

Sejoy JMQ-Q3

Sejoy Deep Tissue Percussion Massage Gun JMQ-Q3 User Manual

Model: JMQ-Q3 | Brand: Sejoy

1. INTRODUCTION

Thank you for choosing the Sejoy Deep Tissue Percussion Massage Gun. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before operation and retain it for future reference.

1.1 Package Contents

Upon unpacking, please verify that all items listed below are present and in good condition:

- 1 x Sejoy Deep Tissue Percussion Massage Gun
- 4 x Interchangeable Massage Heads
- 1 x USB Type-C Charging Cable
- 1 x User Manual



Image 1.1: Contents of the Sejoy Deep Tissue Percussion Massage Gun package, including the massage gun, four massage heads, a USB-C cable, and the user manual.

1.2 Product Overview

The Sejoy Deep Tissue Percussion Massage Gun is a portable and lightweight device designed for muscle relaxation and recovery. Its compact size makes it easy to handle and carry.



Image 1.2: The Sejoy massage gun shown next to a smartphone for size comparison, illustrating its small and lightweight design, making it easy to hold in one hand.

2. SAFETY INFORMATION

To reduce the risk of electric shock, fire, and injury, this product must be used in accordance with the following instructions:

- This device is intended for adult use only.
- Use only on dry, clean body surfaces over clothing.
- Do not use the device for more than 15 minutes continuously. Allow 30 minutes of rest before re-using.
- Do not use on the head, bony areas, open wounds, or sensitive skin.
- Consult a physician before use if you are pregnant, have a pacemaker, suffer from diabetes, epilepsy, or any other medical condition.
- Keep fingers, hair, or any other body part away from the shaft and back of the massage head to

prevent pinching.

- Never operate the device if it has been damaged or submerged in water.
- Do not modify or attempt to repair the device yourself. Contact customer support for assistance.

3. SETUP

3.1 Charging the Device

Before first use, fully charge the massage gun. The device is equipped with a 2400mAh rechargeable lithium battery, providing approximately 4 hours of operation on a full charge.

1. Connect the USB Type-C charging cable to the charging port on the massage gun.
2. Plug the other end of the USB cable into a compatible USB power source (e.g., wall adapter, power bank, laptop).
3. The LED display will indicate the charging status. A full charge typically takes 2-3 hours.



Image 3.1: The Sejoy massage gun connected to a USB-C charging cable, illustrating how to charge the device using various USB power sources like a power bank, laptop, or USB charger.

3.2 Attaching Massage Heads

The massage gun comes with 4 interchangeable massage heads designed for different muscle groups and

massage types.

- **Ball Head:** Suitable for large muscle groups like arms, back, hips, thighs, calves.
- **Fork Head:** Designed for the neck, spine, and Achilles tendon.
- **Bullet Head:** Ideal for deep tissue massage, trigger points, and small muscle areas.
- **Flat Head:** Suitable for full body relaxation and general muscle massage.

To attach a massage head, simply align the head with the opening on the front of the gun and push it firmly into place. To remove, pull the head straight out.



Image 3.2: Diagram illustrating the four interchangeable massage heads: Fork head for neck, Bullet head for deep tissue, Ball head for muscle groups, and Flat head for full body.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

Press and hold the power button on the LED touch screen to turn the device on or off.

4.2 Adjusting Speed Levels

The Sejoy massage gun features 10 adjustable speed levels, displayed on the LED screen. Tap the power button to cycle through the speed levels. Each tap increases the intensity.

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

LED Touch Screen

Easy to operate, accurate display of speed level and power



Image 4.1: Close-up of the LED touch screen displaying the current speed level (10) and power button. The image also details the recommended RPM ranges for different speed levels: 1-3 for muscle arousal, 4-6 for fascia relaxation, and 7-10 for lactic acid decomposition.

4.3 Usage Recommendations

Apply the massage gun to the desired muscle area. Move the device slowly over the muscle, applying light to moderate pressure. Avoid prolonged use on a single spot. The device is suitable for use at home, in the gym, or at the office.



Image 4.2: Collage showing various usage scenarios for the Sejoy massage gun, including in a gym, at home, in an office, and during a marathon, highlighting its versatility.

