

USER MANUAL

ENGLISH

**MBI**Pro

PERCUSSION  
MASSAGE DEVICE

## ABOUT US

MISURA promotes healthy lifestyle through quality products and thus advances the standard of living of its users.

Exercise and sports activity undoubtedly contribute to our physical and mental well-being. Physical exercise should also be followed by relaxation and a thorough regeneration of strained muscles. In today's hectic times, there is sometimes no time for this and the result can be excessive muscle fatigue, tension and sometimes unpleasant pain.

MISURA brings a solution in the form of the MISURA MB1Pro massager. It is a handheld massage device that applies concentrated pressure pulses deep into the muscle tissue. These pressure pulses eliminate muscle knots, helping to relax muscles, improve circulation and rapidly increase range of motion. Proper use of the massage device can quickly reduce recovery time after exercise while reducing muscle tension and potential pain.

**MISURA – A TAILOR MADE SOLUTION!**

## PRODUCT INTRODUCTION

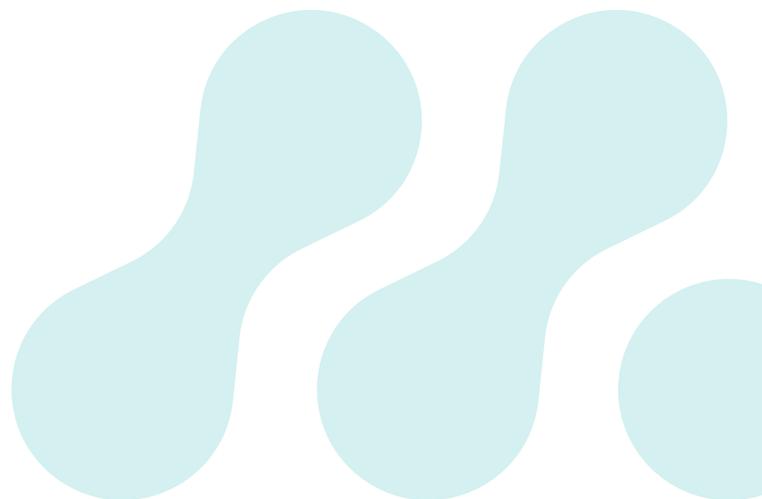
The MISURA Massager is designed and developed in collaboration with a team of physiotherapists, spinal therapists and ergonomics professors. Professional athletes were also invited to test the product. The unique functions and features of the product are constantly tested in order to achieve the optimal performance of the device, providing customers with the most effective form of muscle recovery and a professional massage experience.

The MISURA MB1Pro massage device uses pulsating vibrations to help increase overall body performance. The handheld massager is made from high quality components providing just the right amount of vibration.

The handheld massager is suitable for all age groups. It is ideal for improving overall body performance, accelerated recovery, increased range of motion, comfort, and thus improving overall well-being.

## CATALOGUE

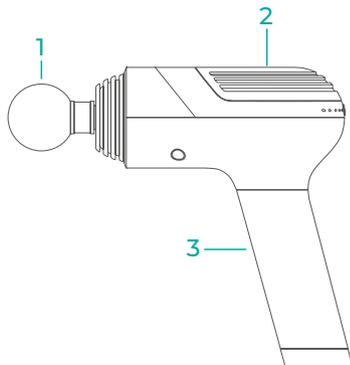
STRUCTURE .....	1
PARAMETERS .....	2
FUNCTION .....	3
ADVANTAGES .....	4
CHARGING .....	9
MAINTENANCE & CLEAN .....	10
SAFE INSTRUCTIONS .....	11
WARNINGS .....	12
CAUTIONS .....	12
WARRANTY .....	13
LEGAL DISCLAIMER .....	14
QUESTION & ANSWERS .....	15



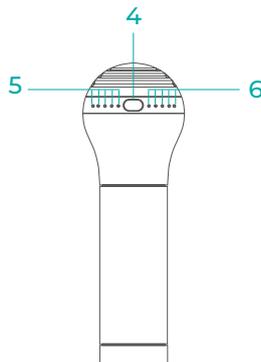
# STRUCTURE

1

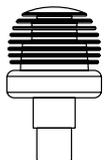
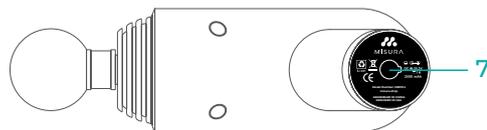
Side View



