

Fascia Massage Gun

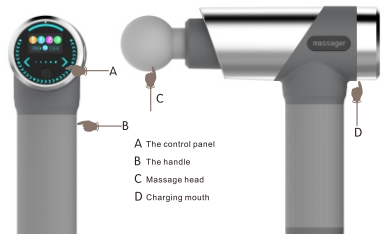
User Manual



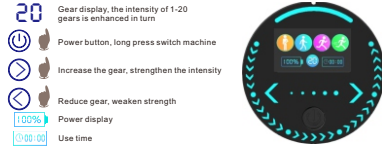
Start and finish your workouts with Fascia Massage Gun.

Please read the user manual thoroughly for the correct methods of usage, and keep this manual handy for future reference.

The product description



A The control panel
B The handle
C Massage head
D Charging mouth



20 Gear display, the intensity of 1-20 gears is enhanced in turn
Power button, long press switch machine
Increase the gear, strengthen the intensity
Reduce gear, weaken strength
Power display
Use time

This product has two ways to adjust gears, large gear adjustment and small gear adjustment. The big gear is only 0, 3, 8, 13, 18, 20; the small gear can be added or subtracted from 1 gear to 1 gear. After turning on the machine, you can directly press the plus or minus gear to adjust the gear. If you need to fine-tune the gear, short press the power button to enter the small gear adjustment. If you need to exit the small gear adjustment, press the power button again.

Mode gear

	1-5 gear		6-10 gear
	11-15 gear		16-20 gear

Important Safety Instructions

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

Warnings and Safety Cautions

- For adult use only. Please consult your physical before using, if you have any health concerns or injuries.
- Do not use on wet or moist surface. Use it through the clothes and gently press and move on the skin for about 60 seconds.
- Do not apply on the head or any hard or bony part of the body. Only on the soft tissues of the body.
- Stop using immediately if you experience discomfort, bruising or pain.
- Do not immerse the product in water or allow water to enter the air vents of the product.
- Keep product away from heated surfaces.
- Do not drop this product intentionally.
- Do not disassemble the product in any way.
- Do not operate continuously for more than one hour. Allow the device to rest for at least 30 minutes before reusing.
- Do not place fingers, hair or other parts of the body near the shaft and back of the massage head as they may be clamped.
- Never leave the product unattended.
- This product is not intended for infants, children pregnant women, or any individual with weak bones, pacemakers or have metal contents in his/her body.

Massage head (different amount of massage head according to different products)

For massaging arms, waist back, buttocks, thighs, calves and other muscle groups	Apply to posterior major latissimus dorsi muscle and other large muscle groups	Apply to insert deep tissue such as neck, spine, palm, plantar	Applicable to the relaxation and precisely of narrow muscle parts	Apply to massage neck, spine and Achilles tendon

Massage head installation method

While inserting/pulling, slightly rotate the massage head to insert/pull out. Do not directly insert/pull out The u-shaped head has a alignment line and can be directly inserted/pulled out



The basic parameters

Product name: Fascia massage gun	Product model: HF01
Net weight: 680g	Motor voltage: 24V =
Interface type: 24V = 1A	Battery capacity: 1500mAh*6section
Strength gear position: 20-Speed	Charging time: About 3hours
Power supply mode: Rechargeable lithium battery	Operating environment: 0-40°C , Not waterproof
Product size: 156*60*192mm	Age: For adults over 18 years old, pregnant women are forbidden

Charging

- Charge the battery for 3 hours before initial use, and charge it fully.
- When charging, Please use the original charger.
- When charging, the marquee flashes cyclically from left to right.
- The battery can be charged in any state of power.
- The device can be used while charging.
- When the equipment is not in use, please charge it once every 1 month to protect the battery life.

Maintenance, cleaning, storage and transportation

- Wipe with a wet towel, strictly prohibit the use of gasoline and other organic solvents, will damage the plastic parts.
- The machine should be stored in a dry, well-ventilated place with no corrosive gas. The distance from the ground should be more than 25 cm.
- If it is not used for a long time, it should be cleaned, packed and stored, and charged once every other month.
- This product is suitable for automobile, train, ship, airplane and other transportation modes.
- The machine should be fixed in transportation to prevent violent vibration, collision, tumbling and falling.

