

說明

- 本公司保留對產品及說明書修改的權利，如有異動恕不另行通知，產品外觀以實物為準。
- 本冊內容上的說明，本公司保留解釋權。

♻️ 廢棄物不當處置會造成對環境的污染

JOHNSON®

喬山健康科技



TAK mE

TAKE MASSAGE EASY

帶著走 · 冰熱敷按摩槍

J Pro X Muscle Massage Gun Heat + Cool Therapy

JOHNSON®

喬山健康科技

Customer Care Line at 0800-017360
www.johnsonfitness.com.tw

Customer Care Line at 1300 88 0558
www.johnsonfitness.com.my

TAK mE 帶著走 · 冰熱敷按摩槍
J Pro X Muscle Massage Gun

Johnson C66 使用手冊
Product User Manual

使用產品前，請仔細閱讀使用手冊

V. Recycling

Once the service life of the product ends, please do not discard it with the general household wastes. You should place the product to the recycle bin appointed by the government. It is also acceptable to send the product back to the after-sales service center of the original factory, and the personnel in the service center will dispose it in an environmentally sound manner.

1. Maintenance, cleaning, storage and transportation

01. Clean the device with a slightly wet towel and wipe dry with soft cloth.
02. Please store the device in the packing box, if it will not be use for a long time.
03. Please charge the device once a month, to prevent it from being affected from moist or humid condition.
04. The massage device should be stored in a place that have good ventilation and free from corrosive gas, with a distance of 250mm from the ground.
05. Do not exceed 5 layers when stacking the massage devices.
06. Please clean the massage device before packing & storage if it is not use for a long time.
07. The product is applicable to the transport mode including vehicle, train, ship and air transportation.
08. To prevent violent vibrations, collisions, rolls and falls, the product package should be placed upwards, handled with care and prevented contact from water.

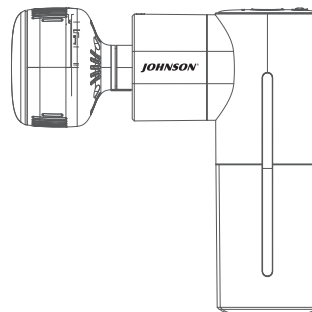
感謝您購買本公司產品。使用前，請仔細閱讀本使用手冊，以確保正確操作，請妥善保管本使用說明書，以便日後查詢。

冰熱敷按摩槍簡介

冰熱敷按摩槍是一台用於輔助肌肉放鬆感的設備，適用於運動健身後的物理按摩，它可以舒緩肌肉的僵硬感、酸痛感和疲勞感，以幫助改善身體健康的運動目的。

冰熱敷按摩槍用途

適用於運動健身前後的物理按摩及肌膚按摩。



**注意：本手冊之英文說明內容並不適用於在台灣所購買之型號。
The explanations in the English version of this manual are not applicable to the models purchased in Taiwan.**

重要使用注意事項

在使用產品前，應遵循下列基本的安全預防措施：



危險

為避免燒、燙傷、觸電等危險，使用本產品前，除詳讀操作說明外，請務必注意下列事項：

在使用後、清潔前，請將電源插頭拔下。

產品若被液體浸濕請立即拔下電源插頭。

請保持乾燥—請勿在潮濕的環境中使用本產品。



警告

為了減少灼傷、火災、觸電或是人員傷害的危險，使用之後一定要拔掉本產品的插頭。

01. 本產品不預期供生理、感知、心智能力、經驗或知識不足之使用者(包含孩童)使用，除非在對其有安全責任的人員之監護或指導下安全使用。孩童應受監護，以確保孩童不嬉玩電器。
02. 若電源線損壞時，必須由製造商或具有相關資格的人員加以更換以避免危險。
03. 產品有發冷、熱表面，冷、熱感覺遲緩者，使用時須留意。
04. 請勿讓孩童直接使用或未經成人監督下接觸本產品。
05. 請勿讓行動不便者直接使用或未經旁人監督下接觸本產品。
06. 若不使用產品請將電源插頭拔下。
07. 請依照產品操作說明使用，非產品隨附之零、配件均不得使用。
08. 產品內附的USB線，有損壞或不正常運作，請立即停止使用。
09. 本產品的電線、插頭請勿放置在任何溫熱的物體上。
10. 睡眠或想睡時，請勿使用本產品。
11. 請勿插入任何物體試圖拆解本產品。
12. 請勿將產品放在毛毯或枕頭下使用，產品過熱易導致火災、電線短路。
13. 拔除電源時請先務必確認產品已完成停止。
14. 充電時，請勿使用本產品，更不建議在戶外使用本產品。

