



iReliev[®]

Instruction Manual



Model # MA-2020

INDICATIONS

Read this instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in this manual. Failure to follow and implement according to the use and operating instructions can cause harm to the user or device.

This device is suitable for physical massage before/after sport to temporarily relieve pain

What is Percussion Massage?

Percussion massage helps relieve pain and boost recovery. Since percussion therapy is utilized to aggressively work and treat deep-tissue muscles, it helps to increase blood circulation and oxygen distribution to various parts of your body.

What is Vibration Massage?

Vibration massage uses a stroke that encompasses vibration, jostling and shaking, and can be effective in soothing or stimulating your body depending on the speed and amount of pressure applied.

WARNING

The iReliev Percussion Massager is not intended for medical use. Consult your doctor prior to using this product if you are pregnant, have a pacemaker or if you have any concerns regarding your health. The iReliev Percussion Massager is NOT recommended for use by diabetics. Never leave the iReliev Percussion Massager unattended, especially if children are present. Never cover the massager when it is in operation. DO NOT use this product for more than 20 minutes at a time.



Thank you for purchasing the iReliev® Massager!

Please read this manual carefully before use to ensure proper operation & use. Please keep this manual in a safe place for future reference.

TABLE OF CONTENTS

Warnings.....	2-3
What's Included.....	4
About Rechargeable Batteries.....	5
Product Description.....	6-7
Specifications.....	7-8
Environmental Protection.....	9
How to Use.....	10-15

⚠ WARNINGS

To reduce the risk of malfunction, electric shock, injury, fire, death, and equipment damage, please read all instructions and warnings in this manual carefully before using this product.

- 1.** No minors. If you are injured, do not use this product. During muscle damage, consult your doctor before using this device.
- 2.** Do not use on non-dry, non-clean skin surface. Press and move on the skin for about 60 seconds on each area.
- 3.** Do not use above the neck or any area with less muscle coverage. Do not use on bones. Use this product only on the soft tissues of the body without causing pain or discomfort.
- 4.** Discontinue use when bruising, signs of pain, or discomfort occur.
- 5.** Do not place any objects in the ventilation holes of the product.
- 6.** Do not immerse the product in water, and do not allow water to enter the ventilation holes of the product.
- 7.** Do not put the product into fire or near any fire source.
- 8.** Do not intentionally drop this product.
- 9.** Do not use other chargers for charging. You must use the charger included for charging.
- 10.** Do not disassemble this product in any way.
- 11.** Do not place fingers, hair, or other parts of the body near the shaft and back of the massage head, as they may be pinched.



Do not touch this part when starting the machine without the massage head installed.



Do not touch this part when starting the machine with the massage head installed.

12. Keep away from liquid or heat sources. Keep the vents free of dust.
13. After charging is complete, unplug the charger.
14. The product cannot be used while charging.
15. Please use this product according to the instruction manual.
16. Before each use, carefully check whether the product can be used normally.

NOTE:

This product cannot be used in any of the following situations without the doctor's prior consent:

Pregnancy, complications of diabetes (such as neuropathy or retinal damage), pacemaker wearing, recent surgery, epilepsy or migraine, disc herniation, spine advancement, vertebral detachment, or spinal joint stiffness, recent joint Replacement surgery or IUD, metal needle or steel plate for any health related issues. These contraindications do not mean that you cannot use this product, we recommend that you consult your doctor before use.

The research currently underway is about the impact of vibration training on specific medical diseases. This is likely to reduce the above-mentioned contraindications. Practical experience shows that in many cases, combining vibration training into a treatment plan is also a treatment modality. This must be done on the advice of or accompanied by a doctor, expert, or physical therapist.

WHAT'S INCLUDED?

Package Content

1. iReliev Percussion Massager
2. Wall Charger
3. Large Round Head (EVA Foam) for large muscle groups
5. Fork Head (PP) for spine and achilles tendon
6. Flat Head (PP) for all various muscle groups
7. Bullet Head (PP) for small joints such as hands, wrist, & feet.
8. Hard Carrying Case

PP=Polypropylene

EVA=Ethylene-Vinyl Acetate



ABOUT RECHARGEABLE BATTERIES

1. The instructions for appliances incorporating a battery that contains materials that are hazardous to the environment shall give details on how to remove the battery and shall state that

- the battery must be removed from the appliance before it is scrapped;
- the appliance must be disconnected from the supply mains when removing the battery;
- the battery is to be disposed of safely.