Back View

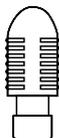


Bottom View



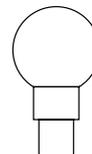
**Air Cushion Head**

Exclusive patented design, suitable for bones of various parts of the body



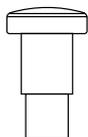
**Spiral Head**

Suitable for impacting deep tissues such as meridians, joints, palms, soles of feet



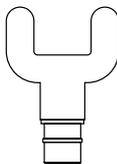
**Ball Head**

Suitable for impacting deep tissues such as meridians, joints, palms, soles of feet



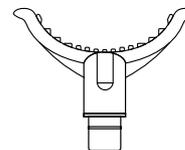
**Flat Head**

Suitable for relaxation and shaping of various muscle parts



**Fork Head**

Suitable for massage neck, spine, Achilles tendon

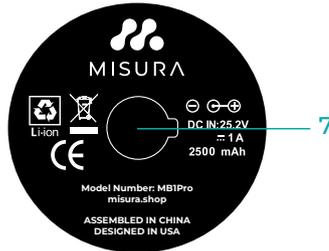


**Semiarc Head**

Suitable for massage neck, spine, Achilles tendon

## PARAMETERS

2



1. Removable, replaceable applicators. Pull firmly to remove
2. High speed brushless motor
3. Hand grip with batteries (25,2V DC/-1A)
4. Power switch
5. Battery level indicator LED (blue)
6. Frequency level indicator LED (blue)
7. DC charging port

Item Model Number	MB1Pro massage device
Item Weight	1,1 kg
Item Dimensions	25 × 7,5 × 22 cm
Package Weight	2,3 kg
Package Dimensions	35 × 9,7 × 24,5 cm
Noise Levels	35dB
Batteries	6 Lithium ion batteries required (included)
Charging Time	2-3 hours
Battery Life	8 hours
Auto-power off	Yes
Auto-power off Time	10 Min
Materials	ABS, Silicone, Foaming, etc.
Included Components	1*Massage Gun, 6*Massage Heads, 1*AC Adapter, 1*Manual
Treatment Levels	Deep Percussion, Strong Pressure

## FUNCTIONS

3

Muscles may feel stiff and sore after exercise and limbs may feel heavy and weak. The cause lies in the „fascia“ – the fascia is the soft tissue (the blanched muscle sheath) that encases and connects muscles and tendons. Intense exercise, lack of stretching and loosening of the muscles or poor posture can cause shortening or rupture and damage to the fascia and muscles. It can also reduce joint mobility and cause ‚delayed onset muscle soreness‘.

The MISURA MB1Pro product deeply relaxes the fascia, relieving the feeling of tension and pain. The MISURA massager relaxes the deep muscles with powerful high frequency vibration stimulation, penetrates the fascia, rapidly breaks down the lactic acid produced after exercise, relaxing tight and stiff muscle tissue. By massaging the nodal points and muscles, muscle adhesions are prevented, fatigue and pain are relieved, and overall muscle discomfort is alleviated.

The MISURA MB1Pro handheld massager is an advanced massage device. It performs deep and powerful vibration stimulation, relaxes fascia, eliminates stiffness and tight muscles, resulting in the following benefits:

- Accelerates muscle growth.
- Strengthens muscle flexibility.
- Helps accelerate muscle recover.
- Relaxes and reduces lactic acid in the body.
- Improves and expands range of motion.
- Reduces pain associated with soft tissue damage.
- Reduces the incidence of delayed onset muscle pain.
- Improves blood flow.



