



Mebak 3

USER MANUAL

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WARNINGS

- Do not use any other brands' massage heads or batteries other than the ones provided by Mebak 3 and only as instructed by Mebak 3.
- Do not use the Mebak 3 on your head, mouth or near your genitals. Do not use the Mebak 3 above your Adam's Apple or C4 vertebrae. Do not use the Mebak 3 to hammer directly bones and spine.
- Do not immerse in water. Keep away from liquids or heat sources.
- For adult use only. Children shall not use and play with the appliance. Do not use it if injured. Consult your doctor before using this product.
- Do not use the Mebak 3 on the same body part over 20 minutes, which may cause a bruise.
- Do not place your fingers, hair, or other parts of the body near the trigger of the massage gun while massaging, as they may cause pinched.
- Do not use the Mebak 3 continuously over 1 hour. Please ensure the device rest for 30 minutes before reusing it.



PRODUCT SPECIFICATION

Adjustable Speed	5 Speeds
Amplitude	0.47in (12mm)
Attachments	7 Attachments
Working Time	2-3Hours(Depending on the intensity you choose)
Charging Time	About 3Hours
Working Noise	40-50dB
Battery	2600mAh
Charging Voltage	100V-240V
Stall Force	Speed 1-30lb; Speed 2- 40lb; Speed 3-45lb ;Speed 4-50lb; Speed 5- 55lb
Item Weight	1.98lbs
Item Size	6.9*9.8*2.6inch
Key Feature	LED Pressure Sensor Indicator; Light-weight & Compact; Travel Case

Package List

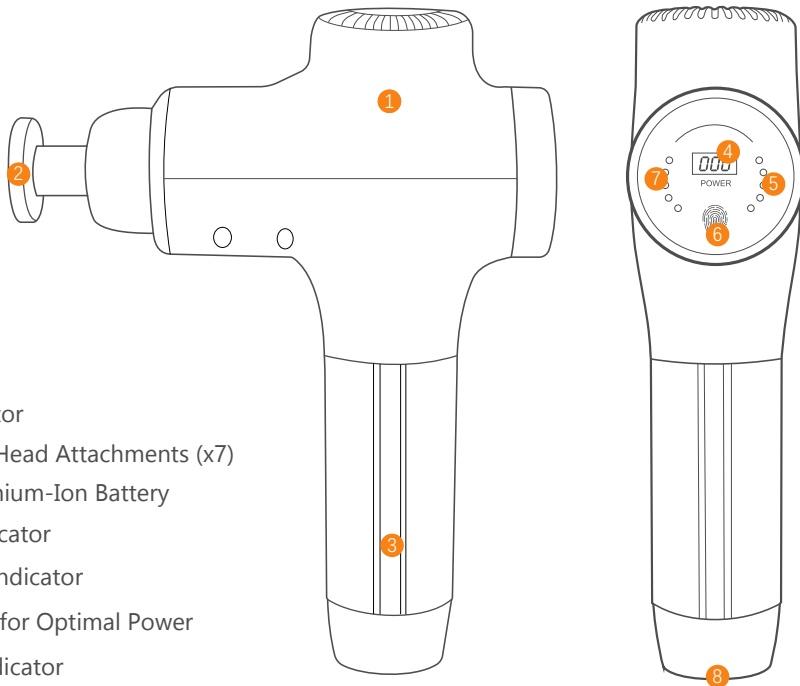
Percussive Massage Gun×1

Massage Head×7

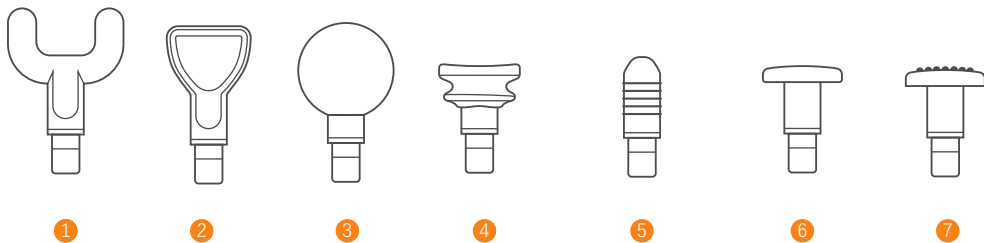
Charger×1

User Manual×1

PRODUCT DIAGRAM



- ① High-Torque Motor
- ② Interchangeable Head Attachments (x7)
- ③ Rechargeable Lithium-Ion Battery
- ④ Battery Level Indicator
- ⑤ Pressure Sensor Indicator
- ⑥ 5 Speed Settings for Optimal Power
- ⑦ Speed Setting Indicator
- ⑧ Power Switch



- ① Fork - mainly for relaxation the sides muscle of spine, shoulder, and ankle.
(Do not massage directly on the bone)
- ② Shovel - mainly for neck shoulder and low back
- ③ Round - mainly for large muscle groups
- ④ Cushion - mainly for joints or tender massage for all body part
- ⑤ Bullet - mainly for local pain points
- ⑥ Flat - all body parts
- ⑦ Bump - all body parts

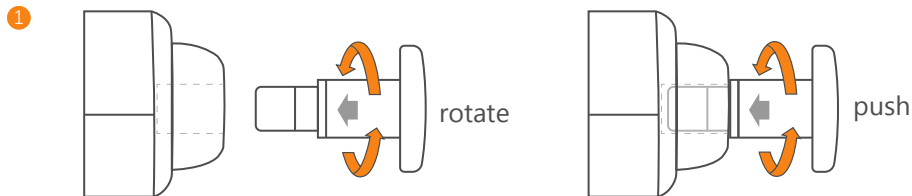
**How to massage your body parts
with correct massage heads?**

Visit [https://www.mebakshop.com](https://www.mebakshop.com/how-to)
/how-to for video instruction

CHARGING

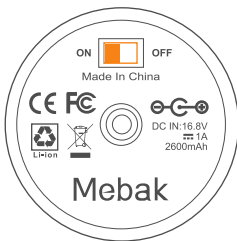
- Please fully charge the device before you use it.
- To charge, connect the DC end of the Mebak 3 charger to the battery's charging port and plug AC side cable into the wall outlet.
- The battery level percentage is indicated by the number on the screen. We do not recommended to fully deplete the battery under 15 percent.
- The average run-time is 3 hours depending on speed level and pressure applied during use. And the average charging time is 3 hours.

