

arboleaf CM40G

arboleaf Thermal Massage Gun CM40G Instruction Manual

Model: CM40G

1. INTRODUCTION

Thank you for choosing the arboleaf Thermal Massage Gun. This device is designed to provide deep tissue percussion massage with an added heating function, aiming to relieve muscle soreness, promote relaxation, and aid in post-workout recovery. Please read this manual thoroughly before use to ensure proper operation and safety.

2. SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, fire, and injury, this product must be used in accordance with the following instructions.

- Do not immerse the device in water or use it near water.
- Keep away from heat sources and direct sunlight.
- Do not operate continuously for more than 10 minutes to prevent overheating. An automatic shut-off feature is included for safety.
- Avoid using on injured, inflamed, or sensitive skin areas. Consult a physician before use if you have any medical conditions, including but not limited to pregnancy, diabetes, pacemaker use, or recent surgery.
- Do not apply excessive pressure, especially on bony areas or joints.
- Keep out of reach of children and pets.
- Use only the provided charging cable.
- Do not attempt to disassemble or modify the device.

Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- arboleaf Thermal Massage Gun
- 6 Interchangeable Massage Heads (Heat Head, Ball Head, Fork Head, Bullet Head, T-shaped Head, D-shaped Head)
- USB-C Charging Cable
- Carrying Case
- Instruction Manual

