

IMPACT™

PERCUSSION MASSAGE GUN



ENGINEERED FOR ALL PERFORMANCE

Utilize the IMPACT™ gun before, during or after workouts for maximum benefits. Percussion massage can help accelerate muscle tissue responsiveness and recovery by increasing hydration, range of motion and function to tight muscles.

Always start using the TriggerPoint IMPACT on the lowest setting with the lightest pressure. Place head of massage gun on desired muscle, and turn on IMPACT to low speed. Apply pressure according to the following based on time of workout:

Pre-Workout: High Speed + Light Pressure: Less than 30 seconds per muscle group at a high setting. Aids in motor control, coordination and body awareness.

During Workout: High Speed + Deep Pressure: Less than 30 seconds per muscle group to help maintain stimulation, circulation and recovery.

Post-Workout: Low Speed + Deep Pressure: Apply pressure for 60 seconds or more to offer aid in hydrating tissue and speeding up recovery.

To access online videos on product information, benefits and how to use product, instructions visit TriggerPoint's Video Portal — tptherapy.com/watch

QUADS — Warmup

Activate the muscle prior to exercise to help reduce the risk of injury



Setup

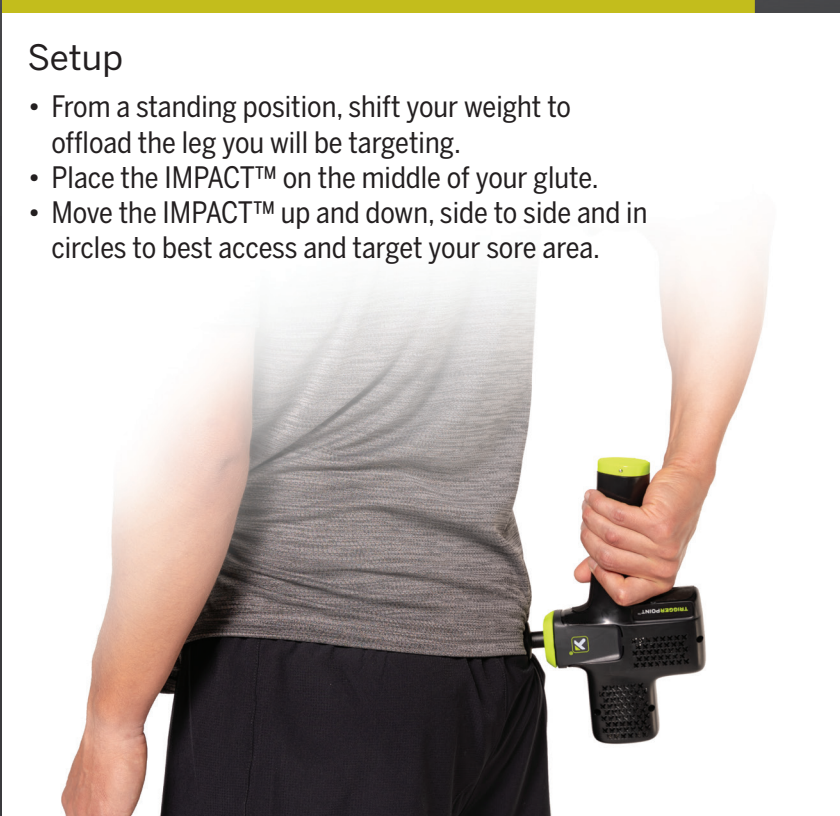
- From a seated position, relax your outstretched leg.
- Place the IMPACT™ on the middle of your quad.
- Move the IMPACT™ up and down, side to side, and in circles for less than 30 seconds to best activate muscle.

Programming:

- Use a higher setting with lighter pressure, moving quickly to warm up and activate your muscle.
- Massage for 30 seconds or less.

