

Dr.Rock

Dr.Rock Mini 2s

Massage Gun
按摩儀

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www.zikkotech.com

User's manual

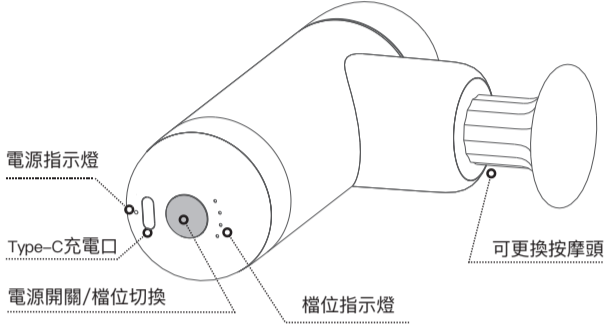
使用說明書

Dr.Rock Mini 2s 按摩儀說明書





產品簡介

Dr.Rock Mini 2s 按摩儀是一款無線式、輕便攜帶式振動放鬆設備，可深層緩解肌肉僵硬和酸痛，增加血液循環、提高運動能力，並改善身體軟組織的整體健康狀況。具有四檔按摩模式，是居家、旅行、運動理想的肌肉放鬆工具。

產品結構示意圖



按摩頭

 球形頭 適合於按摩手臂、腰部、臀部、大腿、小腿等肌肉群	 扁平頭 適合於各部位的放鬆、塑形
 子彈頭 適合於衝擊深層組織，如筋絡、手掌、足底等	 U形頭 適合於頸部與脊椎、跟腱處

產品使用

安裝步驟
根據按摩需求選擇按摩頭插入筋膜槍前方圓孔內

任選其一

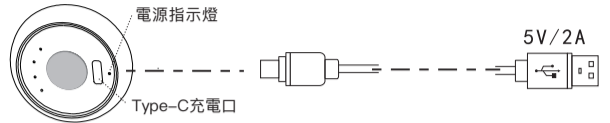
安裝效果圖

按鍵示意圖

開/關機
長按1.5秒電源鍵開機或關機
* 建議開機啟動運轉5秒後再使用
* 充電時不可使用!
* 因為是金屬機身，長時間使用會發熱，屬於正常現象。

檔位切換
開機後短按電源鍵切換檔位
可循環切換1、2、3、4檔
* 為保護馬達，機器使用10分鐘電機會進入保護狀態，自動關機；如繼續使用，重新開機即可

充電



電量指示

電源指示燈	狀態	描述
綠燈	閃爍1次	電量0-30%
綠燈	閃爍2次	電量30-70%
綠燈	閃爍3次	電量70-100%
綠燈	常亮	充電完成关机
紅燈	閃爍1次	電量將用尽关机
紅燈	常亮	正在充電中

運行狀態 ○為亮燈狀態

檔位指示燈

檔位指示燈	狀態	描述
藍燈	●●●●	一档
藍燈	●●●○	二档
藍燈	●●○●	三档
藍燈	●○●○	四档

參數規格

型號: H-MG100
品名: Zikko (即刻) Dr.Rock Mini2s按摩儀
按摩模式: 勻速
轉速檔位: 1800/2200/2600/3000轉/分鐘, 按一下增檔
功率: <30W
輸入電壓: DC 5V/2A
電池容量: 2000mAh, 14.8Wh, 鋰電池
續航時長: 約4-6小時(空載)
充電時間: 約3小時
尺寸: 70*137*42mm (不含按摩頭)
重量: 約410克

包裝詳情

- 按摩儀主機x1
- 球形按摩頭x1
- 使用說明書x1
- 子彈按摩頭x1
- 充電線x1
- 扁平按摩頭x1
- U形按摩頭x1

特別注意

為減少故障、觸電、受傷、死亡及設備損壞的危險，在使用本產品前，請認真閱讀本手冊。

- 禁止在非乾燥、非潔淨皮膚表面上使用，可以隔着衣服使用，輕輕在皮膚上按壓、移動；
- 禁止在頸部以上和肌肉覆蓋較少的部位使用，禁止在骨頭上使用，在不產生疼痛或不適的情況下，只在身體的軟組織上使用本產品；
- 禁止在產生淤青、出現不適的部位使用；
- 禁止將任何物體放置在產品的發熱處；
- 禁止將產品浸入水中，也不要讓水進入產品；
- 禁止將產品投入火中或靠近火源；
- 禁止故意摔落產品；
- 禁止以任何方式拆卸本產品；
- 禁止手指、頭髮或身體其他部位塞入按摩頭安裝孔，有可能會被夾住；
- 青少年(12-18歲)需在家長的陪同下使用，禁止獨自使用，禁止12歲以下兒童使用；
- 肌肉損傷如需使用本產品，請先諮詢醫生或在專業人士陪同下使用。

