PROFESSIONAL MASSAGER USER MANUAL

We've tried to make this manual useful, simple, and understandable. You must read this instruction manual carefully before using your massager, and keep it safe for future reference.

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ABOUT YOUR NEW MASSAGER

A handheld 'percussion' massager is a battery-powered electronic device used to relieve muscle pain and tightness, wherever and whenever needed.

It's unique in that it uses vibrations generated by the built-in motor to deliver a hammering type of massage called, 'percussion therapy'. The massager's motor uses "quiet glide technology" to silently move across your body, creating rapid pulses that apply pressure and vibrate the muscle tissue.

This vibration aids muscle recovery, boosting blood flow, relaxing your muscles. Increased blood circulation allows more oxygen and nutrients (such as calcium and potassium, both vital for the muscle activation/relaxation sequence) to enter muscle tissue quicker and toxins (like lactic acid) to be removed.

This helps muscles recover faster from strenuous exercise, which in turn can boost overall sporting performance. It also reduces the risk of injury when used after physical exertion because it softens stiff tissue and breaks down adhesions.

Percussion therapy also penetrates deep muscle tissue without the need for painful pressure by gradually shocking the muscle fibers into breaking up tension until the tissue is fully penetrated. It's great for anyone who suffers from chronic back pain, stiff or tight muscles but find more traditional massage too painful. If you are going to use this massager to recover from muscle pain or damage, always remember to consult with your doctor before hand.

So whether you're a professional athlete, spend a lot of time at a desk or you just want a simple way to relieve stress while at home, a handheld percussion massage can be key to boosting sporting performance, improving health and overall well-being.

This makes having a handheld massager, like this one, a handy tool to have (pun totally intended).

THE ABC'S OF MASSAGER SAFETY

Read all safety warnings and instructions *before* using your new massager. They're pretty reasonable, and neglecting them may result in damaged equipment, electric shock, fire, and/or serious personal injury, maybe even death. There are other (and much better) ways to get your adrenaline going.

Save this manual for future reference, review in between uses, and make sure that anyone who's going to use your new massager has read and fully understood all the information in here as well.

In case this manual disappears into the black hole that all manuals seem to fall into, you can get a digital version of it at www.nocry.com/instructions , or by letting us know at **wecare@nocry.com**.

So, let's get to it, shall we?

- **Only use your massager for its intended use.** It's a tool for relaxing body tissue, increasing the flow of blood and oxygen, and decreasing muscle pain and not much else.

- **The massager should be used by responsible adults only and should not be used by those with reduced physical, sensory or mental capabilities.** Those who lack experience and knowledge of how to use the massager, must fully read the user instructions or be accompanied by someone responsible for their safety.

- **Similarly this massager should not be used on or by children or minors, and is definitely not a toy.** Extra care and supervision should be taken when using the massager when children are around.

- When using the massager, **keep your fingers, hands and hair away from the moving parts of the massager** as they may get caught.

- **When in transit the device should be well-protected at all times** in order to prevent violent vibrations, collisions, tumbling and falling. It should be put in a safe position gently and avoid rain.

- **Your massager isn't waterproof or splash proof.** Under no circumstances should you use it in the rain, spray with water, or use it in the bath (no matter how tempting) or risk the danger of explosion or electrocution.

- **Keep your massager and charger adapter away from heat sources.** Why? Exposure to heat may lead to explosions. And who needs that?

- **Do not cover the massager's vents and keep them clear from debris at all times** - if blocked your massager won't be able to breathe, causing it to overheat.

- **Store your massager in the protective case provided.** If not using the case, make sure the massager is stored in a cool, dry, non humid place and out of direct sunlight.

- **Be careful not to drop the massager.** Continuous dropping can cause the internal battery to break and cause a possible explosion. Seriously. For this reason, it is paramount that the massage gun is **kept out of reach of children**.

- **Only use your massager, accessories, and charger in accordance with these instructions.** Use of the massager for anything other than its intended purpose could result in a hazardous situation or serious injury AND voids your warranty (see page 33 for details). In short, we really, really don't want you to have an accident. Really.

- **Do not take apart, attempt to alter, modify or change the massager in any way.** Doing so is not only dangerous, but also voids your warranty.

- **This massager has been tested and complies with the limits for a Class B electronic digital device, in accordance with section 15 of FCC rules/ in accordance with CE safety regulations.** These limits are designed to provide reasonable protection against harmful interference in a home related environment.

- **This massager generates, uses and emits radio frequency energy,** which may cause interference to radio communications. If you find that the massager disrupts your radio or television reception, try turning the affected equipment off and on again.

- **If the problem persists,** try repositioning or relocating the receiving antenna, increasing the distance between the affected equipment and massager, or connecting the affected equipment to an outlet on a different electrical circuit. If these measures do not work, consult a radio/TV technician.

- **Make sure the massager is fully turned off and powered down before doing any work on the massager,** either changing an accessory, routine maintenance, cleaning, or during transport and storage.

- **To keep your massager well-maintained,** regularly check if any parts are misaligned, damaged or broken, or if there's anything else that might affect its performance.

- **Carefully inspect the massager before each use,** if you notice anything odd, contact us at **wecare@nocry.com** **BEFORE** using it and we will look into it for you.

- **Again, make sure that anyone using your massager or servicing it is with this manual.** The exception to the rule are children - they definitely shouldn't be using your massager and should be **kept well out of reach of children.**

MASSAGER USAGE SAFETY

- **This massager is intended to be used on muscle or soft body tissue only, without causing any pain or discomfort. There is no need to use massage oil.** The massager should be used on clean dry skin or over clothing. On that topic...

