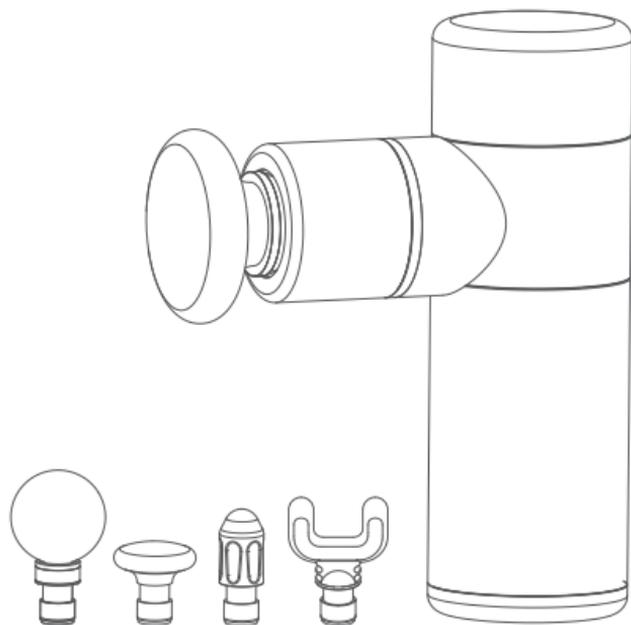


# KiCA

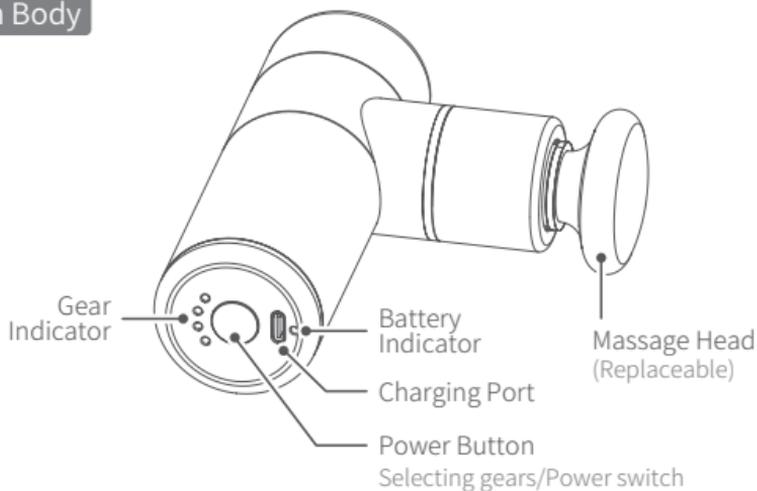
Vibration Percussion Device

Instructions V2.1

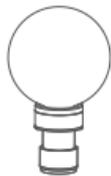


# Overview

## Main Body



## Massage Head



### Spherical Head

Relax soft tissues and sensitive muscles



### Flat Head

Massage flat major muscle groups on the back



### Cone Head

Percuss deep tissues like meridians, joints and acupoint, etc.



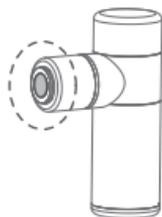
### U-shaped Head

Massage neck and tendon

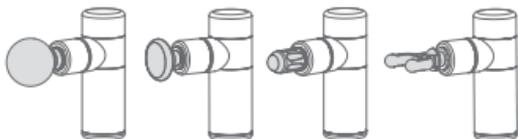
# Start to Use

## Install/ Replace Massage Head

Install a massage head into the hole in front of the device according to your need.



Installation Rendering:



## Power ON/OFF

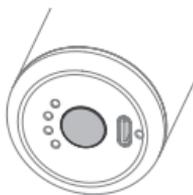
Long press the power button to power ON/OFF.

- ※ Use it after powering on for 5s.
- ! Do not use it while charging.

## Selecting Gears

Single tap power button to select gears after powering on.

Cycle among first gear/ second gear/ third gear/ fourth gear orderly.



