



Percussive Massage Device

T U T O R I A L

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## 4 Interchangeable Applicators



Fork

Neck and Back



Bullet

Joint and  
Acupuncture Point



Flat

All muscle parts



Round

Major muscle  
groups

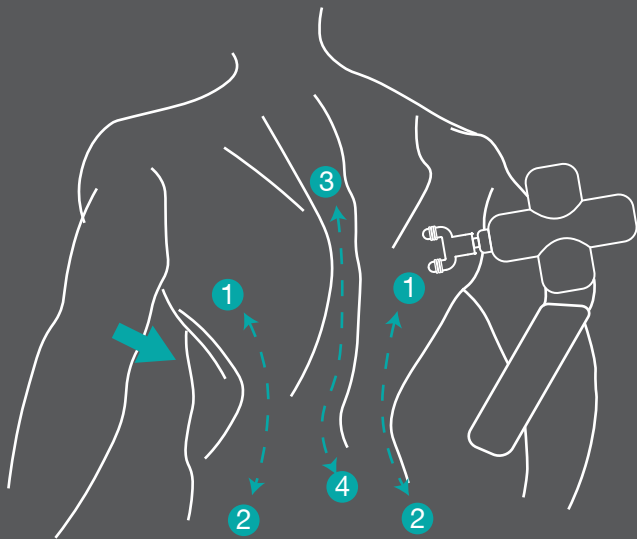
## General Instruction

Apply little pressure and move along the arrow slowly, or in a small circular motion. Let the applicator stop for few seconds in certain points that feels sore in particular.

