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› RENPHO Power+ Thermacool Massage Gun User Manual

RENPHO R-C001SH

RENPHO Power+ Thermacool Massage Gun User Manual

Model: R-C001SH

INTRODUCTION

The RENPHO Power+ Thermacool Massage Gun is an advanced deep tissue massager designed for muscle recovery and relaxation. It features unique heating and cooling functionalities, along with powerful percussion, to provide comprehensive relief from muscle pain and stiffness. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and user safety.

WHAT'S IN THE BOX

Upon unboxing your RENPHO Power+ Thermacool Massage Gun, please ensure all the following components are present:

- RENPHO Power+ Thermacool Massage Gun
- 5 Standard Massage Heads
- 1 Heating/Cooling Head
- USB-C Charging Cable
- User Manual
- Portable Carrying Case



Image: The RENPHO Power+ Thermacool Massage Gun, its various interchangeable heads, USB-C charging cable, and a compact carrying case are displayed on a wooden surface.

PRODUCT FEATURES

1. Heat & Cold Functionality

The unique heating and cooling head utilizes Peltier technology to provide targeted temperature therapy. This allows for rapid muscle recovery through heat or effective tension relief through cold. The device offers 8 temperature settings for precise control.

Heat Mode: 100°F to 117°F (38°C to 47°C)

Cool Mode: 46°F to 57°F (8°C to 14°C)

Heat & Cool

Dual Functionality



Cool Mode

47°F

Mode 1	Mode 2	Mode 3	Mode 4
57°F	54°F	50°F	47°F

Heat Mode

113°F

Mode 1	Mode 2	Mode 3	Mode 4
100°F	104°F	108°F	113°F

Image: A detailed view of the massage gun's head, illustrating its dual heat and cool functionality with specific temperature ranges for each mode.



