

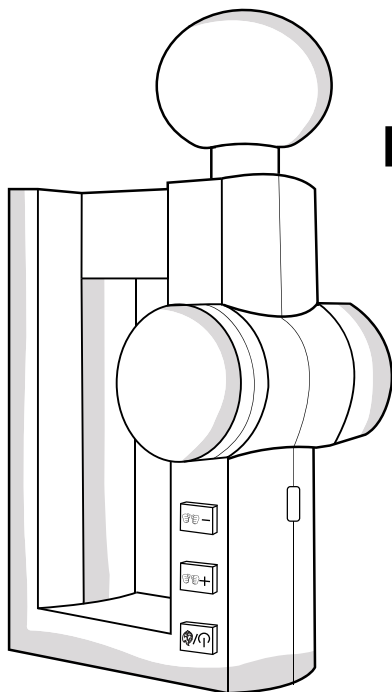


MISURA

MB2

USER MANUAL

ENGLISH



MASSAGE GUNS

WITH DEEP
THERMAL
REGENERATION
FUNCTION

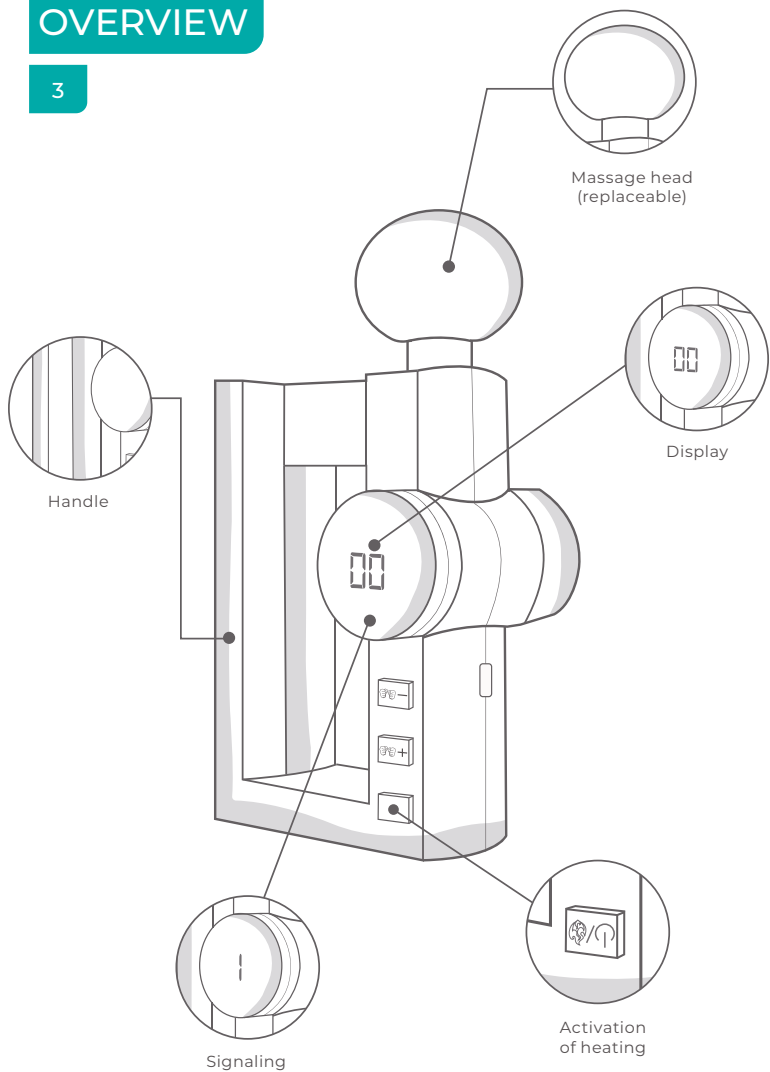
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OVERVIEW

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LIST OF PARTS

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1. Device (1)
2. Type C charging cable (1)
3. Operating Instructions (1)
4. Ball head (1)
5. Fork head (1)
6. Spiral head (1)
7. Flat head (1)

SPECIFICATION

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Input parameters	DC 5 V, 2 A
Speed	3200 rpm
Battery power supply	7,4 V 1800 mAh

INTRODUCTION

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The MISURA massage gun with heat massage function is a handheld muscle care device that helps you manage everyday stress and muscle pain. This full body massager is suitable for professional and private use. The MISURA massage gun reduces muscle pain after exercise, relieves stress, relaxes tense muscles and relieves pain. Massage guns are used by doctors, chiropractors, trainers and physiotherapists for various physical treatments. It promotes blood circulation and lymph flow in the muscles.

The MISURA massage gun has several speed settings so you can adjust the ideal vibration strength for targeted relief.

