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## arboleaf CM40A

# arboleaf Mini Massage Gun CM40A Instruction Manual

Model: CM40A | Brand: arboleaf

## INTRODUCTION

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Thank you for choosing the arboleaf Mini Massage Gun. This compact and powerful percussion massager is designed to provide deep tissue muscle relief, enhance recovery, and promote relaxation. Its portable design makes it ideal for use at home, the office, the gym, or while traveling. Please read this manual thoroughly before use to ensure safe and optimal operation.

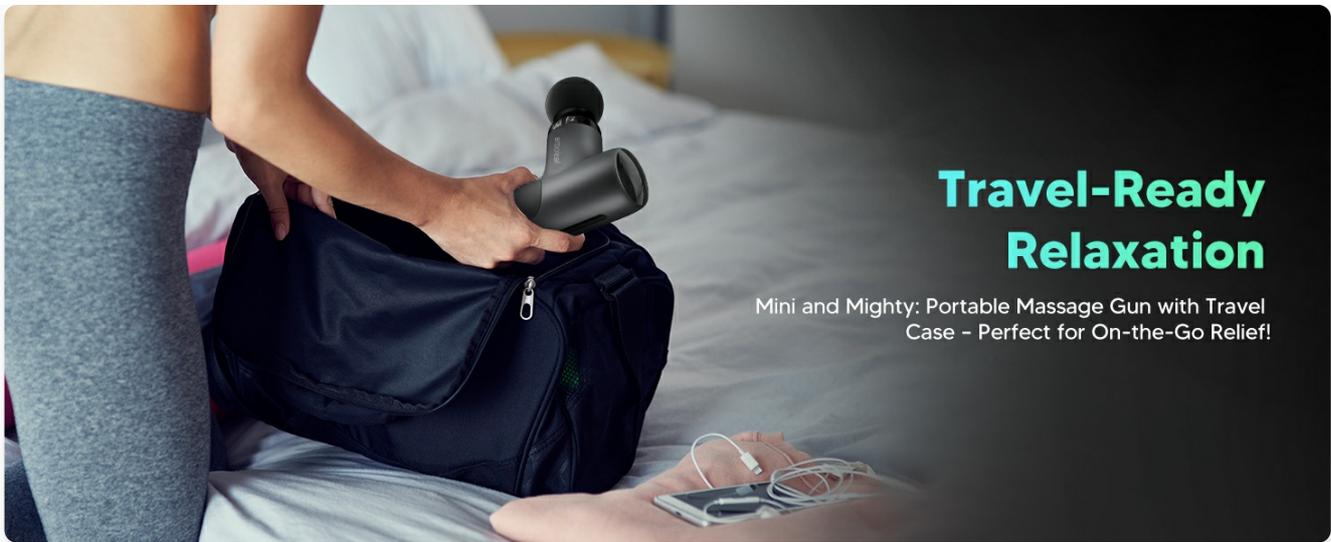


*Image: The arboleaf Mini Massage Gun, a compact device in charcoal color.*

## PACKAGE CONTENTS

Your arboleaf Mini Massage Gun package includes:

- 1 x arboleaf Mini Massage Gun (Model CM40A)
- 5 x Silicone Massage Heads (various shapes for targeted relief)
- 1 x USB-C Charging Cable
- 1 x Travel Case
- 1 x User Manual



## Travel-Ready Relaxation

Mini and Mighty: Portable Massage Gun with Travel Case - Perfect for On-the-Go Relief!

*Image: The arboleaf Mini Massage Gun, its five silicone massage heads, and USB-C charging cable, all stored within its compact travel case.*

### PRODUCT FEATURES

- **Mini and Mighty:** Weighing just 0.9 lbs, it delivers deep muscle relief with an 8mm amplitude.
- **Whisper-Quiet Operation:** Features a brushless motor for ultra-quiet operation at under 45dB.
- **5 Speed Settings:** Adjustable speeds from 1700 to 3200 RPM, including an adaptive pressure control mode.
- **5 Silicone Massage Heads:** Skin-friendly, washable heads for targeted relief across various muscle groups.
- **Long-Lasting Battery:** Two 2000mAh batteries provide up to 8 hours of use.
- **15-Minute Auto-Off:** Automatic pause function for safety and to prevent overuse.
- **Ergonomic Design:** Non-slip handle for comfortable and secure grip during use.

### SETUP

1. **Charge the Device:** Before first use, fully charge the massage gun using the provided USB-C cable. The charging port is located at the bottom of the device. The indicator lights will show charging status.
2. **Attach a Massage Head:** Select the desired massage head. Gently push and twist the head into the opening at the front of the massager until it is securely in place. Ensure it is firmly attached before operation.

### OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button (located at the bottom) for 3 seconds to turn the device ON or OFF.
2. **Adjust Speed:** Once powered on, short press the power button to cycle through the 5 speed settings (1700-3200 RPM). The LED indicators will show the current speed level. The 5th setting offers adaptive pressure control, adjusting intensity based on applied pressure.
3. **Application:** Gently apply the massager to the desired muscle area. Move it slowly across the muscle, applying light to moderate pressure. Avoid pressing too hard or staying in one spot for too long.
4. **Auto Shut-Off:** The device features a 15-minute automatic shut-off function to prevent overuse and ensure safety.



Image: Visual representation of the 5 adjustable speed levels and the pressure-adaptive technology.