# Home Relaxation

Adjust speed according to your own needs

# Home Relaxation - Back/ Shoulder



## Applicator



or



Fork

Flat

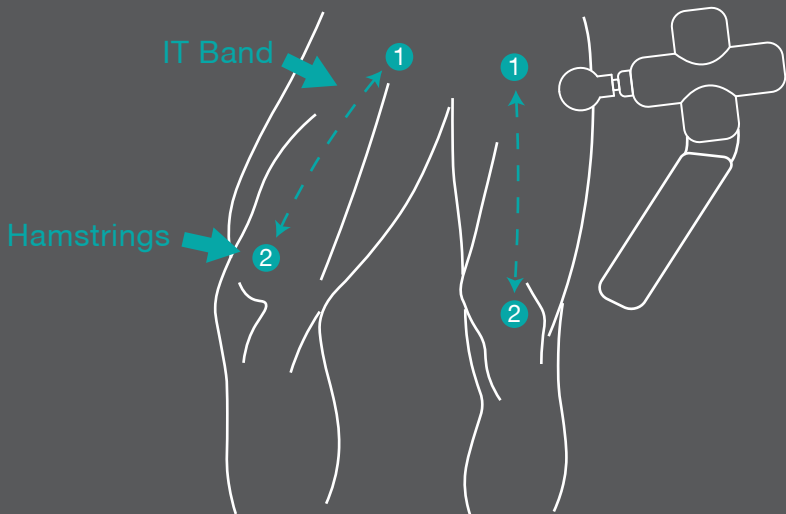
## Mode

Comfort mode  
Level 1 to 2

## Direction

1. Apply to 1, 2, 3, and 4
2. Sweep between 1-2, 3-4

# Home Relaxation - Thighs



## Applicator



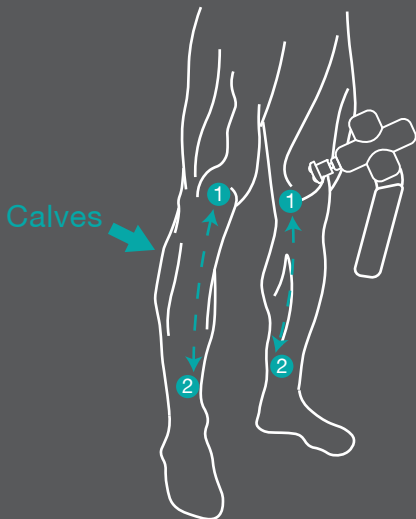
## Mode

Sports mode  
Level 1 to 2

## Direction

1. Apply to 1 and 2
2. Sweep between 1-2

# Home Relaxation - Leg



## Applicator



or



Round

Flat

## Mode

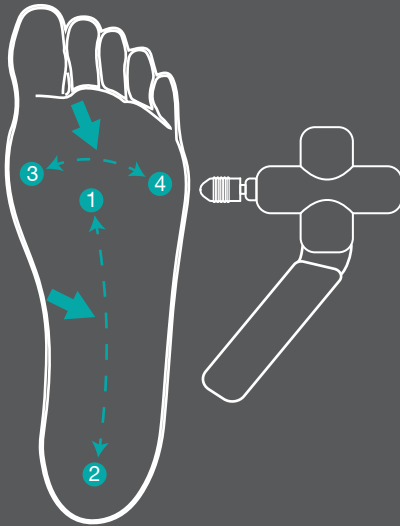
Comfort mode  
Level 2 to 3

## Direction

1. Apply to 1 and 2
2. Sweep between 1-2



# Home Relaxation - Feet



## Applicator



or



Bullet

Flat

## Mode

Comfort mode  
Level 2 to 3

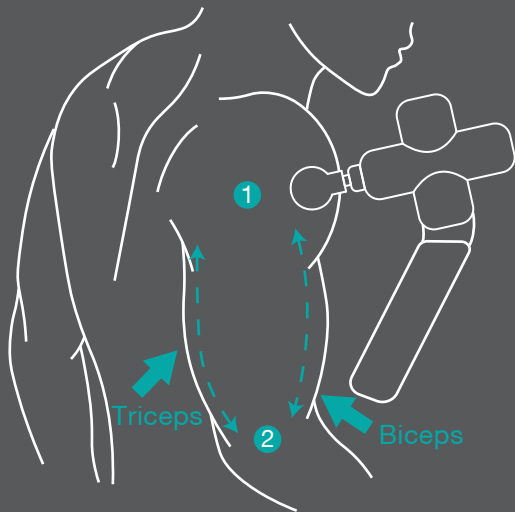
## Direction

1. Apply to 1 and 2
2. Sweep between 1-2, and sweep between 3-4

# Sports Performance (Upper Body)

Adjust speed according to your own needs

# Sport Performance (Upper Body) - Arms



## Applicator



or



Round

Flat

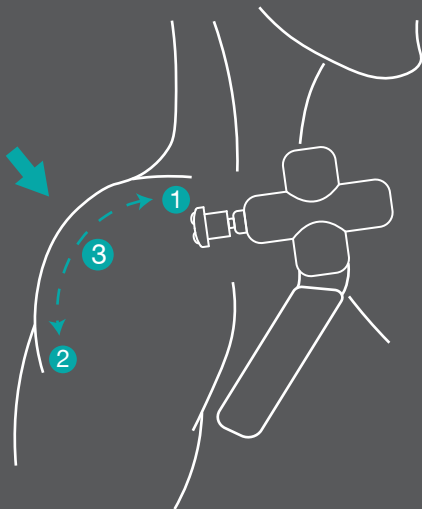
## Mode

Sports mode  
Level 1 to 2

## Direction

1. Apply to 1 and 2
2. Sweep between 1-2

# Sport Performance (Upper Body) - Shoulder



## Applicator



Round

or



Flat

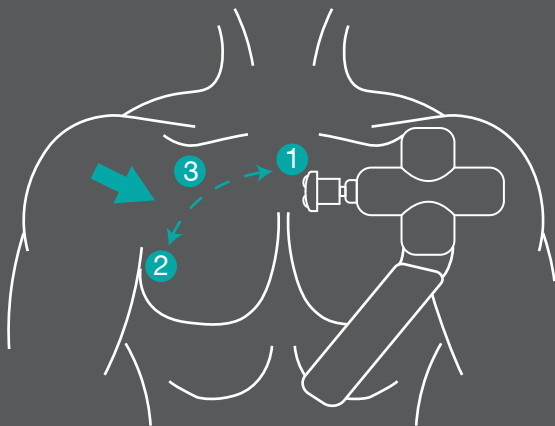
## Mode

Sports mode  
Level 1 to 2

## Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sport Performance (Upper Body) - PEC



