



**DUAL PRO PERCUSSION
MUSCLE MASSAGER**

Instruction Manual & Therapy Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Dual Pro Percussion Muscle Massager, also referred to as our Dual Massage Gun. Failure to follow these instructions may result in serious injury, property damage, or device malfunction.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise or rehab program. If you experience any discomfort while using the ProsourceFit Dual Massage Gun, discontinue use & consult your physician.

Please use caution & carefully follow all therapy instructions and use proper technique when using our Dual Massage Gun.

Use & Safety Instructions

- 1.** Begin using the Dual Massage Gun on the lowest intensity setting and gradually increase the power as your body adjusts.
- 2.** Avoid overuse. Prolonged use on a single area can cause discomfort or bruising. Move the massage gun continuously over the massaging area.
- 3.** Do not apply excessive pressure while using the massage gun. Allow the Dual Massage Gun's percussive motion to effectively target your muscles.
- 4.** If you experience any adverse reactions such as increased pain, swelling, or numbness, stop using the massage gun immediately and consult a healthcare professional.
- 5.** Adjust the massage gun's intensity using the included remote or controls on the device itself.
- 6.** Utilize the provided attachments by snapping the adjustable rubber pieces onto the massage gun heads to target specific muscle groups.

General Warnings

- 1.** Always consult your physician before using this product, especially if you have a pre-existing medical condition or are recovering from an injury.
- 2.** Do not use this product if you experience discomfort, swelling, numbness, or increased pain during or after use. Discontinue use immediately and consult a healthcare professional.
- 3.** Use the device only as instructed in this manual. Misuse may result in severe injury or damage.

Disclaimer

The ProsourceFit Dual Pro Percussion Muscle Massager may experience heating during prolonged use. This is a common occurrence with high-performance massage guns due to the heat generated from friction and their internal components. For optimal comfort, we recommend taking short breaks throughout your massage. If you're experiencing excessive heat or discomfort, please pause your session and allow the device to cool down. The manufacturer is not liable for injuries or damages resulting from misuse or failure to follow these instructions. Use this product only as directed and at your own risk.

Contraindications (Do not use this product)

- 1.** If you are pregnant, without prior medical consultation.
- 2.** On or near pacemakers or other medical implants.
- 3.** Over fractures, open wounds, or swollen or inflamed areas.
- 4.** On the head, throat, or sensitive areas like the abdomen during certain medical conditions (e.g., thrombosis, varicose veins).
- 5.** If you have neurological conditions that impair sensation or perception.

Usage Restrictions

- 1.** This device is intended for adult use only. Keep it out of reach of children & pets.
- 2.** Do not use while under the influence of alcohol, sedatives, or any substances that impair alertness.
- 3.** Do not operate the device while driving or engaging in any activities requiring full attention.

Care Instructions

- 1.** Gently wipe the massage gun with a damp cloth and dry immediately. Avoid immersing the device in water or using harsh cleaning agents. The massage gun is not waterproof.
- 2.** Store the massage gun in a cool, dry location away from direct sunlight or extreme temperatures to prevent damage and overheating.
- 3.** Avoid dropping or subjecting the massage gun to impact, as it may damage the internal components.

Emergency Instructions

If you experience unusual symptoms such as irregular heartbeats, shortness of breath, or severe pain, stop using the device immediately and seek medical attention.

ASSEMBLY INVENTORY



x 1 piece

Dual Pro Percussion Muscle Massager



x 1 piece

Remote Control



x 1 piece

USB-C Charging Cable



x 2 Cone pieces



x 2 Hook pieces



x 2 Ellipse pieces

Three Set Silicone Head

ASSEMBLY INVENTORY



Massage Gun Charging Port



Remote Charging Port

CHARGING INSTRUCTIONS:

1. To charge, connect the USB-C Charging Cable to the charging port and plug into a power outlet.
2. Charging time is about 4 - 5 hours.
3. Charge lasts for 3 hours. You may recharge at any time, regardless of battery level.



POWER SWITCH:

To power on, press and hold the button for 2-3 seconds. Cycle through the four massage levels by pressing the button once for each setting.

