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RENPHO R-WMG10

RENPHO Mini Thermal Massage Gun with Heat

Model: R-WMG10

Introduction

The RENPHO Mini Thermal Massage Gun with Heat (Model R-WMG10) is a portable deep tissue percussion massager designed to help alleviate muscle tension and soreness. This device features a heating function, multiple intensity levels, and interchangeable massage heads to provide a personalized massage experience. Please read this manual thoroughly before use to ensure proper operation and safety.

Safety Information

Important Safety Precautions:

- Avoid using the massage gun on open wounds, swollen, or bruised areas.
- If you have any muscle or joint injuries, consult with a healthcare provider before using the device.
- Do not immerse the device in water or other liquids.
- Keep out of reach of children.
- Do not operate the device if it has been damaged or dropped.
- Use only the provided charging cable.

Package Contents

Verify that all items are present in your package:

- RENPHO Mini Thermal Massage Gun
- 4 Interchangeable Silicone Head Casings
- Color Silicone Sleeves (Grey)
- Carry Case
- USB Charging Cable
- User Manual



Image: The RENPHO Mini Thermal Massage Gun, showing the main unit, four different massage heads, and the compact carry case.

Product Overview

The RENPHO Mini Thermal Massage Gun features a compact design with a heat-conductive steel head and interchangeable silicone casings for varied massage experiences. The device is controlled by a single button for ease of use.



Image: The massage gun displayed with its four distinct silicone head casings detached, illustrating the customization options.

Getting Started

Charging the Device

Before first use, fully charge the massage gun. Connect the USB charging cable to the device and a suitable power adapter. The indicator lights will show charging status. A full charge provides long-lasting battery life for multiple uses.

Attaching and Changing Massage Heads

The massage gun comes with a heat-conductive steel head and four specialized silicone head casings. To attach a silicone casing, gently press it onto the steel head until it is securely in place. To remove, pull the silicone casing off. The color silicone sleeves can be interchanged to match your preference and provide a non-slip grip.



Image: Several RENPHO Mini Thermal Massage Guns showcasing various interchangeable color silicone sleeves and different massage head attachments.

Operating Instructions

The RENPHO Mini Thermal Massage Gun features a single-button control for all functions.



Image: A detailed view of the massage gun's base, highlighting the power button, USB-C charging port, and LED indicator lights for intensity and heat function.

Power On/Off

- To power on or off, **long press the power button for 2 seconds**.

Adjusting Massage Intensity

- Once powered on, **press the power button briefly** to cycle through the 4 available massage intensity levels.

Activating the Heat Function

- To enable or disable the heating function,**double press the power button**.
- The heat-conductive steel head warms up to 46°C/114°F in approximately 1 minute.
- When the heating function is active, the indicator light will turn red.
- **Note: Do not use any silicone massage head casing when the heating function is activated. The heat function is intended for direct contact with the steel head.**



Image: A close-up view of the massage gun's steel head, illuminated with an orange glow, indicating the active heating function.

Using the Massage Gun

The RENPHO Mini Thermal Massage Gun is suitable for various body parts including the back, body, calves, legs, and shoulders. Select the appropriate massage head and intensity level for your needs.

Guide to Massage Head Casings:

- **Claw-shaped head casing:** Ideal for targeting specific areas such as the spine, neck, and Achilles tendon.
- **Conical head casing:** Designed for deep tissues, trigger points, and smaller muscle groups.
- **Spherical head casing:** Best for larger muscle groups like quads and glutes, and general areas of soreness.
- **Flat head casing:** Suitable for shoulder blades, IT bands, and full-body massage.

