

HYAKO LD-017

HYAKO R1 Deep Tissue Vibrating Muscle Massager User Manual

Brand: HYAKO | Model: LD-017

1. INTRODUCTION AND OVERVIEW

The HYAKO R1 Deep Tissue Vibrating Muscle Massager is an extremely powerful and versatile tool designed for comprehensive muscle relief and recovery. Unlike traditional percussion massage guns, the HYAKO R1 utilizes high-speed vibration therapy, operating at 5500-7000 rpm, which is 3-5 times faster, delivering approximately 120 short strokes per second. This high frequency is highly effective in alleviating muscle pain, cramps, and breaking down fascial adhesions and scar tissues.

Developed by physical therapists, the HYAKO R1 is trusted by health enthusiasts and healthcare professionals alike. Its lightweight and portable design makes it an ideal choice for targeted energy application, providing quick relief for soreness after intense exercise or long periods of work. The device is equipped with multiple specialized attachments to cater to various body areas and sensitivities.

2. PRODUCT FEATURES

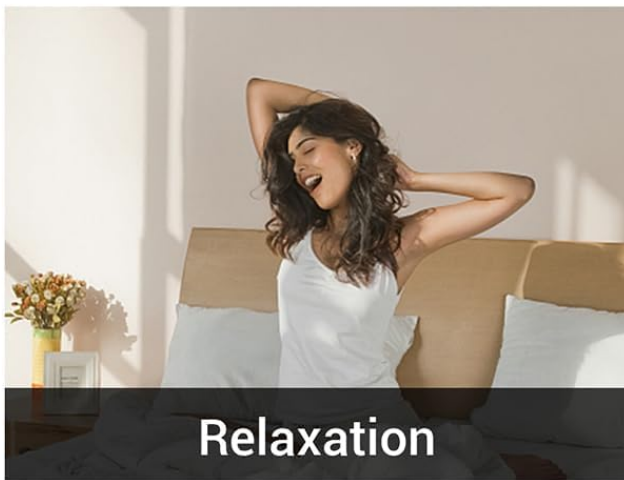
- **Extremely Powerful Vibration:** 5 speeds ranging from 5500-7000 rpm for deep tissue relief.
- **Versatile Attachments:** Comes with 4 specialized heads (Flat head, Bullet head, Silicone head, Cushion cap) for diverse applications.
- **Precision Direction:** High speed and short stroke features provide targeted energy for effective muscle release.
- **Ergonomic Design:** Lightweight (1.21 lbs) and portable for comfortable handling and use across the body.
- **Long-lasting Battery:** Equipped with a 2900mAh premium battery for durable and power-saving performance.
- **Quiet Operation:** Features a high-torque silent brushless motor.



Sport & Fitness



Office Sedentary



Relaxation



Recovery

Figure 2.1: The four professional massage heads of the HYAKO R1, each designed for specific muscle groups and tissue types.

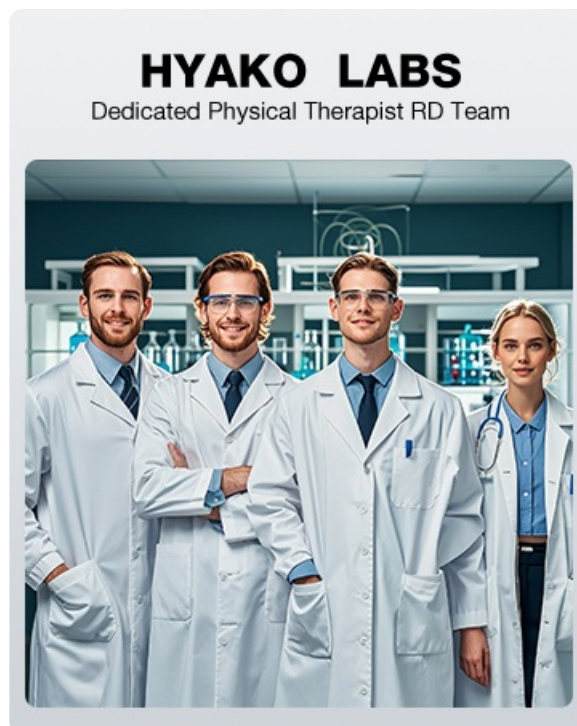


Figure 2.2: Internal view highlighting the high-torque silent brushless motor, capable of 7000 RPM.



