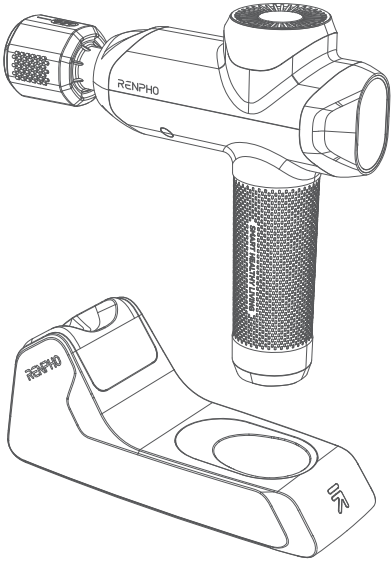
RENPHO
Smart Health Simplified

User Manual



Model: R-WMG81

Massage Gun

Thank you for choosing the RENPHO Massage Gun! Please read this user manual carefully and use the device only as directed. RENPHO accepts no responsibility for any cause of injuries due to misuse or negligence to follow the instructions outlined. 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 to provide a luxurious massage, not intended for medical use.
2. This device can be used by children aged 8 years and above and by persons with reduced physical, sensory or cognitive capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the device in a safe way and understood the hazards involved.
3. Children should not play with the device. Cleaning and user maintenance should not be made by children.

DANGER - To reduce the risk of electric shock:

1. Do not reach for the device that has fallen into water.
2. Do not use while bathing or in a shower.
3. Do not place or store the device in the 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, with 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 position

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
3) Varicose veins
4) Tumor site
5) Throat area
6) Genital area (do not use this device for sexual purposes. It is a powerful massaging device and may cause severe bodily harm.)
7) An unconscious or sleeping person
8) Any possible fracture site
9) Positions close to the bony areas: the humerus, the back of the foot, the back of the hand, etc

3. The device should never be left unattended when plugged in. Unplug from the outlet when not in use, and before cleaning, putting on or taking off parts.
4. Do not operate under a blanket or pillow. Excessive heating may occur and cause fire, electric shock, or injury to persons.
5. Never operate the device with the air openings blocked. Keep the air openings free of lint, hair, etc.

6. Close supervision is necessary when this device is used by, on or near children, invalids, and disabled persons.
7. Use this device only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
8. Never operate this device if it is not working properly, has been damaged, or dropped into water. Send the device to the service center for examination and repair.
9. Never drop or insert any object into any opening.
10. Do not operate in the areas where aerosol (spray) products are being used or where oxygen is being administered.
11. 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.
12. Do not use the device before bed as it has a stimulating effect and may delay sleep.
13. Avoid touching the gap between the massage head and body with your finger or hair to avoid pinching.
14. It is recommended to start the massage with speed level 1. Do not use for more than 30 minutes at a time. Excessive use could lead to slight bruises or device overheating that shortens its lifespan.
15. Keep the device away from heat and avoid using it in places where the surrounding temperature is relatively hot.
16. Do not use the device with wet hands.
17. Only use the original massage head officially provided in the package. The use of a third-party massage head may cause damage to the device and void the warranty.
18. Do not drop, apply excessive force or heavy weight over the device to avoid malfunction and/or damage.
19. If a high temperature or foul odor occurs while using the device, stop using the device immediately and unplug it.
20. It is prohibited for non-professional personnel to repair the device or replace its parts.
21. Use only the massage head that produces the best results.

22. Do not press the massage head vigorously or cover the device during a massage.
23. Do not use the device in close proximity to long hair, loose clothing or jewelry.
24. Do not massage the same body part for a prolonged period of time. If you feel unwell, please stop using the device immediately.
25. The device is equipped with a heating and cooling massage head. Persons sensitive to heat or cold must use it with caution.

About the Battery

1. Warning Chemical Exposure: If the battery pack leaks, do not allow the liquid to contact the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.
2. Battery life may vary by application and/or operating conditions. If the device is not in use for a long period of time, please keep it powered off and charge it once a month to prolong its lifespan.
3. Do not expose the device or battery to excessive temperatures.
4. Be aware of the risk of terminals of the battery-operated device or battery being short-circuited by metal objects.
5. This device contains batteries that are non-replaceable. When the batteries are at end of life, the device shall be properly disposed of. Do not throw it into the fire or heat it. The device should be placed in a sealed plastic bag and safely disposed of in accordance with local environmental regulations.

