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AERLANG EM13

AERLANG EM13 Muscle Massage Gun with Heat User Manual

Model: EM13 | Brand: AERLANG

Introduction

Thank you for choosing the AERLANG EM13 Muscle Massage Gun with Heat. This device is designed to provide powerful and effective muscle massage, aiding in deep relaxation and relief for various body parts including the head, neck, back, feet, lower back, and legs. Featuring 20 adjustable speeds, 7 interchangeable massage heads (including a heated head), and an intuitive LED display, this massage gun offers a customizable and comfortable massage experience.
Please read this manual thoroughly before use to ensure safe and optimal operation.

Setup and Initial Use

1. Unboxing and Inspection

Carefully remove all components from the packaging. Verify that all items are present:

- AERLANG EM13 Massage Gun
- 7 Interchangeable Massage Heads (including 1 heated head)
- USB-A to USB-C Charging Cable
- Carrying Case
- User Manual (this document)



Image: AERLANG EM13 Massage Gun with its various massage heads and carrying case, illustrating the complete package contents.

2. Initial Charging

Due to potential power consumption during shipping, it is recommended to fully charge the massage gun for 8 hours before its first use to activate the battery completely. The battery indicator will stop blinking when fully charged.

- Connect the USB-C charging cable to the charging port on the device.
- Connect the other end of the cable to a suitable USB power adapter (not included).
- The LED display will show the battery level and charging status.



Image: A visual representation of the massage gun's battery capacity (2600 mAh) and charging time (6 hours), highlighting its high-capacity lithium battery.

3. Attaching Massage Heads

The massage gun comes with 7 interchangeable heads, each designed for specific body parts and massage types. To attach a head:

- Ensure the device is turned off.
- Align the desired massage head with the opening on the front of the massage gun.
- Gently push and twist the head until it is securely in place. Do not force it.
- To remove, gently pull and twist the head.



Image: An exploded view of the AERLANG massage gun demonstrating the quick and rotating installation method for its various massage heads, including the bullet, flat, massage, heated, round, U-shaped, and spade heads.

The available massage heads include:

- **Spherical Head:** Suitable for large muscle groups.
- **U-shaped Head:** Ideal for cervical spine and Achilles tendon.
- **Flat Head:** Versatile for all body parts.
- **Bullet Head:** For deep tissue massage.
- **Spade Head:** For shoulder muscles, back, and abdomen.
- **Heated Head:** For targeted heat therapy and muscle relaxation.
- **Half-moon Head:** For medium muscle groups.



Image: An illustration detailing six professional massage heads, including spherical, half-moon, U-shaped, flat, bullet, and spade heads, along with their recommended uses for specific muscle groups.

Operating Instructions

1. Power On/Off

- To turn on the device, press and hold the power button for 3 seconds. The LED display will illuminate.
- To turn off the device, press and hold the power button for 3 seconds again.

2. Adjusting Speed and Intensity

The massage gun offers 20 speed levels (1400-3200 RPM) and displays pressure intensity in real-time.

- Once powered on, use the '+' and '-' buttons on the LED display to increase or decrease the massage speed.
- The LED screen shows the current speed level, pressure intensity, and battery level.



Image: A detailed view of the massage gun's LED display, indicating pressure, speed visualization, speed adjustment buttons (+/-), and power visualization, along with battery level and 20 speed levels (1400-3200 rpm).



Image: An illustration demonstrating the 20 adjustable speed levels of the massage gun, categorized for different uses: Levels 1-4 for warming up, 5-8 for muscle relaxation, 9-12 for lactic acid decomposition, 13-16 for deep massage, and 17-20 for specialized mode.

3. Using the Heated Head

The heated massage head provides three temperature settings for enhanced muscle relaxation.

- Attach the heated head to the massage gun.
- Press and hold the power button for 3 seconds to turn on the device. The lowest heating level will activate automatically.
- Press the power button briefly to cycle through the temperature settings:
  - Green light: Approximately 113°F (45°C)
  - Yellow light: Approximately 122°F (50°C)
  - Red light: Approximately 131°F (55°C)
- The heated head can be charged separately via its own Type-C port.



Image: A woman using the AERLANG massage gun with the heated head on her arm, illustrating the thermal impact and highlighting its ability to heat up to 131°F (55°C) for deeper muscle relaxation.



Image: A close-up view of the heated massage head, showing its Type-C charging port, battery indicator, power/temperature switch button, and temperature indicator lights (Red for 131°F, Yellow for 122°F, Green for 113°F).

4. Smart 10-Minute Protection

For safety and to prevent overuse, the massage gun is equipped with an intelligent 10-minute protection feature. It will automatically shut off after 10 minutes of continuous use. You can restart the device if further massage is desired.

Maintenance

1. Cleaning

- Ensure the device is turned 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.
- Clean massage heads with a mild disinfectant and allow them to air dry completely before reattaching or storing.

2. 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.
- Keep out of reach of children.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device for at least 8 hours for initial use, or until the battery indicator shows full. Ensure the power button is pressed and held for 3 seconds.
Massage head is loose or falls off.	Head not properly attached.	Ensure the massage head is aligned and securely twisted into place.
Heated head not heating.	Heated head not charged or not activated.	Ensure the heated head is charged separately if needed. Press the power button to cycle through temperature settings.
Device stops working after 10 minutes.	Smart 10-minute protection activated.	This is a normal safety feature. You can restart the device if you wish to continue.
Unusual noise or vibration.	Foreign object, loose component, or internal issue.	Turn off the device immediately. Inspect for any visible obstructions. If the issue persists, contact customer support. Do not attempt to repair yourself.

Specifications

Feature	Detail
Model Number	EM13

Feature	Detail
Brand	AERLANG
Dimensions (L x W x H)	25.5 x 8.2 x 26 cm (10.04 x 3.23 x 10.24 inches)
Weight	900 Grams (1.98 lbs)
Speed Levels	20 (1400-3200 RPM)
Amplitude	8 mm (Deep Tissue Massage)
Massage Heads	7 (including 1 heated head)
Heated Head Temperature Settings	Approx. 113°F (45°C), 122°F (50°C), 131°F (55°C)
Battery Type	Lithium Ion (1 required, included)
Battery Capacity	2600 mAh
Charging Time	6 hours (initial charge 8 hours recommended)
Automatic Shut-off	10 minutes
Power Source	Battery Powered
Massage Therapy Technique	Kneading, Compression, Percussion, Shiatsu
Benefits	Muscle Therapy, Tissue Therapy, Pain Relief, Menstrual Relief, Stress Relief, Fatigue Relief

Warranty and Support

For warranty information, product support, or any inquiries, please refer to the official AERLANG website or contact their customer service directly. Keep your purchase receipt as proof of purchase for warranty claims.
You can visit the AERLANG store on Amazon for more information:AERLANG Amazon Store
A PDF user manual is also available for download:Download PDF Manual

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