TROUBLESHOOT	
PROBLEM	TROUBLESHOOT
1.The massage head slips off and drops.	Check whether the massage head is installed in place (see the manual for specific operations)
2. Device could not be turned on	Check whether the battery is full (please charge for more than 5 hours if it is not use for a long time)
3. Device could not be charged	Check whether the charging port is plugged in place correctly
4. Device suddenly stops after continuous running for 10 minutes	Restart the device by pressing the ON - OFF switch.
5.The knocking function stops after the massage head is installed	Restart the device by pressing the ON - OFF switch.

IV. FAQs

If the device fail to on:

1. Environment Temperature > 40°C

If the device operates in an environment of >40°C, the device may trigger overheat protection and will not start.

Solution:

Keep the device in use environment <40°C for 2 hours and then re-start it.

2. Battery power is at 0:

The device battery will produce a over-discharge protection if the device is not charged for a long time.

Solution:

Fully charge the device using the cable provided and start as normal.

If the devise fail to charge:

1. Device Temperature too High

In case of high temperature detected in the main body of the device, it will not charge even if a charger is accessed.

Solution:

Keep the device in an environment under 40°C to cool down for 2 hours and then charge as normal.

2. Excessive temperature of the charger.

If the use environment is above 40°C, the device may trigger the temperature overheating protection. It will not charge even if a charger is accessed.

Solution:

Keep the device in an environment under 40°C to cool down for 2 hours and then charge as normal.



圖示: 未安裝按摩頭時, 不要觸摸此部位, 以免發生危險。



圖示: 安裝按摩頭啟動產品時, 不要觸摸此部位, 避免夾傷。

2. 禁用

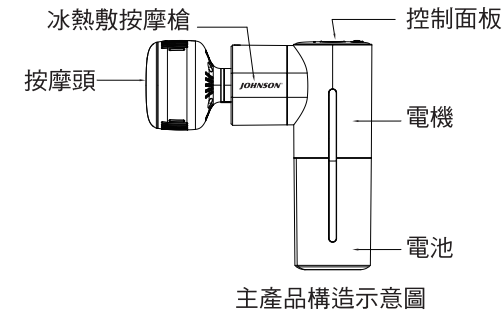
具有以下任何一情況者禁用本產品

- 01、本產品不預期供生理、感知、心智能力、經驗或知識不足之使用者(包含孩童)使用, 除非在對其有安全責任的人員之監護或指導下安全使用。孩童應受監護, 以確保孩童不嬉玩本產品。
- 01、有動脈瘤, 習慣性出血或服用血液稀釋劑的用戶。
- 02、孕婦、癌症患者、有心臟病史, 植入起搏器或除顫器, 或體內有金屬物的用戶。
- 03、骨折患者在患處痊癒前, 近期做過手術治療未痊癒前。
- 04、敏感區域, 頭部或沒有肌肉覆蓋的骨骼關節處。
- 05、其他疾病所引起的併發症(例如:神經性病變等)。

3. 使用注意事項

- 01、充電完成後, 須將充電器拔出。充電狀態下, 禁止使用此產品。
- 02、請勿長時間使用熱敷頭接觸同一部位, 有低溫燒傷的風險。即使是相對較低的溫度(40-60攝氏度), 如果長時間接觸皮膚同一部位, 也會低溫燙傷。
- 03、請依照說明書所介紹, 正確使用本產品。

