



Massage Gun Set

Model: ITGM-07

User Manual



PLEASE READ AND SAVE THESE
INSTRUCTIONS FOR FUTURE REFERENCE

Warnings

We recommend checking with your doctor before using the massager, especially if you have other health problems.

Before using this appliance, read and follow all warnings and instructions in this manual, even if you are familiar with this product.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning use of the appliance by a person responsible for their safety.

The massage gun is not a toy. Children should be supervised to ensure that they do not play with the appliance.

The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance. If unsure DO NOT use.

Important Safeguards

Please read this instruction manual carefully before first use. It is advisable to keep this instruction manual for future reference.

DO NOT use this product as a substitute for medical attention.

This product is not to be used by very young children (0-3 years).

Children under the age of three are not to use this appliance due to their inability to react to overheating.

This product is not intended for medical use. It is intended only to provide a comfortable massage. If you have any concerns regarding your health or recovering from injury or surgery, consult your doctor before using this appliance.

Individuals with heart pacemakers should consult a physician before using this product.

In case of pregnancy, diabetes or illness, consult your doctor before using this product.

Massage should be pleasant and comfortable. Should pain or discomfort result, or if you experience pain in a muscle or joint for a prolonged period of time, stop use and consult your doctor.

Never use any massager on the face, open wounds, discoloured areas, areas of poor circulation or any areas of the body that are swollen, burned, inflamed or where skin eruptions or sores are present.

DO NOT use the machine while under the influence of alcohol, sleeping pills or sedatives.

It is normal to feel itching, tingling or see redness on area of the skin where the massager was used after use. These symptoms will soon disappear. However, if these symptoms remain for an extended period, we suggest you consult your doctor as there may be a more serious underlying health issue.

To prevent bruising, do not press too hard on the device.

DO NOT leave the appliance unattended when in use or plugged in.

Take care that children cannot touch the appliance when in use, and make sure they cannot reach and pull on the power cord.

To protect against the risk of electric shock, do not immerse the appliance, cord or charger in water or other liquids.

DO NOT use or store the product near sinks, baths or showers containing water or near running water.

DO NOT use in the bath, shower, spa, pool etc.

DO NOT use this appliance if it has been dropped or any part of the appliance has been damaged.

The use of accessories not intended for use with this appliance may cause injuries to the user or damage to the appliance.

DO NOT place this unit on other appliances, on uneven surfaces or where it could be subject to heat sources (e.g. radiators or stoves), direct sunlight, excessive dust.

This appliance should not be placed near a hot gas or electrical burner or placed in a heated oven.

The appliance should always be switched OFF before charging.

There are no user serviceable parts in the appliance. Any repairs to the product must be carried out by a qualified electrical person only or the product must be disposed.

Ensure children and babies do not play with plastic bags or any of the packaging material.

DO NOT operate the appliance with wet hands or wet feet to reduce the risk of electric shock.

DO NOT use the appliance while sleeping or if feeling sleepy.

DO NOT use this product before bed. The massager has a stimulating effect and may delay sleep.

DO NOT use this product while in bed.

DO NOT use machinery or heavy equipment while using this appliance.

DO NOT cover the appliance while in use. The product will overheat and may cause fire, electrocution, damage to property or injury to persons.

This appliance is intended for human use only. Not for animals and pets.

DO NOT allow Pets or Animals to Lie or Chew on this appliance or on the electrical cord etc.

Never reach or touch an appliance which has fallen into water.

DO NOT store or use the appliance near or in high temperature areas.

ONLY for indoor domestic use. Industrial or commercial use invalidates the warranty.

No liability can be accepted for any damage caused by non-compliance with these instructions or any other improper use or mishandling of appliance.

IMPORTANT!

If you have any concerns regarding your health, consult your doctor before using this appliance. Individuals with pacemakers should not use this product. If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious medical condition.



DO NOT touch this part when the massage head is not installed.

