
[Manuals.plus](#) /

› [arboleaf](#) /

› arboleaf Mini Muscle Massage Gun CM20C User Manual

arboleaf CM20C

arboleaf Mini Muscle Massage Gun CM20C

User Manual

INTRODUCTION

Thank you for choosing the arboleaf Mini Muscle Massage Gun CM20C. This compact and powerful device is designed to provide targeted muscle relaxation and relief. Please read this manual thoroughly before use to ensure safe and effective operation.

HIGH TORQUE BRUSHLESS MOTER

Deep Tissue Massage Gun

Speed1: 2000 rpm

for warming up Muscles or very sore muscles

Speed2: 2500 rpm

to soothe tired or sore muscles

Speed3: 3000 rpm

stiffer to relax Muscles

Speed4: 3200 rpm

massaging very sufferers Muscles or deep and tight knots

Speed5: 1000 - 3200 rpm

fits the speed automatically to the pressing force



≤45db



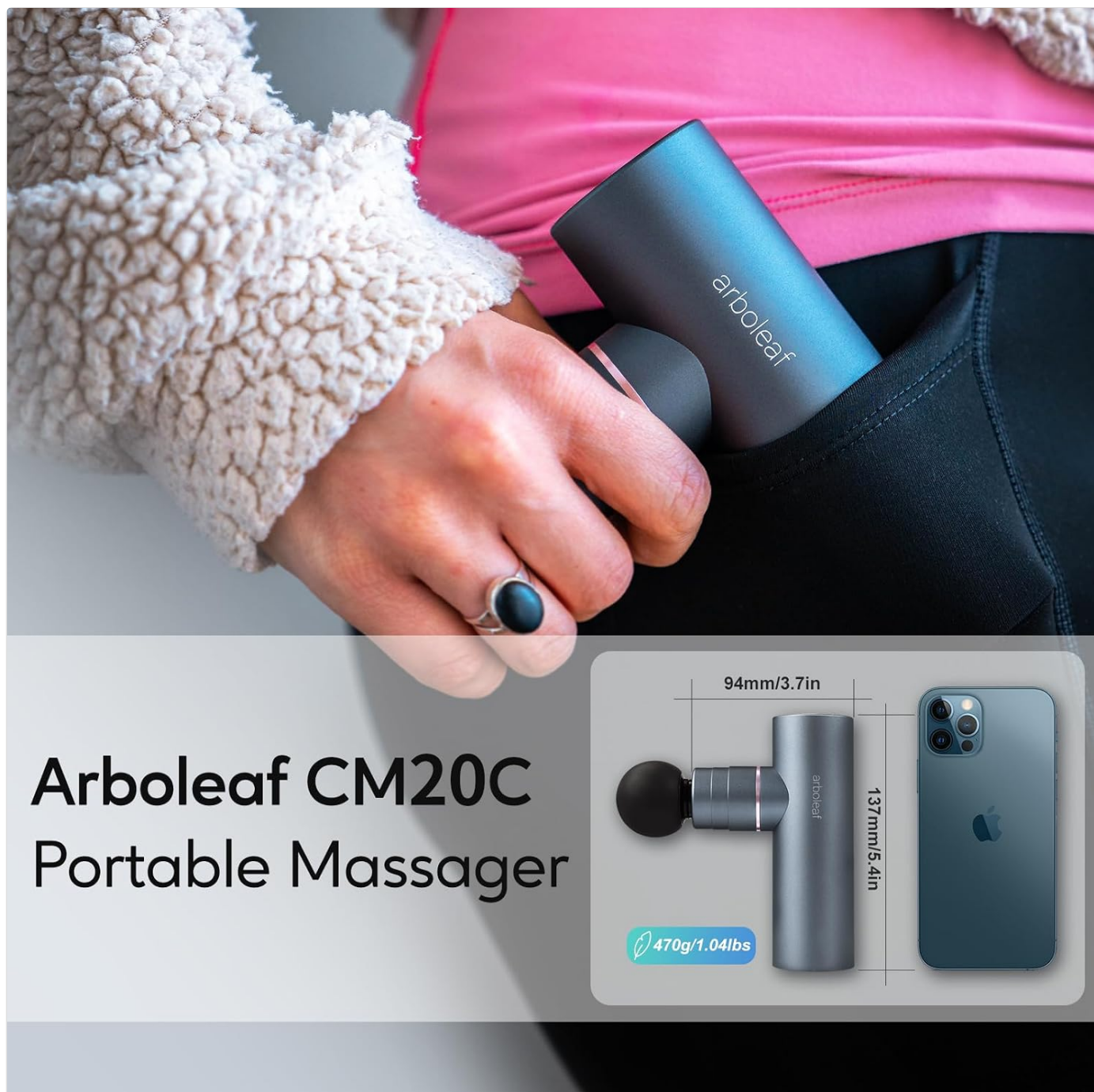
13kgf

6

6mm



Figure 1: arboleaf Mini Muscle Massage Gun CM20C.



Arboleaf CM20C Portable Massager



Figure 2: Compact size and portability of the arboleaf CM20C.

IMPORTANT SAFETY WARNINGS

- Read all instructions before using the device.
- Do not use the device in wet conditions or immerse it in water.
- Keep out of reach of children.
- Do not operate the device while charging.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on injured, inflamed, or open wound areas of the body.
- Avoid using on the head, bony areas, or directly on joints.
- Discontinue use immediately if you experience pain, discomfort, or unusual sensations.
- The device is not intended for medical diagnosis, treatment, or prevention of diseases.

PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x arboleaf Mini Muscle Massage Gun CM20C
- 4 x Silicone Massage Heads (Ball, Flat, Bullet, Fork)
- 1 x USB-C Charging Cable
- 1 x Carrying Case
- 1 x User Manual (this document)

SETUP

1. Charging the Device

