



[Manuals.plus](#) /

› [AERLANG](#) /

› AERLANG Massager Gun EM11 Instruction Manual

AERLANG EM11

AERLANG Massager Gun EM11 Instruction Manual

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your AERLANG Massager Gun, model EM11. Please read this manual thoroughly before operating the device and retain it for future reference. This percussive massager is designed to help relieve muscle soreness and stiffness, promote blood circulation, and improve overall muscle health.



Image: The AERLANG Massager Gun being used for professional deep tissue massage, highlighting its 16mm amplitude.

SAFETY INFORMATION AND PRECAUTIONS

To ensure safe operation and prevent injury, please adhere to the following guidelines:

- Always use the massager gun on bare skin.
- Avoid direct contact with bones, joints, and sensitive areas of the body.
- Do not use the device on the same area for more than 15 minutes at a time.
- Keep the device away from water and do not immerse it in liquids.
- Do not touch or press the massage head during operation.
- Do not use on weak bones or muscles.
- This device is not suitable for infants, minors, pregnant women, individuals with pacemakers, broken bones, or metal implants in their bodies.
- If you experience any discomfort or feel unwell during use, stop using the device immediately.

PRECAUTIONS FOR USE

1. Do not touch or press the massage head during exercise.
2. Do not continue to use the same area for a long time.
3. Do not use on weak bones and muscles.
4. Do not use it by infants, minors, pregnant women, those who wear pacemakers, have broken bones, or have metal contents in their bodies.
5. If you feel unwell, stop using it immediately.

