

# HOMEDICS®

LEADERS IN BEAUTY & WELLBEING

## CORDLESS SPORTS PRO MASSAGER

DEEP TISSUE MUSCLE MASSAGER



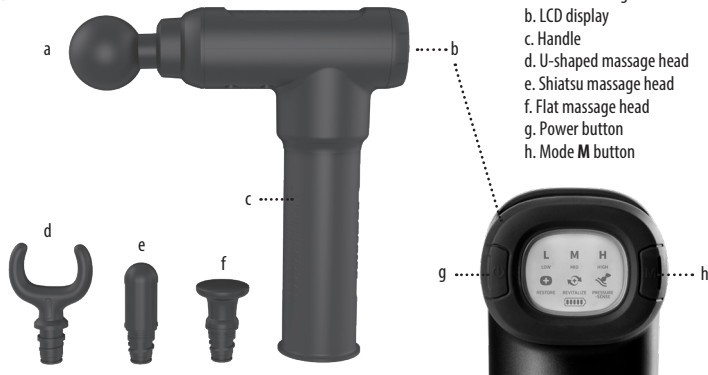
**3 YEAR GUARANTEE**

HHP-800J-EU

HHP-800J-GB

## PRODUCT FEATURES:

fig.1



- a. Round massage head
- b. LCD display
- c. Handle
- d. U-shaped massage head
- e. Shiatsu massage head
- f. Flat massage head
- g. Power button
- h. Mode M button

fig.1

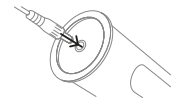
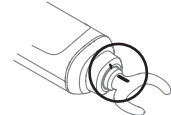


fig.2



fig.3



## MASSAGE ATTACHMENTS

4 massage attachments for targeted relief:

**U-SHAPED MESSAGE HEAD** for trapezius muscles, areas around the achilles tendon muscle, ankle muscle and calf muscles

**SHIATSU MESSAGE HEAD** for targeting trigger points and small specific areas such as feet

**FLAT MESSAGE HEAD** for overall body relaxation

**ROUND MESSAGE HEAD**

for massaging arms, waist, back, buttocks, thighs and other large muscle groups

## MASSAGE PROGRAMS

The Cordless Sports Pro Massage includes 6 massage programs:

- L LOW INTENSITY**
- M MEDIUM INTENSITY**
- H HIGH INTENSITY**
- SMART**  
Auto adjusts massage speed
- REVITALISE**  
Helps energise and awaken the muscles
- PRESSURE SENSOR TECHNOLOGY**  
Smart program adjusts intensity with increased pressure

## INSTRUCTIONS FOR USE:

- Your massage gun might require charging when using for the first time. To charge your massager, plug the adapter cord into the port on the bottom of the massager's handle (Fig. 1), plug the other end into a 120-volt outlet. Your massager will be fully charged after a minimum of 3.5 hours charge time, the charge will last up to 8 hours.  
**NOTE:** The massager will not turn on when plugged in and charging. The LCD screen will show a battery read out, when the five bars are solid it is fully charged.
- To turn the massager on, press and hold the power button (g) for 3 seconds. The LCD screen will turn on to confirm your selection.
- To activate the massage feature, use the toggle button (h) to change your intensity or program.
- When the cursor is on the intensity or program you wish to select, press the power button again to confirm your selection.
  - **L** is Low Intensity, start with this to determine the right intensity for you.
  - **M** is Medium Intensity.
  - **H** is High Intensity.
  - Restore **+**: Variable program to help with recovery after workouts.
  - Revitalize **↻**: Variable program to help energize and awaken the muscles.
  - Pressure Sensor Technology **👉**: a smart program that works with you. Apply more pressure on tight muscles and the intensity increases with increased pressure.
- Apply the massage head to the muscle you would like to massage.
- When the massage is complete, turn the unit off by pressing and holding the power **⏻** button for 3 seconds. The unit is off when the LCD screen turns off.

**CAUTION: NEVER use this appliance on or near eyes or other highly sensitive areas.**

**NOTE:** Operation of longer than 15 minutes is not recommended and may cause overheating.

**NOTE:** This unit is equipped with a 15 minute auto-off feature for your safety.  
**NOTE:** The LCD screen has a clear, plastic film to protect the screen before use. When you are ready to use your massage gun, peel off the plastic film by lifting at one corner and pulling gently. Discard film.

