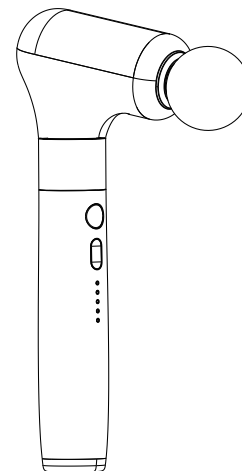




MG19
Massage Gun

Before using this product,
carefully read and properly
keep this manual.

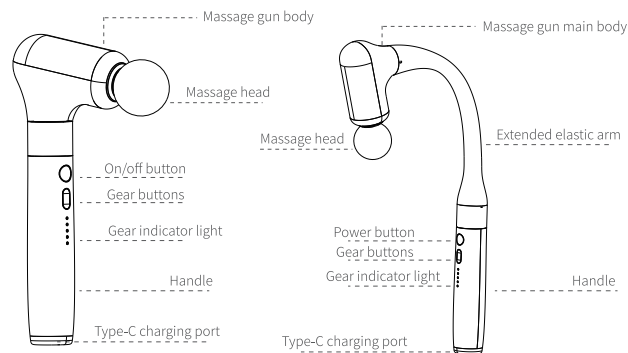


EN

Product model:YS-MMG19
Item NO.:MG19

YESOUL Massage Gun
MG19 Instruction Manual

Product Specification



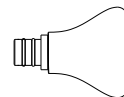
First mode

Second mode

Product name	YESOUL Massage Gun MG19
Product model	YS-MMG19
Charging Input	5V=2A
Battery capacity	7.4V/2500mAh
Rated power	10W
Timing time	10 minutes
Charging time	About 4 hours
Life time	About 2 hours
Working stroke	10mm
Product size	First mode:100*50*250mm Second mode:210*50*400mm
Product weight	429g/0.9lbs

Our company will continue to improve product performance and appearance, There may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

Massage head



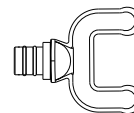
Tapered head

It is suitable for specific acupoints or small muscle groups, such as shoulder well points.



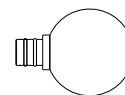
Bullet head

Suitable for deep tissue, palms, and soles of the feet.



U-shaped head

Suitable for massaging the shoulder and Achilles tendon areas, etc.

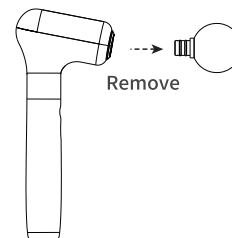


Spherical head

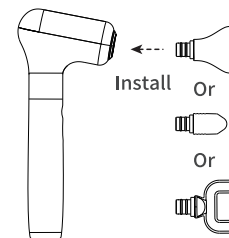
Suitable for large muscle groups such as chest, back, buttocks.

Replace the massage head

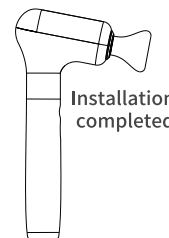
Align the massage head with the slot. Push in to attach, or pull out to remove.



Remove



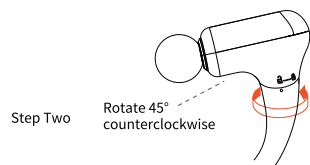
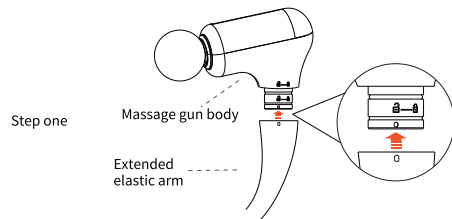
Install



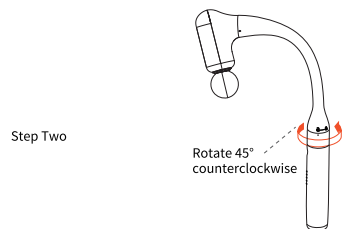
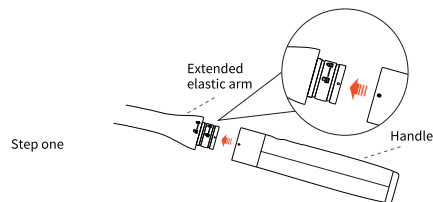
Installation completed

Massage gun installation schematic

Align the "O" on the extension arm with the "O" on the body of the massage gun (lock on symbol ). Insert it at the bottom and turn it counterclockwise "45°" to hear a "crunch" sound when it's locked in place.



