

MYTREX MT-RBEF24

MYTREX REBIVE EX FIT Handheld Massage Gun

Model: MT-RBEF24

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Overview	Setup	Operation	Usage

1. INTRODUCTION

Thank you for purchasing the MYTREX REBIVE EX FIT Handheld Massage Gun. This device is designed to provide targeted muscle relief and body care with its unique extendable and bendable handle, allowing you to reach various parts of your body easily. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, fire, and injury, please observe the following precautions:

- Do not immerse the device in water or use it in excessively humid environments.
- Keep the device away from heat sources and direct sunlight.
- This device is for external use only. Do not use on the head, face, or sensitive areas.
- Consult a physician before use if you have any medical conditions, are pregnant, have a pacemaker, or are recovering from surgery.
- Do not use on injured skin, open wounds, or areas with swelling or inflammation.
- Keep out of reach of children and pets.
- Only use the provided charging cable.
- Discontinue use immediately if you experience pain or discomfort.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.

3. PACKAGE CONTENTS

Please check that all items are included in the package:

- MYTREX REBIVE EX FIT Main Unit
- USB Charging Cable
- 5 Types of Attachments
- Storage Pouch
- 2 Spare Stopper Rubbers for Attachments
- Instruction Manual



大切な人へのギフトにもおすすめです。



SET CONTAINS

- 本体 1台
- 充電用USBコード 1本
- アタッチメント 5種類
- 備品収納袋 1個
- アタッチメント用ストッパーゴム(予備) 2個
- 取扱説明書 1部



Image: Contents of the MYTREX REBIVE EX FIT package, showing the massage gun, various attachments, charging cable, and storage pouch.

4. PRODUCT OVERVIEW

The MYTREX REBIVE EX FIT features an innovative design for enhanced usability and effective muscle care.

4.1 Extendable and Bendable Handle

The device is equipped with a flexible handle and arm that can extend up to approximately 365mm and

adjust to various angles. This allows you to easily reach difficult areas like your shoulder blades and lower back.



Image: The adjustable handle of the MYTREX REBIVE EX FIT, demonstrating how it can be extended and angled to reach the user's back and shoulders.

4.2 Attachments

The MYTREX REBIVE EX FIT comes with 5 specialized attachments for efficient and targeted care on various muscle groups:

- **Ball Head:** For large muscle groups like the back, thighs, and glutes.
- **Flat Head:** Suitable for all body parts, providing a broad massage.
- **U-shaped Head:** Ideal for the neck, spine, and Achilles tendon.
- **Bullet Head:** For pinpoint treatment on specific areas like the soles of the feet or palms.
- **Cushion Head:** For sensitive areas and general relaxation.



Image: An overview of the five interchangeable attachments included with the MYTREX REBIVE EX FIT, each designed for different massage needs.

5. SETUP

5.1 Charging the Device

1. Before first use, fully charge the device.
2. Connect the USB charging cable to the charging port on the device and to a compatible USB power adapter (not included).
3. The indicator lights will show the charging status. Once fully charged, the lights will indicate completion.
4. A full charge provides approximately 12.5 hours of operation.

5.2 Attaching/Detaching Massage Heads

1. To attach, gently push the desired massage head into the opening on the device until it is securely in place.
2. To detach, firmly pull the massage head straight out from the device.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

1. To power on, press and hold the power button for approximately 3 seconds. The device will start at the lowest vibration level.
2. To power off, press and hold the power button for approximately 3 seconds.
3. The device features an automatic shut-off function after 10 minutes of continuous use to prevent overuse.

REBIVE EXシリーズ比較表				
製品	REBIVE EX HANDY	REBIVE EX FIT	REBIVE EX PRO	
	 ¥13,860(税込) ●○	 本製品 ¥16,500(税込) ●○	 ¥19,800(税込) ●	
特徴	ライトモデル 毎日のケアで使いやすさを 重視する方に	スタンダードモデル 使いやすさとパワーの 両方を求める方に	アスリートモデル 本格的なケアをしたい パワー重視の方に	
質量	約336g	約490g	約690g	
ハンドル※最長時	約272mm	約365mm	約330mm	
振動レベル	スライダー方式 ※自由に振動調整可能	5段階	スライダー方式 ※自由に振動調整可能	
最大振動数	3,200回	3,200回	3,200回	
振幅	7mm	8mm	10mm	
耐圧力	約7kg(70N)	約10kg(100N)	約19kg(190N)	
アタッチメント	5種類	5種類	6種類(温熱付)	
連続動作時間 ※100%充電時	約14時間	約12時間30分	約8時間30分	

Image: Visual guide showing how to press the power button to turn on the device and rotate the dial to adjust vibration intensity.