OPERATING



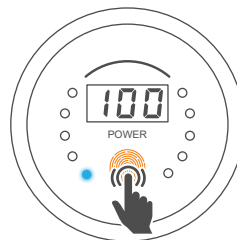
- According to your needs to choose a massage head to insert it into the message gun, slightly rotate, and push it into firmly.

2



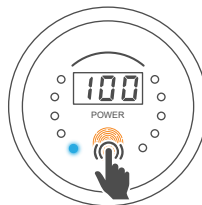
- Pull OFF  ON to the "ON" position at the bottom of the massage gun.

3

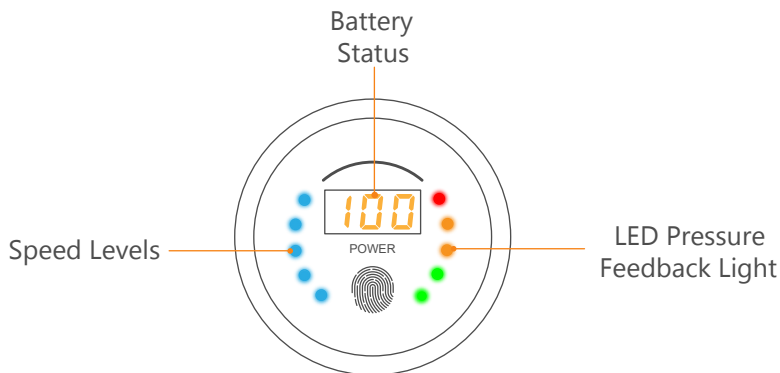


- Touch  on the control panel to turn the device on.

4



- 10 minutes automatically stop function. If you want to keep using it, please turn the device on again.



DISCLAIMER

To reduce the risk of injury, the user must read Mebak 3's instruction manual.

IMPORTANT SAFETY INSTRUCTIONS:

BEFORE USING THE MEBAK 3 OR CHARGING THE LITHIUM-ION BATTERY, READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, ON THE BATTERY, AND ON THE MEBAK 3.

SAFETY INSTRUCTIONS

- DANGER: TO REDUCE RISKS OF ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:
- Use only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
- Use the Mebak 3 only on the body's soft tissue as desired without producing pain or discomfort. Do not use on head or any hard or bony area of the body.
- Bruising can occur regardless of the control setting or pressure applied. Check treated areas frequently and immediately stop at first the sign of pain or discomfort.
- Keep fingers, hair or any other body part away from the shaft and backside of the applicator as pinching may occur.
- Do not place any objects into the ventilation holes of the device.
- Do not immerse in water or allow water to enter the ventilation holes.
- Only recharge with the original adapter and battery.
- Do not drop or misuse the Mebak 3. Do not tamper or alter the Mebak 3 in any way.
- Never leave the Mebak 3 operating or charging unattended.
- Carefully examine device and battery before each use.

PLEASE DO NOT USE THE MEBAK 3, OR ANY VIBRATION DEVICE WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device.

These contraindications do not mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.

Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of Contraindications as shown above. Practical experience has shown that integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist.



QUESTION & ANSWER

Question	Answer
Why can't my massage gun turn on?	There is an "ON/OFF" switch on the bottom of the handle, please make sure the switch is "ON".
	Please check the battery status, charge the device for 6 hours before your first usage.
What is the function of the lights on the right side of the control panel?	The massage gun built-in 5 LED pressure indicators on the right side of the control panel which gives visual force feedback throughout your massage process, directly know the massage force you applied to your body. Protect you from hurting.
Why dose the massage gun make a rattles sound when turning on the device?	Please make sure that you have fully inserted the massage head into the massage gun. When the massage head not fully pushed into massage gun, it will make rattle noise sound.
Why does the product stop working in the course of the massage?	The massage gun has 10 minutes automatically stop function, please don't massage too long in the same body area, it may cause a bruise.

WARRANTY

IF WITHIN ONE YEAR FROM THE DATE OF PURCHASE, THIS PRODUCT FAILS DUE TO A DEFECT IN MATERIAL OR WORKMANSHIP, MEBAK LIMITED WILL REPAIR OR REPLACE THE PRODUCT, OR NECESSARY COMPONENTS, FREE OF CHARGE. THIS WARRANTY EXCLUDES:

- (a) damage caused by accident, abuse, mishandling, or transport;
- (b) units subjected to unauthorized repair;
- (c) units not used in accordance with Mebak 3 instructions;
- (d) damage exceeding the cost of the product;
- (e) deterioration of the delivered product resulting from abnormal storage and/or safeguarding conditions on the client's premises, and failure to provide the dated proof of purchase.

Any problems with the product, please contact us by this email address:

amazon@mebakshop.com Or contact us through our website: **www. mebakshop.com**

This warranty guarantees specific legal rights, and other rights may vary from country to country and from state to state. This warranty service is available through the operating policies and procedures of Mebak Limited and all Mebak international distributors. If you are a client, please contact the related Mebak business entity, dealer or retailer, from whom you directly purchased the product for warranty and return authorization procedures. This warranty is initiated and executed by Mebak Limited.