Align the "O" on the extension arm with the "O" on the handle (lock open symbol ). Insert it at the bottom and turn it counterclockwise "45°" to hear a "crunch" sound when it's locked in place.



Use Instruction

1. Power On/Off

Power On: Press and hold the on/off button for 1.5 seconds. Defaults to Gear 1, with 1 white light constantly on.

Power Off: Press and hold the on/off button for 1.5 seconds when the device is on.

2. Gear Switching

When the device is on, press the gear button briefly (1 second) to switch gears.

The cycle is: Gear 1 → Gear 2 → Gear 3 → Gear 4 → Gear 5 → Gear 1.

(White lights correspond to gears: 1 light for Gear 1, and so on.)

3. Pressure Feedback

Pressure Display: Gears 1–5 correspond to 1–5 pink lights.

Stall Alert: Do not apply extra pressure when reaching maximum pressure (Level 5), as this may cause the device to stall and stop. 5 red lights will blink slowly.

Resume/Shut Down: Press the gear button within 1 minute to resume the previous gear; if no action is taken, the device will shut down automatically.

4. Timer Function

The device will shut down automatically 10 minutes after being turned on and used.

About charging

1. Please fully charge the battery of the machine for the first time.
2. When the battery power is too low, the 1st red blinking of the product indicator prompts the need for timely charging.
3. When charging via Type-C, the white indicator lights dynamically display the current battery level:
 - When the battery is low, one white light stays on steadily while the others flash cyclically.
 - And so on. When fully charged, all 5 white lights remain steadily lit.
4. Do not start the machine while charging, as it cannot be turned on during charging.
5. When the product is fully charged, please disconnect the external power supply in time and store it properly.

Charging Warning

Use only 5V=2A power adapters. Using adapters below these ratings may cause charging failure.

Statement

In order to reduce the risk of malfunction, electric shock, injury, fire, death and equipment damage, before using this product, please carefully read all the instructions and warnings on the product in this manual.



Do not touch this part when starting the machine without the massage head installed



Do not touch this part when installing the massage head to start the machine

Prohibit

1. It is forbidden to use under 18 years of age. This product is not a toy. Please take care of children and do not play!
2. If the product falls into the water accidentally, it must be repaired, otherwise it must not be used!
3. It is forbidden to disassemble the screws or attempt to disassemble the product (except when disposing of the battery). Modifying the fascia gun in any way may cause personal or property damage!
4. It is forbidden to use it on the head, neck or near the heart, otherwise it may cause life danger!
5. It is forbidden to use it directly on any body spine! It is forbidden to use it near the spine without doctor advice, otherwise it may cause nerve damage!
6. If you have been injured, it is forbidden to use this product on or near the wound!
7. It is forbidden to use other chargers (not 5V output) to charge the product, otherwise it may damage the product or cause a fire!
8. It is forbidden for fingers, hair or other parts of the body to approach the output handheld shaft of the impact shaft, otherwise it may cause physical injuries!

Important matters

If you want to use it in any of the following situations, do not use the fascia massage gun without the doctor's prior consent: pregnancy, diabetic complications (such as neuropathy or retinal damage), wearing a pacemaker, recent surgery, epilepsy Or migraine, intervertebral disc herniation, spine advancement, vertebral detachment or spine joint stiffness, recent joint replacement surgery or UD, metal needle or steel plate and any other health-related problems.

People who are physically weak should use any vibration equipment accompanied by a nursing staff. These contraindications do not mean that you cannot use vibration equipment or training equipment, but we recommend that you do consult a doctor before use.

The current ongoing research is about the impact of vibration training on certain medical diseases. This is likely to reduce the categories of contraindications mentioned above. Practical experience shows that in many cases, combining vibration training into the treatment plan is also a treatment recommendation. This must be done under the advice of or accompanied by a doctor, expert or physical therapist.