5. MAINTENANCE

5.1 Cleaning

After each use, wipe the device 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 out of reach of children.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device fully.

Problem	Possible Cause	Solution
Device stops during use.	Overheating or low battery.	Allow the device to cool down or recharge the battery.
Massage head is loose.	Improper attachment.	Ensure the massage head is pushed firmly into place.
Unusual noise or vibration.	Foreign object or internal issue.	Discontinue use immediately and contact customer support.

If the problem persists after attempting the suggested solutions, please contact Sejoy customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	JMQ-Q3
Brand	Sejoy
Dimensions (L x W x H)	21.18 x 4 x 19.79 cm (8.34 x 1.57 x 7.79 inches)
Weight	598.74 Grams (approx. 1.32 lbs)
Material	Metal
Power Source	Battery Powered (1 Lithium-ion battery, included)
Battery Capacity	2400 mAh
Charging Port	USB Type-C
Operating Time	Up to 4 hours (on a full charge)
Speed Levels	10 (1800-3200 RPM)
Noise Level	< 45 dB
Massage Heads	4 (Ball, Fork, Bullet, Flat)



Image 7.1: Illustration of the Sejoy massage gun's internal 2400mAh battery, highlighting its capacity and estimated working time of 60 days (10 minutes per day) or 1440 hours of battery life.

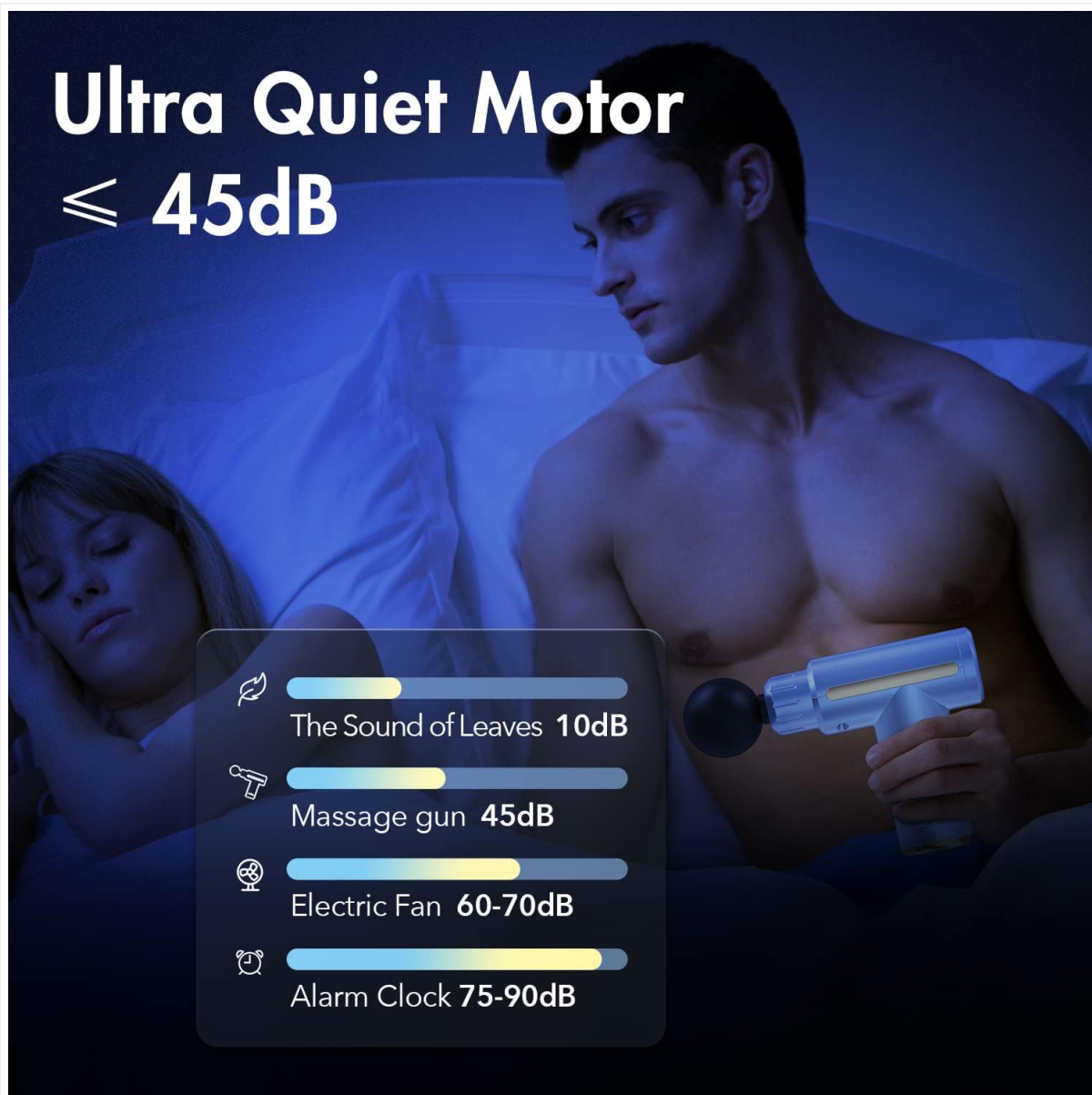
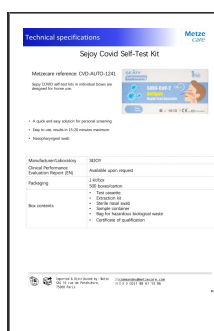