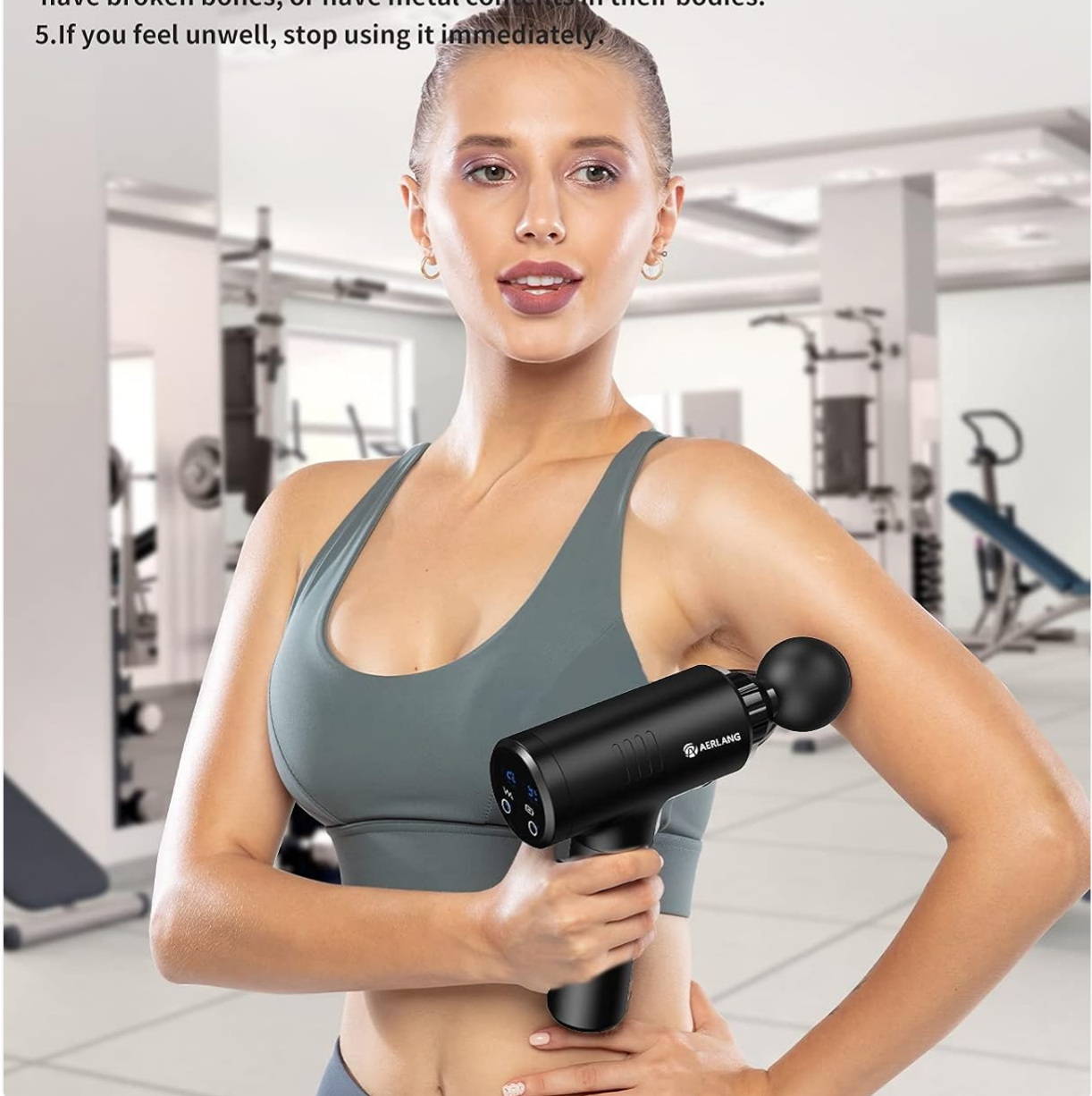


Image: Visual representation of the AERLANG Massager Gun with a clear list of precautions for safe use.

PACKAGE CONTENTS

Please check the package to ensure all items are present:

- AERLANG Massager Gun (Model EM11)
- 6 Interchangeable Massage Heads
- Carrying Case
- Charging Cable
- User Manual (this document)

PRODUCT FEATURES

The AERLANG Massager Gun EM11 offers a range of features designed for effective muscle recovery and relaxation:

- **Deep Tissue Percussion:** Provides a powerful 16mm amplitude for effective deep tissue massage.
- **20 Adjustable Speed Levels:** Customize your massage intensity from 1200 to 3200 revolutions per minute (RPM).
- **6 Interchangeable Massage Heads:** Designed for targeting various muscle groups and body parts.
- **Long-Lasting Battery:** Equipped with a 2500mAh lithium-ion battery, offering 4-6 hours of use on a single charge, depending on the speed level.
- **Quiet Operation:** Engineered for low noise levels, ranging from 35dB to 55dB, for a more relaxing experience.
- **Portable Design:** Comes with a convenient carrying case for easy transport and storage.

Aerlang massage gun Can do this for you



Relieve muscle pain



Promote muscle repair



Improve athletic performance



Speed up muscles



Image: Diagram showing the benefits of using the AERLANG Massager Gun, including muscle pain relief, muscle repair, improved athletic performance, and muscle activation.



Image: Illustration of the AERLANG Massager Gun's 2500mAh battery, indicating 4-6 hours of endurance per charge.

Quiet Percussive Massager with noise as low as 35dB-55dB



Image: Graphic illustrating the low noise level (35dB-55dB) of the AERLANG Percussive Massager.

SETUP

1. Charging the Device:

Before initial use, fully charge the massager gun. Connect the provided charging cable to the charging port on the device and plug the other end into a suitable power adapter (not included). The power display on the device will indicate the charging status. A full charge typically takes 2-3 hours.

2. Attaching Massage Heads:

Select the desired massage head for your specific needs. Align the stem of the massage head with the opening on the front of the massager gun. Push the head in firmly until it is securely seated. To remove a massage head, gently pull it straight out.

1. Power On/Off:

Press and hold the power button (usually located on the bottom or back of the handle) for approximately 2-3 seconds to turn the device on or off.

