

RH-320

Generic Fascial Gun RH-320 Massage Gun User Manual

Model: RH-320

1. INTRODUCTION

This manual provides instructions for the safe and effective use of the Generic Fascial Gun RH-320. This device is designed to provide deep muscle relief, aid in post-exercise recovery, and alleviate muscle tension through percussion massage. Please read this manual thoroughly before operating the device and retain it for future reference.

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:

- Do not immerse the device in water or use it near water.
- Keep away from heat sources and direct sunlight.
- Do not operate continuously for more than 15 minutes. Allow 30 minutes of rest before re-using.
- Consult a physician before using if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on injured skin, open wounds, or areas with swelling, bruising, or inflammation.
- Avoid using on the head, bony areas, or sensitive body parts.
- Keep out of reach of children.
- Use only the provided charger.

3. PACKAGE CONTENTS

Please check the package contents upon opening to ensure all items are present:

- 1 x Generic Fascial Gun RH-320 Massage Device
- Multiple Massage Head Attachments (e.g., Ball, Fork, Flat, Bullet)
- 1 x Charging Cable

- 1 x User Manual



Figure 3.1: The Fascial Gun RH-320 with its various attachments and charging cable, ready for use. Kettlebells and a yoga mat are visible in the background.

4. PRODUCT FEATURES

The Generic Fascial Gun RH-320 offers the following key features:

- **Variable Frequency:** Features 6 adjustable speed levels for customized massage intensity.
- **Battery Powered:** Equipped with an energy-efficient lithium battery for cordless operation and portability.
- **Ergonomic Design:** Sleek silver and black construction with a comfortable grip handle for easy maneuvering.
- **Versatile Use:** Ideal for post-exercise muscle recovery, relieving muscle tension, and improving blood circulation.
- **User-Friendly Controls:** Simple one-touch operation with clear level adjustment controls.

5. SETUP

1. **Charge the Device:** Before first use, fully charge the Fascial Gun. Connect the charging cable to the device and a suitable power adapter. The indicator light will show charging status (e.g., red for charging, green for fully charged).
2. **Attach Massage Head:** Select the desired massage head attachment. Gently push the attachment into the front opening of the device until it is securely seated. To remove, pull the attachment straight out.



Figure 5.1: The product packaging highlighting the device's features and controls, including level adjustment, battery, and on-off switch.

6. OPERATING INSTRUCTIONS

1. **Power On/Off:** Locate the power button (usually on the handle or base). Press and hold the power button for a few seconds to turn the device on or off.
2. **Adjust Speed Level:** Once powered on, press the power button briefly to cycle through the 6 available speed levels. Start with the lowest speed and gradually increase as desired.
3. **Application:** Gently press the massage head against the target muscle group. Move the device slowly over the muscle, avoiding direct contact with bones or joints. Do not apply excessive pressure.
4. **Recommended Usage:** Use for 1-2 minutes per muscle group. Do not exceed 15 minutes of continuous use.



Figure 6.1: Man applying the massage gun to his neck, demonstrating targeted relief.



Figure 6.2: Woman using the massage gun on her knee, showing versatility for different body parts.

