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arboleaf CM20G

arboleaf Massage Gun Deep Tissue with Double Heads

Model: CM20G | Brand: arboleaf

1. PRODUCT OVERVIEW

The arboleaf Massage Gun is a portable, full-metal electric handheld massager engineered for deep tissue relief. Its innovative dual-head design provides a broader massage area, facilitating faster and more effective muscle recovery. Lightweight and featuring a T-shaped grip, it is designed for ease of use, even on hard-to-reach areas. The device operates with low noise and offers multiple intensity levels, including a pressure-adaptive speed mode for personalized massage experiences.



Image: The arboleaf Massage Gun, showcasing its dual-head design and the five interchangeable massage heads included in the package.

2. WHAT'S INCLUDED

Your arboleaf Massage Gun package includes the following components:

- arboleaf Dual-Head Massage Gun (Model: CM20G)
- Five (5) Interchangeable Massage Heads:
 - Round Head (x2)
 - Flat Head
 - Bullet Head
 - U-Shape Head
- USB-C Charging Cable
- User Manual
- Carrying/Travel Bag

2000 mAh Long-lasting Battery

3~4 Hours Usb Charging

- **5~6** Hours
- **2000mAh * 2** Power Battery
- **10** Minutes Automatic-shutdown



Image: The arbolique Massage Gun and its accessories neatly arranged in their packaging, highlighting the different massage heads.

3. SETUP

1. **Initial Charge:** Before first use, fully charge the massage gun using the provided USB-C cable. Connect the cable to the USB-C port located at the bottom of the device and plug the other end into a compatible USB power adapter (not included). The indicator lights will show charging status.
2. **Attach Massage Head:** Select the desired massage head. Firmly insert the stem of the chosen head

into the opening on the dual massage arms of the gun until it clicks securely into place. Ensure both heads are properly seated if using two.

4. OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button located at the bottom of the device to turn the massage gun ON or OFF.
2. **Adjust Speed Modes:** The massage gun features 5 intensity levels. Briefly press the power button to cycle through the speeds (Level 1 to Level 4). The indicator lights will illuminate to show the current speed setting.
3. **Pressure-Adaptive Speed Mode (Level 5):** The 5th gear automatically adjusts the massage intensity (1000–3200 RPM) based on the pressure applied to your muscles. This mode eliminates the need for manual tuning, providing optimal relief.
4. **Application:** Gently press the massage heads against the desired muscle group. Move the device slowly over the area, applying comfortable pressure. Avoid using on bones or joints.
5. **Auto-Off Safety:** For safety and energy efficiency, the massage gun is equipped with a 10-minute auto-off function. The device will automatically power down after 10 minutes of continuous use.

Pressure- Adaptive Speed

Flashing Lights Indicating
Pressure-Adaptive Level

Fully charged state



Level 5
1000~3200rpm
(adaptive range)

level 1 2000rpm

level 2 2500rpm

level 3 3000rpm

level 4 3200rpm

Image: Visual representation of the massage gun's pressure-adaptive speed mode, illustrating how flashing lights indicate the adaptive level and the different RPM ranges for each of the five intensity levels.

5. INTERCHANGEABLE MESSAGE HEADS

The arboleaf Massage Gun comes with five specialized massage heads designed to target various muscle groups and provide different massage experiences:



Round Head: Ideal for large muscle groups such as glutes, quads, hamstrings, and back. Provides a general, all-around massage.



Flat Head: Suitable for all body muscle areas, offering a broader contact surface for a more diffused massage. Excellent for dense muscles like calves and soles.

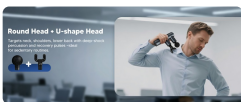


Bullet Head: Designed for deep tissue and trigger point massage. Perfect for targeting small, specific areas like joints, palms, and soles of feet.

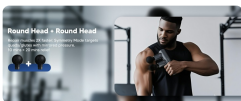


U-Shape Head: Specifically shaped for massaging around the spine, neck, and Achilles tendon. Provides a gentle yet effective massage to these sensitive areas.

Recommended Head Combinations:



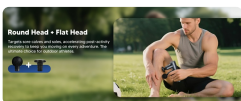
Round Head + U-shape Head: Targets neck, shoulders, and lower back with deep-shock percussion and recovery pulses. Ideal for sedentary routines.