## Indicator

### Battery Indicator

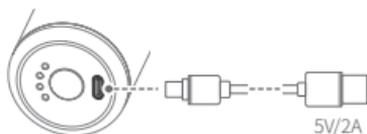
Light	Status	Description
Red	████████	Charging while power OFF
Green	████████	Charge complete
Green	███ ███	Battery level ≤10%
Green	██ ███	Battery level 11%-30%
Green	█ ████	Battery level 31%-60%
Green	████████	Battery level 61%-100%

### Gear Indicator

Light	Status	Description
Blue	●○○○	First gear
Blue	●●○○	Second gear
Blue	●●●○	Third gear
Blue	●●●●	Fourth gear
Blue	●●●●	Low power and auto power OFF

## Charging

**!** Do not use it while charging



## Specifications

Motor Rated Power	30W
Theoretical Battery Life	11 Hours
Weight (Reference value)	495g (Main Body)
Size	92x137x46mm

## List



x1

Main Body



x1

Spherica  
Head



x1

Flat Head



x1

Cone Head



x1

U-shaped  
Head



x1

USB Cable



x1

Storage Bag



x1

Manual

## Usage

- (1) Pre and post training support.
- (2) Activities supporting the rehabilitation process.
- (3) Activation and stimulation of muscles.
- (4) Analgesic effect-relieves myofascial pains.
- (5) Increase and improvement of joint flexibility / mobility.
- (6) Increases training effectiveness.
- (7) Accelerates recovery after training.
- (8) Improvement of blood supply and hydration of the skin, fascia and muscles.
- (9) Accelerates the absorption of metabolic products.
- (10) Myofascial relaxation.
- (11) Prevention of injury.
- (12) Accelerates the absorption of hematomas and bruises
- (13) Increase in tissue temperature.
- (14) Support for cellulite treatment.
- (15) Support in the treatment of hyperalgesia of the skin.

## Contraindications

- (1) Cancers.
- (2) Metal bone anastomosis (do not use the device directly in the fracture area).
- (3) Osteoporosis.
- (4) Vein thrombosis and pulsation.
- (5) Hypertension.
- (6) Pregnancy (do not use the device in close proximity to the abdomen).
- (7) Kidney stones (do not use the device near the kidneys).
- (8) Varicose veins.
- (9) Acute inflammation.
- (10) Do not massage one episode for more than 4-5 minutes.
- (11) Do not massage the bony area (patella, tibia, metatarsal bones, etc.)
- (12) Do not massage directly into the spine.
- (13) Do not massage the cervical segment.
- (14) Do not massage facial muscles.

## Disclaimer

Thanks for using the product. The information in this document affects your safety and your legal rights and responsibilities. Read the entire document carefully to ensure proper configuration before use. Failure to read and follow instructions and warnings in this document may result in serious injury to yourself or others, or damage to your products or damage to other objects in the vicinity.

By using this product, you hereby signify that you have read this disclaimer and warning carefully and that you understand and agree to abide by the terms and conditions herein. You agree that you are solely responsible for your own conduct while using this product, and for any consequences thereof. You agree to use this product only for purposes that are proper and in accordance with all applicable laws, rules, and regulations, and all terms, precautions, practices, policies and guideline Our company has made and may make available. Our company accepts no liability for damage, injury or any legal responsibility incurred directly or indirectly from the use of product. Our company will not provide any service for any product obtained from abnormal channels.

## Safety Instruction

1. This device is not recommended to directly massage the skin to avoid to do harm to the skin. Customer should massage body after wearing dry clothes or placing a clean and dry towel on massage part, gently press and move the device.
2. High speed and high pressure massaging can only be used to soft tissues without feeling pain or maladjustments. Cannot massage head and any skeletal sites with high speed and high pressure.
3. Massage the same part of body with high speed and high pressure for a long time will cause bruises. Please stop using immediately after feeling pain or maladjustments.
4. Please keep your fingers, hair or any other body hair away from the extendable part of the device to prevent pinching and clipping.
5. Do not discard or misuse this device.
6. Do not modify this device by yourself without permission.
7. Do not operate or charge the device when nobody was around.
8. This device is for adults only.
9. People with contraindicated symptoms should use this device with doctor's permission.

## Notice

1. Make sure massage head is not blocked by external force when device is power on. If it is blocked, it will pause for a while and try to restart.
2. DO NOT contact the product with water or other liquid for the Percussion Massage Device is not waterproof.
3. DO NOT disassemble the product except marked detachable. It need send to after-sales or authorized service center to fix it if you accidently disassemble it and cause abnormal work. The relevant costs are borne by user.
4. Prolonged continuous operation may cause the motor surface temperature to rise, please operate carefully.
5. DO NOT drop or strike the product. If the product is abnormal, contact After-sales support.

## Storage and Maintenance

1. Keep the product out of the reach of children and pets.
2. DO NOT leave the product near heat sources such as a furnace or heater. DO NOT leave the product inside of a vehicle on hot days.
3. Please storage the product in dry environment.
4. DO NOT overcharge or overuse the battery, otherwise it will cause damage to the battery core.
5. Never use the product when the temperature is too high or too low.



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