150 mm

106 mm

Quality Gear
For Everyone

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Art. no.: 3614
Batch no.: 23101

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SILVERGEAR

MASSAGE GUN

RELAX AND RECOVER

Manual



EN

Thank you for purchasing our Massage Gun Hot & Cold. This manual will provide instructions for effective and safe use of the product. Please read it carefully before use and store the manual in a safe place for future reference. If you ever pass the product on to others, this manual should be included.

1. Package content
- Massage gun hot & cold
- 4 Massage heads
- Charging cable
- Manual

2. Technical data

Material:	ABS
Input:	5V ⎓ 2A max.
Rated power:	41W
Battery:	18650 Li-ion 2600mAh, 7.4V, 19.24Wh
Motor type:	brushless motor 7.4V
Motor speed range:	2400-3000 rpm
Dimensions:	13.2 x 14.5 x 4.8 cm (not incl. massage head)
Charging time:	5 hours
Operating time:	2 hours

3. Description of parts
1. LED indicator lights
2. On/Off Control button
3. Hot & Cold Control button
4. Hot indicator light
5. Cold indicator light
6. Charging port
7. USB - C cable





Massage heads
A. Hot & Cold head for all body parts
B. Ball head for large muscle groups
C. Bullet head for body joints
D. U head for the vertebrae

4. Safety instructions
- For intended use only, as described in this manual.
- The product is safe to use by adults with reduced physical or mental capabilities, or with lack of experience or knowledge, but only under supervision of an adult and with taking into account any hazards.
- Before use, inspect the device and its parts. Do not use in case of damage.
- Before use, consult your specialist in case of a medical condition or treatment.
- Not suitable for diabetics or people with poor blood circulation.
- Do not let moisture come into contact with any electrical parts.
- Never touch the device or its plug with wet hands.
- Stop use immediately and contact your specialist, if you experience any discomfort or pain.
- Do not use on sensitive, irritated or damaged skin.
- Some bruising may occur regardless of control setting or applied pressure. Frequently check the treated area during use.
- Always unplug before installing, removing or adjusting any of the accessories and for long-term storage.
- Only use on soft tissues of the body and directly on clean, dry skin. Do not use through clothes.
- Misuse may result in injury, and damage to the device.

5. Operation
Charging
1. Fully charge the battery before first use. This will take about 5 hours.
2. Plug the charging cable into the massage gun and connect it to the mains via a USB adopter (not provided).
3. The LED indicator lights flash in turn while charging. The massage gun is fully charged when all the LED indicator lights stop flashing and are on.

Note:
- It is not recommended to completely deplete the battery.
- Charge the massage gun at any time and at any battery level.
- The average working time of the battery is 2 hours, depending on the speed, the pressure applied and the hot and cold function.

How to operate
Before use, make sure the massage gun is unplugged.
1. Attach a massage head by spinning it in. Do not spin excessively. Do not push it in.
2. Long press the On/Off control button to turn on/off the massage gun. The LED indicator lights are in blue color when the massage gun is on. And the LED indicator lights indicate the battery power level. It is the stand-by mode.
3. Short press the On/Off control button again, the massage function is started at speed level 1. And the LED indicator lights show green color. Short press to cycle through the different speed levels.
4. Press and move the massage gun gently on the skin. Do this for approximately 60 seconds per boy part
5. When the massage gun is on and the Hot & Cold head is attached, short press the Hot & Cold control button to turn on/select/turn off the hot and cold function. When the Cold indicator light (Blue) turns on, it's in cold function, the temperature of the massage head drops by 10°C; When the Hot indicator light (Red) turns on, it's in hot function, the temperature of the massage head rises up to 50°C.
6. The massage gun turns off automatically after it's turned on for 10 minutes.

Note:
- If to apply excessive force on the massage gun, the motor will stop automatically and go into stand-by mode, which is a protection system to prevent damages to the device. The LED indicator lights change to blue color in stand-by mode, just short press the power button to activate the massage function again, and the LED indicator lights will turn green.

6. Maintenance
If necessary, clean the device with a slightly damp towel and wipe it dry with a soft cloth. Store the massage gun in a dry, cool place away from direct sunlight.

7. Disposal
Dispose of the article and the packaging materials in accordance with current local regulations.
This product is subject to the provisions of the European Directive 2012/19/EU.

The crossed out wheelie bin symbol means that this product shall not be disposed of with normal household waste. Electronic and Electrical Equipment not included in the selective sorting process are potentially dangerous for the environment and human health due to the presence of hazardous substances. Please dispose of responsibly at an approved waste or recycling facility.

The CE marking is a certification mark that indicates conformity with health, safety and environmental protection standards for products sold within the European Union. The CE marking is the manufacturer's declaration that the product meets the requirements of the applicable EC directives.

Recycling helps to reduce the consumption of resources and reduce the environmental impact. If you wish to discard the packaging, comply to the environmental legislation in your country.