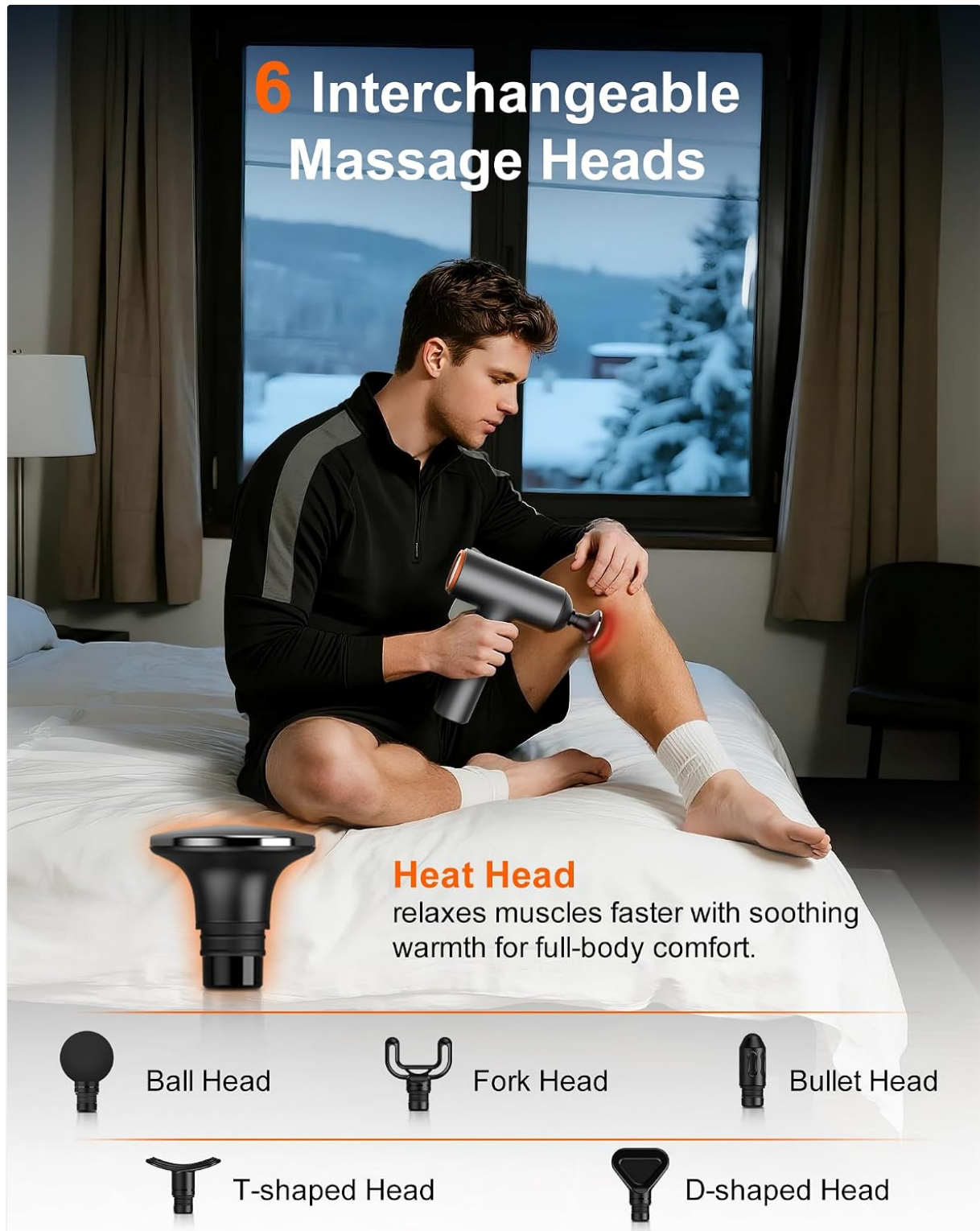
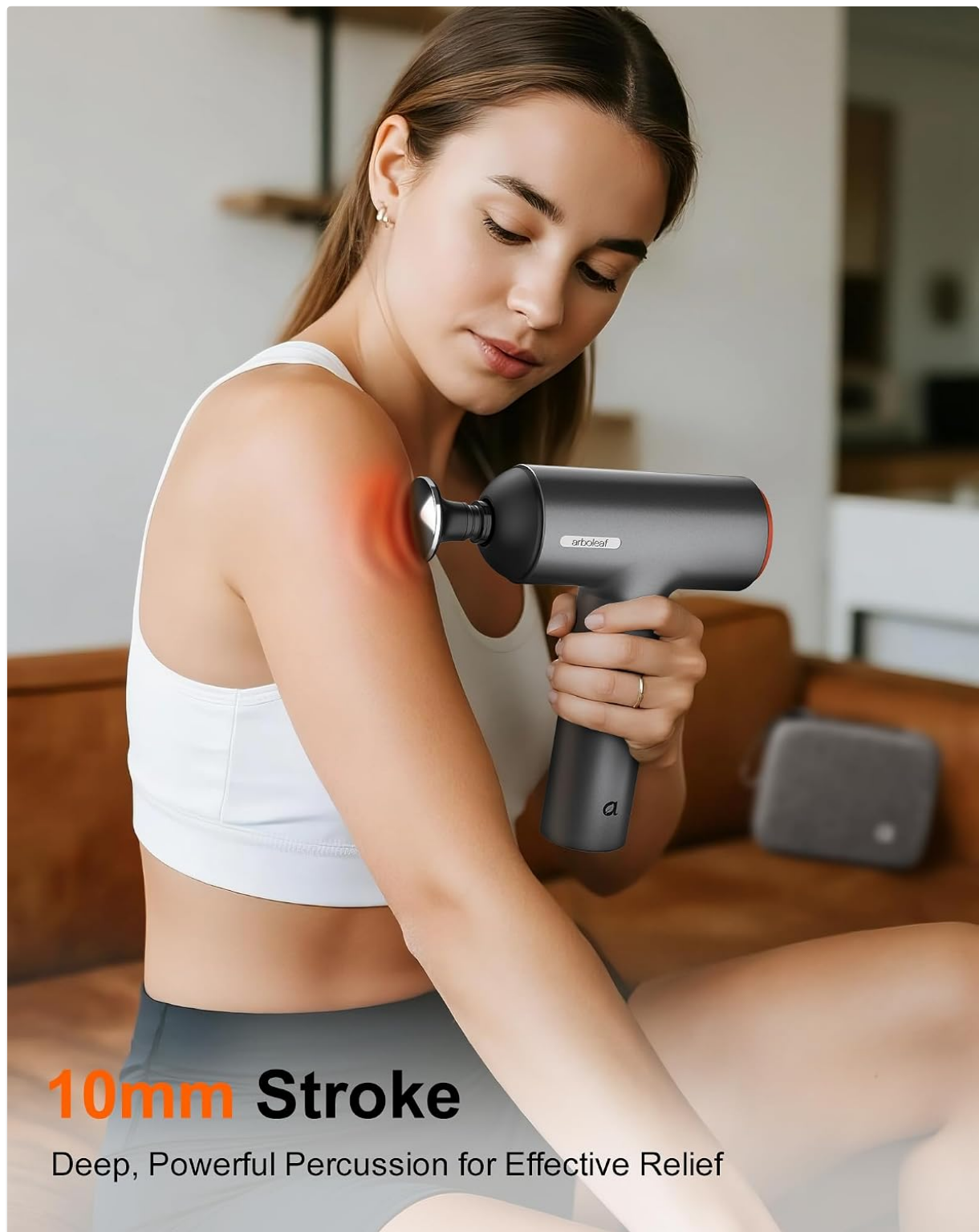


Image: The arboleaf Thermal Massage Gun with its six interchangeable heads and travel case.

