

AERLANG YK-ZQ

AERLANG Massage Gun YK-ZQ Instruction Manual

Model: YK-ZQ

INTRODUCTION

Thank you for choosing the AERLANG YK-ZQ Massage Gun. This device is designed to provide deep tissue percussion massage, helping to relieve muscle soreness, stiffness, and improve overall muscle recovery. Please read this manual thoroughly before use to ensure safe and effective operation. Keep this manual for future reference.

IMPORTANT SAFETY INSTRUCTIONS

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

- This device is for adult use only. Do not use on children.
- Use only on dry, clean body surfaces over clothing.
- Do not use above the neck or on bony areas.
- Use the device only on soft tissue areas of the body as desired without producing pain or discomfort.
- Do not use the device for more than 10 minutes continuously. The device features an intelligent anti-failure chip that automatically shuts down after 10 minutes of continuous use to prevent overheating and ensure safety. If you wish to continue, restart the device.
- Do not immerse the device in water. It is not waterproof.
- Keep fingers, hair, or any other body part away from the shaft and back of the applicator to avoid pinching.
- Never operate the device if it has been dropped, damaged, or immersed in water.
- Do not modify or attempt to repair the device yourself. Contact customer support for assistance.
- Consult your doctor before using this device if you are pregnant, have a pacemaker, suffer from diabetes, phlebitis, thrombosis, or are at increased risk of developing blood clots.

PACKAGE CONTENTS

Upon unpacking, please ensure all items are present and in good condition:

- AERLANG Massage Gun (YK-ZQ)
- 6 Interchangeable Massage Heads
- Power Adapter/Charging Cable
- Portable Carrying Case
- Instruction Manual (this document)



Wirst du der Glückliche sein?

AERLANG EM8-schwarz verbesserte Massagepistole (das meistverkaufte Modell in Europa und Amerika) nur noch die letzten 200 übrig.

Es sind nur noch 200 übrig. Zufällig ausgewählte 200 glückliche Kunden zum Versenden.

Hinweis: Glückliche Benutzer, die als EM8-Schwarz-Upgrade-Massagepistole ausgewählt wurden, können sich jederzeit an uns wenden, um kostenlosen Ersatz zu erhalten, wenn Sie auf Probleme stoßen (einschließlich EM8-Schwarz -Normal).

Image: The AERLANG Massage Gun, six massage heads, charger, and carrying case.

PRODUCT FEATURES

- **20 Adjustable Speed Levels:** Offers a wide range of intensity from gentle muscle relaxation to deep tissue massage.
- **6 Interchangeable Massage Heads:** Designed for various muscle groups and body parts.
- **High-Performance Brushless DC Motor:** Delivers powerful percussion (1200-3200 RPM) with low noise.
- **Quiet Operation:** Noise reduction technology keeps sound levels between 35-55 dB.
- **Long-Lasting Battery:** Rechargeable 2500 mAh lithium battery provides up to 6 hours of use on a single charge.

- **LCD Touch Screen:** Clearly displays speed level and battery power.
- **Intelligent AI Chip:** Features anti-failure protection and automatic shutdown after 10 minutes of continuous use.
- **Portable Design:** Lightweight (1 kg) and comes with a convenient carrying case.

AERLANGs Massagepistole VS Anderer Massagepistole



Geschwindigkeitsanzeige
Stromanzeige
Hochschalttaste +
Herunterschalttaste -





<ul style="list-style-type: none"> ✓ 20 Verstellbare Geschwindigkeitsgänge ✓ Strahlender LED-Streifen ✓ Ausgezeichneter LCD-Touch-Bildschirm ✓ Große Batteriekapazität & Lange Laufzeit ✓ Bürstenlose and Leise Gleichstrommaschine ✓ 6 Auswechselbare Massageköpfe ✓ Hervorragende Geräuschreduzierungstechnologie ✓ Intelligente Stromausfallsicherungstechnologie 	<ul style="list-style-type: none"> X 20 Verstellbare Geschwindigkeitsgänge X Kein Strahlender LED-Streifen X Kein LCD-Touch-Bildschirm X Geringe Batteriekapazität & Kurze Laufzeit X Keine Automatische Stromausfallsicherung X Laut X 4 Massageköpfe
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Image: Feature comparison highlighting the AERLANG Massage Gun's 20 speeds, LCD screen, large battery, brushless motor, 6 heads, and noise reduction.