Level 1 - Low
1500 ± 100RPM

Level 2 - Medium
1900 ± 100RPM

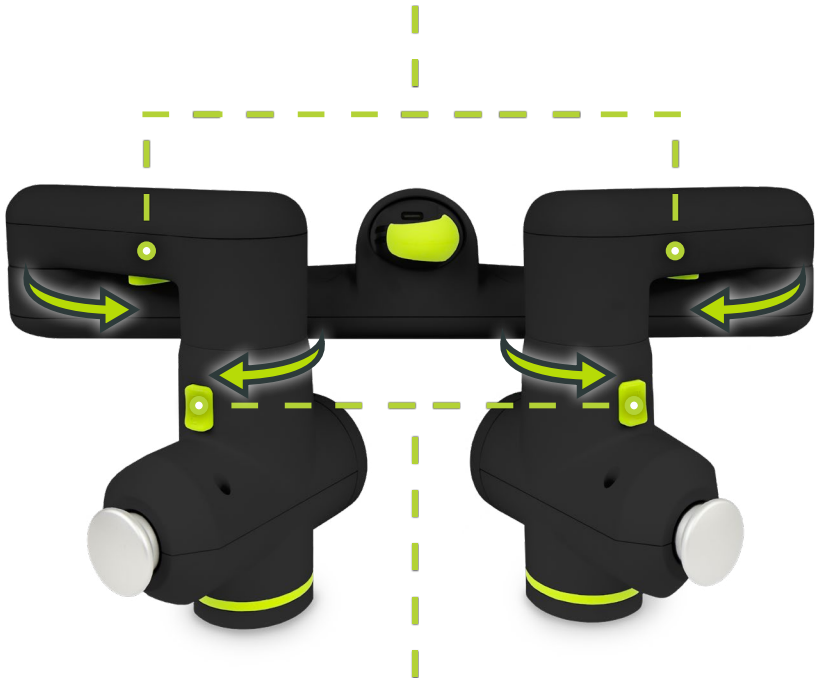
Level 3 - Hard
2400 ± 100RPM

Level 4 - Extreme
2900 ± 100RPM

When not in use, ensure the power is off, indicated by the light turning off. It is recommended to start with intensity level one and gradually increase as desired for optimal comfort. To power off, press and hold the button for 2-3 seconds.

DUAL PRO PERCUSSION MUSCLE MASSAGER DIAGRAM

The extendable arm offers a 150° range of motion over 17 adjustable placement levels.



The percussion massage heads offers a 230° range of motion over 14 adjustable placement levels.

THERAPY GUIDE

NECK & BACK



UPPER TRAPEZUIS/BACK OF NECK:

1. Start in a sitting or standing position with your upper back and neck accessible.
2. Position the massage gun so the base is on top and the heads are facing down. Place each head on either side of your neck and press down on sensitive points.
3. Time: 20 - 120 seconds



LATISSIMUS DORSI:

1. Start upright and position the massage gun to fit snugly against the outside of your lats. Each head should be facing inward toward your body.
2. Massage the outside of the lats on a comfortable setting, moving the massage gun up and down along your frame.
3. Time: 60 - 120 seconds

UPPER & MID BACK



ERECTOR SPINAE:

1. Stand upright and identify the position of your spine. Extend your massage gun into two long sections.
2. Massage the muscles attached to either side of your spine, moving the massage gun up and down as you apply medium pressure.
3. Time: 60 - 120 seconds



TERES MAJOR/TERES MINOR/INFRASPINATUS:

1. Start in a standing position and extend the massage gun into two long sections. Grasp one end and use the opposite head.
2. Reach across your back and massage behind your shoulder toward the side of your armpit.
3. Time: 60 - 120 seconds

LOWER BACK & OBLIQUES



QUADRATUS LUMBORUM/ERECTOR SPINAE - LOW:

- 1.** Stand in an upright position with your lower back relaxed. Identify the position of your spine.
- 2.** Position the heads of the massage gun close together and slightly angled inward. Place it approximately one inch apart on either side of your spine and hold it in place during the duration of the massage.
- 3.** Time: 30 - 60 seconds



