

# xiaomi

## Xiaomi Massage Gun User Manual



# Product Overview

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Read this manual carefully before use, and retain it for future reference.

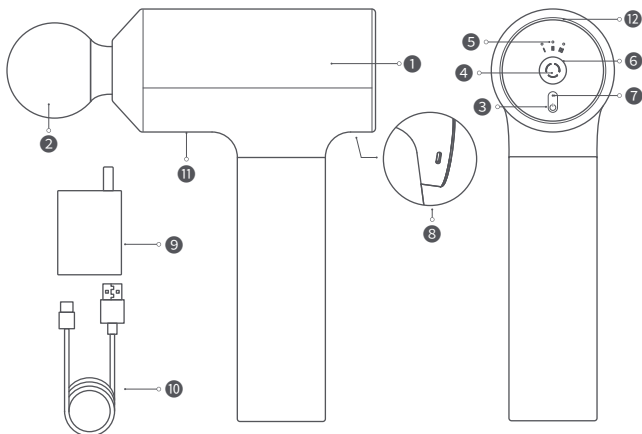
## Massage Gun Uses

Relieves muscle soreness and tightness after exercise.

Alleviates muscle soreness and tightness in the neck, shoulders, and waist due to sedentariness.

Helps muscles relax through daily massage.

## Massage Gun:

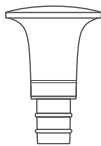


- ① Massage Gun
- ② Massage Head
- ③ Power Button
- ④ Speed Button
- ⑤ Speed Indicators
- ⑥ Pressure Sensor Indicator
- ⑦ Battery Level Indicator
- ⑧ Charging Port
- ⑨ Power Adapter
- ⑩ Charging Cable
- ⑪ Air Outlet
- ⑫ Concealed Air Inlet

## Massage Heads:



Round Head



Flat Head



Bullet Head

Round head: Suitable for massaging larger muscle groups including arms, back, glutes, thighs, and calves.

Flat head: Suitable for relaxing all different muscles.

Bullet head: Suitable for targeting deeper tissues, including meridians, palms and soles of the feet.

## How to Use

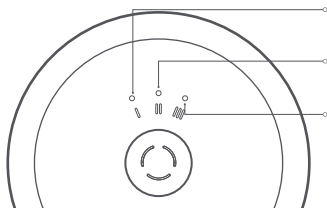
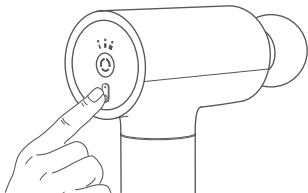
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### Turning on

Press and hold the power button to turn on the massage gun.

### 3 Speeds

The Xiaomi Massage Gun has three speeds for different types of massages. You can choose the appropriate speed based on the level of intensity you desire, and it is recommended to try from the lowest speed.



Speed 1: 1800 /min for a soft and relaxing massage

Speed 2: 2400 /min for the post-exercise relief

Speed 3: 3200 /min for a deep tissue massage

## Switching Speeds

The massage gun automatically starts at speed 1 after being turned on.

Press the speed button while the massage gun is on to cycle through the speeds of 1, 2, and 3.

## Pausing the Massage Gun

While in use, press the power button to pause the massage gun. Press again to continue using it.

## Turning off

Press and hold the power button until the massage gun turns off.

When paused, the massage gun will automatically turn off after 10 minutes of inactivity.

To protect the battery, the massage gun will automatically turn off after 10 minutes of use, excluding pausing durations. To continue using the massage gun, you can turn it on again.

## Using the Massage Gun

Before using the massage gun, make sure that all body parts to be massaged or the thin clothes you wear are clean and dry.

### Step 1: Install a massage head

Install an appropriate massage head for the desired type of massage.

Insert the massage head into the muzzle of the massage gun till it reaches the end, ensuring that the line on the head is flush with the muzzle.

### Step 2: Use the massage gun

Turn on the massage gun and choose an appropriate speed. Place the head against the target muscle group and apply the desired level of pressure. Slowly move the massage head across the muscle group and stay at each pressure point you feel sore for 30 seconds. Do not massage for more than 10 minutes.

\* The massage gun will exert pressure on its own, so there is no need to apply too much pressure on it.

\* Do not use the massage gun on bones, joints and arteries.

### Step 3: Maintain and clean the massage gun

Remove the massage head from the massage gun and wipe both the massage head and the massage gun with a moistened towel. Then wipe both the head and the gun dry with a dry cloth and place them back in the storage case.

Store the massage gun in a dry, well-ventilated area away from corrosive gases.

Do not use corrosive liquids to clean the massage gun, as this may damage or crack the massage gun, or change its color.

The massage gun can be transported in cars, trains, ships, and planes. It should be secured in place facing upwards to prevent damage from vibrations, collisions, rolling, and falls during transport.

## Indicators

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All indicators will light up when the massage gun is turned on. After 1 second, only the power indicator and speed 1 indicator will remain on.

### Speed Indicators

The speed 1 indicator will turn white by default when the massage gun is turned on.

