

eros PRO

LOVE YOUR BODY



Massage Gun User Manual

Model: I-MG001

www.inevifit.com

INEVIFIT LLC, 1470 E Valley Rd. #50216, Santa Barbara, CA 93150 USA © 2024

TABLE OF CONTENTS

INEVIFIT MESSAGE	2
MANUFACTURER'S WARRANTY	3
UNDERSTANDING MASSAGING	4
UNDERSTAND YOUR MASSAGE GUN	5
• Eros Pro Massage Gun	5
• Technical Specifications	6
• LED Display & Control	7
• Massage Heads	8
• Massage Head Notes	9
INSTRUCTIONS	10
• Quick Start	10
• Video Guide	11
• Automatic Features	12
• Charging	13
• Charging Notes	13
• Cleaning and Maintenance	14
• Storage	14
TROUBLESHOOTING	15
• Error Codes	15
• FAQs	16
• Resolution Guide	17
WARNINGS & SAFETY PRECAUTIONS	19
REGULATORY COMPLIANCE	21
• FCC Statement	21
• Industry Canada Statement	22

INEVIFIT MESSAGE



Thank you for choosing INEVIFIT to aid you in your fitness journey. We have designed the Eros Pro Massage Gun to make your life easier when it comes to giving your muscles a deep-tissue massage to assist in muscle recovery and your fitness progress. We strive to provide every customer with the ultimate INEVIFIT Experience. For more information about us, please visit: www.inevifit.com

The Eros Pro Massage Gun provides a high amplitude (14mm) deep tissue massage to assist with myofascial release and overall muscle tightness. The adjustable speeds and interchangeable massage head allow for customizing the massage experience to properly soothe your main muscle groups.

Your Eros Pro Massage Gun comes with the following.

• Eros Pro Massage Gun	• 5 Massage Heads
• Instruction Manual	• Massage Head Bag
• AC-DC Charger	• Storage Case
• 2 Rubber Sleeves	• 5-Year Manufacturer's Warranty

Please read this full instruction manual carefully before use. If you have any questions regarding the operation of your Eros Pro Massage Gun, please feel free to contact us and we will be glad to provide you with the ultimate INEVIFIT customer service experience.

MANUFACTURER'S WARRANTY

With the purchase of your Eros Pro Massage Gun, you get a 5-Year Manufacturer's Warranty. INEVIFIT LLC warrants your massager against defects in material and workmanship for five (5) years, for the original purchaser, from the date of purchase. Proof of purchase is required. The warranty is void if the product has been subjected to mechanical damages or mistreatments, such as immersion or negligence. This warranty is in lieu of all other warranties and limits the liability of the manufacturer. Issues arising from improper maintenance, accidents, or misuse are not covered under the Manufacturer's Warranty.

Activate your 5-year warranty by visiting www.inevifit.com/warranty



If you believe that your massage gun may be defective, please contact us directly:

INEVIFIT LLC
1470 E. Valley Rd #50216
Santa Barbara, CA 93150
Email: Support@inevifit.com
Phone: 1-800-998-7974

Web: www.inevifit.com

UNDERSTANDING MASSAGING

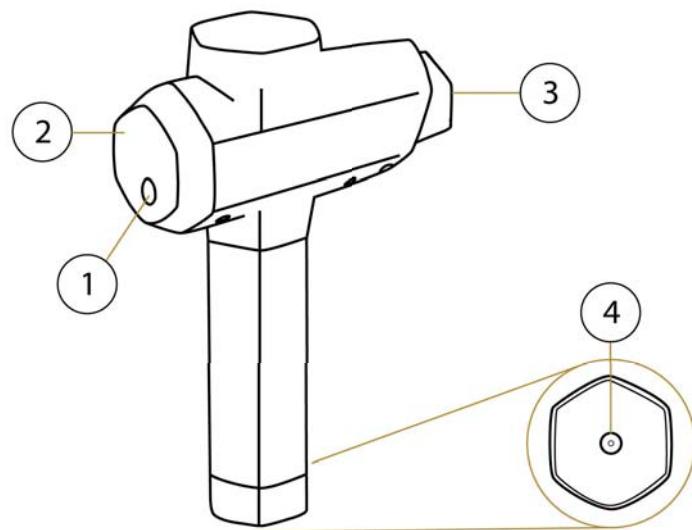


Deep tissue percussion massage is a therapeutic technique that involves the use of a specialized handheld device known as a massage gun or percussion massager to apply rapid, concentrated pressure to specific areas of the body. This type of massage is designed to target the deeper layers of muscles and connective tissue to assist in alleviating muscle tension and promote relaxation. The rapid pulsations can help in reducing lactic acid buildup and are often used by physical therapists and athletes to enhance range of movement as well as speed up muscle recovery.