## MESSAGE HEADS AND TARGETED USE

The arboleaf Mini Massage Gun comes with 5 specialized silicone massage heads for various muscle groups:

- **Ball Head:** Ideal for large muscle groups like arms, back, hips, and thighs.
- **U-Shaped Head:** Designed for the spine, neck, and Achilles tendon.
- **Flat Head:** Suitable for general relaxation, chest, and arm muscles.
- **Bullet Head:** For targeting deep tissue, joints, and trigger points.
- **Air Cushion Head:** Gentle for sensitive areas or sore spots.

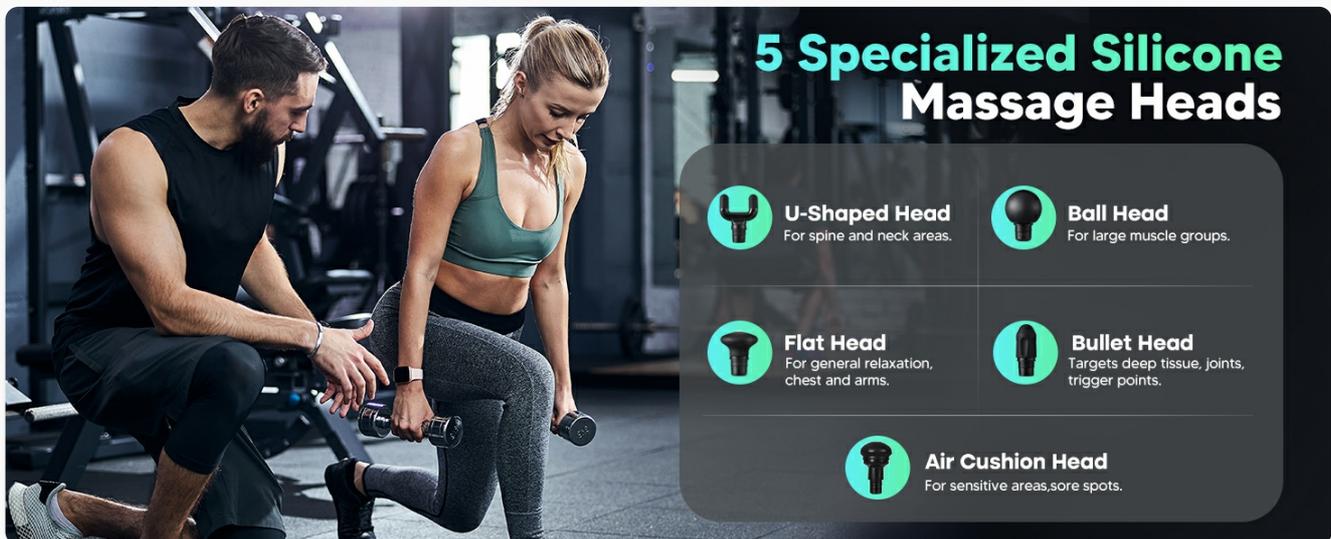


Image: Overview of the five interchangeable silicone massage heads and their specific applications.

## CHARGING AND BATTERY

The massager is equipped with two 2000mAh Lithium-Ion batteries, offering up to 8 hours of continuous use on a full charge. It supports USB-C charging for convenience.

- Connect the USB-C cable to the charging port at the bottom of the device and to a compatible USB power source.
- The LED indicators will show the charging progress.

- A full charge typically takes a few hours.
- The 15-minute auto-off feature helps conserve battery life and prevents muscle strain from prolonged use.



Image: Details on cordless USB-C charging and battery features.

## MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not immerse the device in water.
- **Massage Heads:** The silicone massage heads are skin-friendly and washable. Remove them from the device and clean with mild soap and water. Allow them to air dry completely before reattaching.
- **Storage:** Store the massager and its accessories in the provided travel case in a cool, dry place, away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 3 seconds.
- **Weak percussion:** Check the battery level. If low, recharge the device. Ensure the massage head is securely attached.
- **Unusual noise:** Discontinue use immediately. Check if the massage head is properly attached or if there is any obstruction. Contact customer support if the issue persists.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	6.8 x 6.1 x 1.02 inches
Item Weight	12 Ounces
Model Number	CM40A
Batteries	2 Lithium Ion batteries (2000mAh each)
Power Source	Battery Powered (USB-C)
Speed Settings	5 (1700 to 3200 RPM)

Feature	Detail
Amplitude	8mm
Noise Level	Under 45dB
Auto Shut-Off	15 Minutes
Massage Heads	5 Silicone Heads
Water Resistance Level	Not Water Resistant
Manufacturer	arboleaf

## WARRANTY AND SUPPORT

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The arboleaf Mini Massage Gun typically comes with a 1-year manufacturer's warranty. For warranty claims, technical support, or any questions regarding your device, please contact arboleaf customer service directly. Refer to the product packaging or the official arboleaf website for contact information.

## GENERAL SAFETY WARNINGS

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Please observe the following safety precautions:

- Charge the massager using only the provided USB-C cable or a compatible charger.
- Select an appropriate speed level for your comfort and muscle needs.
- Apply the massager to the desired body area, such as the back or neck, for muscle relief and recovery.
- Do not use the massager on open wounds, swollen areas, or areas with skin irritation.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Do not disassemble or attempt to repair the device yourself.