



BANTAM User's Manual

**ERIN**BANTAM

Thank you for purchasing BANTAM by Ekrim Athletics.  
Please read the User Manual carefully before use and keep it  
in a convenient place for future reference.

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## 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. If injured, it is forbidden to use this equipment and please consult your doctor before using this device.
2. It is forbidden to use on non-dry, clean skin surface. It can be used across the clothes and gently pressed and moved on the skin for about 60 seconds.
3. Do not use above the neck or any hard or boned part of the body, or sensitive areas. Use the product only on the soft tissues of the body without causing pain or discomfort.
4. Do not massage areas that are bruised or on open wounds, stop use if you have any signs of abnormal pain or discomfort.
5. Do not place any objects on the vents of the product.
6. Do not immerse in water or allow water to enter the vents of the product.
7. Do not drop or close the product to fire source.
8. Do not drop or improperly use the product.
9. Do not use a over 9V charger to charge.
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 area when the device  
is running without massage head installed.



Do not touch this area  
when the device is running.

## \* Warnings and Reminders

1. Keep away from liquids or heat sources. Keep the vents free of dust and debris.
2. After charging is complete, remove the charger from the battery.
3. Please use the device according to the instructions for use.
4. Carefully inspect the equipment before each use.
5. The applicable voltage range of this product is 5V~9V. The recommended input current range is 0.5~1.5A. Exceeding or below the range is easily damage the product.

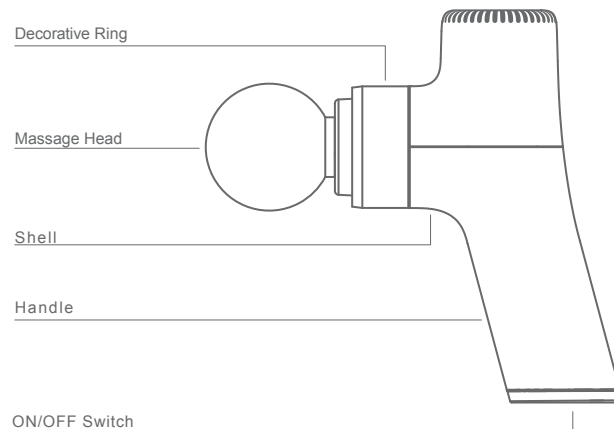
## \* Important

If you want to use it in any of the following situations, you should not use a fascial massage gun without your doctor's consent.

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 any problems related to your health. These contraindications do not mean that you are not able to use vibration equipment or training equipment, we recommend that you consult a doctor before use.

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 or with the advice of a doctor, expert or physical therapist.

## Product Description



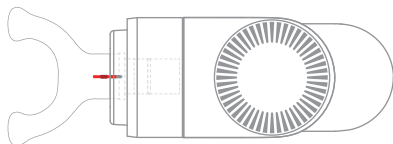
1. Powerful Brushless High-Torque Motor with quiet gliding technology.
2. Soft EVA massage heads, provides comfortable massage experience while reducing damages to bone at the same time.
3. It takes 4-12 hours to full charge the Li-ion battery (base on the current of the charging line).
4. Small and exquisite handle, more comfortable grip feeling (43mm).
5. Wireless, lightweight and portable (0.5kg).
6. Three-speed settings adjust free.
7. User-friendly design of sweatproof.
8. Battery and body integrated design, keep handle without risks of looseness.



1. Speed- Level Indicator Light: From Left to Right (1---3 level)
2. Battery -Level Indicator: Green light on--- 80%-100% of power  
Orange light on ---60%-80% of power  
Red light on ---20%-60% of power  
Red light flash---Less than 20%, 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 3.
4. Charging port: use USB connection for charging.

### 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. 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.



⚠ When assembly U-shaped head, align the inner side of horizontal line (the red line) with machine, means in place. If there is a gap between the line and machine, there will be risk of falling off when using.

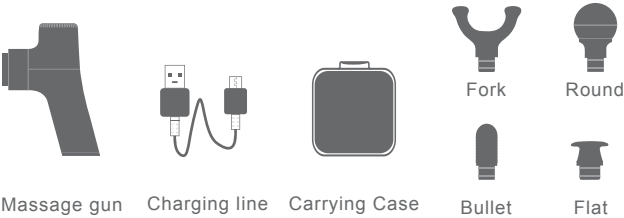
## Product Parameters

Product Name: Percussion Massage Device	Model: BANTAM
Rate Voltage:5V	Weight: 0.5KG
Lithium-Ion Battery Capacity: 1600mAh	Size: 113*48*154mm
Speed Level: 3 Level Adjustable	Interface Type: Type-C 5V ---1.5A
Use Environment: 0~40℃	
Power Supplier: Rechargeable Lithium Battery	
Charging Time: 4-12 Hours (Base On The Current Of The Charging Line)	
Applicable Age: For Adult Use Only, Pregnant Woman Should Avoid Use	

## Charging

1. Fully charge the battery for six hours before first use.
2. When charging, connect the Type-C port of provided charging line to the battery charging port and connect the USB port to the charger.
3. The Battery-Level Indicator is flashing regularly when the device is charging.
4. When the first light is on, the remaining power is 20%; when the second light is on, the remaining power is 20%-60%; when the third light is on, the remaining power is 60%-80%; when the fourth light is on, the remaining power is 80%-100%.
5. The battery can be charged in the situation of any time and any quantity of electricity, the device can be started when charging.
6. The battery is exhausted to less than 20% (the first left Battery-Level Indicator LED flashes) and needs to be recharged.
7. The average running time is about 3-4hours depending on the speed level and pressure during use.

