



ADVANCED RECOVERY FOR ATHLETES

Informações | Informations



AVA - BRASIL



AVA - PORTUGAL



MADE IN CHINA

Modelo: Ava Pro 5

Green Fit Recovery, lda.

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Sala 10, Zip Code: 1070-102, city Lisboa, Portugal;

ID number: 518 096 700;

Resp. Técnico: Rodrigo Santana



ADVANCED RECOVERY FOR ATHLETES



PRO PHYSIO **PRO MAX**

PT: **MANUAL DO USUÁRIO**

EN: **USER MANUAL**

WARNINGS AND SAFETY REMINDERS

- This product is not a medical device and is not recommended for medical purposes.
- This product is intended for healthy adults only. Seniors, children, and those with limited cognitive abilities or sensory feedback deficiencies should not use this product, or should only use it under supervision.
- Do not use or store this product within the reach of infants and children, as it may cause accidents, injuries, or physical discomfort.
- Use this product gently. Applying excessive force or speed when using this product may cause bruising. Check the massaged area frequently and stop immediately at the first sign of pain or discomfort. If pain or discomfort persists or cannot be relieved, seek medical advice immediately.
- Use on soft tissue areas only and avoid any hard or bony areas of the body, including the head, the cervical spine, vertebral bodies of the spine, joints, shinbones, the dorsum of feet and hands, etc.
- Do not use around sensitive parts, organs, and central nervous system, such as the neck, eyes, teeth, reproductive organs, artificial limbs, the chest cavity, the abdominal cavity, the spine, etc.
- Do not use the massage gun on the genital area [i.e., for sexual purposes]. This is a powerful massage device and can cause serious physical injuries.
- Do not apply the product on any area that may be fractured or broken.
- Keep fingers, hair, or other body parts away from the shaft and the backside of the massage head to avoid risks of pinching injury.
- Use on dry and clean skin only; lightly press the product against the skin and move across the body, massage for approximately 60 seconds for each spot.
- Do not use the product on or near body areas with implants [e.g. breast implants or prosthetics] as it may loosen the implant or affect its function.

- The device is unsuitable for those being advised against massaging by doctors as it may cause accidents, injuries, or physical discomfort. This includes patients with varicose veins, thrombotic diseases, dermatitis of any kind, skin infections, local bleeding, blood stasis, abrasions, contusions, and rashes.
- This product is intended for healthy adults only and is not recommended for those with certain conditions, including but not limited to: Pregnancy, diabetes with complications such as neuropathy or retinal damage, heart diseases, pacemakers or defibrillators implantation, recent surgeries or injuries, epilepsy or migraines, osteoporosis, herniated disks, spondylolisthesis, spondylolysis, recent joint replacements intrauterine device [IUDs] implantation, metals implantation, malignant tumors, heart failure, cachexia, or any other health problems.

BATTERY SAFETY PRECAUTIONS

- Do not disassemble the battery in any way.
- Keep the battery away from fire and stop using it in case of any leakage or smell. Avoid contact of the leaked liquid with skin, eyes, or other body parts. In case of contact, wash with plenty of water and seek medical advice.
- Do not use the battery if you notice any abnormality, such as odor, heat, deformity, discoloration, or any other unusual situation. If the battery is being used or charged, stop using it or disconnect the charger immediately.
- Do not pierce the battery case with nails or other sharp objects. Do not hammer or trample on the battery.
- Battery life may vary depending on conditions of use or operation. Keep the device turned off and charge it at least once a month if left unused for a long time to prolong the battery life.

NOTES TO FCC COMPLIANCE STATEMENT

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the device and receiver.
- Connect the device to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help regarding the fasteners provided.

WEEE DIRECTIVE

PROPER HANDLING OF THIS



This symbol indicates that the product should not be disposed of with normal household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return a used device, please use the return and collection system or contact the retailer where the product was purchased. They can take this product to environmentally safe recycling.

