

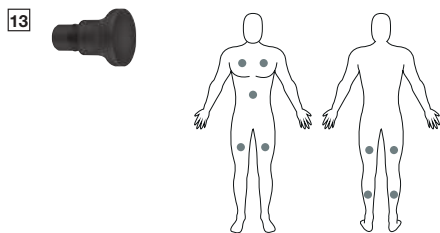
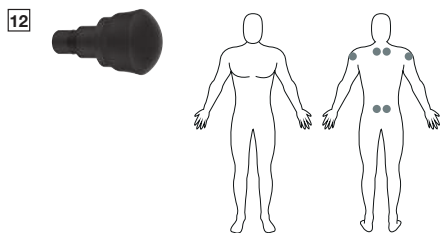
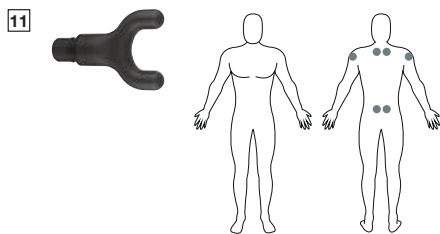
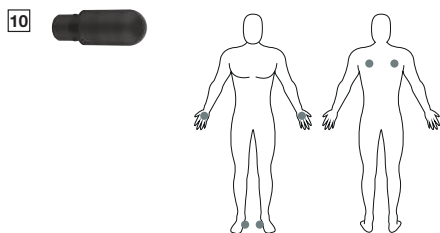
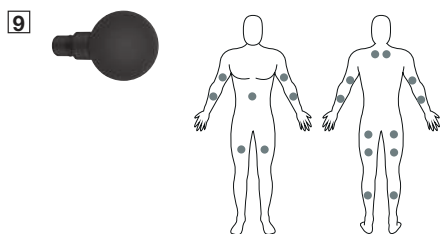
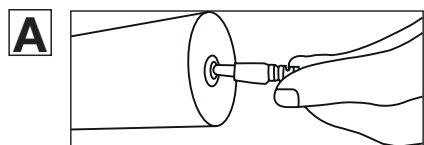
beurer

MG 185 Massage Gun



EN Deep Tissue Massager
Instructions for use







Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

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1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are present. Before use, ensure that the Deep Tissue Massager and the attachments show no visible damage.

- 1 x Deep Tissue Massager
- 5 x Attachments
- 1 x Mains adapter
- 1 x Set of these instructions for use
- 1 x Case
- 1 x Warranty leaflet

2. WARNINGS AND SAFETY NOTES

WARNING

- The device is only intended for domestic/private use, not for commercial use.
- This device may be used by children over the age of 8 and by people with reduced physical, sensory or mental skills or a lack of experience or knowledge, provided that they are supervised or have been instructed on how to use the device safely, and are fully aware of the consequent risks of use.
- Children must not play with the device.
- Cleaning and user maintenance must not be performed by children unless supervised.
- If the mains connection cable of this device is damaged, it must be disposed of. If it cannot be removed, the device must be disposed of.
- Under no circumstances should you open or repair the device yourself, as faultless functionality can no longer be guaranteed thereafter. Failure to observe this will invalidate the warranty.
- Do not insert any objects into the opening in the device or into the moving parts. Ensure that the moving parts can move freely at all times.
- Do not force or jam any part of your body, in particular your fingers, between the moving massage elements or their holder in the device.

Proper use

WARNING

Only use the Deep Tissue Massager with the attachments included in delivery. The Deep Tissue Massager and the attachments are not medical devices, but massage treatment devices. The Deep Tissue Massager is only suitable for personal use, not for medical or commercial purposes. The device may only be used for the purpose for which it is designed and in the manner specified in the instructions for use. Any form of improper use can be dangerous. The manufacturer is not liable for damage resulting from improper or careless use. Do not use the massager if one or several of the following warnings and safety notes applies to you. If you are unsure whether the massager is suitable for you, please consult your doctor.

- Do not use the device if you suffer from a medical abnormality or injury in the area to be massaged (e.g. slipped disc, open wounds).
- Do not use the device if you wear a pacemaker.
- Under no circumstances use the device for massaging the area around the heart.
- Never use the device on swollen, burnt, inflamed or injured skin and body parts.

- Do not use the device on cuts, capillaries, varicose veins, acne, couperose, herpes or other skin diseases.
- Do not use the device during pregnancy.
- Do not use the device on the head.
- Do not use the device on the face (eyes), the larynx or other particularly sensitive body parts.
- Do not use the device on the spine.
- Do not use the device in the pubic area.
- Never use the device while sleeping.
- Make sure that the massager is not rolled directly over your bones.
- Do not use the device on animals.
- Do not use the device after the consumption of medicines or alcohol (reduced cognition!).
- Do not use the device in a vehicle.

You should consult your doctor before using the device, especially

- if you suffer from a severe illness
- if you have a pacemaker, implant or other aids
- if you suffer from thrombosis
- if you suffer from diabetes
- if you are suffering from pain, the cause of which is unknown



! WARNING

- Keep packaging material away from children. Choking hazard!
- Keep the attachments away from children. Choking hazard!
- Make sure that the device does not come into contact with water or other liquids.
- Never reach for a device that is submerged in water.
- Children must be supervised at all times whilst using the device.
- There is a risk of fire if the device is used improperly or these instructions for use are ignored.

