

GYMSTICK™

FASCIA GUN



USER MANUAL

For your own safety please read carefully this user instruction before using the product!

INTRODUCTION

Gymstick Fascia Gun is the perfect tool for relieving muscle tension and tightness in a tiny form factor. This pocket-sized massage gun brings surprising power for maintaining a healthy and well-performing body with portability that full-sized percussive devices cannot match. Get great results massaging any muscle groups with multiple different speeds and four different interchangeable heads. Included carry case keeps the device and accessories at hand and easily accessible. Easy to charge with the included USB-C cord.

CONTENTS

The package includes the following parts:

- Gymstick Fascia Gun
- Interchangeable Fascia Gun heads, 4 pcs
- USB-C charging cord
- Fascia Gun carry case
- User manual



Note!

If the package is missing any parts, please be in contact with the retailer or our customer service.

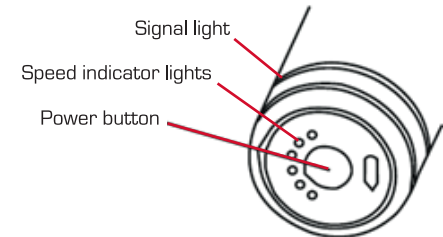
USING THE DEVICE

Turning the device on/off & changing the massaging speed

1. To turn the device on: press and hold the power button for 3 seconds.
2. To turn the device off: press and hold the power button for 3 seconds when the device is turned on.
3. Adjusting the speed: click the power button once after powering on the device to start massaging on speed 1. Click the power button again to increase the speed. Highest speed is 6. Click the power button again on speed 6 to change it back to speed 1.

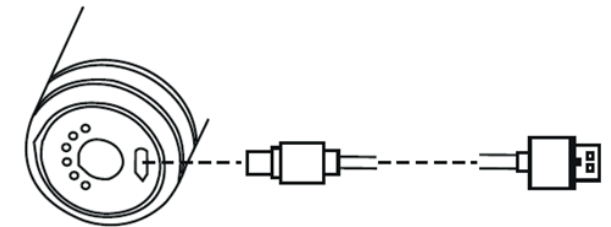
Speed indicator lights & signal light

1. The speed indicator lights show the massaging speed being used.
2. After being powered on, the signal light is blue when power is sufficient and red when the battery is low.



Charging the device

1. When using the device for the first time, make sure to charge the battery to its full capacity.
2. The signal light flashes blue when charging, and stays on when full.
3. All operating systems are turned off and do not work during charging.



Smart controls

1. Smart shutdown: when the device is not in use after booting, it will automatically shut down after 3 minutes of standby to reduce battery drain.
2. Smart timing: the device will automatically stop after running for 10 minutes to avoid excessive use. It needs to be restated for next use.

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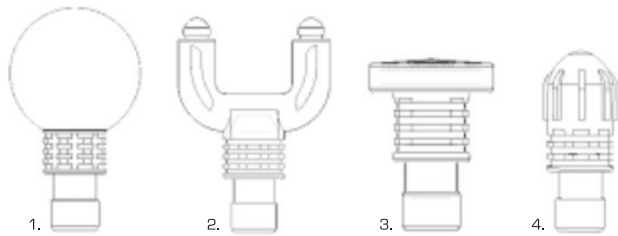
BATTERY MAINTENANCE

Storing and maintenance

1. After a long period of use, please charge the device before the battery is fully drained. If the battery is not charged in time, it can shorten the life of the battery and even result in a failure. When the device is not in use for long periods of time, please charge it once a month.
2. Do not store the device under direct hot sunlight or in severely damp places for long periods of time.
3. Please keep the device clean, but do not use any harsh or corrosive cleaning agents.

INTERCHANGEABLE MASSAGING HEADS

Fascia Gun includes 4 different easily changeable massaging heads, that are designed and shaped for specific purposes. The best massaging experience can be achieved by using the heads on their planned areas and muscle groups.



1. Ball head

The ball shaped massaging head is a great for all muscles in the body, but it is best suited for large muscle groups like quads and glutes etc. as well as sore areas of the body. The ball head offers a large surface area for massaging large muscles, and it is covered in soft foam for sore areas.

2. Fork head

The fork head serves a specific purpose of massaging muscles around the target area. Best suited for massaging along the spine and neck to relieve spinal pain resulted from tension of the muscles around the spine.

3. Flat head

The flat head is suited for all muscles in the body because of its large surface area.

4. Bullet head

The bullet head focuses the massaging power directly to the targeted area, which is why it is best suited for hard to reach deeper muscles and for trigger point relief.

SAFETY INSTRUCTIONS

DANGER: To reduce risk of personal injury, electric shock and fire, this product must be used in accordance with the following instructions!



1. For adult use only.
2. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
3. Use only on a dry clean surface of the body by lightly pressing and moving across the muscle for approximately 60 seconds per area.
4. Use the massage device only on soft tissue of the muscles without producing pain or discomfort. Do not use the device on head/skull or any hard bone area of the body.
5. Use the massaging heads for their specific purposes.
6. Bruising can occur regardless of controlled settings or pressure applied. Check treated areas frequently and immediately stop at the first signs of pain or discomfort.
7. Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
8. Do not place any objects into the ventilation holes of the device.
9. Do not immerse in water or allow water to enter the ventilation holes of the device. Keep away from heat sources.
10. Do not drop or misuse the massage device.
11. Only recharge with the supplied USB-C charger.
12. Carefully examine the device and battery before each use. Do not tamper or alter the device in any way. Never leave the device operating or charging unattended.
13. Do not operate continuously for more than one hour. Allow device to rest for 30 minutes before re-using.



DO NOT USE THE MESSAGE GUN WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD's metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using the device. These contra indications do not mean that you are not able to use the device but we advice you to consult a doctor first.



DISCLAIMER

The manufacturer Gymstick International Oy has no responsibility to any persons or entity for any loss, damage sequence alleges to have happened directly or indirectly as a consequent of this product.

For your own safety be sure that you read all the instructions in this manual before using this product!

WARRANTY

Gymstick International Oy warrants this product to be free of defects in material or workmanship for a period of one year from the date of the original retail purchase.

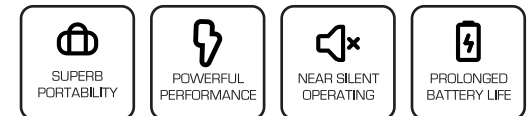
This warranty is available only to the original purchaser, and only if purchased from and authorized Gymstick distributor or reseller. If your product is found to be defective during the warranty period, Gymstick will, at its sole option, either repair or replace the product with a new or factory reconditioned or substantially equivalent model. Gymstick will not replace or refund cover damage of the body due to consumer's negligence and carelessness.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



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Do not dispose of the device in the normal household waste, but in accordance with the Directive and local regulations. More information on this is available from your municipal waste collector