SAVE THESE INSTRUCTIONS

WHAT'S IN THE BOX

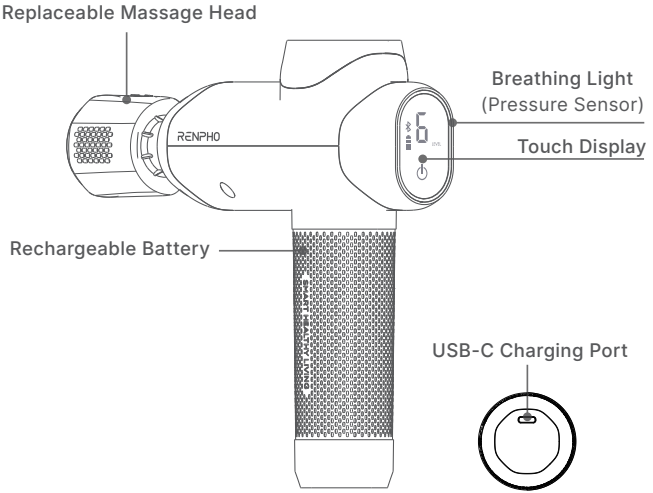
1 x Massage Gun
1 x User Manual
1 x Travel Case
1 x Charging Cradle
1 x USB-C Charging Cable
2 x Rubber Sleeve
6 x Massage Head

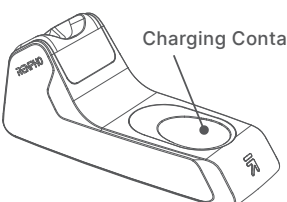
SPECIFICATIONS

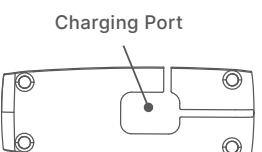
Product Name: Massage Gun
Model: R-WMG81
Input: 5V ⎓ 2A
Battery Voltage: DC 11.1V
Battery Capacity: 2500mAh 27.75Wh
Amplitude: 12mm
Speed: 1-6
RPM: 1850-2600r/min
Charging Port: USB-C
Auto-off Timer: 10 minutes
Dimension: 6.7×8.4×2.4inch

Charging Cradle
Input: 5V ⎓ 3A
Charging Port: USB-C
Charging Time: about 3.5H
Dimension: 9.2×3.4×3.8inch / 233.6×86.6×97.5mm

PRODUCT OVERVIEW







Ball head
For large muscle groups like quads, glutes, extreme muscles, and joint soreness.

Air cushioning head
For sensitive muscles.

U-shaped head
For spine, neck and Achilles tendon.

Shovel-shaped head
For abdominal muscles and lower back.

Bullet head
For joints, deep tissues, trigger points and small muscle areas like feet and wrists.

Heating & Cooling Head
For all body parts.

Rubber Sleeve
Each massage head is pre-installed with a rubber sleeve that ensures the massage head is securely attached to the massage gun. If it is damaged, replace it with a spare one.

Breathing Light Instructions

Status	Breathing Light (Pressure Sensor)
Ideal pressure applied	Blue
Stall warning: Excess pressure applied	Pink
Stalled: Too much pressure applied	Red
Very low battery	Flashes red 3 times
Charging	Flashing red (Battery level＜50%)
	Flashing blue (50%≤Battery level＜100%)
Fully charged	Off

BEFORE USING

Charging the device

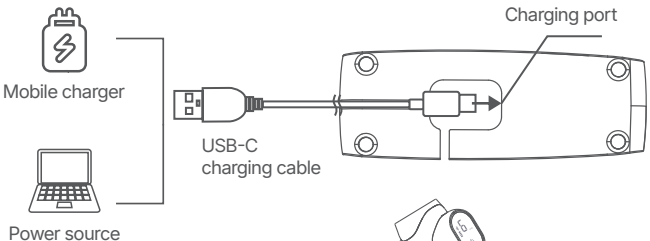
***Fully charge the device before the first use.**

Method 1

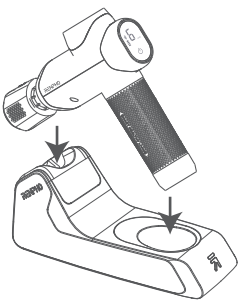
To charge, plug the provided USB-C charging cable to the unit's charging interface and into the mobile power source or mobile charger (not included). Ensure the input should be DC 5V, 2A.

