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RENPHO R-C003H-N1 GY

RENPHO Active Thermacool Massage Gun Instruction Manual

Model: R-C003H-N1 GY

INTRODUCTION

Thank you for choosing the RENPHO Active Thermacool Massage Gun. This device is designed to provide deep tissue percussion massage combined with dual hot and cold therapy, aiding in muscle recovery, tension relief, and improved flexibility. Please read this manual thoroughly before use to ensure safe and effective operation.

IMPORTANT SAFETY WARNINGS

To reduce the risk of electric shock, fire, and personal injury, this product must be used in accordance with the following instructions:

- This device is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional before use if you have any medical conditions.
- Do not use the massage gun on your head, face, cervical vertebrae, or directly on bones.
- Avoid applying excessive pressure on the device for more than 10 minutes on the same area.
- Keep the device away from water and heat sources.
- Do not use if the device is damaged or malfunctioning.
- Keep out of reach of children.

PACKAGE CONTENTS

The RENPHO Active Thermacool Massage Gun package includes:

- RENPHO Active Thermacool Massage Gun (Main Unit)
- Hot & Cold Therapy Head (Pre-attached)
- Ball Head
- Bullet Tip
- Flat Head
- U-Shape Head
- USB-C Charging Cable
- Premium Travel Case
- User Manual

What's Included



All components of the RENPHO Active Thermacool Massage Gun, including the main unit, various massage heads, charging cable, and travel case.

PRODUCT OVERVIEW

The RENPHO Active Thermacool Massage Gun features a sleek design with an ergonomic, non-slip handle for comfortable grip and easy reach to various body parts. The device is equipped with a single button for power and speed control, and LED indicators for battery level and force applied.

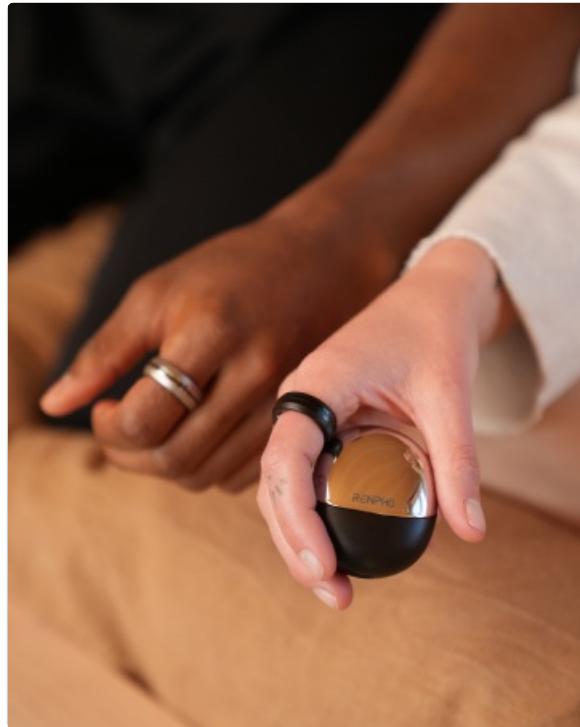


The RENPHO Active Thermacool Massage Gun, showcasing its compact design and hot/cold therapy head.

MASSAGE HEADS AND THEIR USES

The massage gun comes with several interchangeable heads, each designed for specific muscle groups and massage types. To change a head, simply pull the current head off and push the desired head firmly into place.

- **Hot & Cold Therapy Head:** This unique metal head provides dual heating (up to 113°F) and cooling (down to 47°F) for targeted thermal therapy. Ideal for warming muscles before workouts or cooling down after intense activity.
- **Ball Head:** Made of soft foam, this head is suitable for large muscle groups such as quads, glutes, and extreme muscles. It provides a general-purpose massage for overall recovery.
- **Bullet Tip:** This pointed head is designed for deep tissue massage, targeting joints, trigger points, and smaller muscle areas like the feet or hands.
- **Flat Head:** A versatile head for general recovery and relaxation of sensitive body parts, including the spine, neck, and Achilles tendon.
- **U-Shape Head:** Perfect for massaging around the spine, neck, and shoulders, allowing for precise targeting without direct pressure on bones.