GLUTES — Recovery

Relax the muscle to aid in recovery



Setup

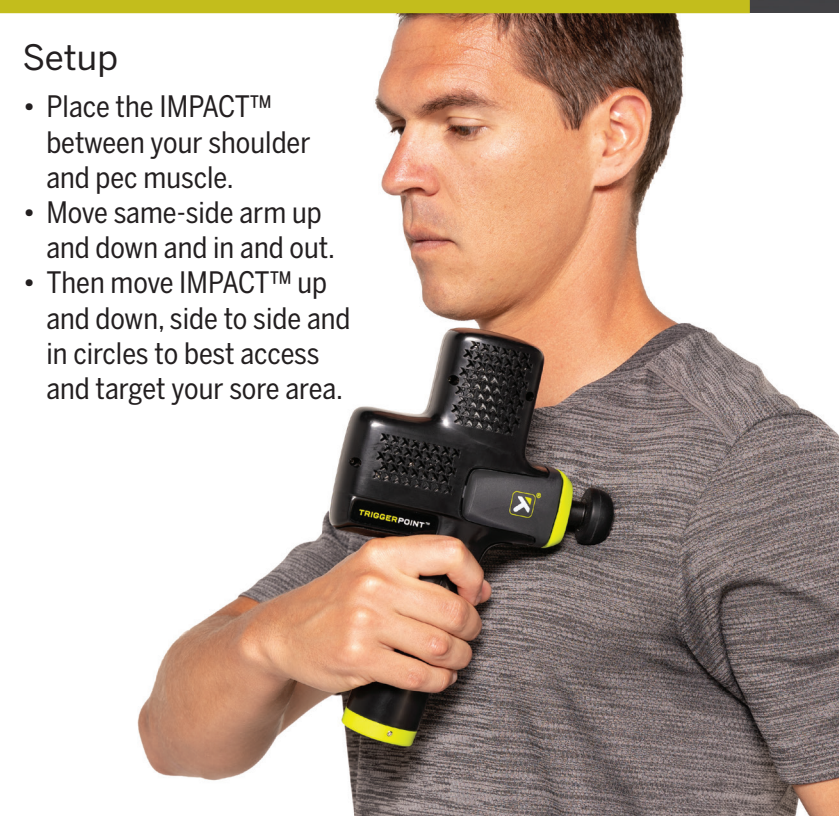
- From a standing position, shift your weight to offload the leg you will be targeting.
- Place the IMPACT™ on the middle of your glute.
- Move the IMPACT™ up and down, side to side and in circles to best access and target your sore area.

Programming:

- Use a lower setting with deeper pressure, moving slowly for best recovery results.
- Massage for 90 seconds or more on each side.

PECS — Recovery

Relax the muscle to aid in recovery



Setup

- Place the IMPACT™ between your shoulder and pec muscle.
- Move same-side arm up and down and in and out.
- Then move IMPACT™ up and down, side to side and in circles to best access and target your sore area.

Programming:

- Use a lower setting with deeper pressure, moving slowly for best recovery results.
- Massage for 90 seconds or more on each side.

CALVES — Warmup

Activate the muscle prior to exercise to help reduce the risk of injury



Setup

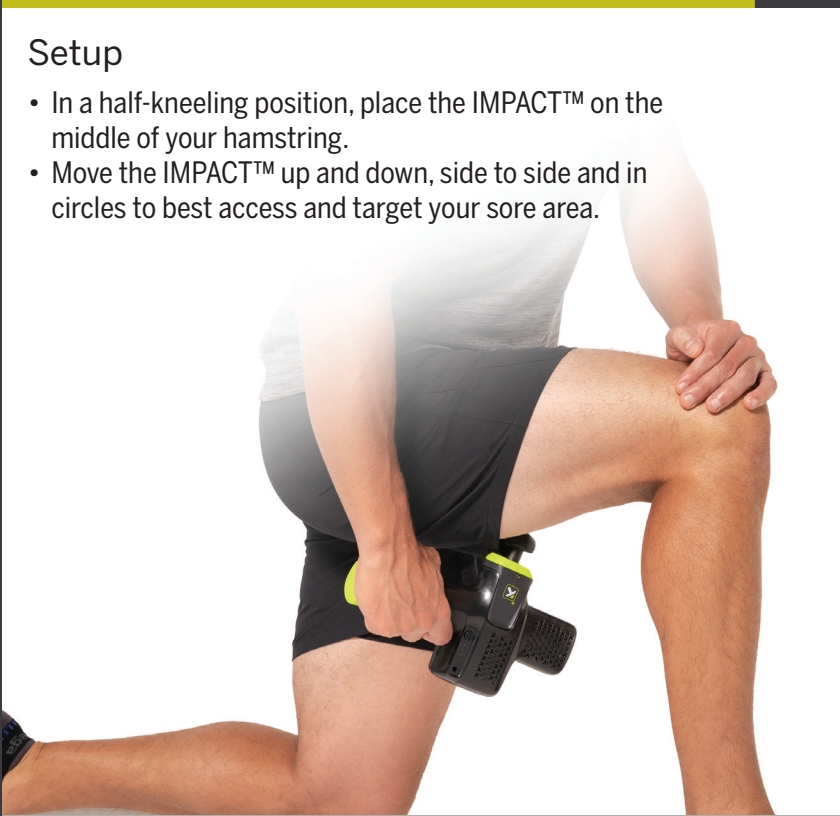
- In a half-kneeling position, place the IMPACT™ on the middle of your calf.
- Move the IMPACT™ up and down, side to side, and in circles for less than 30 seconds to best activate muscle.

Programming:

- Use a higher setting with lighter pressure, moving quickly to warm up and activate your muscle.
- Massage for 30 seconds or less.

