

Blackroll A002840

BLACKROLL FASCIA Muscle Massage Gun User Manual

Model: A002840

Brand: Blackroll

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your BLACKROLL Handheld FASCIA Muscle Massage Gun. Designed for athletes and individuals seeking muscle and fascia tension release, this vibrating massager aids in recovery and preparation for physical activity. Please read this manual thoroughly before first use and keep it for future reference.

SAFETY INFORMATION

To ensure safe operation, please observe the following precautions:

- Do not use the device on injured, inflamed, or broken skin.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Do not immerse the device in water or any other liquid.
- Use only the provided charging cable.
- Avoid using the device for prolonged periods on a single area.
- Discontinue use immediately if you experience pain or discomfort.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PACKAGE CONTENTS

Your BLACKROLL Fascia Gun package should include the following items:

- BLACKROLL Handheld FASCIA Muscle Massage Gun

- Relax Head attachment
- Pre-Exercise Head attachment
- Post-Exercise Head attachment
- Pro Mode Head attachment
- USB-C Charging Cable



Figure 1: BLACKROLL Fascia Gun and its included accessories.

SETUP

Charging the Device

Before first use, fully charge your BLACKROLL Fascia Gun. A rechargeable lithium-Ion battery offers a 15-hour run time on a full charge.

1. Connect the provided USB-C charging cable to the charging port on the device.
2. Plug the other end of the USB-C cable into a compatible USB power adapter (not included) or a computer USB port.
3. The indicator lights will show the charging status. Once fully charged, the lights will indicate completion.

Attaching Massage Heads

The Fascia Gun comes with four attachable massage heads, each designed for specific applications. To attach or remove a head:

1. Ensure the device is turned off.
2. Gently push the desired massage head into the opening at the front of the gun until it is securely in place.
3. To remove, gently pull the head straight out.



Figure 2: The four interchangeable massage heads.

OPERATING INSTRUCTIONS

Powering On/Off and Adjusting Speed

The BLACKROLL Fascia Gun features four different speed levels (1200 - 3200 RPM) to suit various needs.

1. To power on the device, press and hold the power button located at the base.
2. Once on, press the power button repeatedly to cycle through the four speed levels.
3. To power off, press and hold the power button again until the device shuts down.



Figure 3: Adjustable intensity levels and their recommended usage times.

Understanding Massage Heads and Modes

- **Relax Head:** Ideal for relaxation during resting times or before going to sleep.
- **Pre-Exercise Head:** Enhances circulation and prepares muscles before a workout.
- **Post-Exercise Head:** Aids in recovery and helps prevent muscle aches after exercise.
- **Pro Mode Head:** Designed for high-intensity massaging, suitable for larger muscle groups like quads and glutes.

USAGE GUIDELINES

For optimal results, use the Fascia Gun on clean, dry skin. Apply gentle pressure and move the device slowly over the desired muscle area. Avoid direct contact with bones or joints.



Figure 4: Demonstrating proper use of the Fascia Gun on the arm.

Application Examples

The BLACKROLL Fascia Gun can be used on various muscle groups to relieve tension and promote recovery.



Muskeltension lösen & Durchblutung fördern

Relieve muscle tension & stimulate blood circulation



Vibration

Figure 5: Versatile application across various muscle groups.

Official Product Videos

Watch these official videos from Blackroll for demonstrations on how to effectively use your Fascia Gun:

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Video 1: Overview of the BLACKROLL Fascia Gun and its features. (Duration: 0:30)

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Video 2: Demonstration of calf muscle massage using the Fascia Gun. (Duration: 0:26)

Your browser does not support the video tag.

Video 3: Quick guide on chest muscle massage with the Fascia Gun. (Duration: 0:07)

Your browser does not support the video tag.

Video 4: Brief demonstration of foot massage using the Fascia Gun. (Duration: 0:08)

MAINTENANCE

Cleaning

To maintain hygiene and prolong the life of your device:

- After each use, wipe the massage heads and the device body with a clean, damp cloth.
- For deeper cleaning, use a mild soap solution on the massage heads, then rinse and air dry completely before reattaching.
- Do not use abrasive cleaners or solvents.

Storage

Store the Fascia Gun in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case to prevent damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device fully using the USB-C cable.
Device stops during use.	Overheating or low battery.	Allow the device to cool down. Recharge if battery is low.
Massage head feels loose.	Head not properly attached.	Ensure the massage head is pushed firmly into place.
Unusual noise or vibration.	Foreign object or internal issue.	Turn off the device and inspect for any obstructions. If problem persists, contact customer support.

SPECIFICATIONS

- **Model Number:** A002840
- **Product Dimensions:** 5.51 x 3.43 x 1.89 inches
- **Item Weight:** 1.21 Pounds (550 Grams)
- **Material:** Aluminum chassis
- **Power Source:** Battery Powered (1 Lithium Ion battery included)
- **Run Time:** Up to 15 hours
- **Charging:** USB-C connection
- **Speed Levels:** 4 (1200 - 3200 RPM)
- **Manufacturer:** Blackroll
- **Origin:** German Made



Figure 6: Physical dimensions of the Fascia Gun.

WARRANTY AND SUPPORT

BLACKROLL products are premium made in Germany. For any questions, concerns, or warranty claims, please contact Blackroll customer support. Refer to the official Blackroll website or your purchase documentation for specific warranty terms and contact information.

You can visit the official Blackroll Store on Amazon for more information: [Blackroll Store](#)