Warnings and cautions

1. This product is not recommended to be used by people (including children) who are physically impaired, sensory or mentally impaired, or lack relevant experience and knowledge, unless someone responsible for their safety supervises and guides their use of this product;
2. This product is not a medical device and cannot be used for self-treatment. If it is intended to be used to restore muscle damage, please consult your doctor;
3. Do not use it on any hard or boney parts. Please adjust your strength to avoid bruising in the massage area. It is suitable to use the product on the soft tissues of the body without causing any pain or discomfort;
4. Do not use it on wet skin surfaces, you can gently press and move it across clothes or fabrics;
5. Do not use within one hour before or after eating to avoid adverse effects;

6. Do not use this product when you are drunk or unwell. If you feel unwell during use, please stop using it;
7. Do not let the control panel come into contact with liquids such as water, and do not operate the control switch with wet hands;
8. Do not place any objects in the vents of the product, and do not insert or drop objects into any openings of the product. Blocking the vents may cause the internal components to become too hot and cause malfunctions or damage;
9. Do not drop or use the product improperly;
10. Using unapproved or incompatible power supplies, chargers or batteries may cause fire, explosion or other dangers;
11. To avoid fire, electric shock, or injury caused by overheating, do not operate the product under pillows or blankets;
12. Do not use the product while it is covered, as this may cause the motor to overheat, leading to malfunctions or damage;
13. If you feel unwell during the massage, turn off the device immediately;
14. Do not use accessories that are not recommended by the manufacturer;
15. Do not turn the product on and off frequently. After turning it off, wait at least 3 seconds before restarting;
16. Do not use the product continuously for more than 30 minutes.

Using environment

1. Do not use the product under damp environment such as a bathroom or near a water source, so as to avoid malfunctions and even endanger personal safety;
2. Do not use in an environment where the room temperature is higher than 40°C or placed in a partial high temperature environment such as electric heaters or stoves;
3. Do not use the product in an environment where the room temperature is lower than 5°C, because the thickening of the lubricating oil may increase the abrasion of the machine's transmission parts and affect the service life;
4. Do not charge the product in an environment with a temperature lower than 0°C and an environment higher than 50°C, otherwise the battery life will be affected;
5. Do not use it outdoors or under long-term exposure to the hot sun, which may damage the paint layer;

6. If the product is moved from a low-temperature storage place to a warm environment for use, the internal metal parts may accumulate water vapor and affect the normal operation of the product, and even cause damage to the machine. It is recommended that the product be placed at normal room temperature for one hour before turning on the machine;
7. Do not use this product during thunderstorms, as thunderstorms may cause product failure or electric shock.

Maintenance

1. When not in use for a long time, please fully charge the product and store it properly, put it in the original packaging box, and place it in a safe, dry, ventilated, and low-temperature place;
2. When not in use for a long time, it is recommended to fully charge the product every 2 months to prevent the battery from being damaged due to power loss;
3. Keep the product clean. For daily maintenance, please wipe it with a neutral detergent and a soft cloth. It cannot be cleaned with engine oil, organic solvents or other chemical agents, let alone rinsed in water;
4. Avoid heavy pressure, and avoid scratching the surface of the product with sharp and hard objects;
5. Please press the button lightly during operation to avoid damage to the product caused by excessive force.

Battery safety

1. Do not disassemble, drop, strike, squeeze or modify the battery. It is forbidden to insert foreign objects into or pierce the battery. Do not immerse the battery in water or other liquids. Do not place the battery in a high - temperature environment to avoid internal short - circuit, overheating, leakage, fire or explosion of the battery;
2. Dispose of this device, battery and other accessories in accordance with local regulations. Do not dispose of them as household garbage. Improper disposal of the battery may cause the battery to explode;
3. Do not let children or pets bite the device or its accessories to avoid injury to them or equipment failure;
4. This device is equipped with a non - removable built - in battery. Do not replace the battery by yourself to avoid damaging the battery or the device.