DO NOT massage one area for more than 1 minutes at a time. And it is recommended to wear dry clothes or apply a dry towel to the skin before massaging. The massager should be pressed and moved slowly and gently.

DO NOT apply in the head or any skeletal parts of the body. Use the appliance only on the soft tissue parts of the body.

DO NOT use when bruising is present in massage areas and shows signs of pain or discomfort.

Keep your fingers or hair of any parts of your body away from the shaft and vibrating head, to avoid potential injury.

DO NOT remove the screws or attempt to disassemble the device and modify the fascia gun in any way.



WARNING: Do not recharge non-rechargeable batteries.



WARNING: Before charging the product, please make sure your hands are dry.

VERY IMPORTANT:

Only use the USB Cable which was supplied with this appliance.

Only charge the massager from an Extra Low Voltage Battery Charger (not supplied with an output rating same as indicated on the massager rating label.

Consumers are cautioned against using and/or purchasing counterfeit and/or inferior quality batteries. These batteries have the potential to cause fire, personal injury, and/or damage to property. These batteries are typically found on online-auction websites or from other retailers and are known to pose a potential safety risk.

This appliance contains batteries that are non-Replaceable.

Never try to recharge non-Rechargeable batteries as they may explode, catch on fire or cause personal injury and/or damage to property.

- May explode if disposed of in fire.
- To prevent injury or burns, do not allow metal objects to contact battery terminals.
- Do not use or store in temperatures above 40°C
- If battery leakage: battery fluid is highly corrosive. Do not let it touch the skin or clothing, should immediately throw away the battery, first with toilet paper to wipe the night, and then with dry cloth stained with alcohol or liquor repeatedly wipe two times, available in anhydrous ethanol will leak electrolyte thoroughly clean;

Contact your local waste management authority for more information on Battery Recycling and disposal regulations in your area.

Product Description



1. Massage head: 4 interchangeable massage heads provided
2. Exhaust hole
3. Control Panel
4. Charging port
5. **Handle**
6. Rechargeable lithium-ion battery (non-replaceable)

Interchangeable Massage Heads



U-shape head

For spine and large muscle groups

Cone head

For joints and deep muscle groups

Round head

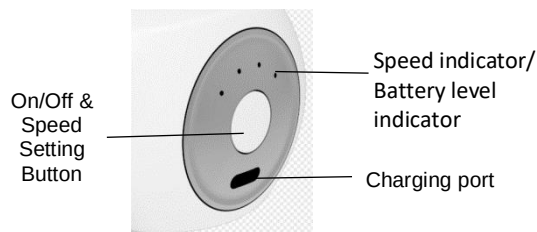
For large muscle group

Flat head

For whole body

Note: For massage head installation, simply plug/pull to remove and replace different massage heads

Control Panel



1. On/Off **and Speed setting button**:
 - Press & Hold 2 seconds to get into Standby Mode.
 - **Short press to select speed 1-4**
 - Press & Hold 2 seconds again to turn OFF the massage gun
2. Speed indicator: 1-4 level, in blue LED; **OR**
Battery indicator: 1-4 **level**, in blue LED

4 lights ON	100% Power
3 lights ON	80% Power
2 lights ON	50% Power
1 light ON	Battery low, require charging

3. Charging port: USB-C Charging port

How to Charge

1. Please make sure the massage gun is switched OFF before charging.
2. Fully charge the massage gun for 2.5 hours before first use.
3. The Battery Indicator flashes regularly to show it is under charging.

Note: When charging, the device cannot be turned on and used.

4. The average running time of the product is about **2 hours**, depending on speed selected and pressure applied.
5. When only 1 indicator is left flashing, it means the massage gun need charging.