## Applicator



or



Round

Flat

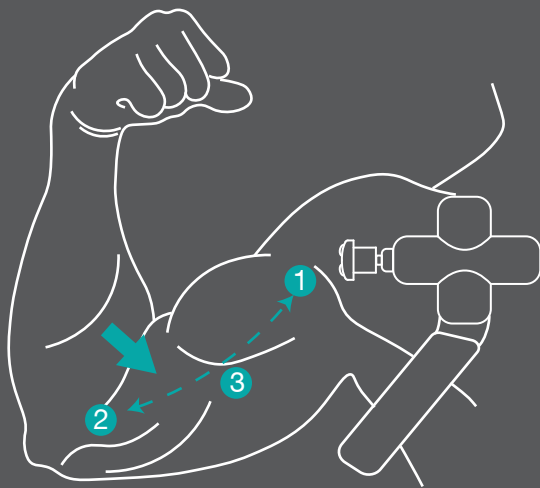
## Mode

Sports mode  
Level 1 to 2

## Direction

1. Apply to 1, 2 and 3
2. Sweep along 3

# Sport Performance (Upper Body) - Elbow



## Applicator



or



Round

Flat

## Mode

Comfort mode  
Level 1 to 2

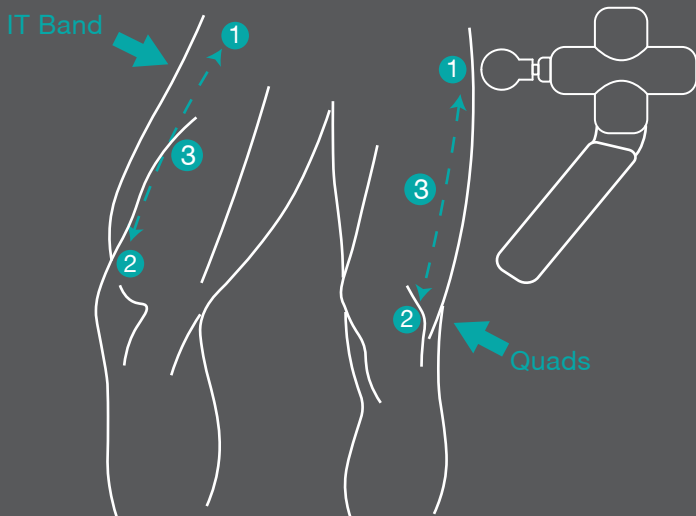
## Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sports Performance (Lower Body)