Charger safety

1. Do not touch the device or charger with wet hands to avoid equipment short - circuit, malfunction or electric shock;
2. When charging, please pay attention to plugging and unplugging carefully. Do not use this product during charging to avoid damage to the plug. After charging is completed, pull out the charger. Do not use the device while charging to avoid damage to the device.

Power cord safety

1. Do not plug in or unplug the power cord with wet hands, as this may cause electric shock or equipment malfunction;
2. Keep the power cord at a safe distance from heated surfaces;
3. Do not place the power cord under the product or any heavy objects;
4. If the power cord or plug is damaged, do not continue using the product;
5. Do not use the product if the power socket is loose;
6. Do not move the product by pulling the power cord, nor use the cord as a handle;
7. If the product power cord is damaged or malfunctions, in order to avoid danger, stop using it immediately and send the machine to the manufacturer or its designated maintenance unit for repair before use;
8. When charging, do not pull the power cord or use the power cord to hang the product, so as to avoid wire breakage or poor contact. When unplugging the power plug, hold the plug and pull it out.

Common Malfunctions and Solutions

If you encounter issues while using this product, please consider the following tips and possible solutions. If the product remains in a malfunctioning state, please take it to the service center or an authorized technician for inspection and repair.

Abnormal Situations	Possible Causes	Troubleshooting Steps
Unable to turn on	1. Battery is depleted 2. Power switch is not turned on	1. Connect to power for charging or check if the power switch is properly connected and turned on 2. Turn on the power switch
Suddenly stops operation	1. Battery is depleted 2. Massage time exceeds 10 minutes 3. Excessive continuous usage leading to product overheating protection 4. Excessive pressure applied to the massage head, causing motor stall protection	1. Connect to power for charging 2. Press the standby key again 3. Long-press the standby key button after the product cools down 4. Wait for 5 seconds, and then press the standby key again
Massage head operates unusually slowly	Insufficient product battery level	Connect to power for charging
The handle indicator light is not illuminating	1. Power switch is not turned on 2. Product is low on power 3. Battery has been depleted for an extended period	1. Turn on the power switch 2. Connect to power for charging 3. Charge for more than 6 hours to see if the battery can be activated. If not, a battery replacement may be needed

Environmental Protection

At the end of its service life, please do not discard the product together with general household waste. Before placing the product in the recycling station designated by the government, you can also send the product back to the after-sales service center of the manufacturer. The staff of the service center will treat the product in an environmentally sound manner.

The name and amount of the harmful substance in the product

Name of parts	Poisonous or harmful substance or element					
	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Outer Shell	○	○	○	○	○	○
Circuit board piece	X	○	○	○	○	○
Metal parts	X	○	○	○	○	○
Rubber parts	○	○	○	○	○	○
Adapter	X	○	○	○	○	○
Connection line	○	○	○	○	○	○
Handle cover	○	○	○	○	○	○

This form is prepared in accordance with SJ/T 11364
◆: Circuit board components include the components that make up the circuit board machine, such as resistors, capacitors, integrated circuits, connectors, and so on.
○: Indicates that the content of the hazardous substance in all homogeneous materials of the part is below the limit requirements specified in GB/T 26572.
X: Indicates that the hazardous substance exceeds the limit requirements specified in GB/T 26572 in at least one homogeneous material of the part.

• Environmentally friendly use term description

The term of 10 years for the use of the electronic and electrical products under the conditions described in the instruction manual without leakage of harmful substances or elements, pollution to the environment or serious damage to human life and property.



The number in this label indicates that the environmental protection service period of the product under normal use condition is 10 years.
Some parts may also have green life labels. The green life shall be determined by the number in the labels.

Battery instruction

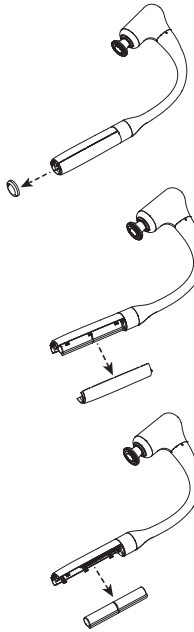
Battery replacement instructions

Caution: This appliance contains a battery that can only be replaced by qualified service personnel.