It's small, quiet and powerful, so it can be used virtually anywhere:

- In the gym before, during and after training to increase performance, against muscle pain.
- At work, for relaxation during long shifts.
- In the car, train or plane to reduce stiffness and muscle pain.

ADVANTAGES

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The MISURA massage gun uses the effect of percussion therapy, also called vibration therapy. The same technology is also used in physiotherapy, sports training and chiropractic.

Percussion therapy has been shown to have the following effects:

- It increases blood flow to the treated muscle groups and reduces the level of lactic acid in these areas.
- Increases range of motion and relieves tension and stiffness.
- It prevents pain signals from reaching the brain, so that the treated person not only moves better, but also feels better.
- They reduce inflammation by expelling extracellular fluids, such as synovia.
- Facilitates an increase in athletic performance.
- It relieves pain and improves the supply of nutrients and oxygen to the body.

- It speeds up recovery after exercise and reduces the likelihood of injury.
- Improves the overall condition of the soft tissues of the body.
- Prevents inflammation caused by adhesions between fascia and muscles.

These findings are based on a number of professional studies on percussion therapy. A doctor should be consulted before percussion therapy.

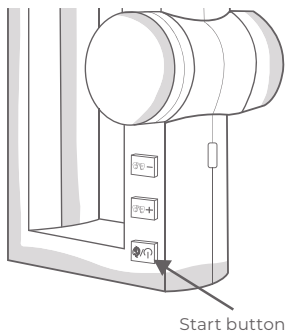
USAGE

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1. On/off

To switch on the machine, press and hold the Start button for three seconds. The display will show „00“. Press the Start button again to start the heat source function.

Once the machine is switched on, press the plus (+) button to start the massage function. Then press plus (+) to increase the intensity or minus (-) to decrease it.



2. Force setting

The instrument starts with a zero force setting.

Press the + or – button to increase or decrease it by one degree.

The maximum setting is 32.

Grade 1 corresponds to a speed of 1650 rpm.

Each additional gear increases the speed by 50 rpm.

The highest gear 32 corresponds to a speed of 3200 rpm.

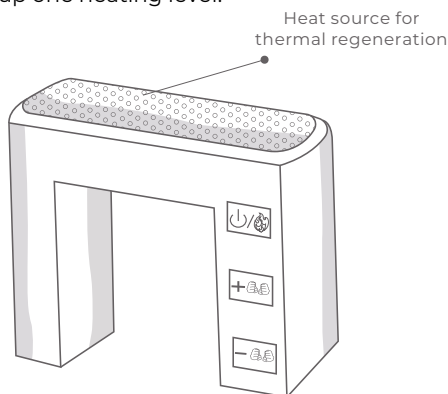
3. Temperature setting

The maximum heating level is 4.

Press the Start button to switch up one heating level.

- Level 1 = 40 °C
- Grade 2 = 45 °C
- Level 3 = 50 °C
- Level 4 = 55 °C

Pressing the Start button again switches off the heating.



MESSAGE HEAD

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The MISURA massage gun is equipped with various massage attachments that speed up healing in different situations.

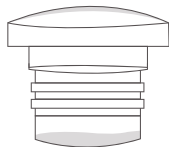
The following titles are available:

1. Flat head

The flat massage head is suitable for large flat muscle groups of the back, abdomen and arms.

It is also used for myofascial relaxation.

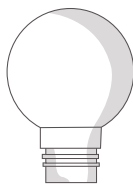
Tense muscles can harden. Myofascial relaxation relieves this stress.



2. Ball head

This head is one of the most commonly used attachments and is used to treat large muscle groups in the body.

It is suitable for large and medium-sized muscle parts.



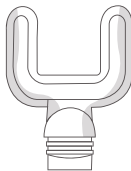
3. Spiral head

This massage head is used for deep tissue massage in areas such as feet, joints, palms, tendons and plantar fascia.



4. Fork head

This massage head is often used for the spine and Achilles tendon area. It provides a deeper massage than other massage heads.



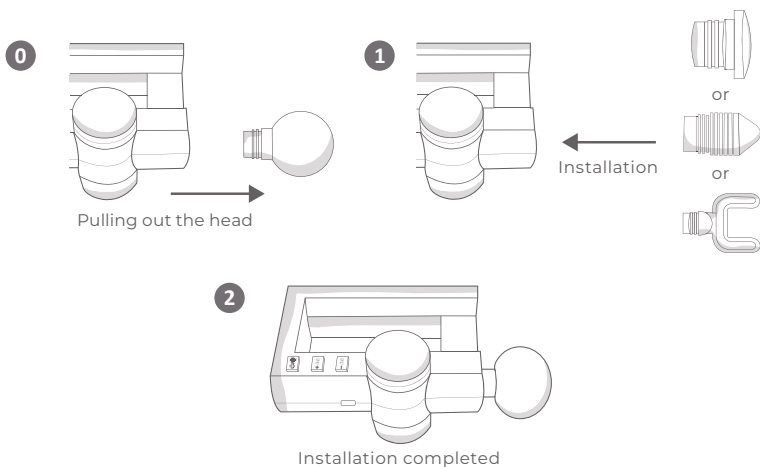
REPLACEMENT OF MESSAGE HEADS

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To fit a new message head, follow the instructions below:

1. Release the attached message head.
2. Select the correct head for the desired body part.
3. Put the new message head on the gun.