Adjust speed according to your own needs

# Sport Performance (Lower Body) - Thighs Front



## Applicator



Round

or



Flat

## Modes

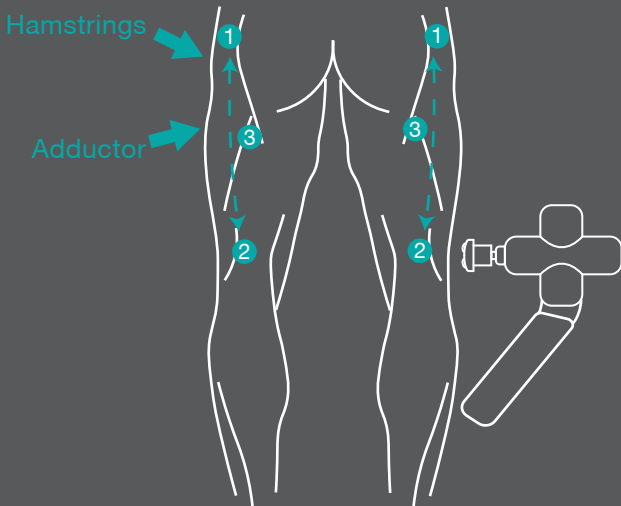
Sports mode  
Level 2 to 3

## Direction

1. Apply to 1 and 2
2. Sweep along 3



# Sport Performance (Lower Body) - Thighs Back



## Applicator



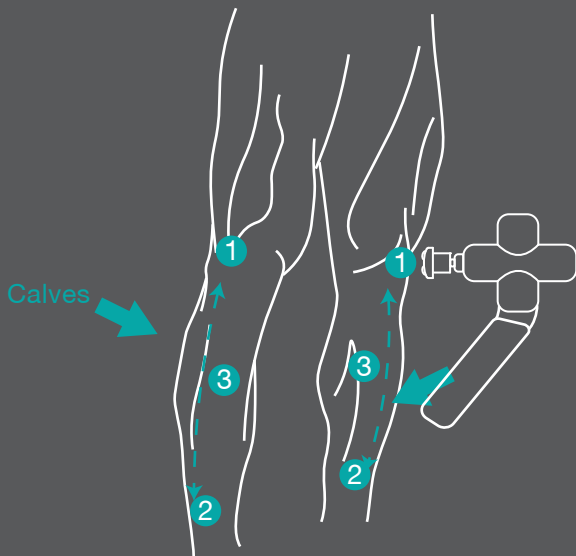
## Mode

Sports mode  
Level 2 to 3

## Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sport Performance (Lower Body) - Legs Front



Applicator



Round

or



Flat

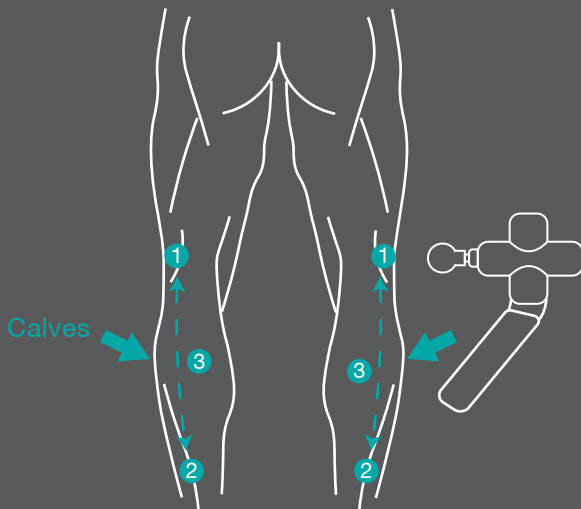
Mode

Sports mode  
Level 1 to 2

Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sport Performance (Lower Body) - Legs Back



## Applicator



Round

Flat

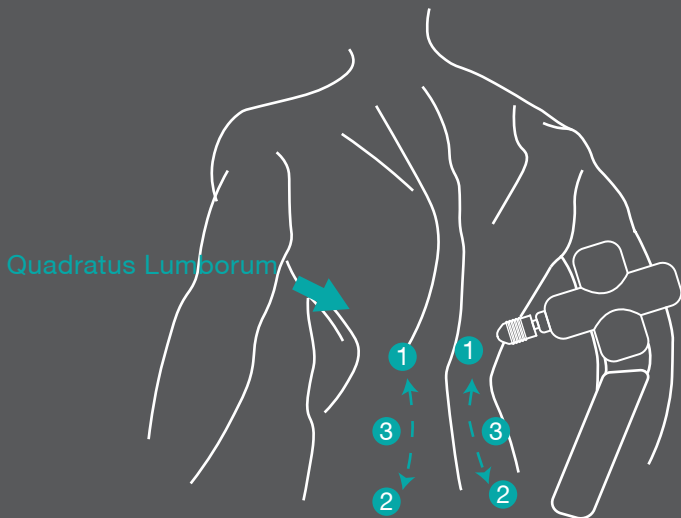
## Mode

Sport mode  
Level 1 to 2

## Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sport Performance (Lower Body) - Lower Back