4. PRODUCT FEATURES

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- **Heating Aluminum Alloy Head:** Provides soothing warmth from 95°F to 113°F (35°C - 45°C) to enhance massage.
 - **Powerful Percussion:** Premium brushless motor delivers up to 3000 RPM with a 10mm stroke for deep tissue massage.
 - **Touch-Control LED Display:** Intuitive interface for adjusting 4 heat levels and 5 speed settings.
 - **Pressure-Adaptive Speed Mode:** The 5th speed setting automatically adjusts percussion from 1000 RPM to 3000 RPM based on applied pressure.
 - **6 Interchangeable Massage Heads:** Specialized attachments for various muscle groups and massage types.
 - **Portable Design:** Lightweight (18.34 oz / 520g) and includes a carrying case for convenience.
 - **Long Battery Life:** Dual 2000mAh batteries provide extended use.
 - **USB-C Charging:** Modern and convenient charging method.



10mm Stroke

Deep, Powerful Percussion for Effective Relief

Image: The LED touch-control display showing heat and speed settings.

Premium Brushless Motor



1600 RPM
Warm-up



2000 RPM
Recovery training



2500 RPM
Muscle relaxation



3000 RPM
Deep tissue relief

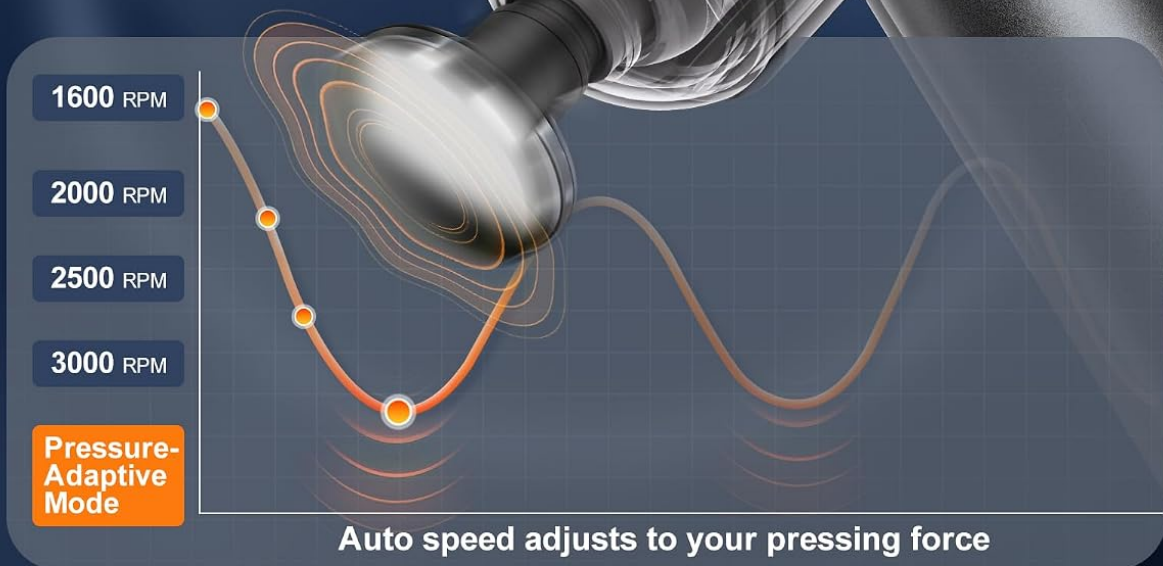


Image: Internal view highlighting the premium brushless motor and 10mm stroke.

5. SETUP

5.1 Charging the Device

1. Before first use, fully charge the massage gun.
2. Connect the USB-C charging cable to the charging port on the device and to a suitable USB power adapter (not included).
3. The LED indicator will show charging status. A full charge takes approximately 3 hours.
4. Disconnect the charger once fully charged.

5.2 Attaching Massage Heads

1. Ensure the device is powered off before attaching or detaching any massage head.
2. Select the desired massage head.
3. Align the stem of the massage head with the opening on the front of the massage gun.
4. Gently push the head firmly into the opening until it is securely seated. Do not twist.
5. To remove, gently pull the head straight out.