一、產品介紹



按摩頭



冷熱頭

主要用於舒活放鬆



圓柱頭

主要用於衝擊
局部深層組織



球形頭

主要用於
大肌肉群



平扁頭

主要用於背闊
肌及斜方肌



U形頭

主要用於頸部
及脊椎兩側

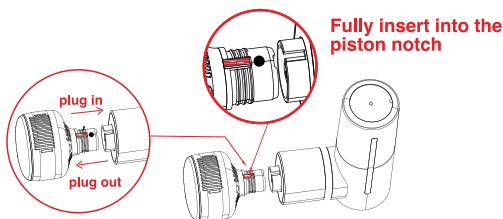
- 03. Active charging is indicated when battery power LED lights flash regularly.
- 04. Full charge is indicated when battery power LED lights stop flashing and remain fully illuminated.
- 05. Battery can be recharged at anytime and at any battery level.
- 06. Recommend time to recharge when battery level power is lower than 25%.
- 07. It is not recommended to completely run down the battery level to 25% before charge.
- 08. The average run-time is 3 hours depending on speed level and applied pressure during use.

III. Basic parameters

Product name: J PRO X Muscle Massage Gun	Product model: Johnson C66-M
Product net weight: 620g	Input voltage: 5V DC, 2A
Power: 25W (maximum 35W)	Battery specification: 11.1V 2400mAh
Strength level: 3 levels available for adjustment	Charging time: About 5 hours
Service environment: 0-40°C	Host size: 140×60×150mm
Battery life: 2-3 hours for knocking 2-3 hours for cooling 3-4 hours for heating	Self-timing: Knocking for 15 minutes Cooling for 15 minutes Heating for 15 minutes
Temperature value: Heating:35°C for Level-1, 40°C for Level-2, 45°C for Level-3 Cooling:20°C for Level-1, 15°C for Level-2, 10°C for Level-3 There will be a plus or minus deviation of 5°C in the above values, depending on the environment and service conditions.	

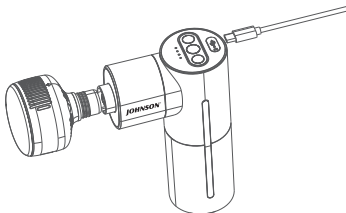
Massage head user manual:

1. Plug and unplug the massage head to assemble or change.
2. Fully insert the massage head in the piston notch.



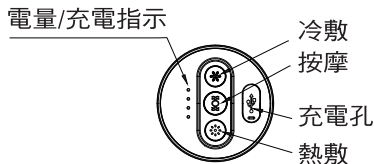
Charge

The charging port is located in the top end of the product handle lever.



01. Fully charge the battery up to 5 hours before first use.
02. This device utilize a Type C cable for charging
(provided together in the package)

二、使用方法



開關按鍵位置指示圖

使用操作

1. 關機狀態下短按任意功能鍵，電量顯示燈顯示當前電池電量，不能啟動本產品。
2. 關機狀態下：長按震動敲擊鍵2秒，敲擊功能開啟，此時力度為低檔，指示燈變藍色；短按一次，力度為中檔，指示燈變紫色；再短按一次，力度為高檔，指示燈變紅色；再短按一次關閉功能，依此循環，長按2秒敲擊鍵關閉。
3. 關機狀態下：長按熱敷開關鍵2秒，加熱功能開啟，此時溫度約35°C左右，指示燈變藍色；短按一次，溫度約40°C左右，指示燈變紫色；再短按一次，溫度約45°C左右，指示燈變紅色；再短按一次關閉功能，依此循環，長按2秒熱敷鍵關閉。

4. 關機狀態下：長按冷敷開關鍵2秒，冷敷功能開啟，此時溫度約20°C左右，指示燈變藍色；短按一次，溫度約15°C左右，指示燈變紫色；再短按一次，溫度約10°C左右，指示燈變紅色；再短按一次關閉功能，依此循環，長按2秒冷敷鍵關閉。
5. 開機狀態下：任意短按其他功能均可開起對應功能。
6. 全部關機時：電量會持續顯示5秒鐘，此時為待機狀態，短按任意功能鍵都可以重新開啟本機功能。5秒未操作，產品自動關機。
7. 要具備第2、3兩點，熱敷或冷敷功能的必須安裝該冷熱按摩頭，其它按摩頭無此功能。
8. 震動、熱敷、冷敷功能都可以單獨使用。
9. 震動、熱敷、冷敷功能自動定時為15分鐘。

