

VirtuFit VF11002

VirtuFit M2 Basic Massage Gun User Manual

Model: VF11002 | Brand: VirtuFit

INTRODUCTION

The VirtuFit M2 Basic Massage Gun is designed to provide deep tissue muscle massage, helping to relieve muscle tension, soreness, and fatigue. With its portable, cordless design and multiple speed settings, it offers a versatile solution for muscle recovery and relaxation.

IMPORTANT SAFETY INFORMATION

Always read the label, warnings, and instructions provided with the product before use.

- Consult a doctor before use if you have pre-existing medical conditions, are pregnant, or have any concerns about your health.
- Do not use on injured, inflamed, swollen, or bruised areas of the body. Avoid direct contact with bones and joints.
- Keep out of reach of children and pets. This device is not a toy.
- Do not immerse the device in water or other liquids. Keep it away from excessive heat and moisture.
- Use only the provided charging cable. Do not attempt to modify or repair the device yourself.
- Do not operate continuously for more than 15 minutes. Allow the device to rest for 10 minutes before resuming use.

PACKAGE CONTENTS

Please check the box to ensure all items are present:

- 1 x VirtuFit M2 Basic Massage Gun
- 6 x Massage Head Attachments
- 1 x USB to USB-C Charging Cable
- 1 x User Manual

PRODUCT OVERVIEW

Familiarize yourself with the components of your VirtuFit M2 Basic Massage Gun.



Image: The VirtuFit M2 Basic Massage Gun, showing its ergonomic design and main body.

Massage Head Attachments

The VirtuFit M2 comes with 6 interchangeable massage heads, each designed for specific muscle groups and massage types.



ROUND HEAD

For use on all muscles and routine massage.



U-HEAD

For use around the spine. Improves flexibility of the back and shoulders.



FLAT HEAD

For use on flat muscles that need a deeper massage.



BALL HEAD

For use on muscles that are tight, deep treatment.

ATTACHMENTS



Image: A visual representation of the six distinct massage head attachments, including Round, U-Head, Flat, and Ball heads.

- **Round Head:** For use on all muscles and routine massage.
- **U-Head:** For use around the spine. Improves flexibility of the back and shoulders.
- **Flat Head:** For use on flat muscles that need a deeper massage.
- **Ball Head:** For use on muscles that are tight, deep treatment.
- **Other Specialized Heads:** Two additional heads are included for varied massage needs.

SETUP

Charging the Device

Before first use, fully charge the massage gun.

1. Connect the USB-C end of the charging cable to the charging port on the massage gun.
2. Connect the USB-A end to a compatible USB power adapter (not included) or computer USB port.

3. The LCD display will indicate charging status. A full charge takes approximately 3-4 hours.



Image: The massage gun displaying its battery level, indicating a charge of 2-3 hours of use from a 1500 mAh battery.

4. Once fully charged, disconnect the charging cable.

Attaching Massage Heads

1. Ensure the device is turned off.
2. Gently push the desired massage head into the front opening of the massage gun until it is securely seated.
3. To remove, gently pull the massage head straight out.

OPERATING INSTRUCTIONS

Power On/Off

The VirtuFit M2 features an intuitive LCD touch display.

LCD DISPLAY



Image: Close-up of the massage gun's LCD display, showing the power button, speed controls, and current speed setting.

1. To power on, press and hold the power button (fingerprint icon) on the LCD display for 2 seconds.
2. To power off, press and hold the power button for 2 seconds again.

Adjusting Speed Levels

The massage gun offers 30 adjustable speed levels (1800-2800 RPM) for customized intensity.



Image: The massage gun highlighting its 30 speed settings, ranging from 1800 to 2800 RPM.

1. Once powered on, use the '+' and '-' buttons on the LCD display to increase or decrease the massage intensity.
2. The current speed level will be displayed on the screen.

Using the Massage Gun

1. Select the appropriate massage head for the area you wish to treat.
2. Turn on the device and select your desired speed level.
3. Gently apply the massage gun to the target muscle group. Do not apply excessive pressure.
4. Move the massage gun slowly over the muscle, avoiding bones and joints.
5. For optimal results, use for 1-2 minutes per muscle group.



Image: A visual representation of the massage gun's 6mm amplitude, showing the depth of percussion.

The VirtuFit M2 has a 6mm amplitude, providing effective deep tissue massage.

Quiet Operation



Image: The massage gun depicted with a muted speaker icon and text indicating quiet operation, allowing for discreet use.

MAINTENANCE

Cleaning

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

Storage

Store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case when not in use.

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.
Massage head falls off.	Not securely attached.	Ensure the massage head is pushed firmly into place.
Device stops during use.	Overheating protection; Low battery.	Allow the device to cool down for 10-15 minutes; Recharge the battery.
Display is not responding.	Software glitch; Low battery.	Recharge the device; Try restarting the device by holding the power button.

SPECIFICATIONS

Model Number	VF11002
Dimensions	17 x 6 x 24 cm
Weight	740 grams
Battery Capacity	1500 mAh
Charging Time	3-4 hours
Battery Life	2-3 hours
Speed Levels	30 levels (1800-2800 RPM)
Amplitude	6 mm
Power Source	Battery Powered
Material	Aluminum
Color	Black (Basic)



Image: The massage gun with its dimensions clearly marked: 17 cm width and 24 cm height.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the VirtuFit official website or contact your retailer. Keep your proof of purchase for any warranty claims.



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