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RAEMAO X6

RAEMAO Massage Gun X6 Instruction Manual

Model: X6 | Brand: RAEMAO

INTRODUCTION

The RAEMAO X6 Deep Tissue Massage Gun is designed to provide effective muscle relief and promote blood circulation. This handheld electric percussion massager features 10 speed levels and comes with 8 interchangeable massage heads, making it suitable for various muscle groups and needs. Its cordless design and smart LED screen ensure a convenient and user-friendly experience.

PRODUCT FEATURES

- **Deep Tissue Pain Relief:** High penetration of 12mm and powerful 3200rpm to relieve post-workout soreness, promote blood circulation, and relax the body.
- **8 Massage Heads:** Equipped with 8 replaceable massage heads suitable for various massage groups, ideal for back, neck, arms, and legs.
- **10 Speed Levels:** Adjustable speeds to meet diverse muscle soreness needs for athletes and fitness professionals. Operates at a low noise level of only 40 decibels.
- **Smart LED Screen:** Intuitive display shows speed, battery percentage, and massage pressure.
- **Long-lasting Battery:** Designed for long-term use with a USB charging cable (charging plug not included) and an automatic shutdown function after 10 minutes of continuous use to protect battery life.
- **Portable Design:** Cordless, exquisite, and lightweight design for easy portability and use.

PACKAGE CONTENTS

Your RAEMAO Massage Gun X6 package includes:

- RAEMAO Massage Gun X6 (Silver)
- 8 Replaceable Massage Heads
- USB Charging Cable (charging plug not included)
- Carrying Case
- User Manual

SAFETY INFORMATION

Please read and follow all safety instructions before using the RAEMAO Massage Gun X6:

- Do not use the massage gun for more than 10 minutes at a time.
- Allow the device to cool down between uses to prevent overheating.
- Keep the device away from water and other liquids to prevent electrical shock.
- Always follow the instructions provided in this manual to ensure safe and proper use.
- Do not use on open wounds, inflamed areas, or areas with poor circulation.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.

SETUP

1. **Unpack:** Carefully remove the massage gun and all accessories from its packaging and carrying case.
2. **Charge:** Fully charge the device before using it for the first time. Connect the USB charging cable to the charging port at the bottom of the handle and to a compatible USB power adapter (not included). The LED display will indicate battery percentage.
3. **Attach Massage Head:** Select one of the 8 specialized massage heads suitable for the muscle group you intend to target. Gently insert the stem of the massage head into the opening at the front of the gun until it is securely in place.

8 MASSAGE HEAD



Round Head
Suitable for thighs,
calves, back



Flat Head
Suitable for
all body parts



Wedge Head
Suitable for larger
muscles around Legs,
Chest, and Back



Fork Head
Suitable for neck,
spine and
achilles tendon



Convex Head
Suitable for quads,
gluteal



Y-Shape Head
Suitable for arm
and leg muscles



Thumb Head
Suitable for palm,
foot bottom



Bulge Head
Suitable for
abdominal muscles

Image: The 8 included massage heads, each designed for specific muscle groups and massage types. These include a Round Head, Flat Head, Wedge Head, Fork Head, Convex Head, Y-Shape Head, Thumb Head, and Bulge Head.

OPERATING INSTRUCTIONS

- 1. Power On:** Locate the ON/OFF switch at the bottom of the handle. Slide the switch to the 'ON' position. The LED display will illuminate.
- 2. Start Massage:** Press the central fingerprint icon on the LED touch screen to start the massage gun. It will begin at the lowest speed setting.
- 3. Adjust Speed:** Tap the central fingerprint icon on the LED touch screen to cycle through the 10 available speed levels. Each tap increases the intensity. The display will show the current speed level.
- 4. Apply to Muscles:** Gently apply the massage head to the desired muscle area. You can adjust the pressure as needed. The device is designed to automatically adjust intensity based on pressure applied.
- 5. Automatic Shutdown:** The massage gun will automatically stop after 10 minutes of continuous use to prevent overuse and protect the battery.
- 6. Power Off:** To turn off the device manually, press and hold the central fingerprint icon on the LED touch screen until it stops, then slide the ON/OFF switch at the bottom of the handle to the 'OFF' position.

