

B.WELL  
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EN Instruction for Use

# Muscle Percussion Massager

**MED-450**



OMED

## 1. INTRODUCTION

### Thank you for purchasing B.Well electric percussion massager!

Wireless B.Well massager MED-450 is designed for deep workout and recovery of large and small muscle groups of the body. The massager relieves muscle tension and spasms, improves blood flow, helps recovery after sports, improves immunity, helps restore strength at home, at work or in the gym.

## 2. APPLICATION

- Device for massaging large and small muscle groups of the body: arms muscles, thighs, legs, buttocks, calf muscles, neck, shoulders, spine, palms, feet.
- For individual use.

## 3. MAIN BENEFITS

The control panel of the B.Well MED-450 massager with a functional button for switching message speeds is located on the liquid crystal display of the massager and displays the battery charge level and the serial number of the selected speed.

You can regulate the depth of the massage by yourself. The more pressure the massager puts on the body, the stronger is the impact of the massage head on the skin and muscles. In this case, there is no any painful effect on the massaged area.

The B.Well MED-450 massager has 33 operating speeds. Depending on the selected speed, different massage programs are activated (see Methodical recommendation for effective massage).

Motor power is 25 W. When used correctly, the massager will serve you for a long time and allow you to enjoy the massage.

The battery capacity is 1800 mAh. It provides 4 hours of continuous operation.

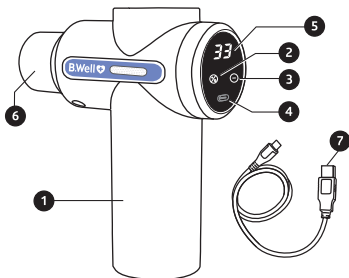
Recommended time for massage session at home is 15 minutes. A professional massage program is designed for this time period. Follow the methodological recommendations developed by B.Well specialists. At the end of the procedure, the B.Well MED-450 massager will turn off by itself so that the effect on the body is useful and safe.

The B.Well MED-450 massager is wireless.

We recommend that you refer to the methodological recommendations in the text of the instructions. The massage scheme and time are recommended by B.Well specialists.

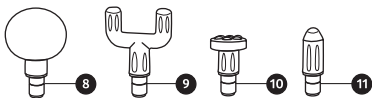
## 4. DEVICE OVERVIEW, ACCESSORIES

- 1 The main body
- 2 ON-OFF / SPEED + button
- 3 SPEED – button
- 4 Connector for USB Type-C cable
- 5 LCD (liquid crystal) display to show operating speed and battery level
- 6 Connector for massage heads
- 7 USB Type-C charging cable



**Massage heads:**

- 8 Spherical massage head
- 9 U-shaped massage head
- 10 Flat massage head
- 11 Cylindrical massage head

**5. GENERAL GUIDLINES**

- Insert the USB Type-C charging cable 7 into the Type-C connector 4 on the massager, insert the other end of the USB Type-C charging cable into the USB connector of an adaptor (not included) and connect it to a power socket or another power source, containing a USB connector.

Charge the massager. Before starting a massaging session, the massager must be disconnected from the power source.





When charging the massager for the first time, please charge it for 3 hours.

While the massager is charging, the LCD display 5 will display the battery charge percentage.

Full battery charge is displayed as 99%.

- Insert the selected massage head deeply into the connector for massage heads 6. When changing the massager head on the massager, pull the massager head out of the connector for massage heads.

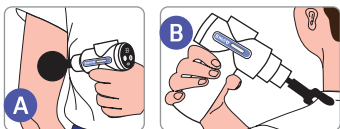
During the massaging session, hold the massager perpendicular to the surface being massaged, smoothly moving the massager down and up.

-  button when held: the massager will turn on at speed 1 ment for beginners or it will turn off. When turned on, the display will show the number of the speed.
-  button when pressed sequentially: changes the speed of massage from 1 to 33 with further presses.
-  button when lightly touched: the display will automatically show the remaining battery charge percentage.
-  button when pressed sequentially: changes the speed of massage from 33 to 1 with further presses.

