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> AERLANG Massage Gun with Heat and Cold (Model SF20250916B0F9L36349) - Instruction Manual

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AERLANG Massage Gun with Heat and Cold (Model SF20250916B0F9L36349) - Instruction Manual

Your guide to effective muscle recovery and pain relief.

1. INTRODUCTION

Thank you for choosing the AERLANG Massage Gun with Heat and Cold. This device is designed to provide customized deep muscle percussion massage for instant relief from soreness, tension, and fatigue. Featuring next-generation on-screen pressure display technology and adjustable hot and cold settings, it offers a versatile solution for post-workout recovery and relaxation. This manual provides essential information for safe and effective use of your massage gun.

2. SAFETY INFORMATION

Always read and follow the user manual for safety instructions. Charge the device fully before first use. Use the massage gun for no more than 15-30 minutes at a time, or as needed. Avoid using the device on injured or inflamed areas. Do not use the device while sleeping or in the shower. Keep the device away from water and heat sources. Store the device in a cool, dry place. If the device becomes hot or makes unusual noises, stop using it immediately and contact customer service.

3. PACKAGE CONTENTS

Your AERLANG Massage Gun package includes:

- AERLANG Massage Gun
- 7 Interchangeable Massage Heads (including 1 Hot and Cold Head)
- USB-C Charging Cable
- Carrying Case
- User Manual



Image: AERLANG Massage Gun with all 7 interchangeable massage heads and carrying case.

4. CHARGING THE DEVICE

Upon receipt, charge the massage gun for approximately 6 hours to ensure full activation. The device features a convenient USB-C charging port. The hot and cold head also has its own USB-C charging port and battery indicator.



Image: AERLANG Massage Gun charging via USB-C, showing battery indicator lights.

5. ATTACHING MASSAGE HEADS

The massage heads are designed for quick and easy installation. Simply align the head with the gun's attachment point and twist to secure it. To remove, twist in the opposite direction and pull.

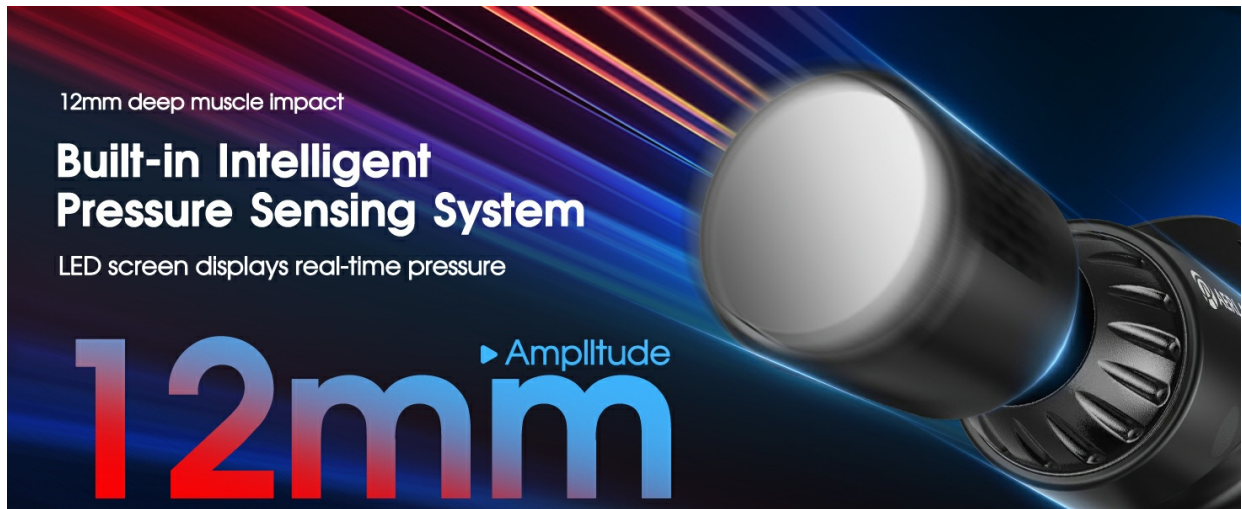


Image: Diagram illustrating the quick rotating installation method for massage heads.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off and Speed Adjustment

To power on the massage gun, press and hold the power button located at the bottom of the device. The clear LCD touchscreen allows for simple and intuitive operation. Use the '+' and '-' buttons on the screen to adjust between 20 adjustable speed levels. The screen also displays real-time pressure applied during massage.



Image: AERLANG Massage Gun's LED touchscreen showing speed levels and pressure display.

6.2 Using the Hot and Cold Head

The specialized hot and cold head offers three adjustable temperature settings for both hot and cold therapy. This head is rechargeable via its own USB-C port.

- **Cold Settings:** 44°F - 50°F - 55°F

- **Hot Settings:** 113°F - 122°F - 131°F

To activate the hot or cold function, press and hold the respective button on the hot/cold head. Tap the button to cycle through the temperature levels. Ensure the head is charged for optimal performance.



Image: Hot and Cold Head with icons for cold (snowflake) and hot (sun) settings, indicating temperature ranges.



