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cotsoco M784

cotsoco Massage Gun User Manual

Model: M784 | Brand: cotsoco

1. Introduction

Thank you for choosing the cotsoco Massage Gun. This powerful deep tissue massager is designed to provide effective pain relief, muscle relaxation, and faster recovery for various muscle groups. Featuring a silent brushless motor and 20 adjustable speeds, it is suitable for use in the gym, office, home, or while traveling. Please read this manual thoroughly before use to ensure proper operation and maintenance.

2. Safety Information

For your safety and to prevent damage to the device, please observe the following precautions:

- Do not immerse the device in water or use it in excessively humid environments.
- Keep the device away from heat sources and direct sunlight.
- This device is equipped with an automatic shut-off feature after 10 minutes of continuous use to prevent overheating. Allow the device to cool down before resuming use.
- Do not use the massage gun on your head, open wounds, sensitive skin areas, or bony parts of the body.
- Consult a physician before using this product if you have any medical conditions, are pregnant, have a pacemaker, or are recovering from surgery.
- Keep out of reach of children and pets.
- Use only the provided charging cable.
- 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.

3. Product Overview



Figure 3.1: The cotsoco Massage Gun, including its carrying case and the full set of 9 interchangeable massage heads.



Figure 3.2: Digital display showing the current speed level (20) and battery percentage (90%), with control buttons for speed adjustment.



Figure 3.3: Overview of the 9 replaceable massage heads: U-Shape, Wedge, Bullet, Y-Shape, Spade, Gyro, Flat, Thumb, and Spherical, each designed for specific muscle groups or tissue types.

Components:

- **Massage Gun Body:** Main unit with handle, motor, and digital display.
- **Massage Heads (9 types):**
    - **Spherical Head (Round Head):** Suitable for large muscle groups like thighs, calves, and back.
    - **U-Shape Head (Fork Head):** Ideal for massage of neck, spine, Achilles tendon.
    - **Flat Head:** Suitable for whole body bones and muscle relaxation.
    - **Bullet Head:** For deep tissue massage in meridians, joints, palms, and soles.
    - **Thumb Head:** Suitable for wrists and palms.
    - **Gyro Head:** Suitable for massage of soft tissue.
    - **Wedge Head:** Suitable for massage of soft tissue.
    - **Y-Shape Head:** Suitable for arm and leg muscles.

- **Spade Head (Sector Head):** For relaxation and plasticity of calf muscles.

- **USB Type-C Charging Cable:** For convenient charging.
- **Carrying Bag:** For easy portability and storage.

4. Setup

4.1 Charging the Device:

Before first use, fully charge the massage gun. Connect the USB Type-C charging cable to the charging port on the device and plug the other end into a compatible USB power adapter (not included). The digital display will show the battery level. A full charge typically takes 4-6 hours and provides long-lasting battery life.



Figure 4.1: The massage gun features USB Type-C charging and a 2000mAh large capacity battery, providing 4-6 hours of use.

4.2 Attaching/Detaching Massage Heads:

To attach a massage head, gently push the desired head into the opening at the front of the gun until it is securely seated. To detach, firmly pull the head straight out. Ensure the device is turned off before changing heads.

5. Operating Instructions

5.1 Power On/Off:

Press and hold the power button on the digital display to turn the device on or off. The display will illuminate when powered on.

5.2 Adjusting Speed Levels:

The cotsoco Massage Gun offers 20 adjustable speed levels. Use the '+' and '-' buttons on the display to increase or decrease the intensity of the massage. Start with a low speed and gradually increase to a comfortable level.



Figure 5.1: The massage gun provides 12mm deep amplitude for quick muscle soreness relief.