CHARGING INSTRUCTIONS

Before first use, fully charge the massage gun for approximately 3 hours.

1. Ensure the massage gun is turned OFF.
2. Connect the charging cable to the charging port located at the bottom of the handle.
3. Plug the power adapter into a wall outlet.
4. The LCD screen will display the battery percentage. It is fully charged when the display shows "99" and stops flashing.
5. A full charge provides up to 6 hours of operation, depending on the speed and pressure applied.

Lithium-Batterie von großer Batteriekapazität

Wiederaufladbare Lithium-Batterie von 2500 mAh



In 3 Stunden voll aufladen

Image: Visual representation of the 2500mAh lithium battery, indicating 6 hours of runtime and 3 hours for a full charge.

OPERATING INSTRUCTIONS

1. Power On/Off

- To turn ON: Locate the ON/OFF switch at the bottom of the handle and slide it to the "ON" position. The LCD screen will light up.
- To turn OFF: Slide the ON/OFF switch to the "OFF" position.

2. Adjusting Speed Levels

- After powering on, use the "+" and "-" buttons on the LCD touch screen to adjust the percussion speed.
- There are 20 speed levels available. The current speed level will be displayed on the screen.

3. Changing Massage Heads

- Ensure the device is turned OFF before changing massage heads.
- Gently pull the current massage head straight out from the front opening.
- Insert the desired massage head by pushing it firmly into the opening until it is securely in place.

4. Usage Recommendations by Speed Level

Speed Level	Purpose
1-5	Muscle Relaxation
6-10	Mild Massage
11-15	Fascia Relaxation
16-20	Deep Tissue Massage



Image: The massage gun's control panel showing speed and power displays, along with a guide for recommended speed levels for different massage needs.

MESSAGE HEAD GUIDE

The AERLANG Massage Gun comes with 6 specialized massage heads to target different muscle groups and provide various massage experiences:

- **Ball Head:** Suitable for large muscle groups like arms, back, hips, thighs, calves.
- **Large Ball Head:** Similar to the ball head, for broader application on large muscle groups.

- **U-Shape Head:** Designed for the neck, spine, and Achilles tendon. Avoid direct contact with bones.
- **D-Shape Head:** Ideal for deep tissue massage, muscle relaxation, and shaping.
- **Cylindrical Head:** Best for joints, deep tissue, palms, and soles.
- **Flat Head:** Suitable for all body parts, offering a general and comfortable massage.



Image: A close-up view of the six distinct massage heads: Ball, Large Ball, U-shape, D-shape, Cylindrical, and Flat.



Image: A diagram illustrating recommended application areas for each massage head on different muscle groups of the body.

MAINTENANCE

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

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted. Power switch is OFF.	Charge the device fully. Ensure the ON/OFF switch at the bottom is in the "ON" position.

Problem	Possible Cause	Solution
Device stops during use.	Automatic 10-minute shutdown activated. Battery is low.	Turn the device OFF and then ON again to resume use. Charge the device.
Weak percussion force.	Battery is low. Speed level is too low.	Charge the device. Increase the speed level using the "+" button.
Massage head is loose.	Head not inserted correctly.	Ensure the device is OFF. Remove the head and re-insert it firmly until secure.

SPECIFICATIONS

Model Number	YK-ZQ
Brand	AERLANG
Dimensions (L x W x H)	23 x 7 x 24 cm (9.06 x 2.76 x 9.45 inches)
Item Weight	1 Kilogram (2.2 lbs)
Power Source	Battery Powered
Battery Type	Rechargeable Lithium Battery (2500 mAh)
Charging Time	Approx. 3 hours
Operating Time	Up to 6 hours (depending on speed/pressure)
Speed Levels	20 adjustable speeds
Massage Heads	6 interchangeable heads
Noise Level	35-55 dB
Material	Silicone, Rubber
Massage Technique	Percussion
Waterproof	No

WARRANTY AND SUPPORT

The AERLANG YK-ZQ Massage Gun comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

If you encounter any issues with your product or have questions, please contact AERLANG customer service. Please have your purchase details and model number (YK-ZQ) ready when contacting support. For customer support, please refer to the contact information provided with your purchase or visit the official AERLANG website.