### Accessories listing



### Operating Instructions

1. Press and hold the ON/OFF switch to turn the device to the level 1 speed. Each press of the button will increase one level until the level 3 speed. Press the button at level 3 to enter the standby mode (level 0), level 3 to level 0. Press and hold again for 3 seconds to turn the device to level 1, and so on.
2. Under any speed level, press and hold can close the device.
3. In the standby state, press and hold to directly shut down, 15 seconds without operation will automatically shut down.
4. The device will stop running after 10 minutes of continuous use for intelligent protection. Restart again if you use it again after the device shut down.
5. The massager head stop running after external force. This is an abnormal operation protection function setting, from running to standby mode, short press the button to restart, it's normal situation.

### Maintenance, Cleaning, Storage & Transportation

1. Use a slightly damp towel to clean device and dry with a soft cloth.
2. For storage or travel, store the device in supplied portable bag.
3. Store in a dry, well-ventilated with no corrosive gas place, no less than 250mm from the ground, and no more than 5 stacked layers.
4. If not been used for a long time, the device should be cleaned then packaged in storage, and charged every one month.
5. This product is suitable for automobile, train, ship and airplane transportation.
6. This product should be fixed in transportation to prevent violent vibration, collision, tumbling and falling, and should be put upward, put down gently and avoid wet or damp areas.

### Environmental Protection

At the end of the service life of this product, please do not throw it away with general household waste. Put this product in the designated recycling station of the government. You can also send this product 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
Charging line	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.

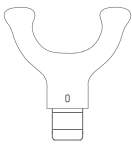
X：Indicate the hazardous substances in at least one homogeneous materials' of the part is exceeded the limit of the GB/T 26572.

### Environmental Protection Period Description

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.

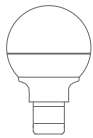


Usage



Fork

For lumbar vertebrae and large muscle groups



Round

For large muscles groups



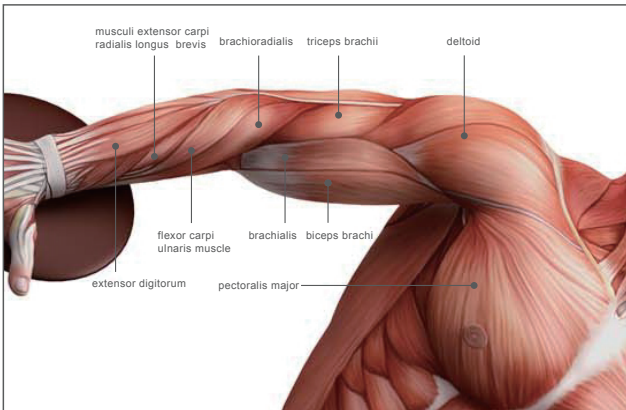
Bullet

For deep muscle groups



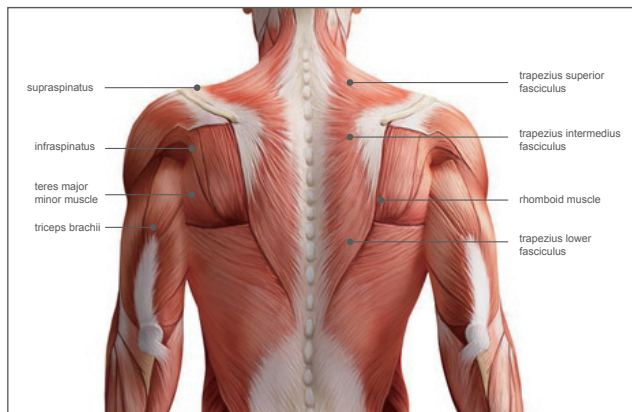
Flat

For various parts of the body



Arm

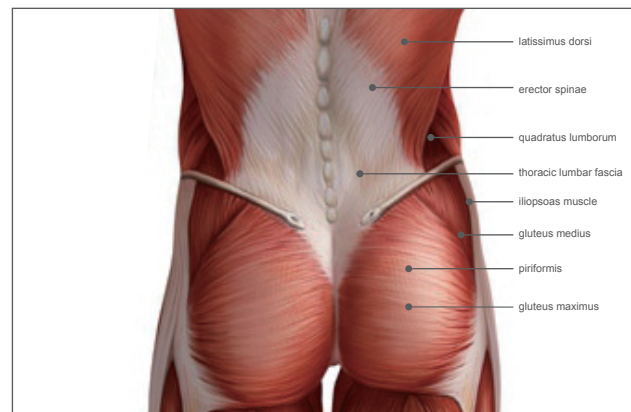
brachioradialis	10-15s	x3 times
flexor carpi radialis	10-15s	x3 times
palmaris longusmuscle	12-15s	x3 times
flexor carpi ulnaris muscle	10-15s	x3 times
extensor digitorum	5-10s	x2 times
musculi extensor carpi radialis longus	5-10s	x2 times
musculi extensor carpi radialis brevis	5-10s	x2 times
biceps 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.

