



## B37 Percussion Massager User's Manual



Model: B37

Thank you for purchasing the **B37 Percussion Massager**.  
Please read the User Manual carefully before use and keep it  
in a convenient place for future reference.

## CONTENTS

Important Safeguards	----- P02-03
Product Description	----- P04-05
Product Parameters	----- P06
Operating Instruction	----- P07
Maintenance, Cleaning & Storage	----- P07-08
Usage	----- P09-14

## Important Safeguards

### Statement

To reduce the risk of malfunction, electric shock, injury, fire, death, and equipment damage, please read all instructions and warnings on this product in this manual before using this product.

### \* Prohibited

1. It is forbidden for minors to use. It is forbidden for the injured to use this equipment. People with muscle pain can use for recovery and please consult your doctor before using this device.
2. It is forbidden to use on non-dry and bare skin surface. It can be used and gently pressed and moved across the clothes for about 60 seconds.
3. Do not use above the neck or any hard or boned part of the body. Use the product only on the soft tissues of the body without causing pain or discomfort.
4. Do not massage the bruises area or use when there are signs of pain or discomfort.
5. Do not place any objects in the vents of the product.
6. Do not immerse in water or allow water to enter the vents of the product.
7. Do not put the product close to fire source.
8. Do not drop or improperly use the product.
9. Do not use a non-DC 26 volt charger to charge this product.
10. Do not disassemble the screws or attempt to disassemble the equipment and modify the fascia gun in any way.
11. Do not allow your fingers, hair, or other parts of your body to get close to the shaft and back of the vibrating head as they may get caught.



Do not touch this part before starting the machine without installing the massage head.



Do not touch this position when start the machine after installing the massage head.

### \* Warnings and Reminders

1. Keep away from liquids or heat sources. Keep the vents free of dust and debris.
2. After charging is completed, remove the charger from charging interface.
3. Please keep in mind that the device can not be used when charging.
4. Please use the device according to the instructions.
5. Carefully inspect the equipment before each use.
6. Continuously causing the B37 to stall due to excessive pressure will damage internal components.
7. Avoid dropping or collision.
8. Avoid water or excessive moisture.

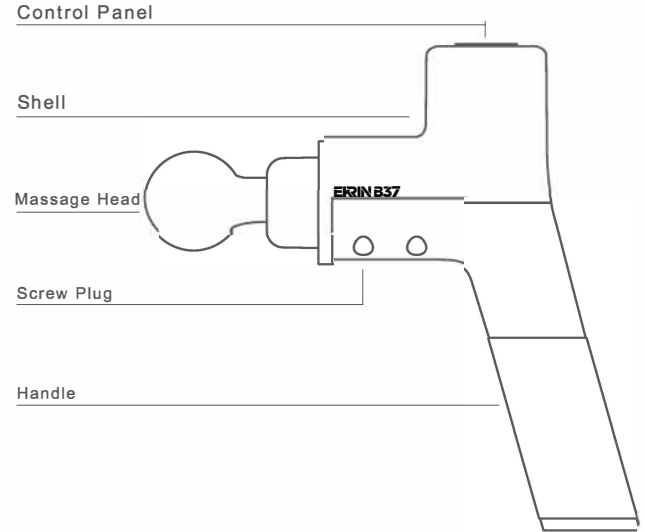
### \* Important

**You should not use a fascial massage gun without your doctor's consent in any of the following situations.**

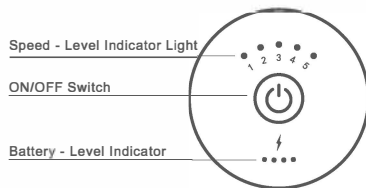
Pregnancy, complications of diabetes (such as neuropathy or retinal damage), wearing a pacemaker, recent surgery, epilepsy or migraine, disc herniation, advancement of the spine, vertebral detachment, or rigid joints of the spine, recent joints Replacement surgery or IUD, metal needle or steel plate or any problems related to your health.

The ongoing research is about the impact of vibration training on specific medical conditions. This is likely to reduce the types of contraindications mentioned above. Practical experience has shown that in many cases, the integration of vibration training into a treatment regimen is also a therapeutic recommendation. This must be done with the advice of a doctor, expert or physical therapist.

