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There may be certain differences between the content of this manual and your product. Please refer to the actual product. We reserve the right to update the product at any time without prior notice.

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PHILIPS

Massage Gun

Sports Massage Gun

PPM7521



User Manual

Contents

- 1 Instructions for User
 - Symbol Description
 - Precautions for Use
 - Precautions for Maintenance

- 2 Product Features

- 3 Parts Name

- 4 How to Use
 - Preparations for Use
 - Operation
 - Charging method

- 5 Description of Indicator Lights

- 6 Maintenance

- 7 Diagnosis

- 8 Main Specification

- 9 Service Guideline for Warranty
 - Service and Support
 - Warranty
 - Warranty Card

- 10 Packing List

1 Instructions for User

Please read this manual carefully before using the product and keep this manual properly.

Symbol Description

To avoid personal injury or property damage, be sure to observe the following.

- The following symbols respectively illustrate the items that you must observe.



Indicate prohibition



Indicate that you should do as instructed



Important Information

People under treatment at a medical institution or in the following conditions, should consult with a doctor or physiotherapist before using the product.

- This product should not be used under any of the following circumstances without the prior consent of the doctor.
- Pregnant women, people suffering from diabetic complications (such as neuropathy or retinal damage), epilepsy or migraine, disc herniation, spondylolisthesis, vertebral disconnection, or spondyloarthritis and those who wear a pacemaker, have recently undergone a surgery, like joint replacement surgery, or have an IUD, needle, or nickelclad inside the body for any health-related problems, are not allowed to use this product. These contraindications do not mean that you cannot use this product. We recommend that you consult your doctor before use.

- The ongoing research is about the impact of vibration training on specific medical diseases. This is likely to reduce the above contraindications. Practical experience shows that in many cases, incorporating vibration training into a treatment regimen is also a form of therapy. However, such method should be suggested or accompanied by doctor, expert or therapist.



The following groups are prohibited from using the product

- Minors are prohibited from using this product to prevent from being injured. Consult your doctor before using this device in case of muscle injury. Do not apply on wet or filthy skin surface. You can use the device with your clothes on. Gently press and move it on your skin and stay at each part for about 60 s. Do not use the product above your neck and in parts with less muscle coverage. Applying the product to your bones is also discouraged. Always use the product to soft tissues of the body under the premise of no pain or discomfort. When you get bruised, feel pain or discomfort, stop using the product. Do not put any articles in the vent hole of the product. Do not immerse the product in water or allow water to enter the ventilation hole of the product.
- Do not throw the product in fire or keep it close to fire source.
- Do not fall off the product deliberately. Do not use a charger above 9 V to charge the product.
- Do not dismantle the product in any method.
- Do not put your fingers, hair or other parts of your body near the shaft and back of the massage head as there is a risk of being caught.
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- Those who cannot express their will or cannot operate the device by themselves are prohibited to use the product.
- Children are not allowed to use or get close to the operating product.
- If you experience abnormal body reactions such as back pain, dizziness, vomiting, throbbing, etc. during use, please stop the product immediately.
- This product is timed for 10 min operation at a time. Please do not use it for more than 20 min each time. Leave the device rest for 30 min after each use to prolong its service life.
- Use is prohibited under the following circumstances:
 - When you are severely tired
 - Within an hour before and after meals
 - When you are drunk

-  Do not touch this part when starting the device without a massage head.
-  Do not touch this part when starting the device with a massage head installed.

Precautions for Use

-  Do not wear too much to use the product.
-  Keep away from liquids or heat sources and keep vents free of dust.
-  Do not use accessories other than the original charging base and DC charger.
The product cannot be used during charging.
-  After charging, please disconnect the power supply in time.
-  If the product cannot work normally or you feel any abnormality, please stop using it immediately.
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-  Please apply this product according to the User Manual.
-  Before each use, carefully check whether the product can be used normally according to the operation methods in the manual.
-  Do not apply load to the power cord or cause damage to the power cord.
Do not stand on the product or use the product as a toy to avoid accidents.
-  Never disassemble, modify or repair the product by yourself.
Do not use this product when your body is wet.
- 

