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RENPHO Mini Thermal Massage Gun with Heat: Instruction Manual

Model: a5833fbf-5159-44ef-8ac4-707e42abf7b8

INTRODUCTION

The RENPHO Mini Thermal Massage Gun with Heat is a compact, rechargeable, handheld deep tissue massager designed to alleviate muscle aches, reduce stiffness, and enhance overall muscle recovery. It features a high-torque motor for powerful percussion massage and a heat-conductive steel head for thermal therapy. This manual provides essential information for the safe and effective use of your device.

Key Features:

- **Customizable Look:** Interchangeable color silicone sleeves for personalized style and non-slip grip.
- **Deep Tissue Alleviation:** High-torque motor delivers up to 3000 RPM with a 6mm percussion depth.
- **Thermal Therapy:** Heat-conductive steel head warms up to 114°F (46°C) to melt away muscle aches and tension.
- **Powerful Motor & Safety Design:** Up to 3600 pulses per minute with an automatic 20-minute shut-off to prevent overheating.
- **Portable & Flexible:** Handheld, cordless design with 5 interchangeable head-attachments for various body parts.

SAFETY INFORMATION

To ensure safe operation and prevent injury or damage to the device, please adhere to the following safety guidelines:

- Avoid using the massager for extended periods without a break. The device is equipped with an

automatic 20-minute shut-off feature.

- Do not use the heating element with any of the silicone massage heads. The heat function is intended for use with the metal head only.
- Do not immerse the device in water or other liquids.
- Keep the device away from heat sources and direct sunlight.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, swollen areas, or areas with skin irritation.
- Keep out of reach of children.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is not a medical device.

SETUP

1. Charging the Device

Before first use, fully charge the RENPHO Mini Thermal Massage Gun. The charging port is located at the base of the handle. Use the provided USB Type-C cable to connect the device to a suitable power source.

2. Attaching Massage Heads

The device comes with 5 interchangeable massage heads to target different muscle groups and provide various massage experiences. To attach a head, simply align it with the metal shaft and push firmly until it is securely in place. To remove, pull the head straight off.

Customizable Look

Match your style or mood with
2 interchangeable color sleeves included



The RENPHO Mini Thermal Massage Gun comes with a variety of massage heads for versatile use.

3. Selecting a Silicone Sleeve

The device includes interchangeable silicone sleeves for the handle, allowing for customization and improved grip. To change a sleeve, gently peel off the current one and slide on the desired color. Ensure it fits snugly around the handle.

Ergonomic Silicone Handle for Easy Grip



The RENPHO Mini Thermal Massage Gun features interchangeable silicone sleeves for a customizable look and enhanced grip.

OPERATING INSTRUCTIONS

1. Power On/Off and Adjusting Intensity

- Power On:** Press and hold the power button located at the base of the device for a few seconds until the indicator lights illuminate.
- Adjust Intensity:** Once powered on, short press the power button to cycle through the different massage intensity levels. The indicator lights will show the current intensity setting.
- Power Off:** Press and hold the power button again for a few seconds until the indicator lights turn off.

2. Activating the Heat Function

The heat function is exclusively designed for use with the metal head (without any silicone attachments). To activate:

1. Ensure no silicone massage head is attached to the metal shaft.
2. Double-press the power button. A red indicator light will appear, signifying that the heating element is active and warming up.
3. The metal head will reach its optimal temperature (up to 114°F / 46°C) within approximately 60

seconds.

4. To deactivate the heat function, double-press the power button again.

Heating Action

Heat-conductive steel head melts away muscle aches and tension



Thermal Imaging Effect



The heat-conductive steel head provides soothing thermal therapy to muscle tissue.

3. General Usage Guidelines

- **Select Attachment:** Choose an appropriate massage head for the target body part. The round head is suitable for general massage, the 1-point head for focused trigger points, the 3-intensive head for larger soft contact areas, the 3-point head for a softer massage, and the curved head for arms and legs.
- **Apply Pressure:** Gently apply the massager to the desired muscle area. You can adjust the pressure by pressing down more firmly for deeper massage or lightening up for a more topical effect.

- **Movement:** Move the massager slowly over the muscle, avoiding bones and joints.
- **Session Duration:** The device has a 20-minute automatic shut-off. Do not exceed this duration for a single session on one area to prevent overheating and potential discomfort.
- **Avoid Sensitive Areas:** Do not use the massager on the head, face, neck, or any other sensitive or injured areas.

Percussion Massage

Up to **3600** pulses per minute to deeply soothe tight muscles



Percussion massage targets deep muscle layers for effective relief.