## Product Description

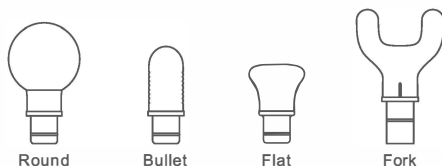


1. Powerful Brushless High -Torque Motor with Quiet Glide technology.
2. Soft EVA massage heads, providing comfortable massage experience while reducing damages at the same time.
3. Rechargeable lithium-ion battery (4+ Hours per Charge).
4. 105 Degrees Tilted Handle with silicone glove, easy-to-use and saving more strength.
5. Wireless, lightweight and portable (1kg).
6. Five-speed settings.
7. User-friendly and sweatproof design .
8. Battery and body integrated design keep handle without risks of looseness.



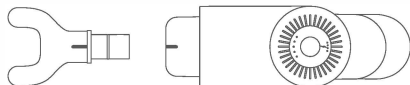
1. Speed- Level Indicator Light: From Left to Right (1----5 level)
2. Battery - Level Indicator:
  - 4 Lights---100% full of power      3 Lights--- 65%-80% of power
  - 2 Lights--- 40%-60% of power      1 Light--- Less power, please charge asap
3. ON/OFF Switch: Long press for 2 seconds to Start/Stop the device, short press to adjust the speed level from level 1 to level 5.

#### 4 Interchangeable Head Attachments



#### Assemble Guide:

Insert/Pull the head into the hole of black connector, rotate it at the same time until it can not go in/out. For special U-Head, align the two Vertical Line on the head and the black connector, and then insert the U-Head into the hole of black connector, press it until it can not go in/out.



## Product Parameters

Product name: B37 Percussion Massager	Model: B37
Rate Voltage: 100-240V~50/60Hz	Charging Time: 4 hours
Lithium-Ion Battery Capacity: 2550mAh	Weight: 1KG
Use environment: 0~40℃, Not waterproof	Size: 188*62*242mm
Speed Level: 5 Adjustable Level	Interface type: DC, 26V --- 1A
Power Supply: Rechargeable Lithium Battery	
Applicable Age: For Adult Use Only, Pregnant Woman Prohibited to Use	

## Charging

1. Fully Charge the battery for six hours before first use.
2. To charge, connect the DC end of the supplied 26 volt adapter to the battery charging port and plug the AC side cable into the wall outlet.
3. The Battery - Level Indicator is flashing regularly when the device is charging.
4. For Battery - Level indicator, with the first light on, the remaining power is 20%-35%; with the second light on, the remaining power is 40%-60%; with the third light on, the remaining power is 65%-80%; with the fourth light is on, the remaining power is 85%-100%.
5. The battery can be charged at any time and at any battery - level.  
But the machine cannot be turned on when charging.
6. When the first left Battery - Level Indicator LED flashes, the battery is exhausted to less than 5% and needs to be recharged.
7. The average running time is about 4 hours depending on the speed level and pressure during use.

## Operating Instructions

1. Press and hold the ON/OFF Switch for more than 3 seconds to turn the device to the level 1 speed. Each press of the button will increase one level until reaching the level 5 speed. Press the button at level 5 to enter the standby mode (level 0), level 5 to level 0. Press again to turn the device to level 1, and so on.
2. Under any speed level, press and hold to close the device.
3. In the standby state, press and hold to directly shut down the device. Device without 15 seconds operation will automatically shuts down.
4. The device will stop running after 10 minutes of continuous use for intelligent protection. Restart if you use it again after the device shuts down.

## Maintenance, Cleaning, Storage & Transportation

1. Use a slightly damp towel to clean the device and dry with a soft cloth.
2. For storage or travelling, put the device in the supplied portable bag.
3. Store the device in a dry, well-ventilated place with no corrosive gas, no less than 250mm from the ground, and no more than 5 stacked layers.
4. If the device is not used for a long time, it should be cleaned, packaged and stored. The device should be charged every six months.
5. The device is suitable for automobile, train, ship and airplane transportation.
6. The device should be well-fixed when it is in transit to prevent violent vibration, collision, tumbling and falling. It should be put upward and down gently and avoid rain.