### Pressure Sensor Indicator

When no pressure is applied, the indicator will remain off.

When normal pressure is applied, the indicator will turn white.

When too much pressure is applied, the indicator will turn orange.

If overheating protection is triggered, the indicator will blink red and the massage gun will turn off after 10 seconds. When this happens, check whether the massage gun is too hot and whether its air inlet or air outlet is blocked. Wait for the massage gun to cool down for 5 minutes before turning it on. If the issue persists, please contact the after-sales service department for help.

### Battery Level Indicator

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Message Gun Status	Indicator Status	Battery Level
Operating Status	Remains white when the massage gun is on.	>20%
	Remains orange when the massage gun is on. Please charge it immediately.	0% < Battery level ≤ 20%
	The massage gun cannot be turned on and the indicator blinks orange 5 times. Please charge it immediately.	0%
Charging Status	While charging, the indicator breathes orange to show that the charging is normal.	<100%
	When fully charged, the indicator turns white.	100%

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## Charging

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Turn off the massage gun, plug the Type-C charging cable into the charging port of the massage gun, and then connect the cable to a power supply. The massage gun cannot be turned on while charging.

When charging the massage gun after it is turned off, check whether the massage gun or the power adapter has overheated if the battery level indicator does not light up normally. If so, unplug the Type-C charging cable from the massage gun and let the gun and the power adapter cool down for 2 hours, and then try charging again. If the issue persists, please contact the after-sales service department for help.

If the Type-C charging cable is connected to a power supply and plugged into the charging port of the massage gun while it is on, the massage gun will automatically turn off and start charging.

## Important Information

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### Warnings

Caution: Stop using the massage gun immediately if any discomfort is felt.

**D**o not use the massage gun on wet or dirty skin or on sweaty clothing, as this may reduce the massage gun's service life.

**K**eeP fingers, hair or any other body part away from the shaft and underside of the massage head as pinching may occur.

**D**o not block the air inlet or air outlet of the massage gun while using it.

**D**o not immerse the massage gun in water or allow water to enter its air inlet or air outlet.

**D**o not place the massage gun near a source of fire or throw it into fire.

**D**o not use any chargers other than the one supplied with the massage gun.

**D**o not dismantle or modify the massage gun on your own.

**D**o not hit, shake or drop the massage gun.

### Groups that are not suitable to use this massage gun

**T**he massage gun should not be used by minors. It is not a toy, and incorrect use of it may lead to injury.

**T**he massage gun should not be used, cleaned or maintained by minors without supervision of their parents or guardians.

**T**his appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

**C**hildren shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

**T**his appliance contains batteries that are only replaceable by skilled persons.

**F**or the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.

The following persons should only use the massage gun after consulting with a doctor:

**P**regnant or breastfeeding women

**P**ersons with a pacemaker or implantable defibrillator

**P**ersons who have recently undergone a surgery and have metal implants

**P**ersons with spine, joint or bone related issues

**P**ersons with any disease-related complications (such as neuropathy or retinal

damage)

The massage gun should not be used on the following areas

**T**he area above the neck, armpits and any other areas with less muscle coverage, as well as areas close to organs and the aorta.

**B**ones and joints. The massage gun should only be used on muscular soft tissues without causing pain or discomfort.

**A**ny bruised, injured or uncomfortable areas.

### Precautions

**S**trictly follow all the instructions in the user manual to use this massage gun to massage.

**B**efore using the massage gun, check to ensure that it operates correctly as indicated by this user manual.

**A**fter using the massage gun, clean and dry the massage gun and the massage head immediately to prevent the buildup of sweat and grease.

**D**o not use the massage gun for more than 1 hour at a time.

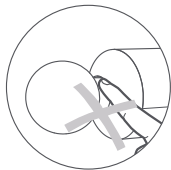
**D**o not use the massage gun on the same area of the body for more than 60 seconds.

**D**o not turn on the massage gun without a massage head installed.

**D**o not use the massage gun while it is charging.

**U**nplug the massage gun from the charger after it is fully charged.

**W**hen the massage gun is turned on, do not touch the area as illustrated as pinching may occur.



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

We, Shenzhen Accompany Technology Co., Ltd., hereby, declare that this equipment is in compliance with the applicable Directives and European Norms, and amendments. The full text of the EU declaration of conformity is available at the following internet address: <http://www.mi.com/global/service/support/declaration.html>

## Specifications

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Name: Xiaomi Massage Gun

Model: MJJM03-ZJ

Rated Input: 20 V 1 A

Battery Capacity: 22.2 V 2600 mAh

Operating Temperature: 0 to 35°C

Port Type: Type-C

Power Adapter Input: 100–240 V~ 50/60 Hz 0.7 A

Power Adapter Output: 20 V 1.35 A

Battery Type: Lithium-ion battery



## Massage Areas

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Note: To massage a muscle, start from the center of the muscle and move outwards in both directions, and massage from top to bottom. For larger muscle groups, follow the direction where the muscle stretches to massage.

