MVFG-M281 Yunmai Fascia Massage Gun extra mini 说明书 20210428

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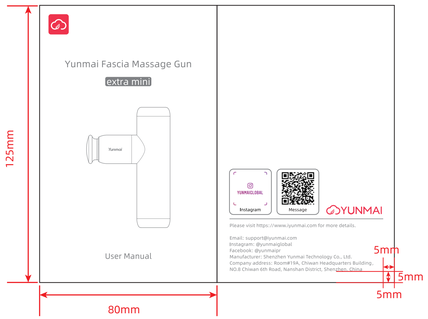


Safety Instructions

Please read this manual carefully before using the product and keep it properly.

⚠ Warning

Attention:

- It is forbidden to use this product in the head, face, elbow, knee and other joints, spine and other bone parts with less muscle coverage.
- It is forbidden to use this product in the lateral, anterior and posterior cervical vertebrae of the neck, so as to avoid damaging the carotid sinus, resulting in fainting and cardiac arrest.
- It is forbidden to use this product in the armpit, the medial side of upper arm, the medial side of clavicle, the medial side of elbow joint, the popliteal fossa at the back of knee, abdomen, kidney area, genitalia and other vulnerable parts with dense nerves and blood vessels.
- Patients with kidney stones, ureteral stones, bladder stones, urinary tract lithiasis, urinary tract infection and other urinary diseases are prohibited to use this product below the abdomen.
- It is forbidden to use this product in the body area with bruise, pain, surface wound, local fever, swelling discomfort, acute inflammation, muscle spasm, muscle laceration, acute sprain, contusion and strain.
- In case of fever, nausea, vomiting, muscle pain and weakness after strenuous exercise, it is forbidden to use this product and you should seek medical advice immediately.
- Patients with the following diseases are prohibited to use this product: cardiovascular and cerebrovascular diseases, blood diseases, coagulation dysfunction, thrombocytopenic purpura, neck plaque, varicose veins, venous thrombosis, cancer, tumor, mental diseases.
- Patients with fracture or internal nail are prohibited to use this product.
- It is forbidden to use this product in precise operation or driving.
- Please do not use this product continuously for a long time in order to prevent muscle damage caused by excessive massage.

Safety Instructions

Yunmai Fascia Massage Gun (MVFG) can help the body relieve pressure and fatigue, relieve muscle pain and discomfort, and improve your sports performance.However, it can not replace the function of professional medical equipment. It has no effect on weight loss, can not cure any disease, and can not solve medical problems. There is no compensation for medical accidents caused by your own disease or improper operations.

⚠ Attention

Dos and Don'ts

- The product has been charged in advance with about 60% to 80% of the power before leaving the factory, and can be used without being charged after opening.
- When the machine is running, do not put fingers, hair or other parts of the body close to the interface between the massage head and the machine so as to avoid injury.
- Please do not block or insert foreign matters into the installation groove of massage head and the charging interface, otherwise it may cause scald, electric shock or fire due to short circuit.
- Please do not soak the product in water or other liquids.
- Please do not use this product in humid environment.
- Please use and charge it at 0 ~ 40 °C.
- Keep away from water, fire and corrosive environment, so as not to affect battery performance.
- Please do not repair, disassemble or modify the product by yourself.
- Please do not use non-original charger for charging, and only use the very original charger provided by our company.
- Please do not use this product when it is being charged.
- After finishing charging, please take away the charger from the product in time.
- If you have not used this product for a long time, please charge it in advance before you reuse it someday.

Safety Instructions

Unsuitable people

This product is not allowed to be used by people over 80 years old or under age in order to avoid accidents. If any of the following conditions are met, please consult the surgeon or attending doctor of a 3A hospital before use, and only use with permission.

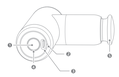
- Pregnant and puerperal women.
- People over 60 years old.
- People with rhabdomyolysis syndrome.
- People with limb loss or/and high paraplegia.
- People with hemophilia disorder.
- People who took tumor surgery within 12 months.
- People with orthopedic diseases such as abnormal spine, joints and bones, osteoporosis, cervical spondylosis, lumbar disc herniation and others.
- People with abnormal limb perception and limited mobility caused by disease or/and age.
- People with complications caused by other diseases in the body, such as neuropathy or retinal injury.
- Patients with kidney stones, ureteral stones, bladder stones, urinary tract lithiasis, urinary tract infection and other urinary diseases.