5 Massage Heads

Relieve Pain and Fatigue on Whole Body



ROUND HEAD

General point massage



1-POINT HEAD

Focused trigger-point massage



3-INTENSIVE HEAD

Offer a bigger area soft contact massage



3-POINT HEAD

Provide a softer massage

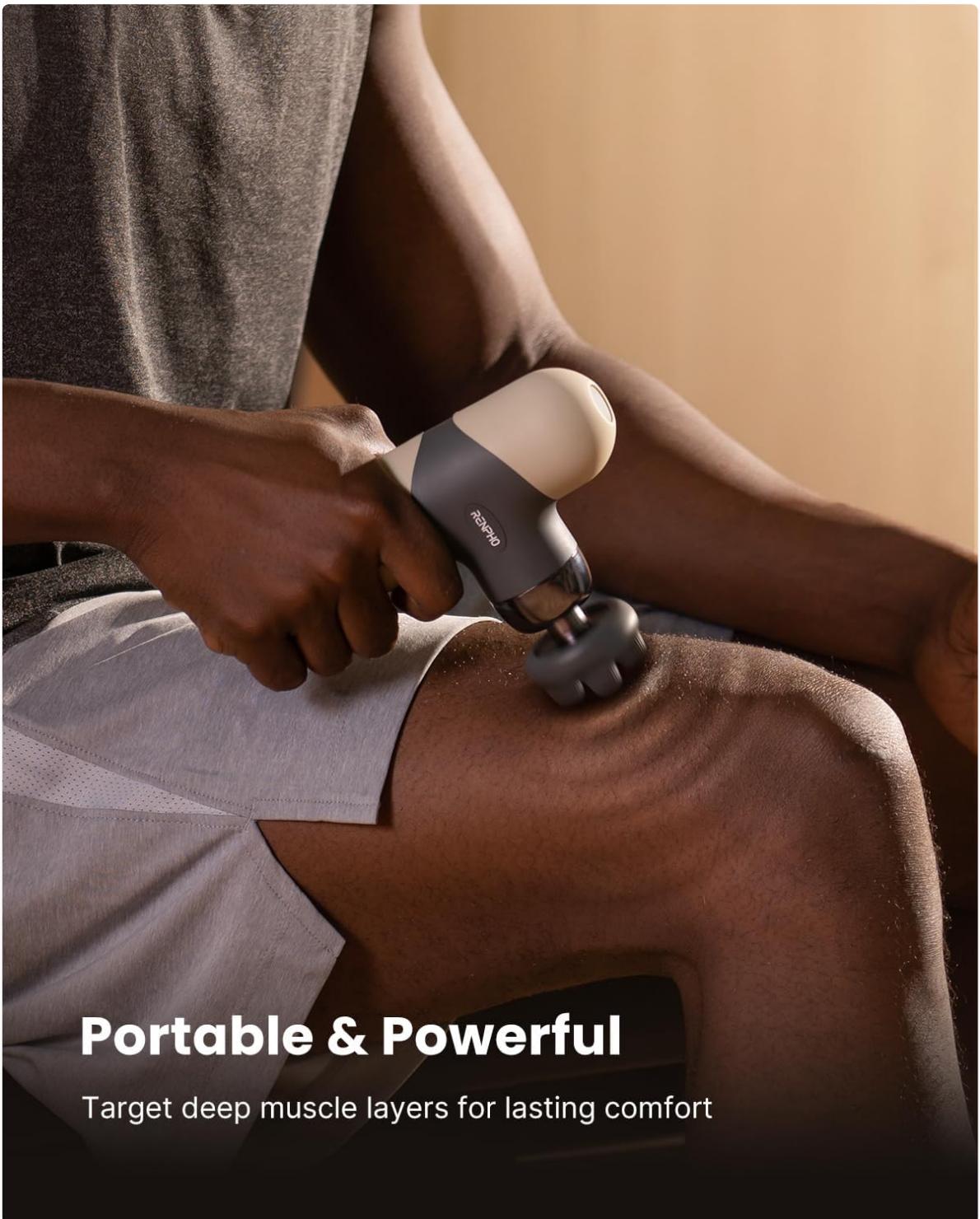


CURVED HEAD

Perfect for arm and leg massage



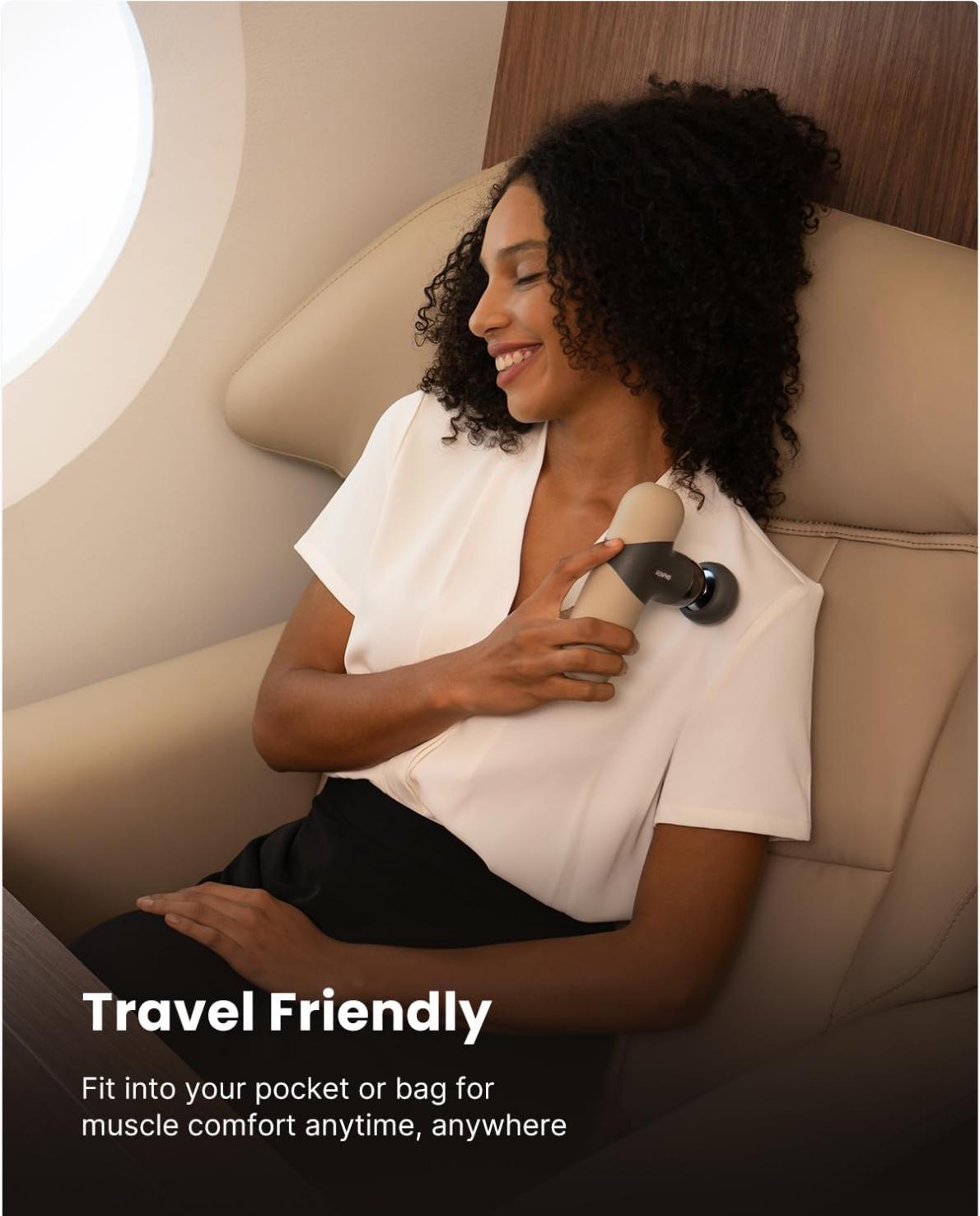
Five specialized massage heads are included to relieve pain and fatigue across the entire body.



Portable & Powerful

Target deep muscle layers for lasting comfort

The compact design allows for portable and powerful deep muscle alleviation.



Travel Friendly

Fit into your pocket or bag for muscle comfort anytime, anywhere

Its travel-friendly size allows for muscle comfort anytime, anywhere.

MAINTENANCE

Cleaning

- Before cleaning, ensure the device is turned off and unplugged from any power source.
- Wipe the device and massage heads with a slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals.
- Allow all parts to air dry completely before storing or next use.

Storage

- Store the massager in its original carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep the device away from sharp objects that could damage the silicone sleeves or massage heads.

TROUBLESHOOTING

Device Not Turning On:

- Ensure the device is fully charged. Connect it to a power source and check if the charging indicator light appears.
- Press and hold the power button for a few seconds to ensure it registers the command.

Heat Function Not Working:

