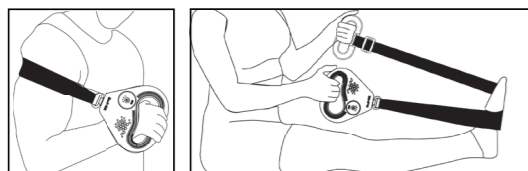
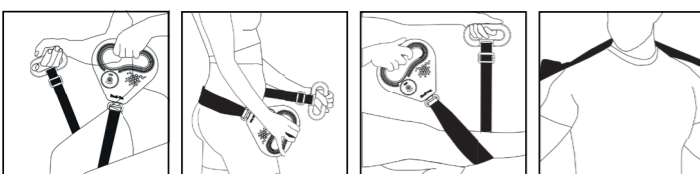


Sports Percussion Massage Gun

with Lateral Action Massage Belt



Warnings

- **Read all instructions thoroughly and retain for future reference.**
- This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and maintenance shall not be made by children without supervision.
- Do not immerse product in water.
- For external use only.
- This device must only be used for its intended purpose as described in this user guide.
- Do not use on areas that have had cosmetic surgery.
- If you suffer from a skin condition, consult your dermatologist before use.
- This appliance must only be supplied at safety extra low voltage corresponding to the marking on the appliance.
- Do not use on cuts or broken skin.

Know your unit

- 1 Massage Gun
- 2 USB Charging Cable
- 3 Intensity Indicator
- 4 On/Off
- 5 USB Charging Socket
- 6 Battery Level Indicator

Massage Heads

- 7 Flat
- 8 Cylindrical
- 9 Finger Point
- 10 Thumb
- 11 Curved
- 12 Flushing
- 13 Fork
- 14 Large Round
- 15 Massage Belt

Charging

- Connect to a USB port using the USB Charging Cable. (included)
- The battery level indicator light will show green, and the four blue intensity indicator lights will flash while charging.
- Battery charging time: 3-4 hours
- Run time when fully charged: 3-5 hours
- During use the battery level indicator light will show green (100-50% charge), yellow (50-20% charge) and red (20-0% charge).



Fitting the massage heads

- Ensure the unit is switched off.
- Select the massage head and push firmly into the unit. To remove, pull the massage head firmly.
- To attach the large round head or massage belt, screw in clockwise.

How to use

- Press and hold the On/Off button for three seconds to turn on.
- Select the intensity level by pressing the On/Off button up to three more times. There are four levels.

Note:

The massager will run for 10 minutes and then automatically switch off.

The length of the massage belt is adjustable 58 - 100cm.

Do not apply excessive force or pressure – simply glide the head over the area. Move slowly using circular motions.

If you feel a knot or area of muscle tension, allow the massage head to remain on that spot for a few moments.

To minimize soreness it is better to build up to higher intensity levels slowly as your muscles warm up.

Important: Do not use directly over bones or joints.

For more information on using the massager visit:

<https://www.bodi-tek.com/collections/percussion-massagers/products/sports-percussion-massage-gun>

Massage Heads

- 7 **Flat:**
For increased intensity and depth in more sensitive areas. Ideal for all over body massage.
- 8 **Cylindrical:**
For working on knots and specific areas of tension. Can also be used for acupoint and trigger point massage.
- 9 **Finger Point:**
For working on knots and specific areas of tension. Can also be used for acupoint and trigger point massage.
- 10 **Thumb:**
For working on knots and specific areas of tension. Can also be used for acupoint and trigger point massage.
- 11 **Curved:**
For soft muscle tissue areas, use on neck, arms, thighs and calves.
- 12 **Flushing:**
For increased intensity and depth or for "scraping" and "flushing," to help remove lactic acid and toxins.
- 13 **Fork:**
The perfect choice to loosen stiff neck, back and shoulder muscles. Also great for use on the achilles.
- 14 **Large Round:**
For general full body use on large muscle groups, like glutes, quads and hamstrings. Ideal for beginner use.
- 15 **Massage Belt:**
Use on larger body areas, such as the upper or lower legs or back for a lateral massage over a wider surface area. See example illustrations.

After Use

- The skin may appear red and slightly irritated after use. This should subside quickly.
- Your muscles may also feel a little sore. This is normal and will lessen with regular use.
- **Tip:** Ensure you stay hydrated to help flush out any toxins and improve muscle recovery time.

Cleaning & Maintenance

- Switch off and clean using a soft damp cloth.
- Do not immerse the device/unit in water or other liquids.
- Dry thoroughly before storing.

Guarantee

To register your two year guarantee online, visit: www.bodi-tek.co.uk/warranty

Customer Care

If you have any questions, please contact us at: customerservice@bodi-tek.co.uk

Disposal



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2012/19/EU) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, treat any hazardous substances and avoid the increasing landfill. This product is classed as Electrical or Electronic Equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

Recycle Responsibly:

1. Check your local municipal guidelines
2. Separate the components and dispose of them correctly

Specifications

Model: BT-MAWB

Input: 5V 1500mA 7.5W

Battery: Li-Ion 7.4V 1500mAh



This product is for indoor use only.



Read these instructions carefully before use and then retain for future use.



This unit complies with current EU product legislation.



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