

Xiaomi Massage Gun mini User Manual



Read this manual carefully before use, and retain it for future reference.

Safety Instructions

⚠ WARNINGS

Usage restrictions

- Do not use the massage gun on the head, face, elbows, knees and other joints, spine or other bony areas with minimal muscle coverage.
- Do not use the massage gun on the sides, front or back (cervical vertebrae) of the neck to avoid damages to the carotid sinus. Otherwise, it could lead to fainting and cardiac arrest.
- Do not use the massage gun on the underarms, the inside of upper arm, the inner side of clavicle, the inside of elbow, the back of knee, the abdomen, the kidney area, the genitals or other fragile areas with dense nerves and blood vessels.
- Do not use the massage gun below the abdomen of persons with urinary diseases, such as kidney stones, ureteral stones, bladder stones, urethral stones, urinary tract infections, etc.
- Do not use the massage gun on the body areas with bruises or pain, surface wounds, local fever, red swelling or discomfort, inflammation, muscle spasms, muscle lacerations, acute sprains, contusions, and strains.
- Do not use the massage gun if symptoms such as fever, nausea, vomiting, or muscle pain or weakness occur after strenuous exercise, and medical attention should be sought immediately.
- Do not use the massage gun on persons with the following diseases: cardiovascular and cerebrovascular diseases, blood diseases, coagulation disorders, thrombocytopenic purpura, neck plaque, varicose veins, venous thrombosis, cancer, tumors, and mental illness.
- Do not use the massage gun on persons with fractures or metal implants.
- Do not use the massage gun while driving or conducting precise operations.
- Do not use the massage gun continuously for a prolonged period of time, so as to prevent muscle damage caused by excessive massaging.

CAUTIONS

Precautions

- Do not place fingers, hair or other parts of the body near the joint between the massage head and the muzzle of the massage gun during operation to avoid being pinched.
- Do not block or insert foreign objects into the massage head groove or charging port. Otherwise, this may cause burns or electric shocks, or cause a fire due to a short circuit.
- Do not immerse the massage gun in water or other fluids.
- Do not use the massage gun in humid environments.
- Charge and use it under an ambient temperature of 0°C to 35°C.
- Keep the massage gun away from sources of water and fire, as well as corrosive environments to avoid affecting battery performance.
- Do not attempt to repair, disassemble or modify the massage gun by yourself.
- Do not use the massage gun while charging.
- Please use the original power adapter and original charging cable to charge according to the specifications in the user manual.
- Unplug the massage gun from the charger after it is fully charged.
- Charge the massage gun before use if it has not been used for a long period of time.
- The massage head is partly made of silicone. For people allergic to silicone, please do not use the round head and the U-shaped head, and the flat head is recommended.

Groups that are not suitable to use this massage gun:

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Please consult a surgeon or attending doctor of a hospital before use if any of the following conditions are met, and use under supervision after obtaining permission.

- Women who are pregnant or who have just given birth.
- People who are 60 years old and above.
- People with rhabdomyolysis.
- People with missing limbs or paraplegics.
- People with heart pacemakers or stents.
- People who have undergone surgery within the past 12 months.
- People with impaired limb perception or mobility due to disease or age.
- People with abnormal spine, joints or bones, or who suffer from orthopedic diseases such as osteoporosis, cervical spondylosis and lumbar disc herniation.
- People with any disease-related complications (such as neuropathy or retinal damage).
- People with urinary diseases such as kidney stones, ureteral stones, bladder stones, urethral stones or urinary tract infections.

Other precautions

- Avoid dropping, shaking or hitting the massage gun. Strong impacts may damage the components or cause abnormal operation. If the above occurs, please consult the after-sales service team in a timely manner.
- Continuous use of the massage gun over a long period of time may cause a rise in its surface temperature, which may cause damage to it. Do not use it too long at a time.
- In the event the massage gun heats up, emits smoke or buzzes excessively, etc., stop using it immediately and contact the after-sales service team.
- If the massage gun becomes overheated or deformed, swells, or the battery leaks during use, stop using it immediately and contact the after-sales service team.

Removing the battery

WARNINGS

The massage gun will no longer be usable once the battery is removed.

The following steps should only be completed upon the permanent disposal of the massage gun. Do not dismantle the massage gun on your own for routine maintenance.

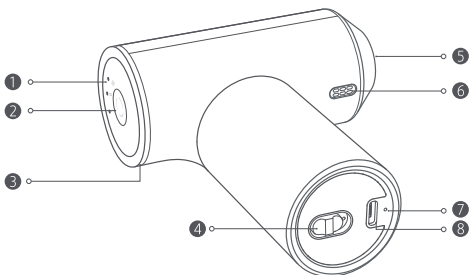
1. Disconnect the massage gun from the power supply and remove the shell.
2. Cut off the cables connecting the battery, motor and NTC in sequence.
3. Remove the battery and use insulating glue to seal broken cable surfaces.
4. Dispose of the battery at a designated recycling facility, and follow all local environmental protection laws, regulations and guides when doing so.

