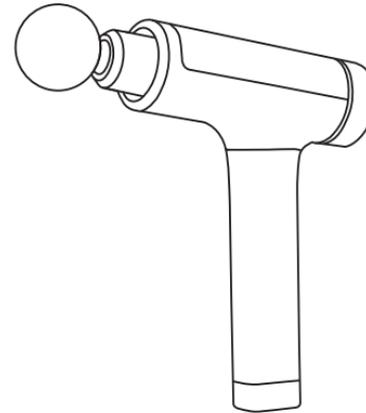


S Y N C A

USER MANUAL

Muscle Percussion Gun

Model : HM190 Kitta



# WARNING



Warning – Consult with your physician before using if

- » You have an open wound, take blood thinners, or have any other serious vascular issue.
- » You have a heart condition or use a pacemaker or defibrillator.
- » You are currently pregnant or are fighting cancer.
- » You intend to massage any regions with minimal muscle coverage.

Do not use this device to massage any sensitive areas such as the head, face, cervical region, Or vertebra/spinal cord.

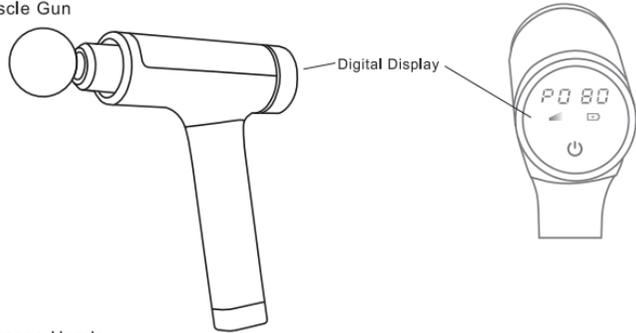
1. Make sure the battery is “ON” when charging.
2. Do not use the unit while charging.
3. Do not insert any part of your body or other object into the gap between the massage head and outer casing during use for any reason.
4. Do not allow children or anyone requiring adult supervision to use the product without proper supervision.
5. Do not disassemble or modify this product.
6. We recommend you limit usage to 10-15 minutes of massage and allow a minimum of 5 minutes of cool down time between massage sessions.
7. If the massage stops working or functions abnormally discontinue use and contact customer service.
8. Only use the included battery charger for charging the massager.

# PRODUCT · ACCESSORIES

## 6 Independent Strength Levels

The Kitta Percussive Sports Therapy Massager is a portable, rechargeable, high-torque massage therapy device. It utilizes a long lasting battery, 6 strength settings, and 6 interchangeable massage therapy attachments to help you deliver quick effective massage when you need it most. It helps reduce muscle fatigue by stimulating fluid exchange in the massaged region and reducing muscle tension. Even if you're not active these positive benefits can be realized whether you're at home or sitting at your desk at work.

### ● Muscle Gun

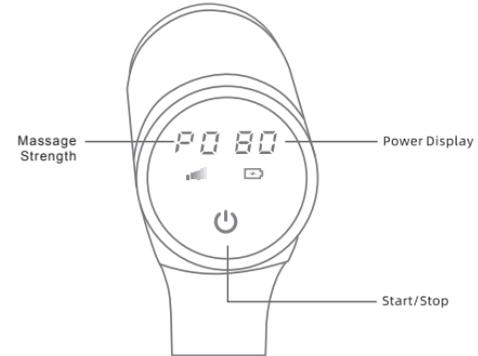


### ● Massage Heads



### ● Travel bag : Lets you easily take your Kitta with you.

# HOW TO OPERATE



1. After charging the Kitta remove the Kitta Massager from its case and unplug the charger.
2. To install your desired massage head complete the following steps:
  - a) Ensure the Kitta is unplugged and the power is set to off.
  - b) Insert the massage head into the product as far into the Kitta as it will allow.
  - c) If you're removing a previously attached massage head simply pull the massage head out.
3. When you're ready to enjoy press the Start/Stop button and the massager will start running.
4. To adjust the preferred intensity of massage press the Message Strength button to choose between 1-6 levels of intensity.
5. The Power Display is on the top right and it will count down from 99 to 1. 99 is full power, 1 is out of power and needs to be recharged.
  - If the battery goes below 10% you may see an error E1, this means you need to immediately charge the unit.After 10 minutes the device will automatically shut off.
6. If you are pressing the massage head too firmly against yourself or someone during massage it will auto shutoff and display E3. If this happens turn the power off and then on and resume using the massager without pressing so hard.
7. If this happens turn the power off and then on and resume using the massager without pressing so hard.

## TECHNICAL SPECS

**Name: Kitta - Percussive Sports Therapy Massager**

**Type: HM190**

**Adapter: Input: 100-240V~50/60Hz**

**Output: DC16.8V 0.8A**

**Battery Type: Li-ion 2000mAh 14.8V**

**Battery Life : Approx. 3.5 - 6 hours or more \***

**Battery Charge Time: Approx. 2.5 - 3 hours**

\* These results are calculated according to company standards.

\* Please note that usable time may vary depending on the environment and method of use.

**Thank you for purchasing our product we appreciate it.**

We hope you enjoy Synca products as much as we do. Please feel free to check out our full product catalogue at [www.synca-wellness.us](http://www.synca-wellness.us).

Please read this owners manual completely to ensure you get the best experience from your product. Feel free to call us if you have a question, we are happy to help.

### **Notice:**

The plastic film on the display means its brand new, peel this off prior to use.