

# Wahl® Deep-Tissue™ Cordless Percussion Massager Quickstart Guide

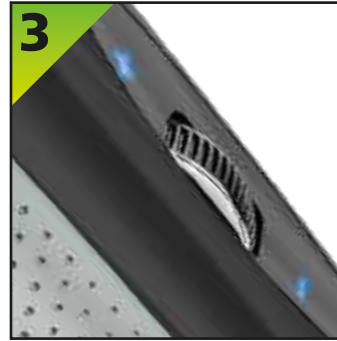


## **FOR YOUR SAFETY:**

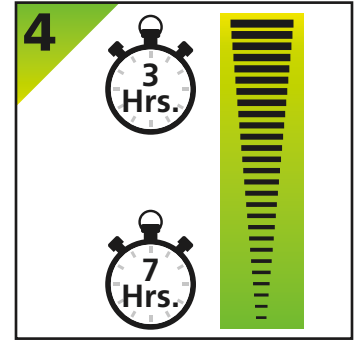
This unit has been disabled for shipping. Charging the unit will activate it. Fully charge this unit before first use.



With dial in the off position, plug the power adapter into wall. Plug the other end of power adapter into the end of the massager. After charging is complete, unplug both sides of the charger. This unit needs 1 hour for a quick charge and 3 hours for a full charge.



The LED lights will start to flash slowly, letting you know the unit charge is below 20%. The LED lights will continue to flash while charging. The LED lights will stop flashing and stay on when fully charged. *NOTE: Unit will not operate while plugged in.*



The massager will run for up to 3 hours at max power and up to 7 hours with the lowest power. *NOTE: Run time is dependent on force, and added force may reduce run time.*

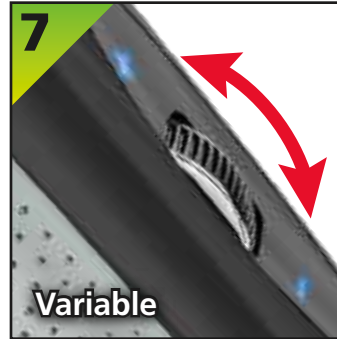


## **FOR YOUR SAFETY:**

This unit will automatically stop working if the massage force is too great. If this happens, charge for 3 seconds to re-activate the massager.



Place desired attachment head on massager. Attachments easily twist on and off. Turn the head counter-clockwise to remove. To add, place the head on the stem and turn it clockwise until secure.



Begin at the lowest speed setting. Gradually increase to desired massage speed by rolling dial toward top of massager. Roll dial toward bottom of massager to decrease speed.



Apply the massager to the targeted area, using continual movement. A circular motion is often most effective. *See MESSAGE TECHNIQUES.*

# Wahl® Deep-Tissue™ Cordless Percussion Massager Key Features

## Massage Techniques

**NOTE:** This is a powerful percussion massager and should not be used on face, head, or upper neck areas.

### SHOULDERS AND NECK:

Massage out from spine to shoulder.

**ARMS:** Start at the biceps and shoulders, and move down the arm, using a circular motion. Finish with a gentle massage of the palms and fingers.

**LEGS:** If desired, massage bottoms of feet. Then, using a circular motion, massage each leg from calf on up and over thigh.

**CHEST:** Massage from center of chest outward, and up toward each shoulder.

**BACK:** Massage from top of spine to bottom, and from center outward.

**ABDOMEN:** Relax abdominal muscles by massaging from center outward, using a gentle, circular motion.

**JOINTS:** Relieve tired, aching knees and elbows with smooth, circular strokes, being careful not to massage on or over bones.



**\*\*Some kits may not include all attachments.\*\***



Deep Muscle Attachment



Triad Attachment



Spine Attachment



Flex X Attachment