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## RENPHO R-C001SH-BK

# RENPHO Power+ Thermacool Massage Gun

Model: R-C001SH-BK

### INTRODUCTION

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Thank you for choosing the RENPHO Power+ Thermacool Massage Gun. This device is designed to provide deep tissue percussion massage with integrated heating and cooling functions, aiding in muscle recovery and relaxation. Please read this manual thoroughly before use to ensure safe and effective operation.



The RENPHO Power+ Thermacool Massage Gun, a device for muscle recovery and relaxation.

## IMPORTANT SAFETY INFORMATION

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To reduce the risk of electric shock, fire, and injury, please observe the following precautions:

- Always read and follow all instructions before use.
- Keep the massager away from water and heat sources.
- Do not use on broken skin or areas with inflammation, open wounds, or rashes.
- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Do not leave the massager unattended while in use.
- Allow the massager to cool down before storing.
- Do not use the heating or cooling feature for more than 15 minutes at a time on a single area.
- This device is not water resistant. Avoid contact with liquids.

## PACKAGE CONTENTS

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Verify that all items are present in your package:

- RENPHO Power+ Thermacool Massage Gun
- 6 Massage Attachments (including 1 Heating/Cooling attachment)
- USB-C Charging Cable
- Portable Travel Case
- User Manual (this document)

## PRODUCT FEATURES

- **Dual Temperature Technology:** Offers 8 temperature settings, ranging from heat up to 117°F (47°C) and cool down to 46°F (8°C).
- **Bluetooth-Connected Health App:** Control speed settings and access professional video guides for targeted muscle groups.
- **Professional-Grade Performance:** High-torque brushless motor with 50 lbs of force and 12mm amplitude for deep tissue massage.
- **Adjustable Speeds:** 6 speed levels, up to 2600 RPM, for customized intensity.
- **USB-C Fast Charging:** Convenient and quick charging with the included USB-C cable.
- **Intuitive LED Touch Display:** Shows real-time battery status, Bluetooth connection, and current speed level.
- **6 Versatile Massage Attachments:** Designed to target various muscle groups effectively.
- **Portable Design:** Includes a travel case for easy transport and storage.

## SETUP

### 1. Charging the Device

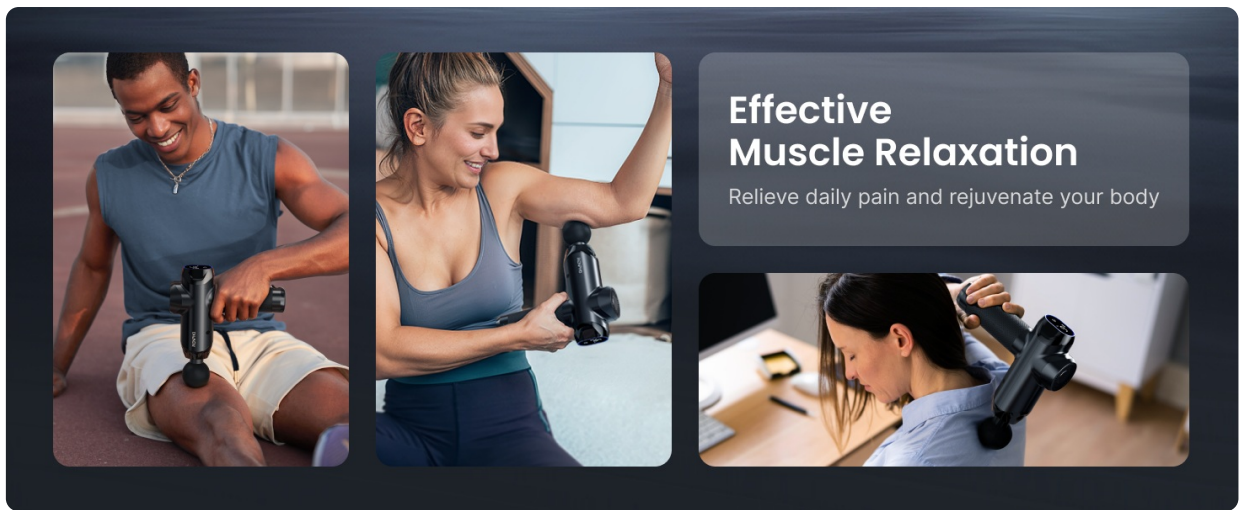
Before first use, fully charge the massage gun. Connect the included USB-C cable to the charging port on the device and to a compatible USB power adapter (not included). The LED touch display will indicate the battery status during charging. A full charge typically takes a few hours.