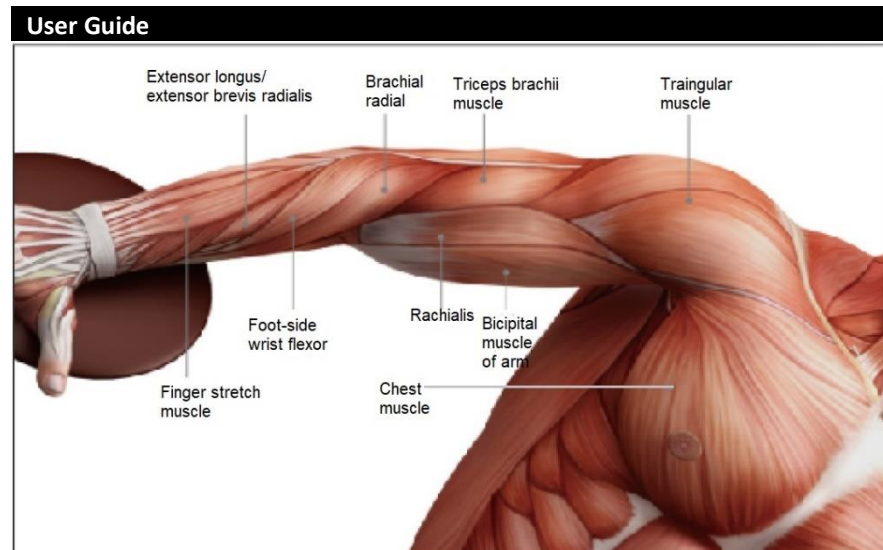
How to Use

1. Press and hold the **On/Off button** for 2 sec, the unit will get into Standby mode and battery level can be shown.
2. Press the Speed Setting Button to select desired speed. Speed setting will cycle through 1-2-3-4.
3. Press **and** hold the On/Off button to turn OFF the massage gun.
4. The unit will automatically turn off after 10 minutes of operation. It is recommended to allow the massager to cool down when the enclosure is warm to touch.
5. Restart the unit by step (1) after auto-shutdown.

Maintenance, Cleaning and Storage

Clean the equipment with a slightly damp cloth and dry with a soft cloth.

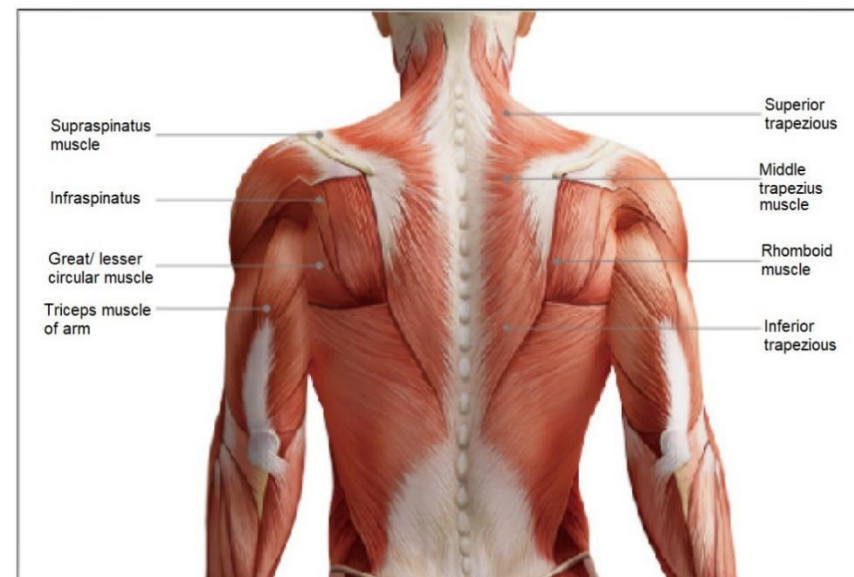
When storing or traveling, put it in the package provided.



