

# living & co.

## MUSCLE MASSAGER GUN



**INSTRUCTION MANUAL**

**CL-1140**

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**AFTER SALES SUPPORT**

  0800 422 274

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## Warnings and Safety Instructions:

For your safety and to avoid any property damage, please read this manual carefully and use as indicated. Misuse may cause serious injuries or death and or property damage. Do not use this Massage gun in any way other than the intended usage stated in the manual.

### General safety warnings

- Only use the charger provided with this muscle massager gun at the time of purchase.
- Unspecified charger or adapter use may cause overheating, explosion, electric shock or fire.
- For your safety, only use the accessories and attachments provided with this massager at the time of purchase.
- DO NOT use the product while driving a vehicle.
- DO NOT use the massager with wet hands.
- DO NOT insert any object into the charger input socket. This may cause damage to the product or electric shock.
- Keep the product away from heating appliances such as oven, microwave, hot cooking utensils, high pressure cooker. This may cause a degradation of the batteries and/or product malfunction.
- DO NOT apply heavy objects or excessive force to the product.
- DO NOT disassemble or drill into the product and/or batteries. This may cause product malfunction, electric shock or fire.

- DO NOT use product on heat generating material. This may cause the batteries to overheat and cause malfunction or overheating.
- Keep product out of reach of children or pets.
- The recommended ambient temperature for use of this product is between 5°C and 35°C. Use common sense when using or storing the Massage gun, leaving in overly hot places (such as inside a parked car on hot day or a window ledge with direct sun) may cause malfunction or overheating to batteries.
- DO NOT drop, apply excessive force or heavy weight over the Massage gun. This may cause malfunction and/or damage.
- DO NOT take apart, modify or change the parts. This may cause personal injury or fire risk.
- DO NOT use the product for other than for the intended use as stated in the manual as this could result in personal damage.
- DO NOT keep or use the product in areas where temperature changes drastically or where humidity is high. This may cause damage to electrical circuits and batteries.
- If the product is not in use for an extended duration, charge the unit once every month. If the batteries remain discharged too long this may degrade the life cycle and performance of product.
- This product is intended for consumer home use, not for Commercial use.
- Never leave the muscle massager gun unattended while operating or charging.
- Do not immerse in water or allow water to enter the charging socket.

## Considerations before use:

- General list of medical conditions that you should avoid using the muscle massager for:
  - 1) Sensitive skin, swollen or inflamed areas, in the presence of poor circulation, where skin eruptions are present, or in the presence of unexplained calf or abdominal pain.
  - 2) Varicose veins
  - 3) The throat area
  - 4) Genital area
  - 5) Unconscious or sleeping person
  - 6) Frostbite
  - 7) Irritable skin condition
  - 8) Deep vein thrombosis
  - 9) Recent burn
  - 10) Recent surgery
  - 11) Acute conditions requiring first aid or medical attention
  - 12) Severe unstable hypertension.
  - 13) Acute flare-up of inflammatory conditions such as rheumatoid arthritis.
- DO NOT use during pregnancy. Pregnant women should consult their health provider before using a massage tool.
- If you have a pre-existing medical condition including implants or pacemakers, consult with your physician prior to use.
- DO NOT use if you have blood clotting or are subject to blood clotting.
- Avoid use if you have bleeding disorders, low blood platelet counts and by people taking blood-thinning medications such as Warfarin. Consult with a physician prior to use.

## Considerations before use (continued):

- DO NOT use on areas of the body with blood clots, fractures, open or healing wounds, skin infections, weakened bones (such as from osteoporosis or cancer) or where there has been a recent surgery.
- Any direct pressure over a tumor usually is discouraged. Cancer patients should discuss any concerns about massage therapy with their oncologist.
- The Massage gun Massager does not constitute medical treatment and is not a substitute for a medical examination or diagnosis. If you are dealing with a serious health condition check with your health care provider before using.

## Operational instructional warnings:

- Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
- Use only on a dry surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
- Use the massage gun only on the body's soft tissue as desired, stop use immediately if you feel pain or discomfort. Do not use on the head or any hard or bony area of the body.
- Bruising can occur regardless of control setting or pressure applied. Check the treated areas frequently and immediately stop at first sign of pain or discomfort.
- The muscle massager is intended for external application to body parts only.

# Product Overview



**Big ball head:** for massaging arms, waist, back buttocks, thighs and other large or medium muscle groups.

**Small ball head:** for massaging all parts of body.

**Flat head:** for relation and shaping of various muscle parts.

**Five points head:** for massaging the acupoints on the body.

**Fork head:** for archilles tendon, trapezoid, neck and calf muscles.

**Bullet head:** For targeting trigger points, can be used for impacting deeper tissues, such as palms and soles (suggested use is no longer than 15 seconds).

## Attachment / removal of accessory heads:

The heads are a compression fit into the muscle massager output socket. Simply align the required head shaft with the socket and firmly press until the shaft is fully inserted. To remove, simply pull the attachment to withdraw from the socket.

**WARNING:** To avoid personal injury, never attempt attachment or removal when the massager is in operation.

## Charging and Battery Life

### Charging

**For best results charge the massager gun before use.**

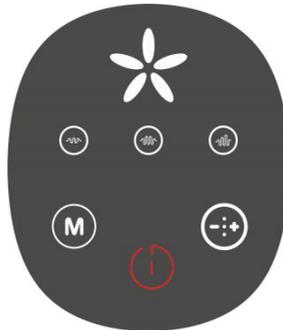
1. Insert the small plug end of the power adaptor into the charging socket of the muscle massager gun.
2. Plug the adaptor CHARGER into an electrical outlet.
3. The power button and speed indicator will flash when charging. When the muscle massager is fully charged, the speed indicator stays on (blue).
4. Touch and hold the power button for 3 seconds to show the battery capacity (charge status), this can be done when the power is on or off. The speed indicator has 5 separate lights which show the charge status of the battery, each indicator light means 20% of the battery capacity. For example, when two indicator lights are blue, this means there is 40% capacity of the battery remaining before charging is required.
5. When the power button light flashes red, without the charger connected, this means the battery is about to run out of charge. If this occurs, please stop using, and connect to the charger.