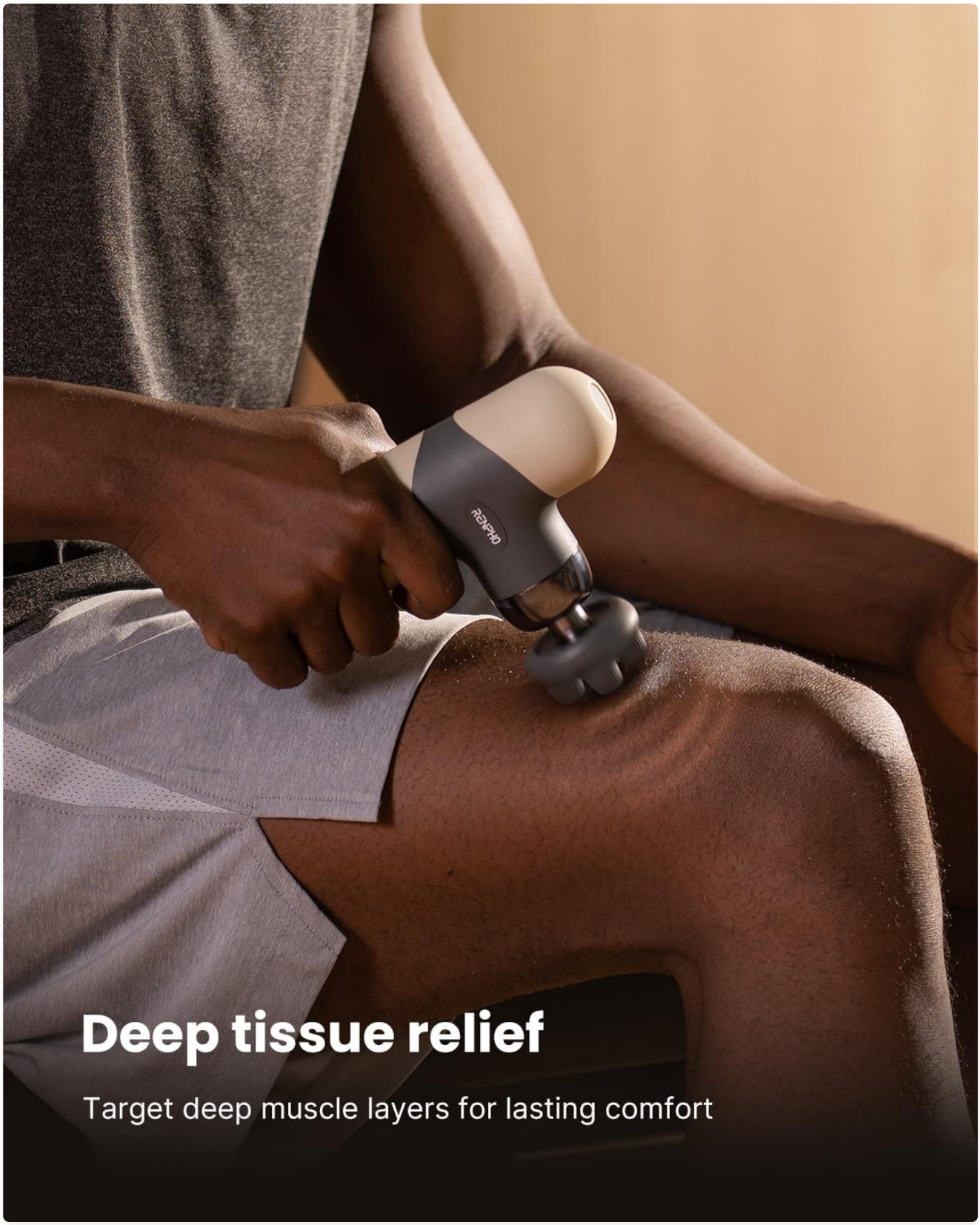


Image: A man using the RENPHO Mini Thermal Massage Gun with the claw-shaped head casing on his leg, demonstrating deep tissue relief.

Maintenance

Cleaning

To clean the massage gun, wipe the surface with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is powered off and unplugged before cleaning.

Storage

Store the massage gun and its accessories in the provided carry case in a cool, dry place, away from direct sunlight and extreme temperatures.

Troubleshooting

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

- **Device not turning on:** Ensure the device is fully charged. Long press the power button for 2 seconds to activate.
- **No percussion:** Check if the massage head is properly attached. If the battery is low, charge the device.
- **Heat function not working:** Double press the power button to activate. Ensure no silicone head casing is attached when using the heat function.
- **Unusual noise:** Power off the device and check for any obstructions around the massage head. If the issue persists, discontinue use and contact customer support.

Specifications

Feature	Specification
Model Number	R-WMG10
Product Dimensions	5.83 x 4.17 x 1.81 inches
Item Weight	1.7 Pounds
Power Source	Battery Powered (1 A battery included)
Material	Silicone
Heat Temperature	Up to 46°C/114°F
Intensity Levels	4
Max RPM	3000 RPM
Percussion Depth	6mm

Warranty and Support

RENPHO products typically come with a manufacturer's warranty. For specific warranty details, registration, or technical support, please refer to the warranty card included with your product or visit the official RENPHO website. You may also contact RENPHO customer service directly for assistance with any product-related inquiries.

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