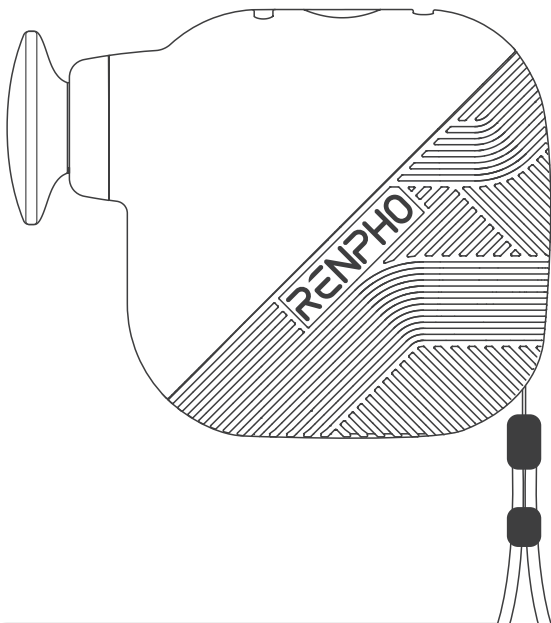


# RENPHO

## USER MANUAL



### MICRO POCKET

Massage Gun

### User Manual

Model: R-WMG23

Thank you for choosing the RENPHO Massage Gun! Please carefully read this user manual and use the device only as directed. RENPHO assumes no responsibility for any injuries caused by misuse or negligence in following the instructions provided. Please keep this manual for future reference.

# IMPORTANT SAFETY INSTRUCTIONS

## **READ ALL INSTRUCTIONS CAREFULLY BEFORE USING.**

When using this device, the following basic precautions should be always followed:

1. The device is intended for household use only and not intended for medical use. It should not be used in treatment or alleviation of disease or abnormal physical state.
2. This device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the device by a person responsible for their safety.
3. Children should be supervised to ensure that they do not play with the device.

## **DANGER - To reduce the risk of electric shock:**

1. Do not attempt to retrieve the device if it falls into water.
2. Do not use while bathing or in a shower.
3. Do not use the device with wet hands.
4. Do not place or store the device in areas where it may fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

## **WARNING - To reduce the risk of fire, electric shock, or injury to persons:**

1. Please consult your doctor before using if you are a user of the following persons:

- 1) Children under 8
- 2) Pregnant women
- 3) Persons with blood stasis
- 4) Persons with fractures
- 5) Persons with heart disease, a pacemaker, defibrillator, or metal contents in the body
- 6) If you have experienced joint surgery within 90 days, do not use the device on your body within 3 inches of the surgical site.

**If you feel unwell or have any unusual discomfort, please stop using the device immediately.**

2. Do not use the massage gun on
  - 1) Sensitive skin, swollen or inflamed areas, in areas where there is poor circulation, where skin eruptions are present, or in the area of unexplained abdominal pain
  - 2) Head, face, cervical vertebrae, body bones, varicose veins, tumor site, throat area, any possible fracture site, positions close to the bony areas: the humerus, the back of the foot, the back of the hand, etc
  - 3) Genital area (Do not use this device for sexual purposes. It is a powerful massaging device and may cause severe bodily harm.)
  - 4) Unconscious or sleeping persons
3. Do not operate under a blanket or pillow. Excessive heating may occur and cause fire, electric shock, or injury to persons.
4. Never operate the device with the air openings blocked. Keep the air openings free of lint, hair, etc.
5. Close supervision is necessary when this device is used by, on or near children, invalids, and disabled persons.
6. Use this device only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
7. Do not operate this device if it is not working properly, has been damaged, or dropped into water.

8. Do not drop or insert any object into any opening.
9. Do not operate in the areas where aerosol (spray) products are being used or where oxygen is being administered.
10. Do not keep the device near a magnetic field or in the areas where it can be affected by a magnetic field as it may cause batteries to discharge.
11. Avoid touching the gap between the massage head and body with your finger or hair to avoid pinching.
12. Keep the device away from heat and avoid using it in places where the surrounding temperature is relatively hot.
13. Do not drop, apply excessive force or heavy weight over the device to avoid malfunction and/or damage.
14. If a high temperature or foul odor occurs while using the device, stop using the device immediately.
15. Do not use the device in close proximity to long hair, loose clothing or jewelry.
16. Avoid applying excessive pressure on the massage head and refrain from massaging the same area continuously for an extended period of time.
17. Massage heads are made of silicone. Use with caution if allergic.