NOTE: The muscle massager gun should not be used while it is charging.

## Battery Life

1. Battery life: continuous use up to 90 minutes in highest level (if no load is applied). Approximately 240 minutes in the lowest speed level (again if no load applied). Load applied will directly affect the run duration.
2. Battery life varies depending on usage and may reduce over the life of the product.
3. If the product is not in use for a long time, please keep in a charged state by regularly charging. Batteries will last longer if kept recharged versus at a discharged state.
4. Please keep the massager away from heat and avoid using in places where the surrounding temperature is relatively hot.
5. During storage keep the power off and store the product in a cool place.

## How to use the muscle massager gun



The muscle massager gun is powered by a built-in (non-replaceable) 11.1V lithium-ion 2200mA battery. When the product is charging, it cannot be used. When charging, the switch indicator light flashes red and when fully charged the indicator light will turn blue.

The muscle massager is pre-programmed to provide a run duration of 15 minutes from the time of switch on, once 15 minutes is reached it will automatically switch off. If additional run time is required simply touch the power button to resume operation.

# How to use the muscle massager gun (continued)



## Power button:

Touch the Power button to turn on the product, the default mode is speed level (massage intensity) 1 and mode 1.

Touch the Power button again to switch the unit off.

Touch and hold the Power button for 3 seconds to show the capacity of the battery, the five indicator lights represent 20%-40%-60%-80%-100%.



## Mode button

As indicated above, when first powered on (using the Power button), the unit will default to Mode 1. Touch the mode button to switch to Mode 2, touch it again to switch to Mode 3, the corresponding indicator lights up, and the operating cycle will commence.

### 3 Modes indicators:



Mode 1: constant



Mode 2: short pulse



Mode 3: step up



## “- , +” button

When first powered on (using the Power button), the default speed (massage intensity) will be level 1. Touch the "+:-" button to step through the speed levels from 1 – 5, ie press once to increase the speed to level 2, press again to level 3. Once level 5 is reached, one further touch of the button will cycle back to level 1.



## Speed level (massage intensity) indicator

The 5 different parts of this indicator illuminate as relevant to indicate the speed level selected.

Level 1: 2000rpm; Level 2: 2300rpm; Level 3: 2700rpm;

Level 4: 3100rpm; Level 5: 3500rpm.

**Note:** this indicator is also used to display the battery capacity status (as described for Item 1 – Power Button earlier.

## How to use the muscle massager gun (continued)

**Overload protection:** When the massage head is jammed or locked for 5 seconds, it will automatically shut off for 3 seconds. After 3s, it will return to its current setting. If the product is locked for 3 consecutive times, and each time locked for more than 5s, the unit will automatically shut off. To reset, you can press the power button to switch back on.

**Battery capacity status:** Touch and hold the Power button for 3 seconds to show the capacity status of the battery, the five indicator lights (of the speed level indicator ) each represent 20% of the battery capacity ie 20%-40%-60%-80%-100%. For example, when one indicator light is on (blue), this indicates 20% battery capacity, when 2 indicators are on this represents 40%.

## Product Care and Maintenance

- Place the massager in a safe, cool and dry place when not in use.
- Always unplug massager prior to cleaning.
- After use, wipe the massager body with a soft, damp cloth using non-abrasive cleaners. If necessary, clean the surface with a steriliser. DO NOT submerge the muscle massager in water or any other liquid.
- Keep away from all solvents and harsh detergents. DO NOT attempt to repair this massager. There are no user-serviceable parts.
- DO NOT dispose of the muscle massager in a landfill. The product contains a Li-ion battery and other electrical components which is considered hazardous E-Waste. Contact your local council for advice and disposal locations for electrical waste.

# Troubleshooting

## Massage gun does not work

- Make sure massage gun is fully charged. The POWER LIGHT should illuminate solid blue (not flashing).  
RESET PROCEDURE: Reset the massage gun by turning power off. Insert the small plug end of the power adaptor into the charging connector of massager gun and then plug the adaptor
- CHARGER into an electrical outlet, wait about three seconds then unplug both sides of CHARGER and then turn product on to start massaging.

## Specifications

- Battery: 11.1V Lithium-ion 2200mA
- Charge & operation time: Approximately 180 minutes to fully charge lasting 90-240 minutes depending on speed level and load applied.
- Variable speed change (2,000 rpm-3,500 rpm)
- Motor. 12V, DC, 3500 rpm
- Powered from AC Plug Pack Power Supply: XH1260-0900LA  
Input Voltage: 100V-240V, 50/60Hz, 0.5 A Max  
Output Voltage: 12.6V, DC,0.9A

## Warranty

For your safety and to avoid any property damage, please read this manual carefully and use as indicated.

The manufacturer's warranty is void under the following circumstances:

- Accident, misuse, abuse, contamination or other external causes.
- The use of unspecified adapter and accessories.  
Impact damage.
- Damage that occurs as a result of one's failure to follow the instructions.

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## Warranty

We pride ourselves on producing a range of quality home appliances that are both packed with features, and completely reliable.

We are so confident in our products, we pack them up with a 2 year warranty.

Now you too can relax knowing that you are covered.

Customer Helpline NZ: 0800 422 274

This product is covered by a 2 year warranty when Accompanied by proof of purchase.

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