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Silvergear 3614

Silvergear Massage Gun Pro Hot & Cold Instruction Manual

Model: 3614

1. INTRODUCTION

The Silvergear Massage Gun Pro Hot & Cold is a percussive therapy device designed to relieve muscle soreness, improve blood circulation, and enhance muscle recovery. Featuring both hot and cold therapy functions, along with multiple massage heads and speed settings, this device offers a versatile solution for targeted muscle relief.

2. SAFETY WARNINGS

- Warm up the device before use.
- Do not use on open wounds or inflamed skin.
- Keep out of reach of children.
- Do not use while sleeping or bathing.
- Consult a physician before use if you have any medical conditions or concerns.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Silvergear Massage Gun Pro Hot & Cold
- 4 Interchangeable Massage Heads: Hot & Cold Head, Ball Head, U Head, Bullet Head
- USB-C Charging Cable
- Instruction Manual

WHAT'S IN THE BOX?



Image: Contents of the Silvergear Massage Gun Pro box, including the massage gun, four massage heads, manual, and USB-C cable, with dimensions.

4. PRODUCT FEATURES

The Silvergear Massage Gun Pro Hot & Cold is equipped with several features for an effective massage experience:

- **Hot & Cold Therapy Head:** Provides both soothing heat (+50°C) to relax muscles and invigorating cold (-10°C) to reduce inflammation and speed up lactic acid breakdown.
- **Multiple Massage Heads:** Includes a Hot & Cold Head for whole-body relief, a Ball Head for large muscle groups, a U Head for vertebrae and spine, and a Bullet Head for joints and trigger points.
- **4 Speed Levels:** Adjustable intensity from 2400 RPM to 3000 RPM for customized deep tissue massage.
- **Long-Lasting Battery:** Offers up to 2 hours of continuous use on a single charge.
- **Ergonomic and Lightweight Design:** Comfortable to hold and easy to carry for on-the-go relief.

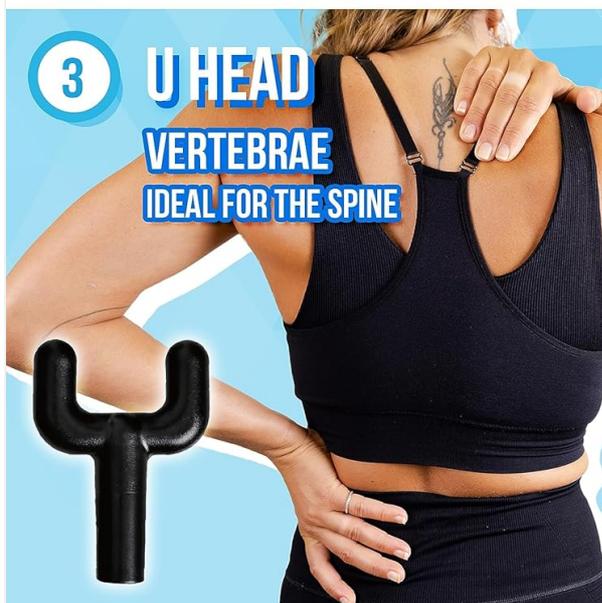


Image: Massage Gun Pro Hot & Cold with four interchangeable massage heads: Hot & Cold, Ball, U, and Bullet.



HOT



+ 50 °C WARMER



IMPROVES BLOOD CIRCULATION



IMPROVES YOUR MOBILITY



RELIEVES MUSCLE TENSION



RELIEVES PAIN



COLD



- 10°C COLDER



SPEEDS UP LACTIC ACID BREAKDOWN



REDUCES SWELLING



RELIEVES FATIGUE



TIGHTENS SKIN

Image: Control panel of the Silvergear Massage Gun Pro, illustrating hot and cold therapy benefits.



Image: Diagram showing the four powerful speed levels (2400-3000 RPM), long-lasting battery (2 hours), and high amplitude for deep tissue massage.

5. SETUP

5.1 Charging the Device

1. Before first use, fully charge the massage gun.
2. Connect the USB-C charging cable to the charging port on the device.
3. Plug the other end of the USB-C cable into a compatible USB power adapter (not included).
4. The LED indicator lights will show the battery power level during charging. Ensure the device is fully charged before use.

5.2 Attaching Massage Heads

1. Ensure the device is turned off before attaching or removing any massage head.
2. Gently push the desired massage head into the opening at the front of the gun until it is securely in place.
3. To remove, gently pull the massage head straight out. Do not twist.