- **If massaging over clothes,** make sure they are tight to the body, that you remove any jewelry, and have your hair tied back to prevent getting caught in the massager's moving parts.

- **Do not use the massager on your skull, back of the head (especially between the head and neck area), face, temples, scalp, throat, or any part above the neck. It is also a no go to use the massager on the genitals.** It is designed for use on areas of built up soft skin tissue and muscle areas only. It can cause temporary blurred vision, teeth, skull rattling and possible serious injury, even death if used on areas it isn't intended for - the total opposite of relaxing. Please refer to the included muscle map at the back of this manual for where it is and isn't safe to apply the massage gun.

- **Similarly, do not use this massager on or close to bone** or other body part or skin area that doesn't have sufficient soft tissue or muscle build up , such as the sternum or rib cage area, abdominal region and hypogastrium part, especially the spine, even on the lowest speed setting - it can really hurt. Again, please refer to the included muscle map at the back of this manual for where it is and isn't safe to apply the massage gun.

- **Do not force the massager** - only apply the necessary amount of pressure needed for the area you are massaging.

- **Do not use this massager on bruised, sensitive, swollen or inflamed skin,** or in areas of poor circulation, or skin eruptions. Using the massager might make things worse, not better...

- **Use the correct accessory head for the area you intend to massage.** See page 14-16 for a full guide on all accessories, their purposes and benefits.

- After long massaging session, **the external parts and accessories can feel hot** - it's best to leave your massager to cool off for 10 minutes before using it again.

- **Do not use this massager if you have suffered any recent personal injury** such as a fracture, broken bones, hemorrhaging, or bleeding.

- **Do not use the massager if you have a pre existing medical condition such as cancer, complications of diabetes (such as neuropathy, or retinal damage), recent surgery, epilepsy, frequent migraines, disc herniation, advancement of the spine, vertebral detachments, rigid joints of the spine, have had recent replacement surgery** or have an implant such as a metal needle or steel plate, an IUD or wear a pacemaker, or any other problems relating to your health - better safe than sorry.

- **If pregnant,** seek the advice of your doctor before using this massager.

- **If using this massager to aid muscle injury recovery or chronic aches and pains, seek advice from your doctor or physical therapist for best use practices.** The use of vibration training in a treatment or recovery program should be done in accordance and supervision of a healthcare professional.

PERSONAL SAFETY

- **All safety warnings also apply to those going to use the massager on you.**

- **Do not hold the massager by the inserted attachment head.** The vibration caused by the massager's action may be harmful to the hands and arms. On that note...

- **Always wait until the massager comes to a complete stop** before removing an attachment, placing it down, cleaning, transporting or when turning off.

- When massaging yourself or someone else, **do not overreach or overstretch when trying to reach a spot .** You might pull a muscle. Always be as comfortable as you can when using the massager.

- **Before turning the massager on, make sure you have a firm grip on the handle,** it's powerful and the vibrations caused can make it hard to keep a hold of.

- **Do not put anything in the end of the massager** other than the included attachment head accessories.

- **Take into consideration your surroundings when using the massager,** it's for personal home and indoor use only.

- **Common sense is the best protection, isn't it?** Stay alert and take regular breaks. Exercise common sense, and do not use your massager when you're tired, under the influence of drugs, alcohol, or strong medication.

BATTERY AND CHARGER SAFETY

- **Only use the included charger to recharge the battery of your massager.** Using anything else is potentially dangerous. See page 21 for details on how to charge your massager. Please keep in mind, **the massager cannot be used while it is plugged in and charging.**

- After charging is complete (after 4 hours), **remove the charger cable from the inlet at the bottom of the massager.** Should the charger fail, **only use an original replacement from NoCry.**

- **Charging should be done away from shared living areas.** Charge your massager away from people in an area of infrequent. Do not charge near where you or others sleep, or during sleep. Regularly check on the charger as it is charging - just in case anything should happen.

- When charging, **do not wrap the power cord around the massager** and **try to keep the charging adapter in a vertical or floor mounted position.**

- **Do not use, charge or store your massager in temperatures above 104°F (40 °C) or below 32°F (0 °C)** so that the massager doesn't overheat, and pose any risk of danger.

- **The battery has built-in temperature-dependent overload protection:** when the temperature goes above 158 °F (70 °C) , the massager will automatically shut off. When this occurs, leave your massager to cool down fully before using again.

- There is **no need to open the massager's battery,** so don't bother. You risk the danger of it short-circuiting, exploding, being electrocuted, and voiding your warranty (see page 33) - *really* not worth it.

- **Hazardous vapors may be emitted from the battery if it's damaged.** If you smell fumes or feel other than your usual self, stop using the massager, ventilate the area properly, and seek medical help. The vapors can irritate the respiratory system and are dangerous.

- **Under abusive conditions, liquid may leak from the battery;** stay well clear. Liquid from the battery may cause irritation or burns. If you should make accidental contact, make sure to wash the affected areas thoroughly with water. If liquid contacts the eyes, seek immediate medical attention.

NB! NoCry Tools & Gear and the manufacturing plant shall not be liable for any changes made to the massager, nor for any damage resulting from such changes.

SAFETY SYMBOL MEANINGS

These symbols are on your massager for a reason - to keep you aware and safe. Please take them into account.

NB: The following markings may differ depending on where you bought your NoCry massager (US or EU).

This is a recognized US marking to show that this massager conforms with FCC North American safety standards.

This is a recognized US marking to show that the massager's charger adapter has been tested and evaluated for compliance with the appropriate American National Standard.

