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AERLANG EM13

AERLANG EM13 Percussion Massage Gun User Manual

Model: EM13

1. INTRODUCTION

Thank you for choosing the AERLANG EM13 Percussion Massage Gun. This device is designed to provide deep tissue muscle massage, aiding in muscle recovery, pain relief, and relaxation. Please read this manual thoroughly before use to ensure safe and effective operation.

Important Safety Information

Failure to follow these safety instructions may result in injury or damage to the device.

- Do not use on inflamed or injured areas of the body.
- Keep the device away from water and liquids.
- Do not use while sleeping or in a bathroom environment.
- Apply with moderate pressure and avoid prolonged use on a single area to prevent tissue damage.
- Always consult a physician before using this device if you have any pre-existing medical conditions.

2. PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- AERLANG EM13 Percussion Massage Gun
- 6 Interchangeable Massage Heads
- Type-C Charging Cable
- Carrying Case
- User Manual (this document)



Image 1: The AERLANG EM13 Percussion Massage Gun, its six interchangeable massage heads, and the included carrying case.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your massage gun:

Massage Gun Unit

- **Handle:** Ergonomic grip for comfortable use.
- **LED Touch Screen:** Displays speed level and battery status.
- **Power Button:** Controls device power.
- **Speed Adjustment Buttons (+/-):** Increases or decreases massage intensity.
- **Charging Port:** Type-C port for charging the internal battery.

Interchangeable Massage Heads

The device includes 6 professional massage heads, each designed for specific muscle groups and massage types:

- **Round Head:** General full-body muscle massage.
- **Flat Head:** Suitable for all body parts, especially for relaxation and shaping.
- **Bullet Head:** For deep tissue, trigger points, and small muscle areas like feet and palms.
- **U-shape Head:** Ideal for the neck, spine, and Achilles tendon.
- **Shovel Head:** For scraping and relaxing larger muscle groups.
- **Massage Head (with small nubs):** For sensitive areas or general relaxation.



Image 2: Illustration of the AERLANG Massage Gun and its six interchangeable heads, demonstrating the quick rotating installation method.

4. SETUP

4.1 Charging the Device

1. Before first use, fully charge the massage gun for approximately 8 hours to activate the battery.

2. Connect the provided Type-C charging cable to the charging port on the massage gun.
3. Connect the other end of the cable to a compatible 5V 2A/3A USB-C power source (e.g., wall adapter, power bank, car charger).
4. The LED display will indicate the battery level. A full charge is indicated when the display shows "99" without flashing.



Image 3: The AERLANG Massage Gun connected for charging via its portable Type-C port, showing compatibility with various 5V 2A/3A USB-C power sources.

4.2 Attaching Massage Heads

1. Ensure the massage gun is powered off before attaching or removing any massage head.
2. Select the desired massage head.
3. Align the base of the massage head with the opening on the front of the massage gun.
4. Gently push and twist the head clockwise until it is securely in place. Do not force it.
5. To remove, twist counter-clockwise and pull gently.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To power on, press and hold the power button on the LED touch screen for a few seconds until the display illuminates.
- To power off, press and hold the power button again until the display turns off.
- The device features a smart shutdown function and will automatically turn off after 10 minutes of continuous use to prevent overheating and conserve battery.

5.2 Adjusting Speed Levels

The AERLANG EM13 offers 20 adjustable speed levels for a customized massage experience.

1. Once powered on, the display will show the current speed level (initially 00).
2. Press the "+" button to increase the speed level.
3. Press the "-" button to decrease the speed level.
4. The speed setting resets to 00 each time the device is powered off.

Recommended speed ranges for different massage needs:

- **Levels 1-4:** Relax Muscle (Gentle warm-up)
- **Levels 5-8:** Gentle Massage (Light muscle stimulation)
- **Levels 9-12:** Relieve Muscle Fatigue (Moderate intensity for recovery)
- **Levels 13-16:** Deep Massage (Targeted deep tissue work)
- **Levels 17-20:** Professional Mode (High intensity for experienced users or specific needs)

LED Touch Screen & 20 Speed Levels Adjustable



Image 4: The LED touch screen interface of the AERLANG Massage Gun, illustrating the 20 speed levels and battery charge indicator.

5.3 Using the Massage Gun

1. Choose the appropriate massage head for the area you wish to treat.
2. Power on the device and select a low speed setting to begin.
3. Gently apply the massage head to the desired muscle area. Do not press too hard, especially when starting.
4. Move the massage gun slowly over the muscle, avoiding bones and joints.
5. Adjust the speed as needed for comfort and effectiveness.
6. Limit usage to 1-2 minutes per muscle group and avoid prolonged use on any single spot.
7. The device features a built-in intelligent pressure sensing system for increased impact and speed, providing 12mm deep massage.

12mm Deep Impact

Built-in Intelligent Pressure Sensing System



Image 5: A diagram illustrating the 12mm deep impact capability of the AERLANG Massage Gun, enhanced by its built-in intelligent pressure sensing system.

6. MAINTENANCE

6.1 Cleaning

- Ensure the device is powered off and unplugged before cleaning.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- The massage heads can be cleaned with a mild soap and water solution, then rinsed and air-dried thoroughly before reattaching.

6.2 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.

- Ensure the device is fully charged before long-term storage to preserve battery life.

