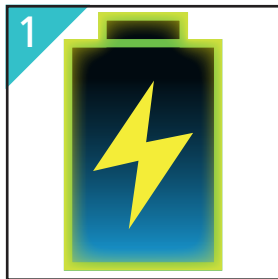


Wahl® Deep Tissue Cordless Percussion Massager Quickstart Guide

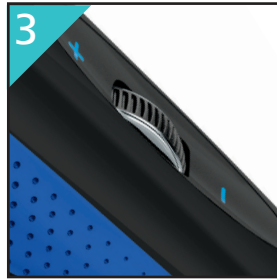


FOR YOUR SAFETY:

This unit has been disabled for shipping. Charging the unit will activate it. Fully charge this unit before first use.

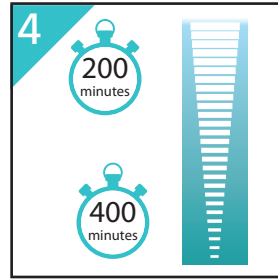


With the dial in the off position, attach the power adaptor to the massager then plug the power adaptor into the wall socket. After charging is complete, unplug the power adaptor from the wall socket. This unit needs 60 minutes for a quick charge and 200 minutes for a full charge.



The LED lights will start to flash slowly, letting you know the unit charge is below 20%. The LED lights will continue to flash while charging. The LED lights will stop flashing and stay on when fully charged.

NOTE: Unit will not operate while plugged in.

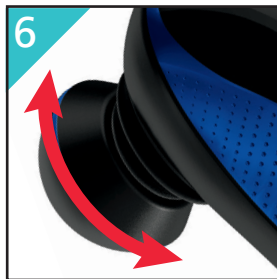


The massager will run for up to 200 minutes at max power and up to 400 minutes with the lowest power. *NOTE: Run time is dependent on force, and added force may reduce the run time.*

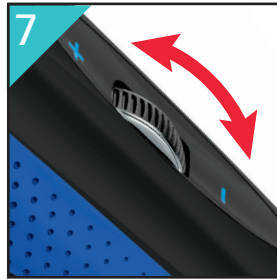


FOR YOUR SAFETY:

This unit will automatically stop working if the massage force is too great. If this happens, charge for 3 seconds to re-activate the massager.



Place desired attachment head on massager. Attachments easily screw on and off. Turn the head anticlockwise to remove. To add, place the head on the stem and turn it clockwise until secure.



Begin at the lowest speed setting. Gradually increase to desired massage speed by rolling dial toward top of massager. Roll dial toward bottom of massager to decrease speed.



Apply the massager to the targeted area, using continual movement. A circular motion is often most effective. *See MASSAGE TECHNIQUES*

Wahl® Deep Tissue Cordless Percussion Massager Key Features

Massage Techniques

NOTE: This is an intense percussion massager and should not be used on face, head, or upper neck areas.

SHOULDERS AND NECK: Massage out from spine to shoulder.

ARMS: Start at the biceps and shoulders, and move down the arm, using a circular motion. Finish with a gentle massage of the palms and fingers.

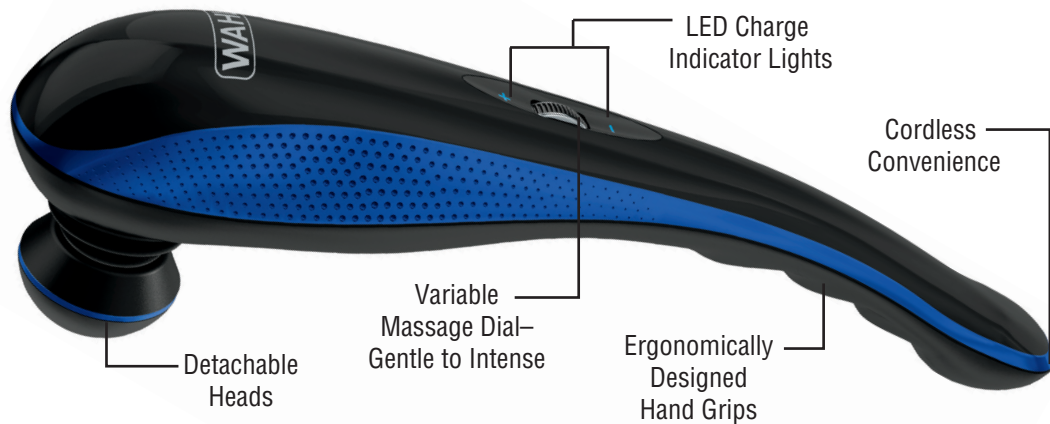
LEGS: If desired, massage bottoms of feet. Then, using a circular motion, massage each leg from the calf up to and over the thigh.

CHEST: Massage from centre of chest outward, and up toward each shoulder.

BACK: Massage from top of spine to bottom, and from the centre outward.

ABDOMEN: Relax abdominal muscles by massaging from centre outward, using a gentle, circular motion.

JOINTS: Soothe tired knees and elbows with smooth, circular strokes, being careful not to massage on or over bones.



Four Finger Flex Attachment



Deep Muscle Attachment



Flex X Attachment



Triad Attachment



Spine Attachment