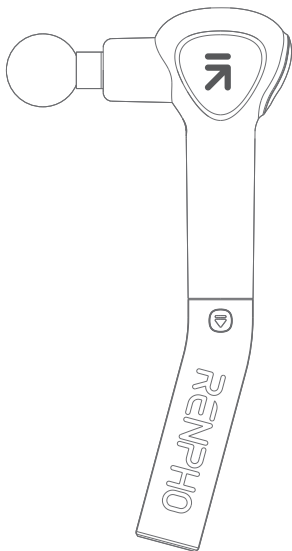


RENPHO

Smart Health Simplified

User Manual



Model: R-C007

RENPHO REACH

Thank you for choosing the RENPHO Massage Gun! Ergonomically designed with a detachable extension handle for hard-to-reach areas, the RENPHO Massage Gun is aim to help relieve tension and tight muscles.

Please carefully read this user manual and use the device only as directed. RENPHO assumes no responsibility for any injuries caused by misuse or negligence in following the instructions provided. Please keep this manual for future reference.

Important Safety Instructions

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING.

When using this device, the following basic precautions should be always followed:

1. The device is intended for household use only and not intended for medical use.
2. This device can be used by children aged 8 years and above and by persons with reduced physical, sensory or cognitive capabilities or lack of experience and knowledge if they have been given supervision or instructions concerning the use of the device in a safe way and understand the hazards involved.
3. Children should not play with the device. Cleaning and user maintenance should not be made by children.

DANGER - To reduce the risk of electric shock:

1. Do not attempt to retrieve the device if it falls into water.
2. Do not use while bathing or in a shower.
3. Do not use the device with wet hands.
4. Do not place or store the device in areas where it may fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - To reduce the risk of fire, electric shock, or injury to persons:

1. Please consult your doctor before using if you are a user of the following persons:

- 1) Children under 8
- 2) Pregnant women
- 3) Persons with blood stasis
- 4) Persons with fractures
- 5) Persons with heart disease, a pacemaker, defibrillator, or metal contents in the body
- 6) If you have experienced joint surgery within 90 days, do not use the device on your body within 3 inches of the surgical site.

If you feel unwell or have any unusual discomfort, please stop using the device immediately.

2. Do not use the massage gun on

- 1) Sensitive skin, swollen or inflamed areas, in areas where there is poor circulation, where skin eruptions are present, or in the area of unexplained abdominal pain
 - 2) Head, face, cervical vertebrae, body bones, varicose veins, tumor site, throat area, any possible fracture site, positions close to the bony areas: the humerus, the back of the foot, the back of the hand, etc
 - 3) Genital area (Do not use this device for sexual purposes. It is a powerful massaging device and may cause severe bodily harm.)
 - 4) Unconscious or sleeping persons
3. Do not operate under a blanket or pillow. Excessive heating may occur and cause fire, electric shock, or injury to persons.
4. Never operate the device with the air openings blocked. Keep the air openings free of lint, hair, etc.
5. Close supervision is necessary when this device is used by, on or near children, invalids, and disabled persons.
6. Use this device only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

7. Never operate this device if it is not working properly, has been damaged, or dropped into water.
8. Never drop or insert any object into any opening.
9. Do not operate in the areas where aerosol (spray) products are being used or where oxygen is being administered.
10. Do not keep the device near a magnetic field or in the areas where it can be affected by a magnetic field as it may cause batteries to discharge.
11. Avoid touching the gap between the massage head and body with your finger or hair to avoid pinching.
12. Keep the device away from heat and avoid using it in places where the surrounding temperature is relatively hot.
13. Do not drop, apply excessive force or heavy weight over the device to avoid malfunction and/or damage.
14. If a high temperature or foul odor occurs while using the device, stop using the device immediately.
15. Do not use the device in close proximity to long hair, loose clothing or jewelry.

About the Battery

1. Warning Chemical Exposure: If the battery pack leaks, do not allow the liquid to contact the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.
2. Do not throw the battery into the fire or heat the battery. The used battery should be placed in a sealed plastic bag and safely disposed of in accordance with local environmental regulations.
3. Battery life may vary by application and/or operating conditions. If the device is not in use for a long period of time, please keep it powered off and charge it once a month to prolong its lifespan.

