

xiaomi Massage Gun Mini 2 User Manual



Read this manual carefully before use, and retain it for future reference.

Safety Instructions



WARNINGS

Usage Restrictions

- Do not use the massage gun on the head, face, elbows, knees and other joints, spine or other bony areas with minimal muscle coverage.
- Do not use the massage gun on the sides, front or back (cervical vertebrae) of the neck to avoid damages to the carotid sinus. Otherwise, it could lead to fainting and cardiac arrest.
- Do not use the massage gun on the underarms, the inside of upper arm, the inner side of clavicle, the inside of elbow, the back of knee, the abdomen, the kidney area, the genitals or other fragile areas with dense nerves and blood vessels.
- Do not use the massage gun below the abdomen of persons with urinary diseases, such as kidney stones, ureteral stones, bladder stones, urethral stones, urinary tract infections, etc.
- Do not use the massage gun on the body areas with bruises or pain, surface wounds, local fever, red swelling or discomfort, inflammation, muscle spasms, muscle lacerations, acute sprains, contusions, and strains.
- Do not use the massage gun if symptoms such as fever, nausea, vomiting, or muscle pain or weakness occur after strenuous exercise, and medical attention should be sought immediately.

- Do not use the massage gun on persons with the following diseases: cardiovascular and cerebrovascular diseases, blood diseases, coagulation disorders, thrombocytopenic purpura, neck plaque, varicose veins, venous thrombosis, cancer, tumors, and mental illness.
- Do not use the massage gun on persons with fractures or metal implants.
- Do not use the massage gun while driving or conducting precise operations.
- Do not use the massage gun continuously for a prolonged period of time, so as to prevent muscle damage caused by excessive massaging.
- If you are not a professional fitness user or athlete, please begin at a low level, and gradually adjust the levels as your body adapts.

 CAUTION

Precautions

- The massage gun has been pre-charged before delivery. It is recommended to fully charge it before use after unpacking.
- Do not place fingers, hair or other parts of the body near the joint between the massage head and the muzzle of the massage gun during operation to avoid being pinched.
- Do not block or insert foreign objects into the massage head groove or charging port.
- Do not immerse the massage gun in water or other fluids.
- Do not use the massage gun in humid environments.
- Charge and use it under an ambient temperature of 5°C to 40°C.
- Keep the massage gun away from sources of water and fire, as well as corrosive environments to avoid affecting battery performance.

- Do not attempt to repair, disassemble or modify the massage gun by yourself.
- Do not use the massage gun while charging.
- Unplug the massage gun from the charger after it is fully charged.
- Charge the massage gun before use if it has not been used for a long period of time.
- The massage head is partly made of silicone. For people allergic to silicone, please do not use the round head and the U-shaped head, and the flat head is recommended.

Groups that are not suitable to use this massage gun:

Minors and people over 80 years old are prohibited from using the massage gun to avoid accidents. If any of the following conditions apply, please consult a surgeon or attending doctor at a reputable hospital before using the massage gun, and use under supervision after obtaining permission.

- Women who are pregnant or who have just given birth.
- People who are 60 years old and above.
- People with rhabdomyolysis.
- People with missing limbs or paraplegics.
- People with heart pacemakers or stents.
- People who have undergone surgery within the past 12 months.
- People with abnormal spine, joints or bones, or who suffer from orthopedic diseases such as osteoporosis, cervical spondylosis and lumbar disc herniation.
- People with impaired limb perception or mobility due to disease or age.

People with any disease-related complications (such as neuropathy or retinal damage).

In case of a malfunction or breakdown

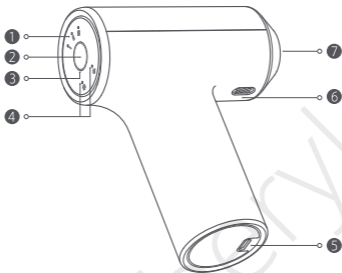
- Avoid dropping, shaking or hitting the massage gun. Strong impacts may damage the components or cause abnormal operation. If the above occurs, please consult the after-sales service department in a timely manner.
- Continuous use of the massage gun over a long period of time may cause a rise in its surface temperature, which may cause damage to it. Do not use it too long at a time.
- In the event the massage gun heats up, emits smoke or buzzes excessively, etc., stop using it immediately and contact the after-sales service team.
- If the massage gun becomes overheated or deformed, swells, or the battery leaks during use, stop using it immediately and contact the after-sales service department.

