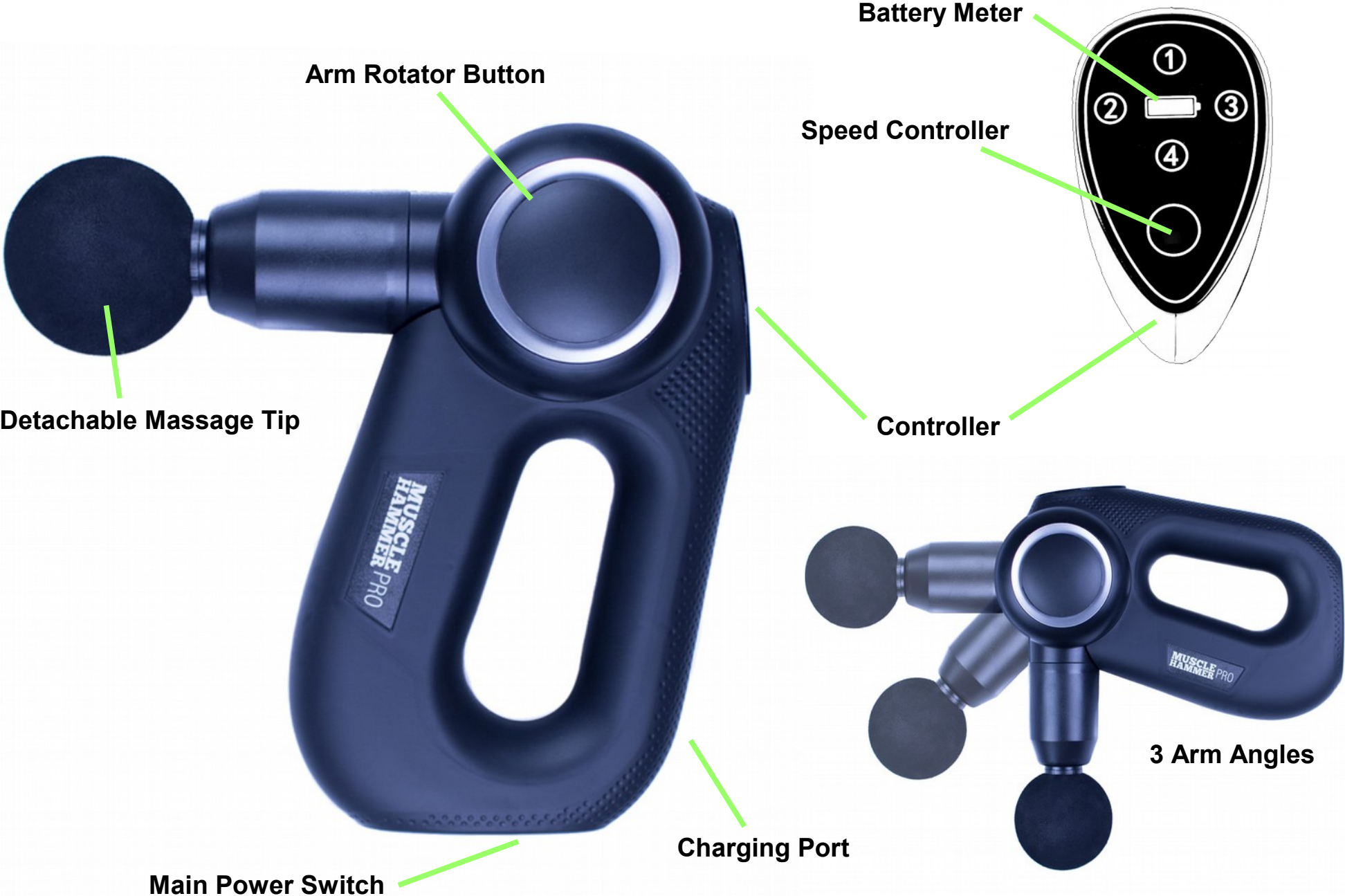


# MUSCLE HAMMER PRO

## Quick Start Guide



## PLEASE CHARGE DEVICE BEFORE FIRST USE.

### TURN ON/OFF THE DEVICE

- Use the Main Power Switch to turn the power ON. Then use Speed Controller button to start motor and change speeds. 1 is slowest - 4 is fastest. Speeds vary from 1200 - 3400 beats/min.
- To turn OFF, hold down Speed Controller button for 3 seconds. Then turn off Main Power Switch so that battery does not drain.

### BATTERY METER

- When charging unit, the Battery Meter will pulse. When battery is fully charged, Battery Meter will turn solid white.
- When in use, White means battery is charged. Yellow means battery is at 30%. Red means battery is at 20%. Flashing Red and buzzer means battery will soon run out of power and device will stop working.
- Battery requires 1.5 hours charging time and will last up to 3 hours of use.

### ADJUSTING ARM ANGLE

- Turn off device, then press the Arm Rotator Button to move the Arm to a different angle.
- Arm will lock in place at 0, 45 and 90 degrees.

## 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.
- Insert new tip and turn slightly as you press in to create a secure connection.

## 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.

## 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.