



8850

MODEL: FIT-PRO

SPECIFICATIONS

Model	8850
Battery	Li-ion battery/1600mAh
Motor type	Brushless Electric Machine
Motor Speed	MAX: 3200RPM
Speed Mode	4 Level Adjustable
Speed	1 st Speed: 2000RPM 2 nd Speed: 2600RPM 3 rd Speed: 3200RPM 4 th Speed: 2000-3200 Circulation
Amplitude	10mm
Noise Level	60db
Charge Time	1.5ACharge: 4.3H
Run Time	1 level: 4.8H 2 level: 3.8H 3 level: 2.8H 4 level: 3.5H
Head(type/application)	1: U-Shaped Massage Head 2: Flat Massage Head 3: Cone Massage Head 4: Round Circular Massage Head

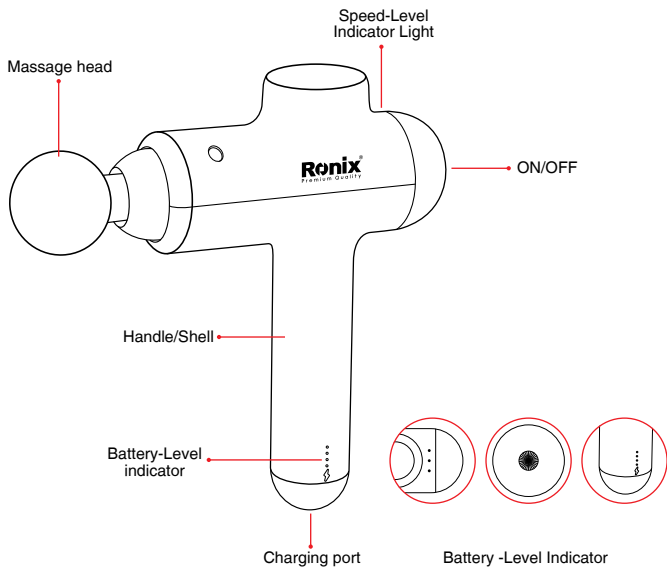
Supplied in

Handbag

Include

- 1- Charger+type C cable
- 2- 4 Massage Heads
- 3- Manual

PART LIST



- 1- Speed-Level Indicator Light: From Left to Right (1-4 level), The fourth speed is cyclic, switching from 3200 to 2000 to 3200, and the lights go on in cycles from the first speed to the third speed.
- 2- Battery-Level Indicator: 4 Lights(100% full of power)
 - Lights (65%-80% of power)
 - Lights (40%-60% of power)
 - Light (Less power, please charge asap)
- 3- Button: Long press for 3 seconds to Start/Stop the device, and short press to adjust the speed level from level 1 to level 4.
- 4- Function of plastic cover: convenience to clean, away from dust.

SAFETY

■IMPORTANT SAFEGUARDS

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

■PROHIBITED

- It is forbidden for minors to use. If injured, it is forbidden to use this equipment and please consult your doctor before using this device.
- Do not use it by or near children. Do not use this product and accessories as toys.
- It is forbidden to use on non-dry, clean skin surfaces. It can be used across the clothes and gently pressed and moved on the skin for about 60 seconds.

- Do not use above the neck or any hard or boned part of the body, or sensitive areas. Use the product only on the soft tissues of the body without causing pain or discomfort.
- Do not massage areas that are bruised or on open wounds, stop use if you have any signs of abnormal pain or discomfort.
- Do not place any objects on the vents of the product.
- Do not immerse in water or allow water to enter the vents of the product.
- Do not drop or close the product to a fire source.
- Do not drop or improperly use the product.
- It is recommended to use a 5V power supply to charge the product to avoid product damage.
- Do not disassemble the screws or attempt to disassemble the equipment and modify the fascia gun in any way.
- Do not allow your fingers, hair, or other parts of your body to get close to the shaft and back of the vibrating head as they may get caught.



Do not touch this area when
the device is running.

