wellcare

POCKET MASSAGE GUN



USER MANUAL

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Important Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE
Read this manual thoroughly before first use, even if you are familiar with this type of product. The safety precautions enclosed herein reduce the risk of fire, electric shock and injury when correctly adhered to. Make sure you understand all instructions and warnings. Keep the manual in a safe place for future reference, along with any warranty information, your purchase receipt and the original packaging carton. If you sell or transfer ownership of this product, pass on these instructions to the new owner of the product.

Always follow basic safety precautions and accident prevention measures, including the following:

Usage conditions and restrictions

- This product is intended for private use by adults only. It is not suitable for commercial or trade use. Do not use it for anything other than its intended purpose, and only use it as described in this manual.
- **Only use the massage gun:**
  - on a dry surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
  - on the body's soft tissue, as desired, without producing pain or discomfort. Do not use it on the head or any hard or bony area of the body.
  - with the supplied applicators. Chose the applicator that provides the best desired effect.
- Bruising can occur regardless of the control setting or pres-

sure applied. Check treated areas frequently and immediately stop using the massage gun at the first sign of pain or discomfort.

- Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
- Never insert any objects into the ventilation holes of the product.
- This product is NOT intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Supervise children to ensure they do not play with the product. Close supervision is necessary if the product is used by or near children.
- Do not expose the product to direct sunlight or place it near a heater or otherheat source. Do not use it outdoors.
- Only use the supplied applicators. Do not use any attachment that is not supplied by the manufacturer.
- Do not use the product while driving, straight after a meal, when drunk, or if there is risk that you might fall asleep.

Health matters

This product is a non-professional appliance designed to provide a soothing massage. Do not use it as a substitute for medical attention.

- **CAUTION: Consult your doctor prior to using this product:**
  - if you have any concerns regarding your health, or suffer from an illness that may give you cause for concern
  - if you are pregnant

- if you have a cardiac pacemaker, artificial joints or electronic implants
- if you suffer from one or more of the following illnesses and complaints: circulation disorders, varicose veins, open wounds, bruises, broken skin, inflammation of the veins.

- **CAUTION: Do NOT use this product:**
- to supplement or replace medical treatment — chronic complaints and symptoms may be made worse
- on swollen or inflamed areas or skin eruptions
- if you suffer from any physical ailment that would limit your capacity to operate the control

Care, cleaning and storage

- Before cleaning or maintaining the massage gun, make sure it is
disconnected from the power socket.
- Only clean the housing with a soft, dry or slightly damp cloth. Do not use liquid or aerosol cleaners. Do not use solvent or oil-based cleaners.
- Do not use chemical, steel wool or abrasive cleaners to clean the outside of the massage seat as these chemicals may damage the finish.
- Store the appliance in a cool and dry indoor area, disconnected from the power supply and out of direct sunlight. Before prolonged storage, apply charge to bring the battery to about half charge. Prolonged storage of an empty battery may damage the battery. During prolonged storage, we recommend you use and recharge the appliance every three months.
- Do not use the product if it has been damaged or is not working properly.
- Do not attempt to repair, disassemble or modify the prod-

uct; there are no userserviceable parts inside. In case of damage, contact our after sales support centre.

- Improper installation or misuse may result in the risk of fire, electric shock and injury. We accept no responsibility for any eventual injury or damage caused by improper use or noncompliance with these instructions.
- Please dispose of the battery responsibly after the service life of the product.

Electrical safety (charging)

- WARNING: Only use the supplied adaptor to charge the appliance. Do not
  charge the appliance with a different charger. Using the wrong charger can cause fire or explosion of the battery.
- Voltage: Before connecting, ensure that the electrical voltage and circuit frequency correspond to those indicated on the rating label.
- Connection/disconnection: To connect the battery charger, insert the power plug firmly into an appropriate main socket. To disconnect, grip the power plug firmly and remove it from the outlet, do not pull on the cord.
- Do not leave the adaptor plugged in when the massage gun is fully charged. When unplugging, grab the plug, do not pull the cord. Do not use or charge the product if you notice anything wrong with the battery.
- Charging: When charging the appliance, place it on a flat surface, away from hot surfaces and close to a power point so no one trips over the cord. Do not leave the appliance charging or operating unsupervised. Do not attempt to use the device while it is being charged.
- Protect the power cord: Do not kink, strain or damage the charger’s power cord and protect it from sharp edges and

heat. A damaged power cord must be replaced by the manufacturer, an authorised service centre or similarly qualified personnel in order to avoid a hazard. In case of damage, contact our after sales support centre for advice.

