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› UMay Massage Gun Deep Tissue Instruction Manual

UMAY PB01Silver

UMAY Deep Tissue Massage Gun (Model PB01Silver) Instruction Manual

Your guide to effective muscle recovery and relaxation.

1. IMPORTANT SAFETY INFORMATION

Please read all instructions and warnings carefully before using the UMay Deep Tissue Massage Gun. Retain this manual for future reference.

- For safe and effective use, avoid using this electric massager on open wounds or near water.
- Always turn off and unplug the device when not in use.
- If you have any health conditions or concerns, consult with a healthcare professional before use.
- Do not operate the massage gun continuously for more than 10 minutes to prevent overheating.
- Keep out of reach of children.

2. PRODUCT OVERVIEW

The UMay Deep Tissue Massage Gun is designed to provide percussive massage for muscle relaxation and recovery. It features a powerful brushless motor, multiple speed settings, and interchangeable massage heads.



Figure 2.1: Umay Deep Tissue Massage Gun and included accessories.

2.1 Components

- Massage Gun Unit
- 10 Interchangeable Massage Heads
- USB Type-C Charging Cable
- Storage Case

12MM Deep Tissue Massage Depth

Effectively Relieves Muscle Soreness and
Prevents Fascial Damage

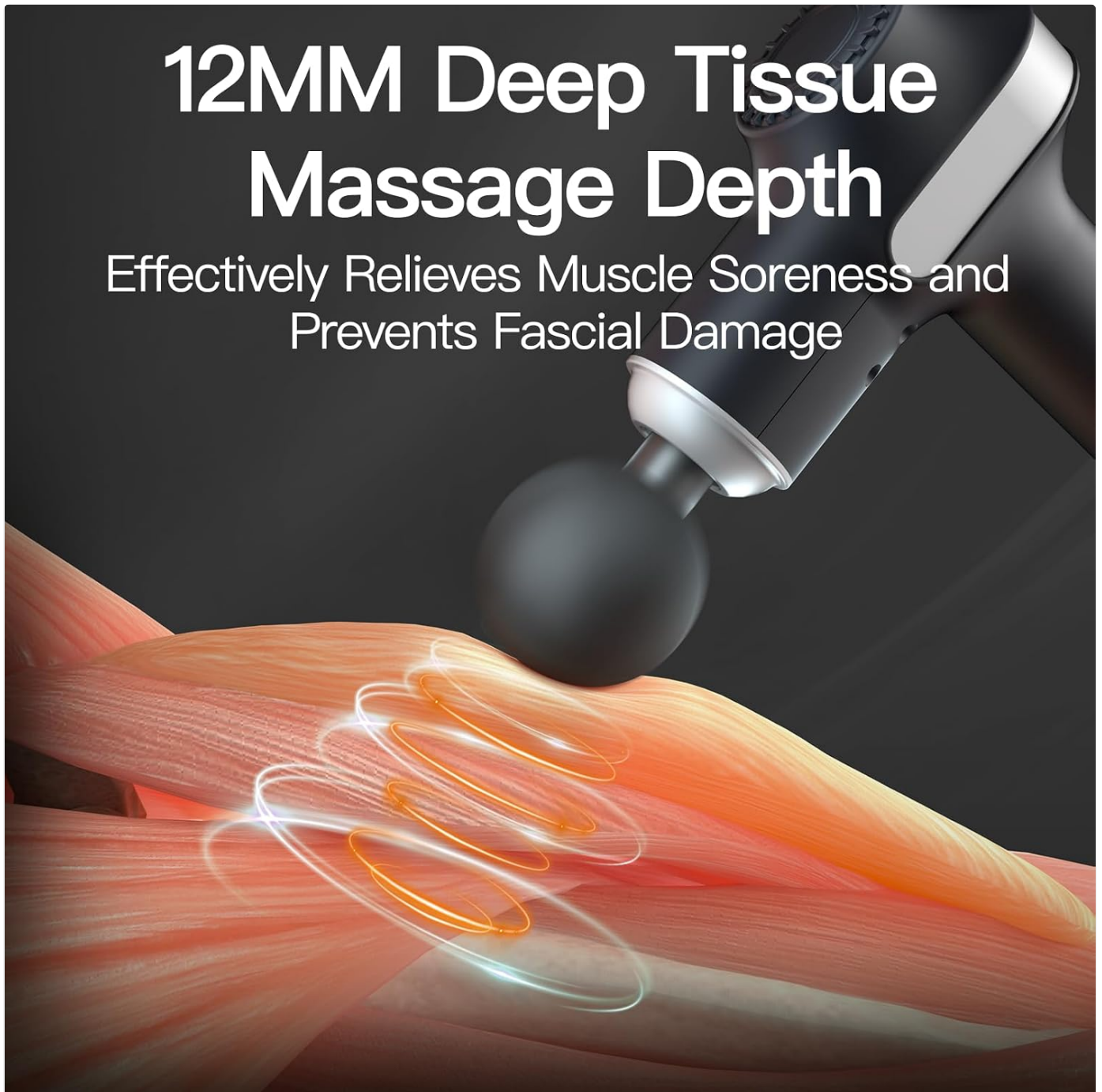


Figure 2.2: The ten interchangeable massage heads, each designed for specific muscle groups or massage types.

3. SETUP

3.1 Charging the Device

Before first use, fully charge the massage gun. The device is equipped with a 2800mAh battery and charges via a Type-C port.

1. Connect the USB Type-C charging cable to the charging port on the massage gun.
2. Connect the other end of the cable to a suitable USB power adapter (not included).
3. The battery indicator lights will illuminate to show charging progress. A full charge typically takes approximately 3.5 hours and provides up to 6 hours of use, depending on the speed setting.

