

## Nuvomed Compact

# Nuvomed Compact Massage Gun User Manual

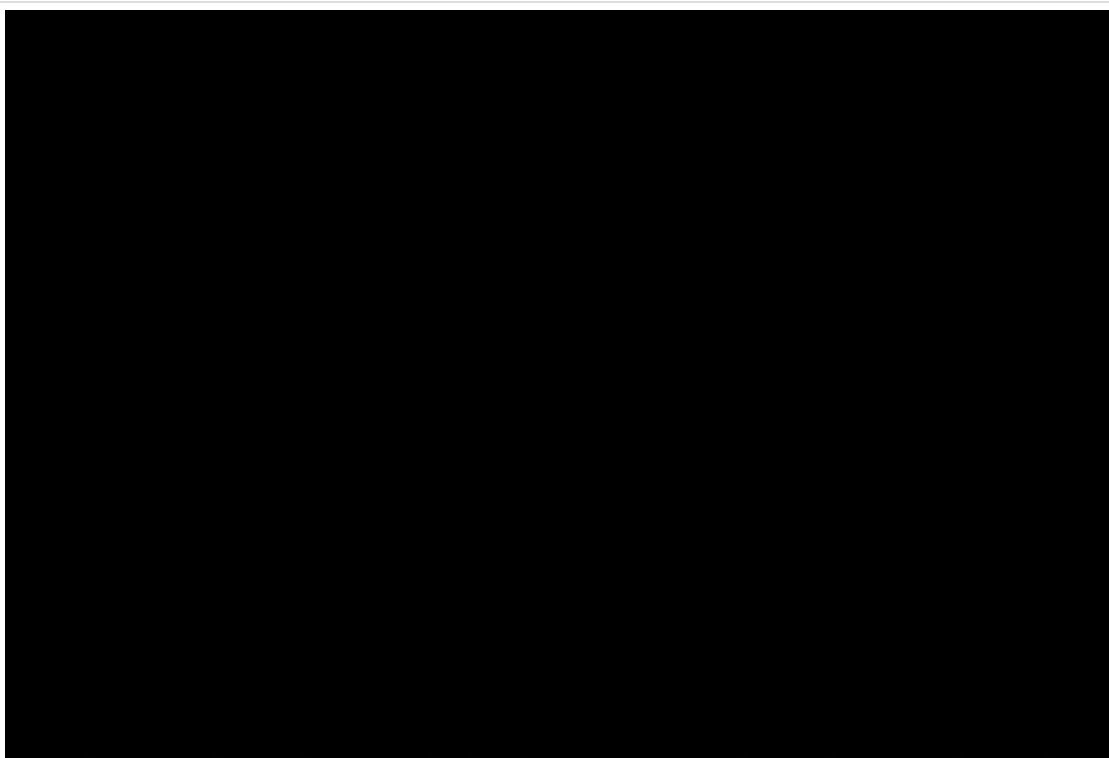
Model: Compact

## INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Nuvomed Compact Massage Gun. Please read this manual thoroughly before operating the device and retain it for future reference.

## PACKAGE CONTENTS

- Nuvomed Compact Massage Gun
- 4 Interchangeable Massage Heads
- USB Charging Cable
- User Manual





*Image: The Nuvomed Compact Massage Gun, shown in silver and black, accompanied by its four distinct massage heads and a USB charging cable. This image illustrates all components included in the package.*

## SAFETY INFORMATION

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

- Do not use on injured or inflamed areas.
- Avoid use near the head or neck.

- Keep away from water.
- Follow electrical safety precautions.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not operate continuously for more than 15 minutes. Allow 30 minutes of rest before re-using.
- 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.*

## SETUP

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### 1. Charging the Device

1. Before first use, fully charge the massage gun for approximately 2-3 hours.
2. Connect the USB charging cable to the charging port on the massage gun.
3. Plug the other end of the USB cable into a compatible USB power adapter (not included) or a computer USB port.
4. The indicator light will show charging status (e.g., blinking for charging, solid for fully charged).

### 2. Attaching Massage Heads

1. Ensure the device is powered off before attaching or removing massage heads.
2. Gently insert the desired massage head into the front opening of the massage gun. Push firmly until it is securely in place.
3. To remove, gently pull the massage head straight out. Do not twist.



*Image: A detailed view of the Nuvomed Compact Massage Gun, featuring a spherical massage head already inserted. The other three interchangeable massage heads (fork, flat, and bullet) are shown separately, illustrating their distinct shapes and purposes.*

## OPERATING INSTRUCTIONS

### 1. Power On/Off

- To power on: Press and hold the power button for 2 seconds.
- To power off: Press and hold the power button for 2 seconds.

### 2. Adjusting Speed Levels

- Once powered on, press the power button repeatedly to cycle through the 6 available speed levels.
- Each press will increase the intensity. The indicator lights will show the current speed level.
- Start with the lowest speed and gradually increase to a comfortable intensity.

### 3. Using the Massage Gun

- Apply the massage head to the desired muscle area.
- Move the device slowly and gently over the muscle. Do not apply excessive pressure.
- Avoid bony areas and joints.
- Do not use on the same area for more than 60 seconds.
- Refer to the following guide for attachment usage:
  - **Ball Head:** Suitable for large muscle groups like arms, back, hips, thighs, calves.

- **Fork Head:** Designed for the neck, spine, and Achilles tendon. Use with caution.
- **Flat Head:** Versatile for all body parts, especially for relaxation and shaping.
- **Bullet Head:** Ideal for deep tissue, trigger points, and small muscle areas like feet and palms.

## MAINTENANCE

### 1. Cleaning

- Before cleaning, ensure the device is powered off and unplugged.
- Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- Clean massage heads with a mild soap and water solution, then rinse and air dry completely before reattaching.

### 2. Storage

- Store the massage gun and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep out of reach of children.

## TROUBLESHOOTING

- **Device not turning on:**  
Ensure the device is fully charged. Press and hold the power button for 2 seconds to activate.
- **Weak percussion:**  
Check the battery level and recharge if necessary. Ensure the massage head is securely attached.
- **Unusual noise or vibration:**  
Power off the device immediately. Check for any obstructions or loose parts. If the issue persists, discontinue use and contact customer support.
- **Device stops during use:**  
The device may have reached its automatic shut-off limit (e.g., after 15 minutes of continuous use) or the battery is low. Recharge the device or allow it to cool down.

## SPECIFICATIONS

Brand	Nuvomed
Model Number	Compact
Product Dimensions	8 x 3 x 8 inches
Item Weight	1.2 Pounds
Power Source	Electric (Rechargeable)
Speed Levels	6
Material	Metal, Plastic

## WARRANTY AND SUPPORT

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Nuvomed products are manufactured to high-quality standards. For warranty information or technical support, please refer to the warranty card included with your purchase or contact Nuvomed customer service through their official website.

Please retain your proof of purchase for warranty claims.