6. OPERATING INSTRUCTIONS

SILVERGEAR MASSAGE GUN PRO HOT & COLD



Image: Detailed diagram of the Silvergear Massage Gun Pro, labeling LED indicators, ON/OFF button, hot/cold indicators, charging port, and hot & cold control button.

6.1 Power On/Off and Speed Adjustment

1. To turn on the device, press and hold the ON/OFF button (power symbol) for a few seconds until the device starts.
2. Once on, short press the ON/OFF button to cycle through the 4 speed levels. The LED indicators will show the current speed.
3. To turn off the device, press and hold the ON/OFF button again for a few seconds.

6.2 Using Hot & Cold Modes

The Hot & Cold head must be attached to use these functions.

1. After turning on the device, press the Hot & Cold control button (temperature symbol).
2. Press once for Hot Mode. The red hot indicator light will illuminate. The head will warm up to +50°C.
3. Press again for Cold Mode. The blue cold indicator light will illuminate. The head will cool down to -10°C.
4. Press a third time to turn off the hot/cold function.

HOT MODE IS IDEAL FOR



Image: Hot mode is ideal for warm-up, neck and back pain, muscle stiffness, and abdominal cramps.

COLD MODE IS IDEAL FOR

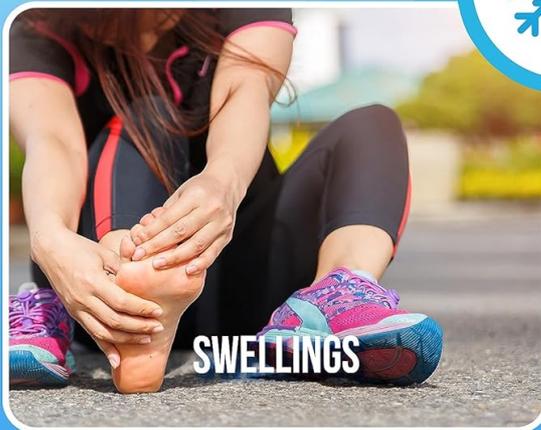


Image: Cold mode is ideal for cooling-down, injuries, swellings, and muscle pain.

6.3 Recommended Usage for Massage Heads

- **Hot & Cold Head:** For general whole-body relief and deeper muscle penetration with temperature therapy.
- **Ball Head:** Suitable for large muscle groups like arms, back, hips, and thighs for general relaxation.
- **U Head:** Designed for massaging around the vertebrae, neck, and Achilles tendon. Use with caution around bones.
- **Bullet Head:** Ideal for targeting specific joints, trigger points, and deep tissue massage for connective tissue.

Apply the massage gun to the desired muscle area. Move the device slowly and gently over the muscles. Do not apply excessive pressure. Limit usage to 15-20 minutes per muscle group per session.

FOR OPTIMAL MUSCLE RECOVERY



HOT
RELIEVES MUSCLE
TENSION, STIFFNESS
AND PAIN



COLD
SPEEDS UP THE
BREAKDOWN OF LACTIC
ACID AND HELPS WITH
SWELLING



Image: User demonstrating the Silvergear Massage Gun Pro for optimal muscle recovery.

7. MAINTENANCE

7.1 Cleaning

- Always turn off and unplug the device before cleaning.
- Wipe the device and massage heads with a slightly damp, soft cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals.
- Ensure the device is completely dry before storing or next use.

7.2 Storage

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

8. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---------|----------------|----------|
|---------|----------------|----------|

| Problem | Possible Cause | Solution |
|-------------------------------|--|--|
| Device does not turn on | Low battery; Device not properly charged | Charge the device fully using the provided USB-C cable. Ensure the power button is pressed and held for a few seconds. |
| Hot/Cold function not working | Hot & Cold head not attached; Function not activated | Ensure the Hot & Cold head is securely attached. Press the Hot & Cold control button to activate the desired mode. |
| Weak massage intensity | Low speed setting; Low battery | Increase the speed level by short pressing the ON/OFF button. Charge the device if the battery is low. |

9. SPECIFICATIONS

Model Number: 3614

Brand: Silvergear

Dimensions (L x W x H): 13 x 14 x 5 cm

Weight: 100 Grams

Power Source: Battery Powered

Special Feature: Heat and Cold Therapy

Massage Form: Percussion Massage Gun

Color: Black

Country of Origin: China

Product Benefits: Muscle Therapy, Improved Blood Circulation, Pain Relief, Firmer Skin

10. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the retailer where the product was purchased or contact Silvergear customer service directly. Keep your proof of purchase for any warranty claims.