

Lifenaxx[®] * user manual

Massage Gun-Hot-Cold LX-041

Before using the appliance for the first time, please read the instructions for use and safety information carefully.



Keep this user manual for future reference or product sharing carefully. Do the same with the original accessories for this product. In case of warranty, please contact the dealer or the store where you bought this product.

Enjoy your product * Share your experience and opinion on one of the well-known internet portals.

Specifications are subject to change without notice - please be sure to use the latest manual available on the manufacturer's website.

Features

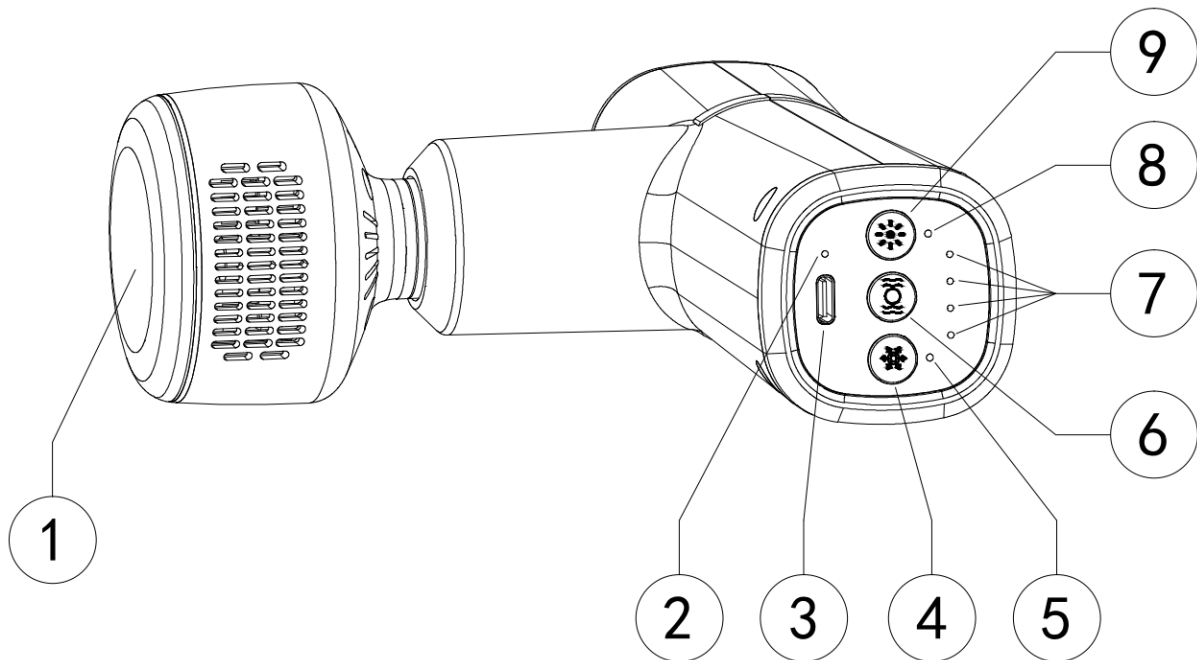
The LifenaXX LX-041 is a cordless vibration massager. Its use reduces muscle aches and pains, improves blood circulation, relaxes muscles and improves muscle flexibility.

- Active heat and cold in 6 levels, (30, 40, 45°C heat) and (10, 15, 20°C cold).
- 3 massage levels
- 5 massage heads
- Up to 180 min. battery life (2000mAh)
- Brushless motor
- Battery, heating and cooling indicator
- Vibration massage for the whole body

Technical specifications

Heating	35-40-45 (± 2) °C
Cooling	10-15-20 (± 6) °C
Massage speed	Up to 2800rpm
Amplitude	~8mm
Working time	Up to 3hours
Charging time	Approx. 4 hours
USB connection	USB-C with 5V, max. 2A
Battery	7.4V, 2000mAh
Engine type	Brushless motor
Material	ABS plastic
Weight	620g
Dimmension	16.5 x 14.5 x 5 cm
Package contents	LifenaXX Massage Gun-Hot-Cold LX-041, portable case, USB-C Charging cable , operation manual, 5 massage heads

Product overview



1	Massage head hot / cold	6	Massager activation key
2	Indicator light	7	Massager intensity light
3	Charging interface USB type C	8	Heating indicator light
4	Cooling activation key	9	Heating activation key
5	Cooling mode indicator light		

Usage

- 1) Select one of the 4 standard massage heads that are not cooled/heated and install it on the device.
- 2) Long press the “Massager Activation Button” to activate the massage function. Once activated, the device switches to 1st gear by default, or you can switch to the desired gear by briefly pressing the “massager activation button”.
- 3) In order to better protect the product, the massage function will automatically turn off after 15 minutes of continuous use. If you still need to use it, you can restart it.
- 4) If the machine switches to 0 gear and there is no other operation for 1 minute, it will also turn off automatically.
- 5) If green and red flash alternately during use, it indicates that the machine battery level is low and needs to be charged in time.