Before first use, fully charge the massage gun. Connect the provided USB-C cable to the charging port on the device and to a compatible USB power adapter (not included). The charging indicator will show the charging status. A full charge typically takes 3 to 5 hours and provides up to 8 hours of use.



Figure 3: Charging the arboleaf Mini Muscle Massage Gun.

Note: To protect the battery and motor, do not operate the massage gun while it is charging.

2. Attaching Massage Heads

Select the desired silicone massage head. Gently push the stem of the massage head into the opening on the front of the device until it is securely in place. To remove, pull the head straight out.



Figure 4: Different silicone massage heads and their applications.

- **Ball Head:** Suitable for large muscle groups.
- **Flat Head:** Versatile for all body parts.
- **Bullet Head:** Ideal for deep tissues, meridians, joints, palms, and soles.
- **Fork Head:** Designed for the spine, neck, shoulder, and Achilles tendon.

OPERATING INSTRUCTIONS

1. Power On/Off and Speed Adjustment

Press and hold the power button (usually located at the bottom or handle) to turn the device on or off. Once powered on, short press the button to cycle through the 5 vibration speed levels.

NOISE REDUCTION TECHNOLOGY



Figure 5: Vibration speed levels and AI technology.

- **Level 1 (2000 rpm):** For warming up muscles or very sore muscles.
- **Level 2 (2500 rpm):** To soothe tired or sore muscles.
- **Level 3 (3000 rpm):** For relaxing stiffer muscles.
- **Level 4 (3200 rpm):** For massaging very sore muscles or deep, tight knots.
- **Level 5 (1000-3200 rpm - AI Mode):** Uses intelligent AI sensors to adjust vibration frequency based on pressing force, without needing to press the button. This helps control vibration frequency to reduce bone damage.