BLUETOOTH SMART CONTROL

Connect **RENPHO HEALTH APP** to Realize



Intelligent
synch massage

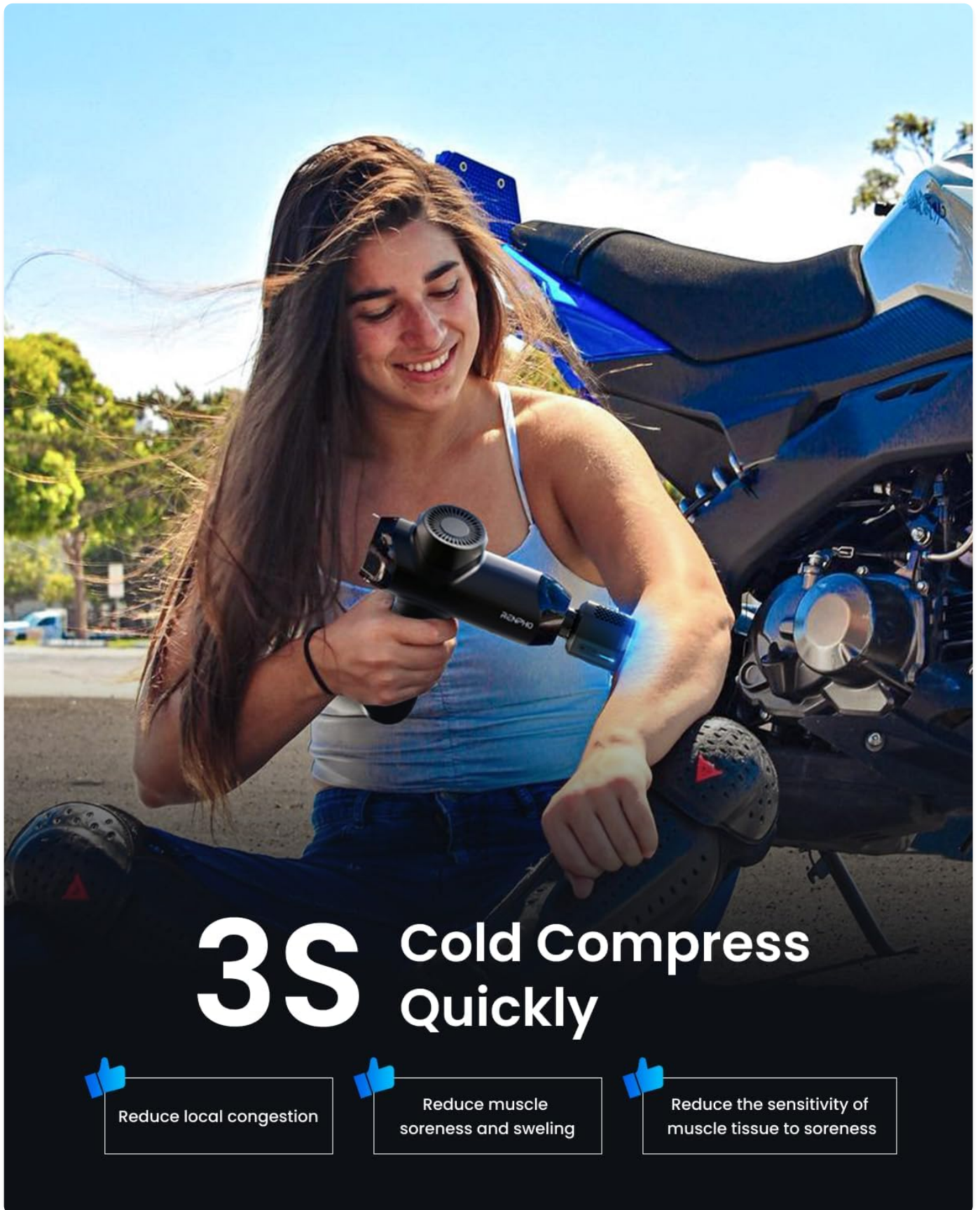


Personalized
course Guide



App speed
control

Image: A user applies the massage gun with its heat therapy function to their thigh, indicated by a red glow on the skin.



3S Cold Compress Quickly



Reduce local congestion



Reduce muscle soreness and swelling



Reduce the sensitivity of muscle tissue to soreness

Image: A user applies the massage gun with its cold therapy function to their arm, indicated by a blue glow on the skin.

2. Bluetooth Smart Control & App Integration

Connect your massage gun to the RENPHO Health App via Bluetooth to unlock advanced control and personalized guidance. The app allows you to adjust the 6-speed levels and access professional video courses tailored for specific muscle groups and recovery needs.