Method of use

Local muscle relaxation

Static technology dynamic technology

• Chest muscle	-30s	• Lozenge muscle	-1min
• Triangular muscle	-30s	• The triceps	-25s
• The rotator cuff muscles	-25s	• The latissimus dorsi	-45s
• biceps	-30s	• Shaft sma	-35s
• Brachial muscle	-30s	• The scale of muscle	-1min to 1.5min
• Gong radial muscle	-30s	• Large arm muscle	-1min to 1.5min
• abs	-45s	• piriformis	-1min to 1.5min
• iliopsoas	-25s	• The iliitibial muscle	-25s
• The quadriceps	-60s	• Femoral biceps	-1min
• External iliac abductor muscle	-45s	• Great adductor	-25s
• Tibialis anterior muscle,	-30s	• Semitendinosus semimembranosus	-40s
• Long peroneal muscle	-30s	• The soleus	-20s
• Short peroneal muscle	-30s	• Brown myenteric	-40s
• Shoulder levator	-1min to 1.5min	• heel	-20s
• Trapezius muscle	-1min to 1.5min		

Tennis elbow

Use flat head, size spherical head

• Deltoid muscle	10s*3time
• biceps	15s-20s*3time
• rachial muscle	15s-20s*3time
• Gong radial muscle	15s-20s*3time

If the lateral condyle tendon of the humerus is afraid of hitting the bone surface in the 30s and 40s,Use your hand to pinch the muscle and hit it downward

• Flexor carpal flexor	10s-15s*3time
• Zhang long muscle,	12s-15s*3time
• Flexor ulnar carpi	10s-15s*3time
• Refers to the extensor	5s-10s*2time
• Flexor carpi brevis	5s-10s*2time
• Extensor carpi longus	5s-10s*2time



Upper limb

Use flat head, ball head

• Gong radial muscle	10s-15s*3time
• Flexor carpi radialis	10s-15s*3time
• Zhang long muscle,	12s-15s*3time
• Flexor ulnar carpi	10s-15s*3time
• Refers to the body muscle	5s-10s*2time
• Extensor brevis radialis	5s-10s*2time
• Extensor carpi radialis	5s-10s*2time
• Extensor ulnar carpi	5s-10s*2time
• anconeus	10s-15s*2time
• biceps	15s-20s*3time
• Brachial muscle	15s-20s*3time
• Beak brachial muscle	15s-20s*3time
• The triceps	15s-20s*3time
• Deltoid muscle	10s-20s*3time

Neck shoulder

Use a flat head and a U head

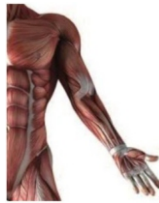
• The triceps	15s-20s*3time
• anconeus	10s-20s*2group
• Trapezius muscle	15s-20s*3time
• The latissimus dorsi	30s-1min*2time

Direction from the middle to both sides, from the top down

• supraspinatus	10-15s*3time
• Shoulder levator	10-12s*2time
• The great circle muscle	10-12s*2time
• Small circular muscle	10-12s*2time
• infraspinatus	10-12s*2time

Direction from the middle to both sides, from the top down

• Stimulate the pectoralis major first	30s
• Turn to stimulate the brachial muscle	30s



Rotator cuff injury

Use spherical head, conical head, U - shaped head

• The triceps	15s-20s*3time
• anconeus	10s-20s*2group
• Superior trapezius	15s-20s*3time
In the beam	15s-20s*3time
The beam	15s-20s*3time
• The latissimus dorsi	30s-1min*2time

Direction from the middle to both sides, from the top down

• supraspinatus	10s-15s*3time
• Shoulder levator	10s-12s*2time
• The great circle muscle	10s-12s*2time
• Small circular muscle	10s-12s*2time
• infraspinatus	10s-12s*2time

The direction moves from the middle to both sides

Strain of lumbar muscles

Use flat head, small ball head

Prone position (unilateral)

• Brachialis Major	30s-1min*3time
• The lesser brachium and the trochanter	30s-1min*3time
• SACROILIAIC joint	30s-1min*2time

Lie On your side with your legs straight down and bend 90 degrees

• The muscle of the middle arm and the ilium	30s*1r
• Sacroiliac joint	30s*1r
• The iliitibial band	30s*1r
• Around the greater trochanter	30s*1r

Supine position (unilateral)