Limb

Massage Position

	<u>Duration</u>
Brachial radial	10-15s x 3times
Side wrist flexor	10-15s x 3times
Palm muscle	12-15s x 3times
Foot-side wrist flexor	10-15s x 3times
Finger stretch muscle	5-10s x 2times
Side wrist extension muscle	5-10s x 2times
Side wrist short stretch muscle	5-10s x 2times
Bicipital muscle of arm	12-20s x 3times
Rachialis	12-20s x 3times
Triangular muscle	12-20s x 3times
Chest muscle	12-20s x 3times

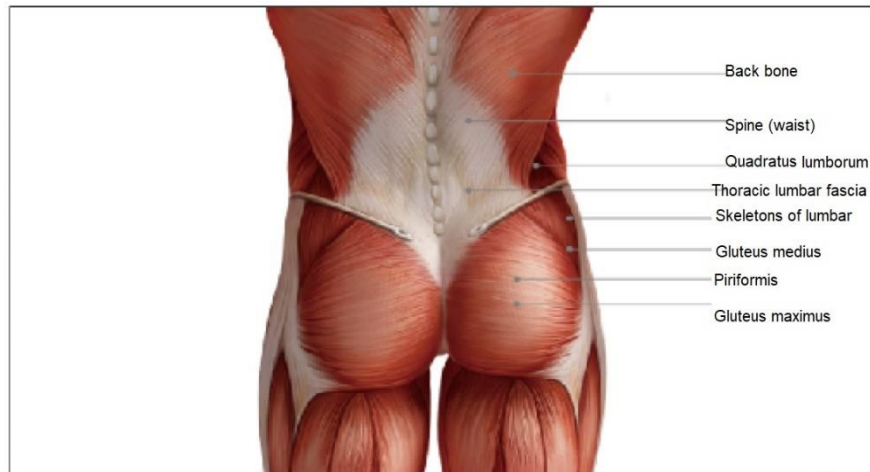


Shoulder

Massage Position

	<u>Duration</u>
Triceps muscle of arm	15-20s x 3times
Rhomboid muscle	20-30s x 3times
Superior trapezius	15-20s x 3times
Middle trapezius muscle	15-20s x 3times
Inferior trapezius	15-20s x 3times
Supraspinatus	15-20s x 3times
Musculus levator scapulae	10-12s x 2times
Teres major	10-12s x 2times
Teres minor	10-12s x 2times
Infraspinatus	10-12s x 2times

Recommendation: Massage the direction of each muscle from the middle to the sides, from top to bottom.



Waist

Massage Position

Spine (waist)

Back bone

Thoracic lumbar fascia

Psoas major

Internal and external Oblique muscles

Erector spinal muscle (thoracic section)

Quadratus lumborum

Skeletons of lumbar

Gluteus maximus

Gluteus medius

Piriformis

Duration

30-60s x 4times

30-60s x 4times

40-60s x 4times

30-60s x 4times

10-15s x 2times

15-20s x 2times

20-30s x 2times

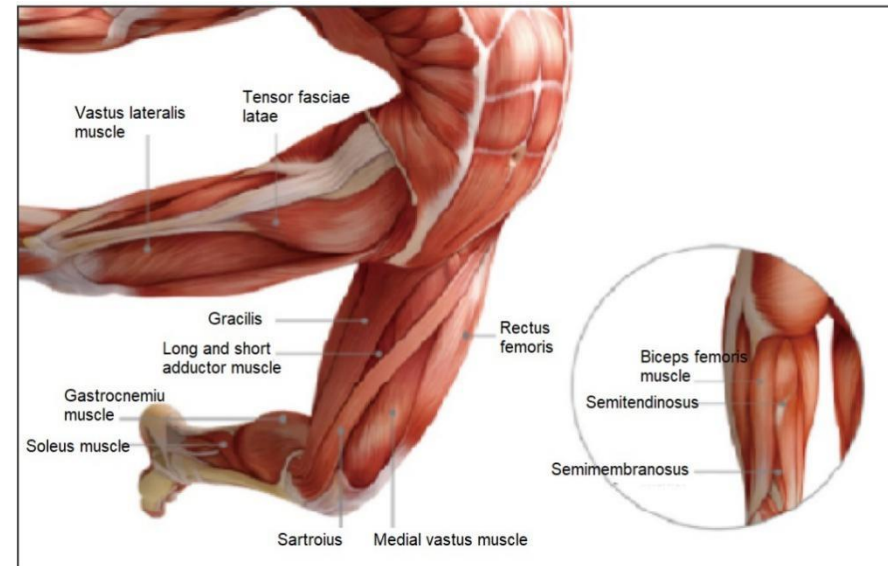
20-30s x 3times

30-60s x 4times

30-60s x 4times

60-90s x 1time

Recommendation: Massage the direction of each muscle from the middle to the sides, from top to bottom. Large muscle groups can follow the muscles.