4. In power OFF mode: long press the COOL Therapy switch for 2 seconds to turn on the device to Level 1 temperature of 20°C (blue light), press twice for Level 2 temperature of 15°C (purple light), press three times for Level 3 temperature of 10 °C (red light). Long press the COOL Therapy switch again for 2 seconds to turn the device off.
5. In the power ON mode: press any function switch to activate the desired function mode.
6. The device will enter standby mode after the OFF switch is press. The battery indicator will continue display for 5 seconds. Press any function switch during this period to restart the device. After 5 seconds of inactivity, the product will automatically shut down.
7. For the HEAT+COOL therapy, the HEAT+COOL massage head must be installed to activate the function. Other massage heads are not applicable.
8. Vibration, HEAT and COOL therapy mode to be used separately.
9. Vibration, HEAT and COOL therapy mode automatically timed for 15 minutes per session.

Massage head assembly



HEAT+COOL head



Round head



Bullet head



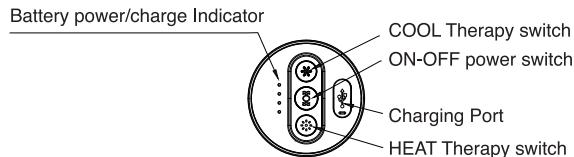
Flat head



U Shaped head

Note: The yellow solid line in the figure is the product alignment line, and it is black on device.

II. Operating manual



Control Panel Diagram

1. In power OFF mode: press any of the function key to show current battery power status.
2. In power OFF mode: long press the ON-OFF power switch for 2 seconds to turn the device on to Level 1 intensity (blue light), press twice for Level 2 intensity (purple light), press three times for Level 3 intensity (red light). Long press the ON-OFF power switch again for 2 seconds to turn the device off.
3. In power OFF mode: long press the HEAT Therapy switch for 2 seconds to turn the device on to Level 1 temperature of 35°C (blue light), press twice for Level 2 temperature of 40°C (purple light), press three times for Level 3 temperature of 45°C (red light). Long press the HEAT Therapy switch again for 2 seconds to turn the device off.

裝配按摩頭

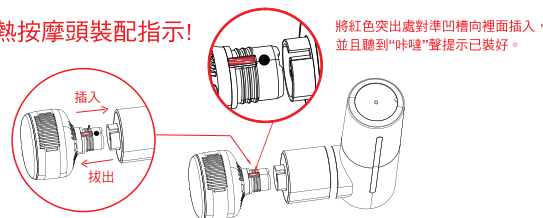


注意:圖中黃色實線為產品對準線，實際產品此處為亮黑色。

按摩頭安裝:

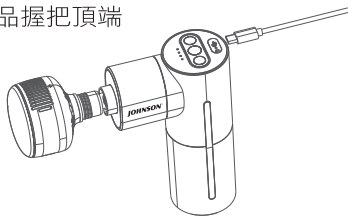
- 1.按摩頭拆裝都是直插式，不需要扭動。
- 2.冰熱頭紅色直條對準卡槽的缺口。
- 3.要確保插到底部，並且聽到“咔嚓”聲提示已裝好。

冰熱按摩頭裝配指示!



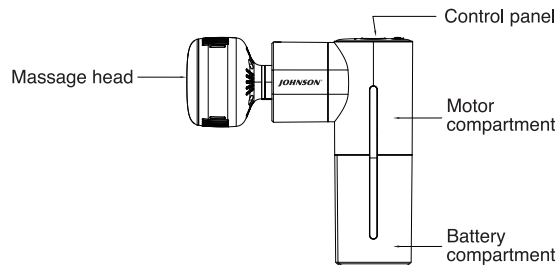
充電

充電口位於產品握把頂端



- 01、初次使用之前，充電約5小時，將電充滿。
- 02、充電時，將提供專用USB線連接設備TYPE-C接口，另一端用直流5伏充電器具。(建議輸出5V DC，2A)。
- 03、本機上所有電量指示燈有規律地閃爍，表示正在充電。
- 04、本機上所有電量指示燈停止閃爍並保持亮起時，表示電池已充滿。
- 05、電池在指示的環境條件下可以任何時間，任何電量下進行充電。
- 06、當電量低於25%，應及時充電。
- 07、不建議將電池電量消耗至低於25%以下。
- 08、本機之最大運行時間為三小時，但端視於使用期間的振動頻率和施加的壓力而有所不同。
- 09、僅提供標示於電器之超低安全電壓。