2. Usage Guidelines

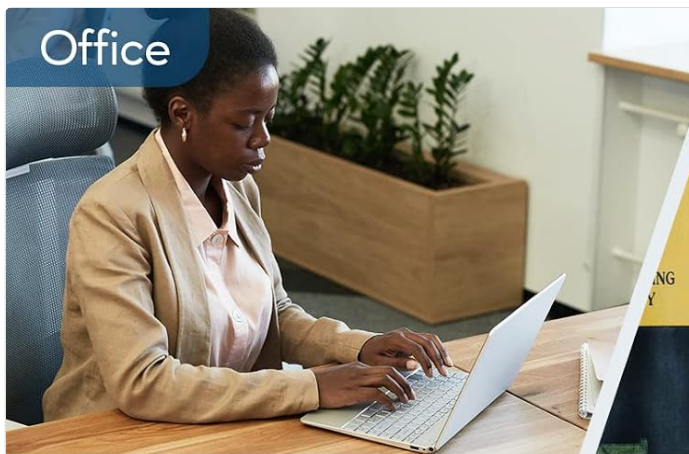
Apply the massage gun to the desired muscle area. Adjust the frequency and pressure for optimal relief. The device is designed for daily use in various environments, including office, gym, home, and outdoors.



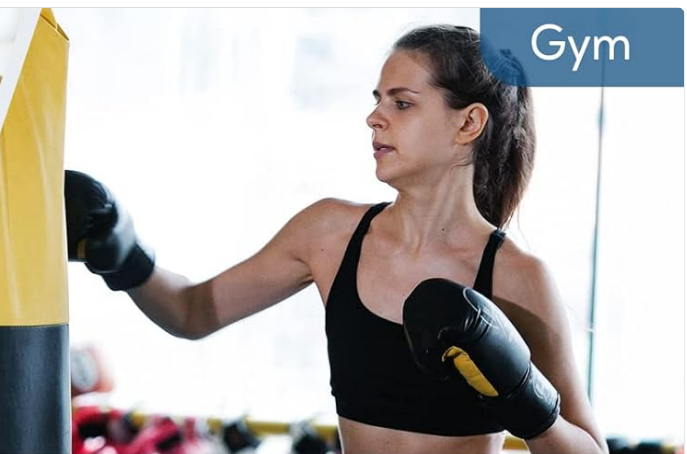
Figure 6: Versatile usage of the arboleaf Mini Massage Gun.

The massage gun features a powerful brushless motor with a massage force of up to 13kg, reaching muscles up to 6mm deep. It operates with low noise, below 45 decibels, making it suitable for use without disturbing others.

Office



Gym



Arboleaf



MINI MASSAGE GUN

Your muscle relaxing pal

Home



Outdoor



Figure 7: Noise reduction technology for quiet operation.

3. Automatic Shutdown

For user safety and to prevent over-massaging a single area, the device will automatically enter standby mode after 10 minutes of continuous use.

MAINTENANCE

1. Cleaning

After each use, clean the silicone massage heads with a damp cloth or mild soap and water. Ensure they are completely dry before reattaching or storing. Wipe the body of the massage gun with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.

2. Storage

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

extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully using the USB-C cable. Ensure the power button is pressed and held to turn on.
Vibration is weak or inconsistent.	Low battery or improper head attachment.	Recharge the device. Ensure the massage head is securely attached.
Device stops unexpectedly during use.	Automatic 10-minute shutdown activated.	This is a normal safety feature. Restart the device if further use is desired.
Unusual noise during operation.	Loose massage head or internal issue.	Ensure the massage head is properly attached. If the noise persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	CM20C
Brand	arboleaf
Dimensions (L x W x H)	13.7 x 9.2 x 4.5 cm
Weight	480 grams (0.47 kg)
Material	Metal
Power Source	Rechargeable Battery
Battery Type	2 Lithium-ion batteries
Battery Capacity	2000 mAh x 3
Charging Time	3-5 hours
Battery Life	Up to 8 hours
Speed Levels	5 (2000, 2500, 3000, 3200 rpm + AI Mode 1000-3200 rpm)
Massage Heads	4 Silicone Heads
Noise Level	Below 45 dB
Automatic Shutdown	10 minutes
Therapy Technique	Percussion
Water Resistance	Not waterproof

WARRANTY AND SUPPORT

arboleaf is committed to providing quality products and satisfactory solutions. For any questions, concerns, or assistance with your arboleaf Mini Muscle Massage Gun CM20C, please contact our customer service team. Refer to your purchase documentation for specific warranty details.

Customer Service: Please consult the manual included in your product packaging or visit the official arboleaf website for contact information.