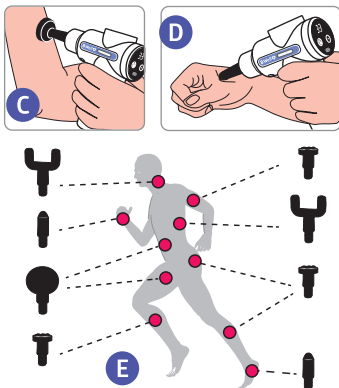
**6. RECOMMENDED MASSAGE AREAS**

**We recommend to use massage heads focusing on the images below:**

- A** Massage using a **spherical massage head 8** for large muscle groups of the arms, hips, legs (deep workout)
- B** Massage using a **U-shaped massage head 9** for the spine, neck, cervical-shoulder area, calf muscles (deep workout)



- C** Massage using a **flat massage head 10** for the whole body (relaxing effect, warming up muscles, including before training)
- D** Massage using a **cylindrical massage head 11** for small muscle groups, palms, feet (deep acupressure massage)
- E** Using massage heads on the body



### Areas recommended for workout using a percussion massager:



Neck



Upper part of spine



Lower part of spine



Chest



Deltoid muscles



Upper part of arms



Forearm



Hands



Gluteal muscles



Hamstrings



Calf muscles



Hip flexor muscles



Quadriceps muscles



Adductor muscles of the thigh



Legs



Shin

## EXAMPLE PROGRAMS FOR USING A PERCUSSION MASSAGER:

### OPERATION PROGRAM FOR LOWER LIMBS:

Start position: prone position



**Massage head type:**

**flat massage head**

(direction: vertically downward)

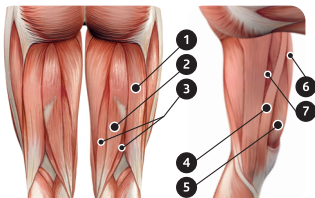
**Hamstring**

Biceps femoris muscle ① 20-30 sec × 3 times

Semitendinosus muscle ② 20-30 sec × 3 times

Semimembranosus muscle ③ 20-30 sec × 3 times

The movement direction is from up to down.



Start position: supine position



**Massage head type:**

**flat massage head**

(direction: vertically downward)

**Quadriceps femoris**

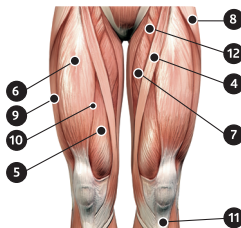
Rectus femoris muscle ⑥ 30-45 sec × 2 times

Vastus lateralis muscle ⑨ 30-45 sec × 2 times

Vastus medialis muscle ⑤ 30-45 sec × 2 times

Vastus intermedius muscle ⑩ 30-45 sec × 2 times

The movement direction is from up to down.



**Massage head type:**

**flat massage head**

(direction: angle of 45 degrees)

**Gracilis muscle**

Adductor longus muscle ⑦ 10-15 sec × 2 times

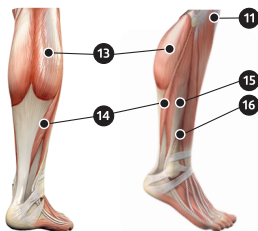
Adductor brevis muscle ⑫ 10-15 sec × 2 times

**Triceps surae**

Gastrocnemius muscle ⑬ 20-30 sec × 3 times

Soleus muscle ⑭ 20-30 sec × 3 times

The movement direction is from up to down.



**Massage head type: flat massage head**

(direction: vertically downward)

Sartorial muscle ④ 30-45 sec

Fascia lata tensioner ⑧ 15-20 sec × 2 times

Tibialis anterior muscle ⑪ 15-20 sec × 2 times

Peroneus longus muscle ⑮ 15-20 sec × 2 times

Peroneus brevis muscle ⑯ 15-20 sec × 2 times

The movement direction is from up to down.



**Massage head type: cylindrical massage head**  
(direction: vertically downward)

**Popliteus** 20

Knee straightening position 15–30 sec  
Knee bending position 15–30 sec

## PLANTAR FASCIITIS OPERATION PROGRAM

Start position: prone position



**Massage head type:**  
**flat massage head**

**Hamstring**

Biceps femoris muscle 1 20–30 sec × 3 times  
Semitendinosus muscle 2 20–30 sec × 3 times  
Semimembranosus muscle 3 20–30 sec × 3 times  
The movement direction is from up to down.

Start position: supine position

Tibialis anterior muscle 11 15–20 sec × 2 times  
Peroneus longus muscle 15 15–20 sec × 2 times  
Peroneus brevis muscle 16 15–20 sec × 2 times  
The movement direction is from up to down.



**Massage head type:**  
**U-shaped massage head**  
(direction: vertically downward)

**Popliteus** 20

Position with straight knees 15–30 sec  
Position with bent knees 15–30 sec

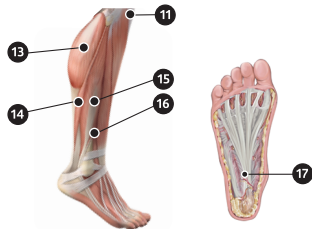
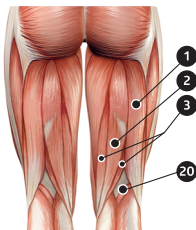
**Triceps surae**

Gastrocnemius 13 – 20–30 sec × 3 times  
Soleus muscle 14 – 20–30 sec × 3 times  
The front foot sole touches the ground.