RoHS DECLARATION OF CONFORMITY

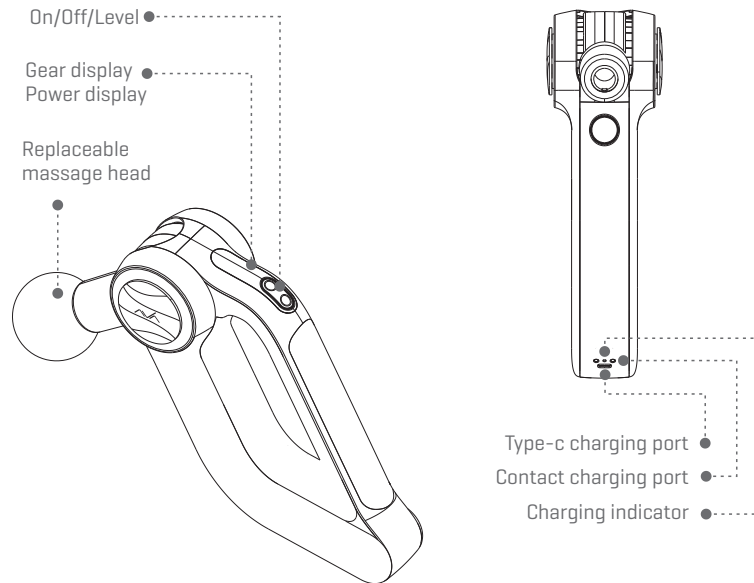
Our products comply with Restriction of Hazardous Substances Directive [2011/65/EU] [RoHS 2.0]. The raw materials and components of our products comply with the restrictions on the following toxic and hazardous substances.

Cadmium [Cd]: <100 ppm	Lead [Pb]: <1000 ppm
Mercury [Hg]: <1000 ppm	Hexavalent chromium [Cr VI]: <1000 ppm
Polybrominated biphenyls (PBB): <1000 ppm	Polybrominated diphenyl ethers (PBDE): <1000 ppm
Bis[2-ethylhexyl] phthalate (DEHP): <1000 ppm	Benzyl butyl phthalate (BBP): <1000 ppm
Dibutyl phthalate (DBP): <1000 ppm	Diisobutyl phthalate (DIBP): <1000 ppm

PARAMETERS IN DETAIL

- Product name: Pro Physio Pro Max
- Product model: Ava Pro 5
- Structure: Main structural components include the control part, massage heads, and the lithium battery;
- Massage gun vertical vibration frequency: ≤ 60 Hz
- Amplitude: 12 mm
- Rated power: 25 W
- Device: Rated voltage: 14.8 V $\approx$ Battery capacity: 2500 mAh
- Adapter: Input: 100-240V~50/60Hz 0.5A
Output: 5V $\approx$ 3A/9V $\approx$ 2.22A/12V $\approx$ 1.67A
- Timing: 10-minute intelligent timing;
- The device is equipped with a switch to control how it works;
- The massage head can be replaced as needed;
- Operation mode: Intermittent operation.

MAIN STRUCTURE OF THE DEVICE

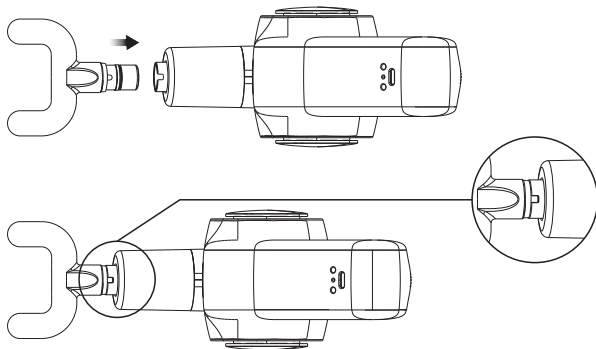


INSTRUCTIONS OF USE

1) The massage gun needs to be installed with the massage head before first use.

To install the massage head, take it out of the package, insert it into the slot on the massage gun, and make sure it is secured.

Note: The U-shaped head needs to be positioned correctly for proper installation. Ensure the tab is in place by inserting it into the slot. If not installed in place, the massage head may fall off during use. When installing/removing, directly plug/unplug it without rotating.



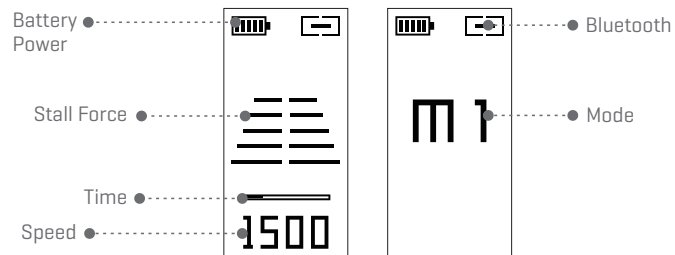
2) Button function description refer to the following table

BUTTON	OPERATION	FUNCTION
	Long press	Turn on the device while it is off
		Turn off the device while it is on
	Press	In M1 mode, increase the gear
		In standby mode start working
	Long press	When the device working, turn to standby mode
	Press	In the working state of M1 mode, reduce the gear
		In standby mode, switch from M1 to M4