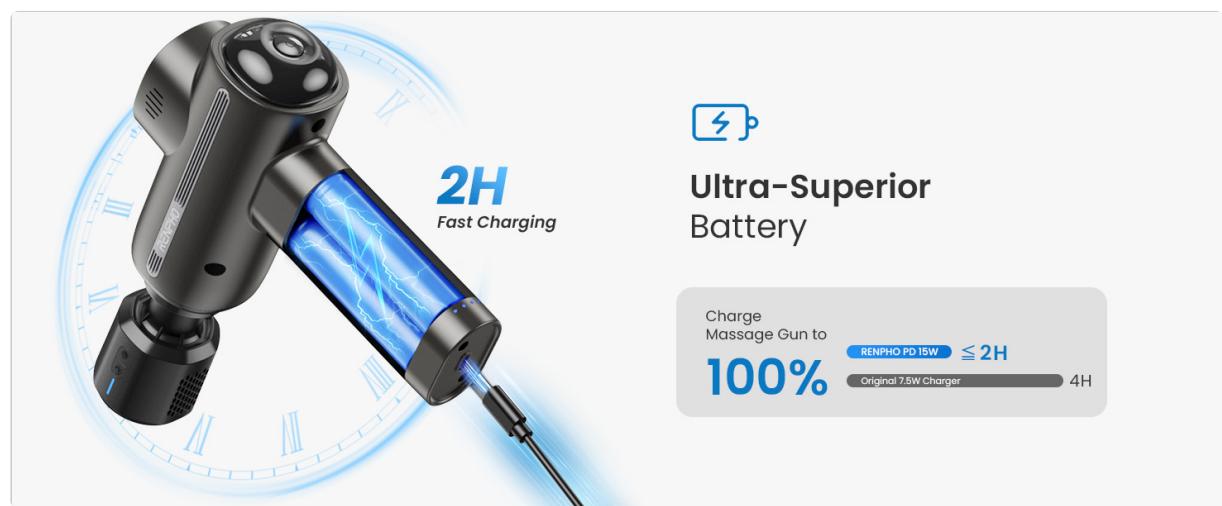


A selection of interchangeable massage heads for diverse therapeutic needs.

SETUP AND CHARGING

Before first use, fully charge your RENPHO Active Thermacool Massage Gun.

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 15W PD (Power Delivery) compatible USB power adapter (not included).
3. The LED indicators on the handle will light up to show the charging progress. A full charge typically takes 1.5 to 2 hours.
4. The hot & cold therapy head has its own USB-C charging port and battery. Charge it separately as needed.



The massage gun charging via its USB-C port, indicating fast charging at 15W PD.

OPERATING INSTRUCTIONS

The RENPHO Active Thermacool Massage Gun is designed for ease of use with a single control button.

Power On/Off and Speed Control:

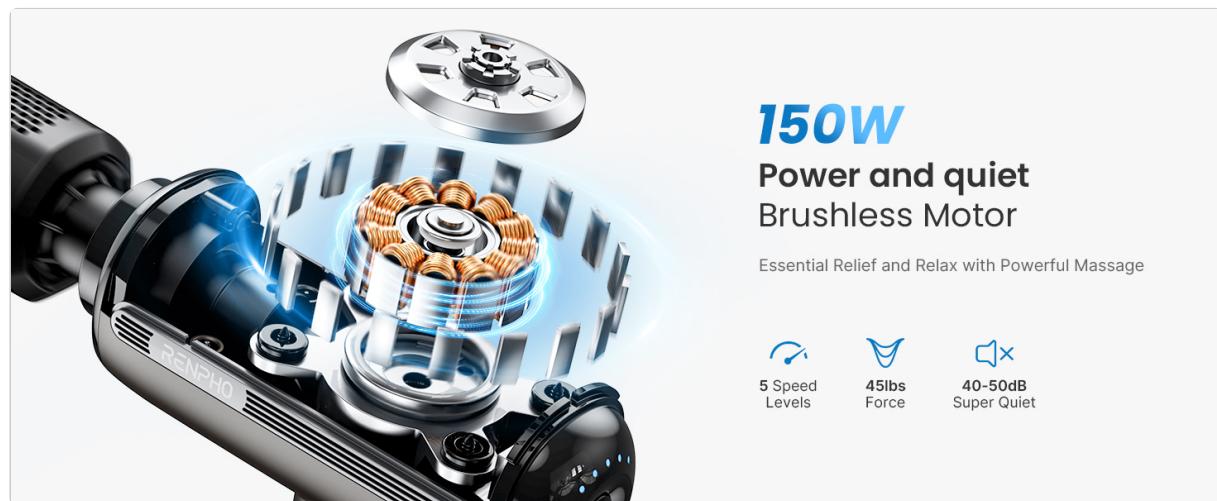
1. **To Power On:** Long press the power button on the back of the device for 2 seconds. The device will start at speed level 1.