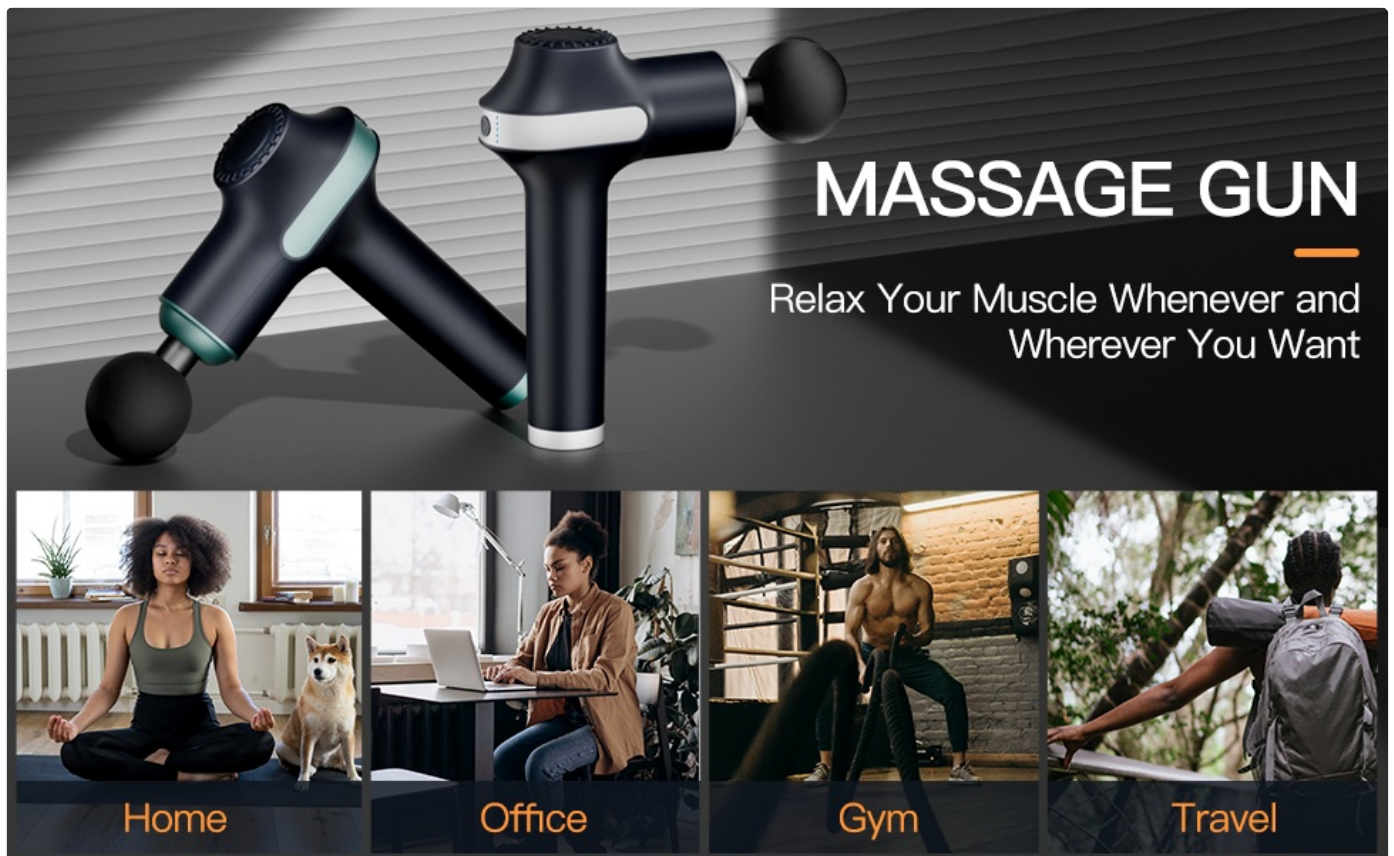


Figure 3.1: Battery and charging information for the massage gun.

3.2 Attaching Massage Heads

To change a massage head:

1. Ensure the massage gun is turned off.
2. Gently pull the current massage head straight out from the device.
3. Select the desired massage head and firmly push it straight into the opening until it is securely seated.

4. OPERATING INSTRUCTIONS

The UMay Deep Tissue Massage Gun offers 5 adjustable speed levels and 10 massage heads for customized therapy.

4.1 Power On/Off and Speed Adjustment

1. To power on, press and hold the power button located on the control panel.
2. Once powered on, press the power button repeatedly to cycle through the 5 speed levels. The indicator lights will show the current speed level.
3. To power off, press and hold the power button until the device shuts down.

