

# MASSAGE GUN MBXPro

USER MANUAL ENGLISH



Model: P24MBXPROB



Whole  
Body use



Deep Tissue  
Massage



High Pressure  
Force



Exchangeable  
Battery



Rechargeable  
Lithium-ion Battery



Ultra Powerful  
Brushless Motor

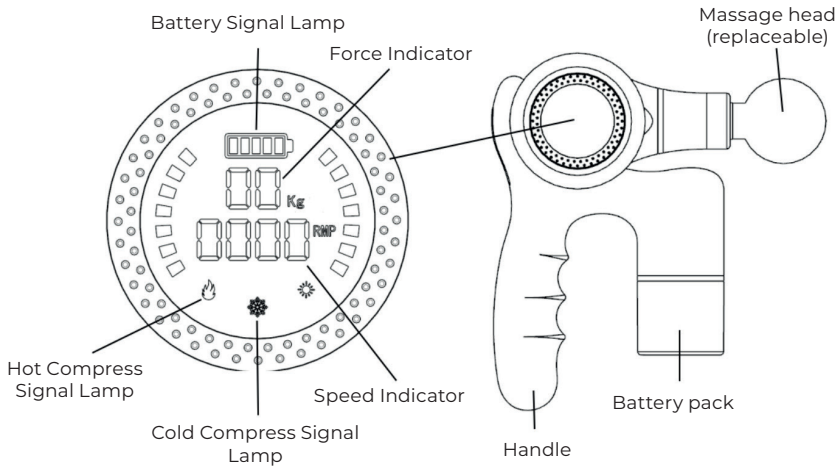


Active  
Lower noise



Heating / Cooling  
Head

## PRODUCT OVERVIEW



## PRODUCT LIST

- 1x | Massage device
- 1x | Type-C Charging line
- 1x | Instructions
- 1x | Ball Head
- 1x | Fork Head
- 1x | Semiarc Head
- 1x | Thumb Head
- 1x | Shovel Head
- 1x | Conical Head
- 1x | Air Cushion Head
- 1x | Flat Head
- 1x | Hot-cold-light head

## PRODUCT CARE

- Avoid constantly charging as it will increase the chances of damaging the battery.
- To clean, wipe the surface of the device with a slightly damp towel and dry it with a soft towel.
- Do not start the motor while charging.
- Between uses, store the massage gun in its carrying case.
- Do not drop or hit the electrical appliance (adapter). If the charger (adapter) is case is damaged, please contact the Authorized Service Center for replacement.
- Remove the battery when discarding the device.
- Power off the appliance before removing the battery.

## PRE-CAUTIONS

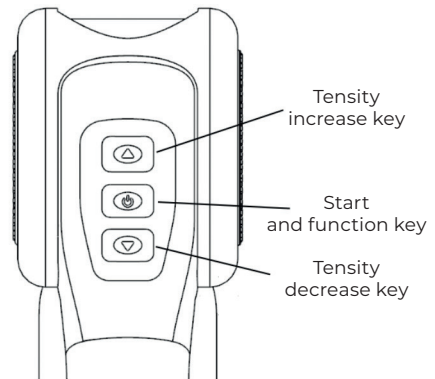
As with all therapies, vibration therapy carries some risk. Please consult your medical provider before use. This is even more important if you are experiencing the following medical issues:

- **Broken Bones:** Do not use the massage gun near broken bones. Only resume use in the area around the broken bone until your doctor confirms that the bone is mended and that the pressure of massage will not damage the newly-mended bone.
- **High Blood Pressure:** Applying vibration massage produces pressure and results in increased blood circulation. This increases blood pressure. If blood pressure is a concern, please check your blood pressure before and after using massage therapy.
- **Heart Problem:** Some medical experts advise against massage therapy of any kind if you are suffering from heart conditions. Consult your medical provider.
- **Pregnancy:** Percussive massage has been linked to miscarriage when used on the lower body. During pregnancy, the massage gun should be used only on the upper body and always with the advice of your medical provider.
- **Skin Infections:** Do not use the massage gun on areas damaged by skin infections, as this could cause further injury to the affected area.

## HOW TO USE

### On/Off

Hold the start key for three seconds to power on the device and make the device in standby condition. Then use the ▲ and ▼ button to start/increase/decrease the massage force. Click the ▲ key to start the vibration and increase the intensity and click ▼ key to decrease the intensity.



## PRODUCT PARAMETERS

**Input parameter:** DC 5V, 2A

**Maximum speed:** 3000r/min

**Battery capacity:** 12V 2000mAh

**Power consumption:** 30–80W

**Massage Depth:** 12mm

**Hot compress temperature:** 50C°

**Cold compress temperature:** 0–5C°

## INTRODUCTION

This hot-cold-light massage gun is a handheld muscle care device that helps you cope with daily stress and exhaustive exercising. This whole-body massage gun is designed for professional needs as well as for the personal use by the individuals at home. It reduces muscle pain, decreases soreness after work-outs, relieves stress, loosens tight muscles, and serves to reduce pain.