重要提示
未獲得醫生同意，請在以下任意情況下謹慎使用本產品。懷孕、糖尿病併發症(如神經病變或視網膜損傷)、佩戴起搏器、癱瘓或偏頭痛、椎間盤突出、脊椎前移、椎骨脫落或椎關節強硬、近期做過手術等任何與您身體健康相關的問題，這些並不意味您無法使用本產品，建議使用前諮詢醫生。實踐表明，在許多情況下，將推拿訓練結合到治療方案中也是一種治療方式，但必須在醫生、專家或治療師的建議或陪同下進行。

售後服務


一年質保
自購買之日起整體機質保一年，所附帶的配件質保6個月。因產品製造缺陷造成的質量問題，無法正常使用，將由我司負責免費維修、換貨、或更換必要的組件。

- 由事故、進用、處理不當或運輸造成的損壞；
- 未經允許擅自維修產品；
- 產品未根據說明書保養或使用；
- 損失高於產品成本；
- 由於客戶工作場所存放或保護條件異常造成交付出現質量問題；
- 無法提供有效的購買憑證；
- 非官方或授權渠道購買的產品

一些州和國家/地區不允許限制故障賠償，所以上述限制可能對您不可用。此保修會保障具體的法定權利，但其他權利可能因國家/地區和州而異。本保修服務由Zikko (香港) 數碼科技有限公司、即刻(中國)有限公司提供。如果您是客戶，請聯繫直接購買產品的實體店、經銷商或者零售店，以了解保修和退貨的程序。

After Service Card

售後服務保障卡

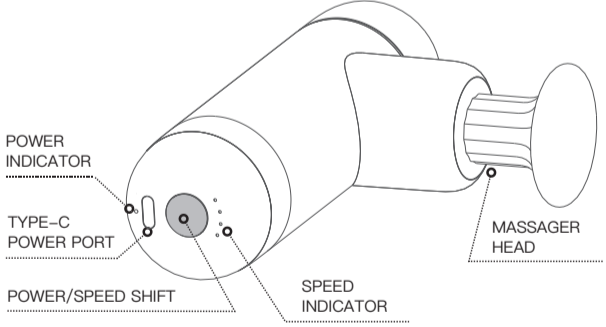
Product Name 產品名稱	
Product Model 產品型號	
Product Serial No. 產品序列號	
Purchasing Date 購買日期	
Customer Name 顧客姓名	
Phone 聯繫電話	
E-Mail 郵箱	
Add. 聯繫地址	
Distributor Name 經銷商名稱	
Phone 聯繫電話	
E-Mail 郵箱	
Sign/Seal Here : 經銷商簽章:	

Dr.Rock Mini 2s Massage Gun



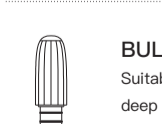

Product introduction

Dr.Rock Mini 2s massager is a wireless, light and portable vibration relaxation device that can deeply relieve muscle stiffness and soreness, increase blood circulation, activity performance, and improve the overall health of the body's soft tissues. With four-speed massage mode, it is the best muscle relaxation tool necessary for home, travel and sports.

Schematic diagram of product structure



Massage head

 BALL HEAD Suitable for muscle such as arms, waist, hips, thighs, and calves	 FLAT HEAD Suitable for muscle group shaping and relaxation
 BULLET HEAD Suitable for striking deep tissues, such as palm, sole, etc	 U-SHAPED HEAD Suitable for spine and Achilles tendon

Instructions

INSTALLATION STEPS
Choose the massager head to insert into the round hole

CHOOSE ONE

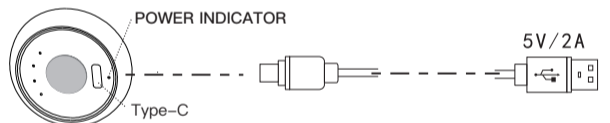
FINAL PRODUCT

SWITCH

ON/OFF
Long press the power button for 1.5 seconds to turn on or off
* It is recommended to use it after running for 5 seconds.
* Do not use while charging!
* Because it is a metal life, long-term use will lead to life, which is a normal phenomenon.

