



R1141EDM21ZS5HFP8

Massage Gun User Manual

Model: R1141EDM21ZS5HFP8

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new Deep Tissue Muscle Massage Gun. Please read this manual thoroughly before first use and retain it for future reference.

SAFETY INFORMATION

To reduce the risk of electric shock, fire, and injury, please observe the following safety precautions:

- Do not immerse the device in water or other liquids.
- Do not operate the device continuously for more than 10 minutes. Allow a 30-minute break before re-using.
- Do not use on injured, inflamed, or swollen areas of the body. Consult a physician before use if you have any medical conditions.
- Keep out of reach of children. This is not a toy.
- Use only the provided charging cable.
- Do not disassemble or attempt to repair the device yourself.

Legal Disclaimer: 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

Please check the package to ensure all items are present:

- 1 x Deep Tissue Muscle Massage Gun
- 6 x Interchangeable Massage Heads
- 1 x Charging Cable
- 1 x Carry Case
- 1 x User Manual (this document)



Image: The massage gun, its six interchangeable heads, and the included carry case.

PRODUCT OVERVIEW

LED Display and Controls

LED DISPLAY

One key operation, Convenient and concise



Image: Close-up of the LED display, indicating 1-9 speed levels and remaining battery percentage (0-25%, 26-50%, 51-75%, 76-100%). The ON/OFF button is also visible.

- **Speed Indicator:** Displays the current speed level (1-9).
- **Battery Indicator:** Shows the remaining battery charge.
- **ON/OFF Button:** Long press to power on/off. Click to adjust the gear (speed).

Interchangeable Massage Heads

The device comes with 6 different massage heads, each designed for specific muscle groups and massage types:

12mm

Impact penetrates muscle groups

Relieve stiff muscles and break down lactic acid



Image: Visual guide to the six massage heads: Ball Head, Air Cushion Head, Elbow Head, Y-Shape Head, Taper Head, and Flat Head, with descriptions of their intended use.

- **Ball Head:** Suitable for massaging large muscle groups such as arms, back, arms, thighs, and calves.
- **Air Cushion Head:** Suitable for massaging painful areas, with vibration damping properties.
- **Elbow Head:** Suitable for relaxation of various muscle parts such as meridians, joints, palms, etc.
- **Y-Shape Head:** Suitable for massage of neck, spine, Achilles tendon, etc.
- **Taper Head:** Suitable for impacting deep tissues, such as meridians, joints, palms, soles, etc.
- **Flat Head:** Suitable for relaxation and shaping of various muscle parts.

SETUP

Charging the Device

Before first use, fully charge the massage gun. The device is equipped with a 2500 mAh rechargeable lithium battery.

1. Connect the charging cable to the charging port on the massage gun.

2. Plug the other end of the cable into a suitable USB power adapter (not included) or a USB port.
3. The battery indicator on the LED display will show charging progress.
4. A full charge takes approximately 3-4 hours and provides up to 6 hours of working time (based on 1 hour of use per day).



Image: Depiction of the 2500mAh battery and its 6-hour working capacity after a full charge.

Attaching Massage Heads

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

OPERATING INSTRUCTIONS

Power On/Off and Speed Adjustment

1. **Power On:** Long press the ON/OFF button on the LED display for a few seconds until the device powers on and the display illuminates.

2. **Adjust Speed:** Once powered on, click the ON/OFF button repeatedly to cycle through the 9 adjustable speed levels. The current speed will be shown on the LED display.
3. **Power Off:** Long press the ON/OFF button again for a few seconds until the device powers off.



Image: Diagram illustrating the brushless motor and the 9 speed levels (900-3500 rpm/min) with their corresponding massage intensities: 1-2 Gears (Muscle Arousal), 3-4 Gears (Muscle Relaxation), 5-6 Gears (Lactic Acid Breakdown), 7-8 Gears (Deep Massage), 9 Gears (Professional Mode).

Recommended Usage

- Start with a low speed and gradually increase as desired.
- Move the massage gun slowly over the target muscle group.
- Do not apply excessive pressure.
- The device features an intelligent time protection system and will automatically stop after 10 minutes of continuous operation to prevent over-massage and potential muscle damage.
- The brushless motor operates at a low noise level (below 45dB) for a comfortable experience.



Image: A woman using the massage gun on her shoulder, illustrating the low decibel operation for comfortable use.

≈0.8kg

Ergonomic Design

Effective and prevent muscle strain



Image: A woman holding the massage gun, highlighting its ergonomic design and lightweight nature (approximately 0.8kg) for effective and comfortable use.

6 Interchangeable Massage Heads



Ball Head

Suitable for massaging large muscle groups such as arms, back, arms thighs and calves



Air Cushion Head

Suitable for massaging the painful areas and has vibration damping properties



Elbow Head

Suitable for relaxation of various muscle parts such as meridians, joints, palms, etc



Y-Shape Head

Suitable for massage of neck, spine, Achilles tendon, etc



Taper Head

Suitable for impacting deep tissues, such as meridians, joints, palms, soles, etc



Flat Head

Suitable for relaxation and shaping of various muscle parts



Image: A person using the massage gun on their thigh, demonstrating the 12mm impact penetration designed to relieve stiff muscles and break down lactic acid.

MAINTENANCE

Cleaning

- Before cleaning, ensure the device is powered off and unplugged.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or solvents.
- Ensure no liquid enters the device's openings.
- Clean massage heads with a mild soap and water solution, then dry thoroughly before reattaching.

Storage

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

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device fully.
Device stops during use.	Automatic 10-minute shut-off activated.	This is a safety feature. Wait 30 minutes before resuming use.
Massage head is loose.	Not fully inserted.	Push the massage head firmly into the opening until secure.
Unusual noise or vibration.	Foreign object or internal issue.	Power off the device immediately. Do not attempt to repair. Contact customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	11.22 x 10.24 x 3.9 inches
Item Weight	3.53 Pounds (1600 Grams)
Model Number	R1141EDM21ZS5HFP8
Power Source	Battery Powered
Battery Capacity	2500 mAh
Working Time	Up to 6 hours (after 3-4 hours charge)
Motor Type	60W Brushless Motor
Speed Levels	9 Adjustable Speeds (900-3500 rpm/min)
Noise Level	Below 45dB
Automatic Shut-off	10 minutes
Material	Metal
Manufacturer	Generic
Country of Origin	China

WARRANTY AND SUPPORT

For warranty information or technical support, please contact the seller or manufacturer directly through your purchase platform. Please have your model number (R1141EDM21ZS5HFP8) and purchase date available when contacting support.

Note: Protection plans may be available for purchase separately. Refer to your purchase details for more information.