SAVE THESE INSTRUCTIONS

About the Product

1. What's in the Box

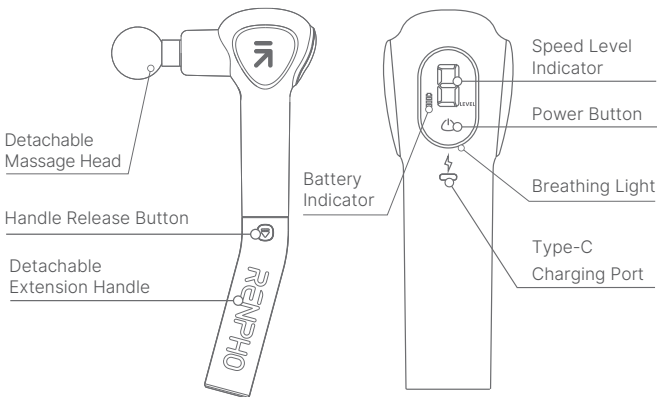
- 1 x Massage Gun
- 4 x Massage Head
- 1 x Type-C Charging Cable
- 2 x Rubber Sleeve
- 1 x User Manual

2. Product Parameter

Product Name: Massage Gun
Model: R-C007
Input: 5V \equiv 2A
Rated Power: 10W
Battery Voltage: DC 7.4V
Battery Capacity: 2000mAh

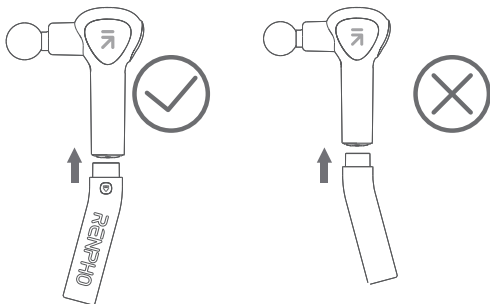
Amplitude: 8mm
RPM: 1600-2800r/min
Auto-off Timer: 10 minutes
Weight: 1.4lb/645g
Dimension: 14.5 x 5 x 2.6 in /
374*130*68mm

3. Product Overview

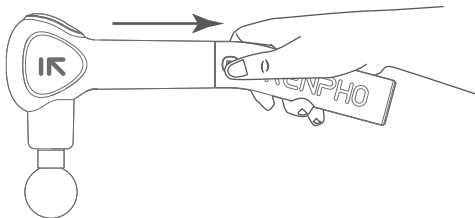


2. Attach/Detach the Extension Handle

- a. To attach the extension handle, push it in until you hear a "click", indicating it is installed correctly and securely. Ensure it is installed in the correct direction as shown below.



- b. To detach the extension handle, press and hold the handle release button and pull the extension handle out, as shown below.



3. Choose an appropriate massage head and attach it.

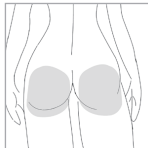
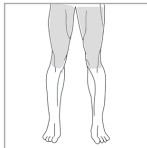
Ensure the massage head is fully inserted into the slot.

Note: Do not install or replace the massage head while the device is operating.



Ball head

For large muscle groups like quads, glutes, extreme muscles, and joint soreness.



U-shaped head

For the spine, neck and Achilles tendon.



Flat head

For the shoulder blades and IT bands or for a relaxing full-body massage.



Bullet head

For joints, deep tissues, trigger points and small muscle areas like feet and wrists.



Rubber sleeve

- Each massage head is pre-installed with a rubber sleeve that ensures the massage head is securely attached to the massage gun. If it is damaged, replace it with a spare one.

Using the Product

1. **Press and hold** the Power button for 2s to turn on the device, speed level 1 will be activated by default.
2. **Press** the Power button to cycle through the speed levels among Level 1/2/3/4/5/Auto Mode.
Level 1: 1600r/min Level 2: 1850r/min
Level 3: 2100r/min Level 4: 2350r/min
Level 5: 2800r/min
Auto Mode: 1600-2800r/min (Automatically speed up and down based on the amount of pressure applied.)