This is a recognized EU marking to show this massager conforms with safety standards and regulations for products sold within the European Economic Area (EEA) and contains no materials featured on the list of known-toxic materials.

This marking indicates that this product meets the EU's standard Restriction of Hazardous Substances (RoHS), Directive 2002/95/EC.

This is a recognized DE marking to indicate that the charger adapter has met both German and European safety requirements for technical equipment as per the German Product Safety Act (Produktsicherheitsgesetz).

Read the user instructions before starting to use this massager.

Exercise overall caution when using your massager.

This charger adapter is intended for indoor use only.

The charger adapter is a class II, double insulated charger.

This massager contains parts that can be recycled.
See page 32 for how to responsibly dispose.

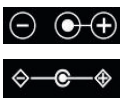
Do not throw this massager out with regular rubbish, but dispose of it in the appropriate manner so it can be recycled.
See page 32 for how to responsibly dispose.

Indicates that the included charger adapter has a short circuit protected safety isolation transformer.

This massager's power switch has a rated maximum ambient temperature of 104 °F | 40 °C .

Indicates the charger adapter's thermal fuse rating.

Indicates that the massager has a maximum 1A direct current (DC) power supply.



The first symbol indicates the massager's current input, and the second symbol indicates the charging adapter current input and output.

TECHNICAL SPECIFICATIONS

Model	NoCry NPM-BL5S Professional Massager
Motor type	Brushless
Massager input voltage	26V DC / 1A
Adapter input voltage	100 - 240V 50 / 60Hz
Impact rate	1400 - 3200 bpm (beats per minute)
Speed settings	5 speeds (1 lowest, 5 highest)

Sound vibration level*	40 - 60 dB*
Battery type	Rechargeable lithium-ion
Battery capacity	2550 mAh
Battery max use ambient temperature	104 °F | 40 °C
Battery charging time	4 hours
Average run time	4 - 6 hours
Total weight	2. 2 lbs | 1 kg

* The actual sound vibration level can deviate from the mentioned value, depending on which speed level is used.

INCLUDED ACCESSORIES & THEIR PURPOSES

These are the accessories you should find included in your professional massager kit. If there's anything missing, let us know to **wecare@nocry.com**, and we'll sort it out ASAP.

1 Carry case
Molded inner protective padding protects your massager, the accessory heads and charger adapter against accidental knocks and bumps, keeping them safe and sound at all times.

Pro tip: Use the handy ribbon inside the case to quickly and easily remove the massager from the case.

	1 Massager Main body of that massager that houses the motor. It's relative lightweight makes it comfortable to use for long periods of time, while the ergonomically rubber handle is designed to not slip out of your hand. The design has been specifically shaped to reduce vibration through your hand for the best massage possible. To get started, insert an accessory head and power up. Simple. See pages 23 - 25 for how to select an accessory and page 17 for how to turn your massager on and off.
	1 Round head 'tennis ball' attachment Comes unattached. The softest attachment suitable for general use on most body areas. For more on what this attachment is used for, when to use it and on what body part, see pages 23 - 25. Always make sure the accessory is fully pushed into the massagers 'chuck' before using - to find out how to insert an attachment go to page 20.
	1 Bullet head attachment Comes unattached. A hard attachment for when you want to target a specific muscle or pressure point. For more on what this attachment is used for, when to use it and on what body part, see pages 23 - 25. Always make sure the accessory is pushed into the massagers 'chuck' before using - to find out how to insert an attachment go to page 20.

	1 Flat head attachment Comes unattached. A harder attachment, suitable for use on flatter parts of the body. For more on what this attachment is used for, when to use it and on what body part, see pages 23 - 25. Always make sure the accessory is pushed into the massagers 'chuck' as far as it will go before using - to find out how to insert an attachment go to page 20.
	1 Fork head attachment Comes unattached. Specifically for massaging muscles along the spine. Also great for covering a larger surface area quicker, for a deep massage. For more on what this attachment is used for, when to use it and on what body part, see pages 23 - 25. Always make sure the accessory is pushed into the massagers 'chuck' as far as it will go before using - to find out how to insert an attachment go to page 20.
	1 Charger Standard wall charger for charging your handheld massager. Charges from flat to full in 4 hours. See pages 21-22 for how and when to charge the massager.

HOW TO USE YOUR MASSAGER

HOW TO TURN THE MASSAGER ON OR OFF

Your massager has an on/off button at the top of its main body that starts and stops the vibrating action.

To turn the massager on or off...

- Simply press and hold the on/off button for 3 seconds. The massager will begin at level 1 speed or power down. Too easy.

This massager has a standby mode. This is useful when you wish to briefly pause your massager, without having to power it down completely.

To enter standby mode...

- When at any speed, pressing and holding the on/off button for 2 seconds will initiate standby mode. The massager will stop vibrating and will appear to be off, however the remaining charge level indicators LEDs will remain lit.

- To resume, simply press the on/off button once. The massager will start again at speed level 1. Holding the power button down again for 3 seconds will power down the massager completely.

- After 15 seconds of inactivity in standby mode, the massager will automatically power down to preserve battery.

As an added safety measure (for both your safety and that of the device), the massager will automatically **stop running after 10 minutes** of continuous use, regardless of speed level. When this occurs, manually restart the massager by holding the on/off button for 3 seconds.

This is a design feature to prevent the massager and areas being massaged from becoming overworked and will also give the body area you are treating a chance to recuperate.

NB: After 30 minutes of continuous use (meaning the massager has automatically powered itself down and you have manually restarted it 3 times), we recommend letting it cool down for at least 10 minutes before starting your next session. For each massage session, we advise you to massage for only 10 minutes continuously to avoid excessive use and hurt.