Disclaimer: Consult with a healthcare professional before using the massage gun and follow all safety guidelines mentioned in the instruction manual. The Eros Pro Massage Gun is not a toy and should be used responsibly.

UNDERSTAND YOUR MASSAGE GUN

EROS PRO MASSAGE GUN



1 Power Button

2 LED Display

3 Massage Head Socket

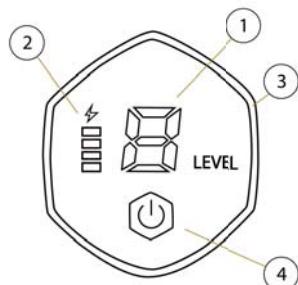
4 Charging Port

TECHNICAL SPECIFICATIONS

Product Name	Massager
Model Number	I-MG001
6 Speeds	1700rpm 1900rpm 2100rpm 2300rpm 2500rpm 2800rpm
Power	43.2W
Dimensions	6.7 x 9.8 x 2.7in / 17.1 x 24.9 x 6.9cm
Weight	2.16 lbs / 0.98 kg (Net Weight)
Current	DC IN: 24V 0.8A
Battery Capacity	2000mAh
Amplitude	14 mm
FCC ID	2BB75I-MG001



LED DISPLAY & CONTROL



1 SPEED INDICATOR

Level 1: **1700 RPM**
Level 2: **1900 RPM**
Level 3: **2100 RPM**
Level 4: **2300 RPM**
Level 5: **2500 RPM**
Level 6: **2800 RPM**

2 BATTERY INDICATOR

Displays battery charge while powered ON, and blinks when charging.

3 PRESSURE INDICATOR

Changes colors to indicate level of pressure being exerted by the massage gun:
White: Little to no pressure
Blue: Good pressure
Red: Too much pressure

4 POWER BUTTON

POWER ON/OFF

Press & hold the power button 2 seconds to power the massage gun ON or OFF.

ADJUST MASSAGE SPEED

Tap the power button to switch speed while the massage gun is powered ON.

MASSAGE HEADS

The Eros Pro Massage Gun includes five massage heads which can be used for a superior massaging experience depending on the particular muscle group being targeted. Please refer to the section below for a better understanding of the intended purpose of each massage head.



BALL HEAD

For general use, designed to target large muscle groups, and effectively ease sore muscles.



FLAT HEAD

Offers larger coverage, suitable for all parts of the body, including trigger points and the lower back.



BULLET HEAD

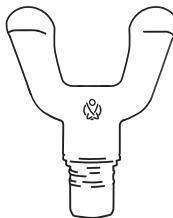
Specialized for precise targeting, suitable for joints, deep tissue, trigger points, meridians, palms, soles, and other complex muscle groups

MASSAGE HEADS



WEDGE HEAD

For relaxing abdominal muscles and the lower back, as well as for scraping the shoulder blades or IT bands.



FORK HEAD

Ideal for addressing the biceps, calves, forearms and foot muscles with a dual pressure point support.

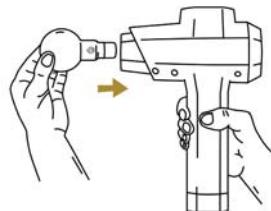
MASSAGE HEAD NOTES

- **Choose the Right Attachment:** Select the appropriate attachment for your intended use to prevent injury or discomfort.
- **Do Not Use On Bony or Sensitive Areas:** Avoid direct use on bony areas, joints, or sensitive body parts like the head, neck, face, throat, spine, or genitals.

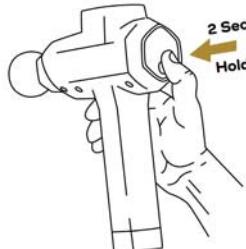
INSTRUCTIONS

QUICK START

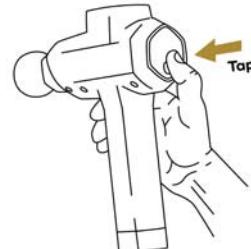
- 1 Install the desired **massage head** in the massage gun by aligning the base with the socket and **firmly pressing it all the way in**. Only install or remove the massage head when the device is OFF to prevent injury.



- 2 Power ON the massage gun by **holding** the **Power Button** for **2 seconds**, and **select speed** by **tapping** on the **Power Button**.



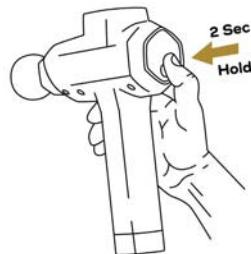
Hold 2 seconds to Power ON



Tap to change Speed

QUICK START

3 Power OFF the massage gun by holding the **Power Button** for 2 seconds.



Hold 2 seconds to Power OFF

VIDEO GUIDE

We have created a special series of videos to assist you with the setup and understanding how to massage different muscle groups.

