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RENPHO R-C001

RENPHO Active Power Massage Gun R-C001 Instruction Manual

Model: R-C001 | Brand: RENPHO

PRODUCT OVERVIEW

The RENPHO Active Power Massage Gun R-C001 is a portable electric handheld percussion muscle massager designed for deep tissue relief and enhanced muscle recovery. Featuring a high-torque brushless motor and 12mm amplitude, it delivers powerful massage intensity to target muscle and fascia tissue soreness. Its user-friendly design includes an LED touch display for speed control and battery life monitoring, along with a convenient USB-C charging port.

This device is equipped with 6 interchangeable massage heads and 6 adjustable speed levels, offering a customizable massage experience for various muscle groups and intensity preferences. For safety and convenience, it includes a 2,500mAh rechargeable battery and an automatic 10-minute shut-off timer.



Image: The RENPHO Active Power Massage Gun R-C001, showcasing its sleek design and ergonomic handle.

PACKAGE CONTENTS

- RENPHO Active Power Massage Gun R-C001
- 6 Interchangeable Massage Heads
- Carrying Case
- USB-C Charging Cable (5V/2A adapter not included)
- User Manual

REAL 12mm Amplitude

The shock penetrates the deep muscle groups



MASSAGE AMPLITUDE



Image: The RENPHO Active Power Massage Gun R-C001, its various attachments, and charging cable neatly organized within its protective carrying case.

SETUP

1. Charging the Device

Before first use, fully charge the massage gun. The device is equipped with a 2,500mAh rechargeable battery.

1. Connect the USB-C charging cable to the charging port located at the bottom of the handle.
2. Plug the other end of the cable into a 5V/2A USB adapter (not included) or a power bank.
3. The LED indicator on the handle will show the charging status. A green light indicates a full charge.



Image: Close-up of the massage gun's handle, showing the LED battery indicator and USB-C charging port.

2. Attaching Massage Heads

The massage gun comes with 6 different massage heads designed for various muscle groups and massage types.

1. To attach a head, gently push the desired head into the opening at the front of the gun. Ensure it is securely seated.
2. To remove a head, firmly pull it straight out.

OPERATING INSTRUCTIONS

1. Power On/Off

- To power on: Press and hold the power button on the LED touch display for 3 seconds. The display will light up.
- To power off: Press and hold the power button for 3 seconds. The display will turn off.

2. Adjusting Speed Levels

The device offers 6 speed levels (1800-2600 percussions per minute) for varying massage intensity.

- Once powered on, tap the power button to cycle through the 6 speed levels.
- The LED display will indicate the current speed level.

UNIQUE MULTI-FUNCTION LED SCREEN

SINGLE-POINT TOUCH CONTROL

Press And Hold The Power Button In 3 Seconds To Turn On, And Then Tap The Power Button Again To Go To Speed 1



Level 1
1800RPM
Relax your body

Level 2
1960RPM
Warm up Before Exercise

Level 3
2120RPM
Rehabilitation Training

Level 4
2280RPM
Relaxation of the Fascia

Level 5
2440RPM
Deep Massage

Level 6
2600RPM
Professional Massage

Image: The massage gun's LED touch display, illustrating the speed level and battery indicators.

3. Using the Massage Gun

Apply the massage gun to the desired muscle area. You can adjust the pressure by pressing harder or lighter against your body. The 12mm amplitude and up to 45lbs of massage intensity provide effective deep tissue relief.

- Move the massage gun slowly across the muscle, focusing on areas of tension or soreness.
- Avoid using the device on bony areas, joints, or directly on the spine.
- The device has a built-in 10-minute auto-off timer for safety and to prevent overuse.



Image: A visual representation of the massage gun's 12mm amplitude, showing how it penetrates deep muscle groups for effective relief.

4. Massage Head Guide

Select the appropriate massage head for your specific needs:

- **Ball Head:** Ideal for large muscle groups like glutes, quads, hamstrings, and joints.
- **Air Cushioning Head:** Suitable for first-time users or sensitive muscles, providing a softer impact.
- **U-Shaped Head:** Designed for the spine, neck, and Achilles tendon, carefully avoiding direct contact with bones.
- **Shovel-Shaped Head:** Best for abdominal muscles and lower back.
- **Bullet Head:** For joints, deep tissues, trigger points, and small muscle areas like feet and wrists.
- **Flat Head:** Versatile for all body muscle parts, including shoulder blades and full-body relaxation.

Max 100W High-torque Silent Brushless motor



Image: The RENPHO Active Power Massage Gun R-C001 displayed with all six professional massage heads, each designed for specific muscle groups and massage intensities.

MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not immerse the device in water or use abrasive cleaners.

- **Storage:** Store the massage gun and its accessories in the provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge it regularly, even if not in constant use.

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. If the battery is low, connect it to the charger.
- **No percussion:** Check if the massage head is properly attached. Ensure the device is powered on and a speed level is selected.
- **Unusual noise or vibration:** Power off the device immediately. Check for any obstructions around the massage head or internal components. If the issue persists, contact customer support.

SPECIFICATIONS

Model Number	R-C001
Dimensions	8.4"L x 6.7"W x 2.4"H
Weight	2.07 Pounds
Amplitude	12mm
Massage Intensity	Up to 45lbs
Speed Levels	6 (1800-2600 percussions/minute)
Battery Capacity	2,500mAh
Charging Port	USB-C (5V/2A)
Auto-Off Timer	10 minutes
Material	Plastic
Manufacturer	RENPHO

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official product overview of the RENPHO Active Massage Gun, demonstrating its features and benefits for muscle recovery and wellness.

WARRANTY AND SUPPORT

For warranty information, product support, or any inquiries, please visit the official RENPHO website or contact their customer service directly. Keep your purchase receipt for warranty claims.

You can visit the [RENPHO Store on Amazon](#) for more products and information.