5.3 Recommended Usage:

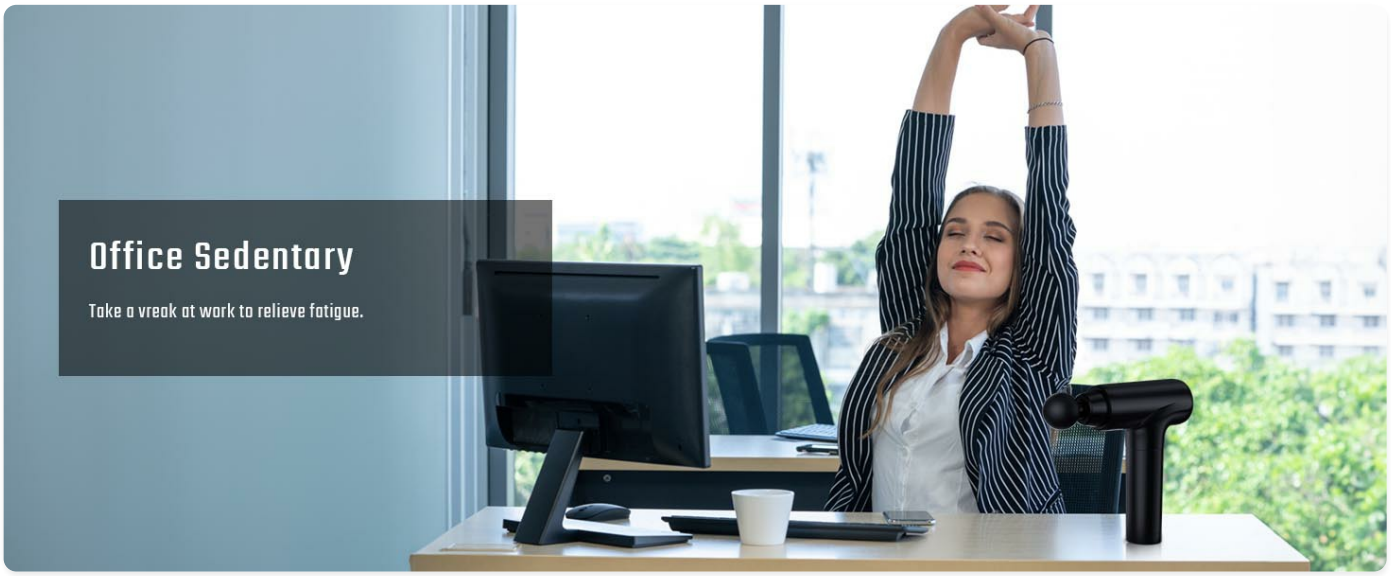
Gently apply the massage gun to the desired muscle area. Move the device slowly over the muscle, applying light to moderate pressure. Avoid pressing too hard or staying in one spot for too long. The device will automatically shut off after 10 minutes of continuous use.



Figure 5.2: Recommended usage times for various muscle groups to effectively relax and awaken body vitality.

- **Shoulder Muscles:** 15s-20s x 3 cycles.
- **Chest Muscles:** 30s x 3 cycles.
- **Abdominal Muscles:** 20s x 3 cycles.
- **Leg Muscles:** 30s x 3 cycles.
- **Back Muscles:** 30s-1min x 3 cycles.
- **Gluteal Muscles:** 30s-1min x 3 cycles.

The cotsoco massage gun is designed for various scenarios, including post-workout recovery, daily relaxation, and relief from office sedentary fatigue.



Outdoor Sports: Light and easy to carry, ideal for relaxation during outdoor activities and travel.



Fitness Exercise: Quickly relieve muscle stiffness and soreness after exercise, making recovery easier.



Daily Massage: Not only suitable for relaxing after exercise, but also essential for daily muscle care.



Office Sedentary: Take a break at work to relieve fatigue and tension.

6. Maintenance and Care

- **Cleaning:** Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or solvents. Ensure the device is completely dry before storing or recharging.
- **Storage:** Store the massage gun and its accessories in the provided carrying bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device fully. Press and hold the power button to turn on.
Massage head is loose.	Head not fully inserted.	Ensure the massage head is pushed firmly into the opening.
Device stops working during use.	Automatic 10-minute shut-off activated or low battery.	Allow device to cool down if used for 10 minutes. Check battery level and recharge if necessary.
Unusual noise or vibration.	Massage head not properly attached or internal issue.	Re-attach the massage head. If the problem persists, contact customer support.