Image 7.2: Depiction of the Sejoy massage gun's ultra-quiet motor, indicating a noise level of less than 45dB, comparable to the sound of leaves rustling.

8. WARRANTY AND SUPPORT

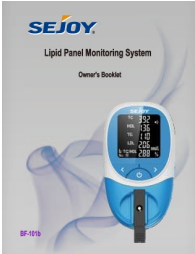



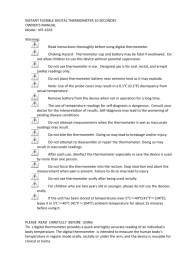
Sejoy products are manufactured with quality and precision. For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official Sejoy website. Please retain your proof of purchase for warranty claims.

Related Documents - JMQ-Q3



[Sejoy Covid Self-Test Kit Technical Specifications | Metzcare](#)

Technical specifications for the Sejoy Covid Self-Test Kit (CVD-AUTO-1241) by Metzcare. Details include product features, rapid results, nasopharyngeal swab use, packaging, box contents, and distributor information.

	<p>SEJOY BF-101b Lipid Panel Monitoring System Owner's Booklet</p> <p>This owner's booklet provides comprehensive instructions for the SEJOY BF-101b Lipid Panel Monitoring System, covering setup, operation, testing procedures, maintenance, and troubleshooting for accurate lipid panel measurements.</p>
	<p>Sejoy BP-1326 Arm-Type Digital Blood Pressure Monitor Owner's Manual</p> <p>This owner's manual provides comprehensive instructions for the Sejoy BP-1326 arm-type fully automatic digital blood pressure monitor. Learn about setup, operation, testing, memory functions, troubleshooting, and maintenance for accurate home health monitoring.</p>
	<p>SEJOY AP301AW Air Purifier User Manual</p> <p>User manual for the SEJOY AP301AW Air Purifier, covering safety precautions, product introduction, control panel, operation, filter installation, maintenance, troubleshooting, warranty, and app setup.</p>
	<p>SEJOY JSQ-20D Ultrasonic Humidifier User Manual</p> <p>User manual for the SEJOY JSQ-20D Ultrasonic Humidifier, providing detailed instructions on safety, operation, features, maintenance, and cleaning procedures.</p>
	<p>Sejoy MT-4333 Instant Flexible Digital Thermometer: Owner's Manual & Usage Guide</p> <p>Comprehensive owner's manual for the Sejoy MT-4333 Instant Flexible Digital Thermometer. Learn about its features, warnings, operating instructions for oral, rectal, and armpit use, troubleshooting, battery replacement, cleaning, calibration, and warranty. This fast and accurate thermometer is designed for home and clinical use.</p>