HOW TO SELECT AND CHANGE SPEED

Your massager has 5 different speed levels, with level 1 being the lowest and level 5 the highest. After powering up, the massager will automatically start at the lowest speed level, speed level 1.

Repeatedly pressing the on/off switch will increase the speed by one level each time. Press the on/off button 5 times for maximum speed and once again to start back at speed level 1.

The selected speed level is shown by the illumination of one of the 5 LEDs displayed directly above the on/off button - increasing in speed from left to right. See the table below for speed levels and their purpose...

Speed level	Purpose
1	Lowest setting. For a soothing general massage. 1400 bpm.
2	Depending on personal preference, this setting is good for amore vigorous massage. 1800 bpm.
3	Middle setting. A good overall balance between low and high settings, for mid to intense massage. 2200 bpm.
4	Good for massaging large muscle areas. 2600 bpm .
5	Highest setting. Intense and deep penetrating. 3200 bpm. (Use with caution. Seriously.)

HOW TO CHANGE AN ACCESSORY

To prevent any internal damage to the massager, always f**ully power down your massager** and let it come to a complete stop before doing anything (changing accessory head, cleaning, charging etc.). Flick back to page 17 if you need a reminder of how to power down your massager.

To change an attachment head...

Align your chosen attachment head with hole at the front of the massager and insert. Ensure that it is fully pushed in before powering up again.

To remove an attachment head; fully power down the massager and wait until the inserted head has come to a complete stop before removing.

Don't be scared to use force when pushing in or removing an attachment head - you *really* don't want it flying back out towards you.

NB: When attaching the fork head accessory, make sure to match up the lines on either side of the attachment with the lines on the front of the massager's 'chuck' before fully inserting.

HOW TO CHARGE THE BATTERY

To charge the battery...

1. Connect the charger to the wall outlet and insert the charging tip into the inlet at the bottom of the massager. Make sure the tip is fully inserted. Fully charged in **4 hours.**

2. The 4 remaining charge LEDs below the on/off button will remain lit and flash continuously while the battery charges. Flashing will stop when massager is fully charged.

The battery can be charged at any time, regardless of remaining charge levels. We recommend that you do not run the massager to the point where the battery is completely flat as over time this will diminish the life of the battery.

A battery's charge will naturally dissipate over time and therefore its best to charge the massager again if you've not used it in a long time.

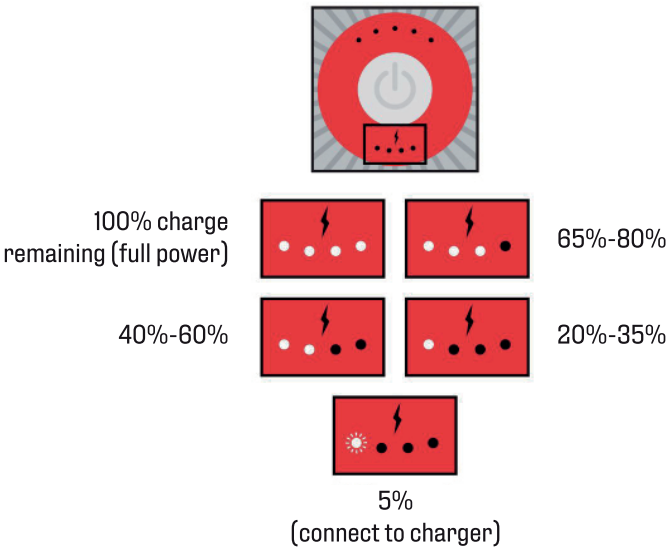
NB: Don't be alarmed if your charger and the upper parts of your massager feel hot while charging. This is normal and both will quickly cool down again once charging is finished.

WHEN TO CHARGE THE BATTERY

Despite coming partially charged out of the box, we recommend charging the battery for at least **6 hours before using your massager for the first time.**

The charge level indicator LEDs directly below the on/off button let you know how much charge remains in your battery. They are divided up into 4 white lit LEDs, with each LED representing a certain charge level.

The handy illustration below shows the charge level indicators in relation to remaining battery levels.



When connected to the charging adapter, the charge level indicator LEDs will flash or pulse to show that the battery is charging. They will stop flashing and remain fully illuminated when the battery is fully charged. **The massager cannot be turned on while charging.** On a full charge, the battery will last between 4 - 6 hours depending on the speed level and the amount of pressure applied.

NB: We do not recommend storing or using your massager in temperatures below 32°F (0 °C) , as the battery won't be able to discharge properly.

HOW TO CHOOSE AN ATTACHMENT

Your massager comes with four different attachment head accessories; round, bullet, fork and flat head. The following guide is to help you choose the correct one based on your specific needs, so you can get the best out of your massage session.

ROUND HEAD ATTACHMENT

Purpose: The tennis ball looking like accessory is ideal for self myo-fascial release. What's that you ask? We're glad you asked...

The sciencey bit: Fascia is a thin, tough, elastic type of connective tissue that wraps around most structures within the human body, including muscle. Fascia can tear when muscles are overused or experience trauma. If a torn muscle doesn't heal properly, layers of fascia can fuse together into spots (called adhesions), causing pain and discomfort.

Self-myofascial release is a massage technique that involves applying continued pressure to an area of tissue that contains restrictions, tightness, inflexibility, adhesions or that lacks proper movement.

Benefits: Increased circulation and blood flow, increasing joint flexibility, reducing adhesion and scar tissue, injury prevention, elimination of muscle tension, release of endorphins to help reduce pain, and stress relief.