OBLIQUES:

- 1.** Stand upright with your core engaged.
- 2.** Widen the massage gun until it matches the size of your torso. Hold it by the base, bring it behind you, and place one head on either side of your torso. Hold it in place and set it to your desired setting.
- 3.** Time: 60 - 120 seconds

CHEST & ABDOMEN



PECS:

1. Sit or stand in an upright posture and hold the massage gun at a 90-degree angle.
2. Position the massage gun so that one head of the gun is placed on either pec. Move the massager in small, circular movements.
3. Time: 60 - 120 seconds



ABS:

1. Stand in an upright position and engage your core.
2. Position the heads of the massage gun close together and place them on your abdomen. Move the massage gun up and down your abdomen as necessary.
3. Time: 30 - 60 seconds

GLUTES



GLUTEUS MEDIUS/PIRIFORMIS:

- 1.** Stand with a straight back and slightly bend your waist forward at the hip.
- 2.** Position the heads of the massage gun so that one head is placed on the upper half of both buttocks. Apply pressure and keep the gun in place.
- 3.** Time: 60 - 120 seconds

SHOULDERS & ARMS



ANTERIOR DELTOID/MEDIAL DELTOID:

1. Stand in an upright position and relax the arm you want to massage.
2. Position the heads of the massage gun close together and point them inward. Hold this position to target two heads of the shoulder.
3. Time: 30 - 60 seconds



TRICEPS:

1. Stand or sit, bend your arm like you're flexing it, and angle it so you're able to place the massage gun comfortably below it.
2. Position the heads of the massage gun close together. Face them inward and press both heads against a single tricep. As you massage, slowly move the massage gun towards your elbow.
3. Time: 30 - 60 seconds

ARMS



FOREARM EXTENSORS - TOP SIDE:

1. Slightly bend your arm at the elbow (palm side down) and position the heads of the massage gun perpendicular to each other.
2. Press one head right below your elbow and the other on your mid-forearm. Massage by gently moving the massage gun on a low-to-medium setting.
3. Time: 30 - 60 seconds



FOREARM FLEXORS - BOTTOM SIDE:

1. Extend one of your forearms and hold the massage gun in the opposite hand.
2. Position the heads of the massage gun perpendicular to each other. Press them firmly against your forearm and keep them in place.
3. Time: 30 - 60 seconds

ARMS



BRACHIALIS + ANTERIOR DELTOID:

- 1.** In a standing or seated position, extend one arm out while the other holds the massage gun. Position the heads of the massage gun so that one head presses against the front of your shoulder, and the other is pressed against your bicep.
- 2.** Activate the massage gun to a comfortable setting. Avoid moving the massage gun too high or too low as to avoid nerve endings.
- 3.** Time: 30 - 60 seconds



PALM & WRIST:

- 1.** Extend one of your arms (palm side up) and hold the massage gun in the opposite hand.
- 2.** Position the heads of the massage gun perpendicular to each other. Press one end right below your wrist and the other on the palm of your hand. Hold that position throughout the massage.
- 3.** Time: 30 - 60 seconds

LEGS



QUADS:

1. Sit on the floor or on a chair. Bring the heads of the massage gun close together.
2. Place both heads of the massage gun on the top side of your thigh. Hold it steady with both hands as you guide it up and down your thigh.
3. Time: 30 - 60 seconds



ADDUCTOR - SINGLE LEG:

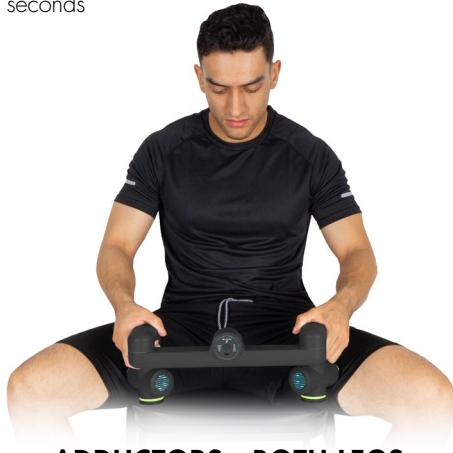
1. Sit on the floor with one hand on the floor for support, then spread your legs.
2. Place both heads of the massage gun on the inside of a single thigh. Set the gun to a comfortable setting and apply pressure.
3. Time: 30 - 60 seconds

