

MyoLite™

Percussion Massager

by **Nobol**



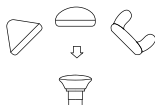
MyoLite™ Quick Start



Read all instructions in the User Manual before using the product.

1

Silicone Sleeves (if desired)



Slip the desired silicone sleeve onto the metal head, or use the metal head by itself.

2

Power ON/OFF



Press down the power/speed button for 2 seconds.

3

Adjust Speeds



Once the device is powered ON, briefly press the button again to cycle through the 3 speeds.

4



Micro Vibration Function

With the power ON, press the button with segmented lines to activate the Micro Vibration function. The indicator light will turn solid white. Press the same button again to deactivate the function. (The metallic surface may feel warm when activated, which is normal and enhances the micro vibration function).

5

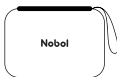
Charging



Insert the USB-C cable into the massage gun and connect it to a USB-C power source. A flashing LED indicates active charging, while a solid green LED indicates the device is fully charged.

6

Care and Storing



Use a damp, clean cloth to gently wipe your device. Make sure the power is OFF and the battery charger is not attached. Store in a clean, cool, dry place (in the supplied case), out of direct sunlight, when not in use.



IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the MyoLite.

To minimize the risk of burns, fire, electric shock, or injury to individuals:

1. Use MyoLite only on dry, clean areas of the body by gently pressing and moving it across each region for approximately sixty (60) seconds.
2. Limit the use of MyoLite to soft tissue areas and avoid application on hard or bony parts, including the head.
3. Frequent application of high speed and pressure to the same area may result in abrasions, pain, and discomfort.
4. Cease using MyoLite immediately if you experience any pain or discomfort, excluding mild muscle soreness.
5. Bruising may occur regardless of pressure setting, and refrain from using MyoLite on bruised areas until fully healed.
6. Avoid using MyoLite on bruises, contusions, rashes, or irritated skin until fully healed.
7. Keep fingers, hair, and other body hair away from the device's moving parts to prevent pinching or snagging.
8. Do not dispose of or misuse this product.
9. Avoid removing screws or attempting disassembly.
10. Do not operate or charge this product in an unattended state.
11. This device is suitable for use by individuals aged 8 years and above.
Supervision or instruction regarding the safe use of the appliance is necessary, ensuring understanding of the associated hazards.
12. Individuals with symptoms falling within contraindications should seek medical approval before using this product.
13. Never use the device if the cord or plug is damaged, if it is malfunctioning, if it has been dropped or sustained damage, or if it has come into contact with moisture. In such cases, return the device to an authorized service center for examination and repair.

ATTENTION

1. Use this device only for its intended purposes as described in this manual. Use only with supplied attachments.
2. Before activation, ensure there are no obstructions in front of the massage head. If external force obstructs, a momentary pause will occur, followed by a reattempt to initiate.
3. This product is not waterproof. Avoid exposing it to water or other liquids.
4. Extended and continuous operation may result in an increase in the surface temperature of the motor. Exercise caution during operation.
5. Strictly prohibit dropping or subjecting the product to collisions, as such incidents may cause damage leading to operational anomalies. In case of any drop or collision causing operational issues, prompt communication with customer support is recommended.

CONTRAINDICATIONS

Please refrain from using the MyoLite or any percussion device without first obtaining approval from your physician if any of the following conditions apply:

1. Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pacemakers, recent surgery or injury, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD, metal pins or plates, or any concerns about your physical health.
2. Strictly contraindicated for individuals diagnosed with cancer.
3. Prohibited for patients who have undergone internal fixation with metal bone needles (not to be applied to areas with fractures).
4. Contraindicated for individuals with osteoporosis.
5. Not to be used on patients with venous thrombosis and pulsating conditions.
6. Prohibited for use on postoperative areas.
7. Avoid direct massage on the cervical and spinal regions.
8. Exercise caution when applying on patients with kidney stones (refrain from proximity to the kidney region).
9. Limit continuous massage on the same area to no more than 5 minutes.
10. Store this product in a location inaccessible to children and pets.
11. Do not place this product in close proximity to heat sources and inside hot vehicles.
12. Store in a dry environment.
13. Refrain from fully discharging the battery to prevent damage to battery.
14. Avoid usage in environments with excessively high or low temperatures.

OPERATING

To turn the device ON press the power button and hold it for 2 seconds. Once the device is powered ON, press the button again to cycle through the 3 speeds.

Slip the desired silicone sleeve onto the metal head, or use the metal head by itself.

With the power ON, press the button with segmented lines to activate the Micro Vibration function. The indicator light will turn solid white. Press the same button again to deactivate the function.

To turn OFF the device, press down the power/speed button for 2 seconds.

The metallic surface may feel warm to the touch when activated. This is normal and enhances the effectiveness of the micro vibration function.

CHARGING

Use a 5VDC-2A USB adapter for the charging process, requiring approximately 3 hours.

A constant red LED signifies ongoing charging, transitioning to a steady green LED upon reaching full charge.

The device will power off automatically when connected to the charger.

Operational use during the charging process is disabled.

CLEANING AND STORAGE

Ensure the power is OFF, and the battery charger is not attached.

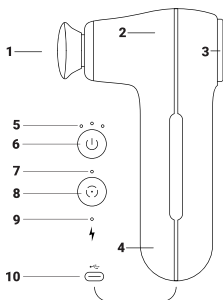
Use a damp, clean cloth to gently wipe your MyoLite.

Store the device in a clean, cool, dry place, away from direct sunlight and high temperatures when not in use.

If the product is not in use for an extended period, store it in the packaging box to prevent dust accumulation.

SPECIFICATIONS

1. Interchangeable head sleeves
2. Quiet Motor
3. Micro Vibration surface
4. Internal battery
5. Speed indicator
6. Power and speed button
7. Micro Vibration On/OFF indicator
8. Micro Vibration function button
9. Power level indicator
10. USB-C Charging port



Flat Head

Metal head for overall body treatment and larger muscle groups.



Round Sleeve

Silicone head for use around bones and other sensitive areas.



Fork Sleeve

Silicone head for the spine, lower neck, calves & quadriceps.



Bullet Sleeve

Silicone head with small diameter for focused muscle treatments.