2. Instructions for appliances containing non user-replaceable batteries shall state the substance of the following:

This appliance contains batteries that are only replaceable by skilled persons.

3. Instructions for appliances containing non-replaceable batteries shall state the substance of the following:

This appliance contains batteries that are non-replaceable.

4. For appliances intending to be supplied from a detachable supply unit for the purposes of recharging the battery, the type reference of the detachable supply unit shall be stated along with the substance of the following:

WARNING:

For the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.

The instructions shall include the substance of the following:

This appliance can be used by persons aged from 18 years and above 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.

PRODUCT DESCRIPTION



1. High-speed brushless balance motor, adopting dynamic balance and silent technology.
2. EVA soft massage head provides comfortable massage experience while reducing damage to bones.
3. Rechargeable lithium-ion battery (approximately 4 hours per full charge).
4. Small handle, more comfortable grip (41 mm).
5. Wireless, lightweight, and portable (2.72 Oz).
6. 3 gears can be adjusted at will.
7. Sweat and moisture resistant design.
8. Integrated Battery & body design, no risk of loose handle and safe to use.



Gear indicator



Power Button



Charge indicator

- 1. Intensity indicator:** 1-3 levels of intensity.
(Level 1: 1800 rpm, Level 2: 2400 rpm, Level 3: 3200 rpm)

2. Charge indicator: After power on, 4 lights are on, indicating 100% power; 3 lights are on, it means that there is 65% -80% power, 2 lights are on, it means that there is 40% -60% power, and 1 light is flashing, it means that the power is low, and it needs to be charged in time.

3. Keys: Press and hold for 2 seconds to turn on/off the machine, and short press to switch gears.

Equipped with four interchangeable massage heads



Flat head



Large head



Bullet head

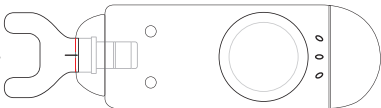


Fork head

Installation method of massage head:

While pulling/installing, rotate the massage head slightly to pull out/install. Do not pull/install directly (except for Fork head). The Fork head has alignment lines.

⚠ When installing a Fork head, when the inside of the horizontal line alignment line (the red line in the figure) is aligned with the machine, as shown in the figure, it indicates that it is in place. If there is a gap between the line and the machine, there is a risk of falling off during use



SPECIFICATIONS

Product Name: iReliev Percussion Massager	Model #: MA-2020
Product Net Weight: 0.8kg	Input voltage: 100-240V ~ 50 / 60Hz
Interface type: DC, 16.8V = 0.8A	Battery capacity: 2000mAh
Gear Strength: 3 speeds to adjust	Charging time: about 3 hours
Power supply mode: Rechargeable lithium-ion battery	Operating environment: 0 ~ 40°C, not waterproof
Product size: 180 * 62 * 238mm	Stroke Size: 10mm
Suitable people: Adults over 18 years, consult your doctor prior to use if you are pregnant	

Charge

1. Before initial use, charge for four hours to fully charge.
2. When charging, connect the DC end of the supplied 26V adapter to the battery charging port, and plug the AC-side cable into a 100 ~ 240V power outlet.
3. The LED light on the device flashes regularly, showing the battery level, indicating that it is charging.
4. The first indicator is on, and the remaining battery is 20% -35%; the second indicator is on, and the remaining battery is 40% -60%; the third indicator is on, and the remaining battery is 65% -80%; the fourth indicator is on, The remaining power is 85% -100%.
5. The battery can be charged at any time and at any power level, and the device cannot be turned on when charging.
6. The battery is exhausted to less than 5% (the first LED flashes) and needs to be charged.
7. The average running time of the product when it is fully charged is about 3 hours. There are some differences in gears and strength.

