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› RENPHO Mini Massage Gun with Heat User Manual

RENPHO R-C005

RENPHO Mini Massage Gun with Heat User Manual

Model: R-C005

PRODUCT OVERVIEW

The RENPHO Mini Massage Gun with Heat is a compact and powerful percussion massager designed for deep tissue muscle relief. It features a unique heating plate for enhanced therapeutic benefits and comes with multiple interchangeable heads to target various muscle groups. Its portable design makes it ideal for on-the-go use.

Key Features:

- **Massage Gun Deep Tissue with Heat:** The heating plate on the back of the massage gun heats up quickly in 3 seconds, offering three optional temperature levels (100°F, 107°F, 114°F) to make your massage more effective and easy.
- **Powerful Percussion Massager:** Equipped with a super quiet high-torque brushless motor, this electric muscle massager provides 3 speeds (up to 2800rpm) to suit various needs.
- **Small Travel Massage Gun:** Weighing just 0.7 lb, this mini massage gun is highly portable. Its ergonomic handle ensures a comfortable grip, enabling deep muscle massage for areas like the neck and back. Ideal for gym, office, or travel.
- **Type-C Charging and Long Battery Life:** Supports Type-C charging, allowing power-up with power banks, car chargers, sockets, and more. Features a preset 10-minute auto-off function to prevent prolonged usage.
- **Versatile Massage Heads:** Includes 4 interchangeable heads to target various muscle groups effectively.



Figure 1: RENPHO Mini Massage Gun with Heat and included accessories.

SAFETY INFORMATION

For safe use of the RENPHO Mini Massage Gun, please adhere to the following guidelines:

- Keep the massager away from water and do not use it in wet environments.
- Do not use the device while it is charging.
- Avoid using the massager on sensitive areas of the body, such as the head, face, or directly over bones.
- Consult a healthcare professional before use if you are experiencing health conditions such as inflammation, injury, recent surgery, or pregnancy.
- Do not leave the heating plate on the same area of the skin for more than 1 minute at Level 3 (114°F) to prevent discomfort or burns.
- This device is not intended to diagnose, treat, cure, or prevent any disease or health condition.

SETUP AND FIRST USE

1. **Charge the Device:** Before first use, fully charge the massage gun using the provided Type-C charging cable. The charging port is located at the bottom of the handle.
2. **Attach Massage Head:** Select the desired massage head (Ball Head, U-shaped Head, Bullet Head, or Flat Head) and firmly insert it into the massage gun's head slot. Ensure it is securely attached.



Figure 2: The compact size of the RENPHO Mini Massage Gun makes it easy to handle.

OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button located on the top of the device for 2 seconds to turn the massager on or off. The power indicator light will illuminate.
2. **Adjust Massage Speed:** Once powered on, short press the power button to cycle through the 3 massage speed levels:
 - Level 1 (1800rpm): Muscle warm-up and relaxation.

- Level 2 (2300rpm): Muscle relaxation, assists with stretching.
- Level 3 (2800rpm): Deep tissue massage, relieves soreness.

3. **Activate Heat Function:** The heating plate is located on the back of the massage gun. Short press the heat function button to activate the heat. There are three heating levels indicated by different light colors:

- Green: Level 1 (Low, 38°C/100°F)
- Orange: Level 2 (Medium, 42°C/107°F)
- Red: Level 3 (High, 46°C/114°F)

Note: Do not leave the heating plate on the same area for more than 1 minute at Level 3.

4. **Application:** Apply the massager to the desired muscle area. Move the massager slowly over the muscle, applying gentle pressure. Avoid direct contact with bones or joints.
5. **Auto-Off Feature:** The device has a preset 10-minute auto-off function to prevent prolonged usage and ensure safety.



Figure 3: Three intensity levels for customized massage.



Figure 4: The four interchangeable massage heads for targeted relief.

MAINTENANCE AND CARE

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massage gun in a cool, dry place away from direct sunlight and extreme temperatures. Keep it out of reach of children.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Low battery; not powered on correctly.	Charge the device fully. Press and hold the power button for 2 seconds.
Heat function not working.	Heat function not activated; device malfunction.	Short press the heat function button. Ensure the device is charged. If problem persists, contact customer support.
Weak massage intensity.	Low battery; incorrect speed setting.	Charge the device. Cycle through speed settings to a higher level.

If you encounter any issues not listed here or if the suggested solutions do not resolve the problem, please contact RENPHO customer support for assistance.

SPECIFICATIONS

- **Model:** R-C005
- **Product Dimensions:** 3.15 x 1.18 x 2.36 inches
- **Item Weight:** 14.82 ounces (420 Grams)
- **Power Source:** Battery Powered (1 Lithium Ion battery included)
- **Input:** 5V-2A
- **RPM:** 1800-2800rpm (3 speeds)
- **Battery Capacity:** 1200mAh
- **Charging Time:** 4-7 hours
- **Working Time:** 4 hours
- **Noise Level:** <55dB
- **Material:** Plastic, Metal
- **Heat Temperature Levels:** 100°F, 107°F, 114°F

WARRANTY AND SUPPORT

RENPHO products typically come with a manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official RENPHO website for detailed warranty information and registration. For technical support, troubleshooting assistance, or any product-related inquiries, please contact RENPHO customer service through their official channels.

Official RENPHO Website: www.renpho.com

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question