

THOR'S HAMMER^{RRS}

Massage Device P-Class

User Manual



www.thorshammer.info
Healing is Believing



PACKAGE CONTENTS

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| 1 | 24 V Lithium Rechargeable Battery |
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SPECIFICATIONS

- Battery: 24V 2000 mAh
- Working Time: 3 hours (depending on level)
- Full Charging Time: 2 – 3 hours
- Motor Type: Brushless 250 W
- Speed: 1800-2100-2400 rpm (30 – 35 – 40 Hz)
- Percussion Levels: 3
- Stroke Amplitude: 16 mm

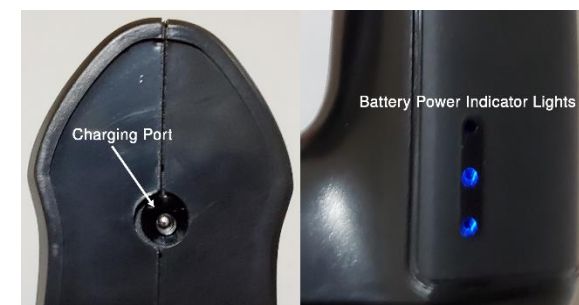
OPERATING INSTRUCTIONS

1. Insert Massage Head of your choice.
2. Turn on by sliding the **ON/OFF Button** to the ON position. Slide up for ON and down for OFF. The device will start at Percussion Level 1.
3. Press the **Percussion Level Button** to move to level 2 (two lights). Press the level button again to move to level 3 (three lights).
4. Press the level button again to return to level 1.
5. Once you select the desired percussion level, place massage head on body area to start session.



CHARGING

1. Insert the power cord into the battery and plug the other end into an outlet.
2. Charge for 2 – 3 hours until the battery indicator shows 3 lights (100% charge).



MASSAGE HEADS



- To insert massage head, push connector into opening. Do not push hard.
- To remove massage head, pull out with a slight twist.
- Use massage head which fits (the contour of) the body part you wish to treat.
- Press and hold massage head position button to change the position. There are 3 positions.
- Place massage head firmly on body part, but do not push hard or apply “extra” pressure.
- Keep the massage head in the same spot for about 5 seconds to get used to the percussion.
- Move the device slowly across the body area. Do not rub back and forth quickly.
- Raise or lower percussion speed based on comfort.
- Apply to each area for 1 - 3 minutes. Maximum use per session should be no more than 15 minutes.

Note: the narrower the tip, the lower the percussion level should be to start the session.

SAFETY COMES FIRST! DISCLAIMER

**All THOR'S HAMMER PPS devices are not intended to diagnose, treat, or prevent any diseases.
*Stop immediately if pain increases***

Please follow our best-practice suggestions to get the most benefit, whether you are applying the device to yourself or others. See thorshammer.info.

Contraindications: Pregnancy, Cancer, Fever, Contagious diseases, Skin Infection, Open Wound, Recent surgery/scar, Neuritis, Varicose veins, Bruising, Osteoporosis, Diabetes, Varicose veins, Deep Vein Thrombosis, Swelling, Sunburn, Cardiovascular disease, Bleeding disorders, Implanted plates or screws. Check medications for bleeding/bruising risk.

- Always turn on **THOR'S HAMMER P-CLASS** before placing one of the heads on the body.
- Avoid bony prominences, eyes, ears, nose, mouth, genital area.
- Choose the appropriate head for the body part being worked on.
- The device may be used on skin or clothing. Clean your skin before use.
- Do not hold your breath while using the device.
- Both the rate and intensity of the percussion applied can be tailored the area and person.
- Can be used pre-workout, during workout (rest between sets), and post workout.
- **THOR'S HAMMER P-CLASS** is not a toy. It should not be used by an infant, toddler or child and not be used on an infant or toddler.
- If the battery is damaged, it must be disposed of as hazardous waste in accordance with all municipal requirements.

OUR PLEDGE

We believe in our product's proven performance to relieve pain and enhance recovery, so we pledge to you a 30-Day Risk Free Money Back Guarantee! User testimonials and medical research support the benefits and science of vibration-percussion application. Our device has already had a profound impact on the lives of both those in pain and those desiring athletic recovery. We will make things right and resolve your issue, provide a replacement, or facilitate a return. As a family owned business, we thank you for your purchase!

WARRANTY

If within 12 months from the date of purchase, this product fails due to a defect in material or workmanship, we will repair or replace the product, or necessary components, free of charge.

See our website for complete warranty information.

THIS WARRANTY EXCLUDES

Damage caused by accident, abuse, mishandling, or transport of units subjected to unauthorized repair; units not used in accordance with **THOR'S HAMMER P-CLASS** care instructions; damage exceeding the cost of the product; damage resulting from improper storage by the customer; tampering with battery compartment; and failure to provide the dated proof of purchase.