PROFESSIONAL COURSE

Live The Smart Life Through
The Free App

RENPHO



GET IT ON
Google Play



Download on the
App Store

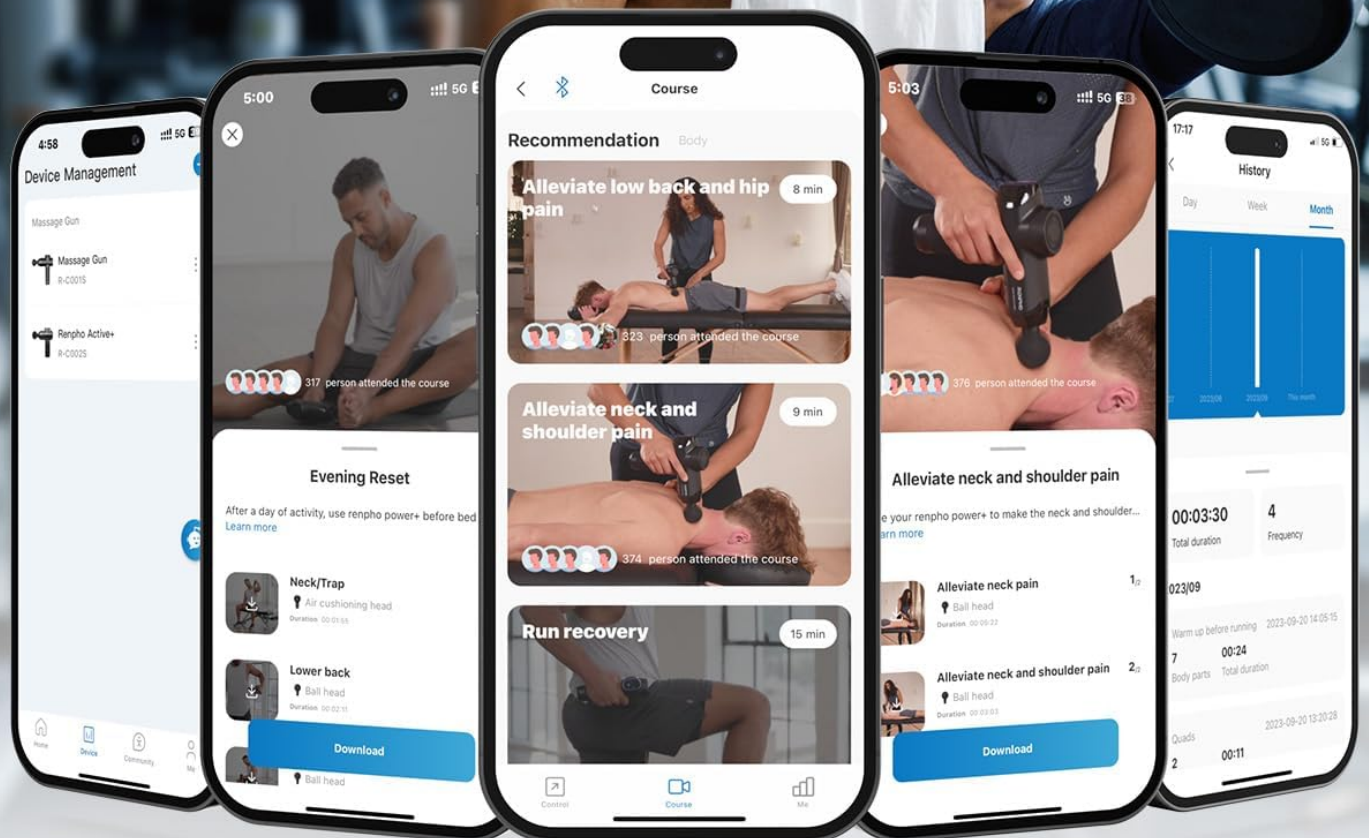


Image: The massage gun is shown next to a smartphone, highlighting its Bluetooth smart control capabilities through the RENPHO Health App.

Max 100W High-torque Silent Brushless motor

Operating Life of Up to **10000 Hours**



Image: Several smartphones showcase the RENPHO Health App interface, featuring different professional massage courses and tutorials for users.

3. Powerful Percussion Massage

Equipped with a high-torque brushless motor, the massage gun delivers up to 50 lbs of stall force with a 12mm amplitude. This powerful percussion effectively targets deep tissue, providing significant relief from muscle pain and stiffness. It can reach up to 2600 RPM for an intense massage experience.

ULTRA-SUPERIOR BATTERY

USB-Type C Cable (Support **C-C**)

15W PD

5V 2A/3A adapter(not include)

Image: An X-ray style view of the massage gun reveals its internal brushless motor and the mechanism that provides 12mm amplitude percussion.

4. Long-Lasting Battery

The device is powered by a long-lasting Lithium Ion battery, supporting convenient USB-C charging with 15W PD (Power Delivery). The intuitive LED touch display allows you to easily monitor Bluetooth connection status, current speed level, and battery life.

