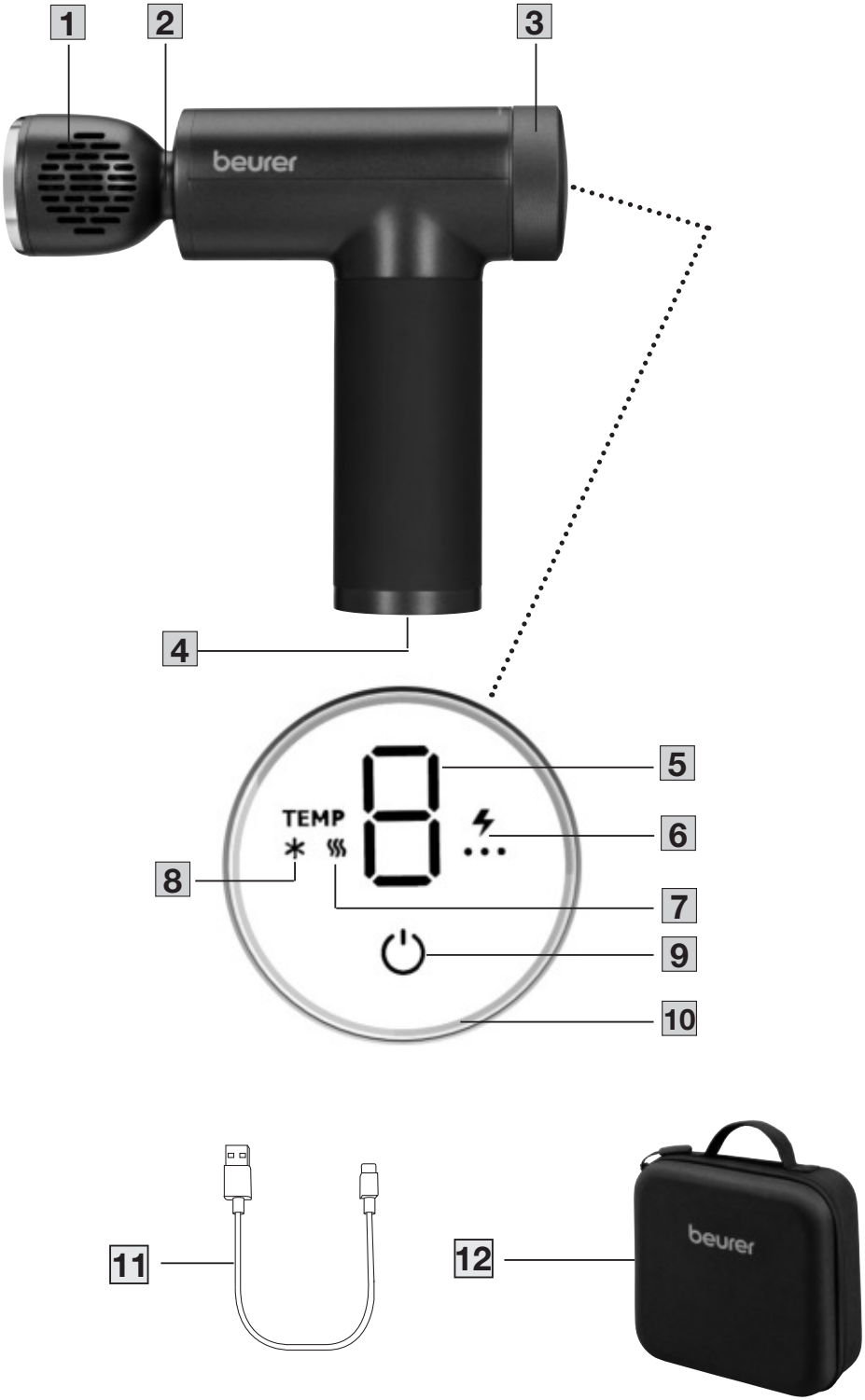
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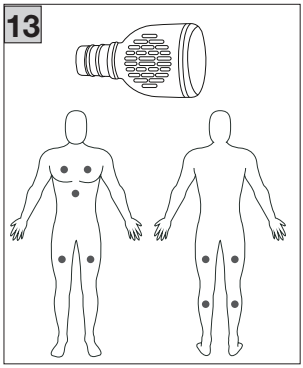
MG 195
Massage Gun
HOT&COLD