Operation

1. Press and hold the power button to enter the first gear. Each time you press the button, the gear will increase by one gear until it reaches the third gear. In the 3rd gear, press the button to enter the standby mode (0th gear), and the 3rd gear works to the 0th gear. After restarting, it is necessary to press the button to enter the 1st gear after 3 seconds.
2. In any gear, long press to enter standby mode.
3. In the standby state, long press to shut down directly, and it will automatically shut down after 15 seconds without operation.
4. Intelligent protection for 10 minutes of continuous use, restarting is required for re-use.

Maintenance, Cleaning, Storage, Transportation

1. Clean the device with a slightly damp towel and then dry it with a soft cloth.
2. When storing or traveling, put in the case provided.
3. It should be stored in a dry, well-ventilated place without corrosive gas. The distance from the ground should not be less than 250mm, and the number of stacking layers should not exceed 5.
4. After a long period of non-use, it should be stored in a clean package and recharged every six months.
5. This product is suitable for transportation by car, train, ship, and aircraft.
6. This product should be fixed during transportation to prevent violent vibration, collision, rolling and falling.

ENVIRONMENTAL PROTECTION

At the end of the product life, please do not discard it with general household waste. Put this product in the government designated recycling bin, or send this product to the manufacturer's after-sales service center so it can be handled the environmentally friendly way.

Name and Content of Noxious Substances in Product

Parts name	Toxic and Noxious Substances or Elements					
	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Product Shell	0	0	0	0	0	0
Circuit Board Component	X	0	0	0	0	0
Metallic Parts	0	0	0	0	0	0
Rubber parts	0	0	0	0	0	0
Adapter	X	0	0	0	0	0
Connection Line	0	0	0	0	0	0
Handle Cover	0	0	0	0	0	0

This form is prepared in accordance with SJ /T 11364

※: Circuit Board components include printed circuit board machine components, such as resistors, capacitors, integrated circuits, connectors, etc.

○: indicates that the content of noxious substances in all homogeneous materials of the part is below the limit requirement specified in GB/ T 26572.

X: indicates that the content of noxious substances in at least one of the homogeneous materials of the part exceeds the limit requirement by GB/T26572.

Explanation for Environmental Protection Period

The use of this electronic and electrical product under the conditions described in the User Manual will not cause leakage of harmful substances or elements, and will not cause environmental pollution or serious damage to people and property, for the period of 10 years.



HOW TO USE



Large Head
Suitable for large muscle groups.



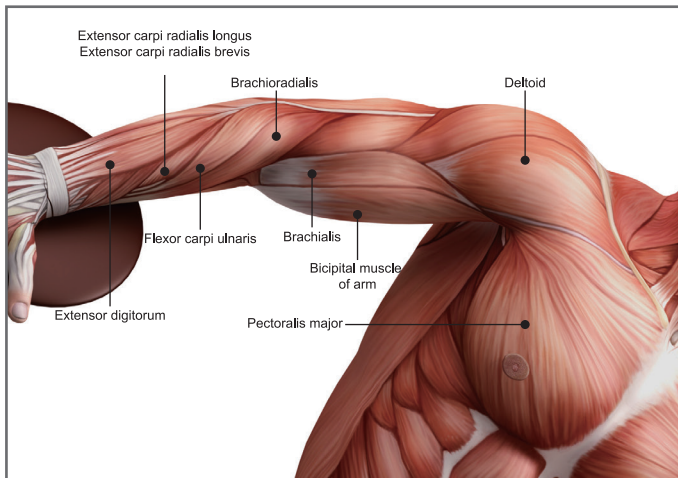
Bullet Head
For small joints such as hands, wrist, & feet.



Flat head
Flexible for various muscle groups.

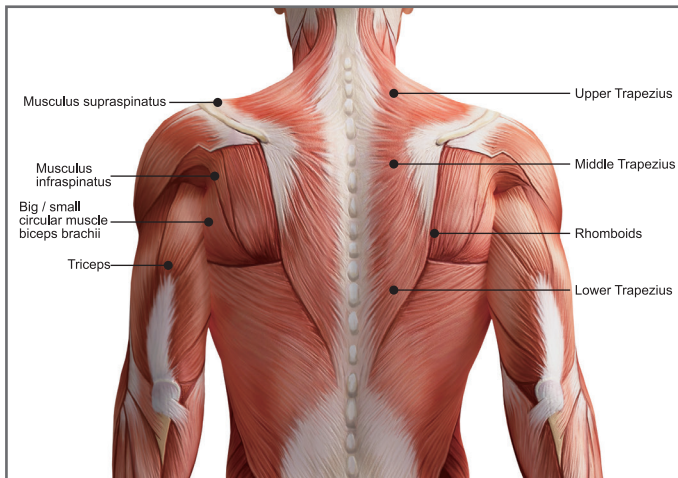


Fork Head
Great for both sides of spine and achilles tendon.