Figure 2.3: Battery specifications, indicating a 2900mAh capacity and USB-C charging.

3. SETUP

3.1 Charging the Device

Before first use, fully charge your HYAKO R1 massager. Connect the USB-C charging cable (included) to the charging port located at the bottom of the device. Plug the other end into a 5V 2A charging head (not included). The battery indicator lights at the bottom will illuminate, showing the charging progress. Once all five lights are steadily lit, the device is fully charged. A full charge typically takes 3-4 hours.

3.2 Powering On/Off and Adjusting Speed

The HYAKO R1 features a single power/speed setting button at the bottom of the device for ease of use.

- **To Power On:** Press and hold the power button for a few seconds until the device vibrates and the indicator lights turn on.
- **To Adjust Speed:** Once powered on, short press the power button to cycle through the 5 available speed levels (5500-7000 rpm). Each press will increase the intensity.
- **To Power Off:** Press and hold the power button again for a few seconds until the device turns off. The device also features a 10-minute auto-shutdown for safety and power saving.

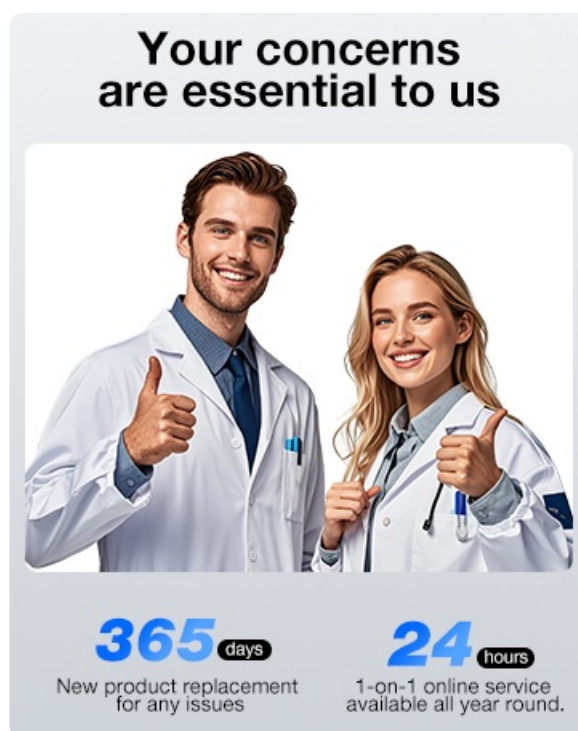


Figure 3.1: Controls and indicators on the HYAKO R1 messenger.

4. OPERATING INSTRUCTIONS

The HYAKO R1 is designed with integrated massage heads, allowing for quick transitions between different application areas without needing to swap attachments. Simply rotate the device in your hand to utilize the desired head.

4.1 Understanding the Massage Heads

- **Flat Head:** Ideal for easing into tendons and soft tissues. Useful for larger muscle groups or areas with increased sensitivity.
- **Bullet Head:** Perfect for targeting small muscle knots, deep tissues, and trigger points. Provides precise, concentrated pressure.
- **Silicone Head:** Designed for gently relaxing sensitive muscles. Offers a softer touch while still allowing for deeper muscle work.
- **Cushion Cap (Top):** Best for massaging large muscle areas across almost any part of the body. Provides a distinctive feel and works well over broader, sensitive areas.

3 PROFESSIONAL MASSAGE HEADS



Flathead

Tendons and Soft
Tissues



Buffer Cap

virtually all body parts
applications



bullet TIP

small muscles groups, Deep
Tissues and Tension Points



Silicone TIP

Suitable for Sensitive Muscles
Relaxation

Figure 4.1: Versatile application of the HYAKO R1 massager on different body areas.