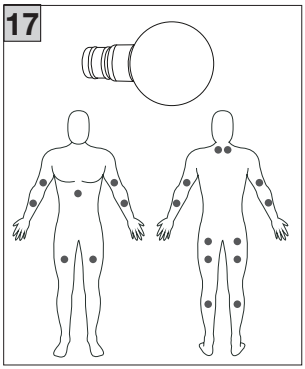


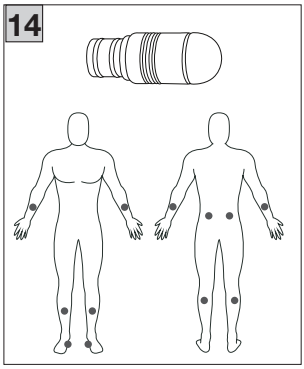
EN Deep Tissue Massager
Instructions for use

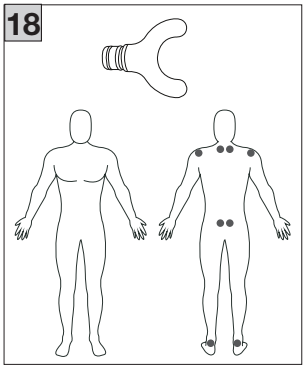
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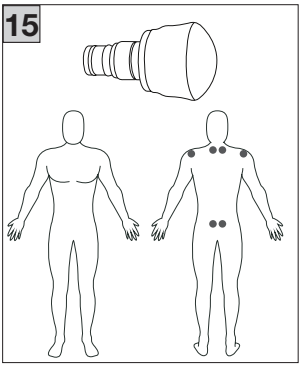

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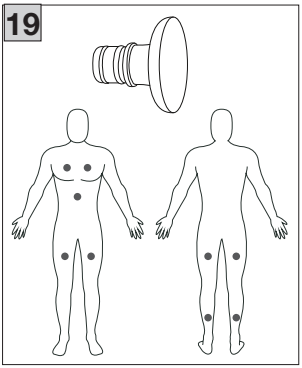

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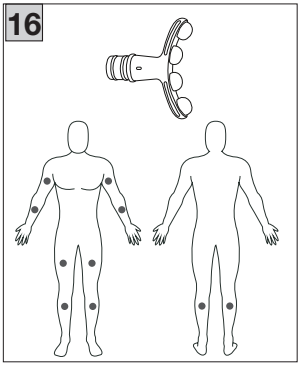

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Read these instructions for use carefully. Follow the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.

⚠ 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.
- You must not open or repair the device yourself. If you do so, it may no longer function correctly. Exceptions are maintenance work such as changing the battery.
- 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 holders in the device.

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 device and the attachments show no visible damage.

- 1 Deep Tissue Massager
- 7 attachments
- 1 USB-C cable
- 1 storage case
- 1 copy of these instructions for use

2. 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:

⚠ DANGER

Indicates an imminent danger. If it is not avoided, it will result in death or serious injury.

⚠ WARNING

Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.

⚠ CAUTION

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.

	Read the instructions
	**Product information** Note on important information
	**CE labelling** This product satisfies the requirements of the applicable European and national directives.
	For indoor use only.
	Manufacturer
	Do not use the device on people with implanted electrical devices (e.g. a pacemaker)
	Do not dispose of batteries containing harmful substances with household waste
	Separate the product and packaging elements and dispose of them in accordance with local regulations.

	The products demonstrably meet the requirements of the Technical Regulations of the EAEU.
	Conformity assessed marking for the United Kingdom
	Marking to identify the packaging material. A = material abbreviation, B = material number: 1–7 = plastics, 20–22 = paper and cardboard
	The electronic device must not be disposed of with household waste
	Polarity of DC power connection
	Direct current The device is suitable for use with direct current only
	Importer symbol
	Manufacturer in accordance with the Packaging Regulation (PPWR)

3. INTENDED PURPOSE

⚠ WARNING

Only use the device with the attachments included in delivery. The device 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 incorrect use. Do not use the device if one or several of the listed warnings and safety notes applies to you. If you are unsure whether the device is suitable for you, please consult your doctor.

4. WARNINGS AND SAFETY NOTES

⚠ WARNING

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.
- Do not use the device for massaging the area around the heart.
- Do not use the massage function of 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 or face (e.g. on the eyes).
- Do not use the device on the larynx, in the pubic area or other particularly sensitive body parts.
- Do not use the device on the spine or directly on the bone.
- Do not use the device while sleeping.
- 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 suffer from thrombosis,
- if you suffer from diabetes,
- if you are suffering from pain, the cause of which is unknown.

