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Sejoy JMQ-Q3

Sejoy Deep Tissue Massage Gun JMQ-Q3 User Manual

Model: JMQ-Q3

1. PRODUCT OVERVIEW

The Sejoy Deep Tissue Massage Gun, Model JMQ-Q3, is a portable percussion massager designed for muscle relief and relaxation. It features 10 adjustable speed levels, an intuitive LCD touch screen, and comes with 4 interchangeable massage heads to target various muscle groups. Its compact design and quiet operation make it suitable for use at home, in the gym, or while traveling.

Package Contents

- 1 x Sejoy Deep Tissue Massage Gun (Model JMQ-Q3)
- 4 x Interchangeable Massage Heads
- 1 x USB Type-C Charging Cable
- 1 x User Manual

10 ADJUSTABLE INTENSITY LEVELS TO MEET DIFFERENT MASSAGE NEEDS



Image 1.1: Contents of the Sejoy Deep Tissue Massage Gun package. This includes the massage gun unit, four distinct massage heads, a USB Type-C charging cable, and the instruction manual.

2. SAFETY INFORMATION

Please read all safety warnings and instructions before using this product to ensure safe operation and prevent injury or damage.

- Do not immerse the device in water or other liquids.
- Keep away from heat sources and direct sunlight.
- Do not use on injured, inflamed, or swollen areas of the body.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Use only the provided charging cable.
- Do not operate continuously for more than 15 minutes. Allow the device to cool down for 30 minutes before next use.

- Do not block the ventilation ports.
- This device is intended for personal use only.

3. SETUP

3.1 Initial Charging

Before first use, fully charge the massage gun. Connect the USB Type-C charging cable to the charging port on the device and plug the other end into a compatible USB power adapter (not included), power bank, or computer USB port. The LED display will indicate the charging status.



Image 3.1: The Sejoy massage gun connected to a USB Type-C charging cable. The LED display shows the battery level during charging.

3.2 Attaching Massage Heads

To attach a massage head, gently push the desired head into the opening at the front of the massage gun. Ensure it is securely seated. To remove, pull the head straight out. Do not twist.



Image 3.2: The four interchangeable massage heads: Fork head (for neck and spine), Bullet head (for deep tissue and joints), Ball head (for large muscle groups), and Flat head (for full body relaxation).

4. OPERATING INSTRUCTIONS

4.1 Power On/Off and Speed Adjustment

1. **Power On:** Press and hold the power button on the LCD touch screen for a few seconds until the display illuminates.
2. **Adjust Speed:** Tap the power button to cycle through the 10 available speed levels. The current speed level will be displayed on the screen.
3. **Power Off:** Press and hold the power button again for a few seconds until the display turns off.



Image 4.1: The LED touch screen displays the current speed level (1-10) and battery status. The power button controls both power and speed adjustments.

4.2 Recommended Usage

Apply the massage gun to the desired muscle area. Move the device slowly, applying light to moderate pressure. Do not press too hard or stay in one spot for too long. Recommended usage times for different muscle groups:

- **Shoulder Muscles:** 15-20 seconds, 3 repetitions
- **Chest Muscles:** 30 seconds
- **Back Muscles:** 30-60 seconds, 3 repetitions
- **Leg Muscles:** 20-30 seconds, 3 repetitions
- **Glute Muscles:** 30-60 seconds, 4 repetitions

The 10 speed levels are categorized for different purposes:

- **Levels 1-3 (1800-2000 rpm):** Muscle arousal / light massage.
- **Levels 4-6 (2000-2600 rpm):** Fascia relaxation / moderate massage.
- **Levels 7-10 (2600-3200 rpm):** Lactic acid decomposition / deep tissue massage.

5. MAINTENANCE

5.1 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.

5.2 Storage

Store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case to prevent damage.

5.3 Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods (e.g., once every 3 months). The 2400mAh lithium-ion battery provides approximately 4 hours of continuous use on a full charge.



Image 5.1: The massage gun's display showing battery capacity and estimated battery life. The device is equipped with a 2400mAh battery.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully using the provided USB Type-C cable.
Device stops during use.	Overheating protection activated or battery low.	Allow the device to cool down for 30 minutes. If battery is low, recharge it.
Massage head falls off easily.	Massage head not properly inserted.	Ensure the massage head is pushed firmly into the opening until securely seated.

Problem	Possible Cause	Solution
Reduced percussion intensity.	Battery is low or device needs cleaning.	Recharge the battery. Clean the device and ensure no debris is obstructing the massage head mechanism.

7. SPECIFICATIONS

Model Number	JMQ-Q3
Dimensions (L x W x H)	21.18 x 4 x 19.79 cm (8.34 x 1.57 x 7.79 inches)
Weight	600 grams (1.32 lbs)
Battery Type	Lithium-ion (2400mAh)
Charging Port	USB Type-C
Speed Levels	10
Noise Level	< 45 dB
Material	Metal



Image 7.1: Illustration of the massage gun's low noise level, operating at less than 45dB, comparable to a quiet room.



Image 7.2: The compact size of the Sejoy massage gun, shown next to a smartphone, emphasizing its portability and ease of handling.

8. WARRANTY AND SUPPORT

For warranty information or technical support, please contact Sejoy customer service. Refer to the contact details provided with your purchase or visit the official Sejoy website.

Manufacturer: Joytech healthcare Co.,Ltd.



