

MUSCLE HAMMER GLIDE

Quick Start Guide



Detachable Massage Tip



Battery & Speed Indicator



Power Button (On/Off)
Lower Speed

Increase Speed

Charging Port

PLEASE CHARGE DEVICE BEFORE FIRST USE

and remove thin protective film from display.

DISCLAIMER

Please contact your doctor before using this device if you have any serious health conditions including: pregnancy, diabetes, seizures, recent surgery, migraines, herniated disks or spinal issues, spondylosis, joint replacements, or metal pins and plates in your body.

TURN ON/OFF THE DEVICE

- Hold POWER button down for 3 seconds to turn device ON or OFF.

BATTERY INDICATOR

- When you turn the power on, the digital display will show “d” followed by a number between 9 - 1. d9 represents a full battery. d2 means device is ready for charge.
- Battery requires 5 hours charging time and will provide up to 3 hours of use.

CHANGING SPEED

- Press the + button to Increase speed.
- Press the Power button to decrease speed.
- Device has 9 speed options from 1800 to 3200 beats/min. Digital display will show P1 to P9 to indicate the speed.

CHANGING MESSAGE TIPS

- Turn off device.
- Grab near base of massage tip and slowly twist and pull to remove. Not pulling from the base may break the tip.
- **IMPORTANT... When inserting a new tip, make sure the notch on the tip aligns with the slot in the massager. If you do not do this, the tip may pop out of the massager at high speeds.**
- When changing out the rubber sleeves on the massager tips, make sure the notch protrudes through the hole in the rubber sleeve.

WARNINGS AND CAUTIONS

- Keep away from children. This is not a toy.
- Do not use on bones, head, upper neck, throat, or genitals, and do not use for more than 30 min at a time.
- Only use charger provided to charge the battery.
- Keep fingers and hair away from moving parts.
- Do not cover ventilation holes. This may cause the unit to overheat.
- Keep water, sand, and dirt from getting into the motor, and do not drop. These will void the warranty.
- If device malfunctions, do not open and try to fix it yourself. This will void the warranty.
- Avoid applying excessive pressure with massager to muscles. **THIS CAN BREAK THE MASSAGER** and will void the Warranty. If you want a more aggressive massage, change to a more aggressive massage tip.