LEGS



RECTUS FEMORIS:

1. Sit comfortably on a chair with an upright posture and your legs close together.
2. Place one head of the massage gun at the front of each thigh, just above the knees. Move the gun up towards your hips, focusing on the center of the thigh.
3. Time: 60 - 120 seconds



ADDUCTORS - BOTH LEGS:

1. Sit on a chair with your feet planted on the floor, then spread your legs.
2. Widen the range of the massage gun so that one head is pressed against the inside of each thigh. Apply additional pressure by squeezing your thighs against the gun.
3. Time: 60 - 120 seconds

LEGS



HAMSTRINGS:

1. Stand upright and place the massage gun midway down the back of your thigh.
2. With both heads of the massage gun close together, slowly move the gun along your muscle fibers toward your hip and back down.
3. Time: 30 - 60 seconds

LEGS



CALVES:

1. Get into a lunge position with one foot planted and forward, and the other back with your knee touching the floor.
2. Place both heads of the massage gun on the back of the front calf. Apply pressure and work the massage gun between the top to mid-calf.
3. Time: 30 - 60 seconds



SOLEUS/ACHILLES SOLEUS:

1. Sit on the floor with the leg you're massaging slightly bent.
2. Place both heads of the massage gun on the back of the bent calf. Massage from the mid-center toward the outside of your ankle.
3. Time: 30 - 60 seconds

LEGS



FIBULARIS LONGUS/EXTENSOR DIGITORUM LONGUS:

1. Sit on the floor with the leg you're massaging slightly bent. Position the heads of the massage gun close together and perpendicular.
2. Hold the massage gun vertically and press it against the side of your calf. Keep it in that position for the duration of the massage.
3. Time: 30 - 60 seconds



TIBIALIS ANTERIOR:

1. Sit on the floor with the leg you're massaging slightly bent. Position the heads of the massage gun close together and perpendicular.
2. Hold the massage gun vertically and press it against the muscle directly to the outside of your shin bone. Move the massage gun along the ridge of your bone and muscle.
3. Time: 30 - 60 seconds

FEET



PLANTAR FASCIA:

- 1.** Sit on the floor with your feet uncovered. Position the heads of the massage gun perpendicular and close together.
- 2.** Press one head of the massage gun right below the ball of your foot and the other head on your heel. Hold this position throughout the duration of the massage.
- 3.** Time: 30 - 60 seconds

Battery Information

1. The massage gun is equipped with a lithium-ion rechargeable battery. Do not expose the battery to fire, puncture, or extreme heat.
2. If the battery overheats excessively during operation, stop use immediately and allow the device to cool.
3. Do not attempt to open, repair, or replace the battery yourself.
4. Be sure to turn the power off when the massage gun is not in use.
5. Make sure your massage gun is fully charged before its first use.

SPECIFICATIONS

Input: AC 100-240V 50/60Hz **Output:** DC 5V / 2A 10.8V/2500mAh

Type of Battery: Lithium-ion Rechargeable Battery **Noise Level:** 55 Decibels

Type of Motor: DC 12V Brushless Motor



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WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED 1 YEAR WARRANTY

ProsourceFit warrants its products to be free from defects in materials and workmanship under normal use and service for one year from the date of purchase. This warranty applies only to the original purchaser and is not transferable.

ProsourceFit's sole discretion determines manufacturing defects. This Limited 1-Year Warranty covers manufacturing defects, including any defects in materials & workmanship.

THIS LIMITED 1-YEAR WARRANTY DOES NOT COVER:

- Normal wear and tear
- Misuse
- Failure to follow use, care, and safety instructions
- Loss and/or theft
- Damage caused by accidents, abuse, or negligence
- Products that have been modified or repaired by unauthorized parties
- Products used for commercial purposes

This Limited 1-Year Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.

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