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arboleaf CM20C

arboleaf Thermacool Massage Gun CM20C Instruction Manual

Model: CM20C

INTRODUCTION

Thank you for choosing the arboleaf Thermacool Massage Gun CM20C. This device is designed to provide deep tissue massage with integrated heat and cold therapy, aiding in muscle relaxation, recovery, and pain relief. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: The arboleaf Thermacool Massage Gun, its carrying case, and the included interchangeable massage heads.

SAFETY INFORMATION

Important Safety Warnings:

- Consult a healthcare professional before use if you have a medical condition.
- Keep out of reach of children.
- Do not use while operating a vehicle or heavy machinery.
- Protect the device from water and extreme temperatures.
- Do not open the device during charging.
- Use the device for a maximum of 10 minutes per muscle group to prevent overuse.
- If you experience discomfort, stop using the device immediately.

PRODUCT OVERVIEW AND COMPONENTS

The arboleaf Thermacool Massage Gun CM20C is a portable, full-metal deep tissue massager featuring both heating and cooling functions. It comes with multiple interchangeable massage heads to target various muscle groups effectively.

Key Features:

- **Heat & Cold Head:** Aluminum plate for rapid heating (102-113 °F / 39-45 °C) and cooling (46-57 °F / 8-14 °C) in 3 seconds.
- **Powerful Percussion:** Stall force of 35 lbs for deep tissue massage.
- **Multiple Speed Levels:** 5 speed levels, including a pressure-adaptive mode (1000-3200 rpm).
- **Low Noise Operation:** Utilizes metal-denoise technology for quiet use (35dB - 55dB).
- **Portable Design:** Weighs 1.04 lbs with a suitable T-grip for easy handling.
- **Automatic Stop:** Features a 10-minute automatic stop function to prevent overuse.

Included Massage Heads:

The device includes 4 silicone massage heads designed for various applications.

- **Round Head:** Suitable for large muscle groups such as buttocks and thighs.
- **U-shaped Head:** Ideal for muscles around the spine and Achilles tendon.
- **Bullet Head:** For deep tissue and trigger point massage.
- **Flat Head:** General use for all body parts.



Image: Illustration of various massage heads and recommended usage areas, along with areas to avoid such as stiff joints, elbows, carotid artery, visceral area, head, and power artery.

SETUP

1. Charging the Device:

Before first use, fully charge the massage gun. Connect the charging cable to the device and a suitable power source. The indicator lights will show charging status. A full charge typically takes approximately one hour. Do not operate the device while it is charging.

2. Attaching Massage Heads:

Select the desired massage head. Align the base of the massage head with the opening on the device and push it firmly into

place. Ensure it is securely attached before turning on the device. To remove, gently pull the head off.

OPERATING INSTRUCTIONS

1. Power On/Off:

Press and hold the power button to turn the device on or off.

2. Adjusting Massage Speed:

Once powered on, press the power button repeatedly to cycle through the 5 available speed levels (1000 rpm - 3200 rpm). The 5th speed level features pressure-responsive technology, automatically adjusting percussion based on applied pressure.

Pressure-Adaptive Speed



Flashing lights for pressure-adaptive level

Fully charged state

Level 5 1000~3200rpm



level 1 2000rpm



level 2 2500rpm



level 3 3000rpm



level 4 3200rpm

Image: Visual representation of the massage gun's pressure-adaptive speed mode and the five distinct speed levels with corresponding RPMs.

3. Heat and Cold Mode Operation:

The device features an aluminum plate for both heating and cooling.

- **Heat Mode:** The aluminum plate heats up in 3 seconds, with 4 adjustable levels ranging from 102-113 °F (39-45 °C). Heat compression activates muscles and boosts blood circulation.
- **Cold Mode:** The aluminum plate cools down in 3 seconds, with 4 adjustable levels ranging from 46-57 °F (8-14 °C). Cold compression contracts muscles and reduces blood circulation, alleviating swelling and soreness.



Image: A user demonstrating the warm massage function on the shoulder, highlighting the heat effect.



Image: A user demonstrating the cold massage function on the hip, illustrating the cooling effect.