### **About the Battery**

1. Do not expose the device or battery to excessive temperatures.
2. Be aware of the risk of terminals of the battery-operated device or battery being short-circuited by metal objects.
3. This device contains batteries that are non-replaceable. When the battery is at end of life, the device shall be properly disposed of.
4. Do not dismantle, open or shred battery.
5. Do not subject cells or batteries to mechanical shock.
6. In the event of a cell leaking, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.

7. Secondary cells and batteries need to be charged before use. Always use the correct charger and refer to the manufacturer's instructions or product manual for proper charging instructions.
8. Do not leave a battery on prolonged charge when not in use.
9. After extended periods of storage, it may be necessary to charge and discharge the cells or batteries several times to obtain maximum performance.
10. **CAUTION** - The battery used in this device may present a risk of fire or chemical burn if mistreated. Do not recharge, disassemble, heat above 100°C (212°F).

# SAVE THESE INSTRUCTIONS

## ABOUT THE PRODUCT

### 1. What's in the Box

- 1 x MICRO POCKET
- 3 x Silicone Massage Head Casing
- 1 x Lanyard
- 1 x USB-C Charging Cable

## 2. Product Parameter

Product Name: Massage Gun

Model: R-WMG23

Input: 5V  $\overline{\text{---}}$  1A

Battery Voltage: DC 7.4V

Speed: 2000-3200r/min

Amplitude: 6mm

Battery Capacity: 580mAh 4.292Wh

Auto-off Timer: 10 minutes

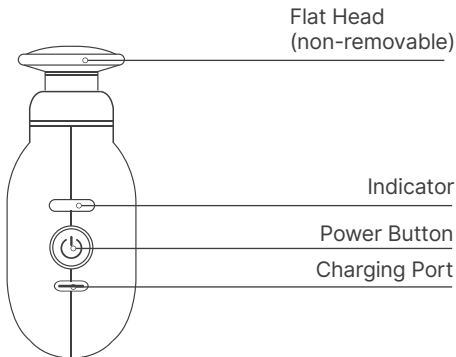
Charging Time:  $\leq$  120 min

Operating Time:  $>$  100 min

Dimension: 3.6  $\times$  2.8  $\times$  1.5 in / 92  $\times$  71  $\times$  38 mm

Weight: 0.46 lb / 210 g

## 3. Product Overview



# BEFORE USING

## 1. Charge the Device

\* To ensure optimal performance, please fully charge the device before its first use.

- Please charge the device using the provided USB-C charging cable and a DC 5V 1A/2A charger (not included) when the indicator flash.
- It takes about 2 hours to fully charge the device. Once the charging process is complete, all indicators will remain solid.

### Note:

- For safety reasons, the device cannot be turned on while charging.
- The device runs on a single charge for 100 min (vary by the speed level and pressure applied during use).

## 2. Choose an appropriate massage head and attach it.

**Note:** Do not install or replace the massage head while the device is operating.



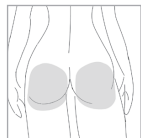
### Conical head casing

For deep tissues, trigger points and small muscle groups



### Spherical head casing

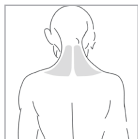
For quads, glutes, large muscle groups, and general areas of soreness





### U-shaped head casing

For the spine, neck and Achilles tendon



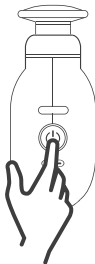
### Flat head (non-removable)

For shoulder blades, IT bands and full-body massage



## USING THE PRODUCT

1. **Press and hold** the Power button for 2s to turn on the device, speed level 1 will be activated by default.
2. **Press** the Power button to cycle through the speed levels among Level 1/2/3/4.



| Speed Level | Speed     | Indicator Status |
|-------------|-----------|------------------|
| Level 1     | 2000r/min | 1 indicator on   |
| Level 2     | 2400r/min | 2 indicators on  |
| Level 3     | 2800r/min | 3 indicators on  |
| Level 4     | 3200r/min | 4 indicators on  |

3. To turn off the device, **press and hold** the Power button for 2s.

**Auto-off Timer:** The device will automatically shut off after 10 minutes of operation. It is not recommended to use the device for more than 30 minutes at a time.

