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cotsoco M679

cotsoco Massage Gun Instruction Manual

Model: M679

INTRODUCTION

The cotsoco Deep Tissue Massage Gun is designed to effectively relieve muscle fatigue and pain, providing a comfortable massage experience. It is an ideal tool for athletes, office workers, and anyone seeking muscle relaxation and recovery. With 20 adjustable speeds and 9 interchangeable massage heads, you can customize your massage to target specific muscle groups for faster recovery.

This handheld massager features a silent brushless motor, USB Type-C fast charging, and a long-lasting battery, making it suitable for use at the gym, office, home, or while traveling.

SAFETY INFORMATION

- Always read and follow the instructions provided with the product.
- Keep the device away from water.
- Do not use on broken skin or injured areas.
- Avoid using on the head, neck, or genitals.
- Do not use for more than 15 minutes at a time.
- Keep the device clean and store it properly when not in use.
- If the device becomes hot or makes unusual noises, stop using it immediately and contact customer support.

PACKAGE CONTENTS

Your cotsoco Massage Gun package includes the following items:

- 1 x cotsoco Massage Gun
- 9 x Replaceable Massage Heads
- 1 x USB Type-C Charging Cable
- 1 x Carrying Bag
- 1 x Packing Box
- 1 x User Manual



Image: The cotsocho Massage Gun along with its complete set of 9 interchangeable massage heads, USB-C charging cable, and a convenient carrying case.

SETUP

1. Charging the Device

Before first use, fully charge your cotsocho Massage Gun. The device is equipped with a 2000mAh Lithium battery and charges via a USB Type-C cable. A full charge can provide up to 6 hours of continuous use.

- Connect the USB Type-C cable to the charging port at the bottom of the massage gun.
- Plug the other end of the cable into a compatible USB power adapter (not included) or a USB port.
- The LED display will indicate the charging status. Ensure the device is fully charged before initial operation.

SUPER QUIET MASSAGE



Image: The massage gun's display showing battery life and the Type-C charging port for convenient power replenishment.

2. Attaching Massage Heads

The cotsoco Massage Gun comes with 9 interchangeable massage heads designed for various muscle groups and massage types. To attach a head:

- Gently push the desired massage head into the opening at the front of the gun. Ensure it is securely seated.
- To remove, simply pull the massage head straight out.

Your browser does not support the video tag.

Video: An overview of the cotsoco Massage Gun, demonstrating the ease of attaching and detaching the various massage heads.

OPERATING INSTRUCTIONS

1. Powering On/Off and Adjusting Speed

The massage gun features an intuitive LED touch screen for control.

- Locate the ON/OFF switch at the bottom of the handle and slide it to the 'ON' position.
- The LED display will light up, showing the current speed level and battery percentage.
- Use the '+' and '-' buttons on the touch screen to adjust the massage intensity. There are 20 different speed levels, ranging from warm-up to professional deep tissue massage.
- To power off, slide the ON/OFF switch to the 'OFF' position. The device also has an automatic 10-minute shut-off feature to prevent overheating and conserve battery life.



Image: The massage gun's LED display, indicating the current speed level (01-20) and battery charge (0-99).

2. Recommended Usage

Apply the massage gun to the desired muscle group. Move the device slowly and gently over the muscle, applying light pressure. Avoid pressing too hard or staying in one spot for too long.

- **Levels 1-6:** Warm Up / Light Massage
- **Levels 7-12:** Muscle Relaxation
- **Levels 13-17:** Deep Tissue Massage

- **Levels 18-20:** Professional Massage



Image: The massage gun's LED display, indicating the current speed level (01-20) and battery charge (0-99).

Your browser does not support the video tag.

Video: A demonstration of the cotsoco Massage Gun's quiet operation and various usage scenarios for muscle relief.

MESSAGE HEADS GUIDE

The cotsoco Massage Gun includes 9 specialized massage heads to cater to different muscle groups and massage needs:

- **Round Head:** Suitable for thighs, calves, and back.
- **Spade Head:** Suitable for abdominal muscles and low back.
- **Sector Head:** Suitable for calf muscles.
- **Thumb Head:** Suitable for wrists and palms.
- **Gyro Head:** Suitable for massage soft tissue.

- **Bullet Head:** For deep tissue in meridian joints, palms, and soles.
- **Flat Head:** Suitable for whole body bones and muscle relaxation.
- **Y-Shape Head:** Suitable for arm and leg muscles.
- **Fork Head:** Suitable for massage of neck, spine, Achilles tendon.

QUICK MUSCLE SORENESS RELIEF



Image: A visual guide to the 9 interchangeable massage heads, detailing their shapes and specific applications for various muscle groups.

MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the massage gun and its accessories in the provided carrying case in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

TROUBLESHOOTING

- **Device not turning on:** Ensure the battery is charged. Check the ON/OFF switch at the bottom of the handle.
- **Weak percussion:** Increase the speed level using the '+' button on the LED display.
- **Device stops unexpectedly:** The device has a 10-minute auto-shutoff feature to prevent overheating. Allow it to cool down before resuming use. If it stops frequently, ensure it's not being used for excessively long periods without breaks.
- **Charging issues:** Ensure the USB Type-C cable is properly connected. Use a compatible USB power adapter. Some users have reported overheating with certain PD (Power Delivery) chargers; if this occurs, try a standard USB-2 or USB-3 charger with lower amperage (e.g., 0.5A to 0.9A).

SPECIFICATIONS

Feature	Detail
Brand	cotsoco
Model Number	M679
Product Dimensions	10.63 x 6.69 x 3.15 inches; 1.98 Pounds
Power Source	Battery Powered
Battery Capacity	2000mAh Lithium
Speed Levels	20 (up to 3200 rpm)
Massage Heads	9 Interchangeable Heads
Noise Level	Below 40dB
Auto Shut-off	10 minutes

WARRANTY AND SUPPORT

cotsoco is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 2-year warranty.
- **Returns:** Enjoy 90-days free return.
- **Customer Service:** For any questions, concerns, or support needs, please contact our 24H VIP Customer Service.

Manufactured by: cotsoco

Sold by: Massage Equipment Factory Flagship Store

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question