4.2 Application Tips

- **General Use:** Apply the massager to the desired body part in a gentle, circular motion. Keep the massager moving to avoid excessive pressure on one spot.
- **Deep Tissue Work:** For deeper muscle work, especially with trigger points, the Bullet Head is highly effective. For sensitive areas, consider starting with the Silicone Head or Cushion Cap before transitioning to more intense tips.
- **Post-Workout Recovery:** Use the massager to quickly alleviate muscle pain and cramps after intense exercise.
- **Daily Relaxation:** Incorporate into your daily routine for general muscle relaxation and to release tightness

from prolonged sitting or work.

Video 4.1: Official product video demonstrating the HYAKO Pro R1 Therapy Massager in action, highlighting its various uses and benefits for muscle relief.

Video 4.2: A detailed demonstration of the HYAKO Therapy Massager, showcasing its effectiveness for deep tissue vibration massage across different body parts.

Video 4.3: Dr. Dave Candy, an orthopedic physical therapy expert, provides insights and recommendations on using the HYAKO R1 for muscle therapy.

Video 4.4: A short preview video from a customer review, demonstrating how the massager helps to loosen up muscles effectively.

Video 4.5: A brief brand message highlighting HYAKO's mission to provide relaxation and relief for various body parts.

5. MAINTENANCE

To ensure the longevity and hygiene of your HYAKO R1 massager, regular cleaning is recommended. The device's design makes it easy to clean, especially for professional use.

- **Cleaning:** Wipe down the massager heads and body with a damp cloth or an alcohol-based wipe after each use. Ensure the device is powered off and unplugged before cleaning.
- **Storage:** Store the massager in its provided carrying case in a cool, dry place away from direct sunlight and extreme temperatures.



Figure 5.1: The HYAKO R1 massager and its accessories neatly stored in the provided carrying case.

6. TROUBLESHOOTING

If you encounter any issues with your HYAKO R1 massager, please refer to the following common troubleshooting tips:

- **Device Not Turning On:** Ensure the device is fully charged. If the battery is low, connect it to the charger and allow sufficient time for charging.
- **Weak Vibration:** Check the selected speed level. Increase the speed by short pressing the power button. If the issue persists, ensure the device is fully charged.
- **Unusual Noises:** If you experience a loud buzzing noise, this could indicate an internal issue. Discontinue use and contact customer support.
- **Power Cuts Out:** If the power cuts in and out with minimal pressure, this may indicate a connection issue or internal fault. Ensure the device is properly charged and contact support if the problem continues.

For any persistent issues or concerns, please refer to the Warranty and Support section for contact information.

7. SPECIFICATIONS

Specification	Value
Product Dimensions	3.5 x 3.5 x 7.36 inches
Item Model Number	LD-017
Batteries	3 CR5 batteries required (included)
Item Weight	1.21 Pounds (0.55 Kilograms)
Power Source	Battery Powered
Material	Metal, Acrylonitrile Butadiene Styrene
Manufacturer	Lingding Technology Co.
Country of Origin	China

8. SAFETY INFORMATION

Please read all safety information before using the HYAKO R1 massager.

- **Adult Use Only:** This device is intended for adult use only. Keep out of reach of children.

- **Consult a Professional:** If you are pregnant or suffer from any medical conditions, consult a healthcare professional before use.
- **Avoid Water and Charging:** Do not use the device near water or while it is charging.
- **Proper Disposal:** As this device is battery-operated, follow proper disposal guidelines for batteries.
- **Keep Moving:** Always keep the massager moving on the skin. Do not hold it stationary on one spot for extended periods to avoid bruising or discomfort.
- **Avoid Bony Areas:** Do not apply the massager directly over bony prominences, especially with higher intensity settings, as this can cause discomfort or injury.
- **Sensitive Areas:** Use caution and lower speeds when applying to sensitive areas like the wrist, ankles, or knees.

9. WARRANTY AND SUPPORT

HYAKO stands behind the quality of its products.

- **1-Year Warranty:** The HYAKO R1 high-speed vibrational therapy Massager comes with a 1-year warranty service from the date of purchase.
- **Customer Support:** For any questions about setting up your HYAKO device, troubleshooting, product knowledge, initiating returns, or any other issues, please contact our dedicated customer service team.

Email: warranty@hyako.team or hyako168@gmail.com

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