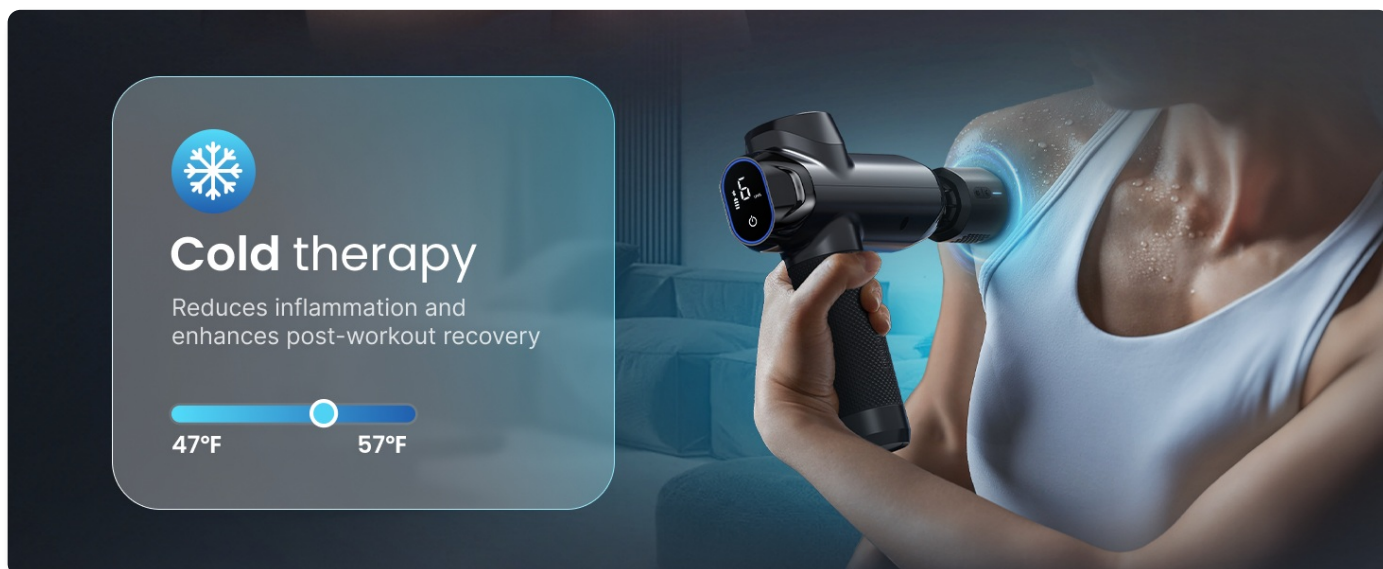


Image: A visual representation of the massage gun's battery, emphasizing its extended life and compatibility with USB-C and 15W Power Delivery charging.

5. Silent & Safe Operation

Designed for quiet operation, the massage gun ensures a tranquil experience without disruptive noise, making it suitable for use at home, the gym, or the office. Its robust design also ensures safe operation during use.

6. Lightweight & Portable Case

The massage gun comes with a convenient and durable carrying case, allowing for easy portability and secure storage of the device and all its accessories. This makes it ideal for on-the-go use.

7. Interchangeable Massage Heads

The RENPHO Power+ Thermacool Massage Gun includes a variety of massage heads, each designed for specific muscle groups and massage needs:



Image: An illustration detailing the six distinct massage heads included with the device, along with their suggested applications for various body parts and muscle types.

- **Air Cushioning Head:** Ideal for first-time users or sensitive muscles.
- **Shovel-shaped Head:** Designed for relaxing abdominal muscles and the lower back.
- **Heating & Cooling Head:** For all body parts to accelerate muscle rejuvenation with temperature therapy.

- **Ball Head:** Suitable for large muscle groups like the back and legs.
- **"U" Shape Head:** Perfect for both sides of the spine and Achilles tendon.
- **Bullet Head:** For palms, soles, and targeted trigger point massage.