Cooling / heating mode:

Install the included cooling/heat massage head on the host and install it in place.

Heating: Short press the “heating activation button” (9) to turn on the heating function, and then short press to switch to different gears: 1-2-3-off, corresponding to a temperature of 35-40-45 (± 2) ° C. At this time, the red indicator light in the cooling/heating massage head lights up; You can also press and hold the “Massager activation key” (6) to activate the massage function at the same time.

Cooling: Short press the “cooling activation button” (4) to turn on the cooling function, and then short press to switch to different gears: 1-2-3-off, corresponding to a temperature of 10-15-20 (± 6) ° C. At this time, the blue indicator light in the cooling/heat massage head lights up; You can also press and hold the “Massager activation key” (6) to activate the massage function at the same time.

Charging mode:

Connect one end of the equipped USB-C charging cable to the charging port of the device and insert the other end of the USB port into the USB port of the charger to charge the device. If the device is turned on, it will automatically turn off after connecting the charger. The red indicator light flashes slowly during charging and turns off when the battery is fully charged. (For faster charging, it is recommended to use a 5V/2A adapter to charge, and this device does not support the function of charging while using.)

Attachment heads from left to right



Soft head	Suitable for muscle groups
Fork head	Suitable for the spine
Pin head	Suitable for parts close to the joints and deep stimulation
Flat head	Suitable for large muscle areas

Installing the attachments

Install and replace the massage head as needed. To do this, simply pull off the attachment and insert the desired attachment into the tapered round hole of the massager. The hot/cold massager head has a plug which has to be align with the massager socket.

Safety instructions

- The Warm / Cold function can cause skin irritation. If this occurs, please stop the treatment immediately.
- Only charge the unit with the USB charging cable supplied.
- This appliance is not intended for children or persons with reduced mental capacity or lack of experience and/or expertise.
- This appliance is not intended for commercial use.
- Any other use or modification of the appliance is considered improper and involves considerable risks. The manufacturer accepts no liability for damage caused by improper use.
- Never leave the Lifenaxx LX-041 unattended when in operating mode or when charging.

PLEASE DO NOT USE THE LIFENAXX LX-041 IN THE FOLLOWING CIRCUMSTANCES WITHOUT THE PRIOR CONSENT OF YOUR DOCTOR:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wearing pacemakers, recent surgery, epilepsy or migraine, herniated disc, spondylolisthesis, spondylolysis or spondylosis, recent joint replacement surgery or IUDs, metal pins or plates or if you have any concerns about your physical health. These contraindications do not mean that you cannot use a vibration or exercise machine. However, we

recommend that you consult a doctor first. The effects of vibration use on certain medical conditions are currently being investigated. This will probably lead to a shortening of the list of contraindications given. Practice has shown that the integration of vibration applications into a treatment plan is advisable in a number of cases. This must be done on the recommendation and with the guidance of a doctor, specialist or physiotherapist.

Warnings & Caution

- Do not use the device with life support equipment if failure of the device may result in failure of the life support equipment or significant reduction in safety or effectiveness.
- Do not use the device in the presence of a flammable anesthetic mixture with air, oxygen or nitrous oxide, or near flammable substances, vapors or gases.
- Do not operate the unit near heating vents or in direct sunlight.
- Keep the device dry. It is not water protected.
- Switch it off when not in use.

Support

Service phone No. for technical support: **01805 012643*** (14 cent/minute from German fixed-line and 42 cent/minute from mobile networks). Free Email: **support@technaxx.de**

The support hotline is available Mon-Fri from 9am to 1pm & 2pm to 5pm.

Declaration of Conformity



The EU Declaration of Conformity can be requested at the following address: www.technaxx.de/ (in the lower bar "Declaration of Conformity").

Disposal



Disposal of the packaging. Sort packaging materials by type upon disposal.

Dispose of cardboard and paperboard in the waste paper. Foils should be submitted for recyclables collection.



Disposing of old equipment (Applies in the European Union and other European countries with separate collection (collection of recyclable materials) Old equipment must not be disposed of with household waste! Every consumer is required by law to dispose of old devices that can no longer be used separately from household waste, e.g. at a collection point in his or her municipality or district. This ensures that the old

devices are properly recycled and that negative effects on the environment are avoided. For this reason, electrical devices are marked with the symbol shown here.



Batteries and rechargeable batteries must not be disposed of in household waste! As a consumer, you are required by law to dispose of all batteries and rechargeable batteries, whether they contain harmful substances* or not, at a collection point in your community/city or with a retailer, to ensure that the batteries can be disposed of in an environmentally friendly manner. * marked with: Cd = cadmium, Hg = mercury, Pb = lead. Return your product to your collection point with the fully discharged battery installed inside!

Made in China

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Technaxx Deutschland GmbH & Co. KG
Konrad-Zuse-Ring 16-18,
61137 Schöneck, Germany