## Arm

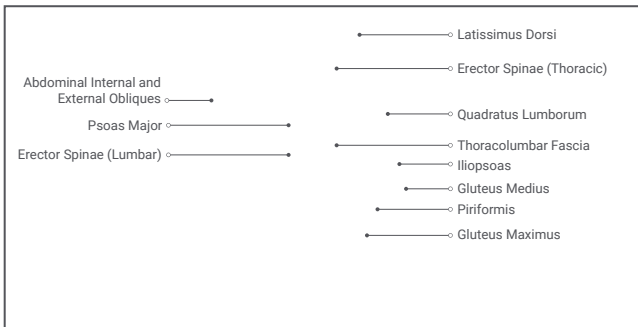
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Muscle	Time (second)	Repetitions
Brachioradialis	10-15	3
Deltoid	12-20	3
Extensor carpi radialis (longus)	5-10	2
Extensor carpi radialis (brevis)	5-10	2
Flexor carpi ulnaris	10-15	3
Pectoralis major	12-20	3
Brachialis	12-20	3
Palmar longus	12-15	3
Extensor tendon	5-10	2
Bicep	12-20	3
Flexor carpi radialis	10-15	3



## Massage Areas

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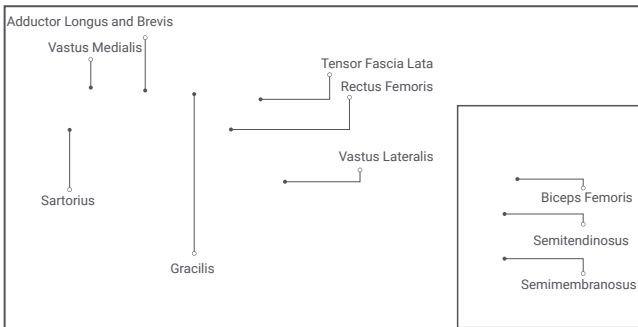


## Waist

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Muscle	Time (second)	Repetitions
Abdominal internal and external obliques	10-15	2
Psoas major	30-60	3
Erector spinae (lumbar)	30-60	4
Latissimus dorsi	30-60	4
Erector spinae (thoracic)	15-20	2
Quadratus lumborum	20-30	2
Thoracolumbar fascia	40-60	3
Iliopsoas	20-30	3
Gluteus maximus	20-60	4
Piriformis	20-90	1
Gluteus medius	20-60	4

## Massage Areas

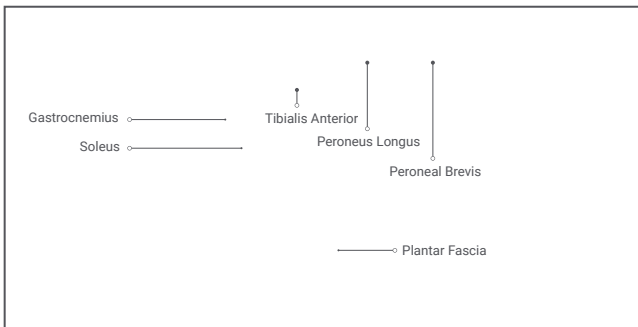


## Thigh

Muscle	Time (second)	Repetitions
Adductor brevis	10-15	2
Adductor longus	10-15	2
Vastus Medialis	30-45	2
Sartorius	30-45	1
Gracilis	10-15	2
Tensor fascia lata	15-20	2
Rectus femoris	30-45	2
Vastus Lateralis	30-45	2
Biceps femoris	20-30	3
Semitendinosus	20-30	3
Semimembranosus	20-30	3

## Massage Areas

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## Crus And Foot

Muscle	Time (second)	Repetitions
Gastrocnemius	20-30	3
Soleus	20-30	3
Tibialis anterior	15-20	2
Peroneus longus	15-20	2
Peroneus brevis	15-20	2
Plantar fascia	20-30	3

Note: Illustrations of product, accessories, and user interface in the user manual are for reference purposes only. Actual product and functions may vary due to product enhancements.

## Removing the Battery



**Warning:** The massage gun will no longer be usable once the battery is removed.

The following steps should only be completed upon the permanent disposal of the massage gun. Do not dismantle the massage gun on your own for routine maintenance.

- D**isconnect the massage gun from the power supply and remove the shell of it.
- C**ut off the cables connecting battery, motor and NTC.
- R**emove the battery, and use insulating glue to seal broken surfaces of the cables.
- D**ispose of the battery at a fixed recycling facility, and follow all the local environmental protection laws and guides when doing so.

### Caution:

- T**he battery must be removed before disposing of the massage gun.
- D**isconnect the massage gun from the power supply before removing the battery.
- T**he massage gun must only be dismantled by a professional.

Manufactured for: Xiaomi Communications Co., Ltd.

Manufactured by: Shenzhen Accompany Technology Co., Ltd.

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For further information, please go to [www.mi.com](http://www.mi.com)

User Manual Version: V1.0

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