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Thinkpad Lenovo086

Lenovo Massage Gun User Manual

Model: Lenovo086

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your Lenovo Professional Massage Gun. Please read this manual thoroughly before using the device and retain it for future reference. The Lenovo Professional Massage Gun is designed as a muscle recovery tool, offering deep tissue percussion massage to help relieve muscle fatigue and pain, improve blood flow, and aid in muscle regeneration. It features multiple speed settings and interchangeable massage heads to target various muscle groups.

PRODUCT OVERVIEW



Figure 1: Lenovo Professional Massage Gun

This image shows the main unit of the Lenovo Massage Gun in black, with a spherical massage head attached. The device has a handle and a main body containing the motor and controls. The Lenovo logo is visible on the side.

Key Features:

- **Powerful Brushless Motor:** Provides strong and stable output with up to 2400 RPM and 9mm amplitude.
- **Multiple Speed Settings:** 5 adjustable percussion speeds (1200, 1500, 1800, 2100, 2400 RPM).
- **Interchangeable Massage Heads:** Includes 4 different heads for various muscle groups.
- **Long Battery Life:** 2000mAh rechargeable lithium-ion battery offering 8-10 hours of use per charge.
- **Quiet Operation:** Noise level less than 55dB even at maximum speed.
- **Smart Timing Protection:** Automatic 10-minute shut-off to prevent overuse.
- **Portable Design:** Compact and lightweight (0.8kg) for easy transport.

COMPONENTS AND ACCESSORIES

Your Lenovo Massage Gun comes with the following components:

- Lenovo Massage Gun main unit
- 4 x Interchangeable Massage Heads
- USB-C Charging Cable (adapter not included)
- User Manual (this document)

4 high quality silicone massage heads



round head

Moderate intensity, suitable for large muscle groups such as chest, lower back, buttocks.



conical head

High strength, suitable for small muscle groups or tissue gaps such as palms and soles.



flat head

Soft intensity, suitable for relaxation of various muscle parts.



U-shaped head

High strength, suitable for fascicular muscles such as the back of the neck and the spinal tendon.

Figure 2: Included Massage Heads

This image displays the four distinct massage heads provided with the device: a round head, a conical head, a flat head, and a U-shaped head. Each head is designed for specific muscle groups and massage types.

Round Head: Moderate intensity, suitable for large muscle groups such as chest, lower back, and buttocks.

Conical Head: High strength, suitable for small muscle groups or tissue gaps like palms and soles.

Flat Head: Soft intensity, suitable for relaxation of various muscle parts.

U-shaped Head: High strength, suitable for fascial muscles such as the back of the neck and spinal tendon.

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 USB-C cable to a 5V/2A USB adapter (not included) or a standard phone adapter.
4. The battery indicator lights will illuminate to show charging status. All lights will be solid when fully charged.
5. A full charge typically takes 4-6 hours and provides 8-10 hours of use.

3-cell high-capacity lithium battery

6 hours long battery life

It adopts long-lasting rechargeable lithium-ion battery, which can output power for a long time.

High magnification, high power supply, BMS protection system.



3 cores
High-capacity
lithium-ion battery



6 hours
Long battery life

Figure 3: Battery and Charging Indication

This image illustrates the internal 3-cell high-capacity lithium battery and indicates a 6-hour long battery life. It also shows the battery indicator lights on the device, which display the remaining power and charging status.

Attaching Massage Heads:

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

OPERATING INSTRUCTIONS

Power On/Off:

- To turn on, press and hold the power button for a few seconds until the device starts.
- To turn off, press and hold the power button again until the device stops.

Adjusting Speed Levels:

Five levels of strength are freely adjustable

Comfort is in your control

Lenovo Fascia Gun provides 5 scientific vibration modes of 1200-2400 rpm based on the theory of body muscles and bones, which can be switched according to personal needs or body parts, whether it is to relax muscles after exercise or daily soothing massage. Find the amplitude that suits you.



Figure 4: Speed Adjustment Levels

This image illustrates the five adjustable strength levels of the massage gun, ranging from 1200 RPM for daily relaxation to 2400 RPM for

professional deep massage. The corresponding RPM for each level is displayed.

- Once powered on, press the power button repeatedly to cycle through the 5 speed levels.
- The indicator lights will show the current speed setting.
- **Level 1 (1200 RPM):** Daily relaxation
- **Level 2 (1500 RPM):** Light massage
- **Level 3 (1800 RPM):** Awaken vitality
- **Level 4 (2100 RPM):** Deep massage
- **Level 5 (2400 RPM):** Professional modes

Usage Guidelines:

- Select the appropriate massage head for the target muscle group.
- Start with the lowest speed setting and gradually increase as desired.
- Apply gentle pressure and move the device slowly over the muscles.
- Do not apply excessive pressure or use on bony areas.
- The device has a **10-minute smart timing protection** feature, automatically shutting off after 10 minutes of continuous use to prevent overuse and protect muscles.

10-minute smart pause setting

In order to avoid prolonged massage on the same part and damage to muscles and bones, Lenovo Fascia Gun is equipped with intelligent timing protection, which will automatically stop after 10 minutes of continuous use to ensure human health and provide scientific and considerate protection.



shoulder muscles

15s-20s x 3



chest muscles

30s





Figure 5: Recommended Massage Durations

This image provides a guide for recommended massage durations on various muscle groups, including shoulders (15-20s x 3), chest (30s), back (30-60s x 3), hips (30s x 4), legs (20-30s x 3), and feet (20-30s x 3). This is to ensure effective and safe use with the 10-minute smart pause setting.

Noise Level:

50dB low noise

Lenovo fascia gun noise is only 50db, whether it is a noisy gym or a quiet office, you can enjoy it to the fullest. Let you wake up the vitality of your body in silence, and let your body and mind immerse in a peaceful and comfortable relaxation time.



Figure 6: Low Noise Operation

This image highlights the low noise operation of the Lenovo Fascia Gun, stating it operates at 50dB, comparable to a normal indoor conversation. It contrasts this with ordinary fascia guns (60-70dB) and chainsaw retrofit fascia guns (70-90dB), emphasizing its quiet performance.

The Lenovo Massage Gun operates with a low noise level, typically below 55dB, allowing for a quiet and comfortable massage experience.

MAINTENANCE

Cleaning:

- Turn off the device and disconnect it from the charger before cleaning.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Clean massage heads with mild soap and water, then dry thoroughly before reattaching.

Storage:

- Store the device 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.	10-minute auto-off protection activated.	This is normal. Wait a moment and restart if needed.
Weak percussion.	Low battery or incorrect speed setting.	Charge the device. Increase the speed level.
Massage head is loose.	Head not fully inserted.	Ensure the massage head is pushed in firmly.

SPECIFICATIONS

Feature	Detail
Model	Lenovo086
Brand	Thinkpad
Dimensions (Package)	26.4 x 22.6 x 6.6 cm
Item Weight	1.04 kg
Power Source	Electric (Rechargeable)
Battery Type	2000mAh Lithium-ion
Battery Life	Approx. 8-10 hours (per charge)
Speed Levels	5 (1200-2400 RPM)
Amplitude	9 mm
Noise Level	< 55 dB

Feature	Detail
Massage Heads	4 (Round, Conical, Flat, U-shaped)
Auto-off Timer	10 minutes

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or contact the manufacturer directly. Keep your proof of purchase for any warranty claims.

Manufacturer: Thinkpad