The massage gun features USB-C fast charging. The image shows the device connected to a USB-C cable for charging, highlighting its battery and 15W PD capability.

### 2. Attaching Massage Heads

To attach a massage head, gently push the desired head into the front opening of the massage gun. Ensure it is securely seated. To remove, pull the head straight out.



An illustration of the six different massage attachments included with the RENPHO Power+ Thermacool Massage Gun, each designed for specific muscle groups or massage types.

- **Air Cushioning Head:** Ideal for first-time users or sensitive muscles.
- **Shovel-shaped Head:** Suitable for relaxing abdominal muscles and the lower back.
- **Heating & Cooling Head:** Used for temperature therapy across various body parts to aid muscle rejuvenation.
- **Ball Head:** Best for large muscle groups such as the back and legs.
- **"U" Shape Head:** Designed for use on both sides of the spine and the Achilles tendon.
- **Bullet Head:** Perfect for palms, soles, and precise trigger point massage.

## OPERATING INSTRUCTIONS

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### 1. Power On/Off

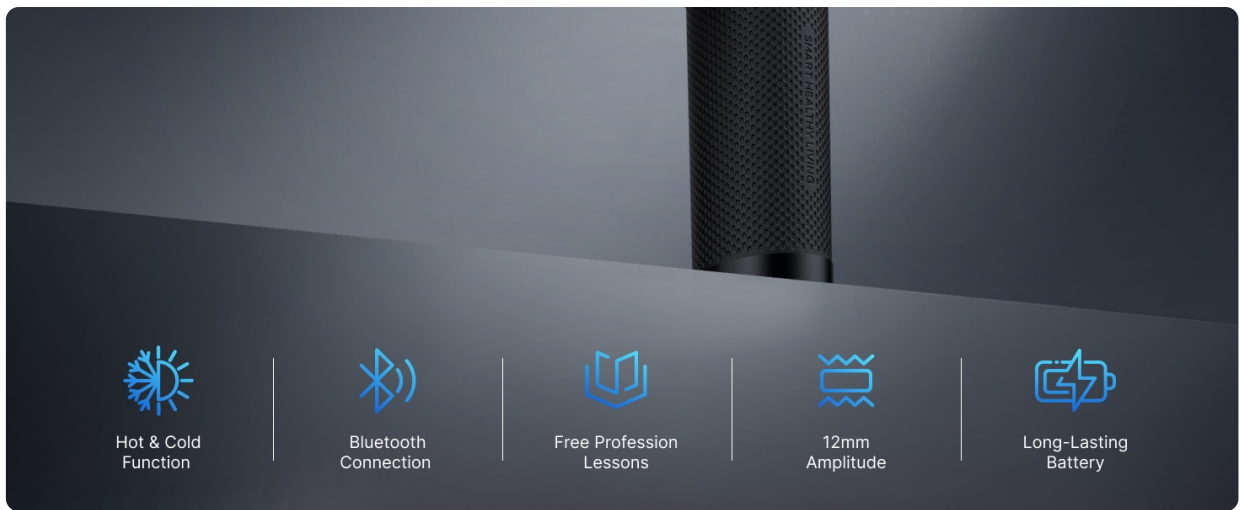
Press and hold the power button on the LED touch display to turn the device on or off. The display will illuminate when the device is active.

