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## RENPHO A Active+ Black

# RENPHO Active+ Percussion Muscle Massager (Model A Active+ Black) Instruction Manual

Brand: RENPHO  
Model: A Active+ Black

## PRODUCT OVERVIEW

The RENPHO Active+ Percussion Muscle Massager is a handheld device designed for deep tissue massage and muscle recovery. It features Bluetooth connectivity for app control, multiple speed settings, and interchangeable massage heads.

### Key Features

- **Smart Massage Gun:** Connects to the RENPHO Health App via Bluetooth for speed control and guided video courses.
- **Powerful Deep Tissue Massage:** Equipped with a high-torque brushless motor, delivering up to 45 lbs massage intensity with 10mm amplitude.
- **Fast Charging:** Supports 18W PD fast charging (A-C & C-C) for a full charge in 1.5 hours.
- **LED Display:** Shows battery percentage and 5 speed levels (1800 to 2800rpm) with simple one-button control.
- **5 Massager Heads & Carry Case:** Includes various shaped heads for different muscle groups and a travel case for portability.

## PACKAGE CONTENTS

- RENPHO Active+ Percussion Muscle Massager
- 5 Interchangeable Massage Heads
- USB-C Charging Cable
- Carry Case
- User Manual

## SETUP

### Charging the Device

Before first use, fully charge the massager. Connect the provided USB-C charging cable to the massager's charging port and a compatible 18W PD fast charger (not included). The LED screen will display the battery percentage. A full charge takes approximately 1.5 hours.

### Attaching and Changing Massage Heads

Ensure the massager is turned off before attaching or removing any massage head. Gently push the desired massage head into the opening on the device. To remove, pull the head straight out.

## Connecting to the RENPHO Health App

Download the RENPHO Health App from your device's app store. Turn on the massager. Open the app and follow the on-screen instructions to connect the massager via Bluetooth.

## OPERATING INSTRUCTIONS

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### Power On/Off

To power on, press and hold the power button on the device for 2 seconds. The LED display will illuminate. To power off, press and hold the power button again for 2 seconds.

### Adjusting Speed Levels

After powering on, press the power button briefly to cycle through the 5 available speed levels (1800 to 2800rpm). The LED display will indicate the current speed level.

### Automatic Shut-off

The device is preset with a 10-minute auto-off function for safety. You can restart the device if further massage is needed.

## MESSAGE HEADS GUIDE

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The RENPHO Active+ comes with 5 specialized massage heads for targeted relief:

- **Ball Head:** Ideal for large muscle groups such as quads, glutes, and hamstrings.
- **Crescent Head:** Designed for superficial muscles and general relaxation.
- **Flat Head:** Suitable for all body parts, especially sensitive areas like the spine, neck, and Achilles tendon.
- **U-shaped Head:** Perfect for massaging around bones and joints, such as the spine and neck.
- **Bullet Head:** For small muscle areas like feet and wrists, and for deep tissue trigger points.

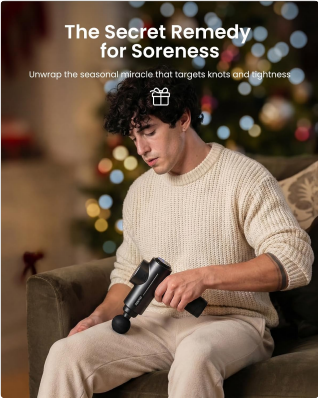
## PRODUCT VISUALS AND DEMONSTRATIONS

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### Product Images



The RENPHO Active+ Massage Gun shown with its carry case, charging cable, and all five interchangeable massage heads.



A man using the RENPHO Active+ Massage Gun on his leg for muscle relief.

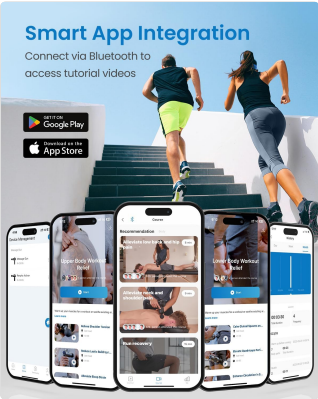
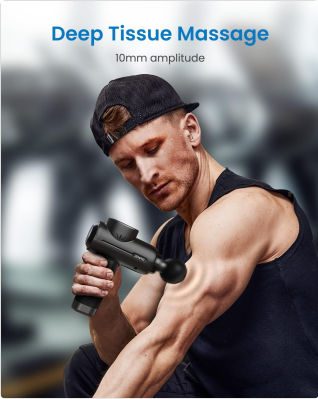
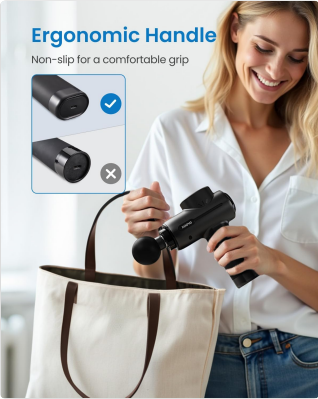


Illustration of the RENPHO Active+ Massage Gun's smart app integration, showing various massage courses and data tracking.