Where to use: Works great on large muscle groups. Please refer to the included muscle map at the back of the manual to see specific surface areas this attachment will work on.

BULLET AND FORK HEAD ATTACHMENT

Purpose: The bullet and fork attachments deliver a similar action to a deep tissue massage. Their elongated shape targets the inner muscle layers - making them both great for treating chronic pain and stiffness, tendon injuries, and general muscle pain. The fork head attachment is more suited for massaging muscles along the spine and for covering a larger skin or muscle area quicker.

The sciencey bit: Deep tissue massage has been found to improve muscle function, break up scar tissue and adhesions, as well as decrease overall pain. When muscles are tensed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue.

A deep tissue massage helps loosen muscle tissues, releasing toxins from muscles and gets blood and oxygen circulating properly. Because toxins are released, it is recommended to drink plenty of water after a deep tissue massage session to help flush them from the body. Occasionally there is some stiffness or tenderness after a deep tissue massage, but it should disappear within a day or two.

Benefits: Increased joint movement, quicker injury recovery, better posture, as well as feelings of increased overall well-being.

Where to use: Use the bullet head for muscle pain points and deep muscle groups. Use the fork head for muscles along the spine and shoulder muscles. Please refer to the included muscle map at the back of the manual to see specific surface areas this attachment will work on.

FLAT HEAD ATTACHMENT

Purpose: The flat head attachment is designed to simulate what is called the 'Tapotement effect', a specific technique used in Swedish massage.

The sciencey bit: The Tapotement effect involves a rhythmic percussion, primarily used to "wake up" the nervous system. This has a hyperemic effect meaning it increases local blood flow circulation, which, in turn helps warm and soften the underlying tissue. It is often used to help athletes prepare prior to competing, helping them to 'warm up' (get it) quicker and more effectively, lessening the likelihood of injury and boosting sporting performance.

Benefits: Releasing lymphatic build up in the back, reduced contraction of both voluntary and involuntary muscles and reduced fatty deposits and toning of wobbly areas.

Where to use: Use on various parts of the body. Please refer to the included muscle map at the back of the manual to see specific surface areas this attachment will work on.

HOW TO MASSAGE CORRECTLY

To begin any massage session, power up the massager (head back to page 17 for a quick how to) and simply hold the massager to the part of your body you wish massage.

NB: As massage is highly personal and subjective, the following are suggestions only. We encourage you to try out different speed settings with different attachments to see what works best for you.

Arms

Attachment: Round head
Technique: Gentle circular motions, longer up and down strokes for the forearms, biceps and triceps.
Pressure: Steady.
Position and duration: Please refer to the included muscle map at the back of this manual and see how long to massage specific muscles.
Speed level: 1 - 2 (depends on personal preference)

Shoulders

Attachment: Fork and flat head
Technique: Massage each shoulder towards the back of the neck, using slow, purposeful strokes.
Pressure: Moderate pressure around the shoulder muscles, less pressure near the neck, spine and vertebrae areas.
Position and duration: Please refer to the included muscle map at the back of this manual and see how long to massage specific muscles.
Speed level: 1 - 2 (depends on personal preference)

NB: Use speed level 1 when massaging muscles near the neck, spine and vertebrae areas. It is not allowed to directly massage the neck, spine and vertebrae. If you should experience heavy vibrations and/or temporary blurred vision accompanied with teeth and skull rattling, stop massaging immediately.

Legs and thighs

Attachment: Round and flat head
Technique: Use a circular motion to massage each leg from the calf up to and over the thigh region, including the quadriceps.
Pressure: Deliberate sustained pressure on muscular areas, reduce for calves.
Position and duration: Please refer to the included muscle map at the back of this manual and see how long to massage specific muscles.
Speed level: 1 - 3 (depends on personal preference)

Back

Attachment: Bullet, flat head, fork.
Technique: Steady, but gentle up and down motion, from the center outwards.
Pressure: Deliberate sustained pressure on muscular areas.
Position and duration: Please refer to the included muscle map at the back of this manual and see how long to massage specific muscles.
Speed level: 1 - 3 (depends on personal preference)

NB: Pay careful attention when massaging muscles around the vertebrae of the spine, use speed level 1 when massaging near this area. It is not allowed to directly massage the neck, spine and vertebrae.

Spine area

Attachment: Fork head
Technique: Massage the longitudinal muscles near the spine from near the bottom of the neck to the bottom of the back. Using slow and steady strokes.
Pressure: Very gentle but steady pressure, paying particular attention **not** to massage the vertebrae and spine.
Position and duration: Please refer to the included muscle map at the back of this manual and see how long to massage specific muscles.
Speed level: 1

WARNING: **Be very careful** not to apply too much pressure when massaging the muscles in the spinal area and **use speed level 1** . It is not allowed to directly massage the neck, spine and vertebrae.

MAINTENANCE

Good news - there are no parts inside your massager that require professional service, maintenance or lubrication. All that's needed is some good old fashioned TLC.

For safety reasons and your overall peace of mind, we recommend having your massager given a once-over by an expert once every 12 months to ensure that it continues to operate safely. All potentially deviating national inspection and maintenance regulations must be observed and adhered to.

HOW TO CLEAN YOUR MASSAGER

Before cleaning your massager, **make sure it's fully switched off, and unplugged from the charger.**

To clean your massager...

- **Main body** - wipe down with a soft, slightly damp cloth using a non-abrasive cleaner. When not in use, store in the included storage case out of direct sunlight.

