

BOOTECH BG-Core

BOOTECH BG-Core Deep Tissue Massage Gun User Manual

Model: BG-Core

1. INTRODUCTION

Thank you for choosing the BOOTECH BG-Core Deep Tissue Massage Gun. This device is designed to provide effective percussive massage for muscle recovery, pain relief, and improved mobility. With its powerful motor, quiet operation, and versatile attachments, the BG-Core is suitable for athletes, office workers, and anyone seeking to alleviate muscle soreness and tension. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. SAFETY INFORMATION

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

- Consult your physician before using this device, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, inflamed areas, or areas with skin damage.
- Avoid using the device directly on bones, joints, or the head.
- Keep fingers, hair, or any other body parts away from the shaft and back of the massage head to prevent pinching.
- Do not immerse the device in water or expose it to excessive moisture.
- Use only the provided charging cable.
- Do not modify or attempt to repair the device yourself. Contact customer support for assistance.
- Keep out of reach of children.

3. PACKAGE CONTENTS

The BOOTECH BG-Core Deep Tissue Massage Gun package includes:

- BOOTECH BG-Core Massage Gun
- Hard Carrying Case
- USB-C Charging Cable
- 5 Interchangeable Massage Heads:
 - Round Head
 - Flat Head
 - Point Head
 - U-Shape Head
 - Soft Head
- User Manual (this document)

¿QUÉ INCLUYE?



Figure 1: All included items for the BOOTECH BG-Core Massage Gun.

The image above displays the complete set of items you should find in your BOOTECH BG-Core package. Please verify all components are present upon unboxing.

4. PRODUCT FEATURES

- **Deep Tissue Percussion:** 10mm amplitude for effective muscle penetration.
- **5 Speed Levels:** Adjustable intensity up to 3000 RPM for varied massage needs.
- **Quiet Operation:** Operates at $\leq 55\text{dB}$, allowing for discreet use.
- **Long-lasting Battery:** 2000mAh Lithium-Ion battery provides hours of use.
- **USB-C Charging:** Convenient and fast charging, reaching 50% in approximately 30 minutes.
- **Ergonomic Design:** Lightweight (0.65kg) with a non-slip silicone handle for comfortable and fatigue-free use.
- **Brushless Motor:** Durable and efficient motor for consistent performance.
- **Portable:** Includes a rigid carrying case for easy transport and storage.



Figure 2: Key features of the BOOTECH BG-Core Massage Gun.

This image illustrates the core features that make the BG-Core an effective tool for muscle therapy.

5. SETUP

5.1 Initial Charging

Before first use, fully charge the massage gun. Connect the USB-C charging cable to the device and a compatible USB power adapter (not included). The battery indicator will show charging status. A full charge typically takes about 3 hours.

5.2 Attaching Massage Heads

To attach a massage head, simply align the head with the opening on the front of the gun and push it firmly into place. To remove, pull the head straight out. Ensure the device is powered off before changing attachments.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- **To Power On:** Press and hold the power button for approximately 2 seconds until the device vibrates and the indicator lights illuminate.
- **To Power Off:** Press and hold the power button for approximately 2 seconds until the device stops.

6.2 Adjusting Speed Levels

Once powered on, short press the power button to cycle through the 5 available speed levels. The indicator lights will show the current speed setting.

- **Level 1:** Warm-up
- **Level 2:** Fascia Relief
- **Level 3:** Lactic Acid Decomposition
- **Level 4:** Muscle Mobility
- **Level 5:** Professional Impact

5 VELOCIDADES QUE ALCANZAN HASTA 3000 RPM

**NIVEL 5 - IMPACTO
PROFESIONAL**

**NIVEL 4 - MOVILIDAD
DEL MÚSCULO**

**NIVEL 3 - DESCOMPONER
ÁCIDO LÁCTICO**

**NIVEL 2 - ALIVIO DE
LA FASCIA**

NIVEL 1 - CALENTAMIENTO

Figure 3: Understanding the 5 speed levels.