The following rules apply when using the device:

- Always supervise the device when it is in use, especially if there are children nearby.
- Never use the device underneath a cover, such as a blanket, pillow, etc.
- Never use the device near petrol or other highly flammable substances.
- Only use the device in dry interior rooms (e.g. never in the bath or sauna).

! IMPORTANT

- Before use, ensure that the device and the attachments show no visible damage. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.
- Never open the housing.
- Keep the device away from pointed or sharp objects.
- If the device has been dropped or has suffered any other damage, it must no longer be used.
- Switch off the device after every use and before cleaning.
- Never use the device for periods of longer than 15 minutes (risk of overheating). Allow the device to cool down for at least 15 minutes before using it again.
- Only use the device with the supplied accessories.
- Protect the device and the attachments from knocks, dust, chemicals, drastic changes in temperature, electromagnetic fields and nearby sources of heat (ovens, heaters).

⚠ WARNING

Repairs

- Never attempt to repair the device yourself!
- Only specialist personnel may perform repairs on electrical devices. Under no circumstances should you open or repair the device yourself, as faultless functionality can no longer be guaranteed thereafter. Improper repairs may subject users to considerable danger. For repairs, please contact Customer Services or an authorised retailer. Failure to observe this will invalidate the warranty.

⚠ WARNING

Notes on handling batteries







- **Risk of explosion! Risk of fire!** Failure to comply with the points mentioned can result in personal injury, overheating, leakage, venting, breakage, explosion, or fire.
- Always use the correct or supplied charging cable/charger/mains adapter for charging.
- Avoid continuous charging or overcharging. Unplug the charger when charging is complete.
- Charge the device under supervision, paying attention to any heat generated, deformation, or release of gases. If in doubt, stop charging.
- If batteries/charging cables/chargers are defective, stop using them and dispose of them properly as soon as possible (see chapter on disposal).
- Do not throw the device or batteries into a fire.
- Never forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, modify, or knock the device or batteries.
- Never short-circuit batteries or the connections of the battery-powered device.
- Protect the device or batteries from direct sunlight, rain, heat, and water.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- If fluid from a battery comes into contact with your skin or eyes, wash the affected areas with water and seek medical assistance.


















i Note

- This device contains a battery that is not replaceable. Once a battery has reached the end of its service life, the device must be disposed of properly (see chapter on disposal).

3. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

	Warning Warning instruction indicating a risk of injury or damage to health		Manufacturer
	Important Safety note indicating possible damage to the device/accessory		CE labelling This product satisfies the requirements of the applicable European and national directives.
	Product information ote on important information		United Kingdom Conformity As- sessed Mark

	Only use indoors.		The products demonstrably meet the requirements of the Technical Regulations of the EAEU.
	Observe the instructions for use		Energy efficiency level 6
	Do not use the Deep Tissue Massager on people with implanted electrical devices (e.g. a pacemaker)		Direct current
	Importer		Polarity of d.c. power connector
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard		Protected against solid foreign objects 12.5 mm in diameter and larger
	Protection class 2 device		Power supply unit, switch mode; switch mode power supply unit; SMPS
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE		Safety isolating transformer, short-circuit proof
	Do not dispose of batteries containing harmful substances with household waste		Rated ambient temperature Maximum operating temperature
	Separate the product and packaging elements and dispose of them in accordance with local regulations.		

4. DEVICE DESCRIPTION

4.1 Deep Tissue Massager

The associated drawings are shown on page 2.

1 Attachment

5 different attachments are available

2 ON/OFF button / Intensity level [L]

3 Battery state indicator (3 LEDs)

3 LEDs = Battery state at 100%

2 LEDs = Battery state at 70%

1 LEDs = Battery state at 35%

4 Program button [P]

- relax: Progressive muscle relaxation/deep relaxation (switch between intensity levels 1/2/3)
- recover: For relaxing the muscles before and after sport (switch between intensity levels 4/5/6).
- regenerate: Increases circulation and supports regeneration in the event of muscle soreness (switch between intensity levels 7/8/9).

5 ON/OFF switch

6 Connection for mains adapter

7 Handle

8 LED display

4.2 Attachments

9 Ball head

Best suited for treating large areas and large muscle groups (e.g. the upper arm or calf).

10 Spiral head

Best suited for treating deep muscle tissue and for targeted spot massages (e.g. on the sole of the foot).

11 U-shaped head

Best suited for treating deep muscle tissue in the lower back area (excluding the spine) or the Achilles tendon.

12 Air cushion head

Best suited for treating sensitive tissue, such as in the neck area.

13 Flat head

Best suited for treating large areas on the entire body (e.g. the thigh).

