

**LUMI**  
mini**PRO**  
PERCUSSION MASSAGE GUN

USER MANUAL



A woman is shown from the chest up, holding a black handheld massager. Her eyes are closed, and she has a slight smile on her face, suggesting she is relaxed or in pain relief. The background is blurred, focusing attention on her and the device.

TRUST THE PROCESS

We always end up right where we are supposed to be, right when we are meant to be there.

Sometimes we just need a little time to recover.

#lumitherapy

## HOME OR STUDIO

### SPEED UP YOUR RECOVERY OR PRE-EXERCISE TO ENHANCE YOUR PERFORMANCE

Great for office workers suffering from tech-neck and everyday people looking for a quick at-home massage.

Percussion therapy uses targeted pulses of concentrated pressure into your muscle tissue. Therapy can best be compared to 'soft-tissue massage techniques' used by massage therapists which are consistent, rapid-thumping movements used to stimulate muscles.

Percussion therapy accelerates and enhances the repair of muscle fibre by providing rapid bursts of pressure in concentrated, short-duration pulses deep into the tissues of the body. This enhances the flow of blood to different critical areas, allowing for pain relief and subsequently improving function and range of motion.

It also provides a gentle stretch that in turn enhances flexibility, performance, and physical response.

### RELAX & RESTORE ON THE GO

The LUMI miniPRO is highly portable and the high capacity lithium-ion battery provides an average of 3-4 hours of use-time per charge at high speed & 8-16 hours of use-time at low speed. 4 massage speeds allow you to choose the right intensity for all areas of the body.

- Reduce muscle soreness and speed up recovery; prevent injury; improve muscle flexibility and performance.
- Recover from injury: decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- Find pain relief: loosen knots, trigger points, and tightness in your muscles and fascia; boost circulation; manage chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- Boost immune system: improve sleep; reduce stress; increase serotonin and decrease cortisol.



miniPRO  
PERCUSSION MASSAGE GUN



Follow this QR Code for our  
product guides and videos  
YOUR JOURNEY BEGINS!



## TAKE A MOMENT TO FIND OUT WHAT'S INCLUDED

- 1 x LUMI miniPRO Vibrating Massage Gun
- 1 x USB-C Charging Cable
- 4 x Interchangeable Massage Attachments
- 1 x Portable Bullet Storage Case

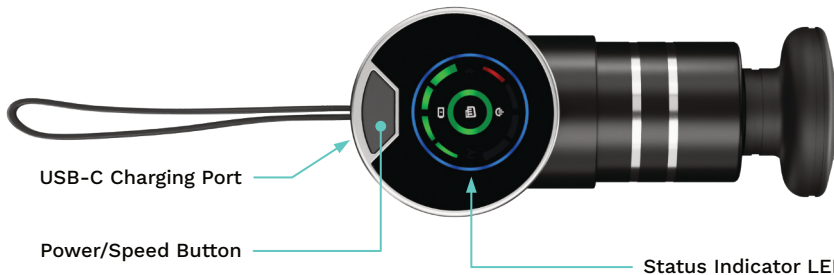
### UNPACKING YOUR LUMI miniPRO

1. Read carefully through this user manual before using the miniPRO.
2. Go to our website to register and activate your Lumi warranty.
3. Complete the steps in the QUICK START GUIDE to assemble and charge your LUMI miniPRO.

### **CUSTOMER SUPPORT 24/7**

If you have any questions about setting up or using your Lumi product, please visit our website for further information, FAQs, troubleshooting and customer support.

## GET TO KNOW YOUR MINIPRO



**USB-C Charging Port**

**Power/Speed Button**

**Status Indicator LEDs**

Press and hold the button for 2 seconds to power ON the unit.

Once power is on, tap the button to toggle through the 4 vibration speed levels. Press and hold the button for 2 seconds to power OFF the unit.

The 4 LEDs indicate the vibration speed selected (1-4) and the current battery level.



