

[Manuals.plus](#) /

› [AERLANG](#) /

› AERLANG M01 Deep Tissue Massage Gun with Hot & Cold Therapy Instruction Manual

AERLANG AERLANG-M01

AERLANG M01 Deep Tissue Massage Gun with Hot & Cold Therapy Instruction Manual

Model: AERLANG-M01 | Brand: AERLANG

INTRODUCTION

Thank you for choosing the AERLANG M01 Deep Tissue Massage Gun. This device is designed to provide targeted muscle relief through percussion massage, enhanced with innovative hot and cold therapy functions. Please read this manual thoroughly before use to ensure safe and effective operation.

IMPORTANT SAFETY INFORMATION

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

- Use the massager responsibly, following the instructions provided to ensure safe operation.
- Do not immerse the device in water or use it near water.
- Keep the device away from heat sources.
- Do not operate the device if it has been damaged.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, swollen areas, or inflamed skin.
- Keep out of reach of children.
- The device will auto shut-off after 15 minutes of continuous use to protect the motor from overheating.

PACKAGE CONTENTS

Your AERLANG M01 Massage Gun package includes:

- AERLANG M01 Massage Gun
- 5 Massage Heads (including 1 Hot/Cold Head)
- USB-C Charging Cable
- Carrying Case

- User Manual (this document)

Your browser does not support the video tag.

Video: Unboxing and overview of the AERLANG M01 Massage Gun and its accessories, including the carrying case, various massage heads, and charging cable.

SETUP

1. Initial Charging

Upon receiving your AERLANG Massage Gun, it is recommended to fully charge it for 5 hours to activate the battery. Use the provided USB-C cable. The speed indicator will be steady white when fully charged.



A to c c to c Charging 5V 2A / 3A Adapter(Not includ)

Image: The AERLANG M01 Massage Gun connected to a power adapter via its USB-C charging cable, with the battery indicator lights visible.

2. Attaching Massage Heads

Ensure the massager is turned off before attaching or detaching any massage heads. The hot and cold massage heads are integrated and cannot be removed. For other massage heads, simply push them firmly into the attachment port until secure.



Image: A visual guide illustrating the four interchangeable massage heads (Air bag, Pointed, Cat ear, Multi-point) and their suggested applications for various muscle groups.

OPERATING INSTRUCTIONS

1. Power On/Off

Press and hold the power button located at the bottom of the handle to turn on the device. The speed indicator will light up. Press and hold again to turn off.

2. Adjusting Speed Levels

Once powered on, press the mode button to cycle through the 5 available speed levels. The LED indicator will show the current speed setting.

3. Hot & Cold Therapy

The integrated hot/cold massage head offers temperature therapy. The hot massage head can heat up to 113°F (45°C), while the cold massage head can cool down to 50°F (10°C). Activate these functions using the dedicated heating ON/OFF and refrigeration ON/OFF buttons on the device's display panel.



Image: The hot/cold therapy head of the massage gun, showing blue LED lights for cold (50°F/59°F) and red/orange LED lights for heat (104°F/113°F).

Your browser does not support the video tag.

Video: A user demonstrating the hot and cold therapy functions of the massage gun, showing the LED indicators changing color for different temperature settings.

4. Application

Apply the massager to the desired body area with gentle pressure, moving it slowly back and forth over the muscles. Avoid applying excessive pressure or using on bony areas. The device will automatically shut off after 15 minutes of continuous use to prevent overheating.

10mm amplitude Deep muscle therapy

Deeper into your muscles
for more effective recovery



Image: A woman using the AERLANG M01 Massage Gun on her thigh, illustrating the 10mm amplitude for deep muscle therapy.

MAINTENANCE

- **Cleaning:** After each use, turn off the device and wipe the massage heads and body with a clean, damp cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the massager and its components 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 for 5 hours. Ensure the charging cable is properly connected.

Problem	Possible Cause	Solution
Hot/Cold function not working.	Function not activated or device not powered on.	Ensure the device is on and the respective hot/cold button is pressed. Allow a few moments for temperature change.
Device stops unexpectedly.	Automatic 15-minute shut-off or low battery.	This is a safety feature. Wait a few minutes before restarting. If it continues, charge the device.

SPECIFICATIONS

- **Model Number:** AERLANG-M01
- **Product Dimensions:** 7.09 x 5.9 x 1.96 inches
- **Item Weight:** 1.23 Pounds (560 Grams)
- **Power Source:** Battery Powered (1 Lithium Ion battery included)
- **Battery Capacity:** 2400mAh
- **Charging:** Type-C (A-C or C-C Cable)
- **Automatic Shut-off:** 15 minutes
- **Hot Therapy Temperature:** Up to 113°F (45°C)
- **Cold Therapy Temperature:** Down to 50°F (10°C)
- **Speed Levels:** 5
- **Amplitude:** 10mm
- **Max Stall Force:** 40LBS
- **Speed Range:** 1600-3200RPM
- **Noise Level:** Quiet 35-50dB
- **Material:** Acrylonitrile Butadiene Styrene
- **Manufacturer:** AERL
- **Date First Available:** May 14, 2024

WARRANTY AND SUPPORT

For warranty information or product support, please refer to the contact details provided with your purchase or visit the official AERLANG website. Keep your proof of purchase for any warranty claims.