Precautions when disposing of the product

1. This product should not be disposed of together with domestic garbage, and should be concentrated in appropriate institutions for recycling and recycling.
2. The lithium ion battery used in this product is a valuable resource that can be recycled and regenerated. Please take this product to a professional to take out the lithium ion battery when it is used up and discard it, and hand it over to a professional organization that can recycle rechargeable batteries for disposal.

Battery disassembly instructions



Step 1: Remove the Handle Bottom Cover

1. Use a sharp tool or a rigid plastic card. Insert it into the gap of the bottom cover at the base of the handle, gently pry and lift to remove the bottom cover.
- Note: Apply force evenly to avoid damaging the snap-fit clips.**

Step 2: Remove the Handle Back Cover

1. Along the seam of the handle housing, apply force in the direction opposite to the arrow and remove the rear cover.
- Note: Apply force evenly to avoid damaging the snap-fit clips.**

Step 3: Take Out the Battery

1. After removing the rear cover, take the built-in battery directly out of the battery compartment.

Environmental protection proposal

Dear User

Hello!
Earth is our common home, is also our only home, health is our common pursuit of the goal.
For the healthy growth of you and your family, let us together to maintain our environment, our only living environment!
Our Environmental Policy:
1. Comply with environmental laws and regulations.
2. Carry out the reduction campaign of resources, provincial energy and waste in all areas of the enterprise.
3. Gradually reduce environmental pollution on the existing basis and promote the improvement of the surrounding environment.
4. Combine environmental protection with enterprise development.
5. Encourage employees to seek further improvement of the environment and take positive measures.

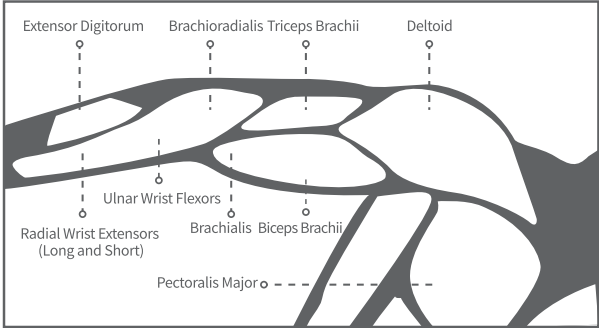
Please deal with the packaging of our products according to the following requirements

No.	Packing Items	Shape	Can be recycled	Processing Mode	Remark
1	Outer Carton	Solid	Yes	You can take it to your local recycle station	
2	Styrofoam				
3	Plastic packing bag				
4	Packing bag				
5	Bubble wrap				

Detailed Instructions for Local Muscle Use

Massage Location - (Arm)

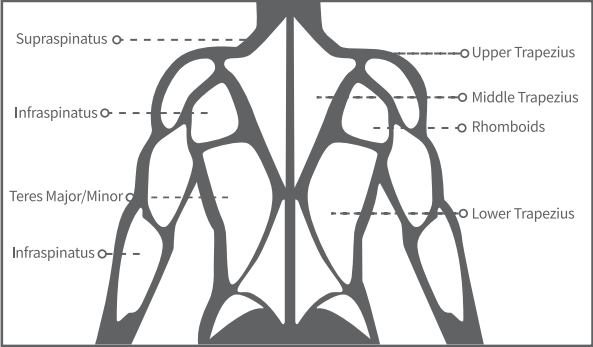
Caution: Do not use on the neck, armpits, upper arms, or the inner side of the clavicle.



Brachioradialis-----	10-15s	3 times	Deltoid-----	12-20s	3 times
Radial Wrist Flexors -----	10-15s	3 times	Pectoralis Major-----	12-20s	3 times
Palmaris Longus-----	12-15s	3 times	Ulnar Wrist Flexors -----	10-15s	3 times
Extensor Digitorum -----	05-10s	2 times	Radial Long Wrist Extensor -----	05-10s	2 times
Radial Short Wrist Extensor-----	05-10s	2 times	Biceps Brachii -----	12-20s	3 times
Brachialis -----	12-20s	3 times	Pectoralis Major -----	12-20s	3 times

