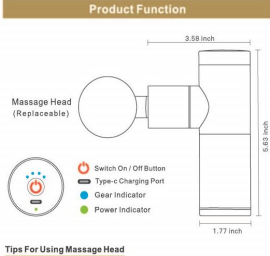
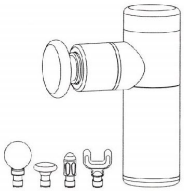


Fitissue

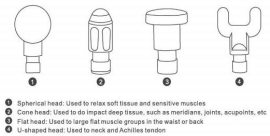
FH-001

Percussive Massage Device

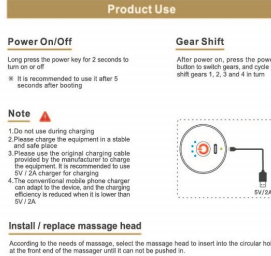
User Manual



Tips For Using Massage Head

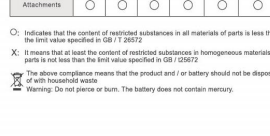
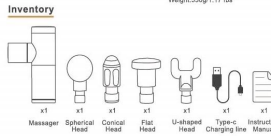
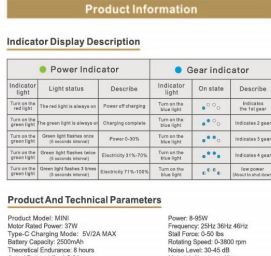
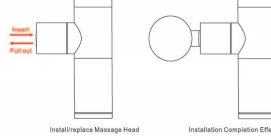


- 1. Spherical head: Used to relax soft tissue and sensitive muscles
- 2. Cone head: Used to impact deep tissue, such as meridians, joints, acupoints, etc
- 3. Flat head: Used to target flat muscle groups in the waist or back
- 4. U-shaped head: Used to relax and activate tendon



Install / replace massage head

According to the needs of massage, select the massage head to insert into the circular hole at the front end of the massager until it can not be pushed in.



Thank you for purchasing our products and reading this manual!

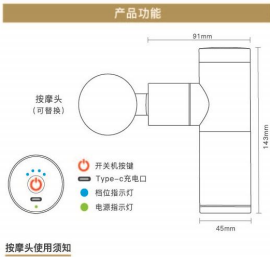
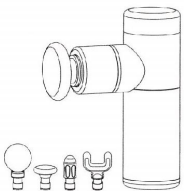
Inspiring Healthy Lifestyle

Fitissue

FH-001

Percussive Massage Device

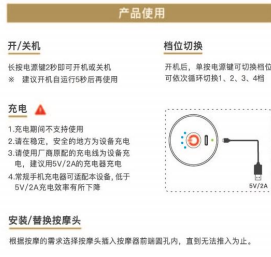
使用说明



按摩头使用须知

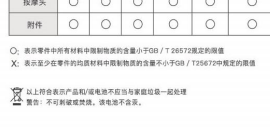
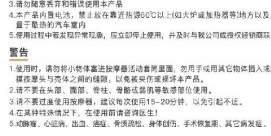
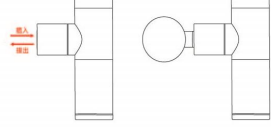


- 1. 球形头: 用于放松软组织, 按摩手臂、腰背等大面积肌肉
- 2. 锥形头: 用于冲击深层组织, 如筋膜、关节、穴位等
- 3. 扁平头: 适用于按摩腹部、腰部、腿部等身体大面积肌肉, 深层刺激
- 4. U型头: 适用于按摩颈部、肩部、背部等肌肉



安装/替换按摩头

根据按摩的需求选择按摩头插入按摩器前端的圆孔内, 直到无法插入为止。



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