8. Specifications

- **Model Number:** M784
- **Product Dimensions:** 9.84 x 7.87 x 13.78 inches; 1.1 Pounds
- **Power Source:** Battery Powered
- **Motor:** High-torque Brushless Motor, up to 3200 RPM/MIN

- **Speed Levels:** 20
- **Amplitude Depth:** 12mm
- **Battery Capacity:** 2000mAh
- **Charging Time:** 4-6 hours (approx.)
- **Automatic Shut-off:** 10 minutes
- **Product Benefits:** Pain Relief, Faster Recovery, Relaxation, Muscle Fatigue Relief, Health Protection
- **Manufacturer:** cotsoco

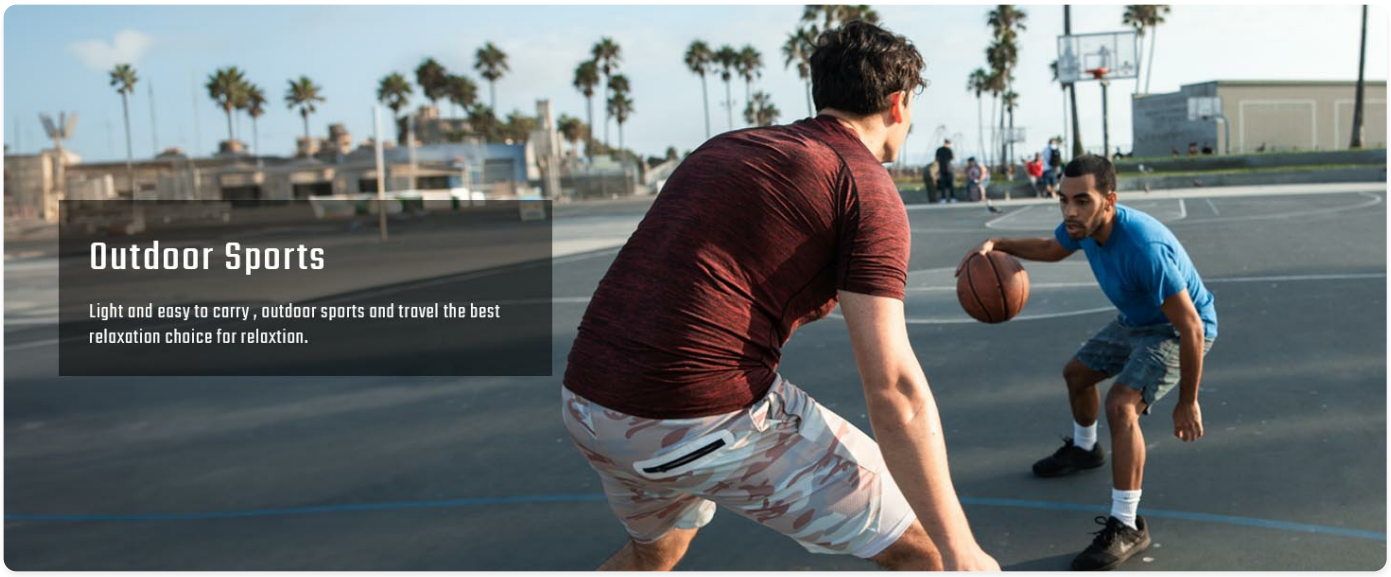


Figure 8.1: The cotsoco Massage Gun is equipped with a high-torque brushless motor, ensuring powerful yet quiet operation.

9. Warranty and Support

cotsoco is committed to providing high-quality products and excellent customer service. Your cotsoco Massage Gun comes with:

- **2-Year Warranty:** Enjoy peace of mind with our comprehensive 2-year warranty.
- **90-Days Free Return:** If you are not satisfied, you can return the product within 90 days for free.
- **24H VIP Customer Service:** Our dedicated customer service team is available 24/7 to assist you with any inquiries or issues.

For support, please visit the official cotsoco store on Amazon or contact us directly through your purchase platform. We are committed to improving people's health and providing lasting comfort and relief.

Figure 9.1: cotsoco's commitment to customer satisfaction, including warranty and support details.

For more information and to explore other cotsoco products, visit ourcotsoco Amazon Store.

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