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› [PayLessHere](#) /

› PayLessHere Massage Gun User Manual

PayLessHere Massage Gun

PayLessHere Massage Gun

USER MANUAL

Introduction

Thank you for choosing the PayLessHere Massage Gun. This device is designed to provide deep tissue massage, helping to alleviate muscle soreness, stiffness, and pain, particularly after exercise. It promotes blood flow and aids in muscle recovery. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: The PayLessHere Massage Gun, showcasing the main unit, four interchangeable massage heads, and the portable carrying case.

Product Components

Your PayLessHere Massage Gun package includes the following items:

- 1 x Massage Gun Unit
- 1 x Round Head (for large muscle groups)
- 1 x Flat Head (for muscle shaping and relaxation)
- 1 x Bullet Head (for deep tissues, acupoints, meridians, joints, palms)
- 1 x Spinal Head (for shoulder, neck, spine, Achilles tendon)
- 1 x Portable Carrying Case
- 1 x Charging Cable



Image: A close-up view of the four distinct massage heads included with the device, each designed for specific muscle groups and massage types.

Setup

1. Charging the Battery

Before first use, fully charge the massage gun. The device is equipped with a 2600mAh rechargeable Lithium battery. A full charge typically provides 3-5 hours of massage time, depending on the intensity level used.

- Connect the charging cable to the massage gun's charging port and to a suitable power source.
- The battery LED light display will indicate the charging status.
- Unplug the device once fully charged.



Image: Visual representation of the massage gun's battery life, indicating a 2600mAh capacity and up to 5 hours of operation on a single charge.

2. Attaching Massage Heads

To attach a massage head, gently push the desired head into the opening at the front of the massage gun until it is securely seated. To remove, pull the head straight out.

Operating Instructions

1. Power On/Off

Press and hold the power button on the control panel to turn the massage gun on or off.

2. Adjusting Speed Levels

The massage gun features 5 adjustable speed levels to cater to various massage needs:

- **Level 1 (1600rpm):** Light warm-up

- **Level 2 (2000rpm):** Deep muscle relaxing
- **Level 3 (2400rpm):** Muscle recovery
- **Level 4 (2800rpm):** Precise deep massage
- **Level 5 (3200rpm):** Professional massage

Press the power button repeatedly to cycle through the speed levels. The LED indicators on the control panel will show the current speed setting.



Image: A visual guide illustrating the five adjustable speed settings of the massage gun, from warm-up to professional deep massage, with their respective RPMs.

3. Usage Recommendations

Apply the massage gun to the desired muscle area. Move the device slowly over the muscle, applying gentle pressure. Avoid using on bones, joints, or directly on the spine. The device will automatically shut off after 15 minutes of continuous use to prevent overheating.

4 REPLACEABLE MASSAGE HEADS

Quickly affix your preferred head in seconds to target specific muscles



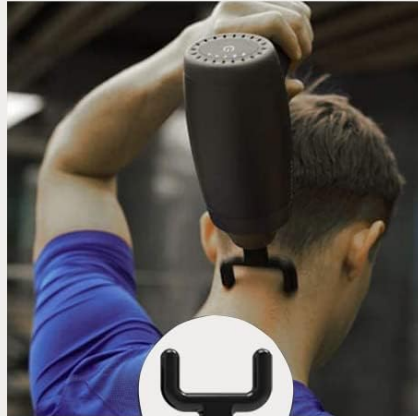
ROUND HEAD



FLAT



BULLET



SPINAL

Image: The massage gun is shown operating with a low noise level, as indicated by a sleeping baby in the background, highlighting its quiet performance (35-50 dB).

Massage Head Guide

Each of the four interchangeable massage heads is designed for specific applications:

- **Round Head:** Ideal for large muscle groups such as arms, back, hips, thighs, and calves. It provides a general, all-purpose massage.
- **Flat Head:** Used to help shape and relax the muscles of the body. Suitable for most muscle areas.
- **Bullet Head:** Designed for deep tissues, acupoints, meridians, joints, and palms. Provides a more focused and intense massage.
- **Spinal Head:** Specifically shaped for use on the shoulder, neck, spine, and Achilles tendon, targeting muscles around bony areas.

Maintenance

Cleaning

Wipe the massage gun and massage heads with a slightly damp cloth after each use. Do not immerse the device in water or use harsh chemicals. Ensure the device is powered off before cleaning.

Storage

Store the massage gun and its accessories in the provided portable carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.

Troubleshooting

- **Device not turning on:** Ensure the battery is charged. If the battery is low, connect the charging cable and allow it to charge for at least 30 minutes before attempting to power on again.
- **Weak percussion:** The battery might be low. Recharge the device.
- **Unusual noise or vibration:** Power off the device immediately and check if the massage head is properly attached. If the issue persists, discontinue use and contact customer support.
- **Device automatically shuts off before 15 minutes:** This could indicate low battery. Recharge the device. If it continues to shut off prematurely after a full charge, contact customer support.

Specifications

Product Dimensions	13.5 x 4.1 x 10.2 inches
Item Weight	2.16 Pounds
Model Number	Massage Gun
Brand	PayLessHere
Power Source	Battery Powered
Battery Capacity	2600mAh Lithium Battery
Operating Noise Level	35-50 dB
Auto Shutoff	15 minutes

Safety Information

Proposition 65 Warning:

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.

Always consult with a healthcare professional before using any massage device, especially if you have pre-existing medical conditions, are pregnant, or have any concerns about your health.

Warranty and Support

If you have any questions or encounter any issues with your PayLessHere Massage Gun, please do not hesitate to contact us immediately by email. Our customer support team is ready to assist you and will work to resolve your troubles at once.

For support, please refer to the contact information provided with your product packaging or visit the official PayLessHere

website.

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