ARM

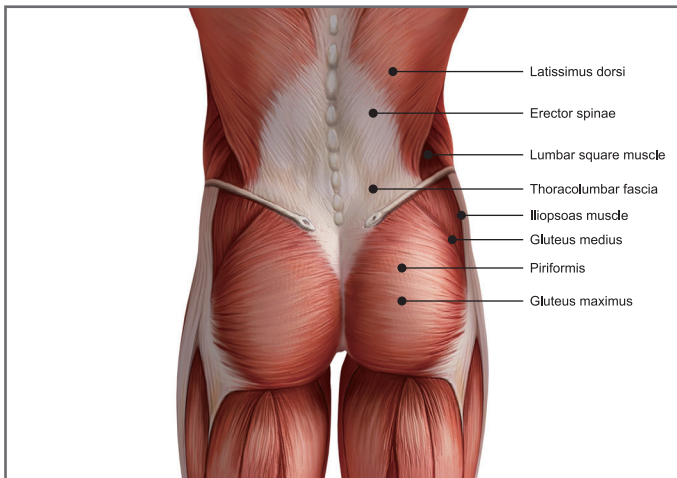
Brachioradialis	10-15s * 3 times
Flexor carpi radialis	10-15s * 3 times
Palmaris longus	12-15s * 3 times
Flexor carpi ulnaris	10-15s * 3 times
Extensor digitorum	5-10s * 3 times
Extensor carpi radialis longus	5-10s * 3 times
Extensor carpi radialis brevis	5-10s * 3 times
Bicipital muscle of arm	12-20s * 3 times
Brachialis	12-20s * 3 times
Deltoid	12-20s * 3 times
Pectoralis major	12-20s * 3 times



SHOULDER

Brachioradialis	10-15s * 3 times
Flexor carpi radialis	10-15s * 3 times
Palmaris longus	12-15s * 3 times
Flexor carpi ulnaris	10-15s * 3 times
Extensor digitorum	5-10s * 3 times
Extensor carpi radialis longus	5-10s * 3 times
Extensor carpi radialis brevis	5-10s * 3 times
Bicipital muscle of arm	12-20s * 3 times
Brachialis	12-20s * 3 times
Deltoid	12-20s * 3 times
Pectoralis major	12-20s * 3 times

Advice: Massage the muscles from the middle to the sides, from top to bottom.

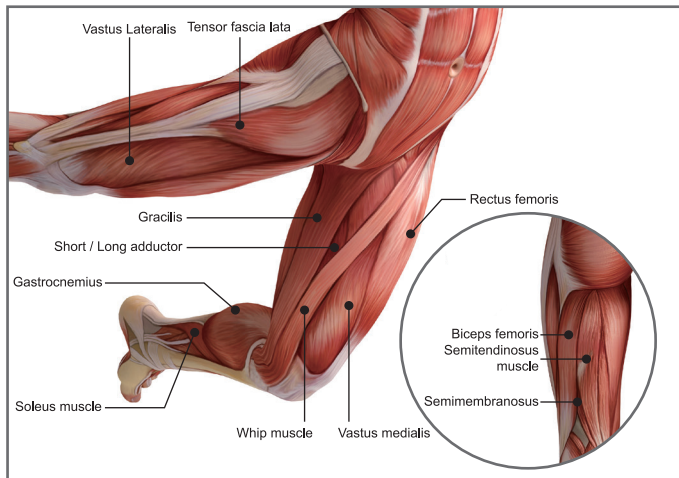


WAIST

Erector spinae (waist)	30-60s x 4 times
Latissimus dorsi	30-60s x 4 times
Thoracolumbar fascia	40-60s x 3 times
Psoas major	30-60s x 3 times
Abdominal oblique muscle	10-15s x 2 times
Vertical spinal muscle (thoracic segment)	15-20s x 2 times
Lumbar square muscle	20-30s x 2 times
Iliopsoas muscle	20-30s x 3 times
Gluteus maximus	30-60s x 4 times
Gluteus medius	30-60s x 4 times
Piriformis	60-90s x 1 time

Advice: Massage the muscles from the middle to the sides, from top to bottom.

