

Model: R-C004

RENPHO Extend

Thank you for choosing the RENPHO Massage Gun! Ergonomically designed with a detachable long handle to massage the hard-to-reach areas, the RENPHO Extend Massage Gun is powered by a quiet brushless motor that delivers up to 30lb massage force with an 8mm amplitude to help relieve tension and tight muscles.

Please read this user manual carefully and use the device only as directed. RENPHO accepts no responsibility for any cause of injuries due to misuse or negligence to follow the instructions outlined. Please keep this manual for future reference.

Important Safety Instructions

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING.

When using this device, the following basic precautions should be always followed:

1. The device is intended for household use only and not intended for medical use.
2. This device can be used by children aged 8 years and above and by persons with reduced physical, sensory or cognitive capabilities or lack of experience and knowledge if they have been given supervision or instructions concerning the use of the device in a safe way and understood the hazards involved.
3. Children should not play with the device. Cleaning and user maintenance should not be made by children.

DANGER - To reduce the risk of electric shock:

1. Do not reach for the device that has fallen into water.
2. Do not use while bathing or in a shower.
3. Do not place or store the device in the areas where it may fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - To reduce the risk of fire, electric shock, or injury to persons:

1. Please consult your doctor before using if you are a user of the following persons:

- 1) Children under 8
- 2) Pregnant women
- 3) Persons with blood stasis
- 4) Persons with fractures
- 5) Persons with heart disease, with a pacemaker, defibrillator, or metal contents in the body
- 6) If you have experienced joint surgery within 90 days, do not use the device on your body within 3 inches of the surgical position

If you feel unwell or have any unusual discomfort, please stop using the device immediately.

2. Do not use the massage gun on

- 1) Sensitive skin, swollen or inflamed areas, in areas where there is poor circulation, where skin eruptions are present, or in the area of unexplained abdominal pain
 - 2) Head, face, cervical vertebrae, body bones, varicose veins, tumor site, throat area, any possible fracture site, positions close to the bony areas: the humerus, the back of the foot, the back of the hand, etc
 - 3) Genital area (Do not use this device for sexual purposes. It is a powerful massaging device and may cause severe bodily harm.)
 - 4) Unconscious or sleeping persons
3. Do not operate under a blanket or pillow. Excessive heating may occur and cause fire, electric shock, or injury to persons.

4. Never operate the device with the air openings blocked. Keep the air openings free of lint, hair, etc.
5. Close supervision is necessary when this device is used by, on or near children, invalids, and disabled persons.
6. Use this device only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
7. Never operate this device if it is not working properly, has been damaged, or dropped into water. Send the device to the service center for examination and repair.
8. Never drop or insert any object into any opening.
9. Do not operate in the areas where aerosol (spray) products are being used or where oxygen is being administered.
10. Do not keep the device near a magnetic field or in the areas where it can be affected by a magnetic field as it may cause batteries to discharge.
11. Do not use the device before bed as it has a stimulating effect and may delay sleep.
12. Avoid touching the gap between the massage head and body with your finger or hair to avoid pinching.
13. Do not use for more than 30 minutes at a time. Excessive use could lead to slight bruises or device overheating that shortens its lifespan.
14. Keep the device away from heat and avoid using it in places where the surrounding temperature is relatively hot.
15. Do not use the device with wet hands.
16. Only use the original massage head officially provided in the package. The use of a third-party massage head may cause damage to the device and void the warranty.
17. Do not drop, apply excessive force or heavy weight over the device to avoid malfunction and/or damage.
18. If a high temperature or foul odor occurs while using the

device, stop using the device immediately.

19. Use only the massage head that produces the best results.
20. Do not press the massage head vigorously or cover the device during a massage.
21. Do not use the device in close proximity to long hair, loose clothing or jewelry.
22. Do not massage the same body part for too long. If you feel unwell, please stop using the device immediately.

About the Battery

1. Warning Chemical Exposure: If the battery pack leaks, do not allow the liquid to contact the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.
2. Do not throw the battery into the fire or heat the battery. The used battery should be placed in a sealed plastic bag and safely disposed of in accordance with local environmental regulations.
3. Battery life may vary by application and/or operating conditions. If the device is not in use for a long period of time, please keep it powered off and charge it once a month to prolong its lifespan.