I. Specification



Massage head



HEAT+COOL head
Mainly used for relaxing your whole body, shaping and skincare



Bullet head
Mainly used for deep tissue relaxation & precise massage



Round head
Suitable for spine, large muscle groups & thigh muscle massage



Flat head
Mainly used for large contact area, bulk muscle groups and shaping



U Shaped head
Mainly used for the neck, cervical spines and heel tendon



Diagram: Do not touch this part to avoid pinching when the device is started without a massage head.



Diagram: Do not touch this part to avoid pinching when the device is installed with a massage head.

2. Disclaimer

Please do not use the massage gun or any vibration device without first obtaining approval from your doctor if any of the following apply.

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, or spondylosis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device. These contra indications do not mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.

Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of contra indications as shown above. Practical experience has shown the integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist.

三、產品規格

產品名稱:TAK mE帶著走·冰熱敷按摩槍	產品型號:Johnson C66
產品淨重:620g	額定電壓:5Vdc
額定電流:2A	電池規格:11.1V 2400mAh
強度檔位:3檔調節	充電時間:約5小時
使用環境:0-40攝氏度	主機尺寸:140X60X150mm
自動定時:敲擊15分鐘、冰敷15分鐘、熱敷15分鐘	
委製/進口商:喬山健康科技股份有限公司	產地: 中國
以上受環境及使用情況會有正負5度偏差。	
產品執行標準:GB4706.1-2005, GB4706.10-2008	



本商品通過經濟部標準檢驗局-安全檢驗合格認證

四、常見問題

不能開機:

1、溫度過高:

按摩槍在40攝氏度以上的環境中使用，按摩槍可能會觸發溫度過熱保護，主機表現為不能正常開機。

2、電池電量為“0”

當電池沒電的時候，如果用戶持續較長時間不充電，電池會產生低電量保護，統稱為過放保護，此時再進行開機操作，按摩槍不能正常工作。解決方法:保持關機狀態，接入充電器讓按摩槍進入充電模式，充滿電後拔掉充電器，此時啟動開關鍵按摩槍就能正常工作。

不能充電:

1、按摩槍溫度過高:

當按摩槍主體溫度過高之後，接入充電器，將無法進行充電。

解決方法:在40攝氏度以下環境中靜止2小時，然後再進行充電操作。

2、充電器溫度過高:

按摩槍在40攝氏度以上的環境中充電，充電器可能會觸發過熱保護，主機表現為不能正常充電。

解決方法:在40攝氏度以下環境中靜止2小時，然後再進行充電操作。

按摩槍操作故障排除	
故障描述	故障排除
1.按摩頭滑出掉落	檢查按摩頭是否安裝到位 (具體操作見說明書)
2.產品無法開機	檢查電量是否充足 (若長時間未使用請充電5小時以上)
3.產品無法充電	檢查充電口是否插到位
4.連續運行10分鐘後突然停止	此現象為長時間運行保護功能設定，由運行轉為待機模式，短按按鍵可以重新啟動，屬於正常現象(具體操作見說明書)
5.按摩頭受外力強壓後敲擊功能停止	此現象為運行異常保護功能設定，由運行轉為待機模式，短按按鍵可以重新啟動，屬於正常現象(具體操作見說明書)

Important Information

To reduce dangers including fault, electric shock, injury, fire, death, and device damage, please read all instructions, warnings and reminders of the product in this operation manual carefully before using the device.

1. Safety Instruction

01. For adult use only.
02. Do not use the device on the wet or dirty skin surface. In this case, you can use it wearing your clothes by gently pressing and moving on the skin, each position for about 60 seconds.
03. Do not immerse the product in the water or allow water enter into the device ventilation hole.
04. Do not place any objects into the ventilation hole of the device.
05. Do not put the device into fire or close to any fire source.
06. Do not intentionally drop the device.
07. Do not tamper or modify the device in anyway.
08. Never leave the device operating or charging unattended.
09. Keep fingers, hair or any body parts away from the shaft and back side of the device as pinching might occur.
10. Due to the heat-producing surface of the device, please use the device carefully.
11. Do not use the device during charging mode.