Massage Location - (Shoulder)

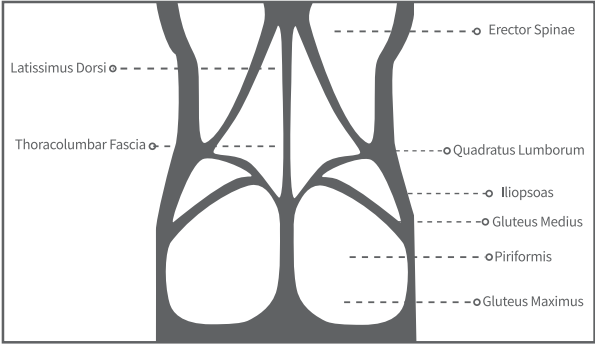
Caution: Do not use on the neck, armpits, upper arms, or the inner side of the clavicle.



Triceps Brachii-----	15-20s	3 times	Teres Minor-----	10-12s	2 times
Levator Scapulae-----	20-30s	3 times	Middle Trapezius-----	10-12s	2 times
Rhomboids-----	15-20s	3 times	Infraspinatus-----	10-12s	2 times
Teres Major-----	15-20s	3 times	Lower Trapezius-----	10-12s	2 times
Upper Trapezius-----	10-15s	3 times	Supraspinatus-----	10-12s	2 times

Massage Location - (Waist)

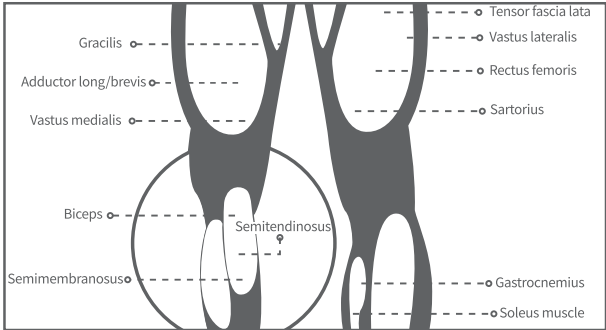
Caution: Do not use on the neck, armpits, upper arms, or the inner side of the clavicle.



Erector Spinae (Lumbar Region)-----	30-60s	4 times
Quadratus Lumborum-----	20-30s	2 times
Latissimus Dorsi-----	30-60s	4 times
Iliopsoas-----	20-30s	3 times
Thoracolumbar Fascia-----	40-60s	3 times
Gluteus Maximus-----	30-60s	4 times
Gluteus Medius-----	30-60s	4 times
Abdominal Obliques (Internal and External)-----	10-15s	2 times
Piriformis-----	60-90s	1 times
Erector Spinae (Thoracic Region)-----	15-20s	2 times

Massage Location - (Leg)

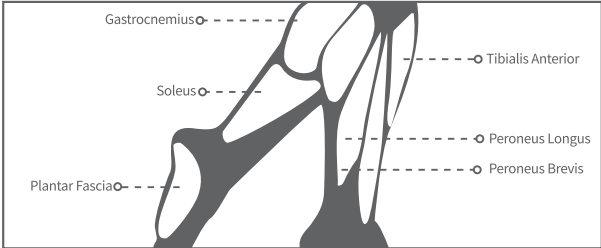
Caution: Please avoid using on the neck, armpits, upper arms, or the inner side of the clavicle.



Semimembranosus	20-30s 3 times	Sartorius	30-45s 2 times
Vastus lateralis	10-15s 2 times	Adductor longus	30-45s 2 times
Gracilis	10-15s 2 times	Tensor fascia lata	30-45s 1 times
Vastus medialis	10-15s 2 times	Rectus femoris	15-20s 2 times
Adductor brevis	30-45s 2 times		

Massage Location - (Foot)

Caution: Please avoid using on the neck, armpits, upper arms, or the inner side of the clavicle



Gastrocnemius	20-30s 3 times	Peroneus Longus	15-20s 2 times
Soleus	20-30s 3 times	Peroneus Brevis	15-20s 2 times
Tibialis Anterior	15-20s 2 times	Plantar Fascia	20-30s 3 times



