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## FITAGE FITAGE-23

# FITAGE Mini Massage Gun Instruction Manual

Model: FITAGE-23

## 1. INTRODUCTION

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Thank you for choosing the FITAGE Mini Massage Gun. This device is designed to provide targeted percussive massage for muscle relief and recovery. Please read this manual thoroughly before use to ensure safe and effective operation.



Figure 1: A compact, black FITAGE Mini Massage Gun, shown from the side.

## 2. SAFETY INFORMATION

**WARNING: To reduce the risk of electric shock, fire, and injury, this product must be used in accordance with the following instructions:**

- Do not use the massage gun on inflamed, swollen, or injured areas of the body.
- Avoid sensitive body parts, including the head, face, and bony areas.
- Always start with the lowest speed setting and gradually increase as comfortable.
- Do not use the device during bathing or if it comes into contact with water. Keep it dry.
- Keep the device away from excessive heat sources.
- Follow all charging and maintenance instructions to ensure the safety and longevity of your device and its battery.
- The device features an automatic shutdown function after 10 minutes of continuous use to prevent overheating and ensure user safety.

## 3. PACKAGE CONTENTS

The FITAGE Mini Massage Gun package typically includes:

- 1 x FITAGE Mini Massage Gun

- Multiple interchangeable massage heads (e.g., 8 types)
- 1 x Charging Cable
- 1 x User Manual



Figure 2: The complete FITAGE Massage Gun set, including the black handheld device, 8 different interchangeable massage heads, and a charging cable. A digital display on the gun shows '30'.

## 4. CHARGING THE DEVICE

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Before first use, fully charge the massage gun. To charge:

1. Connect the charging cable to the charging port on the massage gun.
2. Plug the other end of the charging cable into a suitable power adapter (not included) or USB port.
3. The LED indicator on the device will show the charging status. Refer to the device's display for battery level.
4. Once fully charged, disconnect the charging cable.

## 5. ATTACHING MESSAGE HEADS

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The FITAGE Mini Massage Gun comes with various massage heads designed for different muscle groups and massage intensities.

1. Ensure the device is turned off before attaching or removing any massage head.
2. To attach, gently push the desired massage head into the front opening of the gun until it is securely in place.
3. To remove, firmly pull the massage head straight out.

## 6. OPERATING INSTRUCTIONS

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Follow these steps to operate your FITAGE Mini Massage Gun:

1. **Power On:** Press and hold the power button (usually located on the handle or base) for a few seconds until the device turns on and the display illuminates.
2. **Adjust Speed:** Use the '+' and '-' buttons (or similar controls) to adjust the massage intensity. Start with the lowest speed and gradually increase to a comfortable level.
3. **Application:** Gently press the massage head against the desired muscle area. Move the device slowly over the muscle, avoiding bones and joints.
4. **Automatic Shut-off:** The device will automatically turn off after 10 minutes of continuous use. You can restart it if further massage is needed.

5. **Power Off:** To turn off the device manually, press and hold the power button again until it shuts down.

## 7. USAGE GUIDELINES

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The FITAGE Mini Massage Gun is recommended for use on areas such as the neck and back, as well as other large muscle groups. Always listen to your body and discontinue use if you experience any discomfort or pain.



“Endlich eine gute Investition,  
ein hervorragendes Gerät, um müde  
und verklebte Muskeln zu lockern  
und sie schneller zu erholen!”

**Jasmine**

Figure 3: A close-up view of a person using the FITAGE Mini Massage Gun on their calf muscle, demonstrating targeted application.

## 8. MAINTENANCE AND CARE

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- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

## 9. TROUBLESHOOTING

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If you encounter any issues with your FITAGE Mini Massage Gun, refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on	Low battery or device is off	Charge the device fully. Press and hold the power button to turn on.

Problem	Possible Cause	Solution
Weak massage intensity	Low battery or speed setting is too low	Charge the device. Increase the speed setting using the '+' button.
Device stops unexpectedly	Automatic 10-minute shut-off or low battery	Restart the device if it was due to auto shut-off. Charge the device if battery is low.
Massage head is loose	Improperly attached head	Ensure the massage head is pushed firmly into place.

If the problem persists, please contact customer support.

## 10. SPECIFICATIONS

Feature	Detail
Brand	FITAGE
Item Model Number	FITAGE-23
Product Dimensions (L x W x H)	17.3 x 6.5 x 22.1 cm
Item Weight	450 Grams
Color	Black
Material	Rubber
Power Source	Battery Powered (1 Lithium-ion - included)
Special Feature	Portable, Wireless, LCD Screen
Massager Form	Massage Gun
Specific Uses for Product	Myofascial
Recommended Use	Neck, Back
Date First Available	May 16, 2024

## 11. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official FITAGE website. Keep your proof of purchase for any warranty claims.