SAVE THESE INSTRUCTIONS

Tips:

1. Use the massage gun for 30 seconds before a workout to activate your muscles or for 2 minutes afterward to prevent or reduce muscle soreness.
2. Massage stiff muscles for up to 2 minutes for relaxation.
3. Apply ice or heat treatments after massage. Ice and heat are optional, but both can help further soothe and relax muscles.

About the Product

1. What's in the Box

- 1 × Massage Gun
- 1 × User Manual
- 1 × Type-C Charging Cable
- 2 × Rubber Sleeve
- 4 × Massage Head

2. Product Parameter

Product Name: Massage Gun

Model: R-C004

Input: 5V $\equiv$ 2A

Rated Power: 10W

Battery Voltage: DC 7.4V

Battery Capacity: 2000mAh

Amplitude: 8mm

Speed: 1-4

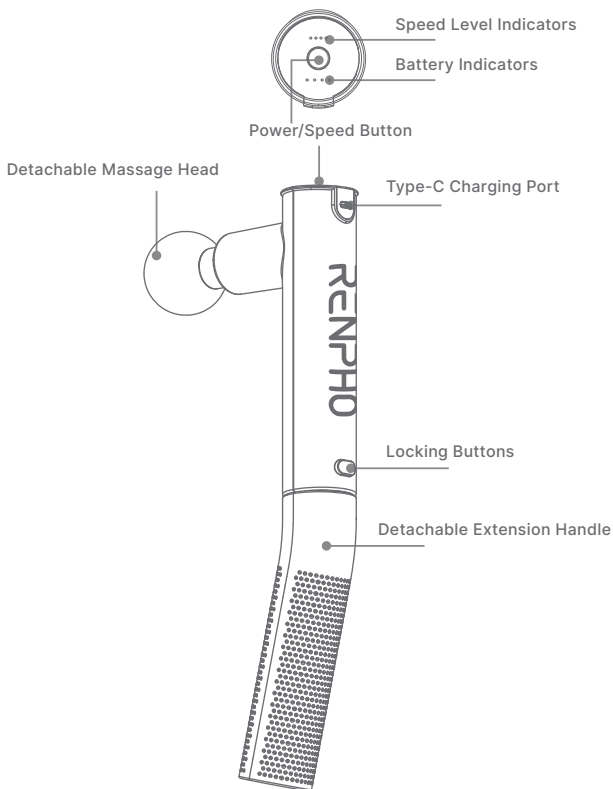
RPM: 1600-2600r/min

Auto-off Timer: 10 minutes

Weight: 1.1lb/490g

Dimension: 14.1×3.8×1.8inch/358×95×46mm

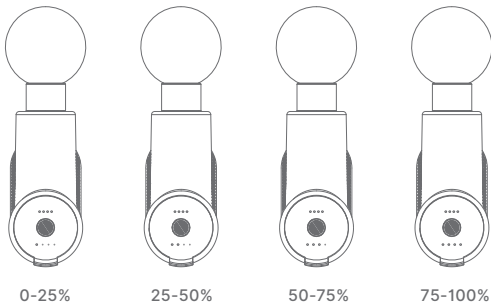
3. Product Overview



Before Using

1. Charge the Device

***Fully charge the device before the first use.**



- (1) Please charge the device using the provided Type-C charging cable and a DC 5V 1A/2A charger (not included) when only one battery indicator flashes. The device also supports C-C charging.
- (2) It takes about 3.5 hours to fully charge the device. When charging the device, the battery indicators will flash in sequence. The indicators will turn solid once the charging is complete. Each full charge supports 4-5 hours of use.

Note: Do not use the device while charging.

2. Attach/Detach the Extension Handle

- (1) To attach the extension handle, push it into until you hear a “click”, indicating the extension handle is installed correctly and securely. Ensure it is installed in the correct direction as shown in Fig. 1.

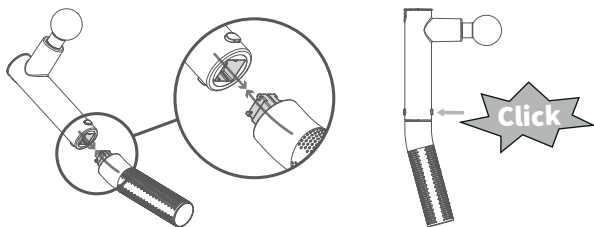


Fig. 1

- (2) To detach the extension handle, press and hold both locking buttons and pull the extension handle out as shown in Fig. 2.