**Massage head type:**  
**cylindrical massage head**  
(direction: vertically to planta pedis)

**Plantar fascia** 17



## OPERATION PROGRAM OF SACROILIAC PART

Start position: prone position (single side)



**Massage head type: flat massage head**  
(direction: vertically downward)

- Gluteus medius **18** 30 sec – 1 min × 4 times  
 Gluteus maximus **19** 30 sec – 1 min × 4 times  
 Piriformis **21** 1-1.5 min  
 Articulatio sacroiliaca **22** 1-1.5 min

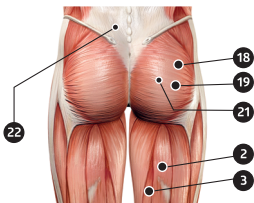
*The direction is from inside up to outside down,  
 along the muscular direction.*

### **Hamstring**

#### **Biceps femoris**

- Semitendinosus muscle **2** 20-30 sec × 3 times  
 Semimembranosus muscle **3** 20-30 sec × 3 times

*The movement direction is from up to down.*



## **Methodical recommendation for effective massage**

The effect of massage on the body is a complex physiological process in which mechanical, humoral and neuro-reflex factors are involved. As a result, not only mechanical kneading of the muscles occurs, but also the circulation of lymph and blood improves, the outflow of excess interstitial fluid increases, and swelling decreases. Biologically active substances (histamine, acetylcholine) enter the blood, which in turn leads to the removal of muscle tension and muscle relaxation.

The B.Well massager guarantees a deep kneading effect that relieves muscle tension, improves blood flow, reduces heaviness and swelling, and “disperses” accumulated lactic acid in the muscles after training. MED-450 is recommended for those who experience pain and cramps from muscle sprains, strains and injuries, swelling, thickening of connective tissues and fascia, accumulation of lactic acid in the muscles after exercise, difficulty in joint mobility, and muscle fatigue.

This methodical recommendation was developed by B.Well specialists to achieve maximum massage efficiency. We suggest using the MED-450 functions as follows:

### **Speeds 1-5:**

#### **modes for beginners**

Massage sessions recommended for those who are using a percussion massager for the first time; soft workout, warming up and relaxing muscles.

### **Speeds 6-11:**

#### **medium intensity modes for lovers of comfort**

Massage sessions recommended for thoroughly working out and bringing muscles into a comfortable tone; for use at home.

### **Speeds 12-18:**

#### **modes for sports enthusiasts**

It is recommended to carry out a massage session after physical activity to disperse lactic acids and relax muscles.

### **Speeds 18-25:**

#### **beauty modes**

Massage sessions are recommended for treating cellulite, increasing skin elasticity and health.

### **Speeds 25-33:**

#### **modes for professionals**

It is recommended to carry out massage in massage parlors for professional and deep muscle workout; to solve problems with muscle tension in a targeted manner.

## 7. CONTRAINDICATIONS AND PRECAUTIONS

### ATTENTION!

**If the following symptoms apply to you, please consult a specialist before using the massager:**

In the case of pregnancy or recent birth, physical injury, heart or pacemaker disease, diabetes or other sensitivity disorders, phlebitis and / or thrombosis, joint dysfunction, inflammation or injury, osteoporosis, high temperature, vertebral or spinal deformities, increased risk of clotting, pins / screws / artificial joints or other medical devices implanted in the body, within 90 days after intra-articular fixation, for fractures, aneurysm, bleeding, use of blood-thinning drugs, malignant tumors.

When massage, it is necessary to avoid areas of inflammation, sensitive areas on the head, face, cervical vertebrae and spine, areas near the bones, around which there is little muscle coverage: shins, backs of the hands and feet.

### Precautions

1. Use the device only for the intended purpose specified in this manual.
2. The device is not intended to be used by children.
3. The device must be used on dry and clean body surfaces and should not be used through thick clothing. When using, apply gentle pressure and smoothly move the massager over the skin. The workout time for one zone is about 60 seconds.
4. Carefully examine the areas of the body where the massage session is performed. Bruising can occur with frequent exposure or excessive pressure.
5. For safety reasons, do not apply the device to the head, face, front of the neck and heart area.
6. Stop using the device immediately if signs of pain or discomfort appear.
7. Use only the massage head that is intended for the body part being massaged.
8. Do not place any objects into the connectors of the device.
9. Do not keep hair, fingers or other parts of the body near the connector for attachments during vibrating operation of the device to avoid getting pinched.
10. Do not charge the device unattended.
11. Do not drop the device.
12. Carefully check the device and battery before each use.
13. Charge the device only from a power socket with a constant voltage of 5 VDC.
14. Avoid water getting on the device.
15. Do not open the case or replace internal parts of the device.
16. Do not place near fire and combustible materials.
17. Keep out of reach of children.

