

# anko

## Massage Gun Set

### Model: ITGM-07

User Manual



PLEASE READ AND SAVE THESE  
INSTRUCTIONS FOR FUTURE REFERENCE

## Warnings

We recommend checking with your doctor before using the massager, especially if you have other health problems.

Before using this appliance, read and follow all warnings and instructions in this manual, even if you are familiar with this product.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning use of the appliance by a person responsible for their safety.

The massage gun is not a toy. Children should be supervised to ensure that they do not play with the appliance.

The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance. If unsure DO NOT use.

## Important Safeguards

Please read this instruction manual carefully before first use. It is advisable to keep this instruction manual for future reference.

DO NOT use this product as a substitute for medical attention.

This product is not to be used by very young children (0-3 years).

Children under the age of three are not to use this appliance due to their inability to react to overheating.

This product is not intended for medical use. It is intended only to provide a comfortable massage. If you have any concerns regarding your health or recovering from injury or surgery, consult your doctor before using this appliance.

Individuals with heart pacemakers should consult a physician before using this product.

In case of pregnancy, diabetes or illness, consult your doctor before using this product.

Massage should be pleasant and comfortable. Should pain or discomfort result, or if you experience pain in a muscle or joint for a prolonged period of time, stop use and consult your doctor.

**Never use any massager on the face, open wounds, discoloured areas, areas of poor circulation or any areas of the body that are swollen, burned, inflamed or where skin eruptions or sores are present.**

DO NOT use the machine while under the influence of alcohol, sleeping pills or sedatives.

It is normal to feel itching, tingling or see redness on area of the skin where the massager was used after use. These symptoms will soon disappear. However, if these symptoms remain for an extended period, we suggest you consult your doctor as there may be a more serious underlying health issue.

**To prevent bruising, do not press too hard on the device.**

DO NOT leave the appliance unattended when in use or plugged in.

Take care that children cannot touch the appliance when in use, and make sure they cannot reach and pull on the power cord.

To protect against the risk of electric shock, do not immerse the appliance, cord or charger in water or other liquids.

DO NOT use or store the product near sinks, baths or showers containing water or near running water.

DO NOT use in the bath, shower, spa, pool etc.

DO NOT use this appliance if it has been dropped or any part of the appliance has been damaged.

The use of accessories not intended for use with this appliance may cause injuries to the user or damage to the appliance.

DO NOT place this unit on other appliances, on uneven surfaces or where it could be subject to heat sources (e.g. radiators or stoves), direct sunlight, excessive dust.

This appliance should not be placed near a hot gas or electrical burner or placed in a heated oven.

The appliance should always be switched OFF before charging.

There are no user serviceable parts in the appliance. Any repairs to the product must be carried out by a qualified electrical person only or the product must be disposed.

Ensure children and babies do not play with plastic bags or any of the packaging material.

DO NOT operate the appliance with wet hands or wet feet to reduce the risk of electric shock.

**DO NOT use the appliance while sleeping or if feeling sleepy.**

DO NOT use this product before bed. The massager has a stimulating effect and may delay sleep.

DO NOT use this product while in bed.

DO NOT use machinery or heavy equipment while using this appliance.

DO NOT cover the appliance while in use. The product will overheat and may cause fire, electrocution, damage to property or injury to persons.

This appliance is intended for human use only. Not for animals and pets.

**DO NOT** allow Pets or Animals to Lie or Chew on this appliance or on the electrical cord etc.

Never reach or touch an appliance which has fallen into water.

DO NOT store or use the appliance near or in high temperature areas.

ONLY for indoor domestic use. Industrial or commercial use invalidates the warranty.

No liability can be accepted for any damage caused by non-compliance with these instructions or any other improper use or mishandling of appliance.

### **IMPORTANT!**

**If you have any concerns regarding your health, consult your doctor before using this appliance. Individuals with pacemakers should not use this product. If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious medical condition.**



**DO NOT** touch this part when the massage head is not installed.

DO NOT massage one area for more than 1 minutes at a time. And it is recommended to wear dry clothes or apply a dry towel to the skin before massaging. The massager should be pressed and moved slowly and gently.

DO NOT apply in the head or any skeletal parts of the body. Use the appliance only on the soft tissue parts of the body.

DO NOT use when bruising is present in massage areas and shows signs of pain or discomfort.

Keep your fingers or hair of any parts of your body away from the shaft and vibrating head, to avoid potential injury.