Method 2

a. Connect the charging cradle to a power source, the LED indicator will light up.



b. Place the massage gun on the charging cradle, aligning the charging pins with the contacts. Charging begins automatically.



c. When charging is complete, disconnect the power to prevent overcharging.

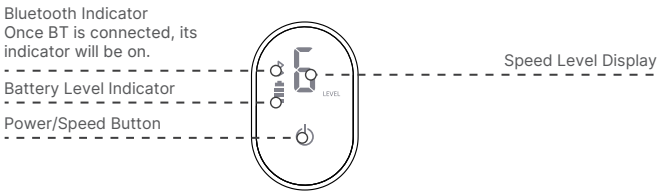
USING THE PRODUCT

Step 1: Choose a preferred massage head and attach it. Ensure the massage head is fully inserted into the slot.

Note:

a. Ensure the device is off before you swap the massage head.

b. To remove the air cushioning head, firmly grasp the head attachment joint and pull away from the device.

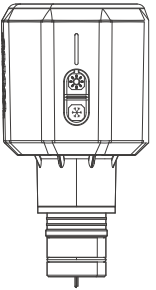


Step 2: Press and hold ⏻ for 2s to turn on/off the device. Once the device is turned on, Bluetooth will be enabled by default with its indicator off.

Step 3: Press ⏻ again to cycle through the speed levels among level 1/2/3/4/5/6.

Step 4: Target your muscle groups for massage with the device. It is recommended to rest the massage head perpendicularly over your muscle and begin massaging on the lowest setting and work your way up to higher speeds as you get used to the intensity.

Heating & Cooling Massage Head



a. Press and hold to enable the heating function. Red indicator will turn on.
b. Press to cycle though heating levels: 1-2-3-4
c. Press and hold again to disable the heating function. Heating Temperature: 100~117°F/38-47°C. Timer: 10 mins

a. Press and hold to enable the cooling function. Blue indicator will turn on.
b. Press to cycle though cooling levels: 1-2-3-4
c. Press and hold again to disable the cooling function. Cooling Temperature: 46~57°F/8-14°C. Timer: 10 mins

Note:

- Auto shut-off function: The device and the heating & cooling massage head will shut off automatically after 10 minutes of continuous use.
- Locked-motor protection: If you apply excessive pressure on the device during your session, the device will stall to prevent injury or bruising.
- It is recommended to start every massage session with minimal intensity before you get used to it. Do not use for more than 30 minutes at a time.

APP GUIDE

Step 1: Download the app

Search and download the "**Renpho Health**" App from Apple App Store / Google Play or scan the QR code below to download the Renpho Health App.

Renpho Health

Download on the App Store

GET IT ON Google Play

Renpho Health

Note: Due to continuous updates and improvements, the "**Renpho Health**" App may appear slightly different.

***Apple and the Apple Logo trademarks of Apple Inc., registered in the U.S. and other countries.**
Google Play is a trademark of Google LLC.

Step 2: Log in/Sign up

a. Log in directly with an existing RENPHO App account.
b. If you don't have any RENPHO App account, tap "**Sign up**".
-Register a new account of Renpho Health App using your email address and complete your profile information.

Step 3: Add Device

***Enable Bluetooth on your smartphone before adding the device.**

-Method 1:

a. Press and hold the Power button for 2s to turn on the device.
b. A window will pop up on the phone screen and tap "**Connect**".

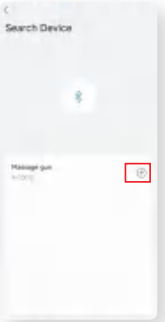
-Method 2:

a. Tap “**+**” on the top right corner of the “**Home**” page to pair manually.

b. Select “**Massage**” and tap “**Massage gun**”.

c. A window will pop up on the phone screen and tap “**+**”.

Note: If the device is connected to the App and left idle, it will automatically shut down in 2 minutes.