SPEED SHIFT
After turning on, short press the power button to switch speed.
* Cyclic switching of 1st, 2nd, and 3rd and 4th level.
* When the machine is used for 10 minutes, the motor will enter the protection state and automatically shut down

Charge



Battery indicator

Power Indicator	condition	description
Flash light	Flash once	Electricity 0-30%
Green light	2 flashes	Electricity 30-70%
Green light	3 flashes	Electricity 70-100%
Green light	Chang Liang	Shut down after charging
red light	Flash once	Turn off when the battery runs out
red light	Chang Liang	Charging status

Operating status ○ Lighting state

Gear display lights	condition	description
Blue light	●●●○	First gear
Blue light	●●●●	Second gear
Blue light	●○○●	Third gear
Blue light	○○○○	Fourth gear

Specifications

Model: H-MG100
Name: Zikko Dr.Rock Mini2s Massage Gun
Massage mode: uniform speed
Speed gear: 1800/2200/2600/3000 rpm, Click upshift
Power: <30W
Input voltage: DC 5V / 2A
Battery: 2000mAh, 14.8Wh, lithium battery
Duration: about 4-6 hours (no load)
Charging time: about 3 hours
Size: 70*137*42mm (Not including massage head)
Weight: 410g

What's Included

- Dr.Rock Mini 2 x1
- Cone Massage head x1
- Fork Massage head x1
- User's manual x1
- 子彈按摩頭x1
- 扁平按摩頭x1
- Ball Massage head x1
- Falt Massage head x1
- Charging Cable x1

NOTE

To reduce the risk of malfunction, electric shock, injury, death and equipment damage, please read this manual carefully before using this product.

- It is forbidden to use on non-dry, non-clean skin surface, you can use it across clothes, gently press and move on the skin;
- It is forbidden to use on areas above the neck and bones, and only use this product on the soft tissues of the body without pain or discomfort;
- It is forbidden to use in places where bruise or discomfort occurs;
- It is forbidden to put any object in the hot place of the product;
- It is forbidden to immerse the product in water, and do not allow water to enter the product;
- It is forbidden to put the product into the fire or near the fire source;
- It is forbidden to drop the product intentionally;
- It is forbidden to disassemble this product in any way;
- It is forbidden to insert fingers, hair or other parts of the body into the mounting hole of the massage head; it may be caught;
- Tenagers (12-18 years old) need to be accompanied by their parents. They are forbidden to use alone and children under 12 years old;
- If you need to use this product for muscle damage, please consult a doctor or use it with a professional.

NOTES

Without the consent of the doctor, please use this product with caution under any of the following circumstances. Pregnancy, diabetic complications (such as neuropathy or retinal damage), wearing a pacemaker, epilepsy or migraine headaches, disc herniation, spondylolisthesis, vertebrae loss or spine joint rigidity, recent surgery, etc. Anything related to your health Questions, these do not mean that you can not use this product, it is recommended to consult a doctor before use.
Practice has shown that in many cases, the combination of thumping training into the treatment plan is also a treatment method, but it must be carried out with the advice or accompanying of a doctor, expert or physiotherapist.

After-sales service

One-year warranty
The quality of the whole machine is guaranteed for one year from the date of purchase, and the accessories attached are guaranteed for six months. Due to the quality problems caused by the manufacturing defects of the products, they cannot be used normally, and our company will be responsible for free maintenance, replacement or replacement of necessary components.

- Damage caused by accidents, abuse, improper handling or transportation;
- Repair products without permission;
- The product is not maintained or used according to the instructions.
- Loss is higher than product cost.
- Delivery quality problems due to abnormal storage or protection conditions in the customer's workplace;
- Unable to provide valid purchase voucher;
- Products purchased through unofficial or authorized channels

Some states and countries do not allow restrictions on fault compensation, so the above restrictions may not be available to you.
This warranty covers specific legal rights, but other rights may vary by country and state. This warranty service is provided by Zikko (Hong Kong) Digital Technology Co., Ltd. and Zikko (China) Co., Ltd. If you are a customer, please contact the physical store, distributor or retailer where you purchased the product directly to learn about the warranty and return procedures.