

anko

Hot & Cold Massage Gun Instruction Manual



AK-MG01

Rev 01

To ensure proper operation of this device, please read this instruction manual carefully before using the device and keep it for further reference.

IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

WARNING

- 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.

IMPORTANT SAFEGUARDS

- **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 are recovering from an 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, discolored 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 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.

IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

- 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 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, or excessive dust.

VERY IMPORTANT

- Only use the USB cable 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.
- This appliance contains non-replaceable batteries.
- 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 of.
- 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.
- Never reach or touch an appliance which has fallen into water.

IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

- **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 the 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.
- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.

ADDITIONAL WARNINGS & USAGE TIPS

- **DO NOT** touch the mouth of massager when massage head is not installed.
- **DO NOT** massage one area for more than 1 minute at a time. 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.
- Use heated surfaces carefully. May cause serious burns. **DO NOT** use over insensitive skin areas or in the presence of poor circulation.
- **DO NOT** apply the massager to the head or any skeletal parts of the body. Use the appliance only on soft tissue parts of the body.
- **DO NOT** use if bruising is present in massage areas or if there are signs of pain or discomfort.
- Keep your fingers, hair, or 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.

BATTERY & CHARGING WARNINGS

- **WARNING: DO NOT** recharge non-rechargeable batteries.
- **WARNING: Before charging the product, make sure your hands are dry.**

INSTRUCTIONS FOR USE

ATTACHMENTS

COLD COMPRESS MASSAGE HEAD

Delivers cooling relief to reduce inflammation, numb soreness, and minimise swelling. Ideal for post-workout recovery.



HOT COMPRESS MASSAGE HEAD

Uses gentle heat to relax muscles, improve circulation, and ease stiffness. Suitable for sore areas.

To activate the heat, hold the On/Off button until the red light illuminates.

To turn off, long press the On/Off button.

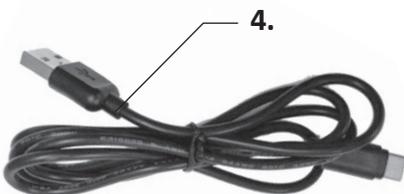


NOTE:

1. Limit Heat Exposure: Do not apply the heated massage head to one area of skin for more than 1 minute continuously. Prolonged exposure may cause burns or skin irritation.
2. Do not use over insensitive skin areas or in the presence of poor circulation.
3. Do not use on broken, irritated, or sunburned skin.
4. Discontinue use immediately if you experience pain, redness, or blistering.

FUNCTIONS

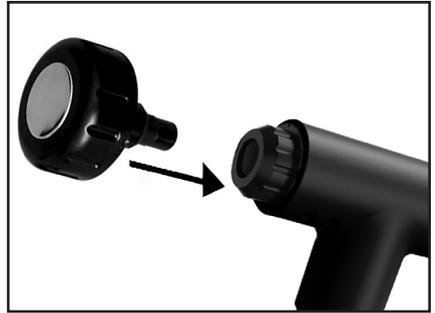
1. On/off/power button
2. Speed indicator LED
3. Charge socket
4. USB charging cable



INSTRUCTIONS FOR USE

USING YOUR MESSAGE GUN

1. Select the desired massage head and push firmly into the socket on the front of the massager.
2. Press and hold the power On/Off/Power level button for 3 seconds to turn the device on.
3. Pressing the On/Off button again will cycle through the power levels.
4. Gently move the massage head over the part of the body you wish to massage at first, then gently apply more pressure as desired. If you are a first time user it is recommended that you start on power level 1 and press gently.
5. A long press on the on/off/power button for 3 seconds will turn the massager off.
6. The product cannot be used while charging.



PERCUSSION BOOST

The AK-MG01 massage gun features 6 pre-set speed levels, selectable via a single-button control. Each level delivers a consistent base RPM tailored to different recovery needs.

- When the massage head is not in contact with the body, the motor runs at the idle base speed.
- As you apply pressure to your muscles, the device automatically boosts speed and intensity, delivering deeper, more targeted relief.
- When the pressure is released or the device is lifted away, it smoothly returns to the idle base speed.

STALL PROTECTION

If percussion gun stops due to excessive force, unit will stop working. LED flashes white to indicate a stall and the unit powers off automatically. Press and hold the power On/Off/Power level button for 3 seconds to turn the device on.

This safety feature prevents motor damage. Avoid sustained excessive pressure.

DO NOT use the product continuously for more than 15 minutes. If used for over 15 minutes, it will trigger the Auto Shut Off. Please wait for at least 30 minutes before reusing.

INSTRUCTIONS FOR USE

CHARGING YOUR MASSAGE GUN

1. To charge the product, plug the charging cable into a USB socket and connect the cable to the charging USB-C port.
2. Once the charging cable is connected, the LEDs will illuminate and flash.
As soon as the device is fully charged the LEDs will stop flashing.
3. Once the product is fully charged, disconnect it from the power supply.



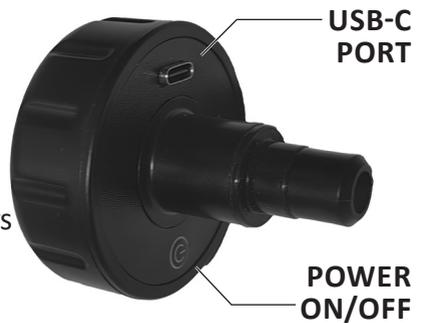
Note: It might take approximately 3.5–4 hours to fully charge the battery. The battery run time will depend on what pressure level has been used.

WARNING: USB adaptor approved for use in Australia and New Zealand must be used to power this unit. The output of the USB power adaptor must not exceed 5V, 1A.

Note: The massage gun has overheat protection when charging. Charging will terminate if this is triggered. If this occurs, ensure you are using an appropriate USB adaptor. The charging will continue when the unit has cooled down.

CHARGING THE HOT COMPRESS MASSAGE HEAD

1. To charge the massage head, plug the charging cable into a USB socket and connect the cable to the USB-C port on the massage head.
2. When charging, the indicator light is red. The light will turn off when fully charged.
3. Charging time is approximately 1.5 hours for a full charge. Once it is fully charged disconnect it from the power supply.



MAINTENANCE

TO CLEAN

- Be sure to unplug the unit and allow it to cool before cleaning. Use a soft, slightly damp cloth to wipe.
- **NEVER** allow water or any liquids to come into contact with the appliance.
- This product has an internal, non-replaceable lithium battery. This battery is not user-serviceable. Please dispose in accordance with local, state, province, and country regulations.

TO STORE

- Store this unit in its box or a cool, dry place.
- **DO NOT** hang the unit by the power cord.

WARNING: All servicing of this unit must be performed by authorised personnel only.

BATTERY DISPOSAL



At the end of the appliance's life, it must be disposed of correctly.

- Contact your local waste management authority for more information on Battery Recycling and disposal regulations in your area.
- Do not dispose of electrical appliances or batteries as unsorted municipal waste; use separate collection facilities.
- Contact your local council for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
- Please contact your local council or regional authority for more information on the collection, reuse, and recycling programs.

12 MONTH WARRANTY

Thank you for your purchase.

Your new product is warranted 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.

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

We will provide you with your choice of a refund, repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business 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 as listed below, for the entity you purchased this product from, for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to the respective Customer Service Centre.

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.

MADE IN CHINA

CUSTOMER SERVICE:

KMART AU: 1800 124 125

KMART NZ: 0800 945 995

TARGET AU: 1300 753 567