

感谢您选择本产品。请在使用前仔细阅读以下说明，确保安全有效地使用。

一、产品简介

本筋膜枪是一款用于缓解肌肉酸痛、促进血液循环的专业工具，适用于运动后放松及日常肩颈、腰背等部位的按摩。

二、使用方法

1. 插入充电器充电，指示灯亮起表示充电中。
2. 开机后选择合适档位（低/中/高），根据个人耐受度调整。
3. 将按摩头贴紧目标肌肉，缓慢移动，避免在同一位置停留过久。
4. 每次使用不超过15分钟，每日使用不超过2次。

三、注意事项

- 避免在骨骼突出处、关节、血管和神经密集区域使用。
- 皮肤有伤口、炎症或严重疾病者禁用。
- 使用后请关闭电源，清洁按摩头并存放于干燥处。

四、保养与维护

定期擦拭机身，避免进水。长期不用时，请断电并存放于阴凉处。

如有问题，请联系售后服务。祝您健康舒适！

【Massage Gun User Manual】

Thank you for choosing this product. Please read the following instructions carefully before use to ensure safe and effective operation.

I. Product Introduction

This massage gun is a professional tool designed to relieve muscle soreness and promote blood circulation. It is suitable for relaxation after exercise and daily massage of the shoulders, neck, back, and other areas.

II. Operating Instructions

1. Insert the charger to charge. The indicator light will turn on to indicate charging.
2. Turn on the device and select an appropriate speed setting (low/medium/high), adjusting according to personal tolerance.
3. Place the massage head firmly against the target muscle and move slowly, avoiding staying in one place for too long.
4. Each session should not exceed 15 minutes, and usage should not exceed twice per day.

III. Precautions

- Avoid using on bony areas, joints, blood vessels, or regions with dense nerves.
- Do not use if there are wounds, inflammation, or serious medical conditions on the skin.
- After use, turn off the power, clean the massage head, and store it in a dry place.

IV. Maintenance and Care

Regularly wipe the body of the device and avoid water exposure. If not in use for a long time, disconnect the power and store in a cool, dry place.

For any issues, please contact customer service. Wishing you health and comfort!

