

USER MANUAL

ENGLISH

MB3
MESSAGE DEVICE

ABOUT US

MISURA promotes healthy lifestyles 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 relaxation 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 MB3 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 a massager can quickly reduce recovery time after exercise while reducing muscle tension and potential pain.

MISURA - A TAILOR-MADE SOLUTION!

PRODUCT INTRODUCTION

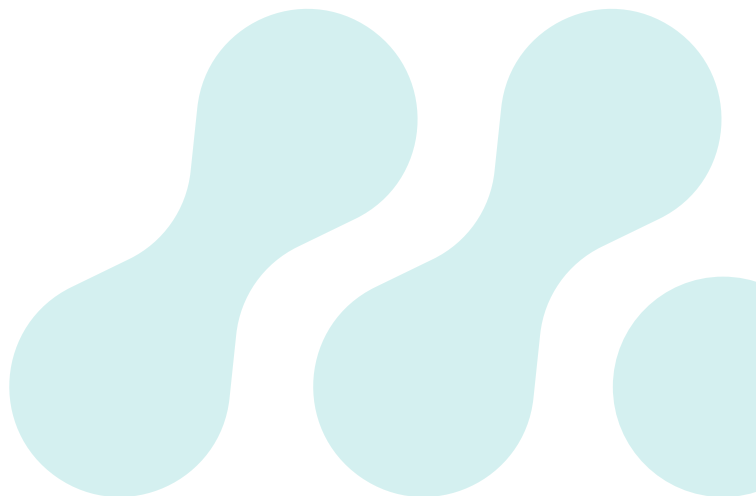
The MISURA massage device is designed and developed in collaboration with a team of physiotherapists, spinal therapists and professors of ergonomics. Professional athletes were also invited to test the product. The unique functions and features of the product are constantly put to the test to achieve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

The MISURA MB3 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.

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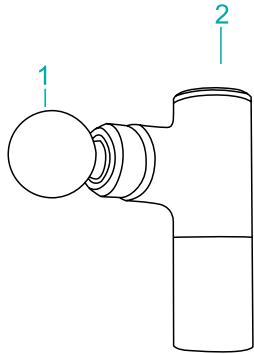
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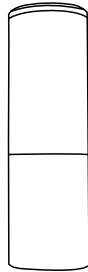
CONSTRUCTION

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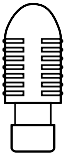
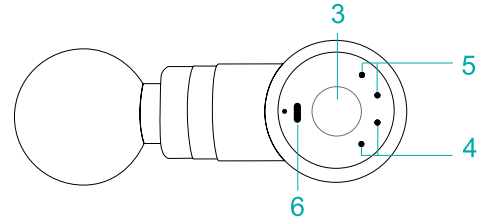
Side view



Rear view

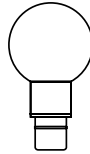


Bottom view



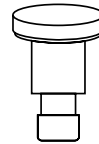
Spiral head

Suitable for deep tissue pulses such as meridians, joints, palms, feet.



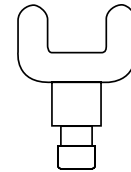
Ball head

Suitable for large muscle groups such as arms, waist, hips, thighs and calves.



Flat head

Suitable for relaxation and shaping of different parts of the muscles.

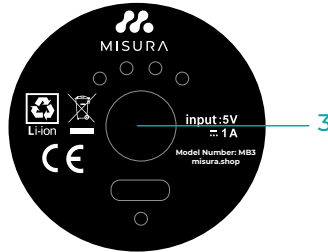


Fork head

Suitable for massage of the neck, spine and Achilles tendon.

PARAMETERS

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1. Removable, replaceable heads. Remove with a strong pull
2. High-speed brushless motor
3. On/Off button
4. Battery status indicator LED (blue)
5. Frequency level indicator LED (blue)
6. USB charging port – DV 5V/1A

Product name	MB3 massage device
Battery	Li-ion 2 000 mAh
Working time	3–4 hours
Charging time	4 hours
Speed	1,200–2,800 rpm
Levels	4 speeds
Pulses/punches	6 mm
Weight	450 g / 800 g
Dimensions	14.5 × 9 × 4.5 cm

FUNCTION

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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 sheath of the muscles) that encases and connects the 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 MB3 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 MB3 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 recovery.
- Relaxes and reduces lactic acid in the body.
- Improves and extends range of motion.
- Reduces pain associated with soft tissue damage.
- Reduces the incidence of delayed onset muscle pain.
- Improves blood flow.