Nowadays massage guns are widely used in various physical treatments by physicians, chiropractors, trainers and physical therapists. It promotes blood flow and lymph circulation in muscles.

This hot-cold-light massage gun uses a multi-speed system to target the level of vibrational force needed for precise relief. It is strong and powerful but quiet, so it can be used virtually anywhere, including:

- at the gym before, during, and after a workout to increase performance and decrease soreness
- at work to provide relief during long shifts on your feet
- in a car, train, or plane to decrease stiffness and pain when traveling

## BENEFITS

This hot-cold-light massage gun harnesses the power of percussive therapy, also known as vibration therapy. This same technology is used in professional settings, including physical therapy, athletic training, and chiropractic offices.

### **Percussive therapy has proven effective in the following ways:**

- Increases the circulation in certain muscle groups, decreasing lactic acid in those areas.
- Increases range of motion while reducing tension and stiffness.
- Blocks pain signals from going to the brain so the user not only moves better but they also start feeling better.
- Reduces inflammation by dislodging extracellular fluids such as synovia.
- Makes it easier to push athletic performance.
- Relieves aches, pain, and improves the supply of nutrients and oxygen in the body.
- Accelerates recovery after a workout and decreases the likelihood of injury.
- Improves the overall health of the body's soft tissues.
- Prevents inflammation caused by adhesion between the fascia and muscles.

These statements are based on a body of peer-reviewed research on percussive therapy. Anyone using percussive therapy, including the hot-cold-light massage gun, should consult a medical professional.

## **SAFETY INSTRUCTIONS**

Read all safety information before using this device.

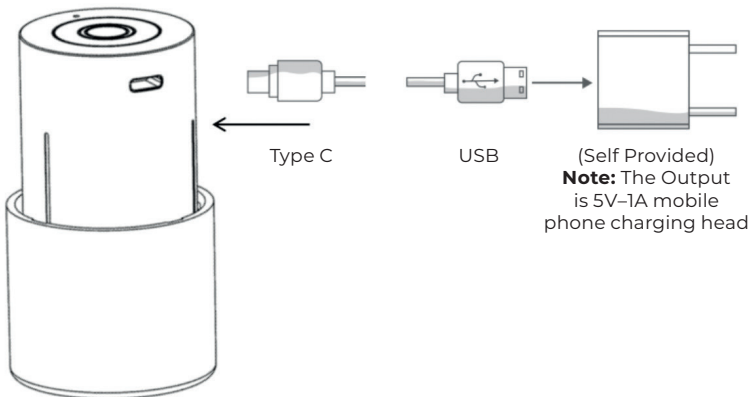
To reduce the risk of electric shock, fire, injury or other damage, This massage gun must be used according to the following safety instructions:

- This product is to be used by adults only.
- If in doubt about the product, consult a physiotherapist or doctor.
- The massage gun can be used responsibly for a maximum of 60 consecutive seconds in the same muscle group.
- Only use the massage gun on dry body surfaces, never on wet surfaces.
- Only use this hot fascia gun on the soft muscle tissue with the correct attachment.
- Never use the massage gun on the head, bones or sensitive body parts.
- Using the massage gun should not hurt or feel uncomfortable.
- Incorrect use of the massage gun may result in bruising.

- Stop immediately if a bruise develops.
- Only use the attachments on the recommended muscle groups.
- Do not put objects or other things in the ventilation hole of the massage gun.
- Never allow the ventilation hole to come into contact with water or other liquid agents.

## DISPLAY SIGNAL LIGHT

- The display will show the massage gun's gear, massage force, and battery conditions.
- When powered on, the screen shows 000. The battery signal light blinks when charging.
  - Hot Compress Signal Lamp
  - Battery Signal Lamp
  - Cold Compress Signal Lamp
  - Force Indicator
  - Speed Indicator
- Ensure the device is fully charged before initial use.
- The battery signal light blinks while charging and remains steady when fully charged.
- Charging time is approximately 2 to 3 hours.



Press the start key once to activate the cold-blue compression function. Press it again to activate the hot-red compression function.

**Note:** The cold-hot-light massage head is an optional part. You can use the cold-hot-light function only if you have the corresponding massage head offered by us.

### Massage Force Adjustment

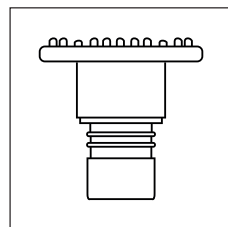
The massage force (speed) ranges from 1600 to 3000. The starting gear is 1600, and the maximum gear is 3000. Use the function keys to select the desired gear.

## MASSAGE HEADS

This cold-hot-light massage gun comes with different massage head attachments to heal faster if using the correct massage head. These are:

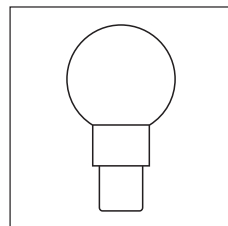
### 1. Flat Head

Flathead massage is suitable for large flat muscles group of the back, waist, and arm. It is also used for myofascial release. Muscles hold stress, which can cause the muscles to become 'knotted.' Myofascial release relieves that stress.



