

Massager Quickstart Guide

Quickstart Guide



With the switch in the OFF position, plug the power cord into an AC 120-V outlet.



Place desired attachment head on massager. Attachments easily twist on and off. Turn the head counter-clockwise to remove. Place the head on the stem and turn it clockwise until secure to add.



Begin at lowest speed setting. Gradually increase to desired massage speed by rolling dial toward top of massager. Roll dial toward bottom of massager to decrease speed.



Apply the massager to the targeted area, using continual movement. A circular motion is often most effective. See MASSAGE TECHNIQUES.

Key Features

Massage Techniques

NOTE: This is an aggressive percussion massager and should not be used on face, head, or upper neck areas.

SHOULDERS AND NECK: Massage out from spine to shoulder.

ARMS: Start at the biceps and shoulders, and move down the arm, using a circular motion. Finish with a gentle massage of the palms and fingers.

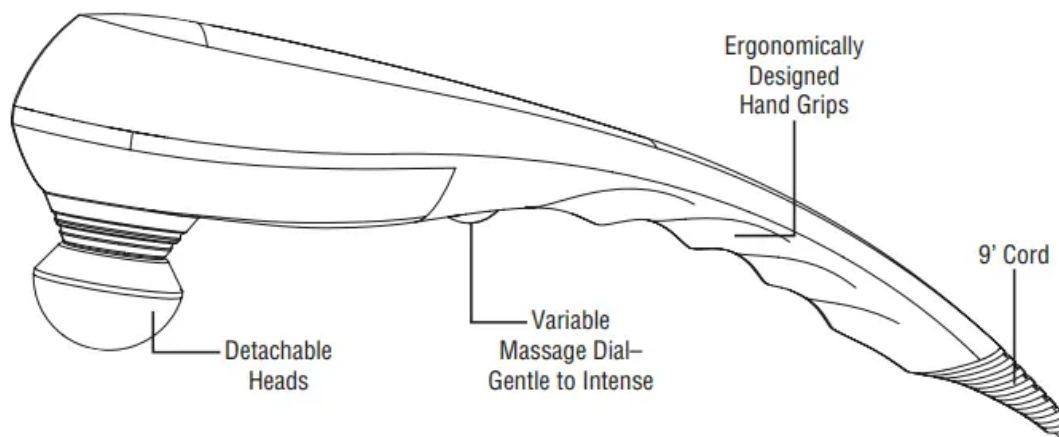
LEGS: If desired, massage bottoms of feet. Then, using a circular motion, massage each leg from calf on up and over thigh.

CHEST: Massage from center of chest outward, and up toward each shoulder.

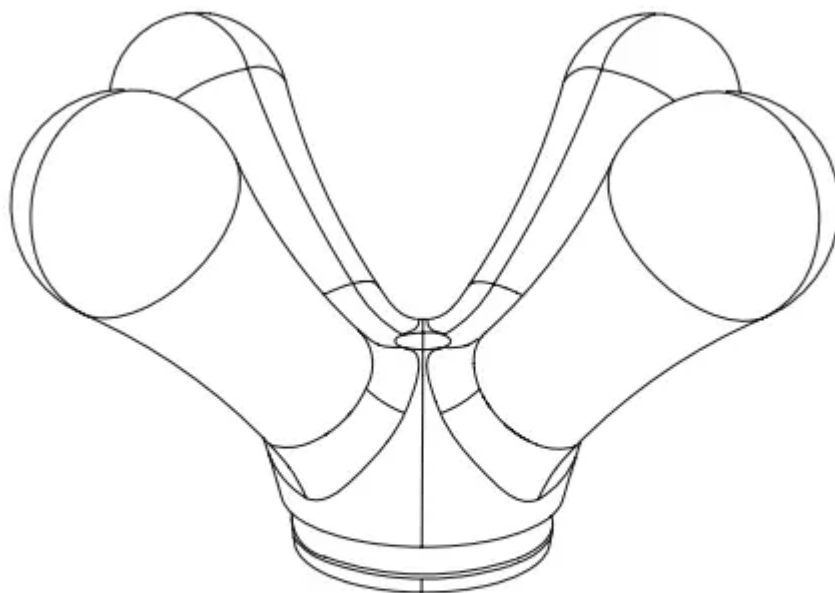
BACK: Massage from top of spine to bottom, and from center outward.

ABDOMEN: Relax abdominal muscles by massaging from center outward, using a gentle, circular motion.

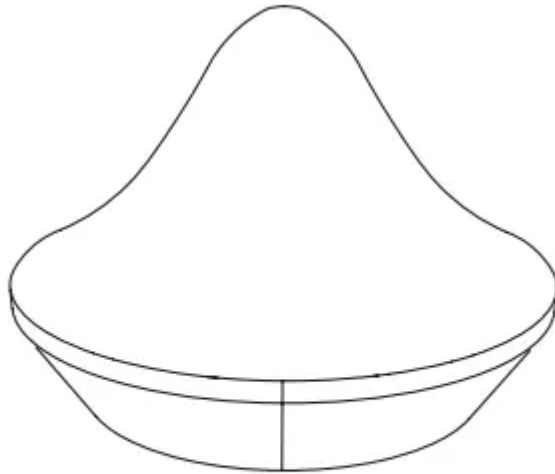
JOINTS: Relieve tired, aching knees and elbows with smooth, circular strokes, being careful not to massage on or over bones.



