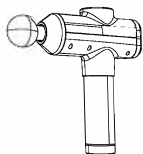


# MASSAGE GUN

Hero 1

User Manual

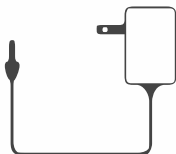
## What's in The Box



Massage Gun x1



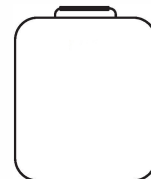
Massage Heads x6



Power Charge x1



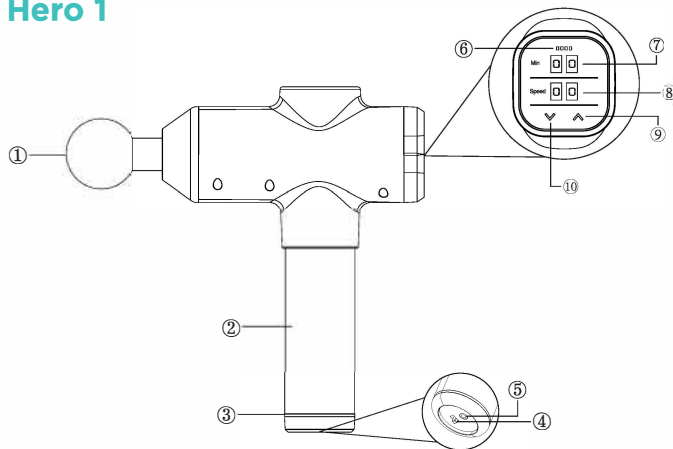
User Manual x1



Carrying Bag x1

## Introduction to the ABOX Hero 1

- ① Massage Head
- ② Anti-slip Handle
- ③ Power Indicator
- ④ Power Switch
- ⑤ DC Input Port
- ⑥ Battery Indicator
- ⑦ Timing Display
- ⑧ Speed Level Display
- ⑨ Speed ^ Button
- ⑩ Speed v Button



## How to Use

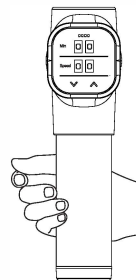
### ● Using the Massage Gun

1. Turn on the power switch<sup>④</sup>,the display screen shows two lines "- -".
2. Use the speed "v"<sup>⑩</sup> or "^"<sup>⑨</sup> button to adjust the desired speed level(0-30 gear).

**Note:**Press "^" to increase the gear and press "v" till the lowest "00" for standby;

Long press "^" to increase continuously while long press "v" to decrease continuously ;

3. If it is not used for a long time, please turn off the power switch<sup>④</sup>.



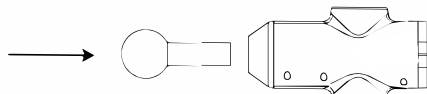
### ● Using the Timing Function

1. Massage Gun will be automatically timed (in minutes) after turn on.
2. Trun off the power switch or turn to standby, the time will be reset and displayed as "- -".
3. The maximum time count is "99" (in minutes) ;

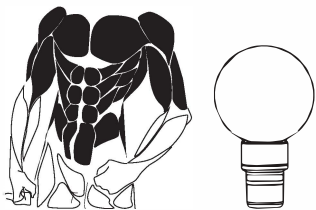
### ● Choose Massage Head

#### 1. Installation of Massage Head

The convex groove of the massage head is aligned with the groove of the gun and insert by pressing in.

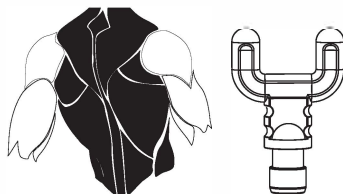


## 2. Introduction of Massage Head



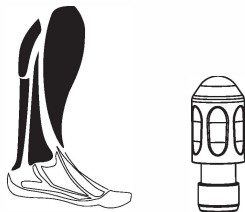
**A. Ball Head:** Uniform and soft strength suitable for whole body muscle massage and relaxation.

(Recommended duration: 1.5 minutes)



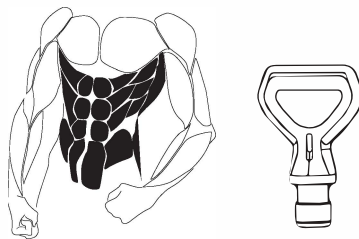
**B. U-Shaped Head:** Suitable for shoulders, cervical vertebrae and bilateral muscles. (Recommended duration: 1 minute)

**Note:** Don't directly hit the cervical spine and spine, it will cause personal injury.



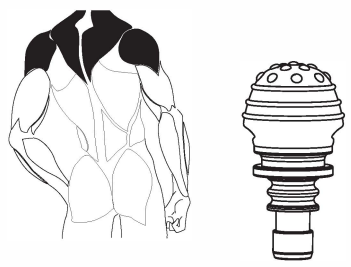
**C. Bullet Head:** Suitable for tendon, acupoint, etc.