## Applicator



or



Bullet

Flat

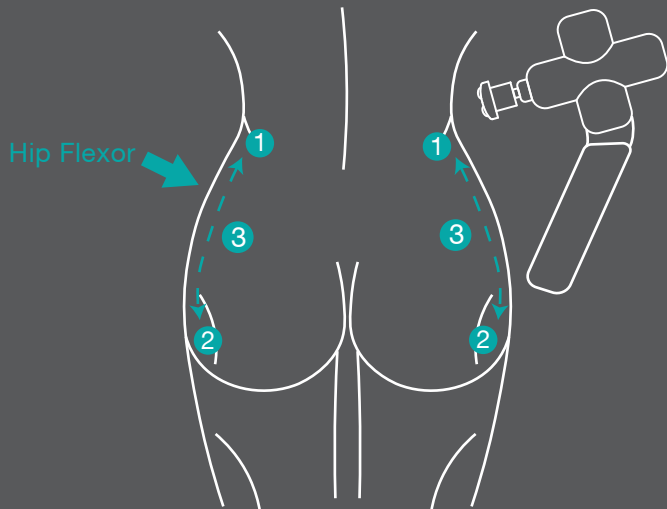
## Mode

Sports mode  
Level 1 to 2

## Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sport Performance (Lower Body) - Mid Section



Applicator



or



Round

Flat

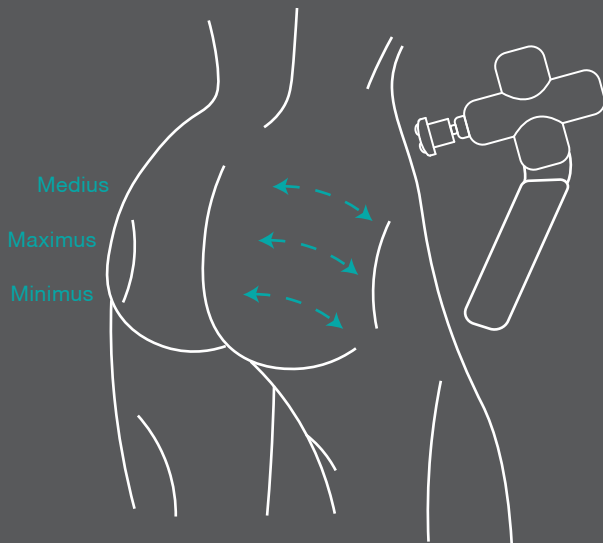
Mode

Sports mode  
Level 1 to 2

Direction

1. Apply to 1 and 2
2. Sweep along 3

# Sport Performance (Lower Body) - Glutes



Applicator

Mode

Direction



or



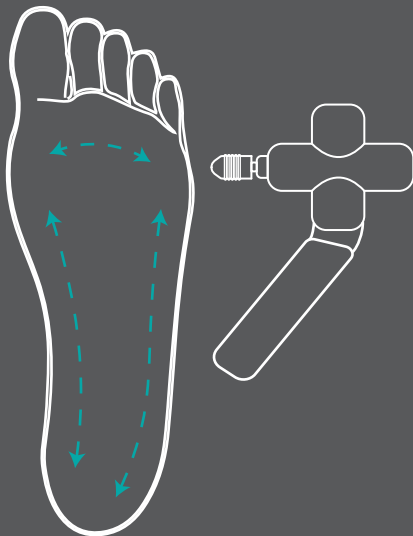
Round

Flat

Sports mode  
Level 2 to 3

Sweep along with the dashed  
lines

# Sport Performance (Lower Body) - Feet



## Applicator



or



Round

Bullet

## Mode

Comfort mode  
Level 2 to 3

## Direction

Sweep along with the dashed  
lines



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