MINI PERCUSSION MUSCLE MASSAGER USER GUIDE

GET READY TO SLF MOTIVATE!

Your new **SLF Mini Percussion Massager** provides many health and wellness benefits. Whether seeking relief from workout fatigue or chronic joint pain, to you're improved athletic performance and circulation, or just a relaxing massage, percussive therapy is the perfect solution. We couldn't be happier to take this journey with you while helping promote a healthier you from the inside out.

LET'S GET STARTED...

CARRYING CASE

MASSAGE GUN

FLAT HEAD

PRECISION HEAD

ROUND HEAD

DUAL HEAD

BETTER RESULTS FOR YOUR FITNESS GOALS

WHAT'S INCLUDED:

» SLF Percussion Massager
» USB-C Charging Cable
» Four Massage Heads
» Hard Carrying Case
» User Guide

BENEFITS:

» Mobility & flexibility
» Pre-workout warm-up
» Post-workout recovery
» Sore muscle relief
» Improved blood circulation
» Athletic performance
» Joint pain relief
» Myofascial release
» Trigger point massage
» Relaxation

CUSTOMER SUPPORT

If you have questions about setting up the SLF Mini Percussion Massager, we are here to help. Call or email us, an experienced customer support representative will be happy to assist you: **1-855-GO-TZUMI or support@tzumi.com**

SLF ENLIGHTENMENT
(Get to Know Your Percussion Massager)

Your new massager is the portable solution for your personal fitness, relaxation, and physical therapy needs. Multi-level percussive frequencies penetrate deep into muscles and fascia (connective tissue) to help with long-lasting pain relief, decreasing tension, improving blood circulation, and reducing inflammation. It's equipped with four head attachments to target specific areas for a personalized recovery.

MULTIPURPOSE PERFORMANCE & POWER

Elevate your workouts: Reduce muscle tension, improve flexibility, and reduce your chances of injury.

Recover faster and better: Decrease inflammation, loosen tight joints, and break down scar tissue.

Relieve your pain: Effectively treat trigger points, sore muscles and chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.

Relax more: Boost your circulation and immune function, reduce stress levels, and get better sleep.

NOTE: Please consult with your doctor or physician before using the massager if you have any injuries or medical conditions that may be of concern. This is not a medical device.

TOTAL BODY FITNESS & RECOVERY

Percussive Massage Therapy is an absolute game changer in rehabilitation and sports performance. Percussive massage therapy is proven to significantly boost athletic performance and reduce muscle soreness. The benefits are for everyone—from office and labor workers to professional athletes, weightlifters, and endurance athletes.

VERSATILE PRECISION THERAPY

Four massage heads to target specific areas of the body, ensuring specialized recovery and relief.

Dual
Effective for trigger points, neck, and the lower back

Round Multi-Purpose
Use for large and small muscles

Flat
Great for full body massage and relaxation

Precision Head
Pinpoint treatment for joints, deep tissue, as well as hands and feet

Massage Gun

LCD Screen

USER INSTRUCTIONS

Please read the user instructions before using the SLF Percussion massager. Keep this user guide for reference.

NOTE: Some USB-C to USB-C cables are not compatible with this device. Use a USB-A to USB-C cable instead.

CHARGING

- The battery should be fully charged before use.
- To charge the battery, plug the USB-C cable into the charging port and other end into a USB power source.
- The LED indicator lights will flash while charging and will turn solid blue once fully charged.
- The average running time of the massager is up to 5 hours depending on speed and pressure levels.

USING THE SLF PERCUSSION MASSAGER

- Select the massage head you would like to use and insert the connecting end of the massage bit into the massager stem.
- To turn the unit ON, press the ON/OFF on the LCD screen.
- Each press of the power button will increase the speed of your massager up to level 5 max. The LED lights at the bottom of the massager will indicate the intensity level.
- Press again to stop the massager and to turn it OFF.
- Press and hold the power button for 3 seconds at any point to turn the massager OFF.
- The massager will automatically turn OFF after 15 minutes of continuous use.

SAFETY INSTRUCTION

WARNING: The use of this device for massaging an injured part of the body should be avoided without consulting your doctor first.

To reduce the risk of electric shock, fire, and injury, follow these instructions carefully:

» This device is recommended to be used by adults only.

» Do not use the massager directly on the surface of your skin. To avoid injury, the massaged area should be covered by clean clothes or a dry towel.

» Gently press and move the massager: do not massage the same part of the body for more than 60 seconds.

» Use high speed on soft body tissue only. Do not use high speed and pressure on the head, bones, and joints.

» Always choose the right massage head for the respective body part.

» Frequent use of high pressure may cause abrasions.

» If you experience pain or discomfort stop using the massager immediately.

» The massager should not be submerged in water.

» Do not allow water or liquids to enter the massager.

» Do not modify or make changes to the device's equipment.

» Do not charge or leave the device ON unattended.

SPECIFICATIONS

Maximum Speed: 3000RPM
RPM Speed Settings: 5 levels
Power: 25W
Size: 5.8 x 7.2 x 2.4in
Weight: 1.2 lbs
Battery Type: Lithium Ion
Capacity: 7.4V/2000 mAh
Input: 5V/2A
Charging Time: 5 hours
Running Time: up to 4 hours

DISCLAIMER

Read the instructions carefully before using this massager. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damage or loss caused by inappropriate use of the device.

Do not use the massager without the approval of your doctor if you are pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines, neuropathy disorders, disc protrusion or spinal inflammation. If you feel pain or discomfort while using the massager, stop using it immediately and consult your doctor or physiotherapist.

LOVE YOUR SLF

For more SLF awareness and innovation
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