CAUTION:

- The battery must be removed before disposing of the massage gun.
- Disconnect the massage gun from the power supply before removing the battery.
- The massage gun must only be dismantled by a professional.
- Dispose of the battery follows all local environmental protection laws, regulations and guides when doing so.
- The battery should be disposed of safely.

Product Overview

Massage Gun



① Level/Battery Level Indicator

② Power Button

③ Pressure Intensity Indicator Ring

④ Mode Indicator

⑤ Charging Port

⑥ Cooling Vent

⑦ Massage Head Port

Massage Gun Uses

- Relieve delayed muscle soreness after exercise, and relax tight muscles.
- Relieve muscle soreness or stiffness in the back and shoulders caused by prolonged sitting and poor posture.
- Help muscles relax through daily massage.

List of Product Accessories



Massage Gun



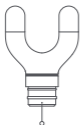
User Manual



Warranty
Notice



Type-C Charging
Cable



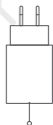
U-shaped Head



Round Head



Flat Head



Power
Adapter

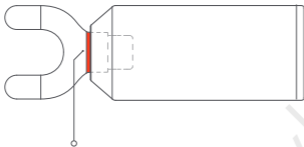
- Round head: Suitable for massaging larger muscle groups such as shoulders, waist, arms, hips, thighs, and calves.
- U-shaped head: Suitable for massaging the back, the sides of the spine and calves.
- Flat head: Suitable for relaxing all muscles.

Note:

Illustrations of product, accessories, and user interface in the user manual are for reference purposes only. Actual product and functions may vary due to product enhancements.

Assembly

Installing the Massage Head



- Install an appropriate massage head for the desired type of massage.
- When installing the massage head, push the massage head base into the muzzle of the massage gun with force, ensuring that the line on the head is flush with the muzzle.

Note:

The red line in the figure is the schematic line for installation, while it is a glossy surface on the actual product.

Disassembly the Massage Head

Hold the massage head, pull it outwards, rotate and pull it out to uninstall the massage head.

CAUTION

Please install and disassemble the massage head when the massage gun is turned off, and ensure that the massage head is installed firmly before turning on the massage gun. Do not adjust, install or remove the massage head during use to avoid being pinched.

How to Use

Charging



Insert the charging cable into the charging port and connect the power adapter to power.

Note: When charging, the massage gun will be automatically turned off, and cannot be turned on at this time. Please use the provided power adapter to charge.

The product enters off mode within 20 minutes automatically after being fully charged.

The power consumption of this product when fully charged at 230 V, 50 Hz is 0.08 W.

Battery level indicator status description

- Charging: The battery level indicators blink white while breathing, and sequentially light up from left to right according to the proportion of real-time battery level.
- Full charged: Three indicators simultaneously blink for 20 seconds and then go off. Please disconnect the massage gun from power in time.
- During use: The indicator corresponding to the current level keeps white.
- Low battery level: The indicator corresponding to the current level blinks red. Please charge the massage gun in time.

Instructions

Turning on: Press and hold the power button for 1.5 seconds. The level and mode indicators light up, indicating the massage gun is turned on.

Turning off: Press and hold the power button for 1.5 seconds. The massage gun stops working and the level indicator goes off, indicating the massage gun is turned off. By default, the massage gun is automatically turned off after a single continuous operation of 15 minutes.

Adjusting Level: When it is turned on, press the power button to cycle through level 1, level 2 and level 3. The level indicators correspond to level 1, level 2 and level 3 from left to right respectively.

Restarting after block & stop: If excessive pressure is applied, stall protection will be triggered, and the massage gun will stop working. In case of stalls, press the power button within 15 seconds to restart the massage gun; if the duration exceeds 15 seconds, press and hold the power button for 1.5 seconds to turn on the massage gun.

Level memory: When a stall occurs or the massage gun is turned off, the system will automatically remember the current operation mode and level. The next time the massage gun is turned on, it will default to the mode and level before the stall or turning off.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- This appliance contains batteries that are only replaceable by skilled persons.

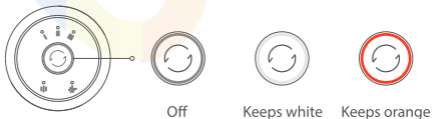
- This appliance contains batteries that are non-replaceable.

About modes



- Fixed-speed exercise mode: Perform massage at a fixed speed to efficiently relax fascias and rapidly restore muscle vitality, suitable for relieving soreness and fatigue after exercise.
- Smart-speed massage mode: Perform massage at a variable speed to relieve muscular tension by changing the massage rhythms. It is applicable to daily relaxing and recovering from fatigue.