## ADVANTAGES

4

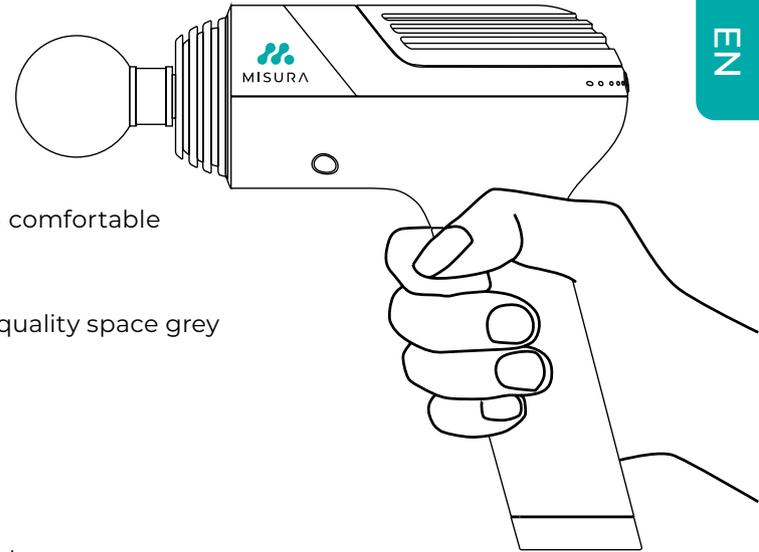
### Modern T-shaped design

The slim, innovative and ergonomic non-slip handle allows a comfortable and ergonomic grip.

The attractiveness of the product is underlined by the high-quality space grey design, which is enhanced by the clean T-shaped lines.

### Great power right down to the body

Thanks to its precise internal balancing, the MISURA MB1Pro has a power output of up to 3,200 rpm with very low energy consumption. This powerful energy source hits muscle groups up to 12 mm deep. It quickly dissolves lactic acid created by physical exertion, stretching every muscle cell, bringing relief deep into the entire body.



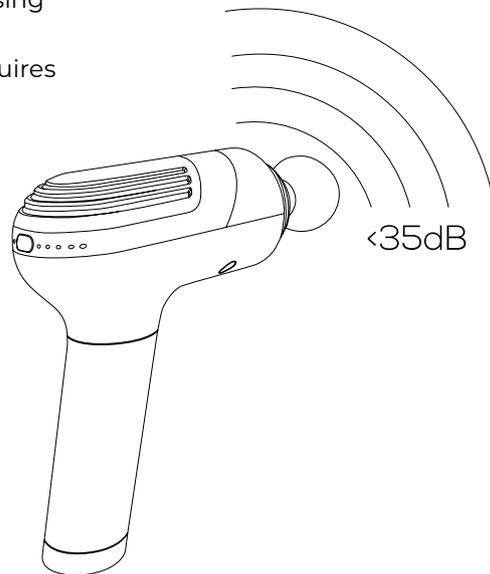
EN

### **Five gears and intelligent pressure sensor technology**

The device is scientifically designed with the specific needs of its user in mind. The variable five-speed frequency and the intelligent vibration pressure sensing mode adapt perfectly to the individual needs of its users. Whether it's an everyday, soothing and relaxing massage or a professional's care that requires a deep, intense massage, you will always find the right amplitude.

### **Quiet operating mode. Enjoy the moment of relaxation**

The high-end brushless motor features a new generation of noise reduction technology that regulates noise to just 35 decibels. This guarantees quiet operation wherever you choose to use the device. Whether in the gym, locker room or in the quiet of the office or home, for example. In silence, let your fatigue subside and give your body and mind a relaxing and peaceful recovery.



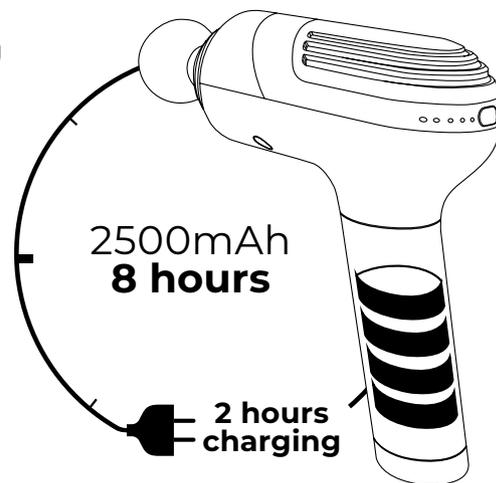
### **Lithium battery with long 8 hours of battery life**

The MISURA MB1Pro massager is equipped with a 2500 mAh li-ion battery. Thanks to it, the device can work for up to 8 hours. With the fast charger, a full charge takes 2 hours.