- **Attachments** - remove the attachment and wipe with a dry, soft non-abrasive cleaning cloth. Store in the storage case when not in use and out of direct sunlight.

- **Vents** - visually check there is nothing clogging the vents and either blow or use compressed air from a can to remove any lodged dust or dirt. The vents are found around the chuck of the massager.

NB! Do not use abrasive cleaning agents or solvents, as they may damage the massager's parts. In between cleanings, try to keep the massager away from dirt, dust and water as much as possible. Never use water or chemical cleaners to clean your massager.

TROUBLESHOOTING

If these tips and solutions do not help solve the issue or if you have any other questions, suggestions, want to say hello, or complain (we can take it), get in touch with us at **wecare@nocry.com**.

BATTERY IS NOT CHARGING

Possible solution 1: Firstly, check if the charger is properly connected to the wall socket, don't worry it happens to the best of us. Check that the charging tip is fully inserted into the bottom inlet of the massager. The battery won't start charging unless it is fully inserted. The 4 charge LEDs below the on/off button will flash continuously when charging correctly. Check back to page 21 to see how to charge your massager properly.

Possible solution 2: Don't use the massager to the point where it is completely flat. It is best to charge the massager when the battery charge indicator shows one lit LED remaining (see page 22). Charging the massager as soon as it runs low on power will ensure that the battery holds its charge for the maximum amount of time possible while in use. Running a battery down to empty will diminishes the life of the battery over time.

Possible solution 3: To ensure that the battery is being charged correctly, charge the massager in an environment at a temperature between 65-75 °F (18-23 °C). Charging outside this temperature range will shorten battery life, limiting the time the battery can hold its charge while in use.

MASSAGER DOESN'T TURN ON

Possible solution 1: If the massager doesn't power up after 3 seconds, try keeping your finger held down on the on/off button held down for longer until it turns on. It might be the case that you let go of the button too early. Turn back to page 17 to see how to power up your massager.

ON/OFF BUTTON DOESN'T WORK

Possible solution 1: Be sure you are holding the on/off button down long enough for the massager to properly power up. See page 17 to see how this is done.

Possible solution 2: Clean around the on/off button to remove any dirt or alien debris that may be blocking it. If this doesn't help, then something internally could be preventing the massager from turning on. You will have to take your massager in for repair or contact us on **wecare@nocry.com**.

MASSAGER STOPS DURING OPERATION

Possible solution 1: By default, the massager will automatically shut down after 10 minutes of use. Don't worry, your massager is perfectly fine! Press and hold down the on/off button for 3 seconds to power up your massager again.

Possible solution 2: Check the remaining charge indicator LEDs for battery levels. It could be that your massager is out of juice. Connect to the included wall charging adapter and charge as normal. See page 21 for how to charge your massager.

ATTACHMENT HEAD IS STUCK

Possible solution 1: When trying to remove a stuck accessory, simply apply some force, this usually does the trick. If not...

Possible solution 2: Clean around the massager's 'chuck' using a soft dry cloth or a soft brush (a toothbrush works great) to get rid of dirt, or debris that may be obstructing movement. If the accessory is still stuck after cleaning, you may need to take your massager for repair. Taking it to your nearest repair shop is your best bet, or contact us at **wecare@nocry.com** and we'll be right on the case.

ATTACHMENT HEAD FALLS OUT

Possible solution 1: Ensure your chosen accessory is securely attached and is pushed into the massagers 'chuck' as far as it will go. Refer back to page 20 for details on how to do this.

Possible solution 2: Try cleaning around the massager's chuck using a soft dry cloth or a soft brush (a toothbrush works great) to get rid of dirt, or debris that may be causing the attachment to come loose.

MASSAGER FEELS HOT

Possible solution: It's normal for the massager to get hot after extended use. However, be sure to take regular breaks to allow the massager to cool down. After 10 minutes of continuous use, or after having three 10 minute sessions, we recommend letting the massager cool off before starting your next session. See page 18 for more details.

MASSAGER LIABILITY

This product is covered by an EU directive, valid since 01.01.1990, specifying that the manufacturer is only liable for products if all the parts originate from the manufacturer or are approved by them, and if the units are mounted and operated properly.

If accessories or spare parts from third parties are used, liability can be partially or completely inapplicable. So no using those shifty parts you picked up on the cheap. In extreme cases the responsible authorities can prohibit the use of the entire unit.

We recommend you always buy original parts and accessories as compliance with all safety regulations is guaranteed, meaning you are covered and protected. Another weight off your mind.

RESPONSIBLE DISPOSAL

This product has been marked with a symbol indicating that parts of it can be recycled, and for disposal the proper procedure relating to removing electric and electronic waste should be followed.

This means that this product shall not be discarded with household waste but that it shall be returned to a collection system. It will then be recycled or dismantled in order to reduce the impact on the environment. Electric and electronic equipment can be hazardous for the environment and for human health since they contain hazardous substances.

To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other waste types and recycle it responsibly at your local facilities. Check with your local authority, recycling centre or retailer for recycling advice. Don't just chuck it in the trash or leave out on the street.

WARRANTY

All NoCry products are inspected and tested to ensure their quality before leaving the factory. If you're not happy with your NoCry product, please contact us within 30 days of receiving it at **wecare@nocry.com** to return it for free for a replacement product or to receive a full refund. The choice is yours.

Each NoCry electric product is warranted to be free of defects in material and workmanship for the period of FOUR years from the date of original purchase. Warranty does not cover normal wear and tear, abuse, altered products, modifications, and products that have been repaired or attempted to be repaired by others than NoCry. At NoCry's discretion, a defective product will be repaired or replaced.