In case of abnormality and failure:

- Avoid beating, shaking or hitting the product. Strong impact may cause damage to parts of the machine and lead to abnormal work. In case of the above situation, please consult the after-sales service center in time.
- Long-term continuous use of this product may cause the surface temperature of the machine to rise and damage the machine. Please do not use it continuously for a long time.
- In case of fever, smoking, excessive buzzer of the machine, please stop using it immediately and contact the after-sales service center for solutions.
- If high temperature, deformation, expansion and battery leakage occur in the process of using the machine, please stop using it immediately and contact the after-sales service center.

Product introduction

Product diagram



Product Accessories List

Product Function Introduction

Host

❶ power key (gear switch & power on/off)　❷ power indicator light
❸ charging interface　❹ gear indicator light (breathing light)
❺ massage head (silicone head can be installed)

Funtions of Fascia Massage Gun

- To relieve the delayed muscle soreness after exercise and relax the tight muscles.
- To relieve the back and shoulder muscle pain and stiffness caused by sedentary and bad posture.
- Daily massage to relax the body.

Silicone massage heads

- Round Bolbo head : Soft and elastic, suitable for most of the body muscle relaxation.
- Mushroom-shaped head: deeper and stronger, suitable for impacting deep tissues and local sore muscles, such as palm, sole and shank.
- U-shaped head : suitable for muscles on both sides of spine and trapezius of shoulder to create beautiful back and right-angle shoulder.
- Oblate head: beating muscles as the palm, suitable for most of the body muscle relaxation.

Tips:

The illustrations of products, accessories and user interface in the manual are schematic diagrams for reference only. Due to the updating and development of the product, there may be some differences between the actual product and the schematic diagram. Please refer to the actual product.

Product Function Introduction

Intelligent protection:

This machine has intelligent protection function. In order to prevent muscle injury caused by prolonged massage, the gear indicator light goes out after 10 minutes of continuous work, and the power indicator light remains in the state. Click the power key to enter the first gear within 5 seconds to time it again. If there is no any operation, the machine will shut down automatically.

Locked-Rotor protection:

This machine has locked+rotor protection function. If locked+rotor state lasts for more than 3 seconds, it will enter standby mode. Click power key to reactivate in 10 seconds. If there is no any operation, it will shut down automatically.

Installation process

1. Installation

The Fascia Massage Gun has its own massage head (flat head), which can be used independently or combined according to the demand. The installation effect is as follows.

Installation display:

⚠ Warning

Please install and remove the massage head in the state of power off, and ensure that the head is installed firmly before starting the machine. When using it, the massage head cannot be adjusted or loaded so as to avoid pinch.

Usage

1. Indicator light

Gear Indicator (gear shift)

After power on, click the power key to change gears in turn.

Gear level	Gear indicator (breathing light)	Rated speed (RPM)	Function
First gear	Blue light breathing	1500	Arouning muscles
Second gear	Green light breathing	2400	Massage to relax
Third gear	Red light breathing	3200	Deep massage
Fourth gear	Yellow light breathing	650	Gentle massage
Standby gear (shut down after 2s)		0	

Power indicator (power indicator in use)

- The green light is on in a stable state, which means full power.
- The green light flashes slowly, which means medium power.
- The green light flashes quickly, which means low power. Please turn it off and charge it in time.

Usage

2. Power key

- Long press the power key to turn it on or off.
- After power on, single click the power key to change gears. It could cycle in the order of one, two, three and four gears in turn.

⚠ Attention

It is recommended to run it for 5 seconds after starting the machine before using it. It is forbidden to use it when it is being charged!

3. Charging

The charging port is located at the bottom of the handle of the Fascia Massage Gun . Insert the charging line into the charging port and connect the power supply to start charging.

