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Philips PPM7501

Philips PPM7501 Mini Massage Gun User Manual

1. PRODUCT DESCRIPTION

The Philips PPM7501 Mini Massage Gun is a powerful, portable, and compact device designed for deep tissue muscle massage. It features 5 levels of intensity and comes with 6 silicone heads to target various muscle groups, providing muscle therapy and fatigue relief. Its lightweight design makes it suitable for use at home, during travel, in the office, or at the gym.

2. KEY FEATURES

- **Powerful Brushless Motor:** Delivers up to 3200 rpm for effective massage.
- **High Torque:** Features 10 kg anti-blocking torque for consistent performance.
- **Compact & Lightweight:** Weighs only 317g, making it highly portable.
- **5 Intensity Levels:** Adjustable speeds to customize your massage experience.
- **6 Professional Massage Heads:** Includes specialized silicone heads for targeted relief.
- **Smart Pressure Feedback:** Provides real-time feedback for optimal pressure application.
- **Battery-Powered:** Cordless operation for convenience.
- **Versatile Use:** Suitable for whole-body application, offering muscle therapy and fatigue relief.

3. PACKAGE CONTENTS

- Philips PPM7501 Mini Massage Gun (Main Unit)
- 6 Interchangeable Silicone Massage Heads
- USB Charging Cable
- User Manual

4. SETUP

1. **Unpacking:** Carefully remove all components from the product packaging.

- Initial Charge:** Before first use, fully charge the massage gun. Connect the provided USB charging cable to the device's charging port and a suitable USB power adapter (not included). The indicator lights will show the charging status.
- Attach Massage Head:** Select the desired massage head and firmly insert it into the massage gun's attachment port. Ensure it is securely seated.

5. OPERATING INSTRUCTIONS

- Power On/Off:** Press and hold the power button (typically located on the handle or control panel) for a few seconds to turn the device on or off.
- Adjust Intensity:** Once powered on, the device will usually start at the lowest intensity level. Press the power button briefly to cycle through the 5 available intensity levels. The indicator lights will display the current level.
- Application:** Gently press the selected massage head against the desired muscle area. Move the device slowly over the muscle, applying appropriate pressure. Avoid using on bony areas, directly on joints, or on sensitive skin.
- Smart Pressure Feedback:** The device may provide visual feedback (e.g., light changes) to indicate optimal pressure or if excessive pressure is being applied.

6. ATTACHMENTS AND USAGE

The Philips PPM7501 comes with 6 specialized silicone heads, each designed for different muscle groups and massage types:

- Ball Head:** Ideal for general use on large muscle groups such as arms, thighs, calves, and back.
- Flat Head:** Suitable for larger muscle areas and general relaxation.
- Fork Head:** Designed for targeting muscles around the spine, neck, and Achilles tendon.
- Bullet Head:** Used for deep tissue massage and precise targeting of trigger points or smaller muscle areas.
- Thumb Head:** For precise targeting of small muscle areas and trigger points.
- Multi-pronged Head:** For broader, softer massage on sensitive areas or for general relaxation.

Upgrade 6 heads

Customized for sports people,
scientific nursing muscle group



Image: The six interchangeable silicone massage heads included with the Philips PPM7501 Mini Massage Gun.

7. CHARGING

1. Locate the USB-C charging port on the device.
2. Connect the provided USB charging cable to the device and a compatible USB power source (e.g., wall adapter, computer USB port).
3. The battery indicator lights will illuminate to show the charging status. A full charge is indicated when all lights are solid.
4. Disconnect the charger once fully charged.

8. MAINTENANCE AND CARE

- **Cleaning:** Turn off the device and remove the massage head. Wipe the device and massage heads with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massage gun and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

- Device not turning on:** Ensure the device is fully charged. Check the power button for proper operation.
- Weak massage intensity:** Ensure the battery is sufficiently charged. Adjust the intensity level using the power button.
- Unusual noise:** Turn off the device immediately. Check if the massage head is properly attached. If the issue persists, contact customer support.

10. SPECIFICATIONS

Feature	Detail
Model Number	PPM7501
Dimensions	5 x 3 x 10 cm
Weight	317 Grams
Power Source	Battery Powered
Material (Heads)	Silicone
Intensity Levels	5
Massage Heads	6
Color	Blue
Manufacturer	DEERMA HONG KONG TECHNOLOGY COMPANY LIMITED

11. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the contact details provided in the product packaging or visit the official Philips website. Keep your purchase receipt as proof of purchase.