CAUTIONS

- The battery must be removed before disposing of the massage gun.
- Disconnect the massage gun from the power supply before removing the battery.
- The massage gun must only be dismantled by a professional.

Product Overview

1. Massage Gun

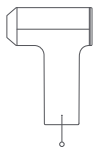


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|--|-------------------------|
| ❶ Speed Indicators | ❷ Speed Button |
| ❸ Pressure Sensor Indicator | ❹ On/Off Button |
| ❺ Muzzle (For installing massage head) | ❻ Heat Dissipation Vent |
| ❼ Charging Indicator | ❽ Charging Port |

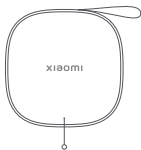
Massage Gun Uses

- Relieve delayed muscle soreness after exercise, and relax tight muscles.
- **Relieve muscle soreness or stiffness in the back and shoulders** caused by prolonged sitting and poor posture.
- Help muscles relax through daily massage.

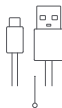
2. List of Product Accessories



Massage Gun



Storage Case



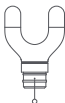
Fast Charging
Cable



User Manual



Round Head



U-shaped Head



Flat Head



Power Adapter



Warranty Notice

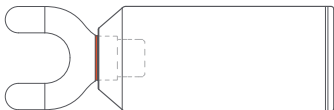
- Round head: Suitable for massaging larger muscle groups such as shoulders, waist, arms, hips, thighs, and calves.
- U-shaped head: Suitable for massaging the back, the sides of the spine and calves.
- Flat head: Suitable for relaxing all muscles.

Note

Illustrations of product, accessories, and user interface in the user manual are for reference purposes only. Actual product and functions may vary due to product enhancements.

Assembly

1. Installing the Massage Head



- 1 Install an appropriate massage head for the desired type of massage.
- 2 When installing the massage head, push the massage head base into the muzzle of the massage gun with force, ensuring that the line on the head is flush with the muzzle.

⚠ Note

The red line in the figure is the schematic line for installation, while it is a glossy surface on the actual product.

2. Disassembling the Massage Head

When disassembling the massage head, hold the massage head and rotate it counterclockwise while pulling upward from the muzzle.

⚠ WARNING

Please install and disassemble the massage head when the massage gun is turned off, and ensure that the massage head is installed firmly before turning on the massage gun. Do not adjust, install or remove the massage head during use to avoid being pinched.

How to Use

1. Charging

- Turn off the massage gun, plug the charging cable into the charging port, and then connect to a power supply. The massage gun cannot be turned on while charging.
- If the charging cable is connected to a power supply and plugged into the charging port of the massage gun while it is on, the massage gun will automatically turn off and start charging.

2. Turning On/Turning Off/Switching Modes



Turning on: Push the on/off button at the bottom to the "I" side (the red indication mark will be exposed now), the three speed indicators will light up at the same time. After blinking once, speed 2 and 3 indicators will turn off at the same time, and the speed 1 indicator will remain on. The massage gun will start at speed 1 when you press the speed button. The massage gun will enter a smart standby mode after 15 minutes of continuous use. Press the speed button to restart it. (The massage gun will automatically turn off if there is no operation for 10 minutes. Manually push the on/off button to the "O" side to restart the massage gun.)

Turning off: When the massage gun is turned on, push the on/off button on the bottom to the "O" side (the red indication mark is hidden now), the indicator for the current speed will go out, and the massage gun will turn off.

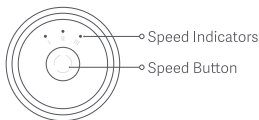
Adjusting speed: Press the speed button to change speed. The three indicators correspond to three different speeds: Speed 1, Speed 2 and Speed 3.

Pausing: Double-press the speed button to pause, and press it again to resume use. The massage gun will automatically turn off if it is not used for 10 minutes after being paused. Manually push the on/off button to the "O" side to restart the massage gun.

Restarting after block & stop: If the pressure is too high, the massage gun will enable block & stop protection. Press the speed button again to restart the massage gun with speed 1 by default.

3. Indicators

① Speed Indicators



The speed indicators correspond to Speed 1, Speed 2 and Speed 3 from left to right. When you cycle through the speeds, their corresponding indicators will be lit up in white.

② Pressure Sensor Indicator



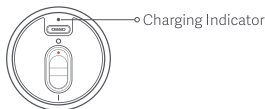
White



Orange

- If the light ring is not on, it means the massage intensity is low and mild massaging effect is applied. Intensity can be adjusted according to user needs.
- If the light ring is white, the massage intensity is moderate and normal massaging effect is applied. Intensity can be adjusted according to user needs.
- If the light ring is orange, the massage intensity is high. Intensity can be adjusted to user needs, so as to avoid harming the muscle due to excessive pressure.