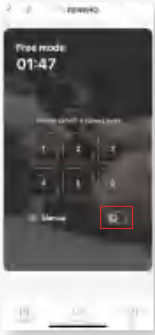
Step 4: Massage

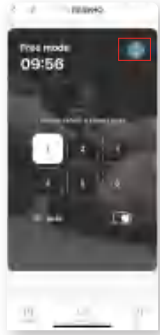
- Method 1: Massage in free mode

a. After a successful connection, you will enter the "Free mode" page.

b. If you choose "Manual" mode (Default), you can choose the speed levels among level 1-6 manually to get your personalized massage.

c. If you choose "Auto" mode, the device will automatically increase the speed by 1 gear every 30 seconds. Tap to reset the time.



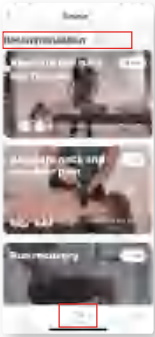


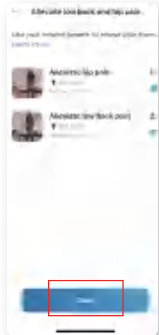
- Method 2: Choose the video course

a. Tap "Course" and choose "Recommendation" for specific session or choose "Body" for specific muscle group massage.

b. Choose your preferred course. Each session consists of corresponding videos course(s) with tips on which massage head to use and duration.

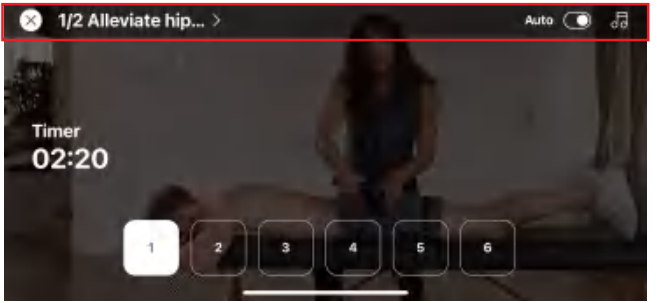
c. Tap "Start" to follow it to massage.





*** When the video is playing, you can tap it for additional settings.**

1) Tap ⊗ to pause the video or choose to exit/continue the video.
2) Tap > to freely choose another course.
3) Tap Auto Auto to switch between Auto mode (Default) and Manual mode.
4) Tap ♫ to turn on/off the background music or adjust the music volume.



CLEANING AND MAINTENANCE

1. Place the device in a cool, dry place when not in use.
2. 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.
3. 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.	Short press the Power button.	Press and hold the Power button for 2s to turn the device on.
	The battery is dead.	Charge the device.
The device shuts down suddenly.	Auto-off timer: The device will automatically shut down after 10 minutes of continuous use.	Turn on the device again. It is not recommended to massage for more than 30 minutes at a time.
	Built-in locked-motor protection: When the massage head is pressed with excessive force, the protection will be triggered, and the breathing light will flash red 3 times before the device automatically shuts down.	

Problem	Cause	Solution
The device shuts down suddenly.	Built-in overheat protection: It will automatically shut off the massage gun when overheating occurs.	Wait for the device to cool down before turning it on again.
No Bluetooth connection.	Bluetooth on the smartphone is not enabled.	Enable Bluetooth on the smartphone.
	The massage gun is connected by another mobile device.	Unbind the massage gun on another mobile device.
The device does not respond while operated via the App.	Bluetooth is disconnected.	Keep your smartphone close to the device and reconnect.
Slow App loading.	Poor Internet.	Operate in a good Internet environment.
The video courses cannot be downloaded.	No/poor Internet.	Operate in a good Internet environment.
Massage gun not charging.	Misaligned charging pins and contacts.	Properly align massage gun pins with cradle contacts.
Slow or intermittent charging.	Dirty or corroded charging contacts.	Clean charging contacts with a soft cloth.

If you encounter any other problems, please feel free to contact our customer service.

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: +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@renpho.com (US&CA)
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.

RF Exposure Compliance

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED Regulatory compliance

This device contains licence-exempt transmitters 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.

Le présent appareil est conforme aux CNR d'Industrie 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, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

RENPHO

Smart Health Simplified

US Importer: JOICOM CORPORATION
14129 The Merge Street, Building 3 Unit A, Eastvale, CA 92880

Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.
No. 810-C063, 8th Floor, Xiangbin International Financial Centre, No.18, West Free Trade Street, China Special Economic Zone, Qianhai Bay, Shenzhen, Guangdong Province, 518000 China

Made in China

装订方式：骑马钉
成品尺寸：98 x 135mm
材質：108g銅版紙 雙面彩色印刷
本页不印刷

版本号：NA1