### Tips:

- Massage stiff muscles for up to 2 minutes to promote relaxation.
- It is recommended to start with the lowest setting and gradually increase the speed as you adapt to the intensity.
- Do not apply too much pressure on the device during your session, or the device will stall to prevent injury or bruising.

## CLEANING AND MAINTENANCE

- Place the device in a cool, dry place when not in use.
- Always turn off the device before cleaning. Wipe with a soft cloth slightly dampened with non-abrasive cleaners. Keep away from all solvents and harsh detergents.
- Do not attempt to disassemble or repair the device. The device does not contain user-serviceable parts.

# TROUBLESHOOTING GUIDE

| Problem                                                                                       | Cause                                                                                                                                               | Solution                                                     |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| The device cannot be turned on.                                                               | Power button is not pressed long enough.                                                                                                            | Press and hold the Power button for longer duration.         |
|                                                                                               | The battery runs out.                                                                                                                               | Charge the device.                                           |
| The device shuts down suddenly.                                                               | Auto-off timer: The device will automatically shut off after 10 minutes of operation.                                                               | Restart the device for another session.                      |
|                                                                                               | Built-in locked-motor protection: When the massage head is pressed with excessive force, the protection will be triggered, shutting the device off. |                                                              |
|                                                                                               | Built-in overheat protection: It will automatically shut off when overheating occurs.                                                               | Wait for the device to cool down before turning it on again. |
| <b>If you encounter any other problems, please feel free to contact our customer service.</b> |                                                                                                                                                     |                                                              |

# WARRANTY POLICY

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.

For warranty terms and conditions, please visit:

**<https://renpho.com/pages/warranty-terms-and-conditions>**

Note: Product registration is not required for the warranty.  
If you choose not to register your product, it will not diminish the product warranty.

# CUSTOMER SERVICE

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.



**TEL: +44(0)7434 666088 (UK ONLY)**

Monday-Friday 9:00AM-5:00PM (GMT)

**+1(844) 417 0149 (US&CA)**

Monday-Friday 9:00AM-4:30PM

**1800 MY RENPHO (1800 69 7367) (AU ONLY)**

Monday-Friday 9:00AM-6:00PM (AEST)



**Email: [support-eu@renpho.com](mailto:support-eu@renpho.com) (UK&EU)**

**[support@renpho.com](mailto:support@renpho.com) (US&CA)**

**[support-au@renpho.com](mailto:support-au@renpho.com) (AU)**

\*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

## FCC Regulatory Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Warning:** Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## ISED Regulatory Compliance

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1: This device may not cause interference.
- 2: This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



### 1. Meaning of the crossed-out wheeled bin symbol

The crossed-out wheeled bin symbol means that you are legally obliged to dispose of these appliances separately from unsorted municipal waste, i.e. old appliances must be disposed of separately from household waste. Batteries or rechargeable batteries that are not permanently installed must be removed beforehand and disposed of separately.

### 2. Options for returning old appliances

Owners of WEEE can return or collect it within the framework of the possibilities set up and available by public waste management authorities to ensure proper disposal.



1. The symbol of the crossed-out garbage can on batteries or accumulators indicates that they must not be disposed of in household waste at the end of their life.
2. You are legally obliged to return old batteries and accumulators after use. You can do this free of charge at a collection point in your area. Addresses of suitable collection points can be obtained from your city or local government.
3. Batteries may contain substances that are harmful to the environment and human health. The separate collection and recycling of old batteries and accumulators is intended to avoid negative effects on the environment and human health.
4. Please avoid the generation of waste from old batteries as far as possible, e.g. Please avoid littering public spaces by not carelessly leaving batteries or electrical and electronic equipment containing batteries.



Hereby, Shenzhen Ruiyi Business Technology Co., Ltd. declares that this equipment complies with Directive 2014/30/EU, Directive 2011/65/EU, Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012, and other relevant provisions. The full text of the Declaration of Conformity can be obtained at the following internet address:

**<https://renpho.eu/pages/compliance-data>**

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