### 2. Adjusting Speed Levels

Once powered on, press the speed control button on the LED display to cycle through the 6 available speed levels. Start with a lower speed and gradually increase to a comfortable intensity.

### 3. Using Heat and Cold Therapy

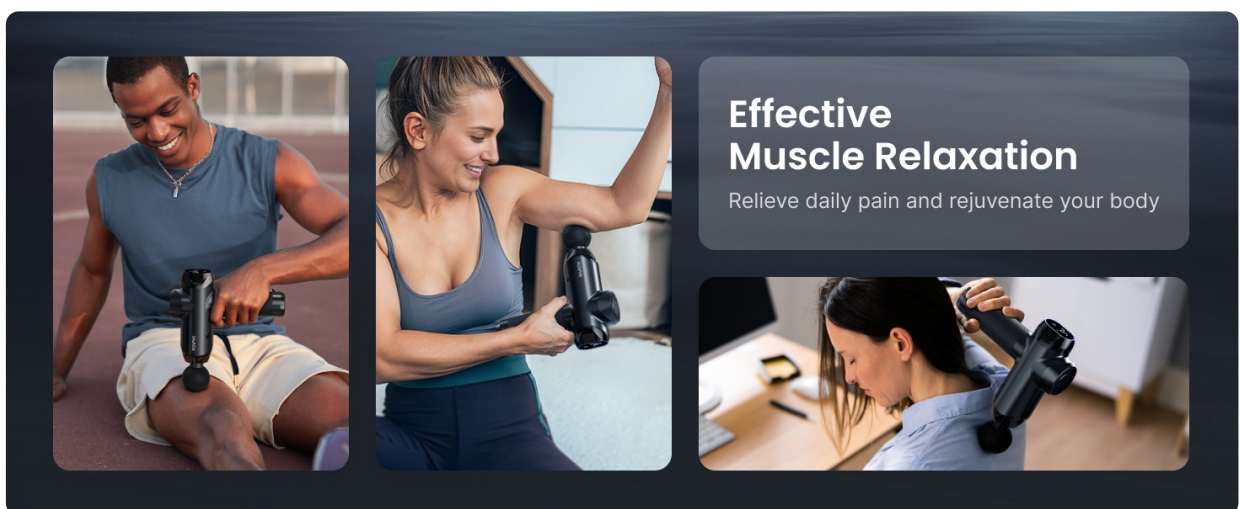
Attach the Heating & Cooling Head. Use the dedicated temperature control buttons on the device or the RENPHO Health App to select your desired temperature mode (heat or cool) and level. The device offers 8 temperature settings: heat up to 117°F (47°C) and cool down to 46°F (8°C).



An image illustrating the dual functionality of the RENPHO Power+ Thermacool Massage Gun, showing both cool mode (down to 47°F) and heat mode (up to 113°F) with various temperature settings.



A visual representation of the heat therapy function, showing the massage gun applying warmth to a user's knee, with a temperature range from 100°F to 113°F for quick muscle soreness relief and circulation stimulation.