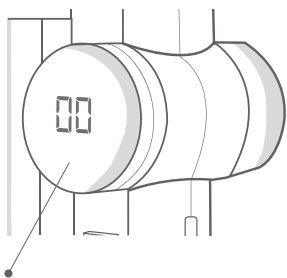
Note: Make sure the message head is properly attached to avoid injury.



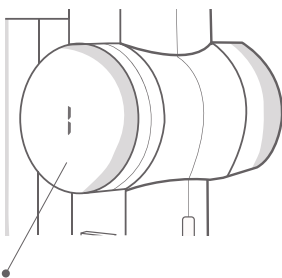
DISPLAY AND SIGNALLING

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The display will show the current gun settings. After switching on, „00“ is displayed. The indicator light flashes when charging.

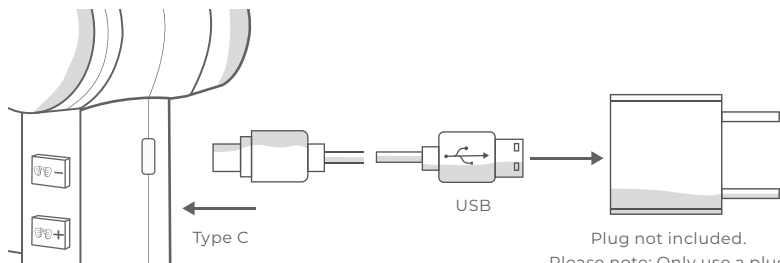


Display



Light indication

Fully load the gun before first use. The signal light flashes while the device is charging and remains on continuously when fully charged. Charging time is approximately 4 hours. A USB charging cable is included.



Plug not included.
Please note: Only use a plug
with 5V/2A ratings.

Read all safety instructions before using this device.

To reduce the risk of electric shock, fire, injury or other damage, the MISURA Massage Gun must be used in accordance with the following safety instructions:

- This product may only be used by adults.
- If in doubt, consult a physiotherapist or doctor.
- Do not use the massage gun on the same muscle group for more than 60 seconds at a time.
- Use the massage gun only on dry skin, never wet. The massage gun can be used over clothing.
- Use the MISURA massage gun only on soft muscle tissue with the correct attachment.
- Never use the massage gun on the head, bony areas or sensitive parts of the body.
- Using the massage gun should not cause pain or discomfort.
- Improper use of the massage gun can cause bruising. In this case, treatment must be stopped immediately.
- Use only the heads for the recommended muscle groups.
- Do not insert any objects into the ventilation hole of the massage gun.
- Never allow the vent to come into contact with water or other liquids.

NOTICE

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Like all therapies, vibration therapy carries some risk. Consult your physician before using a massage gun. Especially if you are currently suffering from any of the following health problems:

- **Broken bones:** Do not use the massage gun near broken bones. Use in the area of the fracture only after a doctor has confirmed that the bone has healed and that the pressure of the massage will not damage the newly healed bone.
- **High blood pressure:** Vibration massage exerts pressure and leads to increased blood flow, which raises blood pressure. If you have blood pressure problems, check your blood pressure before and after the massage.
- **Heart problems:** Some doctors do not recommend any massage if you suffer from heart problems. Consult your doctor.
- **Pregnancy:** During pregnancy, the massage gun should only be used on the upper body and only after consulting a doctor.
- **Skin infections:** Do not use the massage gun on areas that have been damaged by a skin infection, as this can lead to further injury to the affected area.

- Avoid constant connection to the charger. This increases the likelihood of damage to the battery.
- To clean the massage gun, dry the device with a soft, dry cloth.
- Do not start the engine while the massage gun is charging.
- When not in use, store the massage gun in its case.
- Do not expose the charger (adapter) to shock.
Do not use a damaged charger (adapter), it may cause damage to the device without warranty repair!
- Remove the battery when disposing of the device.
- Switch off the device before removing the battery.

Thank you for your purchase.
If necessary, contact us at:

Manufacturer/Importer

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We are not liable for any typographical errors.