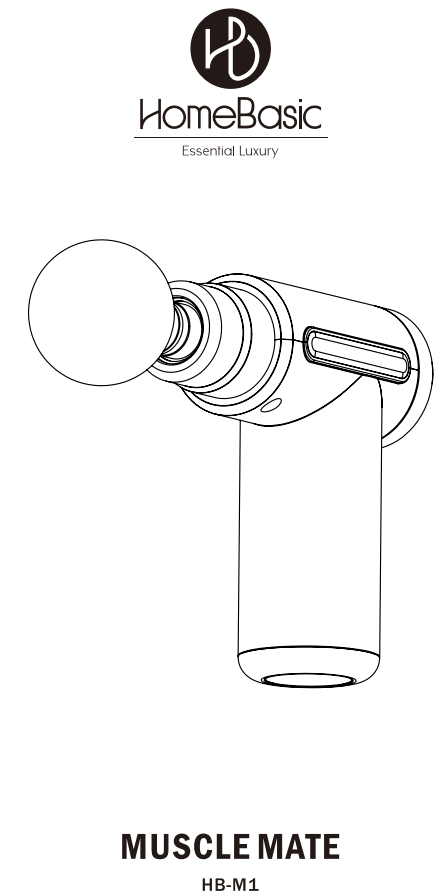


展开尺寸：280x140mm 128g书写纸双面单黑印刷 风琴折

封面



LIST OF ITEMS

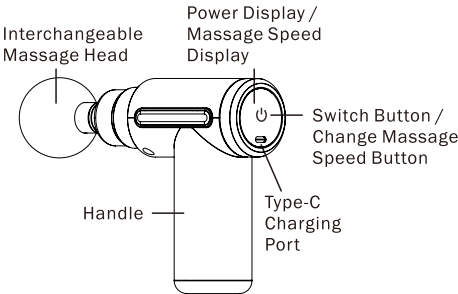
Thank you for choosing our products. If you are unpacking for the first time, please confirm the contents.

Contents:
1. Massage Gun
2. 4 Interchangeable Massage Heads
3. Type-C Charging Cable
4. User Manual



Read these instructions carefully and retain them for future use. If this product is passed to a third party, then these instructions must be included.

PRODUCT DIAGRAM



Button Instruction

Button	Action	Function
	Press Once	Power Display Before Power On the Product
	Long press for 3 seconds	Power On / Power Off
	Press Once	Change Massage Speed After Power On the Product

ACCESSORIES

	Type-C Charging Cable
	Fork Head: Relax cervical spine, shoulders and Achilles tendons
	Flat Head: Relax all muscles in your body
	Bullet Head: Focused on deep tissue and smaller muscle areas
	Round Head: General use for large muscle groups

PRODUCT USAGE

NOTE: Please charge the product for 3 hours for the first time use. Please connect the attached charging cable to the 5V adaptor for charging.

- Long press “” button to turn on the massage gun.
- Select appropriate massage head, there are 4 massage heads for select.
- Select the desired speed (start with the lowest speed for new users), there are 6 speed level for select.
- Hold the massage gun and gently press the massage head against the target muscle group.
- Move the gun slowly over the muscles, allowing the pulses to penetrate the tissue.
- Avoid holding the gun in one place for too long—move it around in a circular motion or up and down.
- Limit usage to 15-20 minutes each use.
- Long press “” button to turn off the massage gun after use.



Experience the HomeBasic difference: durability and dependable service. Our products are engineered for longevity and backed by a comprehensive warranty.



SCAN ME

Don't hesitate to contact us! We're happy to answer your questions. Prefer email? Send your questions to **support@thehomebasic.com**. Need to speak with someone? Call us at **(+91) 9321-008-492**

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Website: www.TheHomeBasic.com

Instagram: /HomeBasicOfficial

Facebook: /HomeBasicOfficial

Twitter: @TheHomeBasic

封底



Timed Shutdown

This product is intelligent, energy efficient. After the machine is turned on for 20 minutes, it will automatically shutdown. If you want to use it again, you can press the power button to reboot, but please ensure that the product is not overheating.

HomeBasic Muscle Mate Indications and Contraindications

Indications
<ul style="list-style-type: none">Muscle soreness & recoveryMuscle tightness or stiffnessWarm-up before exercisePain and cramps due to muscle injury, sprains, strainsHelp the flow of edema fluid in the swollen areaRelax thickened connective tissues and fasciasReduce the accumulation of lactic acid in musclesEliminate muscle fatigue...
Contraindications
<ul style="list-style-type: none">Acute injuriesVaricose veinsPregnancy, cancerOpen wounds or skin conditionsBlood clots or deep vein thrombosis (DVT)Osteoporosis or bone conditionsSensitive area: head, face, cervical vertebraePositions close to the bones with less muscle coverage: tibia, the back of the foot, the back of the hand...

TROUBLESHOOTING

Problem	Possible Cause	Solution
The device won't turn on	Battery is not charged	Charge the device fully
Sudden power-off during use	Battery is depleted	Recharge the device
Excessive noise or vibration	Loose attachment head	Ensure the massage head is securely attached
Overheating	Extended use at high speeds	Turn off and allow the device to cool before using again

PRODUCT PARAMETERS

Product Model	HB-M1
Color	Black / Grey
Rated Voltage	7.4V
Charging Voltage	5V
Power	24W
Battery Capacity	1800mAh *2
RPM	2000-3600r/min
Charging Port	Type-C
Dimensions (Without any massage heads)	Approx. 133 x 134 x 52 mm
Weight (Without any massage heads)	Approx. 477.5 g

CLEANING AND MAINTANCE

- Turn off and unplug the massage gun before cleaning.
- Use a soft, damp cloth to wipe down the exterior of the massage gun after each use.
- Do not use steel wire brush, abrasive cleaner or corrosive liquid (such as gasoline or acetone) or chemical to clean the product.
- Detach the massage heads after use and clean them separately.
- Make sure the attachments are completely dry before reattaching them to the gun.
- If not using the massage gun for an extended period, charge the battery every few months to maintain battery life.
- Store the massage gun in a dry, cool place. If not use, please store in original packaging.
- Regularly inspect the massage gun for any signs of damage, such as cracks or loose parts.
- Ensure the massage gun is dry and free from moisture before using it again.
- Never submerge the massage gun in water or expose it to excessive moisture.

SAFETY INSTRUCTION

- Always read the user manual thoroughly before using the product.
- Keep the product out of reach of children and pets.
- Do not place any object in the vent of the device.
- Do not immerse it in water or allow water to enter the vent of the device.
- Do not drop the device or use it improperly.
- Do not change or modify the device in any way.
- Never operate or charge the device in an unattended way.
- Do not use the massage gun near areas where you have medical implants such as pacemakers, as vibrations could interfere with the device's function.
- Stop using the device immediately if you experience pain, excessive redness, or discomfort in any area.
- It can only be used on dry, clean skin surfaces of the body, and cannot be used through clothes. Press and move it gently on the skin. The duration on each part is about 60 seconds.

- Use this device only on soft tissues of the body without causing pain or discomfort. Do not use it on head or any hard or boned part of the body.
- Keep fingers, hair or other parts of the body away from the shaft and back of the vibrating head, because they might be pinched.