Please visit: www.inevifit.com/erospro or scan the QR code below.



AUTOMATIC FEATURES



AUTO STANDBY

The massage gun will go into standby mode if it is ON for 15 minutes with no load. Simply touch the power button to continue the massage.



AUTO OFF

The massage gun will automatically power OFF if it has been idle for 3 minutes on standby. If this occurs, simply hold the power button for 2 seconds to continue the massage.



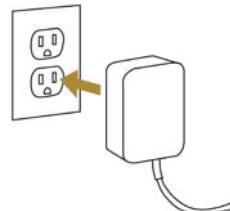
AUTO STOP

The massage gun motor will stop if it is overloaded with too much pressure, and display error code "E". If this occurs, simply touch the power button to continue the massage.

CHARGING

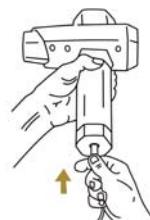
1

Connect the supplied massage gun charger to a wall outlet.



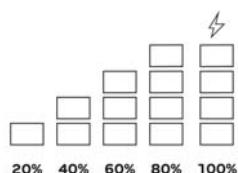
2

Connect the charging cable to the charging port of the massage gun, located at the bottom of the handle.



3

Continue charging until the battery indicator is in a fully charged state.



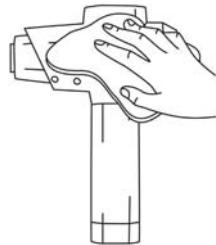
CHARGING NOTES

- Only use the supplied charger when charging your massage gun to prevent the risk of fire or damage.
- It is best to recharge once the battery indicator reaches a single bar.
- The device can provide up to 3 hours of use on a full charge, depending on massage speed and intensity.

CLEANING AND MAINTENANCE

1

Always disconnect and power OFF the massage gun for cleaning.



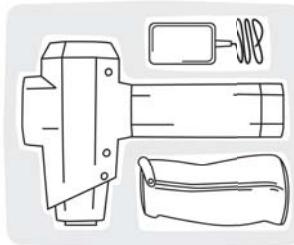
2

Wipe the massage gun using a damp cloth to remove any dirt or sweat residue.

- The massage gun should be cleaned as needed after and in between uses.
- Do not use chemicals or abrasive materials that may damage the device.

STORAGE

For storage and transport, properly place the massage gun in the storage case. Avoid storing the device in areas exposed to direct sunlight or extreme temperatures, as it may damage the battery or other components.



TROUBLESHOOTING

ERROR CODES

Common Error codes that may be experienced with normal use are as follows:



BATTERY LOW ERROR

If the battery is below the required charge for operation, the "L" error code will display on the screen. Please charge the massage gun with the supplied charger.



OVERLOAD ERROR

If the massage motor is overloaded during operation, the "E" error code will display on the screen. Please tap on the power button to continue the massage, but use less pressure to prevent the motor from stalling.

****If you are experiencing other issues, please contact support via email at support@inevifit.com or phone at 1-800-998-7974 so that one of our support specialists may assist you to resolve the problem.**

FREQUENTLY ASKED QUESTIONS (FAQS)

If you have a question not found here, we welcome you to contact us at support@inevifit.com or call us at 1-800-998-7974 and we will be glad to personally assist you.

Are massage guns suitable for everyone?

While massage guns are generally safe, they may not be suitable for individuals with certain medical conditions or sensitivities. Consult a healthcare professional before use, especially if you have health concerns.

How do I use a massage gun effectively?

Start with the lowest intensity setting and gradually increase it as needed. Keep the gun moving, avoid bony areas, and use appropriate attachments for different muscle groups. Don't use it on your face, neck, or head.

Do massage guns have any side effects?

When used correctly, massage guns generally have minimal side effects. However, applying excessive pressure or using them on inappropriate areas can lead to discomfort or bruising.

Can I travel with my massage gun?

The massage gun comes with a storage case. Ensure all accessories are properly packaged and check airline regulations for battery-powered devices.

Can I use a different charger to charge the massager?

It is recommended to only use the charger that is included with your massage gun to prevent damaging the device. If you have lost the charger, contact us so that we may provide you with adequate replacement options.

What should I do if my massage gun stops working or malfunctions?

If your massage gun has issues, refer to the manufacturer's warranty and troubleshooting guidelines. Contact customer support for assistance if necessary.

Always prioritize safety and consult with healthcare professionals when in doubt about using a massage gun.