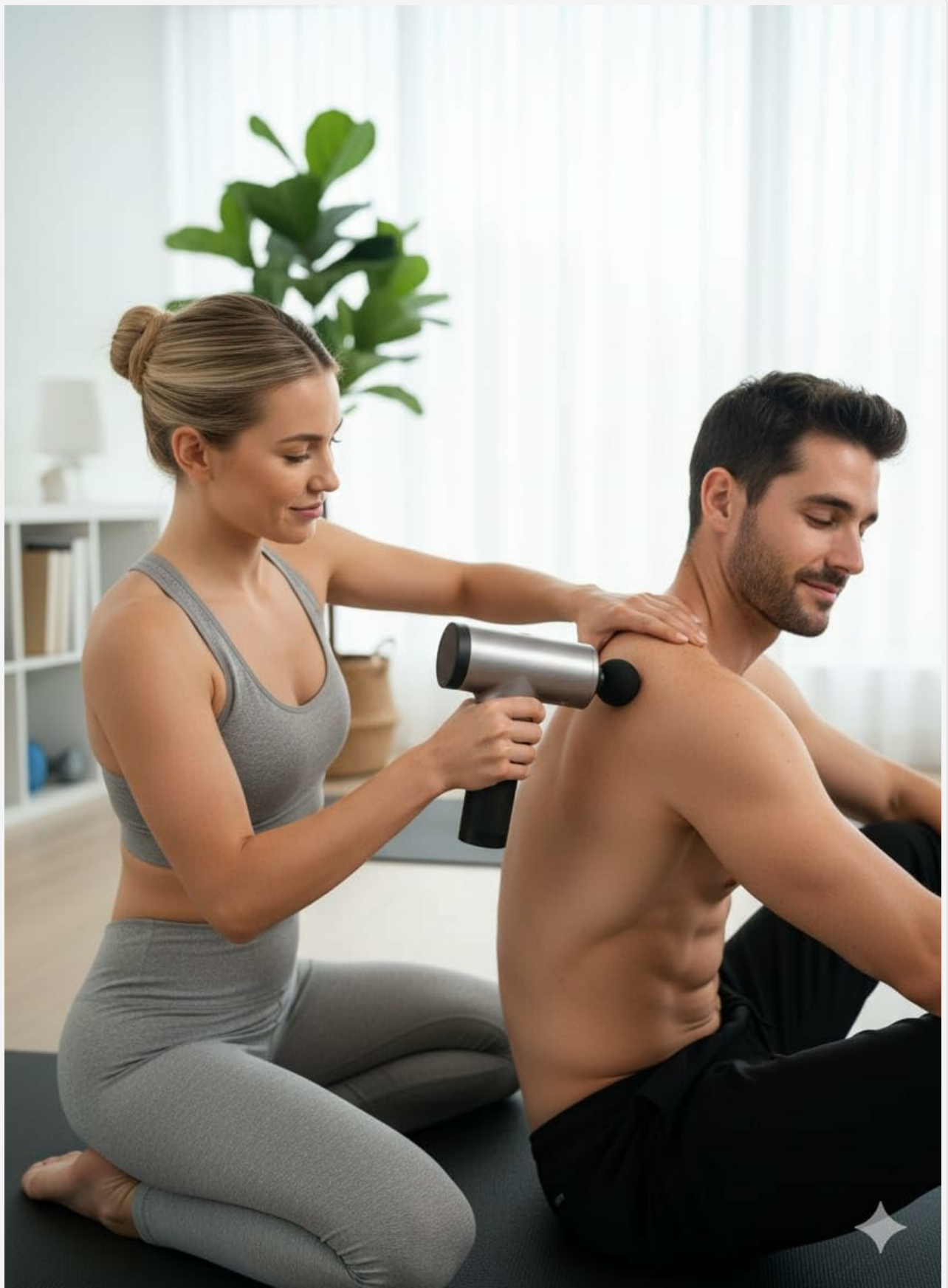


Figure 6.3: Assisted use of the massage gun on the back and shoulders.

7. MAINTENANCE

- **Cleaning:** Turn off the device and disconnect it from the charger before cleaning. Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.

- **Storage:** Store the Fascial Gun in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case when not in use.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not used for extended periods.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully.
Device stops during use.	Overheating protection activated.	Turn off the device and let it cool down for 30 minutes.
Weak massage intensity.	Low battery or incorrect speed setting.	Recharge the battery or increase the speed level.
Massage head is loose.	Not properly inserted.	Ensure the massage head is pushed firmly into place.

9. SPECIFICATIONS

Model Number	RH-320
Power Source	Lithium Battery
Material	ABS Plastic, Silicone
Item Weight	400 Grams
Product Dimensions (LxWxH)	25 x 8 x 8 Centimeters
Special Feature	6-level Variable Frequency, Adjustable Speed, Portable Design, Rechargeable Battery
Color	Silver and Black

10. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided on the product packaging or contact your retailer directly. Keep your purchase receipt as proof of purchase.