This warranty gives you specific legal rights, but may be superseded by any otherights or warranties in effect, which may vary from state to state (or based on your local jurisdiction). If you think you might have a defective product, please contact us at **wecare@nocry.com** . Our customer care team will be happy to help and start the (free) procedure to determine whether your product is defective.

NoCry's warranty applies to ONLY products being sold by Authorized Resellers. We regretfully will not provide any warranty for products sold by any other sources. Proof of purchase will be required to obtain warranty. Please review the warranty carefully, and contact us if you have any questions.

HOW TO CONTACT NOCRY

We're glad to have you join the NoCry community, and we hope you are happy with your new NoCry Professional Massager. If you have any questions or concerns, let us know by emailing **wecare@nocry.com**.

We'd also love to connect with you via social media. You can find us on Instagram, Facebook and Pinterest by searching "NoCry Tools & Gear".

Massager Model: NPM-BL5S
Charger Adapter Model: YLS0241A-T260090/ U260090
Identifier: NOCRY40

Distributed by: NoCry, LLC.
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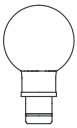
www.nocry.com
wecare@nocry.com

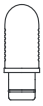
Made in China - 2021

MUSCLE MAP



Round

For large muscles groups

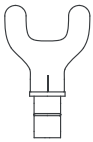


Bullet

For muscle pain point and deep muscle groups

Flat

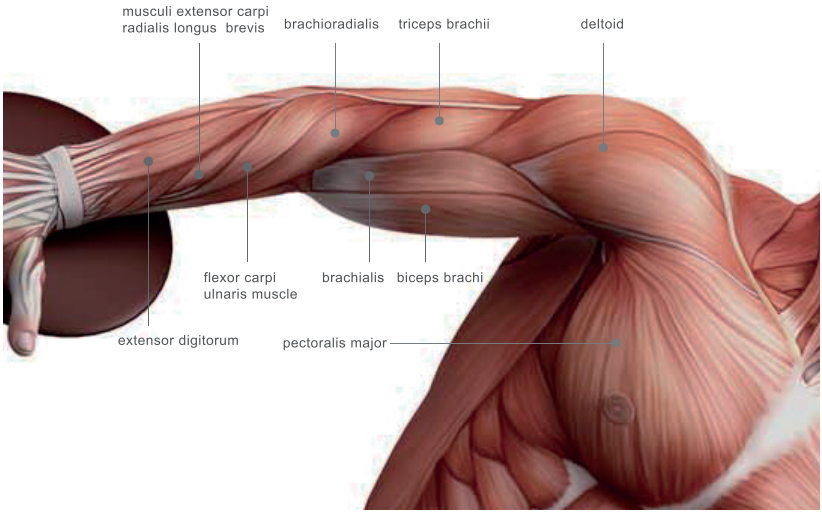
For various parts of the body muscle



Fork

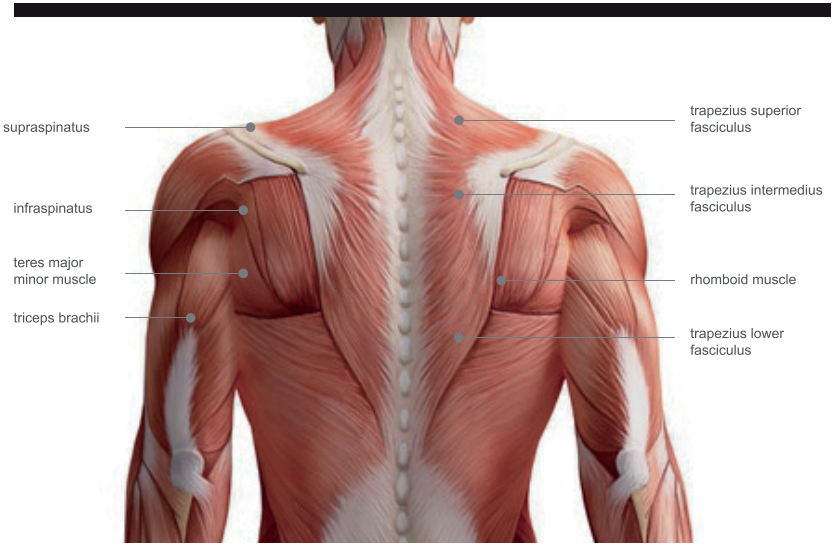
For muscles along spine and large muscle groups

ARM



brachioradialis	10-15s x3 times
flexor carpi radialis	10-15s x3 times
palmaris longusmuscle	12-15s x3 times
flexor carpi ulnaris muscle	10-15s x3 times
extensor digitorum	5-10s x2 times
musculi extensor carpi radialis longus	5-10s x2 times
musculi extensor carpi radialis brevis	5-10s x2 times
biceps brachii	12-20s x3 times
brachialis	12-20s x3 times
deltoid	12-20s x3 times
pectoralis major	12-20s x3 times