DO NOT remove the screws or attempt to disassemble the device and modify the fascia gun in any way.



**WARNING: Do not recharge non-rechargeable batteries.**



**WARNING: Before charging the product, please make sure your hands are dry.**

**VERY IMPORTANT:**

Only use the USB Cable which was supplied with this appliance.

Only charge the massager from an Extra Low Voltage Battery Charger (not supplied with an output rating same as indicated on the massager rating label.

Consumers are cautioned against using and/or purchasing counterfeit and/or inferior quality batteries. These batteries have the potential to cause fire, personal injury, and/or damage to property. These batteries are typically found on online-auction websites or from other retailers and are known to pose a potential safety risk.

This appliance contains batteries that are non-Replaceable.

Never try to recharge non-Rechargeable batteries as they may explode, catch on fire or cause personal injury and/or damage to property.

- May explode if disposed of in fire.
- To prevent injury or burns, do not allow metal objects to contact battery terminals.
- Do not use or store in temperatures above 40°C
- If battery leakage: battery fluid is highly corrosive. Do not let it touch the skin or clothing, should immediately throw away the battery, first with toilet paper to wipe the night, and then with dry cloth stained with alcohol or liquor repeatedly wipe two times, available in anhydrous ethanol will leak electrolyte thoroughly clean;

Contact your local waste management authority for more information on Battery Recycling and disposal regulations in your area.

**Product Description**



1. Massage head: 4 interchangeable massage heads provided
2. Exhaust hole
3. Control Panel
4. Charging port
5. Handle
6. Rechargeable lithium-ion battery (non-replaceable)

### Interchangeable Massage Heads



**U-shape head**  
For spine and large muscle groups



**Cone head**  
For joints and deep muscle groups



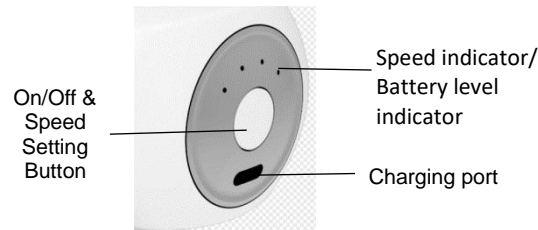
**Round head**  
For large muscle group



**Flat head**  
For whole body

Note: For massage head installation, simply plug/pull to remove and replace different massage heads

### Control Panel



1. On/Off and Speed setting button:
  - Press & Hold 2 seconds to get into Standby Mode.
  - **Short press to select speed 1-4**
  - Press & Hold 2 seconds again to turn OFF the massage gun
2. Speed indicator: 1-4 level, in blue LED; **OR**  
Battery indicator: 1-4 **level**, in blue LED

4 lights ON	100% Power
3 lights ON	80% Power
2 lights ON	50% Power
1 light <b>flashing</b>	Battery low, require charging

3. Charging port: USB-C Charging port

### **How to Charge**

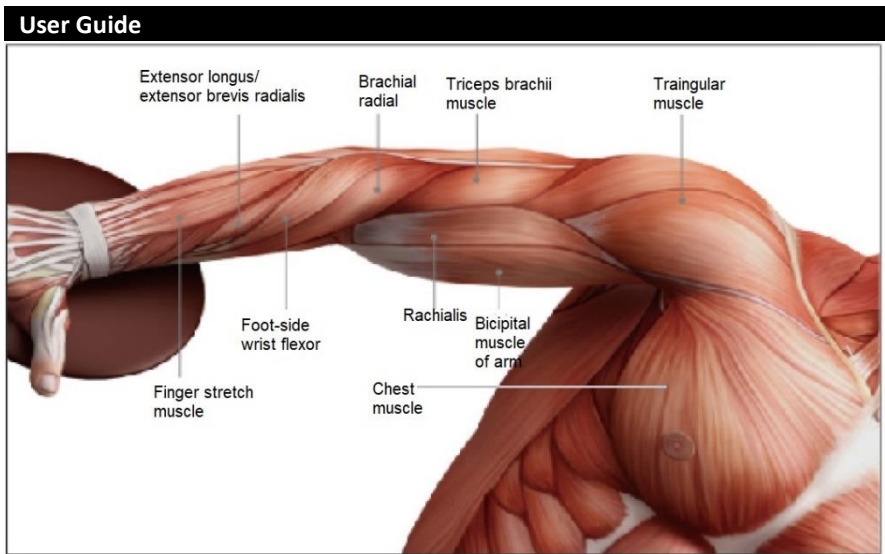
1. Please make sure the massage gun is switched OFF before charging.
  2. Fully charge the massage gun for 2.5 hours before first use.
  3. The Battery Indicator flashes regularly to show it is under charging.
- Note: When charging, the device cannot be turned on and used.**
4. The average running time of the product is about **2 hours**, depending on speed selected and pressure applied.
  5. When only 1 indicator is left flashing, it means the massage gun need charging.

