

Manufactured & Marketed by :
Lifelong Online Retail Private Limited

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www.lifelongindiaonline.com

lifelong

HANDHELD MASSAGE GUN WITH BELT

User Manual



Built for Relaxation. Built for India.

INTRODUCTION:

Dear Customer, Congratulations!

Welcome to the world of Lifelong! Just like you're bringing Lifelong Handheld Massage Gun with Belt into your life, we've made it with care to fit your daily needs.

Here at Lifelong, we meticulously design our products to cater your everyday requirements. This is the reason behind our diverse product lineup aimed at enhancing your comfort.

We subsequently offer these products at highly competitive prices, with the aim of providing you and your family a soothing experience. We know you're excited to use your new Lifelong Handheld Massage Gun with Belt.

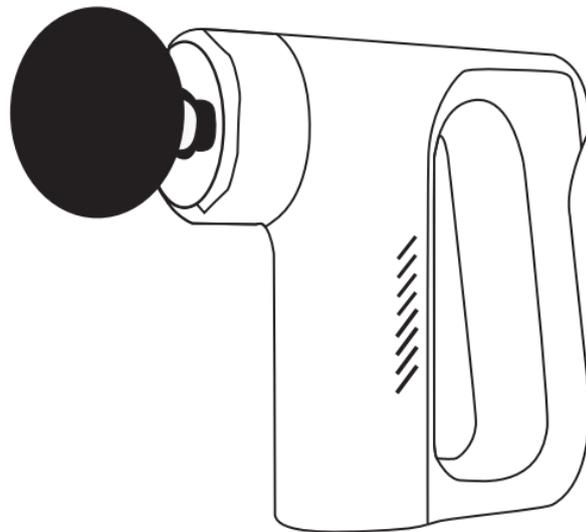
We're excited too, and we look forward to being friends for a long time.

Cheers to the exciting journey ahead!

Thank you for choosing us,

Team Lifelong!

Built For India



LLGM135

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ABOUT THE PRODUCT:

The powerful multi-frequency vibration design of the massager can effectively relieve muscle stiffness and soreness, relaxing and alleviating stress, while also improving the body's soft tissues. The Lifelong Rechargeable Handheld Massage Gun with Belt is an excellent choice for active muscles. The 5-level adjustment feature allows you to select the speed according to your preferences and needs.

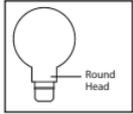


Massage band: suitable for the back, waist, abdomen, legs and other wide or curved parts.

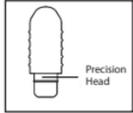
Threaded connection

			
U-shape	Ball	Flat head	Cylinder
Suitable for the neck, the spine and the tendons.	Suitable for large muscles, the arms, the back, and the legs.	Suitable for muscle relief and shaping.	Suitable for hitting deep tissues, such as meridians, palms, soles, etc.

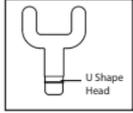
MASSAGE HEADS:



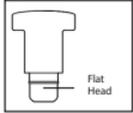
Round Head: Arm, waist, hip, thigh, calf, and other large muscle groups.



Precision Head: Deep tissue such as joints, palms, and plantar.



U Shape Head: Relaxes and shapes various muscle parts.



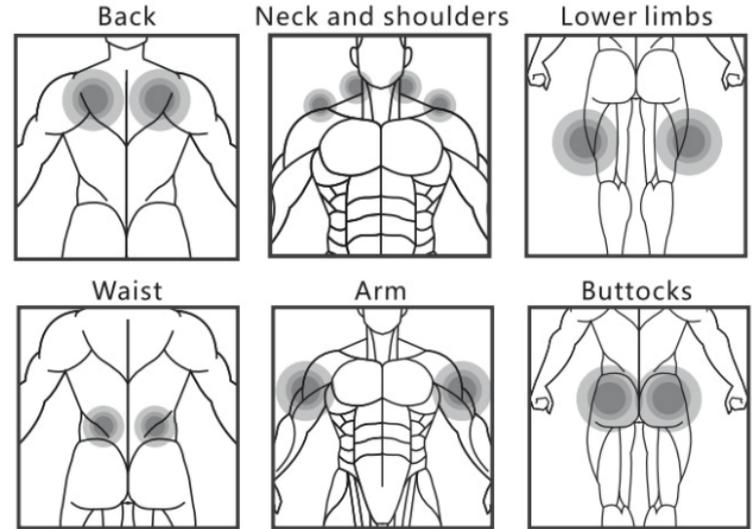
Flat Head: Neck, spine, and Achilles tendon.

CHARGING THE LIFELONG HANDHELD MASSAGE GUN WITH BELT

- Before using the massager for the first time, fully charge it for three hours.
- While charging, connect the DC end of the USB data cable to the battery's charging port, and then insert the AC side of the cable into the socket.
- The LED on the battery flashes continuously, displaying the battery level, to indicate that it is charging.
- When the LED stops flashing and remains on, it indicates that the battery is fully charged.
- Avoid draining the battery till the red LED level.