(Recommended duration: 1.5 minutes)



**D. D-Shaped Head:** Suitable for back, cervical and waist massage.

(Recommended duration: 1.5 minutes)



E. **Air Plug Head:** Suitable for massaging bones and sensitive parts.(Recommended duration: 1 minute)



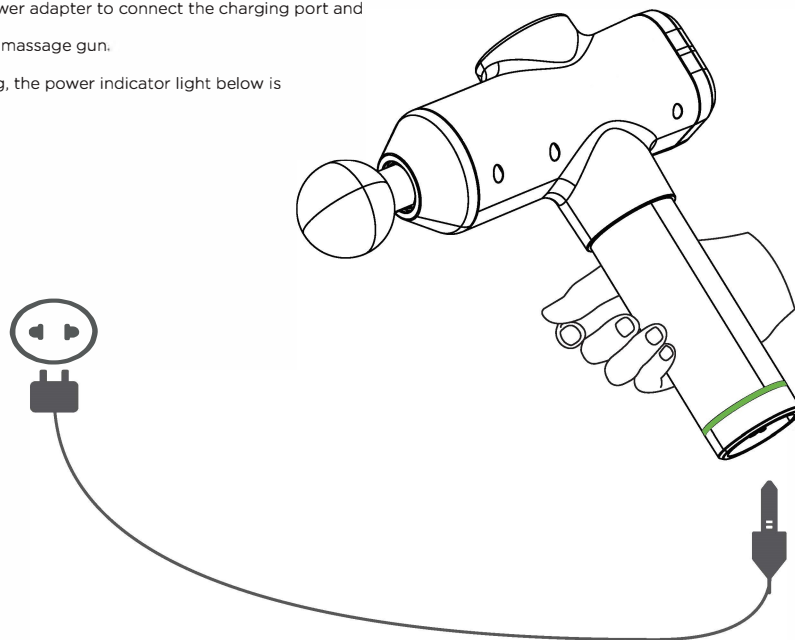
F. **Flat head:** Suitable for relaxation and pliability of various muscle parts of the body. (Recommended duration: 1 minute)

- Charging

1. How to Charge

Use the included power adapter to connect the charging port and power supply of the massage gun.

**Note:** When charging, the power indicator light below is always green.

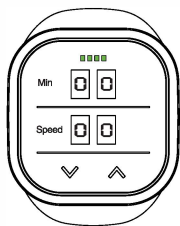


## 2. Description of Battery Indicator

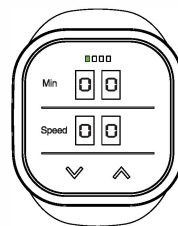
Each grid reflects the corresponding 25% power and the corresponding indicator flashes in the charging range.

**For example:** When the charge is 50% full, the two green indicator lights are always on.

When the battery is fully charged, the charging indicator lights are all green.



When the battery is less than 25%, the first charging indicator light flashes.



## Parameter Information

Name: Massage gun

Model: Hero 1

Size: 263 \* 254 \* 75mm

Weight: 1.2kg

Input Voltage: 100-240V, 50/60Hz

Rated Power: 30w

Motor speed: 1200-3200RPM

Speed Level: 30 Speed

Power Supply: 2600mAh

Display Method: Touch Sensing

## Maintenance

1. Wipe the surface of the massage gun with a slightly damp towel, and then dry it with a soft cloth.
2. When storing or traveling for a long time, please separate the battery from the massage gun and put it in the original box of the massage gun.
3. The massage gun should be stored in a dry, well-ventilated, non-corrosive gas place.
4. If the massage gun is not used for a long time, it should be cleaned and then packed and stored, and it needs to be recharged every six months.
5. The massage gun is suitable for transportation by car, train, ship and plane.
6. The product should be fixed during transportation to prevent violent vibration, collision, rolling and falling, and to be upward, light and rainproof.

## Precaution for Use

In order to reduce the risk of malfunction, electric shock, injury, fire, death and equipment damage, please read all the instructions and warnings in this manual carefully before using this product.

### ● Forbiddance

1. It is forbidden for minors to use it. If you are injured, do not use this product. Please consult your doctor before using this product when your muscles are damaged.
2. It is forbidden to use on the surface of non-dry, non-clean skin. You can use it across clothes, gently press and move on the skin, each part for about 60 seconds.
3. It is forbidden to use above the neck and parts with less muscle coverage and on bones. Use this product only on the soft tissues of the body without causing pain or discomfort.
4. It is forbidden to use when bruising, pain or discomfort appears.
5. It is forbidden to put any objects into the ventilation holes of the motor.
6. It is forbidden to immerse the product in water, and no water is allowed to enter the equipment from the ventilation holes of the motor.



7. It is forbidden to use other chargers for charging, you must use the charger provided by our company.
8. It is forbidden to disassemble this product in any way.
9. Forbid fingers, hair or other parts of the body near the axis and back of the massage head to prevent pinch and injury.

## ● Note

1. Keep away from liquids or heat sources, keep the vents free of dust.
2. After charging is complete, please unplug the charger.
3. Don't use this product while charging.
4. Please use this product according to the instructions.
5. Before each use, carefully check whether the product can be used normally according to the operation methods of this manual.

## ● Warning

This product cannot be used under any of the following situations without the prior consent of the doctor: Pregnancy, diabetic complications (such as neuropathy or retinal injury), wearing a pacemaker, recent surgery, epilepsy or migraine, herniated disc, spondylolisthesis, diastasis Vertebralis, or spondylosis, recent joint replacement surgery or IUD, metal needle or steel plate.