ADVANTAGES

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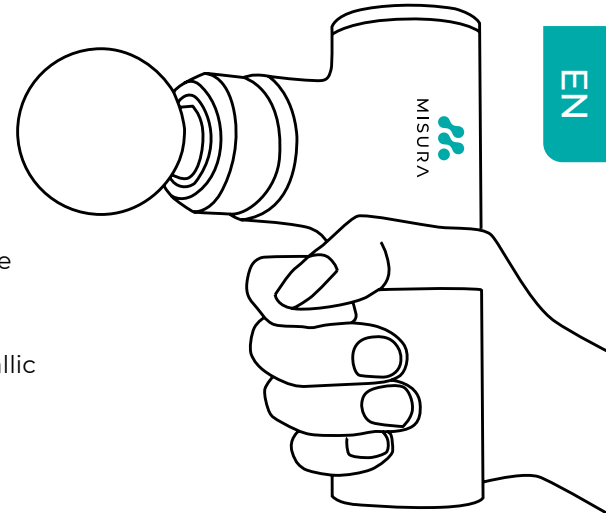
Modern T-shaped design

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

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

Great power directly into the body depths

Thanks to its precise internal balancing, the MISURA MB3 has a power output of up to 2800 rpm with very low energy consumption. This powerful energy source hits muscle groups up to 6 mm deep. It quickly dissolves lactic acid created by physical exertion, stretching every muscle cell, bringing relief deep into the entire body.



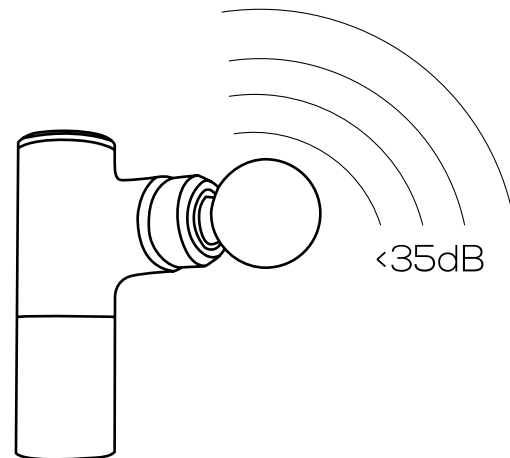
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Four-stage frequency conversion and intelligent pressure sensor technology

The device is scientifically designed with the specific needs of its user in mind. The variable four-stage frequency conversion and the intelligent vibration mode of pressure sensing 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 a 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 machine. 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 relaxation.



Longer battery life. Powerbank functions for your mobile phone

The MISURA MB3 massager is equipped with a 2,000 mAh lithium battery for energy storage with a battery life of up to 4 hours. It takes approximately 3 hours to fully charge the battery. Thanks to the unique design technology, the device achieves high performance with minimal power consumption.

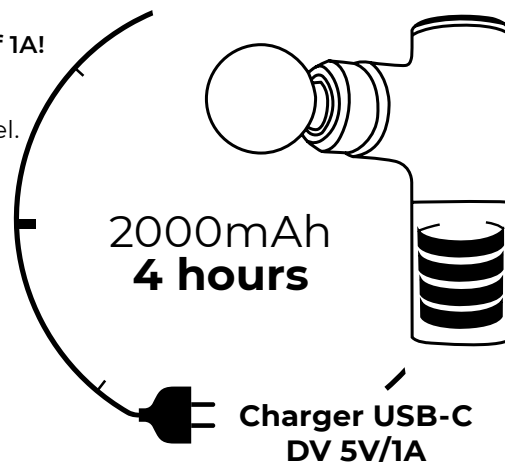
The MISURA MB3 massager can be charged using a USB-C regular phone adapter or a **DV 5V/1A** adapter (not included). In addition, the device can be used as a power bank to charge mobile phones (this feature does not apply to Apple products).

WARNING: Always use an adapter with a maximum output amperage of 1A! Otherwise, the device may be destroyed.

This unique functionality makes the MISURA MB3 the ideal device for travel.

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 to 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 prolong the life of the machine.



Suitable for everyone thanks to variable adjustment

Our MISURA MB3 is suitable for back, shoulder and neck pain caused by prolonged sitting in the office, carrying heavy objects and travelling long distances. It is also suitable for athletes. The MISURA MB3 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 MISURA MB3 massage machine weighs only 0.55 kg and is easily portable yet still retains its performance. It fits easily into any luggage and can thus be your partner on the go. So you can enjoy the massage experience anytime, anywhere.

EASY OPERATION

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SWITCHING THE SPEED LEVEL

Once the massager is turned on, the speed level can be switched by briefly pressing the On/Off button.

SMART MODE (Intelligent Pressure Sensing Technology).