## Warranty

The Ekran B37 is covered under a lifetime warranty by Ekran Athletics.  
Please visit [www.ekranathletics.com/warranty](http://www.ekranathletics.com/warranty) for more information.

## Environmental Protection

At the end of the service life of this device, please do not throw it away with general household waste. Put this device in the designated recycling station of the government. You can also send this device back to the after-sales service center of the factory. The personnel of the service center will handle it with environmentally friendly way.

## The name and content of the harmful substance in the product

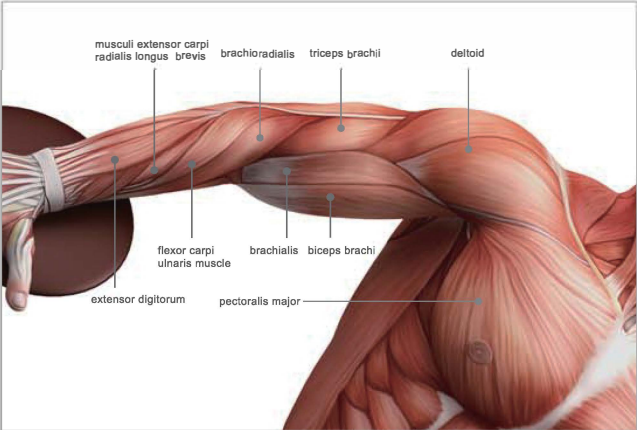
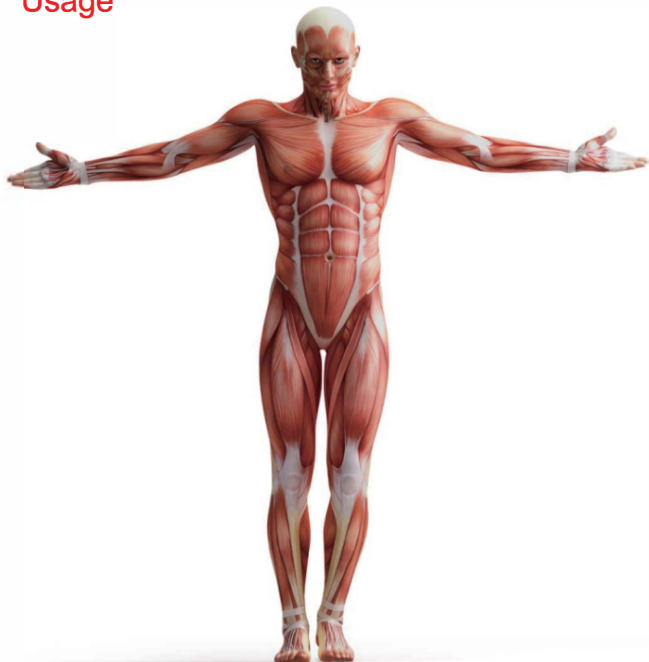
Component	Toxic and harmful substances or elements					
	(Pb)	(Hg)	(Cd)	(Cr(VI))	(PBB)	(PBDE)
Shell	O	O	O	O	O	O
Circuit Board Component	X	O	O	O	O	O
Metal Parts	O	O	O	O	O	O
Rubber Parts	O	O	O	O	O	O
Adapter	X	O	O	O	O	O
Connecting Line	O	O	O	O	O	O
Handle Cover	O	O	O	O	O	O
This table is prepared in accordance with the provisions SJ/T 11364. ※: Circuit board component including components of printed circuit board machine, such as resistors, capacitors, integrated circuits, connectors, etc. O: Indicate the hazardous substances in all homogeneous materials' for the part is below the limit of the GB/T 26572. X: Indicate the hazardous substances in at least one homogeneous materials' of the part is exceeded the limit of the GB/T 26572.						

## Environmental Protection Period Description

With this electronic and electrical appliance being used under the conditions of this manual, the harmful substances or elements contained therein are not leaked, and the period of time that does not cause pollution to the environment or cause serious damage to people and property is 10 years.



