturer: Platinet S.A.