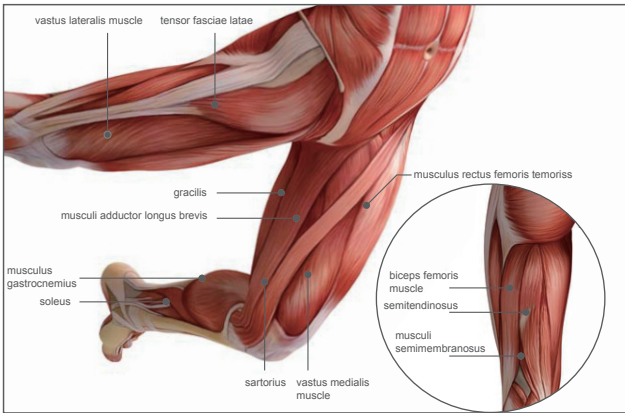


## Waist

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.

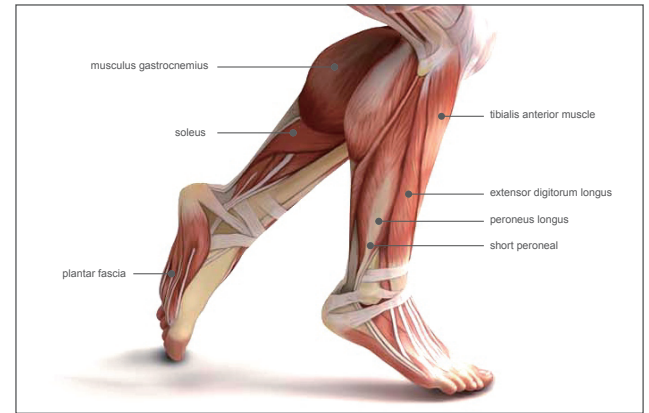
Can follow the muscle direction on large muscle groups.



## Leg

biceps femoris muscle	20-30s	x3 times
semitendinosus	20-30s	x3 times
musculus semimembranosus	20-30s	x3 times
gracilis	10-15s	x2 times
musculi adductor brevis	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.



## Certification

Thank you for purchasing!

Product Name: Percussion Massage Device

Model: BANTAM

After our 107 point examination and quality control inspection, this BANTAM is confirmed to meet all QA standards and testing.

Inspector: 03 Inspection Result: Qualified

## Service guarantee card

### Warranty

Dear user:

Thank you for purchasing BANTAM. This product is manufactured with high quality components. Please use and maintain it correctly according to the instructions so that the product can work in the best condition. If there is any quality problem during the lifetime of your BANTAM, please contact us at [info@ekrinathletics.com](mailto:info@ekrinathletics.com). In order to best serve you, please register your warranty at [www.ekrinathletics.com/warranty](http://www.ekrinathletics.com/warranty).

The warranty period includes the lifetime of your BANTAM. During the warranty period, free replacement will be provided for defects in materials or workmanship, or quality problems of the product.

The lifetime warranty does not cover any of the following:

- No registration of warranty or proof of purchase.
- Faults and defects not caused by materials or workmanship from Ekrim Athletics.
- All self-made damage (such as consumers disassembling, accidents, or damage caused by transportation, etc.)
- Damage caused by force (such as natural disaster and abnormal voltage)



## User info

Name: \_\_\_\_\_

Purchasing date: \_\_\_\_\_

E-mail: \_\_\_\_\_

Contact number: \_\_\_\_\_

Address: \_\_\_\_\_

## Product information

Product model: \_\_\_\_\_ Identification of product: \_\_\_\_\_

Fault cause: \_\_\_\_\_

## Dealer information

Dealer name: \_\_\_\_\_

Contact number: \_\_\_\_\_

Invoice No: \_\_\_\_\_

Purchasing date: \_\_\_\_\_

Address: \_\_\_\_\_



## Massage Gun Operational Troubleshooting

Fault Description	Fault Exclude
1. Massage head slides out and drops	Please check that the massage head is installed in place (See instruction for detailed operation in 5th page)
2. Device unable to start	Please check that if the battery is adequate or not(Please charge over 8 hours if the device is not been used for a long time)
3. Device unable to charge	Please check whether the charging port and power supply are plugged in
4. Device suddenly stop after running for 10 minutes	This is a long time running protection function setting, from running to standby mode, short press the button to restart, it's normal situation. (See instruction for detailed operation in 7th page)
5. The massage head stop running after external force	This is a operation abnormal protection function s etting, from running to standby mode, short press the button to restart, it's normal situation. (See instruction for detailed operation in 7th page)
Reasonable use of the product can effectively extend the service life, Suggestion: 1. Do not throw or drop when using. 2. The maximum continuous using time is not more than 30 minutes. 3. Please charge the product once a month if it is not been used for a long time.	