REF 14-1770

CanDo®

Massage Gun

user manual

Product Information:

The CanDo® Massage Gun is a cordless state-of-the-art massage device that helps to reduce muscle soreness and tension, promote blood circulation, optimize mobility, and improve the general condition of the body's musculoskeletal system.

Functions:

Three Operational Modes:

Fitness Mode

Offers the highest speed and torque. Suitable for fitness enthusiasts and professional athletes. This mode has 6 speed levels:

- Level 1: 1,200 RPMs
- Level 2: 1,600 RPMs
- Level 3: 2,000 RPMs
- Level 4: 2,400 RPMs
- Level 5: 2,800 RPMs
- Level 6: 3,200 RPMs

Medical Mode

Pressure and speed increase gradually. It is designed for point to point local treatment; suitable for physical therapy.
When turned on, the speed will increase from 1,000 to 1,900 RPMs and then decrease back down to 1,000 RPMs within 6 seconds. This pattern will continue to cycle automatically.

Health Care Mode

Offers a relatively soft feel that offers a lower speed and torque than the other settings. This mode is designed for daily health care use at home and has 6 speed levels:

- Level 1: 1,000 RPMs
- Level 2: 1,200 RPMs
- Level 3: 1,400 RPMs
- Level 4: 1,600 RPMs
- Level 5: 1,800 RPMs
- Level 6: 2,000 RPMs

Usage Instructions:

PLEASE READ PRIOR TO USE

Charging:

1. Connect the end of the supplied 24V adapter to the battery's charging port and plug the AC side cable into the wall outlet.
   Turn the power switch to the ON position to charge.
2. The battery can be recharged at any time and at any battery level.
3. This device's average runtime is about 4 hours depending on speed level and pressure applied during use.

Operating:

1. Turn the power switch at the bottom of the handle to the ON position to activate the power. Turn the power switch to the OFF position to turn off the power.
2. When power is ON, the default mode "fitness" will be activated. Press "+" to increase the speed. Press until you've reached your desired level. Press "-" to decrease the speed. Speed will decrease until device is stopped.
3. There are three operational modes (Fitness, Medical and Health Care) that are suitable for different needs. To set the mode press the mode button while the massager is running. The massager will then stop. Press the mode button again to cycle through the modes.
4. You can choose different modes and speeds according to your needs.
   The recommended time for personal use is no more than 30 minutes.
5. When the power is off, you can change the massager head, which easily pulls off in your hand.

Maintenance, Cleaning & Storage:

1. Use a slightly damp towel to clean device. Dry with a soft cloth.
2. For storage or travel, store in supplied carrying case.

⚠ **CAUTION:**

Please do not use device without first obtaining approval from your doctor if any of the following conditions apply:

- Pregnancy, diabetes with complications such as neuropathy or retinal damage, presence of pacemakers, recent surgery, epilepsy, migraines, herniated disks, spondylollisthesis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health.
- Frail individuals should be accompanied by a caregiver or therapist when using this device.
- These contraindications do not mean that you are unable to use the device but we advise you to consult a doctor first.

⚠ **WARNING:**

1. Do not immerse in water. Keep away from liquids or heat sources. Keep ventilation ports free from dust and debris.
2. Do not remove screws or attempt to disassemble.
3. Do not operate continuously for more than one hour. Allow device to rest for 30 minutes before reusing.
4. Unplug the adapter from device after charging or prior to use.
5. For adult use only. Do not use if injured. Consult your doctor before using this product.
6. CanDo® Massage Gun will not work properly while charging.

Safety Instructions:

To reduce risks of electric shock, fire and personal injury, this product must be used in accordance with the following instructions:

1. For adult use only.
2. Use only on a dry, clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
3. Use the device only on the body's soft tissue as desired without producing pain or discomfort. Do not use on head.
4. Apply pressure that provides the best desired effect.
5. Bruising may occur regardless of how you control the speed or pressure. Check treated areas frequently and immediately stop if there are signs of pain or discomfort.
6. Keep fingers, hair, or any other body part away from the shaft and backside of the applicator as pinching may occur.
7. Do not place any objects into the ventilation holes of the massager.
8. Do not immerse in water or allow water to enter the ventilation holes of the massager.
9. Do not drop or misuse the massager.
10. Only recharge with supplied 24V DC adapter.
11. Carefully examine device prior to each use.
12. Do not attempt to dismantle the device.
13. Never leave the device unattended while charging or turned on.

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