

GYMSTICK™

FASCIA GUN

USER MANUAL

BEFORE YOU BEGIN

Thank you for choosing a Gymstick product.

We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its enterity before beginning to use this product.

IMPORTANT

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

WARNING

Read and follow all safety instructions carefully. Failure to do so could result in serious injury.

IN THE PACKAGE

Fascia Gun comes with a number of accessories. Please ensure all items are included before using the device. If any are missing, contact your reseller or Gymstick customer support.

1. Fascia Gun
2. Massage Heads
3. Carry Case
4. USB Charging Cord



INTRODUCTION

Gymstick Fascia Gun is the perfect tool for relieving muscle tension and tightness in a tiny form factor. This pocket-sized massage gun brings surprising power for maintaining a healthy and well-performing body.

Massage any muscle groups with multiple speeds and interchangeable heads. Included carry case keeps the device and accessories at hand and easily accessible. Easy to charge with the included USB cord.

TECHNICAL SPECIFICATIONS

SKU	61185
POWER	12 W
AMPLITUDE	6 mm
SPEED	1400 - 2800 RPM
BATTERY LIFE	2 - 3 h
VOLTAGE	12.6 V
DISPLAY	LED Indicators
WEIGHT	0.5 kg



Smart shutdown: when the device is not in use after booting, it will automatically shut down after 3 minutes of standby to reduce battery drain.

Smart timing: the device will automatically stop after running for 10 minutes to avoid excessive use.

MASSAGE HEADS



Flat Head	Firm and flat head for all body parts.
Bullet Head	Pinpoint trigger points and small muscles.
Ball Head	Soft head for all body parts.
U-Head	Massage along the spine, arms and legs.

CHARGING THE DEVICE

Before using the device for the first time, ensure to charge it until the battery is fully charged.

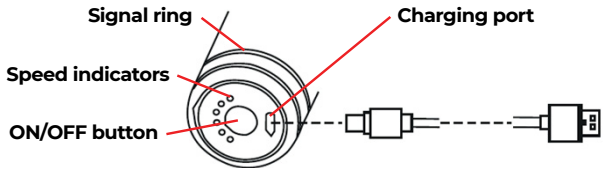
1. Charge the device with the included USB charging cable. **Note!** Charging brick is not included.
2. The signal ring light flashes green when charging, and stays on when the battery is full.
3. All operating systems are turned off and do not work during charging.

USING THE DEVICE

Once the device is charged, it is ready to be used. The signal ring is green when power is sufficient and red when power is low.

1. Choose the desired massage head and firmly insert it in to the device.
2. Press the ON/OFF button for 3 seconds to turn on the device. (The device can be turned off by pressing the button for 3 seconds).
3. Massage desired body part, applying light pressure as needed. Move the massage head across the target area for approximately 60 seconds on one area at a time.
4. Adjust the massage speed by pressing the ON/OFF button. The speed indicators at the bottom of the device will light up to show the current speed.

Note! Do not operate continuously for more than 1 hour at a time. Allow the device to rest for 30 minutes between uses.



STORAGE & MAINTENANCE

After a long period of use, please charge the device before the battery is fully drained. If the battery is not charged in time, it can shorten the life of the battery and even result in a failure. When the device is not in use for long periods of time, please charge it once a month.

Store the device in the supplied case in a dry place away from direct sunlight. Clean the device with a slightly damp cloth, without using any corrosive cleaning agents.

SAFETY INSTRUCTIONS

WARNING

TO REDUCE RISK OF ELECTRIC SHOCK, FIRE AND INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE TO THE FOLLOWING SAFETY INSTRUCTIONS

1. For adult use only.
2. Children must not play with the appliance. Cleaning and maintenance must not be made by children without supervision.
3. 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.
4. Use the massage device only on the body's soft tissues as desired without producing pain or discomfort. Do not use on head or any hard bone area of the body.
5. Use only the applicators that provide the best desired effect.
6. Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
7. Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
8. Do not place any objects into the ventilation holes of the device.
9. Do not immerse in water or allow water to enter the ventilation holes of the device. Keep away from heat sources.
10. Do not drop or misuse the massage device.
11. Carefully examine device and battery before each use. Do not tamper or alter Massage device in any way. Never leave the Massage Device operating or charging unattended.
12. Do not operate continuously for more than one hour. Allow device to rest for 30 minutes before re-using.

WARNING

PLEASE DO NOT USE THE MASSAGE GUN WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spndylolysis, or spondylosis, recent joint replacements or IUD's metal pins or plates or any concerns about your physical health.

Frail individuals and children should be accompanied by an adult when using the device.

DISCLAIMER

The manufacturer Gymstick International Oy have no responsibility to any persons or entity for any loss, damage sequence alleges to have happened directly or indirectly as a consequent of this product.

For your own safety be sure that you read all the instructions in this manual before using this product!

WARRANTY

Gymstick International Oy warrants this product to be free of defects in material or workmanship for a period of one (1) year from the date of the original retail purchase.

This warranty is available only to the original purchaser, and only if purchased from and authorized Gymstick distributor or reseller. If your product is found to be defective during the warranty period, Gymstick will, at its sole option, either repair or replace the product with a new or factory reconditioned or substantially equivalent model. Gymstick will not replace or refund cover damage of the body due to consumer's negligence and carelessness.

The warranty does not cover:
- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured for:

Gymstick International Oy
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GYMSTICK.COM

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Do not dispose of the device in the normal household waste, but in accordance with the Directive and local regulations. More information on this is available from your municipal waste collector.