



Powerology

MOVA Compact Massage Gun

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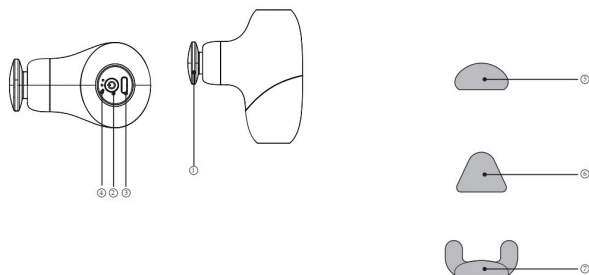
Product Introduction

The MOVA Compact Massage Gun is a pocket-sized soft-tissue recovery device that relaxes muscles through high-frequency percussive impulses, helping to reduce delayed-onset muscle soreness and everyday tension. Powered by a quiet brushless DC motor and paired with 4 interchangeable heads (a standard striking head and three silicone tips), it offers three intensity levels in a lightweight, travel-friendly body with USB-C charging.



Structural Diagram

The massage gun consists of a handheld motor unit with a swappable head at the front, a single multifunction control button on the rear panel with LED indicators, and a USB-C charging port. Four interchangeable tips are included to target different muscle groups.



1. Insertion / extraction striking head
2. Switch / Level button
3. Type-C charging port
4. Level & charging indicator light
5. Circular silicone tip
6. Conical silicone tip
7. U-shaped silicone tip

Package Contents

1. Compact Massage Gun
2. Standard striking head
3. Circular silicone tip
4. Conical silicone tip
5. U-shaped silicone tip
6. USB-C charging cable

Safety Precautions

Warning:

1. Do not use on bony areas with limited muscle coverage such as the head, face, elbows, knees, or spine.
2. Do not apply to the neck (lateral, anterior, or posterior cervical regions) to avoid injury to the carotid sinus.

3. Do not use on vulnerable areas with dense nerves and blood vessels, including the armpit, inner arm, groin, abdomen, kidney area, or genitals.
4. Do not use on wounds, bruises, inflamed, swollen, or acutely injured areas.
5. Do not use while driving or performing precision tasks.
6. Keep fingers, hair, and clothing away from the striking head and attachment interface during operation to prevent pinching or injury.
7. Only install or remove massage heads while the device is powered off, and ensure the head is securely locked before use.
8. Do not immerse the device in water or use it in humid environments.
9. Do not disassemble, modify, or attempt to repair the device.
10. Do not use the device while it is charging.
11. Do not insert foreign objects into the massage head socket or the USB-C charging port, as this may cause short circuit, burns, or fire.
12. Stop use immediately and contact after-sales service if the device overheats, smokes, emits abnormal noise, deforms, swells, or leaks.
13. Keep out of reach of children. This device is not a toy.
14. Do not incinerate, puncture, crush, disassemble or expose the device or its built-in lithium battery to fire or high temperatures, as this may cause explosion, fire or chemical leakage.
15. The built-in lithium battery is not user-replaceable. Do not attempt to remove or replace it; at end of life, dispose of the device at an appropriate battery/electronics collection point in accordance with local regulations.
16. Inspect the USB-C cable and connector before each charge; stop use and unplug immediately if the cable is frayed, damaged, or the connector is bent or discoloured, or if the USB-C port appears damaged.

Attention:

1. Read this manual carefully before use and follow all instructions.
2. Pregnant women, minors, the elderly, and people with medical conditions should consult a physician and use only under supervision.

3. Do not exceed 6 minutes of continuous use per session, and avoid staying on the same spot for more than 60 seconds to prevent muscle damage.
4. Start at the lowest speed and avoid applying excessive pressure during massage.
5. Unplug the charging cable promptly once charging is complete.
6. If the device will not be used for a long time, recharge it periodically to preserve battery life.
9. Clean with a slightly damp soft cloth only; do not rinse under water or use corrosive cleaners.
10. The silicone massage heads may cause reactions in individuals with silicone allergies — use with caution.
11. Charge only with the supplied USB-C cable and a certified USB power adapter rated 5 V 1 A (or a compliant USB source). A power adapter is not included in the package.
12. The built-in battery and charging circuit include overcurrent, overvoltage, short-circuit and over-temperature protection. If charging behaves abnormally (excessive heat, no charging, repeated cut-outs or unusual smell), stop use, disconnect the cable and contact after-sales support.



How to Use

1. Attach a massage head

Make sure the device is powered off before changing heads.