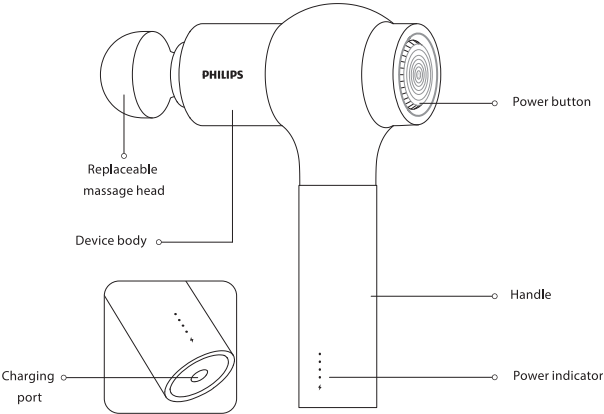
Precautions for Maintenance

-  During maintenance, be sure to disconnect the power supply.
-  Do not drop the product and charging base, or hit them with strong force.
Do not spray water on the product.
-  Do not use the product in bathrooms or places with high humidity.
-  If the product has not been used for a long time, you have to check in advance whether the switch is normal prior to re-use.
-  During maintenance, do not clean the product with volatile oil, diluent, alcohol, strong alkaline detergent, bleach and other cleaning agents.
Simple shockproof facilities are provided for the product so that it can be transported by air, rail, road and ship. Avoid rain and snow, inversions and collisions during transport.
-  Keep this product out of the reach of children;
When storing, make sure the product cools down.
-  Frequently check the product for signs of wear or damage. If there are such signs or the product has been misused, you must return the product to the supplier before reuse.
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2 Product Features

This product relaxes the soft tissue of the body through high-frequency impact, which can help relax tense muscles and release pain and fatigue after exercise. The product can be used with different massage heads to massage muscles all over the body. It is equipped with a portable storage bag for the purpose of convenient carrying.

3 Parts Name



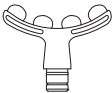
Rubber spherical head
Suitable for daily massage and relaxation



Titanium flat head
Suitable for muscular relaxation after high intensity exercise



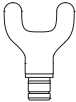
Flat air cushion head
Designed with air cushion for relaxation and activation of all parts of the body



Curved air cushion head
Up to 4 contact points to meet the needs of large-area massage



Pointed tip head
Used to impact deep tissue and quickly relieve muscle soreness



U-shaped head
Suitable for centralized massage of specific sore points



Wedge-shaped head

Suitable for shaping massage of large muscle groups



Sponge head

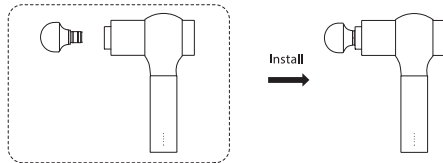
Designed with super soft elastic surface for warm-up and relaxation massage

4 How to Use

Preparations for Use

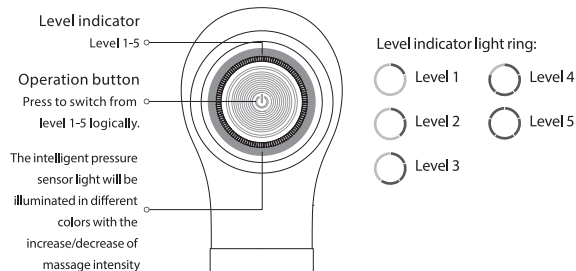
1. Check that the product and accessories are complete.
2. Always remove the pendant and decorations before use to avoid affecting the massage part.
3. Please install the massage head in place.

Installation method: select a massage head according to the massage demand, and insert it into the front round hole of the fascial gun until the head is aligned with the mark line. The proper installation is shown in the figure.



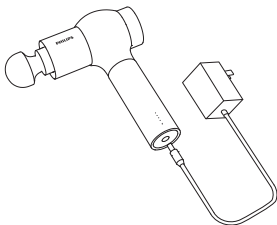
Operation

1. Hold the power button to turn on the device in level 1 by default. Each time you press the button, the gear will increase by 1 level until reaching level 5. If you press the button in level 5, the device will turn off.
2. When you hold the button in any level, the device will shut down.
3. The device will turn off automatically after continuous use for 10 min. If you need to use again, please restart it.
4. The massage head will not output power if it is stalled. This is to protect the device against abnormal operation and make it switch from operation mode to standby mode. Press the button only to restart the device.
5. After powering on and pressing the power button, the light ring will display the current level in sections. If there is no operation within 3 s, the whole light ring will be illuminated to intelligently display the current massage pressure.



Charging method

1. Before initial use, fully charge your device for 4 hours.
2. When charging, connect the DC terminal of the supplied 26 V adapter to the battery charging port, and plug the AC side cable into the 100~240 V power socket.
3. The LED indicator on the device flashes regularly to display the battery power, indicating that it is charging.
4. The battery can be charged at any time and under any power level. Do not start the device when charging.
5. The battery needs to be charged when it is exhausted to less than 10% power and the light ring is flashing in red.
6. The fully charged device can generally operate for about 2-3 hours, depending on the working level and intensity.