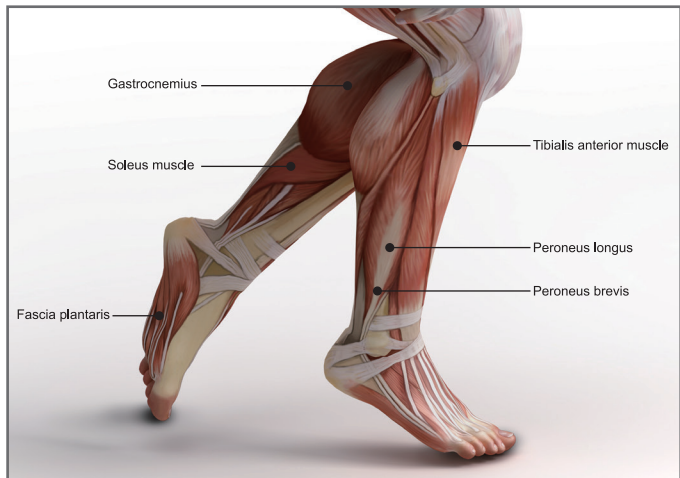
Large muscle groups can run along the muscles.



LEG

Biceps femoris	20-30s x 3 times
Semitendinosus muscle	20-30s x 3 times
Semimembranosus	20-30s x 2 times
Gracilis	10-15s x 2 times
Short adductor	10-15s x 2 times
Long adductor	10-15s x 2 times
Rectus femoris	30-45s x 2 times
Vastus Lateralis	30-45s x 2 times
Vastus medialis	30-45s x 2 times
Whip muscle	30-45s x 1 time
Tensor fascia lata	15-20s x 2 times

Advice: Massage the muscles from top to bottom.



FOOT

Gastrocnemius	20-30s x 3 times
Soleus muscle	20-30s x 3 times
Tibialis anterior muscle	15-20s x 2 times
Peroneus longus	15-20s x 2 times
Peroneus brevis	15-20s x 2 times
Fascia plantaris	20-30s x 3 times

Advice: Massage the muscles from top to bottom.

YOU MAY ALSO LIKE THESE OTHER
IRELIEV® PRODUCTS

Wireless

Premium TENS + EMS Therapeutic Wearable System

Experience the freedom of wireless TENS + EMS muscle stimulation coupled with powerful medical grade strength technology and a low-profile design. The convenience and simplicity of this system make it the clear leader within the iReliev® line-up of pain relief and muscle stimulation devices.

Model # ET-5050





Wired

Premium TENS + EMS Pain Relief & Recovery

Our best selling 2-in-1 Pain Relief and Recovery System just got better, combining the best features of our previous TENS + EMS system but with the added benefits of rechargeability, backlit, and extra-large digital display.



Model # ET-8080



Reusable & Versatile

Hot and Cold Therapy Gel Pack

Soothe your strains & pain with our reusable microwaveable hot/cold pack. It stays flexible even when frozen, so you have the freedom to use this pack however you like. Our packs are made of soft-touch vinyl and features a velcro material so you can secure your pack with the included straps on your arms or legs.



Comes in 3 sizes



Joint & Muscle Ache Relief

Pain Relief Roll-on Gel

We think you are going to love our newly formulated all-natural iRelief Pain Relief Gel. We offer in both 3 oz. roll-on or per use packets which is perfect for soothing aches and pains or just sore muscles. Try this today.



Model # TO-3RO



iReliev[®]

ExcelHealth Inc.

www.iReliev.com

5825 Park Vista Circle
Fort Worth, TX 76244

If you have any questions whatsoever regarding your
iReliev Percussion Massager
Model # MA-2020, contact your reseller or ExcelHealth Inc. at:
855-723-2582 or visit www.iReliev.com

