

AERLANG EM13

AERLANG Massage Gun with Heat (Model EM13) Instruction Manual

Your comprehensive guide to muscle recovery and relaxation.

1. INTRODUCTION

Thank you for choosing the AERLANG Massage Gun with Heat. This device is designed to provide deep tissue percussion massage with the added benefit of heat therapy, aiding in muscle relaxation, pain relief, and improved circulation. Please read this manual thoroughly before use to ensure safe and effective operation.

2. IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, fire, and injury, this product must be used in accordance with the following instructions:

- For adult use only.
- Use only on dry, clean body surfaces over clothing.
- Do not use on broken skin, open wounds, or inflamed areas.
- Do not use on the head or any hard, bony areas of the body.
- Keep fingers, hair, or any other body part away from the shaft and back of the massage head to avoid pinching.
- Do not immerse the device in water or expose it to excessive moisture.
- Never operate the device while it is charging.
- Consult a medical professional before use if you have any health problems, are pregnant, or have a pacemaker.
- The device has an automatic shut-off feature after 10 minutes of continuous operation to prevent overheating.
- It is not recommended to completely drain the battery.
- Do not turn on the machine while the battery is charging.

3. PACKAGE CONTENTS

Your AERLANG Massage Gun with Heat package includes:

- AERLANG Massage Gun (Model EM13)
- 7 Interchangeable Massage Heads (including 1 Heated Massage Head)
- USB-C Charging Cable
- Carrying Case
- User Manual



Image: The AERLANG Massage Gun, 7 massage heads, and charging cable stored in its compact carrying case.

4. PRODUCT FEATURES

- **Innovative Heated Massage Head:** Features a professional heated massage head with a separate on/off switch and three adjustable temperature settings (up to 131°F / 55°C) to accelerate muscle relaxation.
- **New Generation LCD Display:** Easy control and real-time display of pressure, speed, and battery level. Automatically adjusts pressure for customized deep muscle percussion massage.

- **20 Adjustable Speeds:** Ranging from 1400-3200 rpm for varied intensity levels, from warm-up to deep tissue massage.
- **7 Professional Massage Heads:** Designed to target specific muscle groups and suit different needs.
- **High-Quality Quiet Motor:** Operates quietly (approx. 45dB) for a professional-grade massage experience without disturbance.
- **12mm Deep Impact:** Built-in Intelligent Pressure Sensing System provides effective deep tissue massage.
- **Long-lasting Battery:** Equipped with a Lithium-Ion battery providing 3-6 hours of operating time on a full charge.
- **Travel-Friendly Design:** Comes with a compact carrying case for easy portability.



Image: The intuitive LED screen display provides clear information on pressure, speed, and battery status.

5. SETUP

5.1 Initial Charging

1. For full activation, charge the main massage gun body for approximately 6 hours before first use.
2. Charge the heated massage head separately for approximately 2 hours before first use.
3. Connect the USB-C charging cable to the charging port on the device and a suitable USB power

adapter (not included).

4. The battery indicator on the LCD screen will show charging progress. When all 5 power indicator lights are on and stop flashing, the battery is fully charged.

5.2 Attaching Massage Heads

1. Ensure the massage gun is turned OFF before attaching or removing any massage head.
2. To attach a head, align the threaded base of the desired massage head with the opening on the gun and twist clockwise until secure.
3. To remove a head, twist counter-clockwise and pull gently.



Image: A visual guide to the 7 professional massage heads, each designed for specific muscle groups.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

1. Locate the ON/OFF switch at the bottom of the massage gun handle. Slide it to the "ON" position.
2. The LCD display will illuminate.
3. To turn off, slide the switch to the "OFF" position.

6.2 Adjusting Speed

1. After powering on, press the "+" button on the LCD display to increase the massage speed.
2. Press the "-" button to decrease the massage speed.
3. There are 20 adjustable speed levels. Start with the lowest setting and gradually increase to a comfortable intensity.