HAMSTRING — Recovery

Relax the muscle to aid in recovery



Setup

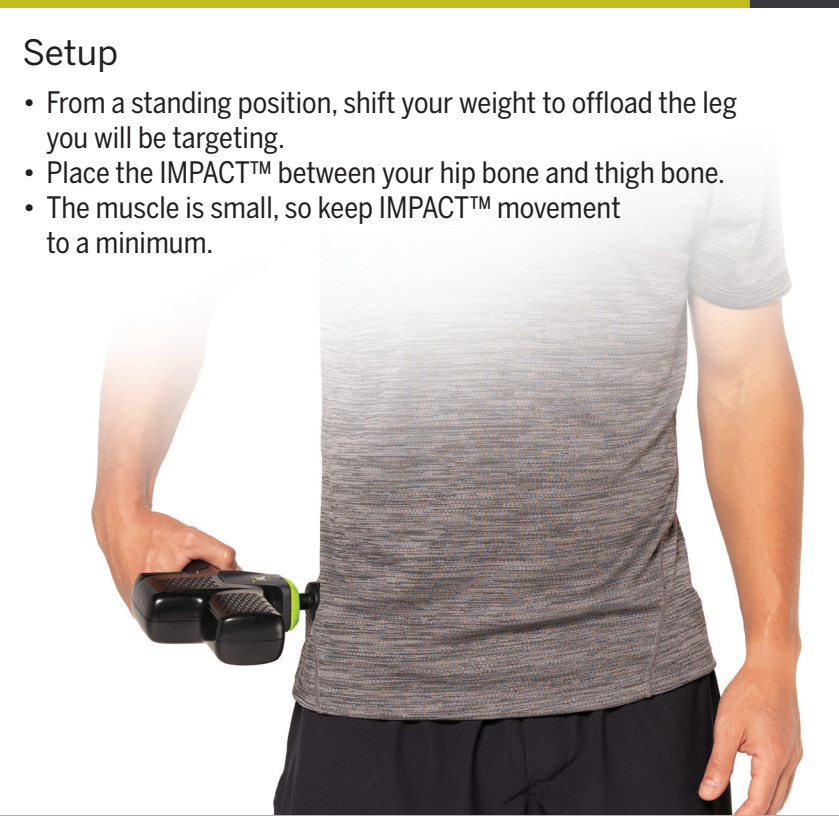
- In a half-kneeling position, place the IMPACT™ on the middle of your hamstring.
- Move the IMPACT™ up and down, side to side and in circles to best access and target your sore area.

Programming:

- Use a lower setting with deeper pressure, moving slowly for best recovery results.
- Massage for 90 seconds or more on each side.

TFL — Recovery

Relax the muscle to aid in recovery



Setup

- From a standing position, shift your weight to offload the leg you will be targeting.
- Place the IMPACT™ between your hip bone and thigh bone.
- The muscle is small, so keep IMPACT™ movement to a minimum.

Programming:

- Use a lower setting with deeper pressure for best recovery results.
- Massage for 90 seconds or more on each side.



TRIGGERPOINT™

IMPACT™

PERCUSSION MESSAGE GUN



OUR MISSION AT TRIGGERPOINT IS TO KEEP YOU MOVING.

At TriggerPoint™, we are committed to empowering people to take care of their body by designing innovative self-massage products and education that enhance muscle recovery, improve mobility and help you move and feel better. TriggerPoint products are designed to mimic a massage therapist's hands for safe, effective self-myofascial release. We believe that combining innovative products with education is the key to helping people achieve better movement.

IMPACT™ BENEFITS:

- Percussion massage can help increase blood flow, hydrate muscle tissue and promote better flexibility and range of motion.
- The IMPACT™ includes one versatile head attachment to be used before a workout to activate muscles, during the workout to maintain tone and circulation and after a workout to speed the recovery process.
- Percussion massage frequencies of 2154±300 rpm, 2491±300 rpm, 2907±300 rpm and 3297±300 rpm for muscle relaxation
- Quicker results in muscle recovery and enhanced mobility

CONTACT US

Web: tptherapy.com
 Toll Free: 1-800-446-7587
 Email: help@4implus.com

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:
 Read all instructions before using.

DANGER – To reduce the RISK OF ELECTRIC SHOCK:

- Always unplug this appliance from the electrical outlet immediately after charging and before cleaning.