SETUP

1. **Initial Charge:** Before first use, fully charge the massage gun using the provided USB-C cable and a compatible 5V/2A adapter (not included) or power bank. The LED display will indicate charging status.
2. **Attach Massage Head:** Select the desired massage head and firmly insert it into the front opening of the massage gun. Ensure it is securely attached.
3. **Download RENPHO Health App:** For smart control and guided courses, download the "RENPHO Health" app from your device's app store (Google Play Store or Apple App Store).
4. **Pair Device:** Turn on the massage gun by pressing and holding the power button. Open the RENPHO Health App, navigate to "Add device" or "My device", and select "Massage Gun" to pair via Bluetooth. Follow the in-app instructions to complete the connection.

OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button on the device for 2 seconds to turn it on or off. The LED display will light up.
2. **Adjust Massage Speed:** Once powered on, short press the power button to cycle through the 6 available speed levels. The current level will be displayed on the LED screen.
3. **Using Heat/Cold Head:**
 - Attach the Heating/Cooling head to the massage gun.
 - Press and hold the sun icon button for 2 seconds to activate heat mode. Short press to cycle through 4 heat settings.
 - Press and hold the snowflake icon button for 2 seconds to activate cool mode. Short press to cycle through 4 cool settings.
 - To turn off temperature therapy, press and hold either the sun or snowflake button for 2 seconds.
4. **App Control:**
 - Ensure the massage gun is paired with the RENPHO Health App.
 - From the app, you can select specific speed levels (1-6) or choose "Auto Mode" for a pre-programmed intensity cycle.
 - Access guided massage courses within the app for targeted relief and recovery routines.
5. **Application:** Apply the massage head to the desired muscle area. Move the gun slowly and gently over the muscles. Avoid direct contact with bones or joints.
6. **Pressure Indication:** The LED ring around the power button changes color to indicate pressure:
 - **Blue:** Light pressure
 - **Purple:** Medium pressure
 - **Red:** Excessive pressure (reduce pressure to avoid injury)

MAINTENANCE

- **Cleaning:**

- Before cleaning, ensure the device is turned off and unplugged.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Clean massage heads with a mild soap and water solution, then dry thoroughly before reattaching or storing.
- **Storage:**
 - Store the massage gun and its accessories in the provided carrying case.
 - Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.
 - Ensure the device is fully cooled down before storing, especially after using the heat function.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery; Not powered on correctly.	Charge the device fully. Press and hold the power button for 2 seconds.
Heat/Cool function not working.	Head not properly attached; Function not activated.	Ensure the Heating/Cooling head is firmly attached. Press and hold the respective heat/cool button for 2 seconds.
App not connecting via Bluetooth.	Bluetooth off; Device not in pairing mode; Interference.	Ensure Bluetooth is enabled on your phone. Turn the massage gun off and on again. Move closer to the device and away from other Bluetooth devices.
Device stops during use.	Low battery; Over-pressure protection activated.	Recharge the device. Reduce pressure applied to the body.

SPECIFICATIONS

- **Model Number:** R-C001SH
- **Product Dimensions:** 6.72 x 8.37 x 2.41 inches
- **Item Weight:** 1.7 Pounds (770 Grams)
- **Power Source:** Battery Powered (1 Lithium Ion battery required)
- **Input:** 5V = 2A
- **Rated Power:** 25W
- **Battery Voltage:** DC 11.1V
- **Material:** Plastic
- **Manufacturer:** RENPHO
- **Use for:** Arm, Back, Legs, Neck, Whole Body

SAFETY INFORMATION

WARNING: Always read and follow the instructions before use. Improper use can lead to injury or device damage.

- Keep the massager away from water and heat sources.
- Do not use on broken skin, open wounds, or areas with inflammation.

- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Do not leave the massager unattended while in use.
- Allow the massager to cool down completely before storing.
- Do not use the heating/cooling feature for more than 15 minutes at a time on a single area.
- Avoid using the device on your head, face, or directly on bones/joints.

WARRANTY AND SUPPORT

Specific warranty information for the RENPHO Power+ Thermacool Massage Gun was not provided in the product details. Please refer to the product packaging or contact RENPHO customer support directly for warranty details and technical assistance.

For further support, visit the official RENPHO website or contact their customer service team.

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.

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Details

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