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MERACH MR-M019

MERACH M019 Percussion Massage Gun User Manual

Model: MR-M019

1. Important Safety Information

Please read all safety instructions carefully before using the MERACH M019 Percussion Massage Gun. Failure to follow these instructions may result in injury or device damage.

- Always read the instruction manual before use.
- Do not use on injured or inflamed areas.
- Avoid sensitive body parts such as eyes, face, and groin.
- Do not use for more than 15 minutes at a time.
- Keep the device away from water.
- Do not use while charging.

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2. Product Overview

The MERACH M019 Percussion Massage Gun is designed for deep tissue muscle relaxation and pain relief. It features a powerful brushless motor and comes with multiple massage heads for various body parts.

Key Features

- Powerful Brushless Motor: Provides up to 3200rpm for effective percussion massage.
- 10mm Vibration Amplitude: Delivers deep tissue penetration.
- 5 Power Modes: Adjustable intensity for varied needs.
- 6 Professional Massage Heads: Designed for specific muscle groups and applications.
- Long Battery Life: Up to 4 hours runtime with 2*2000mAh batteries.
- Type-C Charging: Convenient and fast charging.
- Automatic Standby: Enters standby mode after 10 minutes of continuous operation.

Package Contents



Image: Contents of the MERACH M019 package, including the massage gun, six interchangeable massage heads, a storage case, a Type-C charging cable, and the user manual.

- MERACH M019 Massage Gun
- 6 Replaceable Massage Heads
- Storage Case
- Type-C Charging Cable
- User Manual

Massage Heads and Their Applications



Image: Visual representation of the six distinct massage heads included with the MERACH M019, each designed for specific muscle groups and massage types.

- **Large Ball Head (Foam):** Suitable for large muscle groups like arms, back, hips, thighs, calves.
- **Small Ball Head (Foam):** Ideal for general full-body muscle relaxation.
- **D-type Head (PP):** For specific deep tissue areas and muscle knots.
- **U-type Head (PP):** Designed for the spine, neck, and Achilles tendon.
- **Bullet Head (PP):** For pinpoint treatment of trigger points and small muscle areas.
- **Flat Head (PP):** Versatile for all body parts, offering a broad, even massage.

3. Setup

Initial Charging

Before first use, fully charge the massage gun. The device is powered by 2*2000mAh Lithium Ion batteries.

1. Connect the provided Type-C charging cable to the charging port on the massage gun.
2. Connect the other end of the cable to a compatible 5V/2A adapter (not included).
3. The indicator lights will show charging status. Ensure the device is fully charged before use.

Attaching Massage Heads

The MERACH M019 comes with 6 replaceable massage heads. To attach a head:

1. Ensure the massage gun is turned off.
2. Gently push the desired massage head into the front opening of the gun. It should fit snugly.
3. To remove, gently pull the massage head straight out.

4. Operating Instructions

Power On/Off and Speed Adjustment

1. To power on, press and hold the power button located on the device.
2. Once powered on, press the power button repeatedly to cycle through the 5 available speed modes.
3. To power off, press and hold the power button until the device shuts down.

Application Techniques

Select the appropriate massage head for the target body area. Apply the massager to the desired body part using gentle, circular motions. Do not apply excessive pressure, especially on bony areas.



Image: Demonstrations of the MERACH M019 massage gun being used on various body parts, including the back, hip, leg, and calf, illustrating proper application.

- **Back:** Use the Large Ball Head or Flat Head for broad coverage.
- **Hip:** The Large Ball Head is effective for gluteal muscles.
- **Legs/Calves:** Use the Large Ball Head or Flat Head for general muscle relief.
- **Shoulder/Neck:** The U-type Head can be used carefully around the neck, avoiding the spine.
- **Trigger Points:** Use the Bullet Head for targeted relief on specific knots.

For safety, avoid using the massager on injured or inflamed areas, and do not apply excessive pressure.

Automatic Shut-off

The massage gun will automatically enter standby mode after working continuously for 10 minutes to prevent overheating and ensure user safety. You can restart the device if further massage is desired.

5. Maintenance

Cleaning

After each use, it is recommended to clean the massage heads and the device body.

1. Ensure the device is turned off and unplugged from any charging source.
2. Remove the massage head.
3. Wipe the massage head and the body of the massage gun with a slightly damp, clean cloth.
4. Do not use abrasive cleaners or immerse the device in water.
5. Allow all parts to air dry completely before reattaching heads or storing.

Storage

Store the MERACH M019 Percussion Massage Gun in its provided storage case in a cool, dry place, away from direct sunlight and extreme temperatures. Keep out of reach of children.

6. Troubleshooting

If you encounter any issues with your MERACH M019, please refer to the following common troubleshooting steps:

- **Device not turning on:** Ensure the battery is charged. Connect the Type-C charging cable and allow it to charge for at least 30 minutes before attempting to power on again.
- **Weak percussion/vibration:** Check the battery level. A low battery can affect performance. Recharge the device if necessary.
- **Unusual noise:** Turn off the device immediately. Check if the massage head is properly attached. If the noise persists, discontinue use and contact customer support.
- **Device stops during use:** The device has an automatic standby feature that activates after 10 minutes of continuous use. Simply restart the device if you wish to continue. If it stops before 10 minutes, check battery level.

If these steps do not resolve the issue, please contact MERACH customer support for further assistance.

7. Specifications

Feature	Specification
Model Number	MR-M019
Product Dimensions	6.5 x 2.4 x 8.9 inches
Item Weight	3.09 Pounds (1.4 Kilograms)
Power Source	Battery Powered
Battery Type	1 Lithium Ion battery (included), 2*2000mAh cells
Runtime	Up to 4 hours
Charging Port	Type-C (compatible with 5V/2A adapters)
Motor Type	Brushless Motor
Max Speed	3200 RPM

Feature	Specification
Vibration Amplitude	10mm
Number of Speed Modes	5
Number of Massage Heads	6
Material	Acrylonitrile Butadiene Styrene

8. Warranty and Support

MERACH provides comprehensive customer service for the M019 Percussion Massage Gun.

- **Warranty:** Enjoy a 12-month warranty from the date of purchase.
- **Customer Support:** 24-hour after-sales support is available via email or phone.
- **Contact:** For any questions or concerns, please have your order number and product model (MR-M019) ready when contacting customer support. Refer to the contact information provided in your purchase documentation or on the official MERACH website.

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