3 Charging Indicator



- Breathing in red: Battery less than 20%, please charge in a timely manner.
- **Breathing in white: Charging.**
- The indicator goes out during charging: Battery fully charged, please disconnect from the power source. If charging the massage gun when its battery is full, the indicator will go out after breathing for 20 seconds.

4. Using the Massage Gun

- Install an appropriate massage head, turn on the massage gun and select a suitable speed according to personal experience. It is recommended to start at a low speed.
- Gently press the massage head against the muscles that need relaxation and move slowly back and forth. If there is a particularly sore area, apply an appropriate pressure at the point that feels tender and keep it there for 15–30 seconds.
- The massage gun has a pushing force, and thus it is not advisable to use excessive force when applying pressure, so as not to harm muscles or bones.
- It is recommended to use on areas with adequate muscle coverage, and to not stay in the same area for more than 60 seconds.
- The recommended usage duration is 10 minutes. If soreness is still felt, the massage time can be extended appropriately.
- The recommended duration of a single use should not exceed 15 minutes, and the duration of continuous use should not exceed 30 minutes.

Care & Maintenance

1. Cleaning

- Wipe the massage gun and massage heads regularly with a clean, slightly damp soft cloth or wet tissue, and dry them with a dry cloth or paper towel before putting them back into storage case or packaging box.
- Do not rinse in water or expose the massage heads to direct sunlight.
- When cleaning, make sure the massage gun is turned off and unplugged.
- Do not use corrosive liquids to clean the massage gun, as this may damage or crack the massage gun or change its color.

2. Storage

- Store the massage gun in a cool, dry place.
- Do not store the massage gun in an environment above 40°C or below -10°C. Keep it away from moisture, sources of water or fire, or corrosive environments, so as not to affect battery performance.
- The massage gun can be put in the supplied storage case for storage or travel.
- Do not hit, squeeze, drop, throw, or scratch the massage gun.
- The massage gun can be transported in cars, trains, ships, and planes. It should be secured in place facing upwards to prevent damage from squeezing, vibrations, collisions, rolling, or falling during transport.
- Charge the massage gun before use if it has not been used for a long period of time.
- If the massage gun becomes overheated or deformed, swells, or the battery leaks during storage, stop using it immediately and contact the after-sales service team.

Troubleshooting

Issues	Possible Causes	Solutions
The indicator does not light up while charging.	The power adapter is not properly connected to the massage gun.	Make sure the power adapter is plugged in correctly.
	The charging indicator goes out normally after the massage gun is fully charged.	The massage gun can be used normally.
The battery charges slowly.	The battery temperature is too high or too low.	Wait until the battery temperature returns to normal, then resume use.
The massage gun does not work.	The massage gun is out of battery or has a low battery.	Charge the massage gun before use.
	The massage gun experiences block & stop due to excessive pressure.	Restart the massage gun.
The motor makes abnormal noises.	A foreign object has entered the motor.	Please contact the after-sales service team to arrange maintenance.
	There is a motor error.	Please contact the after-sales service team to arrange maintenance.
The massage gun's temperature is too high.	Usage time is too long.	Wait for the temperature of the massage gun to return to normal before resuming use. The recommended duration of a single use should not exceed 15 minutes, and the duration of continuous use should not exceed 30 minutes.

Note: If above problems persist, please contact the after-sales service team.

EU Declaration of Conformity

CE We, Zhuhai Yunmai Technology Co., Ltd., hereby declare that this equipment is in compliance with the applicable Directives and European Norms, and amendments. The full text of the EU declaration of conformity is available at the following internet address: <http://www.mi.com/global/service/support/declaration.html>

WEEE Information



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

Specifications

Name: Xiaomi Massage Gun Mini

Model: XMFG-M352

Item Dimensions: 101 × 139 × 45 mm

Net Weight: 380 g

Power Adapter Rated Input: 100–240 V~, 0.6 A

Power Adapter Rated Output: 5.0 V=3 A 15W 9.0 V=2.23 A 20.0 W
12.0 V=1.67 A 20.0 W 10.0 V=2.25 A Max. 22.5 W Max.

Massage Gun Rated Input 1: 9 V = 1.5 A (For fast charging)

Massage Gun Rated Input 2: 5 V = 2 A (For normal charging)

Battery Capacity: 2600 mAh

Battery Type: Rechargeable lithium-ion battery

Operating Temperature: 0°C to 35°C

Operating Humidity: 10% to 85% RH

Production Date: Please refer to the packaging

Manufactured for: Xiaomi Communications Co., Ltd.

Manufactured by: Zhuhai Yunmai Technology Co., Ltd.
(a Mi Ecosystem company)

Address: Unit 1201-1203, Youte Headquarters Building, No. 88 Xingye
Road, Xiangzhou District, Zhuhai, Guangdong, China

For further information, please go to www.mi.com

User Manual Version: V1.0

Importer:

Beryko s.r.o.

Pod Vinicemi 931/2, 301 00 Plzeň

www.beryko.cz