Align the base of the chosen tip with the socket on the front of the motor unit.

Press the head firmly into the socket until it is fully seated.

Gently tug the head to confirm it is locked in place before switching the device on.

2. Power on and select an intensity level

Press and hold the Switch/Level button () for about 1.5 seconds to turn the device on. The device always starts at Level 1; the previous level is not remembered.

Short-press the Switch/Level button () to cycle through the levels in the order 1 → 2 → 3 .

Watch the three LEDs next to the button to confirm the current level (one, two or three LEDs lit).

Press and hold the Switch/Level button (**1**) for 1.5 seconds again to turn the device off.

3. Massage technique

Begin at the lowest level and increase only if needed for comfort.

Rest the massage head gently on the target muscle and glide it slowly back and forth.

For a stubborn sore spot, hold light pressure on the point for 15–30 seconds.

Let the percussion do the work — do not press hard into the muscle.

Do not stay on the same spot for more than 60 seconds; keep each session to a maximum of 6 minutes, and total daily use under 15 minutes.

4. Choose the right head for the area

Standard striking head: general use across most body areas.

Circular silicone tip: large muscle groups such as thighs, glutes and back.

Conical silicone tip: joints, trigger points and deeper muscle layers.

U-shaped silicone tip: along the spine, lumbar region and larger muscle groups.

5. Charge the battery

Inspect the USB-C cable and connector before each charge; do not use if damaged, frayed or with a bent connector.

Insert the USB-C cable fully into the USB-C charging port (**3**) on the device.

Connect the other end to a certified USB power source rated 5 V 1 A. Use only the included USB-C cable and a certified adapter matching this rating (adapter not included).

During charging, the three LEDs light up progressively from left to right; when all three stay steady the battery is full.

Unplug the cable promptly after charging is complete.

When the battery is low, one LED will flash three times as a warning — recharge as soon as possible.

Do not use the device while it is charging; place it on a flat, stable, well-ventilated surface during charging.

6. Check the remaining battery

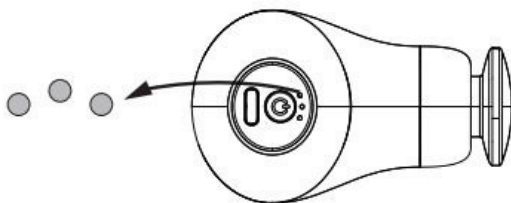
With the device switched off, press and hold the Switch/Level button (1) until the LEDs illuminate for about 3 seconds.

Count the lit LEDs to estimate the remaining charge (3 = full, 1 = low).

The device cannot be turned on while the battery-check LEDs are lit; wait for them to go out before pressing again to power on.

Control Panel & Indicators

A single button on the rear of the handle powers the device on or off with a long press and cycles between the three intensity levels with a short press. Three LED indicators next to the button show the current level during use and the battery status while charging.

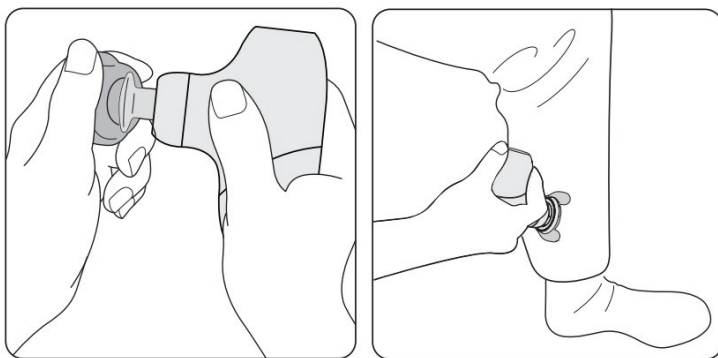


Specifications

Input Voltage	5 V DC
Input Current	1 A
Rated Power	10 W
Motor Type	Brushless DC Motor
Motor Speed	1900 RPM (Level 1), 2200 RPM (Level 2), 2500 RPM (Level 3)
Motor Peak Current (internal)	2.5 A Max
Battery Capacity	580 mAh
Charging Interface	USB-C
Working Time	30 minutes
Charging Time	130 minutes
Product Material	ABS + PC
Product Weight	200 g
Product Size	92.3 × 85 × 48 mm
Model Number	PWJCM5V

Key Features

1. Compact, travel-friendly design that fits easily into a bag or backpack
2. Quiet brushless DC motor for lower noise and longer service life
3. Three adjustable speed levels from 1900 RPM up to 2500 RPM
4. Four interchangeable heads for full-body, joint, spinal and deep-tissue recovery
5. Ergonomic grip for comfortable one-hand operation
6. Convenient USB-C charging
7. Smart 6-minute auto shut-off to help prevent muscle over-stimulation



Maintenance Tips

1. Cleaning

Power the device off and unplug the charging cable before cleaning.