WARNINGS AND REMINDERS

- 1- Keep away from liquids or heat sources. Keep the vents free of dust and debris.
- 2- After charging is complete, remove the charger from the battery.
- 3- Please mind that the device can not be used when charging.
- 4- Please use the device according to the instructions for use.
- 5- Carefully inspect the equipment before each use.
- 6- In order to ensure that the product can be used continuously, please charge the product in time to ensure that the product is always powered, and prevent the product from being unable to turn on due to lack of power.

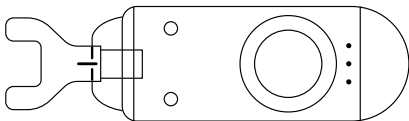
IMPORTANT

If you want to use it in any of the following situations, you should not use a fascial massage gun without your doctor's consent.

Pregnancy, complications of diabetes (such as neuropathy or retinal damage), wearing a pacemaker, recent surgery, epilepsy or migraine, disc herniation, advancement of the spine, vertebral detachment, or rigid joints of the spine, recent joints Replacement surgery or IUD, metal needle or steel plate any problems related to your health. These contraindications do not mean that you are not able to use vibration equipment or training equipment, we recommend that you consult a doctor before use.

ASSEMBLE GUIDE

Insert/Pull the head into the hole of the black connector, and rotate it at the same time until it can not go in/out. Special U-Head, align the two Vertical line on the head and the black connector, and then insert the U-Head into the hole of the black connector, and press it until it can not go in/out.



When assembling a U-shaped head, align the inner side of the horizontal line (the red line) with the machine, which means in place. If there is a gap between the line and the machine, there will be a risk of falling off when using.

CHARGING

- 1- Fully Charge the battery for six hours before first use.
- 2- Use the supplied adapter to charge.
- 3- When the battery indicator light on the product flashes regularly, it means it is charging.
- 4- Please do not start the device when charging.
- 5- When the first light is on, the remaining power is 20%-35%; when the second

light is on, the remaining power is 40%-60%; when the third light is on, the remaining power is 65%-8%; when the fourth light is on, the battery is fully charged. (Device can run for about 4 hours, the running time is based on different speed levels and pressure.)

6- When the first power indicator flashes (power less than 5%), please Timely charge

ACCESSORIES LISTING



OPERATING INSTRUCTION

1- Press and hold the ON/OFF Switch to turn the device to level 1 speed. Each press of the button will increase one level until the level 4 speed. Press the button at level 4 to enter the standby mode (level 0), level 4 to level 0. Press and hold again for 3 seconds to turn the device to level 1, and so on.

2- Under any speed level, press and hold can close the device Breathing light flashing.

3- In the standby state, press and hold for 3 seconds to directly shut down, 15 seconds without operation will automatically shut down.

4- The device will stop running after 10 minutes of continuous use for intelligent protection. Restart again if you use it again after the device shut down.

5- This is an abnormal operation protection function setting, from running to standby mode, short press the button to restart, it's a normal situation.

MAINTENANCE, CLEANING, STORAGE & TRANSPORTATION

1- Use a slightly damp towel to clean the device and dry it with a soft cloth.

2- For storage or travel, store the device in a supplied portable bag.

3- Store in a dry, well-ventilated with no corrosive gas place, no less than 250mm from the ground, and no more than 5 stacked layers.

4- If not used for a long time, the device should be cleaned then packaged in storage, and charged every month.

5- This product is suitable for automobile, train, ship, and airplane transportation.

6- This product should be fixed in transportation to prevent violent vibration, collision, tumbling, and falling, and should be put upward, put down gently and avoid wet or damp areas.

ENVIRONMENTAL PROTECTION

At the end of the service life of this product, please do not throw it away with general household waste. Put this product in the designated recycling station of the government. You can also send this product back to the after-sales service center of the factory. The personnel of the service center will handle it in an environmentally friendly way.

ENVIRONMENTAL PROTECTION PERIOD DESCRIPTION

This electronic and electrical appliance is being used under the conditions of this manual, the harmful substances or elements contained therein are not leaked, and the period of time that does not cause pollution to the environment or cause serious damage to people and property is 10 years.

