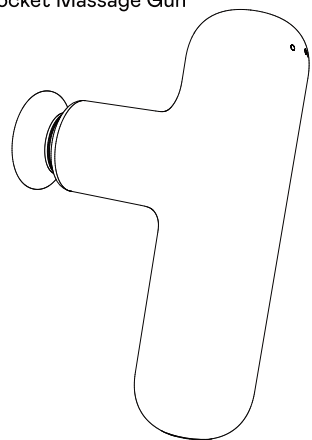


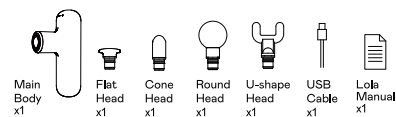
Lola

Pocket Massage Gun

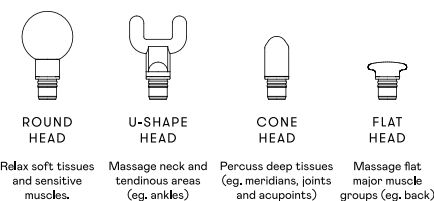


OVERVIEW

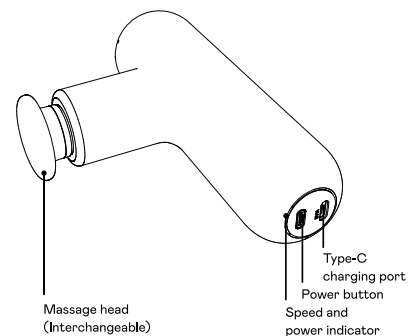
Box Contents



1 Massage head



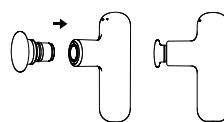
2 Main body



HOW TO USE LOLA

1 Attach massage head

Attach the massage head of your choice into the opening at the front of the device.



(All massage heads are attached in the same way)

2 Power ON/OFF

Press and hold the power button for 3 seconds to turn on or off.

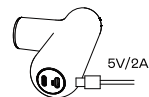
3 Selecting speed

After powering on, single tap power button to select speed (Lola will rotate through the speed settings in order).

4 Indicator Lights

- After the 3 second press to power on, the blue light flashes to indicate the power consumption. Four blue lights flash indicates 100% power, three blue lights flashing indicates 75% power, two blue lights flashing indicates 50% power, one blue light flashes to indicate 25% power.
- A red light flashing indicates that the battery is less than 15% power, and the device should be charged.
- After powering on and indicating power, the blue lights switch to static.
- One static blue light indicates the first speed, two static blue lights indicate the second speed, three static blue lights indicate the third speed, four static blue lights indicate the fourth speed.
- When the device is at the fourth speed, another single press of the power button will return the device to neutral, and the blue light will flash to show the power.
- When the device is charged, the indicator light flashes 1-2-3-4-1-2-3-4.
- When the device is charged to 25%, one light will become static, and the other lights will continue to flash in turn. As the device charges, each light will change from flashing to static until all four blue lights are static, indicating that the battery is fully charged.

5 Charging



6 Specifications

- Battery Life: 14-16Hours
- Weight: N.W:0.71KG G.W:1.51KG
- Size: 90x160x45.8mm
- Battery capacity: 2000mAh
- Rated speed: 3000r/min

7 Function

This device will automatically switch off after running continuously for 15 minutes. It is recommended to leave the device powered off for a short period before resuming use. If the device is not used for 5 minutes, it will automatically shut down.



Suggestions for use:

- Pre-and-post-training support
- Rehabilitation from injury
- Activation and stimulation of muscles
- Relieve myofascial pain
- Increases and improve joint flexibility/mobility
- Increases effectiveness of training
- Accelerate recovery after training
- Improve blood supply and hydration of skin, fascia and muscles
- Metabolic acceleration
- Myofascial relaxation
- Prevention of injury
- Faster healing of haematomas and bruises
- Warm up muscles
- Treatment of cellulite
- Support in the treatment of hyperalgesia of the skin



When not to use Lola:

- Any type of cancer
- Metal plate anastomosis (do not use the device directly on the fracture area)
- Osteoporosis
- In areas of vein thrombosis or pulsation
- Hyperextension
- Pregnancy (do not use the device in close proximity to the abdomen)
- Kidney stones (do not use the device near the kidneys)
- Close to a varicose vein
- In areas of acute inflammation
- Do not massage one area for more than 4 minutes
- Do not massage bony areas (knee, shin, ankle bones, etc.)
- Do not massage directly onto the spine
- Do not massage the face

Disclaimer

Thanks for using the product. The information in this document affects your safety and your legal rights and responsibilities. Read the entire document carefully to ensure proper configuration before use. Failure to read and follow the instructions and warnings in this guide may result in serious injury to yourself or others, damage to your product or damage to other objects in the vicinity. By using this product, you hereby signify that you have read this disclaimer and warning carefully and that you understand and agree to abide by the terms and conditions herein. You agree that you are solely responsible for your own conduct while using this product, and for any consequences thereof.

You agree to use this product only for purposes that are in accordance with all applicable laws, rules, regulations, and all terms, precautions, practices, policies and guidelines our company has made and may make available. Our company accepts no liability for damage or injury, or any legal responsibility incurred directly or indirectly from the use of the product. Our company will not provide service for any product obtained from abnormal channels.

Safety Instructions

- This device is not recommended for direct contact with the skin. To avoid injury to the skin, the user should massage the body while wearing dry clothes or after placing a clean and dry towel on the body part. Gently press and move the device over the clothing or towel.
- High speed and high pressure should only be used for soft tissue areas. Do not massage the head or any bony areas with high speed and high pressure.
- Massaging the same part of the body with high speed and high pressure for a long time will cause bruises. Stop using the device if you feel any pain or discomfort.
- Please keep your fingers, hair and body hair away from the moving part of the device to prevent pinching and clipping.
- Do not discard or misuse this device.
- Do not modify this device by yourself without permission.
- Do not operate or charge the device alone.
- This device is for adults only.
- People with contraindicated symptoms should seek their doctor's permission before using the device.

Notice

- Make sure the massage head is not blocked when the power is on. If it is blocked from moving, it will pause and then try to restart.
- DO NOT allow the device to come into contact with water or other liquid. The device is not waterproof.
- DO NOT disassemble the product except parts marked as detachable. It should not be sent to after-sales support or an authorized service center for any repairs. The user is liable for any relevant costs.
- Prolonged continuous use may cause the motor surface temperature to rise. Please operate carefully.
- DO NOT drop or strike the product. If the product is damaged, faulty or operating unusually, contact after-sales support.

Storage and Maintenance

- Keep the product out of reach of children and pets.
- DO NOT leave the product near heat sources. DO NOT leave the product inside a vehicle on hot days.
- Please store the product in a dry environment.
- DO NOT overcharge or overuse the battery - this will cause damage to the battery core.
- Never use the product when it's temperature is too high or too low.