- Protect from moisture: To protect against electric shock, do not immerse the cord, plug or the device in water. Do not spill liquids into the device. Do not allow water to enter the ventilation holes of the device. Ensure your hands are dry before use.

DANGER - to reduce the risk of electric shock

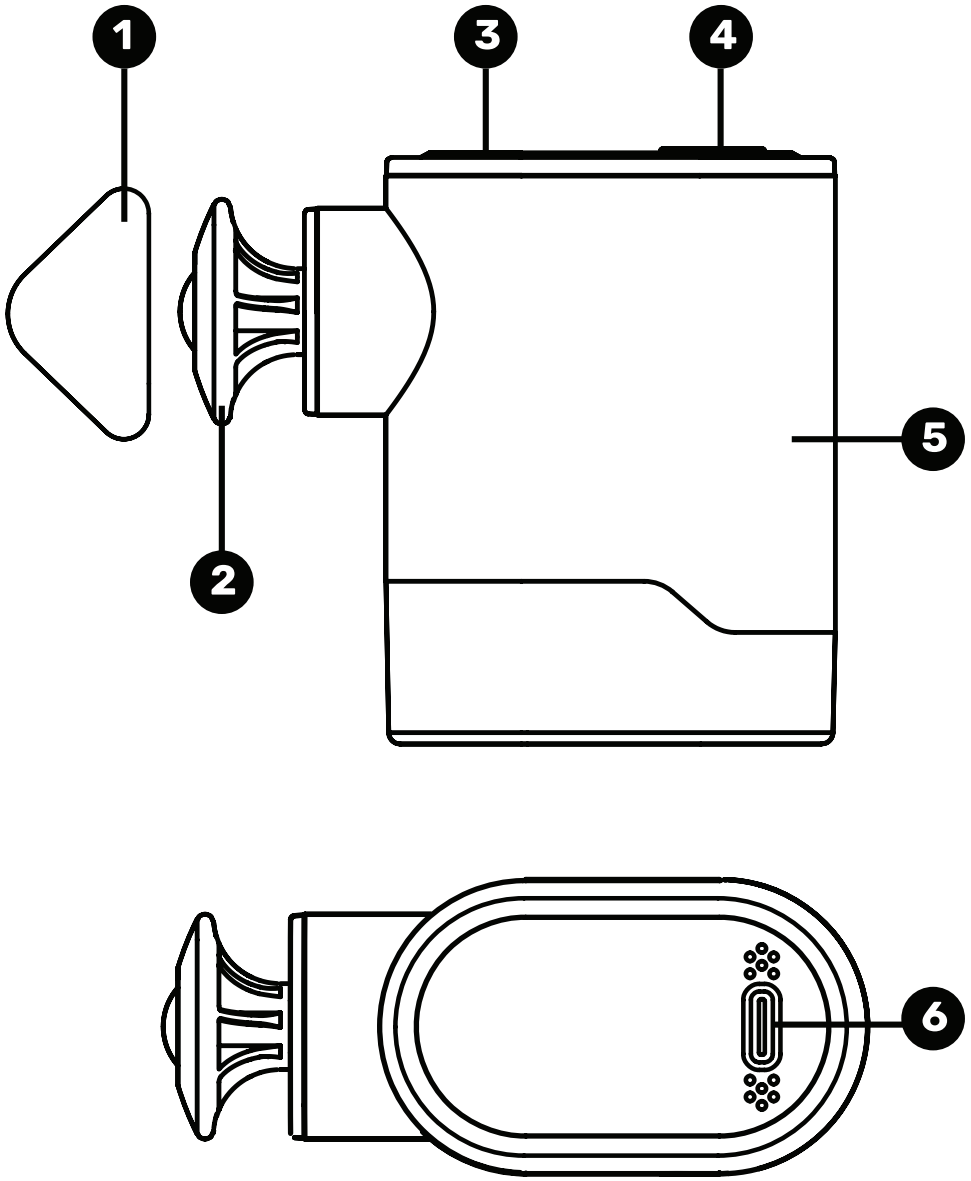
- DO NOT reach for an appliance that has fallen into water. Unplug it immed ately.
- DO NOT use while bathing or in a shower.
- DO NOT place or store the appliance where it can fall or be pulled into a tub or sink.

WARNING - to reduce the risk of burns, electric shock, fire or injury to persons

- An appliance should NEVER be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts or attacments.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- DO NOT carry this appliance by the supply cord or use cord as a handle.
- NEVER operate the appliance with the air openings blocked. Keep the air
  openings free of lint, hair, and the like.