**Massage Attachment**  
(1 of 4)

**Battery/Handle**

**Non-Slip  
Wrist Strap**

## QUICK START GUIDE

Please read the operating instructions before using the LUMI miniPRO.

### 1 FULLY CHARGE THE BATTERY

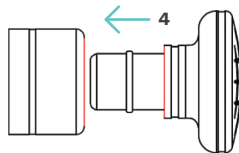
1. Ensure the LUMI miniPRO is OFF before charging.
2. Connect the USB-C charging cable to the charging port on top of the unit.
3. Plug the USB-C charging cable into a USB power adapter, such as a 5V 1A or 5V 2A phone charger.
4. Charge the battery fully (for up to 3 hours) before using your miniPRO for the first time.
5. The Status Indicator LEDs will flash in turn during charging. The LEDs will stop flashing and all 4 will remain lit when the miniPRO is fully charged.

### 2 INSERT A MESSAGE ATTACHMENT

1. Make sure the LUMI miniPRO is fully charged and powered OFF.
2. Select the desired message attachment.
3. Insert the stem of the message attachment into the nozzle of the unit.

**NOTE:** Make sure the red line on the attachment is lined up with the corresponding red line on the nozzle (see illustration).

4. Press the message attachment in firmly to secure it.
5. See VIBRATION SPEED OPTIONS on the next page.



# OPERATING INSTRUCTIONS

## CHARGING

1. Ensure the LUMI miniPRO is OFF before charging.
2. Connect the USB-C charging cable to the charging port on top of the unit and then plug the USB-C charging cable into a USB power adapter, such as a 5V 1A or 5V 2A phone charger.
3. Charge the battery fully (for up to 3 hours) before using your miniPRO for the first time.
4. The Status Indicator LEDs will flash in turn during charging. The LEDs will stop flashing and all 4 will remain lit when the miniPRO is fully charged.
5. The four Status Indicator LEDs indicate the current battery level:
  - ○ ○ ○ 1 LED lit = <25%
  - ● ● ○ 3 LEDs lit = 50-75%
  - ● ● ○ 2 LEDs lit = 25-50%
  - ● ● ● 4 LEDs lit = 75-100%
6. For best results, charge the battery before it reaches 25%.
7. When the battery is very low, the unit will switch off and enter battery protection mode. If this occurs, power off the unit and fully charge it before using it again.
8. Average run-time is 3-4 hours per charge at high speed and 5-6 hours at low speed.

## USING YOUR LUMI miniPRO

1. Press and hold the Power/Speed button on the top of the miniPRO for 2 seconds to power ON the unit. The Status Indicator LEDs will show the current battery level.
2. Tap (short-press) the Power/Speed button to set the vibration speed to level 1. The Status Indicator LEDs will show the speed level selected.
  - a. Tap the button a second time for speed level 2. Tap a third time for level 3. Tap a fourth time for level 4.
  - b. Press and hold the Power/Speed button for 2 seconds to power OFF.
3. At the desired speed, float the head of the massage attachment along a muscle group. Apply pressure as needed.
4. Always power off the unit after each use.

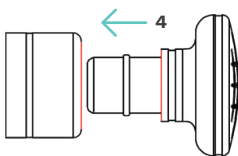


## REMOVING AND REPLACING A MASSAGE ATTACHMENT

1. Press and hold the Power/Speed button for 2 seconds to power OFF.
2. Grab the inserted attachment and firmly pull out to remove it.
3. Insert the stem of a new massage attachment into the nozzle of the unit.

**NOTE:** Make sure the red line on the attachment is lined up with the corresponding red line on the nozzle (see illustration).

4. Press the massage attachment in firmly to secure it.



### TIPS FOR USING YOUR miniPRO

- Move the miniPRO over the desired muscle groups, about 60 seconds per region.
- Apply pressure as needed.
- Use the miniPRO for 15-20 minute sessions, up to 3 times per day.
- Avoid keeping the massage head in one area for more than 3 minutes.
- Prolonged application can traumatize tissues.