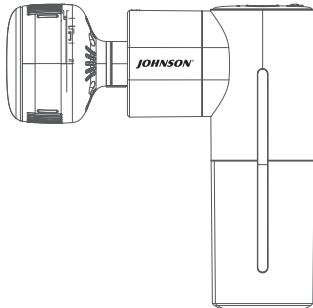
Thanks for purchasing our products. Please carefully read this operation manual before use to ensure correct operation. Please keep this operation manual well for future reference.

Brief Introduction and Purpose of Massage Gun

J Pro X Muscle Massage Gun is a device designed for deeply relaxing muscular fascia and suitable for a post-workout massage. It can alleviate stiffness and ache of muscles, relieve muscle fatigue, and accelerate blood circulation to improve the soft tissue health of the body.

Purpose

Suitable for physical massage and skincare before/after exercise and fitness.



限用物質含有情況標示聲明書

Declaration of the Presence Conditions of the Restricted Substances Marking

設備名稱 Equipment name	TAK mE帶著走・冰熱敷按摩槍 J Pro X Muscle Massage Gun					型號(型式) Type designation(Type)	Johnson C66
單元 Unit	限用物質及其化學符號 Restricted substances its chemical symbols						
	鉛 Lead (Pb)	汞 Mercury (Hg)	鎘 Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr+6)	多溴聯苯 Polybrominated biphenyls (PBB)	多溴二苯醚 Polybrominated diphenyl ethers (PBDE)	
USB線	○	○	○	○	○	○	
內部配線	○	○	○	○	○	○	
塑膠組件	○	○	○	○	○	○	
金屬組件	○	○	○	○	○	○	
電路板組件	○	○	○	○	○	○	
馬達組件	○	○	○	○	○	○	
<p>備考1: “超出0.1 wt %” 及 “超出0.01 wt %” 係指限用物質之百分比含量超出百分比含量基準值。 Note1: “Exceeding 0.1 wt %” and “Exceeding 0.01 wt %” indicate that the percentage content of the restricted substances exceeds the reference percentage value of presence condition.</p> <p>備考2: “○” 係指該項限用物質之百分比含量未超出百分比含量基準值。 Note2: “○” indicates that the percentage content of the restricted substances does not exceeds the percentage of reference value of presence.</p> <p>備考3: “-” 係指該項限用物質為排除項目 Note3: The “-” indicates that the restricted substances corresponds to the exemption.</p>							

五、回收

本產品使用壽命結束時，請勿與一般家庭廢棄物一併丟棄，應將本產品放到政府指定回收站，應將本產品環保回收。在電器報廢前應取出電池，取出電池前電器應切斷電源。

JOHNSON®**保固卡**

安裝日期: _____ 年 _____ 月 _____ 日

機器型號: _____

機器序號: _____

保固期限: 本產品自安裝 / 購買日起整機保固壹年，免費維修。

顧客注意事項

1. 本保固卡未加蓋公司章或填寫內容不完整者，視同失去保證效力
(如提出原始發票或經銷商文件足以證明購買日期者，不在此限)。
2. 維修時請出示本保固卡。
3. 保固期限內，請聯絡本公司之客服部門檢修。
4. 保固卡僅此一份，請妥善保存。
5. 保固區域以台灣(不含外島)地區為準。

保固期限內，因下列情況發生將收取相對費用

1. 產品由於用戶不當使用、保管與維修之故障。
2. 產品非經本公司授權維修人員檢修而自行拆修，改裝造成之故障。
3. 產品遭受雷電或火災、地震等自然災害及公害或電壓異常等其他外部因素造成之損壞。
4. 不能提供保固卡或保固卡上所填寫機器型號、機器序號與待修產品機型、條碼不一致。
5. 保固卡擅自修改或填寫內容無法辨識者。
6. 產品外觀因使用造成污舊者。
7. 如經公司服務人員判定非屬於商品故障所做的服務
(含正確之操作使用說明)公司得收取基本交通工時服務費。
8. 使用於營業地點或公共場所(非家用)之商品。

經 銷 商 店 章：

JOHNSON

喬山健康科技

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