Breathing Light

Status	Pressure Level	Indication
Blue	Gentle	Normal operation
Orange	Medium	Stall warning
Red	Strong	Stalled

Working Principle: The higher the speed level, the higher the stall force (Stall force is the amount of pressure the device can withstand without stalling or stopping.)

3. To turn off the device, **press and hold** the Power button for 2s.

Auto-off Timer: The device will automatically shut off after 10 minutes of operation. It is not recommended to use the device for more than 30 minutes at a time.

Tips:

- a. Massage stiff muscles for up to 2 minutes to promote relaxation.
- b. It is recommended to start with the lowest setting and gradually increase the speed as you adapt to the intensity.
- c. Apply ice or heat treatments after massage. Ice and heat are optional, but both can help further soothe and relax muscles.
- d. Do not apply too much pressure on the device during your session, or the device will stall to prevent injury or bruising.

Cleaning and Maintenance

1. Place the device in a cool, dry place when not in use.
2. Always turn off the device before cleaning. Wipe with a soft cloth slightly dampened with non-abrasive cleaners. Keep away from all solvents and harsh detergents.
3. Do not attempt to disassemble or repair the device. The device does not contain user-serviceable parts.

Troubleshooting Guide

Problem	Cause	Solution
The device cannot be turned on.	Short press the Power button.	Press and hold the Power button for 2s to turn it on.
	The battery runs out.	Charge the device.
The device shuts down suddenly.	Auto-off timer: The device will automatically shut off after 10 minutes of operation.	Restart the device for another session.
	Built-in locked-motor protection: When the massage head is pressed with excessive force, the protection will be triggered, shutting the device off.	
	Built-in overheat protection: It will automatically shut off when overheating occurs.	
The device fails to work.	The massage head is inserted too tightly.	Pull out the massage head a little and turn on the device.
Fail to attach the extension handle.	The extension handle is not oriented correctly.	Check the instruction on page 6.

Problem	Cause	Solution
Fail to detach the extension handle.	The handle release button is not pressed.	Press and hold the button and pull the extension handle out.
If you encounter any other problems, please feel free to contact our customer service.		

FCC Regulatory Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ISED Regulatory compliance

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Warranty Policy

AUSTRALIA & NEW ZEALAND WARRANTY

This document details the terms and conditions of the warranty provided with this product.

Please disregard any other representations contained on this product's packaging or provided with this product, which constitute or appear to constitute a warranty.

Subject to the exclusions and limitations set out below, we warrant to you that if you purchase a product directly from us, or, from any of our authorized resellers, that it will not contain defects which are a result of faulty manufacturer workmanship or materials. This warranty subsists for 12 months from the date of purchase. This warranty is provided in addition to your rights under the Australian & New Zealand Consumer Law.

Subject to any rights you have under the Australian & New Zealand Consumer Law, we will not be liable for defects which are a result of damage or loss caused by factors beyond our control, any product which has not been maintained according to any care or maintenance instructions provided with the product, any alterations to a product which are not performed by us, or damage or defects caused to the product due to unusual or non-recommended use. We will not be liable for any special, indirect, consequential or economic loss or damage or loss of profits whatsoever suffered by you or any other person resulting from any act or omission by us. Our total liability in respect of this Warranty against Defects is limited to the replacement of the goods.

This Warranty against Defects is provided in addition to other rights and remedies that you may have at law. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

In order to claim the warranty, you must return the product to the retailer from which it was purchased or if that retailer is part of a National network, a store within that chain, along with satisfactory proof of purchase. The retailer will then return the goods to Directed Electronics Australia authorized by RENPHO. Directed Electronics Australia will repair, replace or refurbish the product at its discretion. The retailer will contact you when the product is ready for collection. All costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics Australia, will be borne by you.

This warranty is offered by RENPHO.

Customer Service

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

Support number: 1800 MY RENPHO (1800 69 7367) (AU ONLY)

Monday-Friday 9:00AM-6:00PM (AEST)

Email address: support-au@renpho.com (AU)

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

RENPHO

Smart Health Simplified

Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.
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