Keep this manual for reference.



## MESSAGE GUN HEADS ATTACHMENTS

There are four interchangeable massage attachments included with your LUMI miniPRO. These massage attachments allow you to target different areas of your body and specific massage therapy needs.

### BULLET



Designed for a deep more intense massage, find that deep knot or pressure point and get that deep release.

The safety spinal attachment is designed to massage either side of the spine without direct contact to the spine itself, deep and relaxing massage.

### SPINAL



### BALL



The all over Shiatsu style massage, great for massaging those big areas like the quads and buttocks.

### IRON



Iron out those tight muscles in the forearm, chest and neck. This attachment is designed to give a softer massage to relax the muscles around all the joints.

## VIBRATION SPEED OPTIONS

Four different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point. Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

Speed	1 ● ○ ○ ○	2 ● ● ○ ○	3 ● ● ● ○	4 ● ● ● ●
Frequency	15Hz	30Hz	45Hz	60Hz
RPM	900RPM	1800RPM	2600RPM	3600RPM



miniPRO  
PERCUSSION MASSAGE GUN

## MAINTENANCE, SAFETY & USAGE NOTES

To reduce risk of burns, fire, electric shock, injury to persons, or equipment damage please read the following warnings carefully.

### MAINTENANCE, CLEANING & STORAGE

- Use a soft towel or cloth to wipe any dirt or moisture from unit. Do not use solvents or other chemicals.
- Store the unit fully-charged, in the carrying case and in a cool, dry place.
- If storing long-term, charge the battery every 6 months; holding a charge prevents the battery from becoming damaged.
- For travel: secure the unit in the carrying case and protect the unit from rolling, dropping, collision with other objects, and violent vibrations.

### SAFETY INSTRUCTIONS

- Consult your doctor before using this product. Do not use if you have an injury.
- For adult use only. Keep away from children and pets.
- Keep away from liquids and heat sources. Keep ventilation ports free from dust and debris.
- Never use or move the miniPRO while it is charging. Unplug the unit after charging and prior to use or cleaning.
- Never leave the miniPRO unattended while it is running or charging.
- Do not remove screws or attempt to disassemble; the battery is not removable.
- Do not operate continuously for more than 30 minutes. After 30 minutes of use, allow the unit to rest for 5 minutes before re-using.

### IMPORTANT USAGE NOTES

- Use the LUMI miniPRO only on soft tissues. Do not use the miniPRO on your head, neck or other bony regions. Do not use near your heart or genitals.
- Bruising can occur regardless of the vibration speed level selected.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.
- Use only on dry, clean clothing or skin. We recommend using the LUMI miniPRO over clothing (e.g. form-fitting athletic wear, leggings, etc.).
- Keep hair, fingers, and other body parts away from the stem of the massage attachment as pinching may occur.

## PRODUCT SPECIFICATIONS



### UNIT SPECS

Power: 24V / 70W High Torque Brushless DC Motor

---

Speed: Up to 3600 Percussions per Minute

---

Stall Force: 5kg

---

Weight: 485g

---

Dimensions (cm): 14 H x 9 L x 4.6 W

---

Decibel Rating: 45 - 55 dB

---

### CHARGING

USB Type-C Quick Charging port

---

USB Type-C cable

---

### BATTERY

Voltage: 12V DC

---

Type: Lithium-ion

---

Capacity: 2900 mAh

---

Working Hours: Up to 16hrs (varies by speed)

---

Charging Time: 3 hours

---

Made in China

# SIZE MATTERS



# LUMI

miniPRO

PERCUSSION MASSAGE GUN

Access our library of free personal training videos and guides on our website to learn how to get the most out of your LUMI product and achieve the results you want.

**THERE  
ARE NO  
LIMITS**



[lumitherapy.co.uk](https://lumitherapy.co.uk)



[@lumi.therapy](https://www.instagram.com/lumi.therapy)



[@Lumitherapyuk](https://www.facebook.com/Lumitherapyuk)