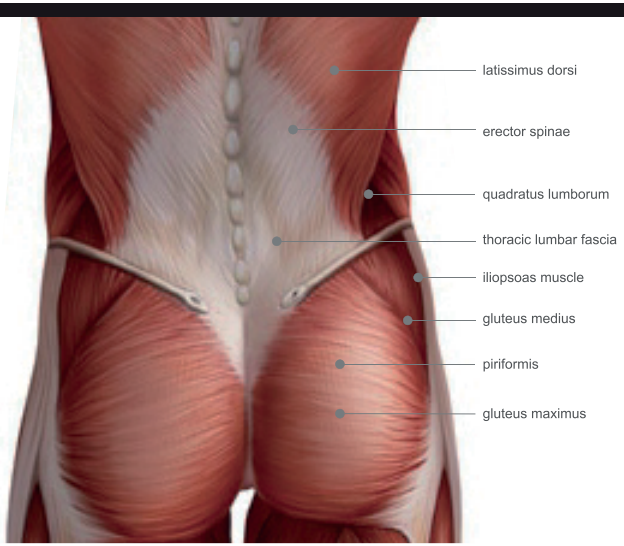
SHOULDER



triceps brachii	15-20s	x3 times
rhomboid muscle	20-30s	x3 times
trapezius superior fasciculus	15-20s	x3 times
trapezius intermedius fasciculus	15-20s	x3 times
trapezius lower fasciculus	15-20s	x3 times
supraspinatus	10-15s	x3 times
levator scapulae muscle	10-12s	x2 times
teres major muscle	10-12s	x2 times
teres minor muscle	10-12s	x2 times
infraspinatus	10-12s	x2 times

Tips: Massage the muscles from middle to sides, from top to bottom.

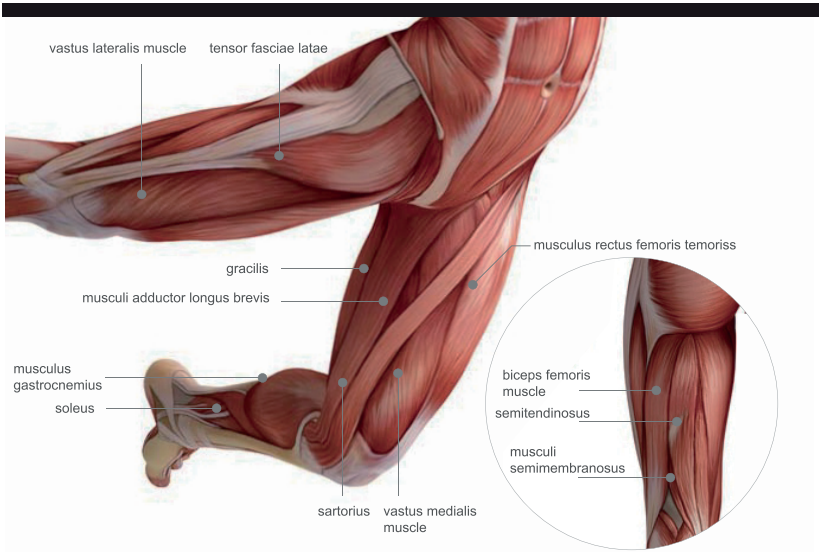
WAIST



erector spinae（lumbar segments）	30-60s x4 times
latissimus dorsi	30-60s x4 times
thoracic lumbar fascia	40-60s x3 times
psoas major	30-60s x3 times
internal and external oblique muscle	10-15s x2 times
erector spinae（thoracic segments）	15-20s x2 times
quadratus lumborum	20-30s x2 times
iliopsoas muscle	20-30s x3 times
gluteus maximus	30-60s x4 times
gluteus medius	30-60s x4 times
piriformis	60-90s x1 times

Tips: Massage the muscles from middle to sides, from top to bottom. Can follow the muscle direction on large muscle groups.

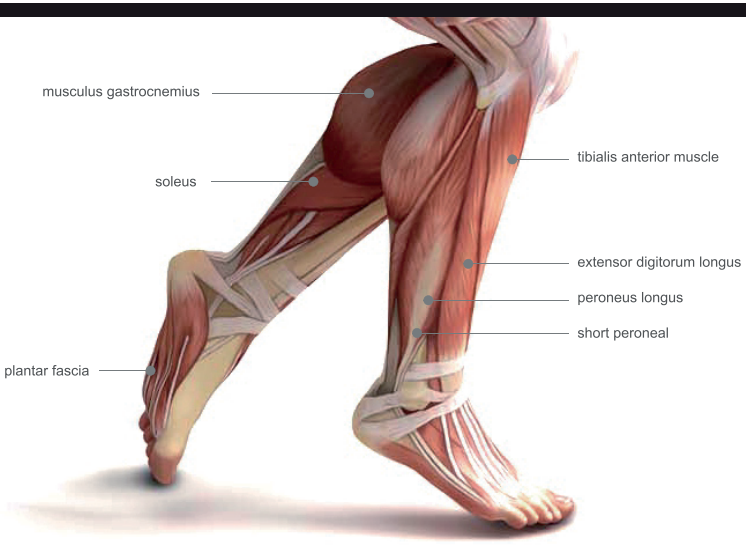
LEG



biceps femoris muscle	.....	20-30s x3 times
semitendinosusi	.....	20-30s x3 times
musculi semimembranosus	.....	20-30s x3 times
gracilis	.....	10-15s x2 times
musculi adductor brevie	.....	10-15s x2 times
musculi adductor longus	.....	10-15s x2 times
musculus rectus femoris temoriss	.....	30-45s x2 times
vastus lateralis muscle	.....	30-45s x2 times
vastus medialis muscle	.....	30-45s x2 times
sartorius	.....	30-45s x1 times
tensor fasciae latae	.....	15-20s x2 times

Tips: Massage the muscles from top to bottom.

FOOT



musculus gastrocnemius	20-30s	x3 times
soleus	20-30s	x3 times
tibialis anterior muscle	15-20s	x2 times
peroneus longus	15-20s	x2 times
short peroneal	15-20s	x2 times
plantar fascia	20-30s	x3 times

Tips: Massage the muscles from top to bottom.

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