5 Description of Indicator Lights

Level indicator	Status	Description
Light ring illuminating in 1 section	Remain 3s	Level 1
Light ring illuminating in 2 section	Remain 3s	Level 2
Light ring illuminating in 3 section	Remain 3s	Level 3
Light ring illuminating in 4 section	Remain 3s	Level 4
Light ring illuminating in 5 section	Remain 3s	Level 5

Pressure feedback light ring	Status	Description
Blue light	Remain on	0-2 kg
Green light	Remain on	2-4 kg
Yellow light	Remain on	4-6 kg
Orange light	Remain on	>6 kg

Power indicator	Status	Description
Indicator ON in 1 bar	Flashing	Current power 0%-10%
Indicator ON in 1 bar	Remain on	Current power 10%-50%
Indicator ON in 2 bar	Remain on	Current power 50%-75%
Indicator ON in 3 bar	Remain on	Current power 75%-99%
Indicator ON in 4 bar	Remain on	Current power 100%

6 Maintenance

1. Clean the surface of the device with a slightly wet towel and dry it with a soft cloth.
2. When storing or carrying, put the device in the supplied portable bag.
3. The device should be stored in a dry, well ventilated place without corrosive gas.
4. In case of long-term out of service, the device should be packaged and stored after cleaning. It is recommended to charge the device every 1 month.
5. The product can be transported by truck, train, ship and aircraft. During transportation, the product should be fixed to prevent violent vibration, collision, rolling and falling, and it should be placed upward, handled lightly, and protected against rain.
6. Do not discard the product at random. Please scrap it according to the disposal method for each part to protect the environment.



Be sure to unplug the power cord without using wet hands during maintenance.

7 Diagnosis

This chapter lists the most common problems to the product. If the problems you encounter are not included in the following tables, please call our service hotline or contact the authorized service center at the region where you are located.

Fault Description	Troubleshooting
Massage head slipping out or falling	Check whether the massage head is installed in place
Start-up failure	Check whether the power is sufficient (if the device is not used for a long time, charge it for more than 8 hours first)
Charging failure	1. Check whether the voltage and current of the charging plug meet the product requirements. 2. Check whether the charging connector and power supply are plugged in place.
Sudden stop after continuous operation for 10 minutes	This phenomenon is a normal phenomenon, which is set for long-time operation protection. It indicates that the device switches from operation mode to standby mode. Press the button, you can restart the device.
Massage head stopping to output power after being stalled	This is a normal phenomenon, which is set to protect the device against abnormal operation and make it switch from operation mode to standby mode. Press the button, you can restart the device.
Reasonable use of the product can effectively prolong its service life. It is recommended: 1. Do not throw or drop the device during use. 2. The maximum continuous use time is recommended not to exceed 30 minutes. Keep away from the humid environment when using or storing the product. 3. In case of long-term out of service, please charge the device every 1 month.	

If the product has been left unused for a long time, be sure to confirm that its function is normal before using it again.		
Regular check	Check for the following faults	In the event of the above faults, stop using the product immediately and cut off the power supply to avoid accidents. Please send the defective product to Philips's service center.
	- Whether the power cord or plug is hot - Whether the power cord is deeply scratched or deformed, and has a burnt smell - Whether there is abnormal sound or vibration during work - Whether the product can work properly after the power - Whether there are other abnormalities or faults	

Note:

If the fault cannot be eliminated or the product still cannot operate satisfactorily, contact the after-sales

8 Main Specification

Product Name	Philips Sports Massage Gun
Product Model	PPM7521
Input voltage/frequency	100-240V-50/60HZ
Interface Type	DC, 26V ≈1A
Power Supply Method	Rechargeable lithium battery
Battery Capacity	1600mAh x6
Charging Time	4 h
Level Adjustment	5-level adjustment
Net weight	980g
Dimension	78x142x48 mm

9 Service Guideline for Warranty

Service and Support

If you require assistance with the operation of the product, its features or specifications. Please call Mann & Noble on +61 (0) 2 8801 7666 in Australia or +64 (0) 800 112 660 in New Zealand or email Philips.Massager.ANZ@mann-noble.com or visit www.philips.com/support.

Warranty

Please refer to the separate warranty leaflet provided with this product.

Warranty Card

Product model		User name	
Sales company		Phone number	
Purchase date		Serial number	
Special technical service station		User address	
Service content	Date		Service personnel

10 Packing List

Massage Gun	1×	User Manual	1×
Adapter	1×	Massage Heads	8×
Storage Bag	1×		