6.2 Adjusting Vibration Levels

The device offers 5 vibration levels for customized intensity:

- Level 1: 1200 RPM
- Level 2: 1700 RPM
- Level 3: 2200 RPM

- Level 4: 2700 RPM
- Level 5: 3200 RPM

To adjust the vibration level, rotate the dial located near the power button. The indicator lights will show the current level. The device is designed to maintain consistent power even under pressure, up to 10kg.

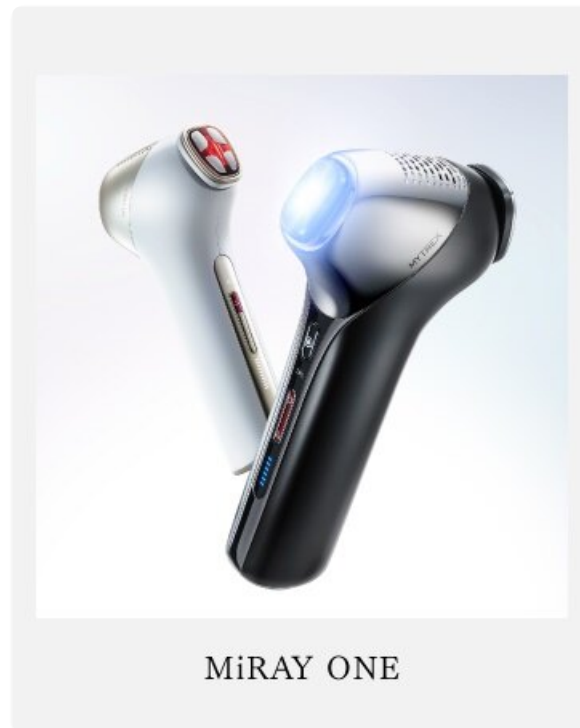


Image: A close-up of the device's display showing the five vibration levels (L1-L5) and their corresponding RPMs.

6.3 Adjusting the Handle

The handle can be extended and angled to suit your needs. To adjust, twist the handle to unlock, extend or bend to the desired position, then twist back to lock it securely. When adjusting for the first time, the handle may feel stiff; ensure a firm grip to prevent dropping.

7. USAGE GUIDELINES

Apply the massage gun to the desired muscle area. Move the device slowly over the muscle, applying gentle pressure. Do not press too hard or stay in one spot for too long. For back and shoulder areas, utilize the extendable handle for easy reach.



Image: A user demonstrating the MYTREX REBIVE EX FIT being used on the shoulder and neck area, highlighting its ergonomic design.



Image: Two individuals using the MYTREX REBIVE EX FIT on their upper and lower backs, showcasing the device's ability to reach various body parts.

8. MAINTENANCE

8.1 Cleaning

After each use, wipe the device and attachments with a soft, damp cloth. Do not use abrasive cleaners, alcohol, or harsh chemicals. Ensure the device is completely dry before storing or charging.

8.2 Storage

Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided storage pouch to protect the device and attachments.

9. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 3 seconds.
- **Weak vibration:** Check the battery level. If low, charge the device. Ensure the attachment is securely fitted.
- **Handle loosening during use:** Ensure the handle is twisted firmly to the locked position after adjustment. If the issue persists, contact customer support.
- **Unusual noise:** Power off the device immediately and contact customer support.

10. SPECIFICATIONS

Feature	Detail
Model Number	MT-RBEF24
Brand	MYTREX

Product Dimensions	13.6 x 7.1 x 20 cm (Length x Width x Height)
Product Weight	490 g
Color	White
Materials	Body: ABS+PC, ABS resin, silicone, aluminum alloy; Attachments: ABS+PC, silicone, EVA resin
Power Source	Battery-powered (Cordless)
Vibration Levels	5 levels (1200-3200 RPM)
Stroke	8mm
Pressure Resistance	Up to 10kg equivalent pressure
Operating Time	Approx. 12.5 hours (on lowest setting)
Auto-off Function	10 minutes
Country of Origin	China

11. WARRANTY AND SUPPORT

MYTREX products are manufactured by Sotsu Medical. For warranty information, product support, or inquiries, please contact the official MYTREX customer service. Details can typically be found on the official MYTREX website or through the retailer where the product was purchased. Please retain your proof of purchase for warranty claims.