WARNING – To reduce the risk of BURNS, FIRE, ELECTRIC SHOCK OR INJURY to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not charging, and before putting on or taking off parts. Make sure hands are dry when plugging and unplugging.
- **DO NOT** immerse unit in water. Keep liquids away from ventilation ports, buttons and switches.
- **DO NOT** remove screws or attempt to disassemble.
- **DO NOT** operate continuously for more than one hour. After one hour of use, allow unit to rest for 30 minutes before reusing.
- For adult use only and keep out of reach of children.
- **DO NOT** use if injured and seek the advice of a physician or other medical professional.
- Unplug the unit after charging or prior to use.
- For storage or travel, toggle power switch to OFF position.
- Use product **only** according to Instructional Use materials available at tptherapy.com. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or if it has been dropped into water. Return the appliance to the manufacturer for examination, repair or replacement if within the warranty period.
- **DO NOT** carry this appliance by supply cord or use cord as a handle.
- Keep unit and cord **AWAY** from heat sources and surfaces.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use outdoors.
- **DANGER – DO NOT** reach for an appliance that has fallen into water. Unplug immediately.
- **DANGER – DO NOT** use while bathing or in a shower or swimming pool.
- **DANGER – DO NOT** place or store appliance where it can fall or be pulled into a tub, sink or swimming pool. **DO NOT** place in or drop into water or other liquid.

– SAVE THESE INSTRUCTIONS

OPERATING INSTRUCTIONS

Please read prior to use:

CHARGING

- Fully charge for 2 hours before first use. Subsequent charges for 2 hours, or until the power level LED lights are continuously lit, which indicates your unit is fully charged.
- To charge, connect the adapter to the charging port and plug into the wall charger.
- After powering the unit on or off, the power level LED lights will momentarily illuminate to show the battery level. Unit may be recharged at any time at any battery level.
- It is not recommended to fully deplete the battery.
- Clicking the power button to OFF isolates power from the circuitry and is recommended during storage and travel.

OPERATING

- Press the power button once and LED ring will show the volume of batteries. Press the power button again to turn unit on at the first level of vibration. Pressing the power button will increase to the next level of the 4-speed settings. Pressing the power button through the 4th power level or holding the button for 2-3 seconds will turn the unit off.
 - 1st press – power indicated
 - 2nd press – low vibration freq.
 - 3rd press – middle vibration freq.
 - 4th press – high vibration freq.
 - 5th press – max vibration freq. (pressure more 1.5 kgf)
 - 6th press – power off
- Do not operate continuously for more than one hour. After one hour of use, allow unit to rest for 30 minutes before reusing.
- After 10 minutes of continuous use, the unit will shut down automatically.

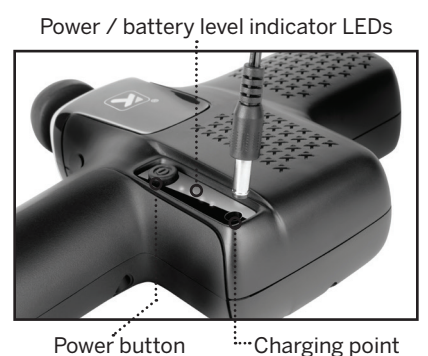
MAINTENANCE, CLEANING AND STORAGE

- Use a dry towel or soft, dry cloth to wipe any moisture from unit.

USAGE INSTRUCTIONS

SPECIFICATIONS

- AC Charger:
- Model: SAW30A-260-1000U
- Input: 100-240V 50/60Hz 0.8A
- Output: 26V $\bar{\bar{=}}$ 1000mA
- The IMPACT™ should only be used with the provided, certified AC charger.
- IMPACT™ Input: 26V $\bar{\bar{=}}$ 1000mA
- Percussion massage frequency:
 - 1: 2154±300 rpm
 - 2: 2491±300 rpm
 - 3: 2907±300 rpm
 - 4: 3297±300 rpm
- Weight: 2.4 lbs (1.1 kg)
- Timer: 10 mins
- Manufactured in China



Power / battery level indicator LEDs
 Power button
 Charging point



AC wall charger

PRODUCT DISCLAIMER

This product is not intended to diagnose, treat, cure or prevent any injury or disease. Not to be used as a substitute for medical care or consultation or as care for injuries or pain. Always seek the advice of your physician or medical professional regarding any injury or disease or use of this product in connection with prescribed treatment prior to using this product. Consult with your health care provider about any questions you may have regarding any existing medical conditions. TriggerPoint™ does not assume responsibility of any kind of improper use or manipulation not provided herein of its products.

WARRANTY INFO

One-Year Limited Guarantee: TriggerPoint™, a division of Implus Footcare, LLC, warrants that all of the products we manufacture will be free of defects for up to one year from the original date of purchase. This does not include or cover damage caused by transit, accident, normal wear and tear or lost merchandise. Product must be purchased through TriggerPoint, directly, or from an authorized reseller. If, within one year of purchase you feel you may have received a product that is not functioning as expected, please contact our Customer Service Department for a Return Authorization to ensure that your issue is resolved in a timely manner. Shipping charges are the responsibility of the buyer and will not be paid by TriggerPoint. Customer Service is available Monday - Friday, 8 am to 5 pm Eastern Standard Time, at 1-800-446-7587 or help@4implus.com.