

AERLANG EM8

AERLANG Massage Gun (Model EM8) Instruction Manual

INTRODUCTION

Thank you for choosing the AERLANG Massage Gun, Model EM8. This device is designed to provide targeted percussive massage, aiding in muscle recovery, reducing soreness, and improving circulation. Please read this manual thoroughly before use to ensure safe and effective operation.

SUITABLE FOR ALL KINDS OF AGES AND JOB

The deep tissue massager has 20 different speed with 1200-3200 rpm. Different speed suit different muscle groups and you can easily find the vibration amplitude that suits you best. AERLANG body massager is a gift worth giving to professional athletes, fitness enthusiasts, office workers, the elderly, housewives, friends and the whole family!



The AERLANG Massage Gun is suitable for a wide range of users, including athletes, fitness enthusiasts, office workers, and the elderly, to help with muscle relaxation and recovery.

IMPORTANT SAFETY INFORMATION

To reduce the risk of electric shock, fire, and injury, please observe the following precautions:

- This device is intended for adult use only.
- Do not immerse the device in water or use it near water.
- Always unplug the device before cleaning or if not in use for an extended period.
- Do not operate continuously for more than 15 minutes. Allow 30 minutes of rest before re-using.
- Consult a physician before using this device if you are pregnant, have a pacemaker, suffer from diabetes, epilepsy, or any other medical condition.
- Avoid using the device on the head, bony areas, open wounds, or sensitive skin.

- Keep out of reach of children and pets.
- Use only the provided charging cable.

PACKAGE CONTENTS

Your AERLANG Massage Gun package should include the following items:

- AERLANG Massage Gun (Model EM8)
- 6 Interchangeable Massage Heads
- Charging Cable
- Portable Carrying Case
- Instruction Manual



The massage gun and its accessories are provided in a convenient carrying case for portability and storage.

PRODUCT FEATURES

- **20 Adjustable Speeds:** Customize your massage intensity from gentle to deep tissue.
- **6 Interchangeable Massage Heads:** Target specific muscle groups effectively.
- **12mm Amplitude:** Provides deep muscle penetration for effective relief.
- **LCD Touch Screen:** Easy control and display of speed level and battery power.
- **Long Battery Life:** Extended usage time on a single charge.
- **Quiet Operation:** Operates at a low noise level of 30-50 dB.
- **Powerful Motor:** Delivers consistent and strong percussive massage.



Deep Tissue Massage Gun

20
+ -

20 Adjustable
Speeds



6 Massage
Heads

12
mm

12mm
Amplitude



LCD Touch
Screen

The AERLANG Massage Gun offers multiple features for a customizable and effective massage experience.



The device features a high-performance motor designed for quiet operation.

SETUP

1. Charging the Device

Before first use, fully charge the massage gun. Connect the charging cable to the charging port on the device and plug the other end into a suitable power adapter. The LCD screen will indicate charging status. A full charge typically takes 2-3 hours.

2. Attaching Massage Heads

To attach a massage head, gently push the desired head into the front opening of the gun. Ensure it is securely seated. To remove, pull the head straight out.

OPERATING INSTRUCTIONS

1. Power On/Off

Locate the power switch at the bottom of the handle. Slide it to the 'ON' position to power on the device. The LCD screen will illuminate. To power off, slide the switch to the 'OFF' position.

2. Adjusting Speed Levels

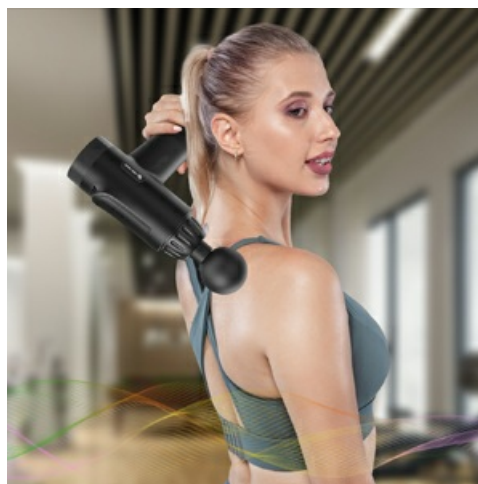
Once powered on, use the '+' and '-' buttons on the LCD touch screen to adjust the massage intensity. The current speed level (1-20) will be displayed on the screen. Start at a lower speed and gradually increase to a comfortable level.



The LCD touch screen allows for easy adjustment of speed levels and displays battery power.

3. General Usage Guidelines

Apply the massage gun to the desired muscle area. Move the device slowly, applying light to moderate pressure. Do not press too hard or hold the device in one spot for too long. Recommended usage time per muscle group is 15-60 seconds, with a maximum total session of 15 minutes.



Use the massage gun on various muscle groups for effective relief.

MESSAGE HEAD GUIDE

The AERLANG Massage Gun comes with 6 specialized massage heads, each designed for different muscle groups and massage types:



- **Ball Head (Large/Small):** Suitable for large muscle groups like arms, back, hips, thighs, calves.
- **Flat Head:** Ideal for all body parts, especially for relaxation and shaping.
- **U-Shape Head:** Designed for the neck, spine, and Achilles tendon.
- **Bullet Head:** For deep tissue massage, trigger points, and small muscle areas like feet and palms.
- **Shovel Shaped Head (or similar):** For scraping and relaxing various muscle areas.
- **Y Head (or similar):** For specific muscle contours and general relaxation.



Refer to this guide for recommended usage times on various muscle groups.

CHARGING

The AERLANG Massage Gun is equipped with a rechargeable battery. When the battery level is low, the LCD screen will indicate this. Connect the provided charging cable to the device and a power source. The battery indicator on the screen will show charging progress. Disconnect the charger once fully charged to preserve battery life.



The device features a long-lasting battery for extended use.

MAINTENANCE

Cleaning

Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storing.

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.

TROUBLESHOOTING

- **Device not turning on:** Ensure the power switch is in the 'ON' position and the battery is charged.
- **Low power/stalling:** The battery may be low. Recharge the device. If the issue persists, avoid applying excessive pressure.
- **Unusual noise:** Ensure the massage head is properly attached. If the noise persists, discontinue use and contact customer support.
- **Device stops during use:** The device may have an automatic shut-off feature after prolonged use (e.g., 15 minutes) to prevent overheating. Allow it to cool down before resuming.

SPECIFICATIONS

Model Number	EM8
Brand	AERLANG
Power Source	Rechargeable Battery (Charged via Corded Electric)
Amplitude	12mm
Speed Levels	20
Noise Level	30-50 dB
Water Resistance Level	Not Water Resistant

Package Dimensions	10.24 x 9.06 x 3.46 inches
Item Weight	2.43 pounds
Date First Available	November 23, 2022

WARRANTY INFORMATION

For detailed warranty information, please refer to the warranty card included with your product or visit the official AERLANG website. Keep your purchase receipt as proof of purchase for any warranty claims.

CUSTOMER SUPPORT

If you have any questions, concerns, or require assistance with your AERLANG Massage Gun, please contact AERLANG customer support through the contact information provided on the official website or your product packaging.

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.

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