6.3 Using the Heated Massage Head

1. Ensure the heated massage head is fully charged (green light indicates full charge).
2. Attach the heated massage head to the gun as described in Section 5.2.
3. Locate the separate on/off/temperature switch on the heated head itself. Press and hold for 2 seconds to turn on.
4. Press the button repeatedly to cycle through the three temperature settings (113°F, 122°F, 131°F). Indicator lights (green, yellow, red) will show the selected temperature.
5. Apply the heated head to the desired muscle area. The heat will help accelerate muscle relaxation.



Image: Details of the heated massage head, showing its controls and temperature indicators.

6.4 Application

- Turn the massage gun on to the lowest setting.

- Place the head of the device on the area you wish to massage.
- Gently glide the massager over the muscle. Do not apply excessive pressure initially.
- The LCD display will show real-time pressure feedback. The harder you push, the higher the pressure reading.
- Move the device slowly, about one inch per second.
- The device will automatically shut off after 10 minutes of continuous use.



Image: Guide to the 20-speed settings and their recommended uses for different stages of muscle recovery.

7. CHARGING

- The massage gun body and heated head have separate charging requirements.
- **Massage Gun Body:** Connect the USB-C cable to the port at the bottom of the handle. A full charge takes 4-6 hours. The battery can be charged at any time; it is not recommended to completely drain it.
- **Heated Massage Head:** Connect the USB-C cable to the port on the heated head. A full charge takes approximately 2 hours.
- Do not turn on the massage gun while it is charging.

8. MAINTENANCE AND CARE

- Always turn off the device and unplug it before cleaning.
- Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or solvents.
- Store the massage gun and its accessories in the provided carrying case in a cool, dry place.
- Keep the device away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully (6 hours for body, 2 hours for heated head). Ensure the ON/OFF switch is in the "ON" position.
Heated head not heating.	Heated head not charged or not turned on.	Charge the heated head separately. Press and hold its dedicated power button for 2 seconds to activate.
Device stops during use.	Automatic 10-minute shut-off activated.	Turn the device off and then on again to resume use. This is a safety feature.
Massage head is loose.	Head not securely attached.	Ensure the massage gun is OFF. Twist the head clockwise until it is firmly secured.

10. SPECIFICATIONS

- **Brand:** AERLANG
- **Model:** EM13
- **Product Dimensions:** 5 x 8 x 10 inches
- **Item Weight:** 2.2 Pounds (1 Kilogram)
- **Power Source:** Battery Powered (1 Lithium Ion battery included)
- **Speed Levels:** 20 (1400-3200 rpm)
- **Heated Head Temperature Settings:** 3 (up to 131°F / 55°C)
- **Charging Time (Body):** 4-6 hours
- **Charging Time (Heated Head):** Approximately 2 hours
- **Operating Time:** 3-6 hours (depending on speed and pressure)
- **Auto Shut-Off:** 10 minutes
- **Massage Therapy Technique:** Percussion
- **Material Type:** Plastic
- **Water Resistance Level:** Not Water Resistant

11. WARRANTY AND SUPPORT

AERLANG is committed to providing high-quality products. If you encounter any quality issues or missing parts, please contact our customer support team for prompt assistance. We are dedicated to ensuring your satisfaction and will provide a solution.

For support, please refer to the contact information provided in your product packaging or visit the official AERLANG website.

12. OFFICIAL PRODUCT VIDEOS

Watch these official videos from AERLANG to learn more about your massage gun and its features:

AERLANG Heated Massage Gun Deep Muscle Massage

Your browser does not support the video tag.

Video: This video demonstrates the AERLANG Heated Massage Gun in action, highlighting its deep muscle massage capabilities and heated head feature. It shows how the device can be used for effective muscle recovery and relaxation.

AERLANG Massage Guns with Heated Heads Work Very Well!

Your browser does not support the video tag.

Video: This video showcases the effectiveness of the AERLANG Massage Gun's heated heads, demonstrating how they contribute to a more thorough and soothing massage experience for various body parts.