4. Usage Guidelines:

Apply the device to the desired area of the body. Move the massage gun slowly over the muscle, applying gentle pressure. Do not press too hard or remain in one spot for too long. The device has a 10-minute automatic shut-off feature to prevent overuse.

Accelerates muscle and body relaxation



Image: A woman using the arboleaf massage gun on her thigh, demonstrating typical application.

MAINTENANCE

Cleaning:

After each use, wipe the device and massage heads with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storing or recharging. The silicone massage heads can be easily cleaned with mild soap and water.

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

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Charge the device fully. Ensure the power button is pressed and held to turn on.
Massage head falls off during use.	Head not securely attached.	Ensure the massage head is pushed firmly into place until it clicks or feels secure.
Heat/Cold function not working.	Incorrect mode selected or device malfunction.	Verify the correct heat or cold mode is selected and the device is powered on. If issues persist, contact customer support.
Device stops unexpectedly.	Automatic shut-off activated (10-minute timer) or low battery.	This is a normal safety feature. Recharge the device if the battery is low.

SPECIFICATIONS

- **Model Number:** CM20C
- **Product Dimensions:** 7.09 x 7.09 x 2.76 inches
- **Item Weight:** 14.99 ounces (425 Grams)
- **Material:** Full-Metal body
- **Power Source:** Battery Powered (2 Lithium Ion batteries included)
- **Heat Temperature Range:** 102-113 °F (39-45 °C) - 4 levels
- **Cold Temperature Range:** 46-57 °F (8-14 °C) - 4 levels
- **Speed Levels:** 5 (1000 rpm - 3200 rpm, including pressure-adaptive mode)
- **Stall Force:** Up to 35 lbs
- **Noise Level:** 35dB - 55dB
- **Automatic Timer:** 10 minutes


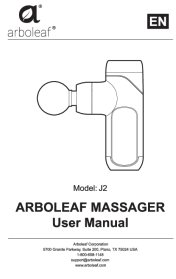


WARRANTY AND SUPPORT

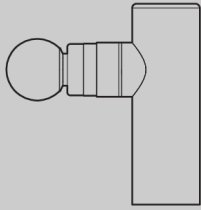
arboleaf provides a three-year warranty for this product. For any questions or assistance regarding your fascia gun, please contact the arboleaf customer support team.
Contact information can typically be found on the product packaging or the official arboleaf website.

LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for personal use to aid in muscle relaxation and recovery.



	<p>Arboleaf CM40G Massage Gun Quick Start Guide & Specifications</p> <p>Comprehensive quick start guide and specifications for the Arboleaf CM40G Massage Gun. Learn about its features, operation, accessories, safety precautions, and warranty.</p>
	<p>Arboleaf CM40G Massage Gun Quick Start Guide and Specifications</p> <p>Comprehensive guide for the Arboleaf CM40G Massage Gun, covering product overview, operating instructions, specifications, warranty information, and FCC compliance. Learn how to use and maintain your massage gun.</p>
	<p>Arboleaf CM20C Massager User Manual</p> <p>User manual for the Arboleaf CM20C massager, including important safeguards, specifications, product overview, quick start guide, and warranty information.</p>
	<p>Arboleaf J2 Percussion Massager User Manual</p> <p>Comprehensive user manual for the Arboleaf J2 percussion massager. Includes detailed specifications, product overview, quick start guide, important safety precautions, and warranty information.</p>
	<p>Arboleaf CM40G Massage Gun User Manual - Operation and Safety Guide</p> <p>Comprehensive user manual for the Arboleaf CM40G massage gun, covering important safeguards, specifications, product overview, quick start guide, massage areas, and warranty information.</p>
	<p>Arboleaf Scalp Massager CM11B Quick Start Guide</p> <p>Quick start guide for the Arboleaf Scalp Massager, Model CM11B. Learn about product overview, specifications, warranty, troubleshooting, and cautions.</p>



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ARBOLEAF MASSAGER User Manual

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[Arboleaf CM20C Massager User Manual](#)

User manual for the Arboleaf CM20C massager, including important safeguards, specifications, product overview, quick start guide, and warranty information.

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