Round Head + Round Head: Repairs muscles 2X faster. Symmetry Mode targets quads/glutes with mirrored pressure. 10 minutes equals 20 minutes of relief.



Round Head + Bullet Head: Spherical head loosens glutes with vibration; cylindrical head flushes hamstring lactic acid. Provides quick relief for legs, hips, and feet, boosting mobility and faster recovery.



Round Head + Flat Head: Targets sore calves and soles, accelerating post-activity recovery. The ultimate choice for outdoor athletes.

6. BATTERY & CHARGING

The arboleaf Massage Gun is equipped with dual 2000mAh batteries, providing long-lasting power for extended use. It features a convenient USB-C charging port for quick and easy recharging.

- **Battery Capacity:** 2 x 2000mAh (Total 4000mAh)
- **Charging Time:** Approximately 3-4 hours for a full charge.
- **Usage Duration:** Up to 2-10 days on a single charge (based on 30 minutes of daily use). Actual battery life may vary depending on intensity level and usage patterns.
- **Charging Port:** USB-C



Image: An illustration demonstrating the USB-C fast charging capability of the arboleaf Massage Gun, highlighting the dual 2000mAh batteries.

7. MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **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.

8. TROUBLESHOOTING

If you encounter any issues with your arboleaf Massage Gun, please refer to the following common troubleshooting steps:

- **Device Not Turning On:** Ensure the battery is sufficiently charged. Connect the USB-C charging cable and allow it to charge for at least 30 minutes before attempting to power on again.
- **Weak Percussion:** Check the battery level. A low battery can result in reduced power. Ensure the massage heads are securely attached.
- **Unusual Noise:** Discontinue use immediately. Check if any foreign objects are obstructing the massage heads or internal mechanisms. If the noise persists, contact customer support.
- **Overheating:** The device has an auto-off function to prevent overheating. If it feels excessively warm, turn it off and allow it to cool down before resuming use.

If the problem persists after attempting these steps, please contact arboleaf customer support for further assistance.

9. SPECIFICATIONS


| Feature | Detail |
|----------------------|--------------------------------------|
| Product Dimensions | 9.6 x 3.5 x 9 inches |
| Item Model Number | CM20G |
| Batteries | 2 AAAA batteries required (included) |
| Date First Available | June 1, 2025 |
| Manufacturer | arboleaf |
| ASIN | B0F2F24T3B |
| Use for | Arm, Back, Legs |
| Power Source | Battery Powered |
| Material | Metal |
| Item Weight | 1.19 Pounds |
| Brand | arboleaf |






10. WARRANTY & SUPPORT

The arboleaf Massage Gun is backed by a **3-year warranty**, ensuring peace of mind regarding your purchase.

For any questions, technical assistance, or warranty claims, please contact our friendly **Texas-based customer support** team. Refer to the contact information provided in the product packaging or visit the official arboleaf website for the most up-to-date support details.

Related Documents - CM20G

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|  | <p>Arboleaf CM40G Massage Gun Quick Start Guide and Specifications</p> <p>Comprehensive guide for the Arboleaf CM40G Massage Gun, covering product overview, operating instructions, specifications, warranty information, and FCC compliance. Learn how to use and maintain your massage gun.</p> |
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|  | <p>Arboleaf J2 Percussion Massager User Manual</p> <p>Comprehensive user manual for the Arboleaf J2 percussion massager. Includes detailed specifications, product overview, quick start guide, important safety precautions, and warranty information.</p> |
|  | <p>Arboleaf CM40G Massage Gun Quick Start Guide & Specifications</p> <p>Comprehensive quick start guide and specifications for the Arboleaf CM40G Massage Gun. Learn about its features, operation, accessories, safety precautions, and warranty.</p> |
|  | <p>Arboleaf CM40G Massage Gun User Manual - Operation and Safety Guide</p> <p>Comprehensive user manual for the Arboleaf CM40G massage gun, covering important safeguards, specifications, product overview, quick start guide, massage areas, and warranty information.</p> |
|  | <p>Arboleaf CM20C Massager User Manual</p> <p>User manual for the Arboleaf CM20C massager, including important safeguards, specifications, product overview, quick start guide, and warranty information.</p> |
|  | <p>Arboleaf Scalp Massager CM11B Quick Start Guide</p> <p>Quick start guide for the Arboleaf Scalp Massager, Model CM11B. Learn about product overview, specifications, warranty, troubleshooting, and cautions.</p> |