2. Adjusting Speed Levels:

Once powered on, the device will typically start at a low speed. Use the '+' and '-' buttons on the control panel to increase or decrease the massage intensity. The device features 20 speed levels, allowing for precise control over your massage experience.

3. Application:

Gently press the massage head against the target muscle area. Move the device slowly across the muscle, applying light to moderate pressure. Avoid applying excessive force or using the device on bony areas. Refer to the safety guidelines for recommended usage duration per area.

4. Understanding Speed Modes:

The 20 speed levels are categorized for different massage needs:

- **Mild Massage:** Levels 1-2 (approx. 1400 RPM)
- **Muscle Relaxation:** Levels 5-8 (approx. 1800 RPM)
- **Muscle Arousal:** Levels 9-12 (approx. 2100 RPM)
- **Deep Relaxation:** Levels 13-16 (approx. 2500 RPM)
- **Professional Mode:** Levels 17-20 (approx. 3200 RPM)

20 Speed Levels

We have more speed levels to meet different massage needs

Speed display
20 speed modes

Power display
Full Battery(99)
low Baftery (20)

speed+

speed-

Mild Massage	1-2 level	1400 rpm
Muscle relaxation	5-8 level	1800 rpm
Muscle arousal	9-12 level	2100 rpm
Deep Relaxation	13-16 level	2500 rpm
Professional mode	17-20 level	3200 rpm

Image: Close-up of the AERLANG Massager Gun's display, showing 20 speed levels and battery power indicator, along with speed adjustment buttons.

Accurate Percussive Massage



Image: A user demonstrating accurate percussive massage on their back with the AERLANG Massager Gun.

MAINTENANCE

- **Cleaning:**

Turn off the device and disconnect it from any power source before cleaning. Wipe the massager gun and massage heads with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or immerse the device in water.

- **Storage:**

Store the device and its accessories in the provided carrying case in a cool, dry place, away from direct sunlight, moisture, and extreme temperatures.

- **Battery Care:**

To maximize battery lifespan, avoid fully discharging the battery frequently. Charge the device regularly, even if it is not used for extended periods, to maintain battery health.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not turning on	Low or depleted battery Power button not pressed correctly	Charge the device fully. Check the power display. Press and hold the power button for 2-3 seconds.
Weak vibration or inconsistent power	Low battery Massage head not properly attached	Recharge the device. Ensure the massage head is securely attached.
Device stops during use	Automatic shut-off feature (overuse/overheating) Low battery	Allow the device to cool down before restarting. Adhere to recommended usage times. Check battery level and recharge if necessary.
Unusual noise during operation	Obstruction Internal malfunction	Ensure no foreign objects are obstructing the massage head or ventilation. If noise persists, discontinue use and contact customer support.

SPECIFICATIONS

- **Model Number:** EM11
- **Brand:** AERLANG
- **Manufacturer:** AERLANG
- **Product Dimensions:** 6.9 x 2.76 x 9.06 inches
- **Item Weight:** 1 Kilogram (2.2 Pounds)
- **Power Source:** Battery Powered
- **Battery Type:** 1 Lithium Ion battery (included)
- **Battery Capacity:** 2500mAh
- **Battery Life:** 4-6 hours (depending on speed)
- **Vibration Frequency:** 1200 to 3200 RPM
- **Noise Level:** 35dB-55dB
- **Use For:** Whole Body

WARRANTY INFORMATION

Specific warranty details for the AERLANG Massager Gun EM11 may vary. Please refer to the product packaging, the warranty card included with your purchase, or the official AERLANG website for comprehensive warranty terms and conditions. Retain your proof of purchase for any warranty claims.

CUSTOMER SUPPORT

For further assistance, product inquiries, or technical support regarding your AERLANG Massager Gun

EM11, please visit the official AERLANG website or contact their customer service department. Contact information can typically be found on the product packaging or the manufacturer's website.

You can also visit the AERLANG Store on Amazon for more information:[AERLANG Store](#)