

RENPHO R-WMG03

RENPHO Extend 2 Massage Gun User Manual

Model: R-WMG03

1. INTRODUCTION

The RENPHO Extend 2 Massage Gun is designed to provide targeted percussive massage for muscle recovery and tension relief. Its unique adjustable angle and extendable handle allow for easy access to hard-to-reach areas of the body. This manual provides essential information for safe and effective use of your device.

2. SAFETY INFORMATION

- Use for a maximum of 10 minutes at a time.
- Keep the device dry and do not use it while sleeping or in the bath.
- Do not use on broken skin or areas with inflammation.
- Consult a healthcare professional before use if you have any medical conditions or are pregnant.
- Unplug the device when not in use and store it in a cool, dry place.
- Do not expose the device to extreme temperatures or liquids.

3. PACKAGE CONTENTS

- RENPHO Extend 2 Massage Gun
- Detachable Extension Handle
- 5 Massage Heads (Ball, U-Shaped, Bullet, Flat, Air Cushioning)
- USB-C Charging Cable
- Portable Carry Case
- User Manual

Portable & Easy Storage

Take your recovery tool anywhere



Image: All components included in the RENPHO Extend 2 Massage Gun package, including the main unit, extension handle, various massage heads, charging cable, and travel case.

4. PRODUCT OVERVIEW

4.1 Key Features

- **Adjustable Angles:** Pivoting head locks into 5 angles (0°-90°) for targeted pressure.

- **Extendable Handle:** Expands from 6.6" to 11" (16.8 to 27.8cm) for self-massage of hard-to-reach areas.
- **9 Speed Levels:** Customizable speeds from gentle kneading to deep-tissue percussion.
- **Touch Screen Display:** Digital screen to show current speed level and battery life.
- **Stall Force Indicator:** Provides real-time pressure feedback.
- **10-Minute Auto-Off Timer:** Ensures safe massage sessions.
- **Brushless Motor:** Powerful yet quiet operation (<55dB).
- **USB-C Charging:** Convenient and widely compatible charging.



Image: The RENPHO Extend 2 Massage Gun showcasing its adjustable head and extendable handle, along with the various massage heads and carry case.

RENPHO

The world's

NO.1

Massager Brand

EXTEND 2

Rotatable & Extendable
Massage Gun



Image: Diagram highlighting the 90-degree rotation head, telescopic handle, and 9 speed levels of the RENPHO Extend 2.

5. SETUP

5.1 Attaching/Detaching the Extension Handle

1. To attach: Align the extension handle with the base of the massage gun and push firmly until it clicks into place.
2. To detach: Press the release button on the handle and pull it away from the massage gun.

5.2 Attaching/Detaching Massage Heads

1. To attach: Ensure the massage gun is off. Firmly screw the desired massage head into the head attachment port.
2. To detach: Twist the massage head counter-clockwise and pull it out.

9 Speed Levels to Match Your Needs



- **Muscle Mobility:**
Level 9
- **Lactic Acid Break Down:**
Level 8
- **Deep Tissue Massage:**
Level 6 - Level 7
- **Fascial Relief:**
Level 3 - Level 4 - Level 5
- **Warm Up:**
Level 1 - Level 2

Image: Visual instructions for adjusting the angle of the massage head by pressing and holding a button, and adjusting the handle length by twisting to open/lock.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- To Power On: Press and hold the power button on the digital display for a few seconds until the screen illuminates.
- To Power Off: Press and hold the power button for a few seconds until the display turns off.

6.2 Adjusting Speed Levels

- Once powered on, short press the power button to cycle through the 9 available speed levels. The current level will be displayed on the screen.
- The device also features an auto-setting mode where pressure applied influences RPMs.



Control Dial

9-Speed for your pace

Image: Close-up of the massage gun's control dial, indicating 9 speed settings for personalized massage.



Scroll to Adjust Speed

Image: The digital display on the massage gun showing how to scroll to adjust the speed levels.