### **How to Use**

1. Press and hold the **On/Off button** for 2 sec, the unit will get into Standby mode and battery level can be shown.
2. Press the Speed Setting Button to select desired speed. Speed setting will cycle through 1-2-3-4.
3. **Press** and hold the On/Off button to turn OFF the massage gun.
4. The unit will automatically turn off after 10 minutes of operation. It is recommended to allow the massager to cool down when the enclosure is warm to touch.
5. Restart the unit by step (1) after auto-shutdown.

### **Maintenance, Cleaning and Storage**

Clean the equipment with a slightly damp cloth and dry with a soft cloth.  
When storing or traveling, put it in the package provided.



**Limb**

<u>Massage Position</u>	<u>Duration</u>
Brachial radial	10-15s x 3times
Side wrist flexor	10-15s x 3times
Palm muscle	12-15s x 3times
Foot-side wrist flexor	10-15s x 3times
Finger stretch muscle	5-10s x 2times
Side wrist extension muscle	5-10s x 2times
Side wrist short stretch muscle	5-10s x 2times
Bicipital muscle of arm	12-20s x 3times
Rachialis	12-20s x 3times
Triangular muscle	12-20s x 3times
Chest muscle	12-20s x 3times



**Shoulder**

<u>Massage Position</u>	<u>Duration</u>
Triceps muscle of arm	15-20s x 3times
Rhomboid muscle	20-30s x 3times
Superior trapezius	15-20s x 3times
Middle trapezius muscle	15-20s x 3times
Inferior trapezius	15-20s x 3times
Supraspinatus	15-20s x 3times
Musculus levator scapulae	10-12s x 2times
Teres major	10-12s x 2times
Teres minor	10-12s x 2times
Infraspinatus	10-12s x 2times

Recommendation: Massage the direction of each muscle from the middle to the sides, from top to bottom.



## Waist

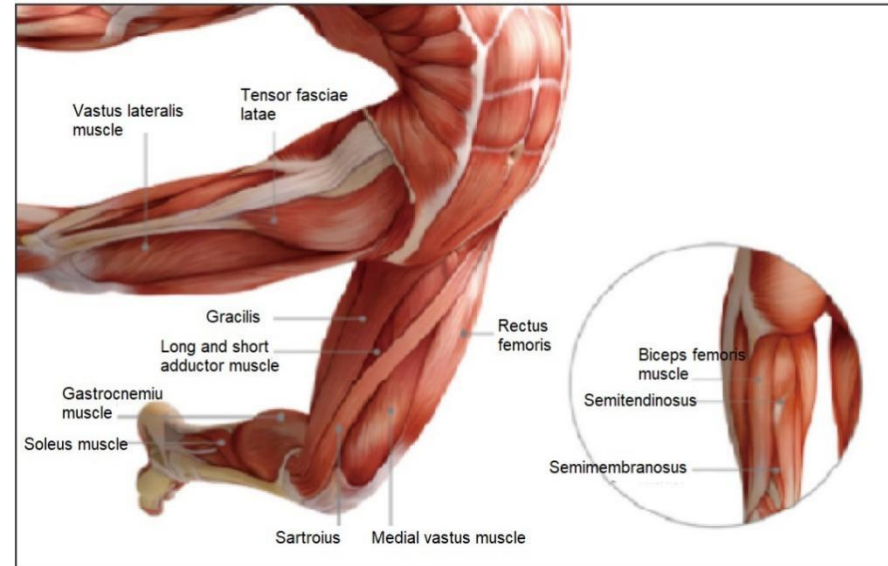
### Massage Position

Spine (waist)  
 Back bone  
 Thoracic lumbar fascia  
 Psoas major  
 Internal and external Oblique muscles  
 Erector spinal muscle (thoracic section)  
 Quadratus lumborum  
 Skeletons of lumbar  
 Gluteus maximus  
 Gluteus medius  
 Piriformis

### Duration

30-60s x 4times  
 30-60s x 4times  
 40-60s x 4times  
 30-60s x 4times  
 10-15s x 2imes  
 15-20s x 2times  
 20-30s x 2times  
 20-30s x 3times  
 30-60s x 4times  
 30-60s x 4times  
 60-90s x 1time

Recommendation: Massage the direction of each muscle from the middle to the sides, from top to bottom. Large muscle groups can follow the muscles.