Power indicator (charging indicator)

- It is being charged if the red light is on.
- The charging is completed with full power if the green light is on.

⚠ Attention

Do not use it when it is being charged!

Usage

4. How to use

- Choose the appropriate massage head for installation, open the Fascia Massage Gun , then you can change to the appropriate gear according to your needs. And it is recommended to try it from the low gear level.
- Gently press the massage head on the muscle part to be relaxed, and slowly slide back and forth, if there is an extra sore part in the local area, apply appropriate pressure at the tenderness point, and stay for 15 ~ 30s.
- The Fascia Massage Gun itself has impact force, so it is not appropriate to use excessive force when applying pressure so as to avoid damaging muscles and bones.
- It is recommended to use it in the part with more muscle. Do not stay in the same part for more than 60s.
- The recommended duration is 10 minutes. If you still feel sore, extend the massage time appropriately.
- It is recommended that the single use time should not exceed 15 minutes and the continuous use time should not exceed 30 minutes.
- Please operate the product in strict accordance with the massage position and operation methods written in this manual.

Massage position

Tip: do not use it in neck, armpit, inside of upper arm and inside of clavicle.

Arm

Position	Duration(s)	Frequency
Brachioradialis muscle	10~15s	3 times.
Flexor carpi radialis	10~15s	3 times
Palmaris longus	12~15s	3 times
Flexor carpi ulnaris	10~15s	3 times.
Extensor digitorum	05~10s	Twice
Extensor carpi longus radialis	05~10s	Twice
Extensor carpi radialis brevis	05~10s	Twice
The biceps brachii	12~20s	3 times
Brachialis muscle	12~20s	3 times
The deltoid	12~20s	3 times.
Pectoralis major	12~20s	3 times.

Massage position

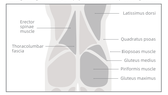
Tip: it is forbidden to use in the neck, spine and other skeletal parts with less muscle coverage.

Shoulder

Position	Duration(s)	Frequency
Triceps brachii	15~20s	3times
Rhomboid muscle	20~30s	3times
Superior trapezius tract	15~20s	3times
Middle bundle of trapezius muscle	15~20s	3times
Inferior trapezius tract	15~20s	3times
Supraspinatus muscle	10~15s	3times
Levator scapulae	10~12s	Twice
Teres major muscle	10~12s	Twice
Teres minor muscle	10~12s	Twice
Infraspinatus muscle	10~12s	Twice

Massage position

Tip: massage the muscle from the middle to both sides, from top to bottom; massage along the muscle, and pay attention to avoid protruding bone joints.

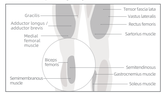


Waist

Position	Duration(s)	Frequency
Erector spinae (lumbar)	30~60s	4 times
Latissimus dorsi	30~60s	4 times
Thoracolumbar fascia	40~60s	3 times
Psoas major	30~60s	3 times
Internal and external oblique muscle of abdomen	10~15s	Twice
Erector spinalis (iliocaris)	15~20s	Twice
Quadratus psoas	20~30s	Twice
Iliopsoas muscle	20~30s	3 times
Gluteus maximus	30~60s	4 times
Gluteus medius	30~60s	4 times
Piriformis muscle	60~90s	Once

Massage position

Tip: do not use it in the popliteal fossa at the back of the knee, and pay attention to avoid protruding bone joints.

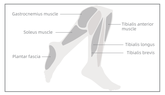


Legs

Position	Duration(s)	Frequency
Semimembranous muscle	20~30s	3times.
Gracilis	10~15s	Twice
Adductor brevis	10~15s	Twice
Adductor longus	10~15s	Twice
Rectus femoris	30~45s	Twice
Vastus lateralis	30~45s	Twice
Medial femoral muscle	30~45s	Twice
Sartorius muscle	30~45s	Once
Tensor fascia lata	15~20s	Twice

Massage position

Tip: pay attention to avoid protruding bone joints.