RESOLUTION GUIDE

PROBLEM	CAUSE	SOLUTION
Massage Gun Not Charging	Improper electrical connection	Ensure that the charger is properly connected to the electrical outlet and that the electrical outlet being used has power.
	Incorrect charger	Ensure that you are using the original supplied charger.
Automatically Changes Speed	Power button may have been touched	Be sure to not make contact with the power button during a massage as this may result in changing speeds.
Doesn't Switch Speed	Improper pressing of power button	Ensure that power is ON, and tap on the power button to switch speeds. Be sure to remove any gloves as they can sometimes make the touch sensor not detect the press.
Massage Head Falls from Massage Gun	Massage Head is not properly installed	Re-install the massage head by aligning the hexagon base into the socket. Place at least 20 pounds of pressure on the massage head into the massage gun to ensure proper installation.
	Worn rubber sleeve on massage head	Remove the massage head rubber sleeve from the massage head and install the replacement sleeve included with massage gun.
Unable to remove massage head	Massage head is stuck in the socket	Apply a back and forth twisting motion as you pull the massage head away from the massage gun.

RESOLUTION GUIDE

PROBLEM	CAUSE	SOLUTION
No Power/Not Turning ON	Improper pressing of power button	Hold the power button for 2 seconds with your finger. Be sure to remove any gloves, as they can sometimes make the touch sensor not detect the press.
	Battery is too low.	Charge your massage gun and try again.
Massage Gun Automatically Shuts down	Battery is too low.	Charge your massage gun and try again.
	Oveheating	Wait for 30 minutes for the massage gun to cool down, and try again.
	Massage Gun stops running after 15 mins	Tap on the Power Button to select a speed.
	Too much pressure is being applied	Avoid massaging with excessive pressure.
Massage Gun is getting too hot	Too much pressure is being applied to the massage gun or it is being used for too long of a massage without time to cool down.	Wait for 30 minutes for the massage gun to cool down, and try again.

****If you are experiencing other issues, please contact support via email at support@inevifit.com or phone at 1-800-998-7974 so that one of our support specialists may assist you to resolve the problem.**

WARNINGS & SAFETY PRECAUTIONS

Massage guns can be effective tools for relaxation and muscle recovery, but they should be used with caution to ensure safety and avoid potential injury. Follow these warnings and precautions when using a massage gun:

Read the User Manual: Use this product only as described in this User Manual. Use only recommended accessories and replacement parts.

Not for Everyone: Massage guns may not be suitable for everyone, including individuals with certain medical conditions, injuries, or sensitivities. **Consult your doctor if you are considered or are dealing with any of the following:**

- Open Wounds or Recent Surgery
- Neurological Conditions
- Bone Conditions
- Heart Conditions
- Skin Conditions
- Pregnant
- Children under 8 years of age
- Blood Clot Risk
- Implanted Medical Devices like pacemakers or defibrillators

Choose the Right Attachment: Select the appropriate attachment for your intended use to prevent injury or discomfort.

Start at Low Intensity: Begin a low speed and little pressure. Gradually increase the speed and pressure as your muscles acclimate to the massage.

Keep the Device Moving: Always keep the massage gun moving and avoid prolonged exposure to a single spot. Prolonged application on one area can lead to bruising, soreness, or tissue damage.

Maintain Good Hydration: Drinking water before and after a massage gun session can help prevent muscle cramps and dehydration.

Listen to Your Body: Pay attention to your body's signals. If you experience pain, discomfort, or any unusual sensations during or after using the massage gun, stop using it immediately and consult with a medical professional.

Do Not Apply Excessive Pressure: Excessive force or pressure can cause pain or injury.

Do Not Use On Bony or Sensitive Areas: Avoid direct use on bony areas, joints, or sensitive body parts like the head, neck, face, throat, spine, or genitals.

Do Not Overuse: Avoid using the massage gun for sessions over 30 minutes to prevent overstimulation of the muscles being massaged.

Do Not Use If Damaged: Before each use, inspect the massage gun for any visible damage, loose parts, or worn attachments to prevent injury.

Do Not Operate Under a Blanket and Pillow. Excessive heating can occur and cause fire, electric shock, or injury.

Do Not Immerse In Water. Keep away from liquids. Do not expose the massage gun or charger to rain, snow, or high moisture.

Do Not Use in High Temperatures: Keep the device away from high heat sources and extended exposure to direct sunlight as high temperatures can degrade motor performance and lead to overheating.

Do Not Disassemble. Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The warranty will be void if the product or charger is disassembled or if any parts have been removed.

Summary: Always prioritize safety and seek guidance from a healthcare professional if you have any doubts about whether a massage gun is suitable for your specific situation. Additionally, if you experience any unusual discomfort or pain while using a massage gun, discontinue use immediately and consult a healthcare provider.

REGULATORY COMPLIANCE

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.

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.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

INDUSTRY CANADA STATEMENT

This device complies with ISED's licence-exempt RSSs. 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.

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

1. Le dispositif ne doit pas produire de brouillage préjudiciable, et
2. Ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

Quick Start



eros **PRO**
LOVE YOUR BODY