- Verify that no silicone massage head is attached to the metal shaft. The heat function only works with the exposed metal head.
- Double-press the power button to activate the heat function. Check for the red indicator light.
- Allow up to 60 seconds for the metal head to warm up.

Weak Massage Intensity:

- Ensure the device is fully charged. Low battery can affect performance.
- Cycle through the intensity levels by short pressing the power button to select a higher setting.

If you encounter issues not covered here, please refer to the customer support section.

SPECIFICATIONS

Feature	Detail
Brand	RENPHO
Model Number	a5833fbf-5159-44ef-8ac4-707e42abf7b8
Power Source	Battery Powered
Material	Silicone (for sleeves and some heads)
Color	Black (device body, sleeves may vary)
Percussion Depth	6mm
Max RPM	3000 RPM
Max Pulses per Minute	3600
Heat Temperature	Up to 114°F (46°C)
Automatic Shut-off	20 minutes

WARRANTY INFORMATION

RENPHO products are manufactured to the highest quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product packaging or visit the official RENPHO website. Keep your proof of purchase for warranty claims.

CUSTOMER SUPPORT

If you have any questions, require assistance with your RENPHO Mini Thermal Massage Gun, or need to report an issue, please contact RENPHO customer support. Contact information can typically be found on the official RENPHO website or in your product packaging. Please have your model number (a5833fbf-5159-44ef-8ac4-707e42abf7b8) and proof of purchase ready when contacting support.

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