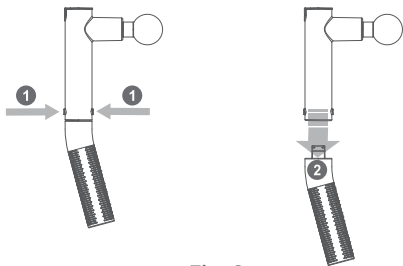


Fig. 2

Tip: The massage gun can work with or without the extension handle.

Using the Product

Step 1: Choose a preferred massage head and attach it.

Ensure the massage head is fully inserted into the slot.



Ball head

For large muscle groups like quads, glutes, extreme muscles, and joint soreness.



U-shaped head

For the spine, neck and Achilles tendon.



Bullet head

For joints, deep tissues, trigger points and small muscle areas like feet and wrists.



Flat head

For the shoulder blades and IT bands or for a relaxing full-body massage.



Rubber sleeve

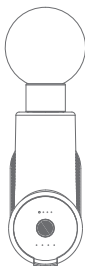
Each massage head is pre-installed with a rubber sleeve that ensures the message head is securely attached to the message gun. If it is damaged, replace it with a spare one.

Note: Ensure the device is off before you swap the massage head.

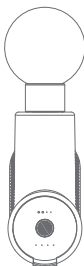
Step 2: Press and hold for 2s to turn on/off the device.

Once the device is turned on, speed level 1 will be activated by default and the corresponding indicator will be on.

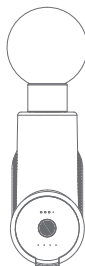
Step 3: After powering on, press to cycle through the speed levels among Level 1/2/3/4.



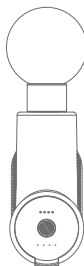
Level 1



Level 2



Level 3



Level 4

Step 4: Target your muscle groups for massage with the device.

It is recommended to rest the massage head perpendicularly over your muscle and begin massaging on the lowest setting and work your way up to higher speeds as you get used to the intensity.

Note:

- a. The device has an auto-off timer (10 minutes). After 10 minutes of continuous use, the device will automatically shut down. It is not recommended to use the device for more than 30 minutes at a time.
- b. If you apply too much pressure on the device during your session, the device will stall to prevent injury or bruising.

Cleaning and Maintenance

1. Place the device in a cool, dry place when not in use.
2. Always turn off the device before cleaning. Wipe with a soft cloth slightly dampened with non-abrasive cleaners. Keep away from all solvents and harsh detergents.
3. Do not attempt to disassemble or repair the device. The device does not contain user-serviceable parts.

Troubleshooting Guide

Problem	Cause	Solution
The device cannot be turned on.	Short press the Power button.	Press and hold the Power button for 2s to turn the device on.
	The battery is dead.	Charge the device.
The device shuts down suddenly.	Auto-off timer: The device will automatically shut down after 10 minutes of continuous use.	Turn on the device again. It is not recommended to massage for more than 30 minutes at a time.
	Built-in locked-motor protection: When the massage head is pressed with excessive force, the protection will be triggered, shutting the device off.	
	Built-in overheat protection: It will automatically shut off the massage gun when overheating occurs.	Wait for the device to cool down before turning it on again.
	Built-in overload protection: When the input voltage reaches between 6-30V, the protection will be triggered, shutting the device off.	Ensure the input voltage is not higher than 5V.

Problem	Cause	Solution
The device fails to work.	The massage head is inserted too tightly.	Pull out the massage head a little and turn on the device.
Fail to attach the extension handle.	The extension handle is not oriented correctly.	Check the respective joints of the massage gun and the extension handle, then align the slots and push the extension handle in.
Fail to detach the extension handle.	Only one locking button is pressed.	Press and hold both locking buttons and pull the extension handle out.
If you encounter any other problems, please feel free to contact our customer service.		

FCC Regulatory Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ISED Regulatory compliance

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Warranty Policy

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.

For warranty terms and conditions, please visit:

<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty.

If you choose not to register your product, it will not diminish the product warranty.

Customer Service

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.



TEL: +1(844) 417 0149 (US ONLY)

Monday-Friday 9:00AM-4:30PM



Email: support@renpho.com

RENPHO

SMART HEALTHY LIVING



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