Usage



Arm

brachioradialis	10-15s	x3 times
flexor carpi radialis	10-15s	x3 times
palmaris longus muscle	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



Round  
For large  
muscles groups



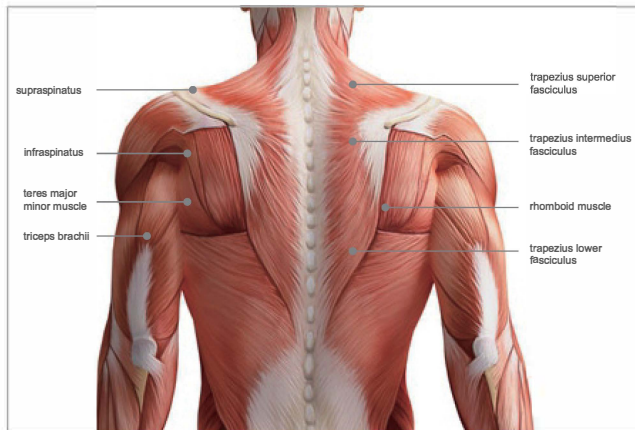
Bullet  
For joints  
and deep  
muscle groups



Flat  
For various  
parts of the body



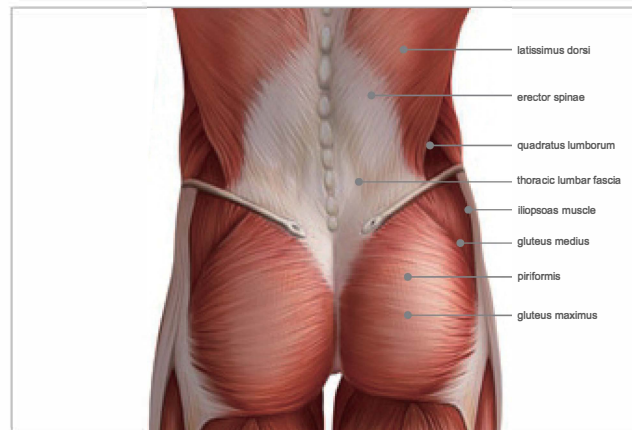
Fork  
For lumbar  
vertebrae and  
large muscle groups



## 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.

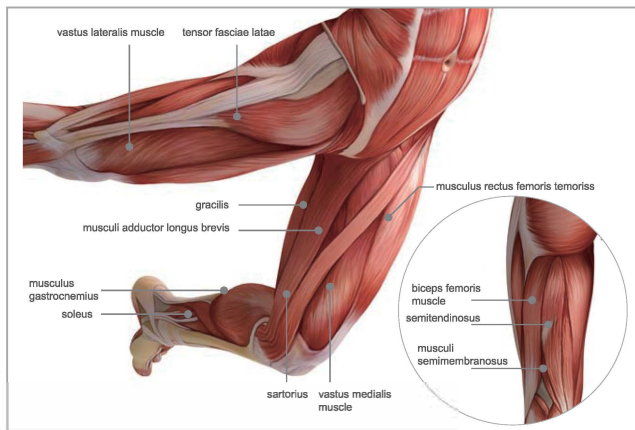


## Waist

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.

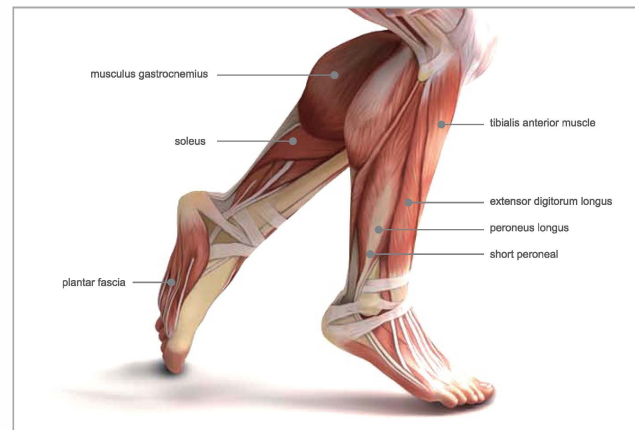
Can follow the muscle direction on large muscle groups.



## Leg

biceps femoris muscle	.....	20-30s	x3 times
semitendinosi	.....	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 femoris	.....	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.