Pressure intensity indicator ring status description



- When the indicator ring goes off, it means that the pressure intensity is low, and the massage gun is in a gentle massage status. You can adjust the intensity according to your preference.

- When the indicator ring keeps white, it means that the massage intensity is moderate, and the massage gun is in a normal massage status. You can adjust the intensity according to your preference.
- When the indicator ring keeps orange, it means that the massage intensity is high. It is recommended to reduce the pressure intensity to avoid injury.

Using the massage gun

- Install an appropriate massage head, turn on the massage gun and select a suitable speed according to personal experience. It is recommended to start at a low speed.
- Gently press the massage head against the muscle area that needs relaxation, and slowly move it back and forth. For areas with noticeable soreness, you can increase the pressure intensity slightly and hold for 15 to 30 seconds.

Note:

- It is recommended to use on areas with adequate muscle coverage.
- Please not stay in the same area for more than 1 minutes .
- Do not apply excessive pressure to avoid injury.
- The recommended usage time is 10 minutes. If you still feel tightness and soreness, you can extend the massage time properly. Do not use it continuously for over 30 minutes.

Care & Maintenance

Cleaning

- Wipe the massage gun and massage heads regularly with a clean, slightly damp soft cloth or wet tissue, and dry them with a dry cloth or paper towel before putting them back into storage pouch or packaging box.
- Do not rinse in water or expose the massage heads to direct sunlight.
- When cleaning, make sure the massage gun is turned off and unplugged.
- Do not use corrosive liquids to clean the massage gun, as this may damage or crack the massage gun or change its color.

Storage precautions

- Store the massage gun in a cool, dry place.
- Do not store the massage gun in an environment above 40°C or below -5°C. Keep it away from moisture, sources of water or fire, or corrosive environments, so as not to affect battery performance.
- The massage gun can be put in the storage pouch for storage or travel.
- Do not hit, squeeze, drop, throw, or scratch the massage gun.
- The massage gun can be transported in cars, trains, ships, and planes. It should be secured in place.
- Charge the massage gun before use if it has not been used for a long period of time.
- If the massage gun becomes overheated or deformed, swells, or the battery leaks during storage, stop using it immediately and contact the after-sales service.

Troubleshooting

Issues	Possible Causes	Solutions
The battery level indicator does not light up while charging.	The power adapter is not properly connected to the charging cable.	Make sure the power adapter & charging cable is plugged in correctly.
	The charging indicator goes out normally after the massage gun is fully charged.	The massage gun can be used normally.
The battery charges slowly.	The battery temperature is too high or too low.	Wait until the battery temperature returns to normal, then resume use.v
	The power adapter's voltage or current output is too low.	Please use the provided power adapter to charge.
The massage gun does not work.	The massage gun is out of battery or has a low battery.	Charge the massage gun before use.
	The massage gun experiences block & stop due to excessive pressure.	Restart the massage gun.
The pressure intensity indicator ring does not light up.	Low battery	Charge the massage gun before use.
	Massage gun not turned on	Press and hold the power button for 1.5 seconds to turn on the massage gun.
The motor makes abnormal noises.	A foreign object has entered the motor.	Please contact the after-sales service team.
	There is a motor error.	

The massage gun's temperature is too high.	Usage time is too long.	Wait for the temperature of the massage gun to return to normal before resuming use. The recommended duration of a single use should not exceed 15 minutes, and the duration of continuous use should not exceed 30 minutes.
	There is a motor error.	Please contact the after-sales service.

Note: If the problem persists after the above troubleshooting, please contact the after-sales service team.

Specifications

Name: Xiaomi Massage Gun Mini 2	Model: XMFG-M353
Item Dimensions: 101 × 130 × 45 mm	Net Weight: Approx. 350 g
Charging Port: Type-C	Rated Input: 5V ^{max} 2A
Battery Type: Lithium-ion battery	Battery Capacity: 1900 mAh
Operating Temperature: 5°C to 40°C	

EU Declaration of Conformity



We, Xiaomi Communications Co., Ltd., hereby declare that this equipment is in compliance with the applicable Directives and European Norms, and amendments. The full text of the EU declaration of conformity is available

at the following internet address:

<http://www.mi.com/global/service/support/declaration.html>

WEEE Information



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human

health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

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For further information, please go to www.mi.com

Made in China

User Manual Version: V1.0



60070



A726-050200U-EU2

Please use the original power adapter
A726-050200U-EU2 to charge.

EU REP.

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