USAGE





U-Shaped

Suitable for massage neck, spine and achilles tendon



Round

Suitable for massage arms, waist back, buttocks, large big muscles like legs and legs



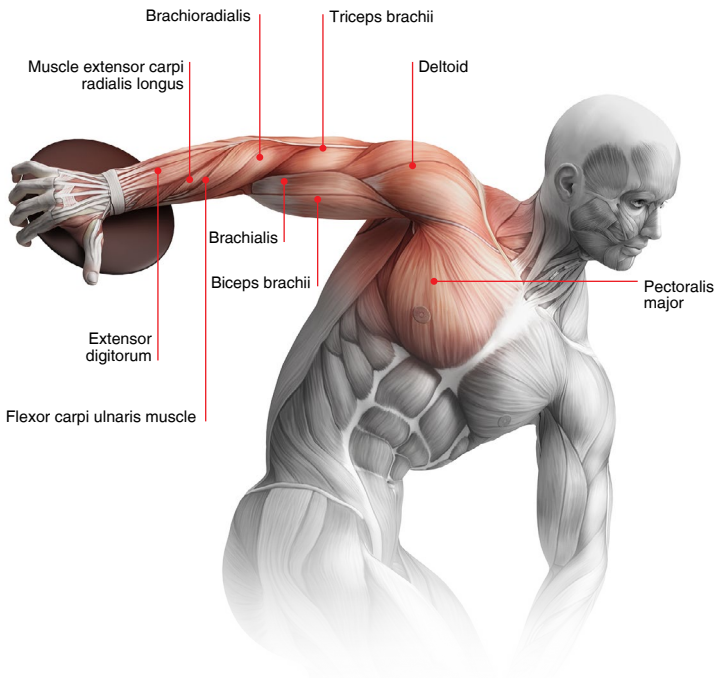
Cone

For impact deep organization such as palmar and plantar meridians



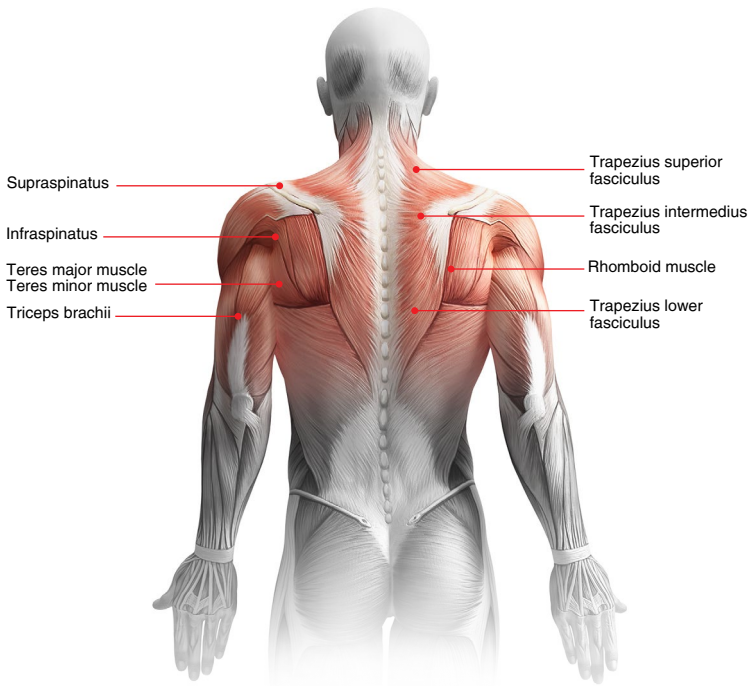
Flat

Suitable for massage body muscles shaping of parts



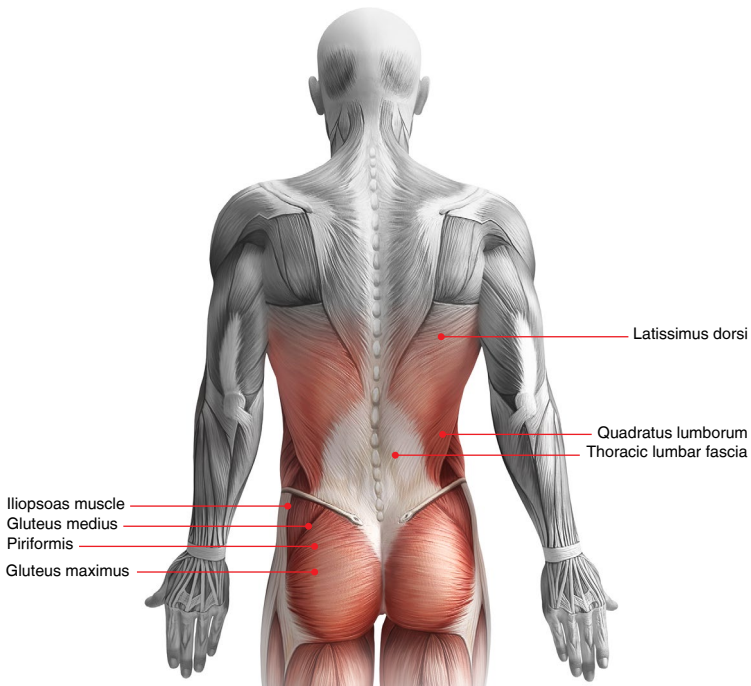
Arm

Brachioradialis	10-15s × 3 times
Flexor Carpi Radialis	10-15s × 3 times
Palmaris Longus muscle	12-15s × 3 times
Flexor Carpi Ulnaris Muscle	10-15s × 3 times
Extensor Digitorum	05-10s × 2 times
Muscle Extensor Carpi Radialis Longus	05-10s × 2 times
Muscle Extensor Carpi Radialis Brevis	05-10s × 2 times
Biceps Brachii	12-20s × 3 times
Brachialis	12-20s × 3 times
Deltoid	12-20s × 3 times
Pectoralis Major	12-20s × 3 times



Shoulder

Triceps Braclii	15-20s × 3 times
Rhomboid Muscle	20-30s × 3 times
Trapezius Superior Fasciculus	15-20s × 3 times
Trapezius Intermedius Fasciculus	15-20s × 3 times
Trapezius Lower Fasciculus	15-20s × 2 times
Supraspinatus	10-15s × 2 times
Levator Scapulae Muscle	10-12s × 2 times
Teres Major Muscle	10-12s × 3 times
Teres Minor Muscle	10-12s × 3 times
Infraspinatus	10-12s × 3 times
Tips: Massage the muscles from middle to sides, from top to bottom. erectorspinae(lumbarsegments)	30-60s × 3 times
latissimus Dorsi	30-60s × 3 times

