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Beurer 10346

Beurer Antelope Boom Massage Gun - Sport Edition User Manual

Model: 10346 | Brand: Beurer

1. Product Overview

The Beurer Antelope Boom Massage Gun, Sport Edition, model 10346, is a compact and powerful device designed for targeted muscle relaxation and regeneration. It is ideal for post-workout recovery, relieving muscle tension, and addressing trigger points throughout the body. Its lightweight and ergonomic design make it suitable for both home use and travel.



Figure 1: Beurer Antelope Boom Massage Gun with its four included attachments.

Key Features:

- **Powerful Massage:** Delivers effective trigger point massage for tension release, muscle strengthening, and recovery.
- **Versatile Use:** Includes 4 interchangeable massage attachments to target various muscle groups.
- **Lightweight and Portable:** Weighs only 620g, making it easy to carry and use on the go.
- **Adjustable Intensity:** Features 5 selectable intensity levels for a customized massage experience.
- **Compact Design:** Ergonomic and unique design for comfortable handling.
- **Long Battery Life:** Up to 5 hours of operation on a single charge.

2. Important Safety Information

Please read all safety warnings and instructions carefully before using this device. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- **Water Exposure:** Do not use the device near water or in wet environments.
- **Skin Condition:** Avoid using the device on damaged skin, open wounds, or areas with skin irritation.
- **Discomfort/Pain:** Discontinue use immediately if the device causes any discomfort, pain, or adverse reactions.
- **Electrical Safety:** Ensure the device is charged using the provided charger and that the battery charge status is known before use. Do not operate if the charging cable or device is damaged.
- **Medical Conditions:** Consult a physician before use if you have any pre-existing medical conditions, are pregnant, have a pacemaker, or are undergoing medical treatment.
- **Children and Pets:** Keep the device out of reach of children and pets. This is not a toy.
- **Intended Use:** Use the device only for its intended purpose as described in this manual.

3. Package Contents

Verify that all items are present and in good condition upon opening the package:

- Beurer Antelope Boom Massage Gun (Sport Edition)
- Flat Head Attachment
- Spherical Head Attachment
- U-shaped Head Attachment
- Spiral Head Attachment
- Charging Cable (USB-C)
- User Manual



Figure 2: The four interchangeable massage attachments and their typical uses.

4. Setup and First Use

4.1 Charging the Device

1. Before first use, fully charge the massage gun.
2. Connect the provided USB-C charging cable to the charging port on the device.
3. Plug the other end of the cable into a compatible USB power adapter (not included) or a USB port.
4. The LED indicators on the device will show the charging status. Once fully charged, the indicators will typically show a steady light or turn off.
5. A full charge takes approximately 3-4 hours.

4.2 Attaching Massage Heads

1. Ensure the device is turned off before attaching or detaching any massage head.
2. Select the desired massage head.
3. Align the base of the attachment with the opening on the front of the massage gun.
4. Gently push the attachment firmly into the opening until it is securely seated. Do not twist.
5. To remove, firmly pull the attachment straight out from the device.

5. Operating Instructions

5.1 Powering On/Off and Adjusting Intensity

1. **Power On:** Press and hold the power button (usually located on the back or handle) for a few seconds until the device vibrates and the LED indicators light up.
2. **Adjust Intensity:** Briefly press the power button to cycle through the 5 intensity levels. Each press will increase the intensity. The LED indicators will typically show the current intensity level.
3. **Power Off:** Press and hold the power button again for a few seconds until the device stops and the LED indicators turn off.



Figure 3: Applying the massage gun to a muscle group, such as the calf.

5.2 Using the Attachments

Choose the appropriate attachment based on the muscle group and desired massage type:

Attachment	Description & Use
Flat Head	Ideal for large muscle groups and general full-body relaxation, such as thighs and back.
Spherical Head	Suitable for large muscle groups like arms, calves, glutes, and for general muscle massage.
U-shaped Head	Designed for massaging around the spine, neck, and Achilles tendon. Use with caution around bones.
Spiral Head	Best for deep tissue massage and targeting specific trigger points, such as the soles of the feet or small muscle knots.

5.3 Massage Techniques

- Apply gentle pressure and move the massage gun slowly over the desired muscle area.
- Do not press too hard, especially on bony areas or joints.
- For each muscle group, a session of 1-2 minutes is generally sufficient. Do not exceed 15 minutes of continuous use on a single area.
- Breathe deeply and relax during the massage.
- Stay hydrated before and after your massage session.

6. Maintenance and Storage

6.1 Cleaning

1. Always turn off the device and disconnect it from the power source before cleaning.
2. Wipe the surface of the massage gun with a soft, damp cloth. Do not use abrasive cleaners or solvents.
3. The massage heads can be wiped clean with a damp cloth and mild soap if necessary. Ensure they are completely dry before reattaching or storing.
4. Do not immerse the device or any attachments in water.

6.2 Storage

- Store the massage gun and its attachments in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep it in its original packaging or a protective case to prevent damage.
- Ensure the device is fully charged before long-term storage to maintain battery health. Recharge every 3-6 months if not in use.

7. Troubleshooting

If you encounter any issues with your Beurer Antelope Boom Massage Gun, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully.
Device turns off unexpectedly.	Low battery or overheating protection activated.	Recharge the battery. Allow the device to cool down if it feels warm.
Weak massage intensity.	Low battery or incorrect intensity level selected.	Charge the device. Increase the intensity level.
Attachment is loose or falls off.	Attachment not properly secured.	Ensure the attachment is pushed firmly into place.

Problem	Possible Cause	Solution
Unusual noise or vibration.	Foreign object or internal malfunction.	Turn off the device immediately. Do not attempt to repair. Contact customer support.

If the problem persists after trying these solutions, please contact Beurer customer support.

8. Technical Specifications

Feature	Specification
Model Number	10346
Brand	Beurer
Dimensions (L x W x H)	21.7 x 9 x 23 cm
Weight	Device: 620g; Packaged: 1.06 kg
Power Source	Battery Powered
Intensity Levels	5
Max RPM	Up to 3000 rpm
Amplitude	8 mm
Battery Life	Up to 5 hours
Material	Plastic, Aluminum, Rubber, Silicone
Color	Black



Figure 4: Key technical specifications and features of the massage gun.

9. Warranty and Support

Beurer products are manufactured with high quality standards. This product comes with a 3-year warranty, as indicated in the product features. For warranty claims, technical support, or any questions regarding your device, please contact Beurer customer service.

Please refer to the official Beurer website or the contact information provided in your product packaging for the most up-to-date support details.

Online Resources: www.beurer.com

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