## Leg

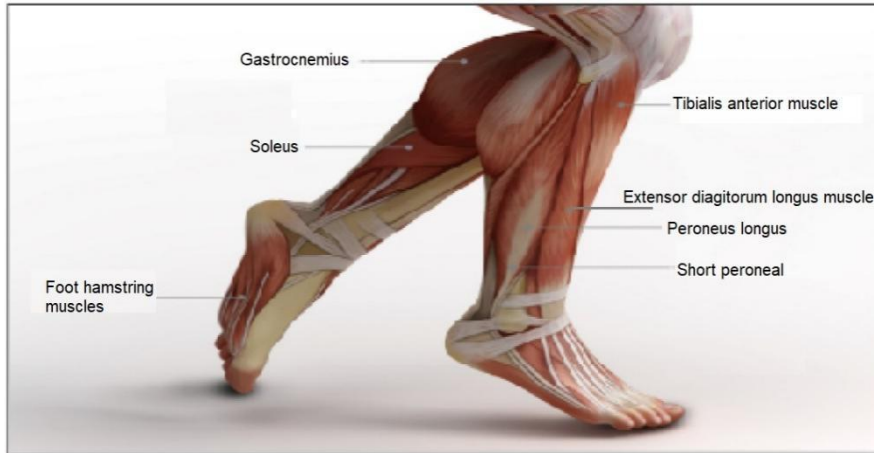
### Massage Position

Biceps femoris muscle  
 Semitendinosus  
 Semimembranosus  
 Gracilis  
 Short-receiving muscle  
 Long-receiving muscle  
 Rectus femoris  
 Vastus laeralis muscle  
 Medial vastus muscle  
 Sartorius  
 Tensor fasciae latae

### Duration

20-30s x 3times  
 20-30s x 3times  
 20-30s x 3times  
 10-15s x 2times  
 10-15s x 2times  
 10-15s x 2times  
 30-45s x 2times  
 30-45s x 2times  
 30-45s x 2times  
 30-45s x 1time  
 15-20s x 2times

Recommendation: Massage the direction of each muscle from top to bottom



## Foot

### Massage Position

Gastrocnemius  
 Soleus  
 Tibialis anterior muscle  
 Peroneus longus  
 Short peroneal  
 Foot hamstring muscles

### Duration

20-30s x 3times  
 20-30s x 3times  
 20-30s x 3times  
 10-15s x 2times  
 10-15s x 2times  
 10-15s x 2times

Recommendation: Massage in the direction of each muscle from top to bottom.

## BATTERY DISPOSAL

If the massage gun is to be disposed the batteries should be removed from the appliance before it is scrapped. The massage gun must be disconnected from the charger when removing the battery. The battery should be disposed safely. Used batteries should be taken to a recycling facility and not disposed with normal household waste.

**IMPORTANT: Always fully discharge the batteries before removal and ensure the charger is disconnected from mains power.**

## TECHNICAL SPECIFICATIONS

Model no.	ITGM-07
Working time	Up to 2 hr
Charging time	Approx.2.5hr
Input	5V d.c. 1A
Battery type	Rechargeable li-ion battery, 1500mAh, 3.7V x2 cell



## 12 Month Warranty

Thank you for your purchase.

Your new product is warranted to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law. For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

We will provide you with your choice of a refund, repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business will bear the reasonable expense of claiming the warranty.

This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre as listed below, for the entity you purchased this product from, for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to the respective Customer Service Centre.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Contact for Kmart purchases	Contact for Target purchases
Kmart Australia Ltd. C/- Customer Service Centre 690 Springvale Road, Mulgrave Vic 3170 Customer Service: 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or via Customer Help at <a href="http://kmart.com.au">kmart.com.au</a>	Target Australia Pty Ltd C/- Customer Service Centre 2 Kendall Street, Williams Landing, Vic, 3027 Customer Service: 1300 753 567 or via Customer Help at <a href="http://target.com.au/help/contact-us">target.com.au/help/contact-us</a>