1st speed level with one indicator light, start-up speed is 1,200 rpm, massage speed is 1,500 rpm.

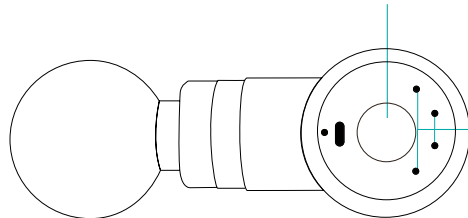
2nd gear with two indicator lights, start-up speed is 1,200 rpm, massage speed is 2,200 rpm.

3rd gear with three indicator lights, start-up speed is 1 200 rpm, massage speed is 2 800 rpm.

4th gear with four indicator lights, start-up speed is 1,200 rpm, massage speed is regulated according to pressure in the range of 1,500, 2,200 to 2,800 rpm. With this gear, you can enjoy the speed of 1st, 2nd and 3rd gear and no need to switch one by one, it is very convenient.

After the cycle of 1st, 2nd, 3rd and 4th gear, shift to gear 0. Only the power function is available at this time, there is no vibration.

Short press to toggle the switch and frequency setting

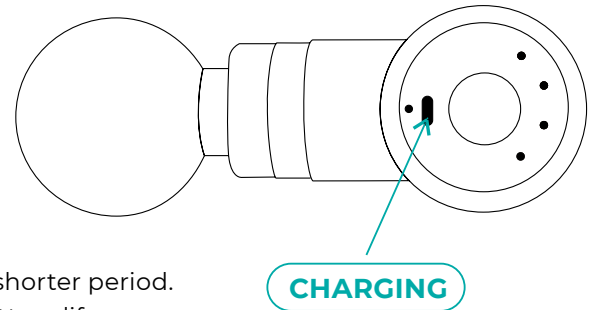


Battery indicator and four speed settings

CHARGING

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- Fully charge the battery for approximately 4 hours before first use.
- Connect the DC adapter (5V/1A) to the charging port and plug the charger cable into the wall socket.
- Once the adapter is connected, the green LED on the device will start flashing to indicate active charging.
- A full charge is indicated when the green LED stops flashing and begins to glow steadily.
- The battery can be recharged at any time at any charge level.
- It is not recommended to fully discharge the battery. Fully discharging the battery significantly shortens its life.
- operation and reducing the operating time from 10 minutes to a shorter period.
- Average battery life is up to 4 hours based on speed level one. Battery life decreases when using a higher speed grade.



TIPS

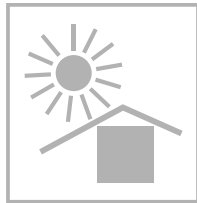
The device should be kept fully charged even when not in use. This helps to extend the battery life of the device. The battery can last approximately 2 years on a full charge. However, we recommend checking the battery every six months and recharging it to full if necessary.

MAINTENANCE AND CLEANING

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- Clean the device with a slightly damp towel and then dry it with a soft cloth.
- Store in a dry, well-ventilated and easily accessible place. Do not stack.
- If you are not going to use the device for a long 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, collision, tipping, dropping, and excessive moisture.



SAFETY INSTRUCTIONS

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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

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- 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.

NOTICE

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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

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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

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If you suffer from any of the conditions listed in the Cautions section, always consult your physician when using MISURA MB3.

The MISURA Store s.r.o. 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 s.r.o. 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 s.r.o., 24 month limited warranty. Validity of Terms and Conditions.

QUESTION A ANSWERS

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Q1: How does the massager work?

A: The MISURA MB3 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 replace the battery? How do I use the battery properly? What is the battery life?

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 operating time is up to 4 hours after a full charge. To prolong battery life, keep the following in mind:

1. Charge the battery for 4 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.

If there are persistent battery problems, contact technical support at www.misura.shop.

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

A: The MISURA MB3 is an excellent deep tissue massage gun. It features a pivoting dual bearing design that delivers strong and sharp force. The high-speed 2,800rpm pulses can penetrate muscle groups up to 6mm deep and quickly break down the lactic acid produced after exercise, giving you 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 four 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 massage gun have? How do I choose the correct speed?

A: The MISURA MB3 has four adjustable speed settings that can reach speeds of 1,200–2,800 rpm. You can adjust the intensity of the massage according to your preference of frequency and torque to 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 MB3 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 MB3 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 MB3 Massager before exercising to warm up and activate muscle vitality. Using the MISURA MB3 during exercise can relax tight muscles. After exercise, use the MISURA MB3 massager to deeply massage and relax, get rid of fatigue and soreness and quickly restore vitality.

Q9: 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**



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