Image: Detailed view of the hot and cold head, highlighting the refrigeration and heating buttons, Type-C charging port, and temperature indicator lights.

6.3 Specific Massage Head Applications

Seven different massage heads are included to customize your massage for different muscle groups, ensuring targeted relief for pain in your back, neck, shoulders, and more.

- **Heat and Cold Head:** Targets muscle tightness and stiffness with dual-temp therapy.
- **Ball Head:** Suitable for large muscle groups.
- **Crescent Head:** Ideal for medium muscle groups.
- **Fork Head:** Designed for neck, spine, and Achilles tendon.
- **Flat Head:** Versatile for all parts of the body.
- **Bullet Head:** Perfect for deep tissue massage.
- **Shovel Head:** Recommended for shoulder, lower back, and stomach muscles.

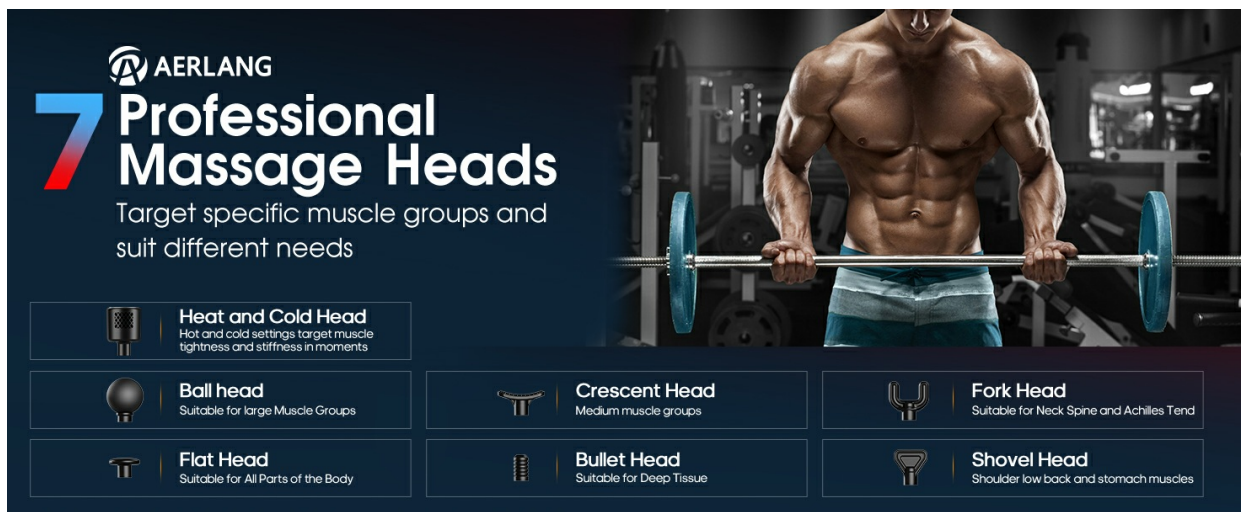


Image: Visual guide to the 7 professional massage heads and their recommended uses for various muscle groups.

6.4 Video Demonstration: Hot and Cold Head Operation

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Video: A demonstration of the AERLANG Massage Gun's hot and cold head functionality, showing how to activate and adjust temperature settings.

7. MAINTENANCE

To ensure the longevity and optimal performance of your AERLANG Massage Gun, follow these maintenance guidelines:

- Clean the device with a slightly damp cloth after each use. Do not use harsh chemicals.
- Store the massage gun and its accessories in the provided carrying case in a cool, dry place.
- Keep the device away from direct sunlight and extreme temperatures.
- Do not immerse the device in water.

8. TROUBLESHOOTING

If you encounter any issues with your massage gun, please refer to the following common troubleshooting tips:

- **Device not turning on:** Ensure the device is fully charged. Check the power switch at the bottom of the handle.
- **Weak percussion:** Adjust the speed level using the '+' button on the touchscreen.
- **Hot/Cold head not working:** Ensure the hot/cold head is separately charged. Check its indicator lights.
- **Unusual noise or overheating:** Stop using the device immediately and contact customer service.

9. PRODUCT SPECIFICATIONS

| Feature | Specification |
|--------------------|-------------------------------|
| Product Dimensions | 3 x 14 x 5 inches; 2.2 Pounds |

| | |
|-------------------|--------------------------------------|
| Item Model Number | SF20250916B0F9L36349 |
| Batteries | 1 12V batteries required. (included) |
| Manufacturer | AERLANG |
| Material | Plastic, Rubber, Silicone |
| Item Weight | 1 Kilograms |
| Power Source | Battery Powered |
| Hot Settings | 113°F-122°F-131°F |
| Cold Settings | 44°F-50°F-55°F |
| Speed Levels | 20 Adjustable Levels |

10. WARRANTY AND SUPPORT

Your AERLANG Massage Gun comes with worry-free after-sales service. If you have any quality issues or missing parts, please contact us. We will promptly address the issue.

For further assistance, please refer to the contact information provided in your product packaging or visit the AERLANG official website.