Leg

Massage Position

Biceps femoris muscle

Semitendinosus

Semimembranosus

Gracilis

Short-receiving muscle

Long-receiving muscle

Rectus femoris

Vastus laeralis muscle

Medial vastus muscle

Sartorius

Tensor fasciae latae

Duration

20-30s x 3times

20-30s x 3times

20-30s x 3times

10-15s x 2times

10-15s x 2times

10-15s x 2times

30-45s x 2times

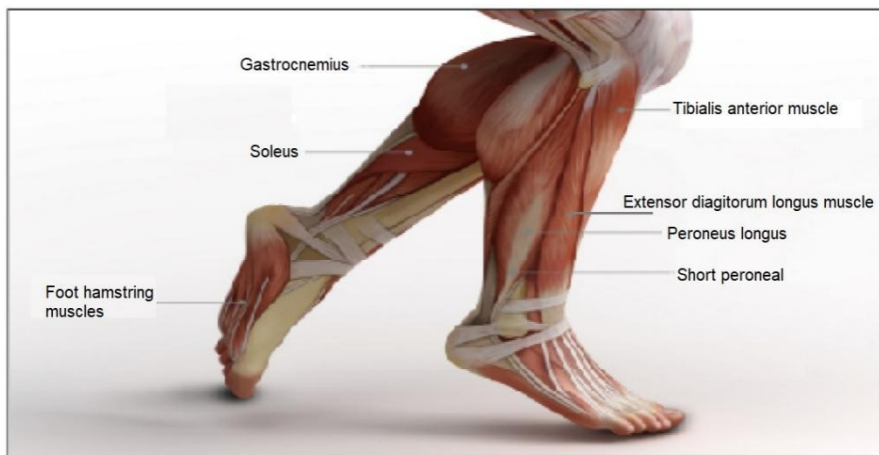
30-45s x 2times

30-45s x 2times

30-45s x 1time

15-20s x 2times

Recommendation: Massage the direction of each muscle from top to bottom



Foot

Massage Position

Gastrocnemius
Soleus
Tibialis anterior muscle
Peroneus longus
Short peroneal
Foot hamstring muscles

Duration

20-30s x 3times
20-30s x 3times
20-30s x 3times
10-15s x 2times
10-15s x 2times
10-15s x 2times

Recommendation: Massage in the direction of each muscle from top to bottom.

BATTERY DISPOSAL

If the massage gun is to be disposed the batteries should be removed from the appliance before it is scrapped. The massage gun must be disconnected from the charger when removing the battery. The battery should be disposed safely. Used batteries should be taken to a recycling facility and not disposed with normal household waste.

IMPORTANT: Always fully discharge the batteries before removal and ensure the charger is disconnected from mains power.

TECHNICAL SPECIFICATIONS

Model no.	ITGM-07
Working time	Up to 2 hr
Charging time	Approx.2.5hr
Input	5V d.c. 1A
Battery type	Rechargeable li-ion battery, 1500mAh, 3.7V x2 cell

12 Month Warranty

Thank you for your purchase from Kmart.

Kmart Australia Ltd warrants your new product to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

Kmart will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. Kmart will bear the reasonable expense of claiming the warranty. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre on 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or alternatively, via Customer Help at [Kmart.com.au](https://www.kmart.com.au) for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to our Customer Service Centre at 690 Springvale Rd, Mulgrave Vic 3170.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.