High efficiency and power saving mode allows the device to be used continuously in first gear mode for approximately 36 days without charging (with normal daily operation of 10 minutes per day).

### **Smart Shutdown function**

The duration of use of the massager varies according to different parts of the body. To prevent too much massage time on one part of the body and possible damage of muscles and bones, the massager is equipped with a Smart Shutdown time function. It automatically stops after 10 minutes of continuous use. This protects your body and extends the lifecycle of the device.



### Suitable for everyone thanks to variable adjustment

Our MISURA MB1Pro massager is suitable for back, shoulder and neck pain caused by prolonged sitting in the office, carrying heavy objects and long distance travelling. It is also suitable for athletes. The MISURA MB1Pro device is an excellent addition to health care, for loosening stiff muscles, relaxation and regeneration and body shaping.

### Lightweight, compact and ideal for travel

The combination of rubber, ultra-light fibreglass, lightweight and high-performance motor ensures the product is compact and surprisingly lightweight. The device and all its accessories are stored in a practical waterproof case that protects the equipment from external influences and dirt. This allows you to keep your MISURA MB1Pro with you at all times, even on your travels.



## EASY OPERATION

8

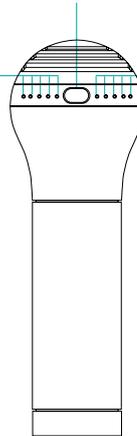
EN

Once the device is fully charged, switch on the device by long pressing the On/Off button, then the device will remain at the first speed level, followed by a second short press to level two, a third short press to level three. In the same way, you can set to speed four or five. The blue LEDs light up indicate the corresponding power level. When the massage is finished, long press the On/Off button again and switch off the device. Massage the desired body part at the given speed and apply pressure as required. Most importantly, our product has an integrated Smart Shutdown system that automatically shuts down the device after 10 minutes of operation. It's great protection for your body as well as the device.

Long press for power switch/short press for frequency adjustment

Battery indicator

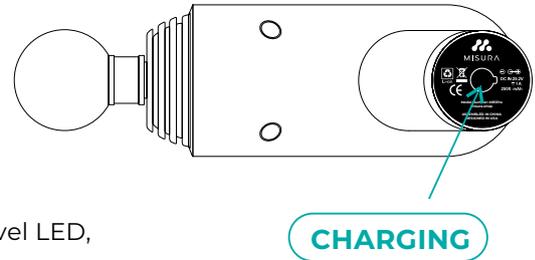
5 Speeds frequency indicator



## CHARGING

9

- Charge the battery fully for approximately 2 hours before using it for the first time.
- Connect the DC adapter to the charging port and plug in the charger cable into the wall socket.
- The battery LED strips show the battery charge level and indicate active charging.
- With a connected battery, the LEDs on the unit flash to indicate the status of the battery and indicate active charging.
- A full charge is indicated when all LEDs have stopped blink and remain steadily lit.
- The battery can be recharged at any time at any charge level.
- It is not recommended to fully discharge the battery to the red LED level LED, which significantly shortens the battery life.
- The average battery life is up to 8 hours based on the speed of the stage one. Battery life decreases when using a higher speed grade.



### WARM TIPS

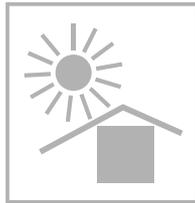
The device should be kept fully charged even when not in use. This helps to extend the battery life of the device. The battery can last approximately 2 years on a full charge. However, we recommend checking the battery every six months and recharging it fully if necessary.

## MAINTENANCE AND CLEANING

10

EN

- Clean the device with a slightly damp towel and then dry it with a soft cloth.
- For storage or travel, use the carrying case included with the product.
- Store in a dry, well-ventilated and easily accessible place. Do not stack.
- If you will not be using the unit for a long period of time, you should unpack, check and recharge it every six months.
- The product is suitable for transportation by car, train, ship and air.
- The product should be stored during transportation to avoid exposure to strong vibration, collisions, tipping, falling, and excessive humidity.