Wipe the body and massage heads with a clean, slightly damp soft cloth or wet wipe.

Dry all parts with a soft dry cloth or paper towel before storing.

Do not rinse the device under running water or immerse it in any liquid.

Do not use corrosive or abrasive cleaners, which may cause cracking or discolouration.

2. Storage

Store the device in a cool, dry place away from direct sunlight.

Do not drop, crush, throw or scratch the device.

If the device is not used for a long time, recharge it periodically to keep the battery healthy.

Stop using the device immediately if you notice unusual heat, deformation, swelling or battery leakage, and contact after-sales service.

Frequently Asked Questions

1. How long can I use the massage gun in one session?

Each session should not exceed 6 minutes on the same area, and total daily use should stay under 15 minutes. The device also shuts down automatically after 6 minutes of continuous operation to help prevent over-massage.

2. Can I use the device while it is charging?

No. For safety and battery health, the massage gun cannot be operated while the USB-C cable is connected. Unplug it first and then power it on.

3. Which massage head should I use?

Use the circular tip for large muscle groups, the conical tip for joints and deep or pinpoint areas, the U-shaped tip along the spine and

lumbar region, and the standard striking head for general full-body use.

4. How do I know when the battery is low?

When the charge is low, one LED will flash three times as a warning. Plug in the included USB-C cable to recharge; all three LEDs will stay steady once the battery is full.

5. Where should I NOT use the massage gun?

Avoid bony areas such as the head, face, spine, elbows and knees, as well as the neck, armpits, abdomen, kidney area and any injured, inflamed or bruised skin. When in doubt, consult a medical professional before use.

6. Is this product a medical device?

No. It is designed to relieve everyday muscle tension and fatigue and to support recovery, but it does not diagnose, treat or cure any medical condition and does not replace professional medical care.

Troubleshooting

Problem	Likely Cause	Solution
Device does not power on	Battery fully depleted or button not held long enough	Charge for at least 30 minutes, then press and hold the Switch/Level button for 1.5 seconds.
Device shuts off during use	Automatic 6-minute protection has activated	Let the motor rest for a few minutes, then press and hold the button to restart.
Runtime is much shorter than expected	Battery not fully charged, or used mostly at Level 3	Charge until all three LEDs stay steady; use lower levels when full intensity is not required.
Not charging when plugged in	Weak USB power source, faulty cable or loose connection	Use a 5 V / 1 A USB adapter, reseal the USB-C cable, and try another cable or port.
Massage head falls off during use	Head not fully seated in the socket	Power off, remove the head, and press it firmly back into the socket until it locks.
Excessive vibration or rattling noise	Massage head is loose or foreign matter is in the socket	Power off, detach the head, clear any debris from the socket, and refit the head securely.
Motor feels weak or stalls under pressure	Too much force is being applied to the muscle	Reduce the pressure and let the percussion do the work; the gun is not designed to be pushed hard.

Problem	Likely Cause	Solution
Device becomes warm during long use	Extended continuous operation	Stop and let the device cool down; keep single sessions under 6 minutes.
LEDs flash but device will not turn on	Battery-check function is active	Wait for the indicator LEDs to switch off, then press and hold the button to power on.
Device does not respond after long storage	Battery has discharged during storage	Recharge the device fully before the next use and top up the battery every few months during storage.
Abnormal smell, smoke or swelling	Internal fault or battery damage	Stop using the device immediately, disconnect the charger, and contact after-sales service.

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our Powerology website or shop come with a 24-month warranty.

The 24-month warranty applies to products purchased directly from our Powerology website or store. If Powerology products are bought from any of our verified retailers, then the product is eligible for only a 12-month warranty. To extend your product's warranty, visit our website www.powerology.me/warranty and fill in your details in the provided form along with an uploaded picture of the product to

process your request. Once approved, you will receive a confirmation email of the extended product warranty. Upload the required information within 48 hours of purchase to be eligible for a 24-month warranty period.

For more info, please check: www.powerology.me/warranty

Contact Us

Email: **hey@powerology.me**

Website: **www.powerology.me**

Instagram: **powerology_official**

Facebook: **powerology.ME**