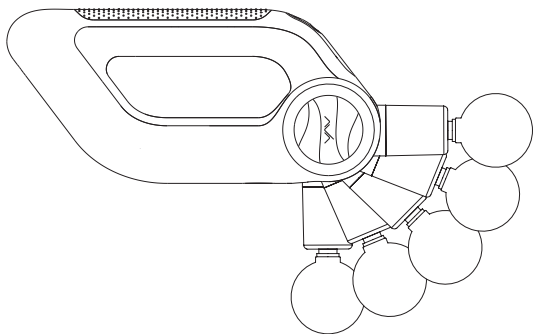
Notice:

1. When the device is powered on, it defaults to M1 mode
2. Switching modes can only be done in standby mode
3. M1 is a common gear mode [0-5 gears can be adjusted], M2, M3, M4 are fixed modes and cannot be adjusted.
4. The device will automatically enter the standby state after running for 10 minutes
5. Automatic off after 60s without any operation in standby state

3) Display Description



4) The direction of the elbow arm of this equipment can be adjusted, and the total adjustment range is 0-90°. Press and hold the elbow arm rotary switch of the device to rotate the elbow arm.



Installing and Replacing the Massage Head

Before replacing a massage head, make sure the device is switched off and unplug the massage head from the installation slot. Gently apply force to detach the massage head. Attach the new head to the massage gun by inserting the tab into the slot and ensure it is secured.



Ball Head

You can use this for: Large muscle groups such as the quadriceps and gluteus maximus, as well as for relieving extreme soreness of muscles and joints.



U-Shaped Head

You can use this for: The spine, the neck, shoulders, and other sensitive muscles and soft tissues.



Air Cushion Head

You can use this for: Relaxing sensitive muscles of the body.



Flat Head

You can use this for trigger points and the lower back



Spade Head

You can use this for shoulder blades, IT bands, scraping, and flushing.



Cup Head

You can use this for tender or bony areas and overall use

DEVICE PRECAUTIONS

- Do not use the product if it is malfunctioning, gets damaged from falling, or has dropped into water. Return the product to the service center for check and repair.
- Do not use in bath or shower.
- Do not place this product in water or under high-temperature or high-humidity environments as it contains a lithium battery. Do not charge, use, or store this product near a heat source or under extremely high temperatures.
- Do not place the product in a microwave oven or any pressure vessel.
- Choose the massage head that produces the best effect accordingly.
- Do not block or cover the ventilation holes of the product with any object.
- Do not store the product at any location that is unsteady or unstable. Avoid dropping or bumping the device itself and its accessories. It can lead to body injuries or product damage or failure.
- Before each use, carefully check the main unit, battery power, massage head, etc. to ensure they can function properly.
- Do not alter or modify the product in any way.
- Do not leave the product charged overnight or unattended while charging or in use.
- Do not start the device when charging. Unplug the power supply promptly after the device is fully charged.
- It is recommended to start the massage from the lowest intensity. Complete each session within 10 minutes. Avoid massaging the same spot for over 3 minutes or it may overstimulate muscles and nerves to cause injury.

- Do not overuse this product. Rest it for 10 minutes after 30 minutes of continuous use before restarting. Failure to do so may cause the device to overheat and shorten its lifespan.
- Do not use this product with the vents blocked. Keep the vents free of lint, hair, or anything that could block the airflow.
- Do not use the product under blankets or pillows. The overheating device can cause fire, electric shock, or personal injury.
- Do not use the product when you are on soft surfaces (e.g. beds or sofas) that may block the vents.
- Do not use the product near long hair, loose clothing, or jewelry.
- Do not operate the product where aerosol (spray) products are used or where oxygen is used.
- Use original massage heads only, as third-party massage heads may cause damage to the product and void the warranty.
- Stop using the product immediately if it is overheating or emits odor.
- Do not wrap the charging cable around the device when storing it.
- When unplugging the charging cable, hold the front end instead of the cable. In addition, do not unplug with wet hands. It may cause electric shock, short circuits, and fire.
- Do not use the charging cable when it is damaged or loosely plugged. It may cause electric shock, short circuits, and fire.
- The temperature can be high where the massage head is plugged due to continuous high-frequency vibration, please mind the risks of burning when replacing the massage head.
- Note: When the device appears "⚠", it means that the temperature of the device is too high, and it needs to stand for 10 minutes before restarting the device.

