



## POWER PERCUSSION HOT+COLD REACH PERCUSSION MASSAGER

ITM. / ART. 4333009

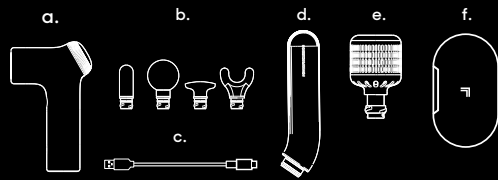
## CONGRATULATIONS ON YOUR NEW POWER PERCUSSION HOT + COLD REACH.

Please read all instructions and warnings prior to use.  
Keep this manual as it contains important information for future reference.



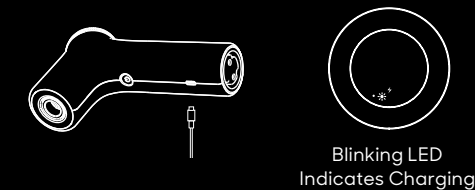
## WHAT YOU GET

- a. Power Percussion Hot+ Cold Reach Percussion massager
- b. Interchangeable attachments (4x)
- c. USB charging cable
- d. Extension handle (4 way)
- e. Hot & Cold attachment
- f. Storage case



## CHARGING

1. Insert the USB-C end of the charging cable into the massager.
2. Plug the USB A end of the charging cable into a USB power source.
3. The red lightning symbol will appear, and the white LEDs on the display will flash.



- a. 1<sup>st</sup> white LED flashing – charging to 25%,
- b. 2<sup>nd</sup> white LED flashing – charging to 50%,
- c. 3<sup>rd</sup> white LED flashing – charging to 75%,
- d. 4<sup>th</sup> white LED flashing – charging to 100%.
- e. When fully charged all 4 LED's will be solid white.

When the battery is low, the red lightning symbol will be illuminated.

- Charge the massager immediately.



Charging to 75%



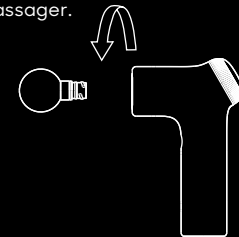
100% Charged



Charge immediately

## USING ATTACHMENTS

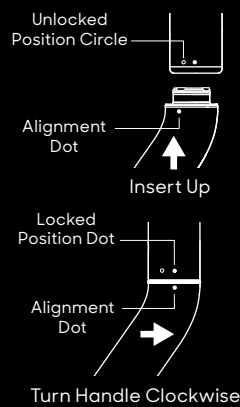
- Select the desired attachment and gently twist it clockwise into the massager until it is securely in place.
- Ensure the attachment is firmly inserted before starting the massage.
- To detach, hold the attachment securely and gently twist it counterclockwise to remove it from the massager.



Massage attachment installation

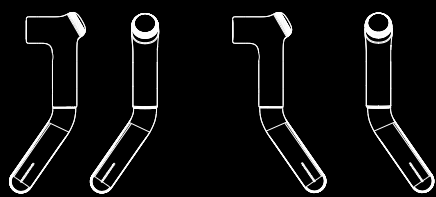
## TO USE THE EXTENSION HANDLE

- Align the dot on the handle with the unlocked position circle on the massager.



- Insert the handle and turn it clockwise to lock it in position.

The extension handle can be attached at four different angles, making it easier to reach your shoulder blades, lower back, or hamstrings.

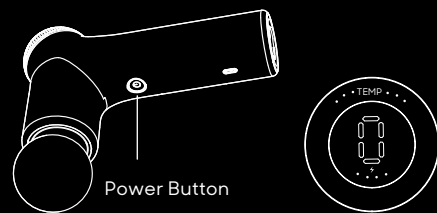


Extension Handle Installation Positions

- Always power off the massager before changing the attachments or handle.
- Always operate the massager with an attachment.
- Always check the extension handle is securely installed.

## CONTROLS & DISPLAY - PERCUSSION MASSAGE

- Press and hold the Power button. All LED's light up briefly. Hold the button till the display shows "0" in the center.



- Quickly press and release the Power button to set the massager to intensity level 1, which will be displayed on the screen.



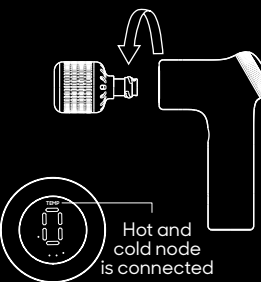
- Quickly press and release the Power button to toggle through intensity levels 1 through 6.



Note: The massager is equipped with advanced anti-stall technology. To avoid motor stalling, massage speed will automatically increase when extra pressure is applied.

## CONTROLS & DISPLAY - HOT & COLD MESSAGE

- Gently twist the attachment clockwise into the massager until it is securely connected.

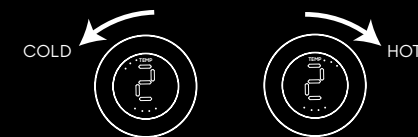


- When the attachment is properly connected, the TEMP icon will light up.



Note: If the TEMP icon does not light up, the attachment may not be securely connected. Remove and then reinstall the attachment, twisting clockwise until it is fully tightened.

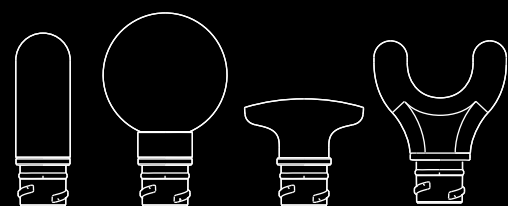
- To heat or cool
  - o Turn the display bezel clockwise to cycle through the 3 heating levels or counterclockwise to cycle through the 3 cooling levels.
  - o Red dots illuminated at the top right indicate the heating level.
  - o Blue dots illuminated at the top left indicate the cooling level.