⚠ WARNING

- Danger of suffocation! Keep packaging material away from children.
- Danger of suffocation! Keep the attachments away from children.
- Risk of electric shock! Make sure that the device does not come into contact with water or other liquids.
- Risk of electric shock! Never pick up a device that has fallen into water.
- Children must be supervised at all times whilst using the device.
- There may be a risk of fire if the device is used improperly or these instructions for use are ignored.
- Never leave the device unattended when it is in operation, particularly if there are children nearby.
- Never operate the device underneath a cover, such as a blanket, pillow, etc.
- Never use the device near petrol or other highly flammable substances.
- Only operate the device in dry indoor areas.
- Never operate the device in the bath or a 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.
- Do not open the housing under any circumstances, except for battery disposal.
- 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 more 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. If you do so, it may no longer function correctly. Improper repairs may put users in significant danger. For repairs, please contact Customer Services or an authorised retailer. Failure to comply will invalidate the guarantee.

⚠ 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 for charging.
- Avoid continuous charging or overcharging. Unplug the charger when charging is complete.
- To charge the device, please use an adapter that matches the input specifications for the device (input: 5.0 V, 2.0 A).
- 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.

⚠ WARNING

Risk of burns

- The heat function of the device must not be used by persons who are not sensitive to heat or by other vulnerable persons who may not be able to react to overheating (e.g. diabetics, persons with skin alterations due to illness or scarred tissue in the application area, after taking pain relief medication or alcohol).
- The surface of the heating head becomes hot when the heat function is switched on. Persons sensitive to heat must be careful when using the device.

5. DEVICE DESCRIPTION

The associated illustrations are on pages 2 and 3.

5.1 Deep Tissue Massager

1 Attachment
7 different attachments are available

2 Attachment connection

3 Control dial for heating/cooling

4 USB-C cable connection

5 Massage intensity display
Selectable from 1 to 9

6 Battery level display

7 Heating display

8 Cooling display

9 ON/OFF button

10 LED light ring (blue = cooling, red = heating)

11 USB-C cable

12 Storage case

5.2 Attachments

13 Cooling and heating head
The only attachment that supports the heating/cooling function. Best suited for treating large areas on the entire body (e.g. the thigh, chest muscles)

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

15 Air cushion head
Best suited for sensitive parts of the body (e.g. the neck)

16 Curved head
Best suited for areas of the body that are naturally rounded (e.g. arms, lower legs or thighs)

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

18 U-shaped head
Best suited for treating deep muscle tissue in the lower back area (excluding the spine) or the Achilles tendon

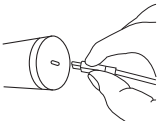
19 Flat head
Best suited for treating large areas on the entire body (e.g. the thigh, chest muscles)

6. USAGE

6.1 Initial use/charging the battery

Before using the device for the first time, you must charge it for a minimum of 5 hours. To do so, proceed as follows:

1. Remove all packaging material from the device.
2. Connect the supplied USB-C cable to the device. The connection for the USB-C cable 4 is located on the underside of the handle.

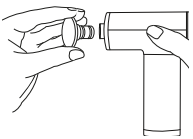


3. Connect the USB-C cable to a mains plug (not included in delivery). Insert the mains plug into a suitable socket.
4. The LED of the current battery level flashes in the battery level indicator 6 during charging. As soon as the device is fully charged, all 3 LEDs will light up permanently. The battery will last for approx. 4.5 hours of operation when fully charged. As soon as the left LED of the battery level indicator 6 starts to flash and the battery level symbol lights up red, you must recharge the device; otherwise it will switch off automatically.
5. Unplug the USB-C mains plug (not included in delivery) from the socket.

6.2 Selecting/changing the attachment

Select the appropriate attachment before starting the massage. To change an attachment, proceed as follows:

1. Pull the existing attachment horizontally off the device.
2. Slide your desired attachment firmly into the device until you feel it click securely into place.