5. INITIAL USE

5.1 Initial use



USAGE

The massage treatment must feel pleasant at all times. A slight haematoma may well occur – this is a positive therapeutic effect as the use of the Deep Tissue Massager can selectively encourage your blood flow. In isolated cases, areas of redness may also occur on the skin. If you experience excessive skin irritation, stop using the Deep Tissue Massager and consult a doctor. Depending on how tense/tight your muscles are, we recommend using the device for approx. 10-15 minutes on the area you wish to treat (legs, shoulders, arms, neck, bottom or back).

Before using the Deep Tissue Massager for the first time, charge it first for a minimum of 3 hours. To do so, proceed as follows:

1. Connect the supplied mains adapter to the Deep Tissue Massager. The connection for the mains adapter is located on the bottom of the handle of the Deep Tissue Massager **A**.
2. Then insert the mains adapter into a suitable socket.

3. The battery level indicator [3] displays the current battery state. During the charging process, the LED denoting the current battery state flashes.
 Left LED flashes = Low battery state (approx. 15-30%)
 Middle LED flashes = Medium battery state (approx. 30-70%)
 Right LED flashes = High battery state (approx. 70-100%)
 As soon as the Deep Tissue Massager is fully charged, all 3 LEDs will light up permanently. The battery will last for approx. 5.5 hours of operation when fully charged. Charge the Deep Tissue Massager again as soon as only one red LED flashes when operating the device.
4. Before starting the massage, you first need to choose the right attachment. Section “5.2 Attachments” contains a list of all the attachments and what they are best suited for.

5.2 Selecting/changing the attachment

To change an attachment, proceed as follows:

1. Pull the existing attachment horizontally off the Deep Tissue Massager [B].
2. Slide your desired attachment firmly into the Deep Tissue Massager until you feel it click securely into place [C].

5.3 Switching the device on/selecting the vibration level

Note

The Deep Tissue Massager comes with an automatic switch-off function. This means that the Deep Tissue Massager automatically switches off after a period of use of 10 minutes.

1. Slide the ON/OFF switch on the bottom of the handle to the “ON” position. The battery state indicator lights up.
2. To start the Deep Tissue Massager, briefly touch the ON/OFF button. “L1” appears in the left display field and the massage starts at the first intensity level.”
3. To switch between the 9 intensity levels, briefly touch the ON/OFF button.
 Intensity level [L1]: 1200 rpm / 20 Hz
 Intensity level [L2]: 1400 rpm / 23.3 Hz
 Intensity level [L3]: 1600 rpm / 26.6 Hz
 Intensity level [L4]: 1800 rpm / 30 Hz
 Intensity level [L5]: 2000 rpm / 33.3 Hz
 Intensity level [L6]: 2200 rpm / 36.6 Hz
 Intensity level [L7]: 2400 rpm / 40 Hz
 Intensity level [L8]: 2600 rpm / 43.3 Hz
 Intensity level [L9]: 3000 rpm / 50 Hz
4. To switch to one of the three massage programmes, briefly touch the programme button after switching on the device. To switch between the 3 massage programmes, briefly touch the programme button.
5. You can switch off the Deep Tissue Massager directly both during and after the treatment by pressing and holding the ON/OFF button for approx. 2 seconds. The massage will stop.
6. Once the treatment is complete, slide the ON/OFF switch on the bottom of the handle to the “OFF” position.

6. CLEANING AND MAINTENANCE

Cleaning

WARNING

- Switch off the device each time before cleaning.
- Clean the device with a slightly damp cloth only.
- Clean the device using only the methods specified. Under no circumstances may liquid enter the device.
- The massage programs have a preset cycle of approx. 10 minutes.
- When using massage oils (recommended for attachment [10] / [11] / [13] only), ensure that all residue is completely removed and cleaned.
- Do not use the device again until it is completely dry.
- Do not clean the device in the dishwasher.
- Do not use any abrasive cleaning products or hard brushes.

Care

If you do not plan to use the Deep Tissue Massager for a long period of time, we recommend that you store it in the original packaging in a dry environment, ensuring it is not weighed down by additional items.

7. WHAT IF THERE ARE PROBLEMS?

Problem	Solution
The Deep Tissue Massager stops during use.	Make sure that you do not exert too much pressure on the Deep Tissue Massager when using it. If you exert too much pressure, the device will stop briefly.

8. DISPOSAL

Battery disposal

The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.

The codes below are printed on batteries containing harmful substances:

- Pb = battery contains lead
Cd = battery contains cadmium
Hg = battery contains mercury



For environmental reasons, do not dispose of the device in the household waste at the end of its useful life.

Dispose of the device at a suitable local collection or recycling point in your country. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



9. TECHNICAL SPECIFICATIONS

Mains operation: Input Output	100-240 V~, 50/60 Hz, 0.5 A 18.0 V $\overline{\overline{=}}$ 1.0 A, 18.0 W
Average efficiency during operation	$\geq 86.47\%$
Efficiency at low load (10%)	$\geq 80.00\%$
No-load power consumption	$\leq 0.075\text{ W}$
Dimensions	approx. 26 x 6.5 x 15.5 cm
Weight	approx. 1075 g
Battery: Capacity Nominal voltage Type designation	2400 mAh 14.4 V Lithium-ion

10. WARRANTY/SERVICE

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.

