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Meifuly M309752

Meifuly 2-in-1 Vibrating Peanut Massage Ball User Manual

Model: M309752

INTRODUCTION

The Meifuly 2-in-1 Vibrating Peanut Massage Ball is a versatile tool designed for myofascial release, trigger point therapy, and deep tissue massage. Its ergonomic peanut shape and textured surface effectively target various muscle groups. This innovative device also features an integrated Bluetooth speaker, allowing for a relaxing experience with your favorite music during recovery sessions.

WHAT'S IN THE BOX

What's in the box?



1 Storage Bag x 1

2 Vibrating Peanut Massage Ball x 1
(3000mAh high-capacity battery)

3 Box x 1

4 Charging Cable x 1

5 Instruction Manual x 1

Image: Contents of the product packaging, including the massage ball, storage bag, charging cable, and instruction manual.

- Vibrating Peanut Massage Ball (3000mAh high-capacity battery) x 1
- Storage Bag x 1
- Charging Cable x 1
- Instruction Manual x 1
- Box x 1

FEATURES

- **Deep Tissue Massage Release:** Ergonomically designed peanut shape and surface textures for myofascial release and trigger point therapy.
- **Two-in-one Function:** Integrates a Bluetooth speaker for music playback during use.
- **6 Massaging Modes:** One-touch control for various vibration levels.
 - M1 Mode: Continuous vibration (slow and fast)

- M2 Mode: Vibration for 2 seconds, stop for 1 second (slow and fast)
- M3 Mode: Vibration for 1 second, stop for 1 second (slow and fast)
- **High-Capacity Battery:** Equipped with a 3000mAh battery for extended use.
- **Smart Shutdown:** Automatically turns off after 30 minutes of continuous operation.
- **Durable Material:** Features a superior silicone surface for a soft and comfortable touch.
- **Portable and Compact:** Easy to carry for use at the gym, home, or work.

6 Massaging Modes

M1 MODE: continuous vibration
(slow or fast)

M2 MODE: vibration for 2 seconds and stop for 1 second
(slow or fast)

M3 MODE: vibration for 1 second and stop for 1 second
(slow or fast)

Silent motor

5000 rpm High speed impact

Deep muscle group massage

30 minutes smart shutdown

Image: Detailed view of the control panel and descriptions of the six massaging modes.

SETUP

Charging the Device

Before first use, fully charge the vibrating peanut massage ball. Connect the provided charging cable to the charging port on the device and plug the other end into a compatible USB power source. The indicator light will show charging status and turn off when fully charged.

Power On/Off

To power on the device, press and hold the power button located on the end of the ball until the indicator light illuminates. To power off, press and hold the power button again until the device shuts down.

Bluetooth Pairing

To connect the Bluetooth speaker, ensure the device is powered on. Activate Bluetooth on your smartphone or other audio device and search for "Meifuly Massage Ball" (or similar name). Select the device to pair. A confirmation sound will indicate successful pairing.

Your browser does not support the video tag.

Video: Demonstrates unboxing, powering on, and showing the speaker function of the massage ball.

OPERATING INSTRUCTIONS

Selecting Massaging Modes

Once powered on, press the mode button (M1, M2, M3) to cycle through the 6 available vibration modes. Each press will change the mode, offering continuous or intermittent vibrations at slow or fast speeds. Experiment to find the mode that best suits your needs.

Suggested Usage Areas

The vibrating peanut massage ball can be used on various muscle groups for effective relief. Apply gentle pressure and roll the device over the desired area. You can sit or lie on it, lean side to side, or hold it in your hand to target specific muscles.

- **Back:** Place the ball between your back and a wall or the floor. Roll gently to target muscles along the spine (avoid direct contact with the spine).
- **Neck and Shoulders:** Lie down and position the ball under your neck or shoulder blades. Gently move your head or body to massage the area.
- **Legs (Thighs, Calves, Hamstrings):** Sit on the floor and place the ball under your thigh or calf. Roll back and forth, adjusting pressure as needed.
- **Arms and Forearms:** Hold the ball and roll it over your arm or forearm muscles.
- **Feet:** Place the ball under your foot while seated and roll it from heel to toe.

Professional Textured Peanut Massage Ball

Relieve Sore and Tight Muscles



Image: Visual guide demonstrating how to use the massage ball on the back, neck, legs, and feet.

Your browser does not support the video tag.

Video: Demonstrates various applications of the vibrating peanut massage ball for muscle recovery.

MAINTENANCE

Cleaning

Wipe the surface of the massage ball with a damp cloth and mild soap after each use. Do not submerge the device in water. Ensure it is completely dry before storing.

Storage

Store the massage ball in a cool, dry place away from direct sunlight and extreme temperatures. Use the provided storage bag for protection when not in use or during travel.

Portable and Compact

You can carry it with you and relieve pain anytime.



Image: The massage ball being placed into its portable storage bag, highlighting its compact nature.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device fully.
Vibration is weak or inconsistent.	Low battery; incorrect mode selected.	Recharge the device; cycle through modes to find desired intensity.
Bluetooth speaker not connecting.	Device not in pairing mode; Bluetooth off on phone; too far from device.	Ensure device is on and in pairing mode; enable Bluetooth on your phone; keep devices within range.
Speaker volume too loud at startup.	Default startup volume.	While there is no direct volume control on the device for startup sounds, adjust your phone's media volume before connecting.

SPECIFICATIONS

- **Model Number:** M309752
- **Brand:** Meifuly
- **Color:** Blue
- **Material:** Silicone
- **Item Weight:** 2.12 Pounds (approx. 0.96 kg)
- **Package Dimensions:** 6.85 x 4.21 x 3.9 inches
- **Battery:** 1 Lithium Ion battery (included), 3000mAh high-capacity
- **Automatic Shutdown:** 30 minutes
- **Massaging Modes:** 6 (M1, M2, M3 with slow/fast variations)

SAFETY INFORMATION

Please read and understand all safety information before using the Meifuly Vibrating Peanut Massage Ball. Improper use can lead to injury.

- Always use gentle pressure and avoid applying excessive force.
- Do not use on open wounds, inflamed areas, or bruised skin.
- Avoid using directly on bones, joints, or the spine.
- Limit use to 15-20 minutes per session to prevent over-stimulation.
- If you experience any discomfort, pain, or adverse reactions, discontinue use immediately and consult a healthcare professional.
- Keep out of reach of children and pets.
- Do not disassemble or attempt to repair the device yourself.
- Use only the provided charging cable.

WARRANTY AND SUPPORT

For warranty information, product support, or any inquiries, please contact the manufacturer, Meifuly, or the seller directly through your purchase platform. Please retain your proof of purchase for any warranty claims.

Legal Disclaimer: Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