A man demonstrating deep tissue massage on his arm using the RENPHO Active+ Massage Gun.



A woman holding the RENPHO Active+ Massage Gun, showcasing its ergonomic, non-slip handle for

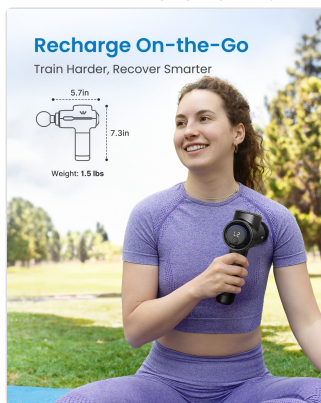
comfortable grip.



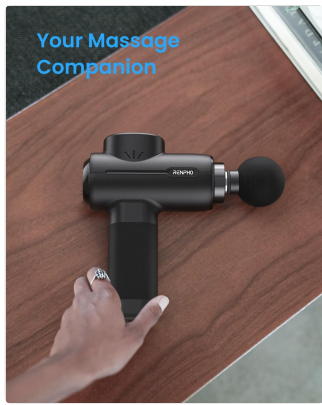
An internal diagram illustrating the powerful brushless motor of the RENPHO Active+ Massage Gun, emphasizing its durability, 45 lbs massage power, and low noise.



The RENPHO Active+ Massage Gun connected to a USB-C charger, highlighting its long-lasting battery and fast charging capability.



A woman using the portable RENPHO Active+ Massage Gun outdoors, demonstrating its lightweight design (1.5 lbs) and compact size (7.3in x 5.7in).



The RENPHO Active+ Massage Gun resting on a wooden table, presented as a convenient massage companion.

## Official Product Videos

**RENPHO Massage Gun with Heat and Cold Full Review:**A detailed review of the RENPHO Massage Gun, including its heat and cold features. (Duration: 4:35)

**Unboxing & 1st look at massage gun - deep tissue massage gun:**An unboxing and initial look at the deep tissue massage gun. (Duration: 4:38)

**Learn about the different tips that it comes with!:**A demonstration of the various massage tips included with the device. (Duration: 0:47)

**Renpho Active EVO - Worth the Money?:**A review discussing the value proposition of the Renpho Active EVO massage gun. (Duration: 3:05)

**I have always been afraid of a massage gun.:**A user shares their initial apprehension and experience with the massage gun. (Duration: 0:53)

**You will never leave home without it again!:**A user highlights the portability and essential nature of the massage gun. (Duration: 1:19)

**Learn about its Long Battery Life!:**A video detailing the extended battery life of the massage gun. (Duration: 1:11)

**Best Massage From Home or On the Go:**A demonstration of the massage gun's versatility for use at home or while traveling. (Duration: 1:32)

**Soothe Sore Muscles with a Renpho Massage Gun - See Video:**A video showcasing how the Renpho Massage Gun can soothe sore muscles. (Duration: 2:35)

## MAINTENANCE

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### Cleaning

Wipe the massager and massage heads with a slightly damp cloth after each use. Do not use abrasive cleaners or submerge the device in water.

### Storage

Store the massager and all accessories in the provided carry case in a cool, dry place away from direct sunlight.

## TROUBLESHOOTING

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### Device Not Turning On

- Ensure the device is fully charged.
- Verify the power switch on the bottom is in the 'On' position.
- Press and hold the power button for 2 seconds to activate.

## Insufficient Massage Intensity

- Increase the speed level using the power button or the RENPHO Health App.
- Ensure the correct massage head is being used for the target muscle group.

For other issues, please refer to the full user manual or contact RENPHO customer support.

## TECHNICAL SPECIFICATIONS

Feature	Detail
Product Dimensions	7.44 x 5.71 x 2.36 inches
Item Weight	1.5 Pounds
Power Source	Battery Powered (1 9V battery included)
Material	Plastic
Manufacturer	RENPHO
First Available	April 2, 2025

## WARRANTY AND SUPPORT

For warranty information or technical support, please visit the official RENPHO website or contact their customer service.

## IMPORTANT SAFETY INFORMATION

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. Consult with a healthcare professional before using this device if you have any pre-existing medical conditions.

A 10-minute auto-off function is preset for safety. Do not use the massager for prolonged periods on a single area.