2. **To Adjust Speed:** Short press the power button to cycle through the 5 available speed levels (1800-3200 RPM).
3. **To Power Off:** Long press the power button for 2 seconds at any speed level.

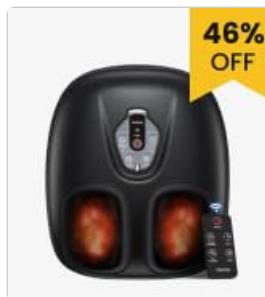
Hot & Cold Therapy Mode:

When using the Hot & Cold Therapy Head, you can activate its thermal functions independently.

- **Heating Mode:** Double-press the heat button on the therapy head. The light will turn orange for low heat (104°F) or red for high heat (113°F).
- **Cooling Mode:** Double-press the cool button on the therapy head. The light will turn green for low cool (50°F) or blue for high cool (47°F).
- **To Turn Off Thermal Mode:** Long press the respective heat or cool button for 2 seconds.



Utilizing the hot therapy head on the shoulder to warm up muscles before exercise.



Detailed view of the hot/cold therapy head, showing temperature ranges and controls.

Usage Protocols:

- The device will automatically shut off after 10 minutes of continuous operation to prevent overuse.
- For optimal results, move the massage gun slowly across the target muscle area.
- Avoid prolonged use on a single spot.

MAINTENANCE

Cleaning:

- Before cleaning, ensure the device is powered off.
- Wipe the device with a slightly damp cloth. Do not use harsh chemicals or abrasive cleaners.
- For the hot & cold therapy head, detach it from the main unit and wipe with a damp cloth. Ensure it is completely dry before reattaching or storing.

Storage:

- Store the massage gun and all accessories in the provided premium travel case.

- Keep in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Long press the power button for 2 seconds to turn it on.
- **No percussion:** Check if the massage head is properly attached. Ensure the device is powered on and not in standby mode.
- **Hot/Cold therapy not working:** Ensure the hot & cold therapy head is charged. Double-press the respective heat or cool button to activate.
- **Device stops during use:** The device has a 10-minute auto-off timer. Simply long press the power button to restart if desired.

SPECIFICATIONS

- **Product Dimensions:** 7.3 x 4.7 x 2.3 inches
- **Item Model Number:** R-C003H-N1 GY
- **Item Weight:** 1.39 Pounds
- **Power Source:** Battery Powered (1 Lithium Ion battery included)
- **Material:** Acrylonitrile Butadiene Styrene
- **Amplitude:** 10mm
- **Speeds:** 5 levels (1800-3200 RPM)
- **Charging:** 15W PD (1.5-2 hours for full charge)
- **Heating Temperature:** Up to 113°F (45°C)
- **Cooling Temperature:** Down to 47°F (8°C)
- **Auto-off Timer:** 10 minutes

WARRANTY AND SUPPORT

For warranty information, product support, or any inquiries regarding your RENPHO Active Thermacool Massage Gun, please refer to the official RENPHO website or contact their customer service directly. Protection plans may be available for purchase separately.