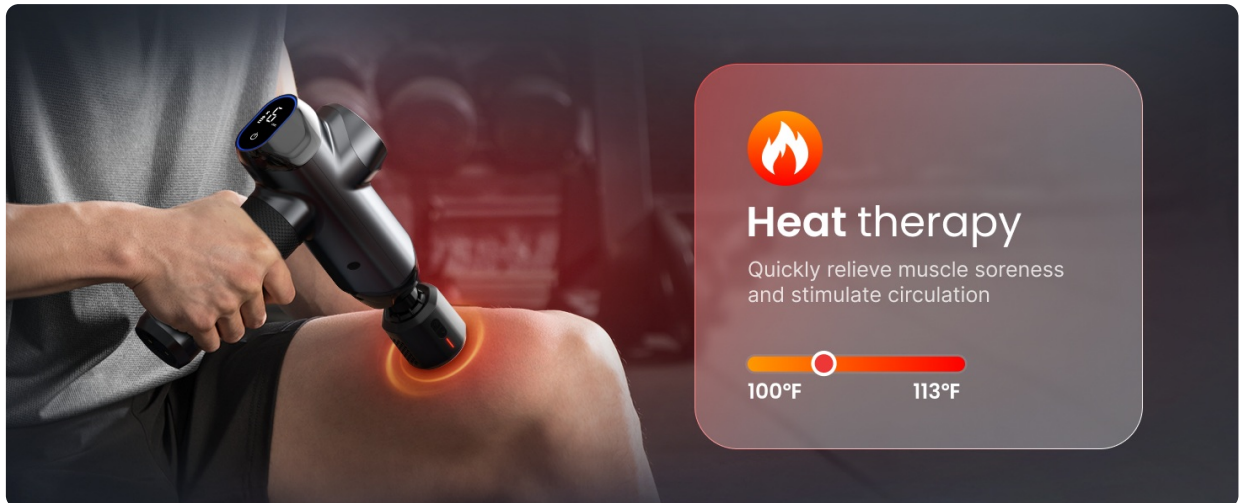


An image depicting the cold therapy function, with the massage gun applying a cooling sensation to a user's shoulder, indicating a temperature range from 47°F to 57°F to reduce inflammation and enhance post-workout recovery.

*Note: Do not use the heating or cooling feature for more than 15 minutes at a time on a single area.*

#### 4. App Control and Guided Courses

Download the RENPHO Health App from the App Store or Google Play. Pair your massage gun via Bluetooth to unlock additional features, including precise speed control and access to professional video guides tailored for specific muscle groups and recovery needs.



This image illustrates the Bluetooth Smart Control feature, showing the massage gun connected to the RENPHO Health App on a smartphone, enabling intelligent synchronized massage, personalized course guides, and app-based speed control.



A visual showing the RENPHO Health App interface with various professional courses for different muscle groups and recovery goals, available for download on Google Play and the App Store.

## MAINTENANCE

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### Cleaning

Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storing.

### Storage

Store the massage gun and its attachments in the provided travel case in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the device is fully cooled down before storage.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB-C cable.
Device stops unexpectedly during use.	Battery is low; Automatic shut-off feature activated (after 10 minutes).	Recharge the device. If battery is sufficient, restart the device. The 10-minute auto-off is a safety feature.
Heating/Cooling function not working.	Heating/Cooling head not properly attached; Device not powered on; Temperature setting not selected.	Ensure the Heating & Cooling head is securely attached. Power on the device and select the desired temperature mode.
Cannot connect to RENPHO Health App.	Bluetooth is off on your phone; Device is out of range; App not updated.	Ensure Bluetooth is enabled on your smartphone. Keep the device close to your phone. Update the RENPHO Health App to the latest version.

## SPECIFICATIONS

Feature	Detail
Model Number	R-C001SH-BK
Product Dimensions	6.72 x 8.37 x 2.36 inches
Item Weight	2.27 Pounds
Power Source	Battery Powered (1 x 12V battery included)
Amplitude	12mm
Speed Levels	6 (up to 2600 RPM)
Temperature Range (Heat)	Up to 117°F (47°C)
Temperature Range (Cool)	Down to 46°F (8°C)
Charging Port	USB-C
Material Type	Plastic
Water Resistance Level	Not Water Resistant

## WARRANTY AND SUPPORT

### Warranty Information

The RENPHO Power+ Thermacool Massage Gun is covered by a 1-year limited warranty from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. Please retain your proof of purchase for warranty claims.

### Customer Support

For any questions, concerns, or technical assistance, please contact RENPHO customer service. Refer to the contact information provided on the RENPHO official website or your product packaging.