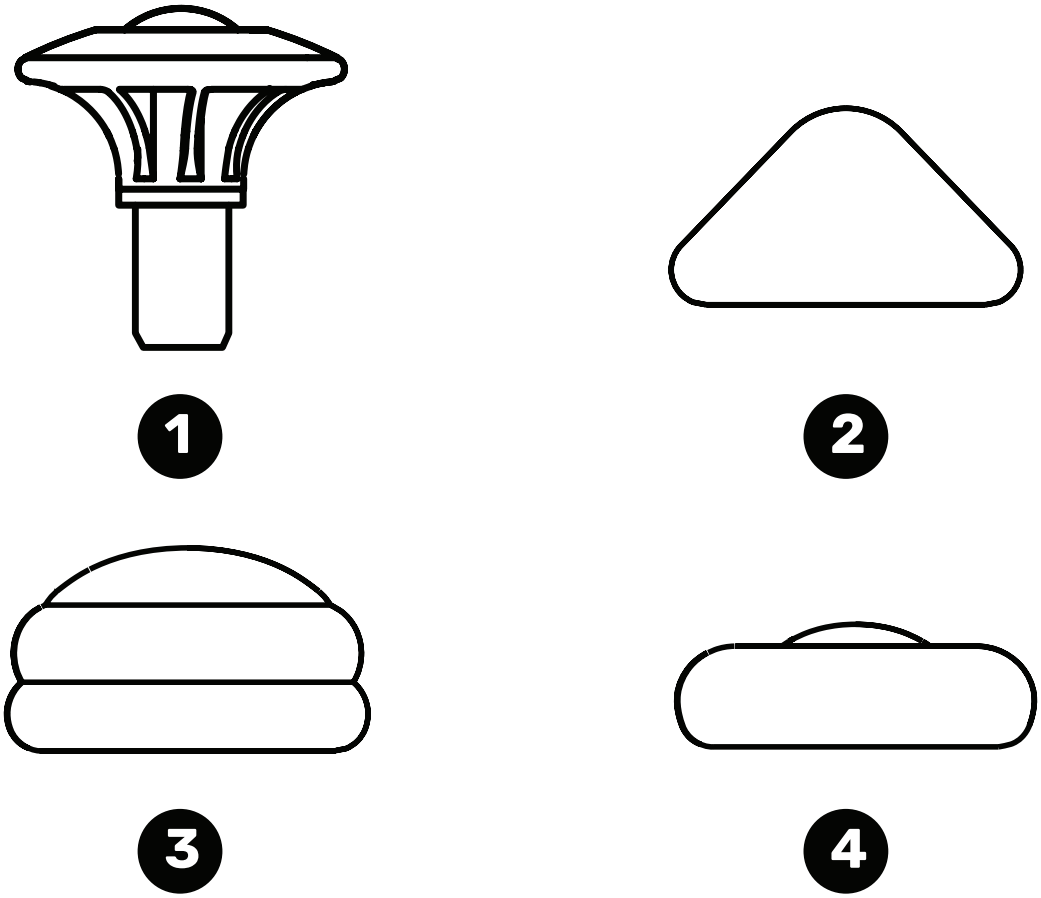
- NEVER operate on a soft surface such as a bed or couch where the air
  openings may be blocked.
- Not recommended for use by people with diabetes.
- NEVER cover the appliance when it is in operation.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- DO NOT use this product before bed. The massage has a stimulating effect and can delay sleep.
- NEVER use this product while in bed.
- This product should NEVER be used by any individual suffering from any
  physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies in the lower half of their body.
- NEVER use this product in automobiles.
- This appliance is intended for household use only.

Product Overview



1. Massage Head Silicone Cover
2. Quick Release Massage Head
3. Gear Indicator
4. Power Button with Indicator
5. Massage Gun Body
6. Type-C Charging Slot

Product Overview



1. Flat Massage Head
2. Cone Massage Head (Silicone)
3. Round Massage Head (Silicone)
4. Hat Massage Head (Silicone)
5. Type-C Charging Cable

Getting Started

Before first use

- Unpack the product and accessories and ensure all parts of the product are undamaged and in good working order. Keep the original packaging carton and materials in a safe place. It will help prevent any damage if the product needs to be transported in the future, and you can use it to store the product when it is not in use. In the event that the packaging is to be disposed of, please recycle all packaging materials where possible.
- Plastic wrapping can be a suffocation hazard for babies and young children, so ensure all packaging materials are out of their reach and disposed of safely.
- Unwind the cord of the power adaptor to its full length and inspect it for damage. Do not use the product if any part is damaged or not working properly. In case of damage, contact our after sales support line for advice.
- Read this manual to familiarise yourself with the product. Pay particular attention to the safety instructions on the previous pages.