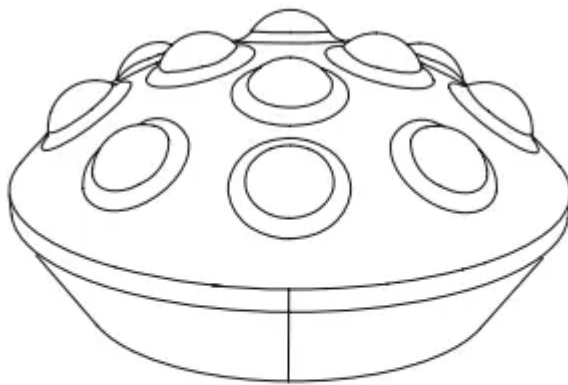
****Some kits may not include all attachments.****



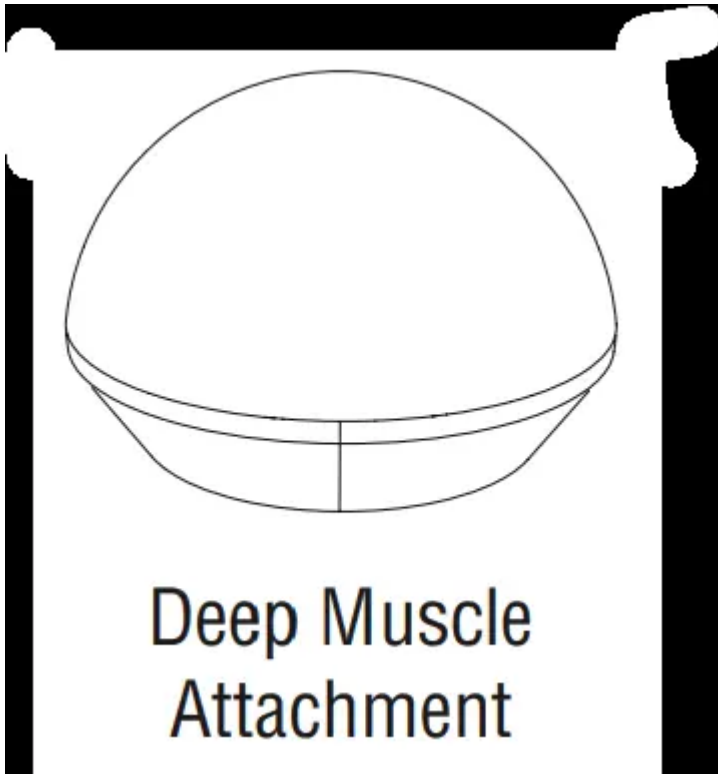
**Four Finger
Flex Attachment**



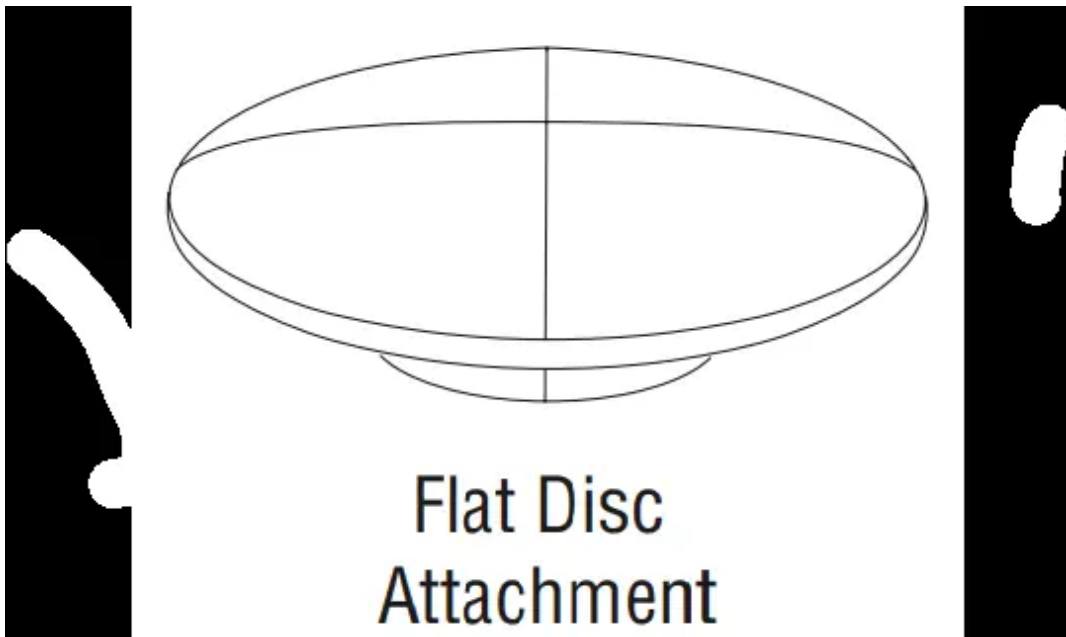
Accupoint
Attachment



Raised Bump
Attachment



Deep Muscle
Attachment



Flat Disc
Attachment

Warning

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