• iliopsoas	30s-1min*3time
(The patient is slowing down the hip flexion)	
• Margin of hip bone - anterior side of hip bone	30s-1min*2time
• Rectus femoris, groin	1min*3time



The small of the back

Use flat head, small ball head, conical head

• Oblique head (middle and lower fibers)	15s-20s*3time
• In the beam	15s-20s*3time
• The beam/Lozenge muscle	20s-30s*3time
• Erector spinal muscle (lumbar segment)	30s-1min*4time
• The latissimus dorsi	30s-1min*4time
• Thoracic lumbar fascia	1min*3time
• Sacroiliac joint	1min*3time
• Cut big muscle	30s-1min*6time

supine

• Internal and external oblique muscles	10s-15s*2time
• Erector spinal muscle (thoracic section)	15s-20s*2time
• Waist quadratus	20s-30s*4time
• iliopsoas	20s-30s*4time

The ministry of sacroiliac

Use small spherical/conical heads

Prone position (unilateral)

• In the arm muscle	30s-1min*4time
• Large arm muscle	30s-1min*4time
• piriformis	1min*1.5time
• Sacroiliac joint	1min*1.5time

From the inside up to the outside down, along the muscles

• Yan rope muscle	
• Femoral biceps	20s-30s*3time
• Half tendons	20s-30s*3time
• Half a membrane muscle	20s-30s*3time

Up and down



The ministry of lower limbs

Use small spherical head, conical head

Prone position

• Yan rope muscle	
• Femoral biceps	20s-30s*3time
• Half tendons	20s-30s*3time
• Half a membrane muscle	20s-30s*3time

The direction of movement is upward and downward

• The gracilis muscle	10s-15s*2time
• Long adductor	10s-15s*2time
• DuanShou muscle	10s-15s*2time
• Triceps calf	
• Jans myenteric	20s-30s*3time
• The soleus	20s-30s*3time

The direction of movement is upward and downward

• Straight knee muscle	
• hamstring	

Plantar fasciitis

Use flat or tapered heads

Prone position

• Box line muscle	
• Femoral biceps	20s-30s*3time
• Half a muscle	20s-30s*3time
• Half a membrane muscle	20s-30s*3time

The direction of movement is upward and downward

• Circle muscle	
• Straight knee muscle	15s-30s
• hamstring	15s-30s
• Triceps calf	
• gastrocnemius	20s-30s*3time
• The soleus	20s-30s*3time

Four o'clock female position, feet on the ground

Plantar fascia

• The quadriceps	
• Shares of rectus muscle	30s-45s*2time
• Vastus lateralis muscle	30s-45s*2time
• The muscle of	30s-45s*2time
• Among stocks muscle	30s-45s*2time

The direction of movement is upward and downward

• sartorius	
• Tensor fascia lata	
• Tibialis anterior muscle,	
• Long peroneal muscle	
• Short peroneal muscle	

The direction of movement is upward and downward



Hifungo

Introduction to the App



Hifungo

IOS: Search Hifungo in the APP store to download

Download the APP

Instructions for using the APP

First step: The fascia gun is turned on

Step 2: Bluetooth on the phone

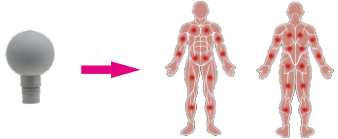
Step 3: Find the Bluetooth named HF01 and click Connect

Home Introduction

EN/中文: Languages(Switch the language to Chinese and English)
Disconnect/Connected:Link to bluetooth(Select the bluetooth "HF-01"to connect)
Muscle introduction:An introduction to each muscle area massage

Massage head Introduction

Each massage head massages the muscles of the picture refer to the introduction. Selection of different massage head will indicate the location of use. 5 different massage heads to choose from.



(As shown in figure: select the ball massage ball, corresponding to show the massage site)

Synopsis

Detailed instructions for fascia gun use.Please read it carefully before use.

Set up

Set speed and service time

20	Set 20 gears(choose 20 represents the highest gear set to 20)
40	Set 40 gears(choose 40 represents the highest gear set to 40)
10	Use timing(When you set up the use timing, the machine will stop working at a set time)
Set	(Fill in the value of 5, 10, 15, 20... The highest 100)

Personal center

Name:The user name
Use the number of days:use days (1)days
Success rate:compliance rate (100%)
Target set:(30)min/day(Set a time for daily usage)

FCC Warning Statement

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