

PulseMax

**Portable
Massage Gun**

USER MANUAL



Contact us:
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Thank you for purchasing PulseMax!

You can now experience the deep power of portable massage, whenever and wherever you need it. PulseMax alleviates muscle tension, improves blood circulation, and promotes faster recovery to give you relief and relaxation.



Please read this manual before using PulseMax and keep the manual for reference.

If you have any questions about the massage gun or face any issues when using it, feel free to contact us directly for answers and assistance.

Don't use PulseMax in any ways that are not described in this manual.

Indications

- 1) Pain and spasms due to muscle contusions, sprains, and strains
- 2) Loose, thickened connective tissues and fascia
- 3) Accumulation of lactic acid in the muscles
- 4) Limited joint range of motion
- 5) Muscle fatigue
- 6) Post-workout soreness and tension
- 7) General discomfort in muscles, tendons, and joints

Contraindications

Do NOT use the product before consulting a doctor if any of the following conditions applies:

- Aneurysms, bleeding, use of blood thinners
- Pregnancy
- Cancer
- Recent surgery: the massager must not be used within 3 inches of an internal fixation device within 90 days
- Sensitivity: the massager should not be used on sensitive areas like your head, face, cervical spine, vertebral body, tibia, dorsum of foot, and dorsum of hand
- Discomfort: if you feel pain when using the massager on a certain area or after using it, stop the massage session and consult a healthcare professional

Box Contents

- Portable massage gun
- Type-C charging cable
- Massage heads
- Extended handle
- User manual



Components

- 1 LCD screen
- 2 Timing display
- 3 Gear display
- 4 Power display
- 5 On/Off/Shift button
- 6 Charging port
- 7 Light indicator



Massage Heads

To replace a head, simply pull it out of the massager with force and insert another one: make sure the head's stem is entirely inside the socket.



Ball head

For various muscles, feet, hands, and larger areas



U-shaped head

For the neck, the Achilles tendon, and around the spine



Conical head

For deep-tissue stimulation and acupuncture points



Wolf tooth head

For larger muscle groups, including those in the legs

How to Use PulseMax

- 1) Press and hold the on/off/shift button for two seconds to turn the device on.
- 2) Press the on/off/shift button once to go to the next gear (the gears go up to 8 and then to H, which is the maximum gear).
- 3) When you reach the maximum gear, press the on/off/shift button once to go to the first gear.
- 4) Choose the gear you want and enjoy your massage session.
- 5) Press and hold the on/off/shift button for two seconds to turn the device off.

IMPORTANT: To protect your bones and muscles and to avoid damage caused by long-term fixed-point massage, turn on the 15-minutes timed intelligent protection display function.

Charging

- You can use a wall adapter or any USB charger that is not above 5V-2A (a Type-C USB charging cable is included).
- When using the device for the first time, charge it for 3 hours.
- The power display shows the charging status. Four light strips indicate full charge.



Caution and Warnings

- Do not immerse the device in water or any other liquid.
- Do not clean the device under running water. Use a cloth instead.
- Use only the charger provided by the manufacturer.
- Do not leave the device unattended when it's charging.
- Do not use the device while it's plugged in and charging.
- Do not drop, puncture, or misuse the device. This could result in damage.
- Do not use the device on your head, genitals, and other sensitive areas.
- Do not use the device if you have a pacemaker, defibrillator, or other implanted electronic device.
- Do not use the device on open wounds, surgical incisions, or any area of the body that's bruised or infected.
- Do not use the device if you're pregnant without consulting your healthcare provider first.
- This device should not be used by children. Keep it out of reach of children.
- If you feel any pain, discomfort, or other adverse reactions while using the device, stop using it immediately and consult a healthcare provider.
- People with sensory impairment should use this device with caution.
- Avoid using the device for an extended period of time on a single muscle group, or pressing it hard against bones.
- Always start with the lowest intensity setting and gradually increase as tolerated.
- Always consult with a healthcare provider if you have any health conditions or concerns before using the device. This user manual is not a substitute for professional medical advice.

Technical Specifications

Rated voltage	7.4 V =
Motor power	30 W
Charger	Type-C USB
Revolutions per minute	1,800–3,200
Material	Electronic components and ABS plastic
Product weight	600 g
Product size	142x42x333 mm