This image provides a visual guide to the different speed settings and their recommended applications.

6.3 General Usage

Apply the massage gun to the desired muscle area. Move the device slowly and gently across the muscle. Do not apply excessive pressure or hold the device in one spot for too long (more than 60 seconds). Focus on muscle knots and tight areas. For best results, use before and after workouts, or for general muscle relaxation.

7. MESSAGE HEAD ATTACHMENTS

The BOOTECH BG-Core comes with 5 specialized massage heads, each designed for different muscle groups and massage intensities:

- **Round Head:** Ideal for large muscle groups like the back, glutes, and legs. Provides a general, all-purpose massage.

- **Flat Head:** Suitable for all body parts, especially for the neck and lower back. Offers a broader, more even pressure.
- **Point Head:** Designed for deep tissue and trigger point massage on smaller areas like arms and calves.
- **U-Shape Head:** Perfect for massaging around tendons, such as the ankles and elbows, and along the spine (avoid direct contact with bones).
- **Soft Head:** For sensitive skin and delicate muscle areas, providing a gentler massage experience.

8. CHARGING

The BOOTECH BG-Core is equipped with a 2000mAh Lithium-Ion battery and charges via USB-C. The battery provides extended usage time on a single charge.

- Connect the provided USB-C cable to the charging port on the device.
- Plug the other end of the cable into a standard USB power adapter (e.g., phone charger, computer USB port).
- The indicator lights will show the charging status. When fully charged, all lights will be solid.
- A full charge takes approximately 3 hours.

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2000 MAH

OTROS



Figure 4: Battery and charging features.

This image highlights the convenience of USB-C charging and the extended battery life.

9. MAINTENANCE

9.1 Cleaning

- Ensure the device is powered off and unplugged before cleaning.
- Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or harsh chemicals.
- For massage heads, they can be gently wiped with a damp cloth and mild soap, then air-dried completely before reattaching.

9.2 Storage

Store the massage gun and its accessories in the provided hard carrying case in a cool, dry place, away from direct

sunlight and extreme temperatures.

10. TROUBLESHOOTING

If you encounter any issues with your BOOTECH BG-Core Massage Gun, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on	Low battery; Not powered on correctly	Charge the device fully; Press and hold the power button for 2 seconds.
Weak massage intensity	Low battery; Incorrect speed setting	Charge the device; Increase the speed level.
Massage head falls off	Not properly attached	Ensure the massage head is pushed firmly into place.
Unusual noise or vibration	Loose attachment; Internal issue	Check if the attachment is secure; If issue persists, discontinue use and contact support.

If the problem persists after trying these solutions, please contact BOOTECH customer support for further assistance.

11. SPECIFICATIONS

Feature	Specification
Model	BG-Core
Brand	BOOTECH
Amplitude	10 mm
Speed Levels	5 (up to 3000 RPM)
Noise Level	≤55 dB
Battery Type	1 Lithium-Ion (included)
Battery Capacity	2000 mAh
Charging Port	USB-C
Charging Time	Approx. 3 hours
Product Weight	0.65 kg (1.43 lbs)
Product Dimensions (L x W x H)	31 x 21 x 9.6 cm (12.2 x 8.3 x 3.8 inches)
Material	Acrylonitrile Butadiene Styrene (ABS)
Massage Technique	Kneading, Percussion
Wireless	Yes

12. WARRANTY AND SUPPORT

12.1 Warranty

The BOOTECH BG-Core Deep Tissue Massage Gun comes with a **3-year warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.



Figure 5: The BOOTECH BG-Core includes a 3-year warranty.

This image confirms the 3-year warranty period for the product.

12.2 Customer Support

For any questions, concerns, or warranty claims, please contact BOOTECH customer support through the retailer where you purchased the product or visit the official BOOTECH website for contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question