CHARGING

- Before the first time use, using our PD fast charger 12V 1.67A charge for about 3 hours to fully charge.
- Please use our attached PD charger to charge the device, if use the normal 5V charger, and the screen display the “” icon, please change the charger.
- There is a charging animation on the display screen of the instrument, and the indicator light at the charging interface is solid green, indicating that it is charging;
- When the battery is fully charged on the display screen of the instrument, the indicator light at the charging interface is off, indicating that the battery is fully charged;
- The battery can be charged at any time and at any power level;
- When the power on the display of the instrument flashes, it means that the power is insufficient and needs to be charged;
- It is not recommended to completely drain the battery;
- The average operating time of the equipment after loading is about 3 hours, which depends on the vibration frequency and applied pressure during use.

MAINTENANCE

- Use a damp towel to clean the device and dry it with a soft cloth.
- Store the device in the package box if unused for a long time.
- Do not remove any screws or attempt to disassemble the product.
- To quickly achieve the best battery capacity, fully charge and deplete the new battery three times or more.
- When left unused for a long time, the battery should be charged once a month.
- Avoid using alcohol, diluent, benzene, and other solvents. These can lead to malfunction, broken parts, or discoloration.

TROUBLESHOOTING

Problem	Cause	Solution
The massage gun cannot be turned on.	Power is off.	Turn on the massage gun by pressing and holding the On button more harder.
	Low battery.	Charge the massage gun.
	The massage gun is set to automatically shut down after 10 minutes.	Turn on the massage gun by pressing and holding the On button to use it for another 10 minutes.
The massage gun automatically shuts down.	Overload protection is activated; the massage gun will shut down automatically when overloaded.	Turn on the massage gun again after 10 mins.
	The massage gun is set to automatically shut down after 10 minutes.	Turn on the massage gun by pressing and holding the On button to use it for another 10 minutes.
The massage gun is stuck.	Lubricating oil solidifies due to low temperature.	Slightly loosen the fitting tab of the massage head, then turn on the massage gun.
For other issues, please contact: sac@ava.cr7.com		

PRODUCT DISPOSAL PRECAUTIONS

Please support the recycling of rechargeable batteries [lithium-ion batteries].

 Danger	The rechargeable battery should be used exclusively for this product and not others. Do not charge the battery that has been taken out. - Keep the battery away from fire to avoid overheating; - Do not pierce the battery with nails, strike it with force, or disassemble and modify it; - Do not connect the positive and negative poles of the battery directly with metal; - Do not store it with necklaces, hairpins, etc.; - Do not charge, use, or place the battery in high-temperature environments such as near the stove or under the blazing sun. These can cause the heating, burning, or breaking of the battery.
 Danger	This product contains a lithium battery, please do not disassemble it. - Please keep this product out of the reach of infants and young children; - In case of battery liquid leakage, avoid touching the liquid with bare hands and handle it as follows: a) Direct contact of the battery liquid with the eyes may cause blindness. Do not rub your eyes with your hands; flush with water and seek medical aid immediately. b) Contact of the battery liquid with body parts or clothes could cause skin irritation or injury. Flush with water and seek medical aid immediately if the discomfort persists. - The battery may be disassembled only when discarding the product. Failure to follow this instruction can lead to fire, electric shock, injury, or other accidents. Please consult the original retailer for any repair request (excluding battery replacement).

The lithium-ion battery of this product is a valuable resource that can be recycled and remanufactured. Take out the battery before discarding the product and transfer it to professional organizations that are competent at recycling and remanufacturing rechargeable batteries.

WARRANTY

1. Product comes with a one-year free warranty with the purchase receipt.
2. We will not provide free warranty services for the following user-induced failures, such as:
 - a) Failures caused by unauthorized disassembly and modification of the product;
 - b) Failures or damages caused by accidental drop during use and handling;
 - c) Failures due to lack of reasonable maintenance;
 - d) Failures caused by not following the manual instructions correctly;
 - e) Failures caused by improper repairing of entities not authorized by us.
3. Repairing services outside the scope of the warranty will be charged according to the relevant policy.
4. Please contact the customer service team promptly via email for warranty requests.
5. When necessary, product circuit diagrams and information on repairable components can be obtained by qualified technicians.
6. The safe service life of the product is 5 years.
7. Please see the main unit or packaging box for the production date.

CUSTOMER SERVICE

If you have any questions or concerns, feel free to contact us. Customer service team guarantees a quick response and resolution to any issues you may have.

*If the product is defective or needs to be returned, please contact us with your order number within the stated warranty period. Do not discard any product parts used for inspection/repair.