- Press and hold **⏻** for 2 seconds to turn on appliance.
- Press **M** button to choose massage program. Press **⏻** again to start massage.
- Hold the **⏻** to turn off appliance or change the type of massage
- During the massage, press **⏻** or **M** to pause the device.
- Press **M** to change the massage setting or press **⏻** again to start the 10 minutes massage program.

### Installing the massage attachments

Insert the desired massage head and twist it clockwise until installed into the device (fig.2).

For the U-shaped massage head, twist the massage head and match the two alignment lines (fig.3).

**Never pull or the massage head out of the device.**

**DO NOT USE THE PRODUCT FOR OVER 30 MINUTES CONTINUOUSLY. IF THE PRODUCT IS USED FOR OVER 30 MINUTES IT MAY TRIGGER THE HEAT PROTECTION FEATURE AND STOP AUTOMATICALLY. PLEASE WAIT FOR AT LEAST 30 MINUTES FOR THE PRODUCT TO COOL OFF BEFORE RE-USING.**

### Cleaning your device.

- Make sure the device is unplugged from any power supply and allow to cool before cleaning. Clean only with a soft, slightly damp sponge.
- Never allow water or any other liquid to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass/furniture polish, paint thinner, etc to clean.

**READ ALL INSTRUCTIONS BEFORE USE.  
SAVE THESE INSTRUCTIONS FOR FUTURE  
REFERENCE.**

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- This appliance can be used by children aged from 16 years and above and persons 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 without supervision.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- DO NOT reach for an appliance that has fallen in water or other liquids. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins, metallic fasteners or objects into the appliance or any opening.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the appliance if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Centre for examination and repair.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. All servicing of this appliance must be performed at an authorised HoMedics Service Centre.
- Please ensure that all hair, clothing and jewellery are kept clear of moving parts of the product at all times.
- If you have any concerns regarding your health, consult a doctor before using this appliance.
- Use of this product should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your GP.
- Pregnant women, diabetics and individuals with pacemakers should consult a doctor before using this appliance. Not recommended for use by individuals with sensory deficiencies including diabetic neuropathy.
- DO NOT use on an infant, invalid or on a sleeping or unconscious person. DO NOT use on insensitive skin or on a person with poor blood circulation.
- This appliance should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- Do not use for longer than the recommended time.
- Only gentle force should be exerted against the mechanism in order to eliminate risk of injury.
- Use this product only on the body's soft tissue as desired without producing pain or discomfort. Do not use on the head or any hard or bony area of the body.
- Bruising can occur regardless of control setting or pressure applied. Check treatment areas frequently and immediately stop at the first sign of pain or discomfort.
- Failure to follow the above may result in the risk of fire or injury.
- WARNING: For the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.

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

### THREE YEAR GUARANTEE

FKA Brands Ltd guarantees this product from defect in material and workmanship for a period of 3 years from the date of purchase, except as noted below. This FKA Brands Ltd product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of FKA Brands Ltd. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. FKA Brands Ltd shall not be responsible for any type of incidental, consequential or special damages.


To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Upon receipt, FKA Brands Ltd will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee. This guarantee does not affect your statutory rights.

For your local HoMedics Service Centre, go to [www.homedics.co.uk/servicecentres](http://www.homedics.co.uk/servicecentres)



#### Battery replacement

Your product includes a rechargeable battery designed to last the lifetime of the product. In the unlikely event that you should require a replacement battery, please contact Customer Services, who will supply details of the warranty and out-of-warranty replacement battery service.

#### Battery directive

 This symbol indicates that batteries must not be disposed of in the domestic waste as they contain substances which can be damaging to the environment and health. Please dispose of batteries in designated collection points.

#### WEEE explanation

 This marking indicates that this product should not be  disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

# HOMEDICS®

**FKA Brands Ltd**

Somerhill Business Park, Tonbridge, Kent TN11 0GP, UK  
Customer Support: +44(0) 1732 378557 | [support@homedics.co.uk](mailto:support@homedics.co.uk)

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