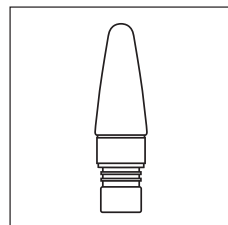
### 2. Ball Head

This head is one of the most commonly used attachments and is used to cover large muscle groups in the body. It enables users to target large and medium muscle areas.



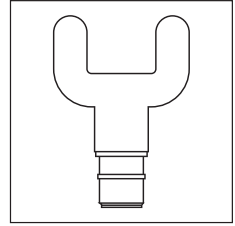
### 3. Conical Head

This massage head is used for deep tissue massages such as soles, joints, palms, tendons and planters.



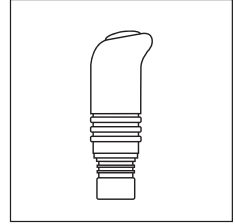
#### 4. Fork Head

This massage head is commonly used for areas around the Spine and Achilles tendon. It allows users to get a deeper massage than other massage heads.



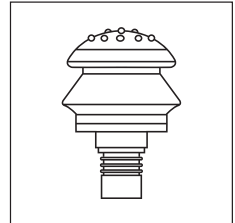
#### 5. Thumb Head

This massage head is also used for deep tissue massages such as soles, joints, palms, tendons and planters. It works like a finger press.



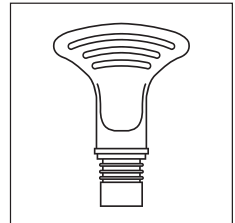
#### 6. Air Cushion Head

This massage head can be used to whole body, since it is so soft, it will never hurt your body. You can use it to massage large or medium muscle areas, and you can also use it to soles, joints, palms, tendons and planters.



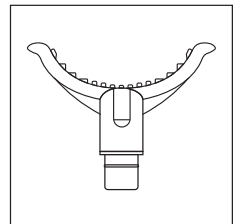
#### 7. Shovel Head

This massage head is used for local and small muscle areas.



#### 8. Semiarc Head

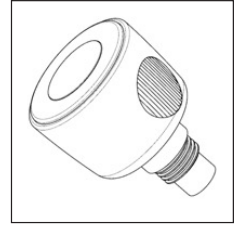
This massage head is most suitable for massage the leg, arm and neck.





## 9. Hot-cold-light head

This massage head is optional. It is the most effective massage head than any others. Because of the cooling-heating-lighting function. The massage function provides comfort to both the tissue and muscles.

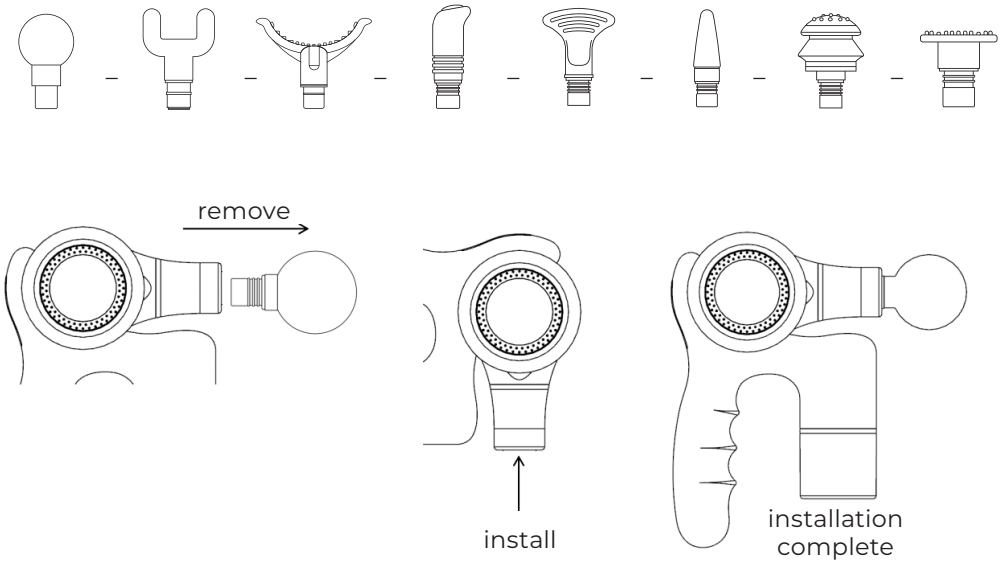


### Steps To Change Massage Heads

To attach the massage head, follow the steps below.

1. Detach the connected massage head.
2. Choose the appropriate head for a particular part of your body.
3. Attach the massage head to the massage gun.

**Note:** Make sure the massage head is tightened correctly to avoid it becoming loose during use.





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