6.3 Using the Adjustable Head and Extension Handle

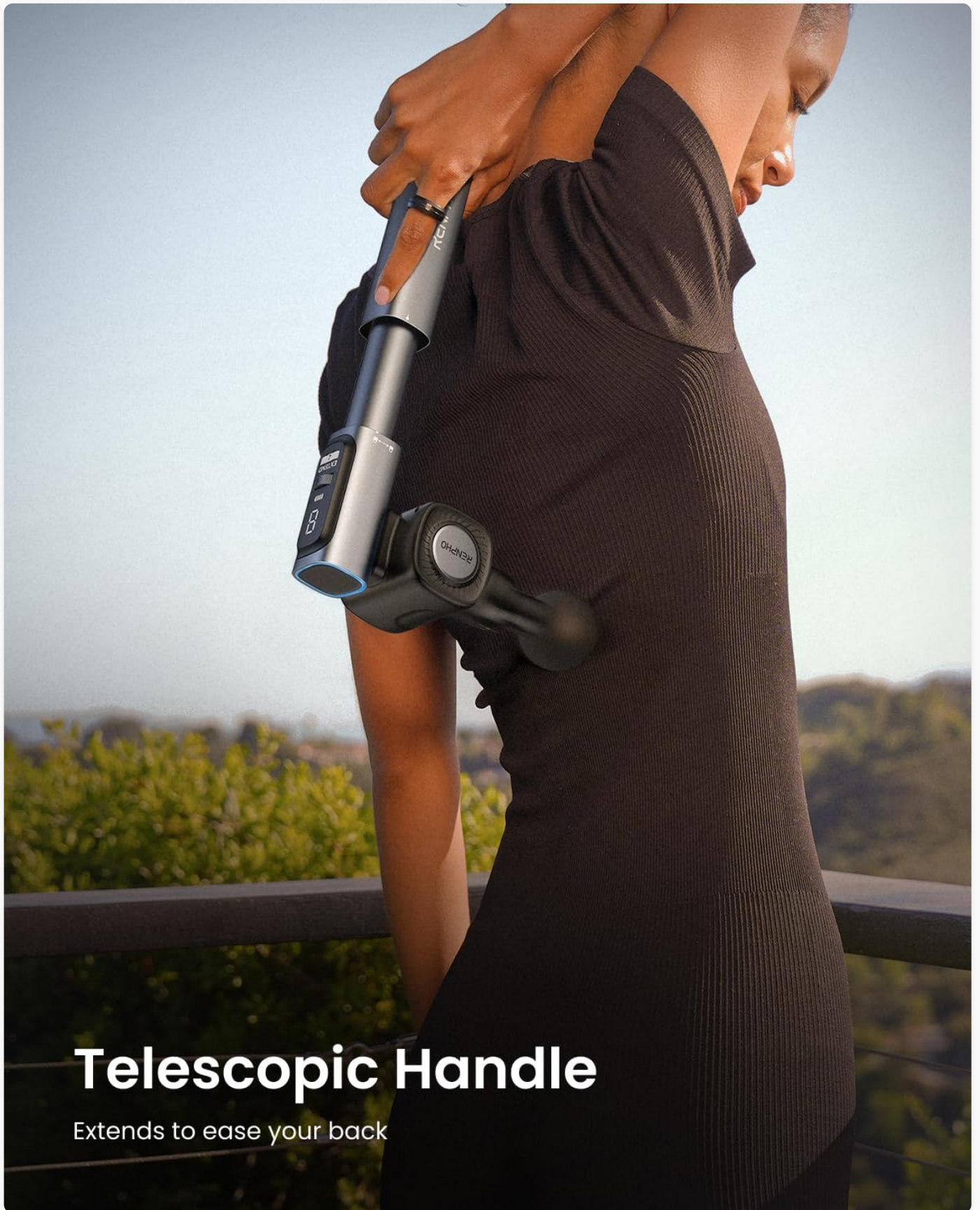
- The massage head can pivot and lock into 5 different angles (0°-90°). Adjust the angle to comfortably reach various muscle groups.
- Attach the extension handle to increase your reach, particularly for your back, shoulders, and lower body.

Telescopic Handle

Extends to ease your back



Image: A man using the RENPHO Extend 2 Massage Gun with its telescopic handle to reach his upper back.



Telescopic Handle

Extends to ease your back

Image: A woman demonstrating the use of the RENPHO Extend 2 Massage Gun with its telescopic handle to massage her mid-back.

Rotating Head

Find the perfect angle for comfort



Image: The rotating head feature of the RENPHO Extend 2 Massage Gun, allowing for optimal angle adjustment for comfort, shown in use on a leg.

6.4 Using Different Massage Heads

- **Ball Head:** Ideal for large muscle groups like quadriceps, glutes, and general joint soreness.
- **U-Shaped Head:** Designed for the spine, neck, and Achilles tendon.
- **Bullet Head:** Best for joints, deep tissues, trigger points, and small muscle areas like feet and wrist.

- **Flat Head:** Suitable for all body parts, providing a broader massage.
- **Air Cushioning Head:** For sensitive muscles and bony areas.



Image: An illustration detailing the five different massage heads included with the RENPHO Extend 2 and their specific applications for various muscle groups.

7. CHARGING

- Connect the provided USB-C charging cable to the charging port on the device.
- Plug the other end of the cable into a compatible USB power adapter (not included).
- The battery indicator on the display will show charging status.
- A full charge typically takes approximately 90 minutes.

8. MAINTENANCE

- Clean the device with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- Store the massage gun and its accessories in the provided carry case to protect them from dust and damage.
- Keep the device away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for a few seconds.
- **Weak percussion:** Check the battery level. If low, recharge the device. Ensure the massage head is securely attached.
- **Unusual noise:** Turn off the device immediately. Check for any obstructions around the massage head or internal components. Contact customer support if the issue persists.

10. SPECIFICATIONS

- **Model Number:** R-WMG03
- **Product Dimensions:** 10.31 x 4.33 x 3.07 inches
- **Item Weight:** 2.95 Pounds (1.34 Kilograms)
- **Power Source:** Battery Powered (1 Lithium Ion battery included)

- **Material:** Plastic
- **Adjustable Speeds:** 9 levels (1600-2800 RPM)
- **Handle Extension:** 6.6" to 11" (16.8 to 27.8cm)
- **Auto-Off Timer:** 10 minutes

11. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your RENPHO Extend 2 Massage Gun, please refer to the contact details provided in the product packaging or visit the official RENPHO website.

12. 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.

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