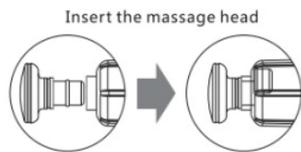
- The device's average operating time is two hours, dependent on the speed and applied pressure during use.

USAGE



INSERTION METHOD:

- Remove/Insert the massage head from the device when the power is off.
- Choose the appropriate massage head basis preference.
- Fit the massage head on the massager.
- When removing the massage head, twist it, and then pull it out.

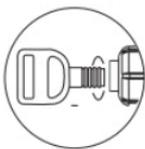


Insertion model

THREAD METHOD:

- Screw the threaded massage band in the massager and fix it to the end.
- To remove, spin the massage band to separate.

Screw the massage head in



Thread model

To remove the battery after use, follow the steps below:

- Rotate and unscrew the massage head.
- Open the circular ring.

- Remove the two screws.
- Lift the stickers in the lower left and lower right corners.
- Take out the two screws.
- Open the case.
- Take out the battery.

WARNINGS & PRECAUTIONS:

- Avoid direct sunlight and keep away from liquids, heat, or fire.
- Do not use this product in humid conditions (such as in washroom) to avoid the risk of short circuits.
- Avoid using the massager on one area for a long period.
- Avoid applying excessive pressure to prevent damage to muscles and soft tissues. If excessive pressure is applied, the machine will stop working. To use it again, wait for 3 seconds and restart the product.
- If you experience any discomfort during use, stop using it immediately.
- Do not disassemble or modify the product in any way.
- Do not leave the product on or to charge without supervision.
- After using the product continuously for 30 minutes, turn off the power supply for 5-10 minutes to extend its service life and ensure safety.
- Do not use the product while it is charging.
- Do not charge the massager near fire or in hot weather conditions.
- If the battery has low power and is not charged for a long time, it will switch to low power protection mode. In this state, the product cannot be turned on or operated manually.
- If the massager is not used for an extended period, it is recommended to charge it once a month to avoid battery damage.

- Do not use the product if the battery emits a strange smell, heats up, is deformed, or shows any other abnormality.
- Before discarding the product, remove the battery from it.
- Ensure the power is turned off while removing the battery from the massager.
- Safely dispose of the batteries.
- This product is intended for household use only, not for commercial or medical use.
- This product is intended for use by healthy adults only do not use this product on an injury. Stop using it if you experience pain or discomfort.
- Use the massager on soft tissues of the body without causing discomfort, such as muscles, tendons, ligaments, and fascia.
- Heavy pressure from the massager may lead to bruising. Regularly check the massaged area, and stop using it immediately if inflammation, swelling, or increased pain occurs.
- Use the massager on dry and clean parts of the body, gently pressing and moving it from one area to another.
- Avoid placing fingers or hair near the shaft or back of the massage head to prevent pinching.
- Avoid using the product on and around sensitive areas such as the head, face, cervical vertebrae, spine, reproductive organs, etc.
- Avoid excessive pressure and prolonged use of this product, as it may shorten its service life.
- Inspect the main unit and charging cable before use. If there is any damage, replace the massager through the manufacturer or designated professionals. Do not disassemble or attempt to repair it yourself to avoid danger.
- People with aneurysms, bleeding disorders, cancer, heart disease, fractures, infants, pregnant women, individuals with heart rhythm regulators, or metal implants in their body should not use this product.

- People with limited physical or mental capabilities, experience, or knowledge, including children, should not use this product unless under adult supervision.
- Children should be supervised to ensure they do not play with electrical parts.
- The appliance's surface gets hot, so individuals sensitive to heat should use caution when using it



Do not touch this area when starting the machine without the massage head installed.
(Refer to the image above)

TROUBLESHOOTING

Common Problem	Cause	Solution
There's slight noise while running	This is the normal functioning sound of the mechanical structure.	Be reassured. It's not a product failure.
The product cannot be turned on	1. The product is not turned on 2. Low battery 3. The product is turned off automatically during charging and won't start	1. Long press Power button for 3 seconds to turn on. 2. Fully charge the battery 3. Turn on when it's fully charged
The fascia massage cannot be enabled	When Hot Compress is turned on, fascia massage stops automatically.	Turn on the fascia massage again
The product stops running during use	1. Accidentally touch the Power button 2. Low battery	1. Turn on the product again 2. Fully charge the product
Can't be charged	1. There's dirt in the charging hole/the charging cable is not plugged in 2. The USB charger cannot supply power 3. Battery ageing/other parts failure	1. Clean the dirt/plug in the charging cable 2. Check if the USB charger output is normal 3. Send it to a designated maintenance department for repair

Terms and Conditions:

1. This warranty is void if:
 - a. The completely filled warranty card is not presented at the time of servicing the product.
 - b. The product is not operated according to the instructions given under the user manual.
 - c. Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - d. Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - e. Product label specifying the model number, serial number and production code has been removed and altered.
 - f. Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - g. Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - h. Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
2. Repairs or replacements will be carried out by authorized service provider.
3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised servicer.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.

5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not reply on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customer care@lifelongonline.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log on to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.