Feet

Position	Duration(s)	Frequency
Gastrocnemius muscle	20~30s	3 times
Soleus muscle	20~30s	3 times
Tibialis anterior muscle	15~20s	Twice
Peroneus longus	15~20s	Twice
Peroneal brevis	15~20s	Twice
Plantar fascia	20~30s	3 times

Basic Parameters

Product Name : Yunmai Fascia Massage Gun +extra mini
Product model : MVFG-M281
Net weight : 240g
Battery capacity : 1300mAh
Rated input : 5V ⎓ 2A
Strength level : four gears
Power supply mode : rechargeable lithium battery
Product size : 88 × 35 × 126.6mm
Applicable use : for adults over 18 years old; and pregnant women should not use.

Maintenance

1. Cleaning

- Please wipe the machine body and massage heads with clean and slightly wet soft cloth and wet towel regularly; then dry them with dry cloth and paper towel, and finally put them in the recycling bag in packing box.
- Please do not use water to wash or expose the massage heads to the sun.
- When cleaning, make sure that the power switch is turned off and the charging plug is removed.
- Please do not use corrosive solution to wipe the machine body, otherwise it may cause product failure or product cracking and discoloration.

2. Storage

- Please store the product in a cool and dry place.
- Please do not store the machine body in high temperature environment above 40℃ and low temperature environment below -5℃. Keep it away from humid, water, fire and corrosive environment, so as not to affect the battery performance.
- When it needs to be stored or carried out, the Fascia Massage Gun can be stored in the attached portable storage bag.
- Please do not touch, squeeze, drop, throw or/and scratch the product.
- The product is suitable for transportation by car, train, boat, plane, etc. During transportation, the product should be fixed steadily and put up gently. We should prevent the product from extrusion, violent vibration, collision and other dangers.
- If you have not used this product for a long time, please charge it in advance before reusing it.
- If high temperature, deformation, expansion and battery leakage occur in the process of using the machine, please stop using it immediately and contact the after-sales service center.

Certificate

Thank you for purchasing our product!

Product name: Yunmai Fascia Massage Gun extra mini

Product model: MVFG-M281

Through strict examination and quality inspection of the above product by our professional quality inspectors, we hereby confirm that the product passed the inspection standards of Shenzhen Yunmai Technology Co., Ltd

Tester: 08　　Test result: Qualified

Shenzhen YUNMAI Technology Co., Ltd.

	SERVICE GUARANTEE CARD	Warranty	User Information

Warranty

Dear users:
Thank you for purchasing our product. This product is well-designed and reliable in quality and safety.
This product is made of high-quality components. Please use and maintain it properly in accordance with the instructions so that the product can present its best performance.
If there any quality problem within one year from the date of purchase, please contact your dealer.
In order to guarantee your due rights and interests, please keep your warranty card so that you can present it in case of maintenance.

1. The warranty period is one year from the date of purchase.During the warranty period, this product will be provided with a free warranty for defects in materials or processes or quality problems.
After the warranty period expires, repair service shall be paid.
2. In case of any of the following circumstances, the user cannot enjoy free warranty service:
- Exceeding the prescribed the warranty period of one year;
- No valid vouchers such as warranty card and purchase invoice;
- The contents on the warranty card inconsistent with the physical identification of the commodity or modified;
- The failure caused by reasons other than ours;
- All artificial damages (such as consumer's arbitrary disassembly, modification, damage caused by transportation or other accidents, damage caused by failure to use, repair and maintain according to the instructions);
- Damage caused by force majeure (such as natural disaster, abnormal voltage) due to repair or modification not provided by our company.

Shenzhen Yunmai Technology Co., Ltd.

User Information

Name:_____ Date of purchase:_____
E-mail:_____ Tel.:_____
Address:_____

Product information

Product model:_____ Product No.:_____
Failure phenomenon:_____

Dealer information:

Name of seller:_____ Tel.:_____
Invoice No.:_____ Sales date:_____
Address:_____

备注：首页和尾页背面不印刷。

切刀　压线　齿刀　开槽　半穿　粘合

Scale 1:1　Unit：mm

材料:128g哑粉 工艺:骑马钉 尺寸：80x125mm　印刷颜色：CMYK　设计：陈骏勇　版本：V1.0 初次建立