Charging the device

- Charge for 2 hours with the supplied USB-C charging cable before first use.
- The battery indicator on the device will flash during charging.
- Once the indicator stops flashing and lights up, it indicates that the device is now fully charged.
- When the battery is low, please charge the device again.

Only use the massage gun:

- On a dry surface of the body, over clothing, by lightly pressing and moving across the body for approximately 60 seconds per region
- On the body's soft tissue, as desired, without producing pain or discomfort — do not use it on the head or any hard or bony area of the body
- With the supplied applicators — chose the one that provides the best effect.

Bruising can occur regardless of the control setting or pressure applied. Check treated areas frequently and immediately stop using the massage gun at the first sign of pain or discomfort.

Operation

Interchangeable massage heads

- This unit includes one flat massage head and three interchangeable silicone pads in different head shapes. To use a different head, simply attach the desired silicone pad onto the flat massage head.

Using the device

- Press and hold the power button to turn on the device. The gear indicator will light up and automatically start on gear 1.
- Press the power button to increase the intensity. There are 3 intensity modes each with increasing vibration density.
- To stop the massage process, Press and hold the power button. The device will be automatically turned off after 10 minutes of use.

Blocking feature

- When the device experiences a current of about 5A, it will stop operating and the current-level indicator light will flash frequently, entering standby mode.
- Short-press the power button to resume operation at the previous level, or the device will automatically shut down after about 1 minute in standby.

Gear Intensity

- When powered on, the device starts at Gear 1. Short-press the switch to increase the gear. After Gear 3, it cycles back to Gear 1.
- Gear indicator colors: Gear 1 (Green), Gear 2 (Red), Gear 3 (White)

Other Useful Information

Troubleshooting
If the device isn't working, make sure it's fully charged and that the massage head is properly inserted. If everything is connected correctly and it still doesn't operate, contact our after-sales support. Do not attempt to open or repair the device yourself.

The device may also shut off automatically due to safety features: it stops after 10 minutes of continuous use or if it overheats. If overheated, wait 30 minutes before using it again.

Cleaning and care
- Before cleaning the massage gun, make sure it is disconnected from the charging stand and power source.
- Use a soft, slightly damp sponge or cloth to wipe the device clean. Dry thoroughly using a dry cloth.
- Do not immerse the device in water or liquid or allow it to become wet.

Storage
- After use, wipe the massage gun clean with a damp cloth.
- Store the massage gun and the interchangeable massage heads in the original box to keep dust accumulation to a minimum.

Service and repair
- The product contains no user-serviceable parts. Do not attempt to take it apart, repair or modify it.
- Do not operate the product if it is damaged or working abnormally. Contact our after sales support centre if a service is required.

Specifications

Battery	Li-ion, 7.4V ⎓ 750mAh , 5.55Wh
Charging Voltage and Currrent	5V ⎓ 2A
USB Charging	USB-C
Amplitude	4.5mm
Speed	1: 1600 rpm 2: 2200 rpm 3: 2800 rpm
Charging Time	2 hours (full charge)
Auto Timer	10 minutes
Weight	188g (without any head)
Dimensions (W x H x D) (mm)	69 x 35 x 77

This product must only be supplied at SELV (DC 5V / 2A) via the supplied USB cable.

For Technical and Warranty Support

1300 886 649

tempo.org/support

Distributed by Tempo (Aust) Pty Ltd,
PO Box 6097, North Sydney NSW 2059

Compliance

This appliance has been fully tested and meets all requirements as set out by standards AS/NZS 60335.1 & AS/NZS 60335.2.32 for electrical safety.



The RCM Mark (Regulatory Compliance Mark) indicates that the product complies with the relevant guidelines of the ACMA as well as corresponding government requirements for the safety of electrical devices.

Responsible Disposal

WARNING! This product contains a rechargeable lithium-ion battery. Never throw the appliance into a fire and do not subject it to high temperatures. There is a risk of explosion!

At the end of its working life, do not throw this appliance out with your household rubbish. Electrical and electronic products contain substances that can have a detrimental effect on the environment and human health if disposed of inappropriately.

Cut the power cord of the battery charger and remove the lithium-ion battery pack from the appliance before disposal. Dispose of the appliance and the battery pack responsibly, observing any local regulations regarding the disposal of consumer goods and batteries. Contact your local authorities for advice on battery disposal and recycling facilities for electrical consumer goods.

Notes



Please scan the QR code to access the latest manual.

Product does not work?

If you encounter problems with this product, or if it fails to perform to your expectations, make sure to contact our After Sales Support Centre on (AU) 1300 886 649 or (NZ) 0800 836 761 for advice.

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