## 8. CLEANING AND STORAGE

### ATTENTION!

**Before you start cleaning, you must disconnect the device from the power and wait for the complete cooling.**

- If the product is contaminated, wipe it with a soft, slightly damp cloth on the outside or use a dry cloth.
- Store the massager in a dry, cool place, do not expose directly to sunlight.
- Do not use sprays, gasoline, solvents to clean the massager.



## 9. TROUBLESHOOTING AND SOLUTIONS

### ⚠ NOTE,

in the event of a malfunction, it is necessary to disconnect the massager from electricity and let it cool for 60 minutes.

Possible problems	Causes and solutions
The device doesn't turn on	Make sure the massager is plugged in
	Connect the device to a different socket
	Turn off the device, repeat the procedure after 10 minutes
The device stopped suddenly during the massage session	The power turned off accidentally
	The device has a 15-minute automatic timer, the time limit has been reached

## 10. TECHNICAL SPECIFICATIONS

Name	Muscle Percussion Massager
Model	MED-450
Power	25W
Input voltage (USB Type-C cord)	5 V
Rated voltage	DC 7.4 V
Battery	Built-in 1800 mAh rechargeable Li-ion battery
Duration of continuous operation	4 hours
Motor type	brush motor
Material	ABS plastic
Speed (beats per minute)	1800-3200 rpm
Impact amplitude	6 mm
Sound level	45 DB
Display type	LCD display
Number of massage heads	4
Number of speeds	33
Auto power off	Yes, after 15 minutes
Product size	13.2 × 14 × 4.7 cm
Weight without packaging	0.5 kg
Weight in packaging	0.86 kg
Waterproof	No
Electric shock protection (massager)	Class III
Electric shock protection (USB Type-C cord)	Class II

## Equipment:

- Massager – 1 pc
- Massage head – 4 pcs
- USB Type-C cable – 1 pc
- Instruction manual with warranty card – 1 pc

## 11. NOTES

- Immediately stop the session and consult a doctor if severe redness appears on the skin.
- We recommend drinking 500 ml of water or hot tea after the massage to accelerate the body's metabolism.
- Turn off the massager after using.

## 12. COMPLIANCE WITH STANDARDS

The submitted sample of the above equipment fulfil the requirements of following directives:














- Low Voltage Directive 2014/35/EU
- Electromagnetic Compatibility Directive 2014/30/EU

## 13. DISPOSAL

The product must be disposed of in accordance with accepted regulations and not disposed of with household waste.

*The production date is encrypted on the box in the production lot number (LOT) and on the device in the serial number (SN). The first and second digits are the week number, the third and fourth are the year of production.*

## 14. DESCRIPTION OF THE SYMBOLS USED ON THE PACKAGE

	REFER TO THE INSTRUCTION MANUAL BEFORE USE	 0°C – 40°C OPERATING CONDITION	OPERATING CONDITION, TEMPERATURE 0 to 40 °C		MANUFACTURER'S NAME
	CE MARK	 -20°C – 50°C STORAGE CONDITION	STORAGE CONDITION, TEMPERATURE -20 to 50 °C		ARTICLE NUMBER
<b>RoHS</b>	RoHS MARK		CLASS OF PROTECTION AGAINST ELECTRIC SHOCK (CLASS III)		SERIAL NUMBER
	FOR INDOOR USE ONLY		RECYCABLE		LOT NUMBER
	DISPOSAL FOR SEPARATE COLLECTION		KEEP DRY		

## 15. GUARANTEE OBLIGATIONS

**The warranty period for the massager is 2 years.**

The policy of the company B.Well provides constant improvement of products. Therefore, the company reserves the right to make complete or partial changes to the products without prior notice and in accordance with production requirements.

Last revision 2024-W48

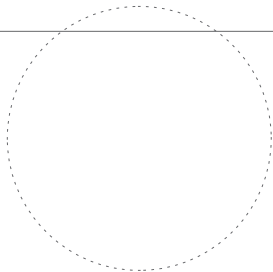
### WARRANTY

Serial Number (SN): \_\_\_\_\_

Date of sale: \_\_\_\_\_

Seller's signature: \_\_\_\_\_

Seal of seller's company





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## **Muscle Percussion Massager B.Well MED-450**

DEVICE IS NOT A MEDICAL PRODUCT

 **B.Well Swiss AG**

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[www.bwell-swiss.ch](http://www.bwell-swiss.ch)