## SAFETY INSTRUCTIONS

11

To reduce the risk of electric shock, fire or personal injury, this product must be used in accordance with the following instructions.

- Adult use only.
- Use only on a dry clean body surface or over clothing by gently pressing and moving over the body for approximately 60 seconds in each area.
- Use the massager only on soft body tissue as needed without causing pain or discomfort.
- Do not use it on the head or on hard or bony areas of the body.
- Use the heads that give the best desired effect on the specific muscle area.
- Bruising may occur regardless of the control setting or pressure applied. Check frequently treated areas and stop the device immediately at the first sign of pain or discomfort.
- Keep fingers, hair, or other body parts well away from the shaft and back of the applicator, as pinching may occur.
- Do not insert any objects into the ventilation holes of the massager.
- Do not immerse the device in water and do not allow water to enter the massage device vents.
- Protect the device from falling or misuse.
- Carefully check the device and battery before each use. Do not tamper with or alter the individual components of the massager in any way.
- Never leave the massager unattended when in use or charging.

## WARNINGS

12

- Do not immerse the device in water.
- Protect from liquids and heat sources.
- Protect the ventilation openings from dust and small objects.
- Do not remove screws or attempt to repair the device yourself. Any tampering with the product design will void the warranty on this product.
- Do not use continuously for more than one hour.
- Allow the device to rest for at least 30 minutes before using it again.
- Disconnect the charger from the device battery after charging or before use.
- Do not injure yourself. Consult your physician if you are uncertain about the suitability of using the device.
- Use the product only in accordance with the instructions for use provided in the product manual.

## CAUTIONS

12

**Do not use massage equipment or any vibrating device without prior approval from your doctor, if any of the following applies to you:**

Pregnancy, diabetes with complications such as neuropathy or retinal damage, heart weakness, recent surgery, epilepsy and migraines, herniated discs, spondylolisthesis or spondylosis, recent joint replacements or IUDs, metal pins or plates, or any concerns about your physical health. Fragile individuals or children should be accompanied by an adult when using any vibration equipment. These contraindications do not mean that you cannot use vibration or exercise equipment, but consult a physician first. Ongoing research into the effects of vibration exercise on specific medical disorders will likely lead to a shortening of the list of contraindications listed above. Practical experience has shown that integrating vibration exercises into a treatment plan is recommended in several cases. The exercises must be carried out on the advice and with the assistance of a physician or other specialist or physiotherapist.

## WARRANTY

13

The warranty runs from the time of purchase. If the product fails due to defects in materials or design process within 24 months, the Company will repair or replace the defective parts or replace new products free of charge, except for the following:

- Misuse or damage to the equipment caused by shipping.
- Unauthorized disassembly or repair of this equipment.
- Failure to follow the instructions for use.
- Product is damaged due to unusual storage or maintenance environment of the customer.
- If proof of purchase is not provided, the company reserves the right to refuse warranty.

## LEGAL DISCLAIMER

14

EN

If you suffer from any of the conditions listed in the Cautions section, always consult your physician when using MISURA MB1Pro.

The MISURA Store Ltd. is not a licensed health care provider and represents that it has no expertise in diagnosing, investigating or treating medical conditions of any kind or in determining the effect of any particular exercise or therapy on any medical condition. There is a possibility of physical injury when participating in any exercise or therapy. If you engage in such exercise or therapy, you agree to do so at your own risk, voluntarily participate in these activities, and thereby assume all risk of injury to yourself. By doing so, you also agree to release any and all claims, known or unknown, against MISURA Store Ltd. arising out of negligence or misuse of the product.

You must be 18 years of age or older. If you experience severe pain or discomfort, stop using the device immediately. Any exercise program, including this one, may result in injury. Consult a physician before starting this or any exercise or therapy program. The manufacturers, distributors, suppliers and dealers disclaim any liability for any losses in connection with the information, exercise demonstrations or instructions contained herein.