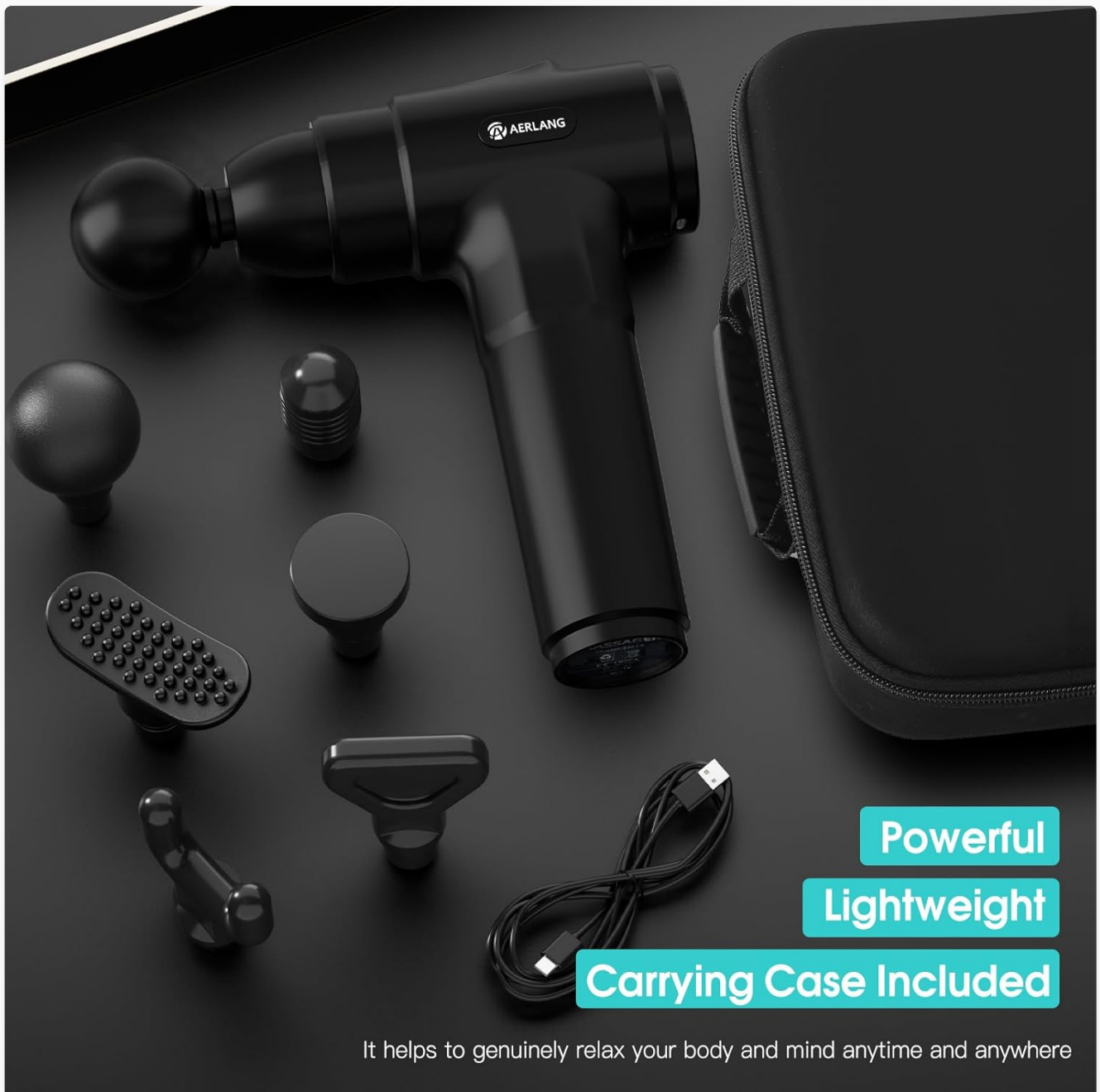


Image 6: The AERLANG Massage Gun, its various heads, and charging cable neatly stored within the included carrying case, highlighting its portability.

7. TROUBLESHOOTING

If you encounter any issues with your AERLANG EM13 Massage Gun, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not power on.	Low battery or device not charged.	Charge the device fully using the provided Type-C cable and a compatible power source. Ensure the power button is pressed and held to turn on.

Problem	Possible Cause	Solution
Massage head is loose or falls off.	Head not properly attached.	Ensure the massage head is pushed in and twisted clockwise until securely fastened.
Device stops working during use.	Automatic shutdown due to 10-minute timer or low battery.	Recharge the device if the battery is low. If it stopped due to the timer, simply power it on again.
Speed setting resets to 00 after powering off.	This is a normal operational characteristic.	Adjust the speed to your desired level each time you power on the device.

8. SPECIFICATIONS

Feature	Detail
Model Number	EM13
Brand	AERLANG
Dimensions	25.4 x 15.24 x 12.7 cm
Weight	1.12 kg
Material	Plastic
Power Source	Battery Powered (1 Lithium Ion battery included)
Charging Port	Type-C (Supports 5V 2A/3A USB-C/C-C Cable)
Speed Levels	20 adjustable levels
Special Feature	Speed Control, Intelligent Pressure Sensing, 10-minute Auto-shutdown
Intended Use	Whole Body, Myofascial Release

9. WARRANTY AND SUPPORT

AERLANG is committed to providing high-quality products. For specific warranty details, please refer to the warranty card included with your purchase or contact AERLANG customer support.

If you have any questions, require technical assistance, or need to report an issue with your AERLANG EM13 Percussion Massage Gun, please contact AERLANG customer service through the retailer's platform or the official AERLANG website.

For more information, you may visit the [AERLANG Store on Amazon](#).



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