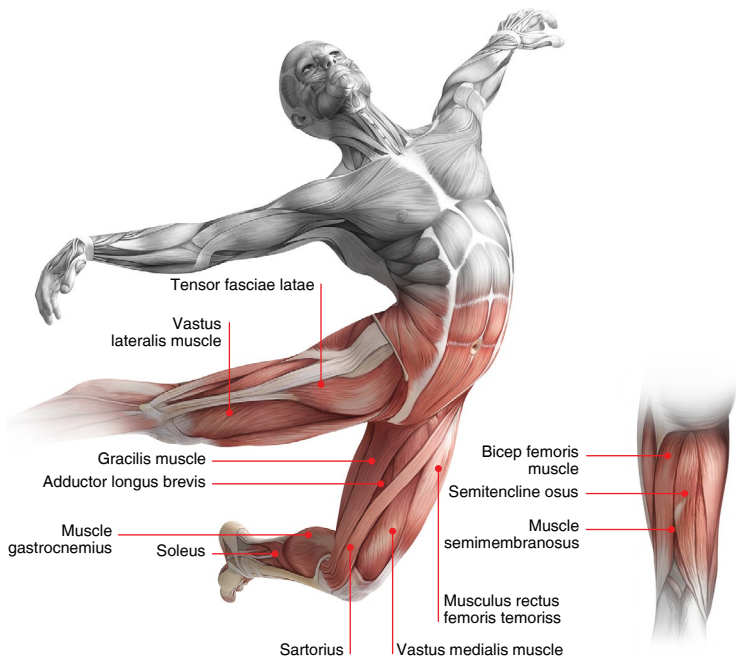


Waist

Thoracic Lumbar Fascia	40-60s × 3 times
Psoas Major	30-60s × 3 times
Internal and External Oblique Muscle	10-15s × 2 times
Erector Spinae (Thoracic Segments)	15-20s × 2 times
Quadratus Lumborum	20-30s × 2 times
Iliopsoas Muscle	20-30s × 2 times
Gluteus Maximus	30-60s × 3 times
Gluteus Medius	30-60s × 3 times
Piriformis	60-90s × 3 times

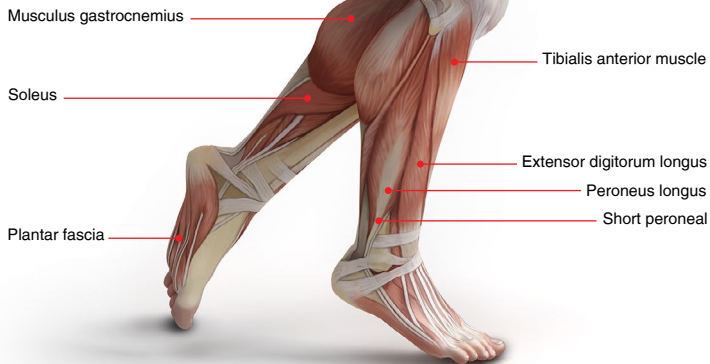
TIPS

Massage the muscles from middle to sides, from top to bottom. Can follow the muscle direction on large muscle groups.



Leg

Biceps Femoris Muscle	20-30s × 3 times
Semitendinosus	20-30s × 3 times
Muscle Semimembranosus	20-30s × 3 times
Gracilis	10-15s × 3 times
Muscle Adductor Brevie	10-15s × 2 times
Muscle Adductor Longus	10-15s × 2 times
Muscle Rectus Femoris Temoriss	30-45s × 2 times
Vastuse Lateralis Muscle	30-45s × 2 times
Vastuse Medialis Muscle	30-45s × 2 times
Sartorius	30-45s × 3 times



Foot

Muscles gastrocnemius	20-30s × 3 times
Soleus	20-30s × 3 times
Tibialis anterior muscle	15-20s × 3 times
Peroneuslongus	15-20s × 3 times
Short peroneal	15-20s × 2 times
Plantar fascia	20-30s × 2 times

Massage Gun Operational Troubleshooting

Fault Description

Fault Exclude

1- The massage head slides out and drops

Please check that the massage head is installed in place. (See instruction for detailed operation on 5th page)

2- Device unable to start

Please check if the battery is adequate or not. (Please charge over 8 hours if the device is not been used for a long time)

3- Device unable to charge

1- Please check whether the charging port and power supply are plugged in.
2- Check whether the voltage and current of the charging head are matched the product requirements.

4- The device suddenly stop after running for 10 minutes

This is a long-time running protection function setting, from running to standby mode, short press the button to restart, and it's a normal situation. (See instructions for detailed operation on the 8th page.)

5- The massage head stops running after the external force

This is an abnormal operation protection function setting, from running to standby mode, short press the button to restart, it's a normal situation. (See instructions for detailed operation on 8th page)

Reasonable use of the product can effectively extend the service life, Suggestion:

1- Do not throw or drop when using.

2- The maximum continuous use time is not more than 30 minutes, The maximum continuous use time should not exceed 30 minutes. Keep away from a damp environment when using or storing.

3- If you don't use it for a long time, please charge the product once every 1 month to ensure that the product is always powered.











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