LCD TOUCH SCREEN DISPLAY

Adjust the gear according to different degrees of muscle fatigue

Speed Display

Pressure Display

Power Display

Start

1-2 Level
Muscle awakening

3-4 Level
Fascia relaxation

5-6 Level
Decompose lactic acid

7-8 Level
Deep massage

9-10 Level
Professional mode

Image: The intuitive LCD touch screen display shows speed levels (1-10) and battery percentage, allowing for easy control and monitoring of the device.

12MM AMPLITUDE

Activate the deep muscle groups, quickly relax full body



Image: A man using the RAEMAO Massage Gun on his arm, demonstrating its ergonomic design and deep tissue penetration for muscle relaxation.

Your browser does not support the video tag.

Video: This video demonstrates the RAEMAO Massage Gun in use, highlighting its deep tissue massage capabilities for pain relief across various body parts.

MESSAGE HEAD GUIDE

The RAEMAO Massage Gun X6 includes 8 specialized massage heads, each designed for optimal use on different muscle groups:

- **Round Head:** Suitable for large muscle groups like thighs, calves, and back.
- **Flat Head:** Versatile for all body parts, providing a general massage.
- **Wedge Head:** Ideal for larger muscles around legs, chest, and back.
- **Fork Head:** Designed for the neck, spine, and Achilles tendon.
- **Convex Head:** Best for quads and gluteal muscles.
- **Y-Shape Head:** Suitable for arm and leg muscles.
- **Thumb Head:** Excellent for palm and foot bottom massage.

- **Bulge Head:** Recommended for abdominal muscles.

CHARGING AND BATTERY

The RAEMAO Massage Gun X6 is equipped with a 2500mAh Lithium Ion battery, providing long-lasting use. To charge:

1. Ensure the device is switched to the 'OFF' position.
2. Connect the provided USB charging cable to the USB-C port at the bottom of the handle.
3. Plug the other end of the USB cable into a compatible 5V/1A USB power adapter (not included).
4. The LED display will show the battery percentage, indicating charging progress.
5. A full charge typically takes several hours. Once fully charged, disconnect the cable.

The device features an automatic shutdown after 10 minutes of continuous use to conserve battery life and prevent motor strain.



Image: Illustration highlighting the long battery life features of the RAEMAO Massage Gun, including 10-minute auto-off, portable Type-C charging, large capacity, fast charging, and long-lasting endurance.

MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your massage gun:

- **Cleaning:** Remove the massage head and wipe it gently with a damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in its carrying case in a safe, dry place away from direct sunlight and extreme temperatures.
- **Attachments:** Keep massage heads clean and dry. Ensure they are properly stored to prevent damage.

TROUBLESHOOTING

If you encounter any issues with your RAEMAO Massage Gun X6, please refer to the following common solutions:

- **Device not turning on:** Ensure the ON/OFF switch at the bottom of the handle is in the 'ON' position and the battery is sufficiently charged.
- **Weak percussion:** Check the battery level. If low, recharge the device. Ensure the massage head is securely attached.
- **Unusual noise:** Discontinue use immediately and contact customer support.
- **Overheating:** The device has an automatic shutdown feature after 10 minutes. Allow it to cool down completely before resuming use.

For further assistance, please refer to the Warranty and Support section.

SPECIFICATIONS

Brand Name	RAEMAO
Model Number	X6
Product Dimensions	11.25 x 14.5 x 3.4 inches
Item Weight	16 ounces
Color	Silver
Material Type	Plastic
Batteries	1 Lithium Ion battery required (included)
Power Source	Battery Powered
Is Product Cordless	Yes
Massage Therapy Technique	Percussion
Water Resistance Level	Not Water Resistant

WARRANTY AND SUPPORT

For warranty information or customer support regarding your RAEMAO Massage Gun X6, please refer to the contact details provided in the packaging or visit the official RAEMAO website. Keep your purchase receipt for warranty claims.