Copyright 2021. MISURA Store Ltd, 24 month limited warranty. Validity of Terms and Conditions.

## QUESTION A ANSWERS

15

### **Q1: How does the massager work?**

**A:** The MISURA MB1Pro massage device relaxes fascia and stiff and tight muscles. Thanks to the stimulation of the deep and strong vibrations, it relaxes tight soft tissues, promotes blood circulation and quickly dissolves lactic acid produced after exercise, which significantly reduces muscle recovery time. At the same time, it can eliminate pain, reduce muscle adhesion, reduce tissue inflammation, accelerate wound healing and prevent sports injuries.

### **Q2: Can I change the battery? How do I use the battery properly? What is the battery lifecycle?**

**A:** The device uses high quality 18650 lithium batteries. The battery is rechargeable and therefore cannot be replaced separately. Do not disassemble or replace the battery without the assistance of a technician. The run time is up to 8 hours after a full charge. To prolong battery life, keep the following in mind:

1. Charge the battery for 2 hours before first use to fully charge the battery.
2. When the battery is 90% depleted, it must be recharged.
3. When the product is not in use, fully charge it.

In case of persistent battery problems, contact technical support at [www.misura.shop](http://www.misura.shop).

### **Q3: Massagers on the market look similar. How do I compare the forces that impact for deeper stimulation? What is the amplitude? What is the depth of the amplitude?**

**A:** The MISURA MB1Pro is an excellent deep tissue massager. It features a rotating dual bearing design that delivers strong and sharp force. High-speed pulses 3,200rpm can penetrate muscle groups up to 12mm deep and quickly break down the lactic acid produced after exercise for a comfortable experience right in the muscle depth.

**Q4: What is the correct way to insert accessories into the device?****What are the recommendations for different accessories?**

**A:** The MISURA MB3 includes six professional massage heads to adapt to every part of the body. You can use the respective massage heads according to your own needs. Proper massage head installation method: pull/install the head while turning the massage head slightly to pull/install it, do not pull/install it directly. Please refer to our user manual for specific instructions.

**Q5: What speed options does the massager have? How do I select the correct speed?**

**A:** You can adjust the intensity of the massage according to your preference of frequency and torque, which provide deep tissue muscle relief. The massage should not be painful, so choose the pulse frequency to suit your current need.

**Q6: I can't stand loud noises, what is the noise/damping level of this massager?**

**A:** The MISURA MB1Pro Massager uses a brushless motor equipped with a new generation of noise reduction technology up to a maximum of 35 decibels. Immerse your body and mind in near silence and enjoy a peaceful moment of relaxation.

**Q7: Does this massager have a timing function?**

**A:** The MISURA MB1Pro Massager is equipped with Smart Shutdown timing protection. It stops automatically after ten minutes of continuous use. This ensures safe operation, both in terms of health protection and the lifecycle of the device.

**Q8: When can I use the massager?**

**A:** It depends on the situation. Use the MISURA MB1Pro Massager before exercising to warm up and activate muscle vitality. Using the MISURA MB1Pro during exercise can relax tight muscles. After exercise, use the MISURA MB1Pro massager to deeply massage and relax, get rid of fatigue and soreness and quickly restore vitality.

**Q9: Does the massager come with a case? How heavy is it? Is it easy to carry?**

**A:** The MISURA MB1Pro Massager weighs only 1.05 kg and comes in a high quality ergonomic and waterproof case, making it easy to carry. You can take it anywhere and enjoy a new professional massage experience at any time.

**Q10: This product does not work after purchase. What is the return policy? How do I contact the manufacturer for warranty repair/replacement?**

**A:** If the product fails within 24 months from the date of purchase due to material or design defects, we will replace it with a new product or repair it free of charge.

If there is anything else we can do for you, please do not hesitate to contact us: **info@misura.shop**



Thank you for your purchase.  
In case of need, please contact us at:

**Manufacturer/Importer:**

MISURA Store s.r.o.,  
ID: CZ264 03 714  
[www.misura.shop](http://www.misura.shop)  
[info@misura.shop](mailto:info@misura.shop)



We are not liable for any typographical errors.