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› AERLANG Percussion Massage Gun Model Y60200 User Manual

AERLANG Y60200

AERLANG Percussion Massage Gun

Model: Y60200

IMPORTANT SAFETY INFORMATION

- **Initial Charge:** Before first use, fully charge the massage gun for 8 hours to activate the battery. The power supply indicator will stop flashing when fully charged.
- **Automatic Shut-Off:** The device is equipped with a 10-minute intelligent protection feature and will automatically shut off after 10 minutes of continuous use. This prevents overuse and ensures safety.
- **General Use:** Do not use the device on your head, open wounds, or sensitive areas. Consult a physician before use if you have any medical conditions.

PRODUCT OVERVIEW

The AERLANG Percussion Massage Gun is a handheld deep tissue massager designed for muscle recovery and relaxation. It features an LCD touch screen, 20 adjustable speed settings, and comes with 6 interchangeable massage heads to target various muscle groups.



Image: The AERLANG Percussion Massage Gun, showcasing its sleek design.

PACKAGE CONTENTS

Upon unboxing, verify that all items are present:

- AERLANG Percussion Massage Gun
- 6 Interchangeable Massage Heads
- Type-C Charging Cable
- Carrying Case
- User Manual (this document)

UPGRADE LED TOUCH SCREEN

Easy to operate, accurate display of speed level and power

LEVEL 1-4
WARM-UP

LEVEL 5-8
FASCIA RELAXATION

LEVEL 9-12
DECOMPOSITION OF
LACTIC ACID

LEVEL 13-16
DEEP MASSAGE

LEVEL 17-20
PROFESSIONAL MODE

**SPEED SETTING
BUTTON-**

POWER DISPLAY

**SPEED SETTING
BUTTON+**

Image: The AERLANG Massage Gun, its six massage heads, Type-C charging cable, and carrying case.

GETTING STARTED (SETUP)

1. Charging the Device

1. Connect the Type-C charging cable to the charging port on the massage gun.
2. Connect the other end of the cable to a compatible USB power adapter (5V/2A or 5V/3A recommended).
3. For first use, charge the device for 8 hours to fully activate the battery. Subsequent charges will take less time.
4. The power display on the LCD screen will show '99' and stop flashing when fully charged.



Image: The message gun being charged via a Type-C cable.

2. Attaching Massage Heads

The message gun comes with 6 different heads, each designed for specific muscle groups. To attach a head, gently push it into the front opening of the message gun. To remove, pull it straight out.

Product List



Image: A visual guide to the six interchangeable massage heads and their recommended applications.

Massage Head Guide

Head Type	Recommended Use
Ball Head	Suitable for large muscle groups like pectorals, back, arms, hips, and thighs.
Crescent Head	For medium muscle groups.

Head Type	Recommended Use
Fork Head	Ideal for massaging the neck, spine, and Achilles tendon.
Flat Head	Versatile for all parts of the body, general muscle relaxation.
Bullet Head	For deep tissue massage and precise targeting of knots.
Shovel Head	Designed for shoulder, lower back, and stomach muscles.

OPERATION

1. Power On/Off

- To power on, press and hold the power button on the LCD touch screen.
- To power off, press and hold the power button again.

2. Adjusting Speed Settings

The device offers 20 speed levels, displayed on the LCD screen. These levels are categorized for different massage intensities:

- **Level 1-4:** Warm-up / Relax Muscle
- **Level 5-8:** Fascia Relaxation / Gentle Massage
- **Level 9-12:** Decomposition of Lactic Acid / Relieve Muscle Fatigue
- **Level 13-16:** Deep Massage
- **Level 17-20:** Professional Mode

Use the '+' and '-' buttons on the LCD touch screen to increase or decrease the speed level. Holding either button for 5 seconds will reset the speed to 0.

Professional Deep Massage Accurate



**Overheat Protection
10 Minutes Auto-Shutoff**



Image: The LED touch screen interface, displaying current speed level and battery power, with '+' and '-' buttons for adjustment.

3. Using the Massage Gun

Select the appropriate massage head and speed setting for your needs. Apply the massage gun to the desired muscle area. Move the device slowly and gently over the muscle, avoiding bones and joints. The device will automatically shut off after 10 minutes of continuous use.

6 Massage Heads

Take Care of
Each Muscle Group



For bulk muscle groups, like pectoral and back muscle



For arm, hip, thigh and other bulk muscle groups



For massaging the neck, spine, and ankle



For muscle relaxation, muscle plasticity



For deep tissue massage, precise massage



For the small muscles of shoulder, neck and leg

Image: A man demonstrating the use of the massage gun on his pectoral muscle.

Enjoy Quiet Massage

Overheat Protection 10 Minutes Auto-Shutoff



Image: A woman receiving a massage on her upper back with the AERLANG Massage Gun.



Image: A diagram illustrating recommended massage durations for various muscle groups, including shoulders, chest, abdomen, legs, back, and glutes.

MAINTENANCE

Cleaning

- Before cleaning, ensure the device is powered off and unplugged from the charger.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Clean massage heads with a mild soap and water solution, then rinse and dry thoroughly before reattaching.

Storage

- Store the massage gun and its accessories in the provided carrying case when not in use.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Common Issues and Solutions

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Ensure the device is fully charged. Refer to the 'Charging the Device' section.
Reduced power or inconsistent operation after charging.	Battery not fully activated or potential battery issue.	Ensure the initial 8-hour charge was completed. If the issue persists, contact customer support.
Massage head is difficult to attach or remove.	Incorrect alignment or tight fit.	Ensure the head is aligned correctly and push/pull firmly but gently. Avoid twisting excessively.
Device automatically shuts off during use.	10-minute automatic safety shut-off activated.	This is a normal safety feature. Wait a few moments before restarting if further massage is desired.

SPECIFICATIONS

Product Specifications

Feature	Detail
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Feature	Detail
Brand	AERLANG
Model Number	Y60200
Power Source	Battery Powered (1 x 12V battery included)
Charging Time	8 hours (initial charge)
Product Dimensions	23L x 18W x 6H centimetres
Item Weight	1 kg
Material	Plastic
Special Feature	Auto Shut-Off (10 minutes)
Massage Therapy Technique	Percussion
Water Resistance Level	Not Water Resistant
UPC	744985641444

WARRANTY AND SUPPORT

AERLANG is committed to providing quality products and customer satisfaction. If you encounter any issues with your AERLANG Percussion Massage Gun, please do not hesitate to contact our customer support team for assistance.

Contact Information

- **Manufacturer:** AERLANG
- **Place of Business:** AERLANG
- For timely help and support, please refer to the contact details provided on the product packaging or the official AERLANG website.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question