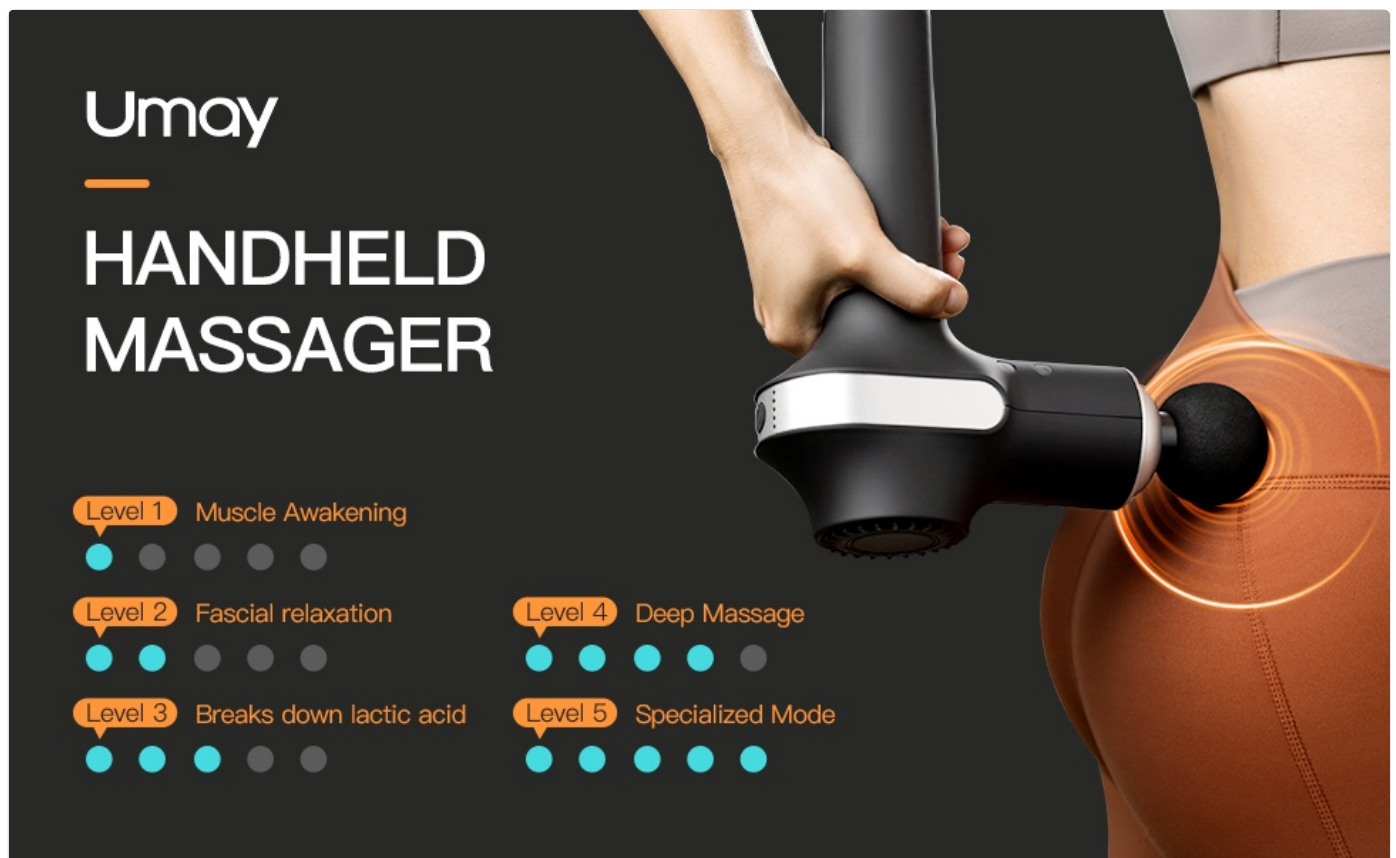


Figure 4.1: Control panel with power button, speed level indicators, and battery level indicators.

4.2 Application

Apply the massage gun to the desired muscle area. Move the device slowly over the muscle, applying gentle pressure. Do not press too hard or remain on one spot for an extended period. The device provides a 12mm deep tissue massage depth.



Figure 4.2: Illustration of the 12mm deep tissue massage depth.

The massage gun can be used for various purposes:

- **Muscle Activation:** Use lower speeds for pre-workout warm-up.
- **Fascial Relaxation:** Gentle speeds for general relaxation.
- **Lactic Acid Breakdown:** Moderate speeds to aid in post-exercise recovery.
- **Deep Massage:** Higher speeds for targeting deeper muscle knots and stiffness.
- **Professional Mode:** Highest speed for intense muscle therapy.



Figure 4.3: Example of massage gun application for muscle relief.

4.3 Official Product Video

Video 4.1: An official video demonstrating the features and usage of the Umay Massage Gun.

5. MAINTENANCE

5.1 Cleaning

To clean the massage gun:

1. Ensure the device is turned off and unplugged.
2. Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
3. Clean massage heads with a mild soap and water solution, then rinse and air dry thoroughly before reattaching.

5.2 Storage

Store the massage gun in its original storage case in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the device is fully charged before long-term storage to preserve battery health.

6. TROUBLESHOOTING

If you encounter any issues with your UMay Deep Tissue Massage Gun, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on	Low battery or not charged	Charge the device fully using the provided Type-C cable.
Weak percussion force	Low battery or incorrect speed setting	Recharge the device. Increase the speed level.
Massage head falls off	Head not securely attached	Ensure the massage head is firmly pushed into the device.
Device stops during use	Overheating protection activated or low battery	Allow the device to cool down for 10-15 minutes. Recharge the device if battery is low.

If the problem persists after trying these solutions, please contact UMay customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	UMay Massage Gun
Model Number	PB01Silver
Product Dimensions	11.8 x 9.5 x 3.54 inches
Item Weight	3.51 pounds (1.59 kg)
Power Source	Battery Powered
Battery Capacity	2800mAh
Charging Port	Type-C
Massage Depth	12mm
Speed Levels	5 adjustable levels
Massage Heads	10 interchangeable heads
Noise Level	Less than 50 decibels
Water Resistance Level	Not Water Resistant
Manufacturer	UMay

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official UMay website. Keep your purchase receipt as proof of purchase.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question