Note: Allow a few seconds at each heating or cooling level for the attachment to reach the desired temperature.

CAUTION: Do not use heat or cold therapy for more than 20 minutes at a time. If your skin becomes bright pink or red, stop use immediately.

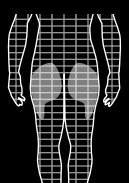
## CHOOSE YOUR ATTACHMENT



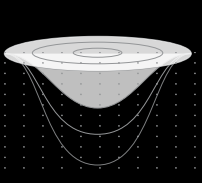
### BALL

Impact large areas for overall comfort.

**GOOD FOR**  
Glutes, Quads, Arms



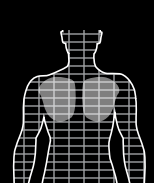
**MUSCLE IMPACT**  
Low



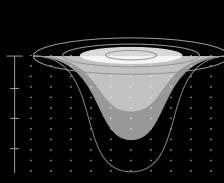
### FLAT

The hammer-like impact hits deeper into muscles.

**GOOD FOR**  
Pecs, Quads, Glutes, Calves



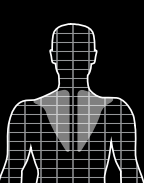
**MUSCLE IMPACT**  
Medium



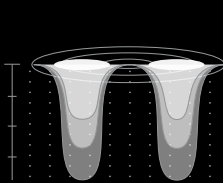
### FORK

Gently rock from side to side to work out knots and tense spots.

**GOOD FOR**  
Traps, Quads, Calves, Feet



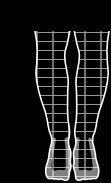
**MUSCLE IMPACT**  
High



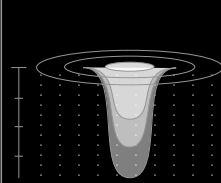
### CONE

This pinpoint head is designed for unsurpassed muscular penetration.

**GOOD FOR**  
Feet, Scapula, Forearms

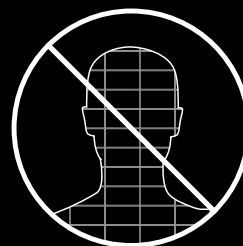


**MUSCLE IMPACT**  
High



Use for 60 seconds per region. Do not use on neck, head or any hard or bony areas of the body.

Enjoy your massage for up to 10 minutes.



## SAFETY WARNINGS: PLEASE READ BEFORE USE

- Not a children's item. Keep out of the reach of children.
- Always wear a shirt/clothing when using. Do not use on bare skin to avoid possible irritation.
- As with any massage, bruising may occur. Test your comfort level and check targeted areas often. Stop massage immediately if you feel any increase in physical discomfort or pain.
- Do not block the power button when in use.
- Do not use while charging.
- Do not touch the attachment area while in use.
- Do not use attachments of any kind other than those that may be included.
- Always allow item to cool if it becomes too hot.
- Do not expose to extreme temperatures or moisture.
- Keep away from sources of water and heated surfaces.
- Never touch the power plug with wet hands.
- Do not carry this item by its cord.
- Thoroughly inspect products before every use. If the product appears worn, frayed/splintered, cracked, or broken in any manner, discontinue use and discard immediately.
- This product is not intended to treat, cure, or prevent medical conditions.
- Do not use this item if you are pregnant or have an injury or illness. Consult your physician if you have a medical condition that may prevent safe use of this item.

## RECHARGEABLE BATTERY WARNINGS

- This product contains batteries that are non-replaceable.
- There is a risk of fire and personal injury if battery is punctured, damaged, or misused.
- Do not dismantle, crush, incinerate or short-circuit battery.
- Never expose battery to extreme temperatures or moisture.
- Keep away from flammable materials and direct sunlight.
- Only charge using the provided charger, cable, and/or adapters.
- Rechargeable battery is only to be charged by an adult.
- Adult supervision is required while charging the battery.
- Allow battery to cool to room temperature before charging.
- Charge on a non-flammable surface and keep away from flammable products.
- Discontinue charging if battery becomes hot, swells, smokes, or gives off a strong odor.
- Battery chargers used with the product are to be regularly examined for damage to the cord, plug, enclosure, and other parts. In the event of such damage, chargers must not be used until the damage has been repaired.
- Recycle or dispose of battery according to federal, state, and local laws.

## IMPORTANT: MAINTAINING BATTERY HEALTH

- Your massager is designed with a lithium-ion battery pack for cordless convenience, increased massage duration per charge, and frequent use and recharging.
- To maintain charge capacity and prevent battery damage, all lithium-ion batteries must be regularly used and recharged.
- For optimal battery health, keep the battery at approximately 50% state of charge when not in use.
- All batteries naturally lose charge when not in use. If you will not be using the massager for an extended period, check the massager at least every 30 days to ensure the battery is at approximately 50% state of charge. Recharge as needed to maintain a 50% state of charge but do not overcharge.
- IMPORTANT: Do NOT store the battery for an extended period with above 60% or below 40% state of charge. An incorrect state of charge during storage could irreparably damage the battery and may result in reduced charge capacity, inability to maintain charge, failure to recharge, or complete inoperability of the massager.
- For the health of the battery, always store the massager in a cool, dry place. The storage location should have a consistent temperature between 40°F and 70°F (5°C and 20°C) as well as a relative humidity at 70% or lower.

## FCC STATEMENT

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.

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.

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

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