6.3 Switching on the device/selecting the intensity level

The massage must feel pleasant at all times. Start the treatment at the lowest intensity level and then increase it according to your preferences if necessary. A slight haematoma may well occur – this is a positive therapeutic effect as the use of the device 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 device and consult a doctor. If you experience discomfort or pain due to the cooling or heat function, stop usage immediately. Depending on the level of tension, a treatment time of approx. 10 minutes is recommended for the desired area (neck, shoulders, back, arms, buttocks or legs).

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

1. Press and hold the ON/OFF button ⏻ 9 for 2 seconds. A “0” appears in the display. The battery level indicator 6 starts to light up. The device is now in standby mode.
2. Briefly press the ON/OFF button ⏻ 9 to switch on the device. The massage starts at intensity level 1.
3. To switch between the 9 intensity levels, briefly press the ON/OFF button ⏻ 9. The currently set intensity level appears on the display.
4. You can switch off the device at any time during use by pressing and holding the ON/OFF button ⏻ 9 (2 seconds). If you press the ON/OFF button ⏻ 9 again at the ninth intensity level, the device switches off. The device is then in standby mode.

6.4 Switching on the heating/cooling function

The device has an optional heating and cooling function. The heating and cooling function can only be used with the “cooling and heating head” attachment 13. You cannot switch on the heating or cooling function with the other attachments. The heating and cooling function can also be used without the massage function.

Heat function
The heat function promotes circulation and can thus prevent injuries before exercising and promote regeneration after exercising.

1. To start the heat function, turn the control dial 3 clockwise. The LED light ring starts to light up in red.
2. Using the control dial 3, select your desired heat level. There are three heat settings in total.

Cooling function
The cooling function helps with heavy legs after a long day and can be used without the massage function to reduce swelling.

1. To start the cooling function, turn the control dial 3 anti-clockwise. The LED light ring starts to light up in blue.
2. Using the control dial 3, select your desired cooling level. There are three cooling levels in total.

7. CLEANING AND MAINTENANCE

Cleaning

⚠ WARNING

- Switch off the device each time before cleaning.
- Do not clean the device in the dishwasher.
- Clean the device only using a slightly damp cloth and a non-abrasive cleaning product. For hygienic cleaning, clean the removed attachments 14/15/16/17/18/19 with water and a non-abrasive cleaning product.
- Clean the device using only the methods specified. Under no circumstances may liquid enter the device.
- When using massage oils (recommended for attachment 14/16/19 only), ensure that all residue is completely removed and cleaned.
- Do not use the device or attachments again until all components are completely dry.

Maintenance

If you do not plan to use the device 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.

8. WHAT IF THERE ARE PROBLEMS?

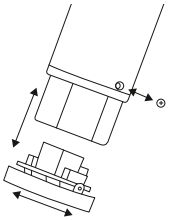
Problem	The device stops during usage.
Solution	Make sure that you do not exert too much pressure on the device when using it. If you exert too much pressure, the device will stop briefly.

Problem	The heat and cooling function is not working.
Solution	Put the heating/cooling attachment on the device. Ensure that the attachment is securely inserted into the attachment connection 2.

9. DISPOSAL

Battery disposal

When disposing of the device, you must first remove the battery from the device. To do so, proceed as follows:



1. Slide the rubber material at the lower end of the handle upwards until you can see the screw connection at the lower end of the handle.
2. Loosen the screw at the bottom of the handle.
3. Remove the cover on the underside of the handle with a slight twisting movement.
4. Now pull the battery out of the handle until you can see the plug connection from the battery to the device. As soon as you can see the plug connection, disconnect it from the device.
5. You can then reattach the cover to the underside of the device with a slight twisting movement and reattach the cover using the screw connection at the lower end of the handle.

Empty, completely flat batteries must be disposed of in specially designated collection boxes at 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

Faulty or used batteries must be recycled in accordance with Directive 2006/66/EC and amendments thereto. Return the batteries and/or the device using the collection facilities provided.



For environmental reasons, do not dispose of the device in household waste at the end of its service 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 Waste Electrical and Electronic Equipment (WEEE). If you have any questions, please contact the local authorities responsible for waste disposal.

10. TECHNICAL SPECIFICATIONS

Mains operation: Input	 5.0 V ⎓ 2,0 A
Dimensions	Approx. 12.6 x 4.8 x 15.5 cm (without attachments)
Weight	Approx. 515 g (without attachments, without USB-C cable)
Battery: Capacity Nominal voltage Type designation	 2000 mAh 11.1 V Lithium-ion

11. GUARANTEE / SERVICE

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

Subject to errors and changes
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