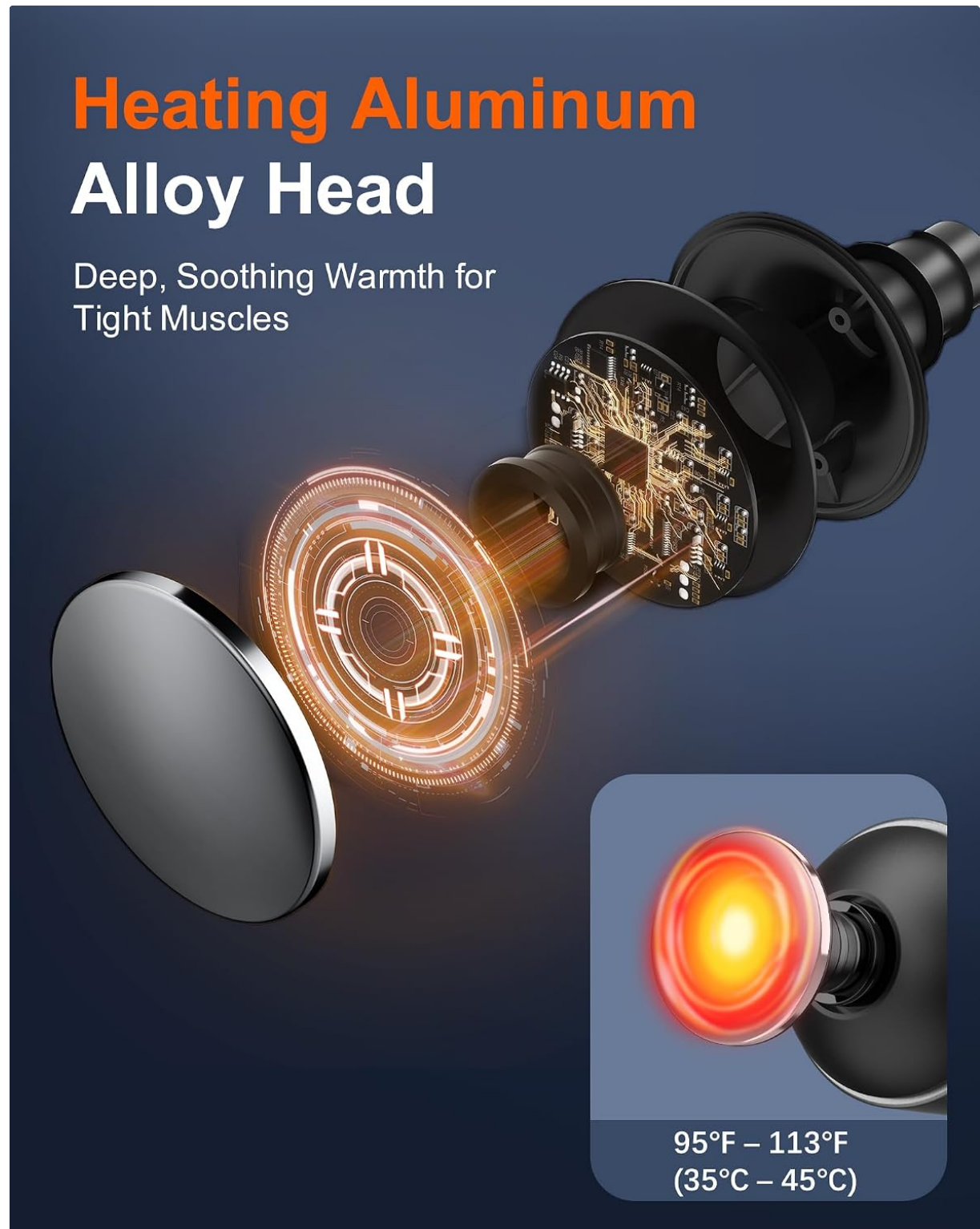


Image: Detailed view of the heating aluminum alloy head mechanism.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- Press and hold the power button on the LED display for 2 seconds to turn the device on or off.
- The device will start in the lowest speed setting.

6.2 Adjusting Speed Settings

- Once powered on, tap the power button to cycle through the 5 speed settings (1000 RPM to 3000 RPM).
- The LED ring around the display indicates the current speed level.
- The 5th speed setting is a pressure-adaptive mode, where the percussion intensity automatically adjusts based on the pressure you apply to your body.

6.3 Activating Heat Function

- Ensure the Heat Head attachment is installed.
- Tap the heat button (sun icon) on the LED display to activate the heating function.
- Tap again to cycle through the 4 heat levels (95°F to 113°F / 35°C - 45°C).
- The heat head warms up quickly, reaching 113°F (45°C) in approximately 30 seconds.

6.4 Application Guidelines

- Apply the massager to the desired muscle area.
- Move the device slowly over the muscle, applying gentle to moderate pressure.
- Avoid prolonged use on a single spot. Move the device continuously.
- The intelligent pressure feedback system (indicated by LED color changes: Blue for no pressure, Green for low, Yellow for medium, Red for high) helps guide your application.
- For safety, the device has a 10-minute auto shut-off feature.



**Heating
Head**

Deep, Soothing Warmth for
Tight Muscles



95°F – 113°F (35°C – 45°C)

Image: User applying the massage gun with the heating head to an arm muscle.

Touch-Control LED Display



Image: User demonstrating the 10mm stroke on a shoulder muscle.

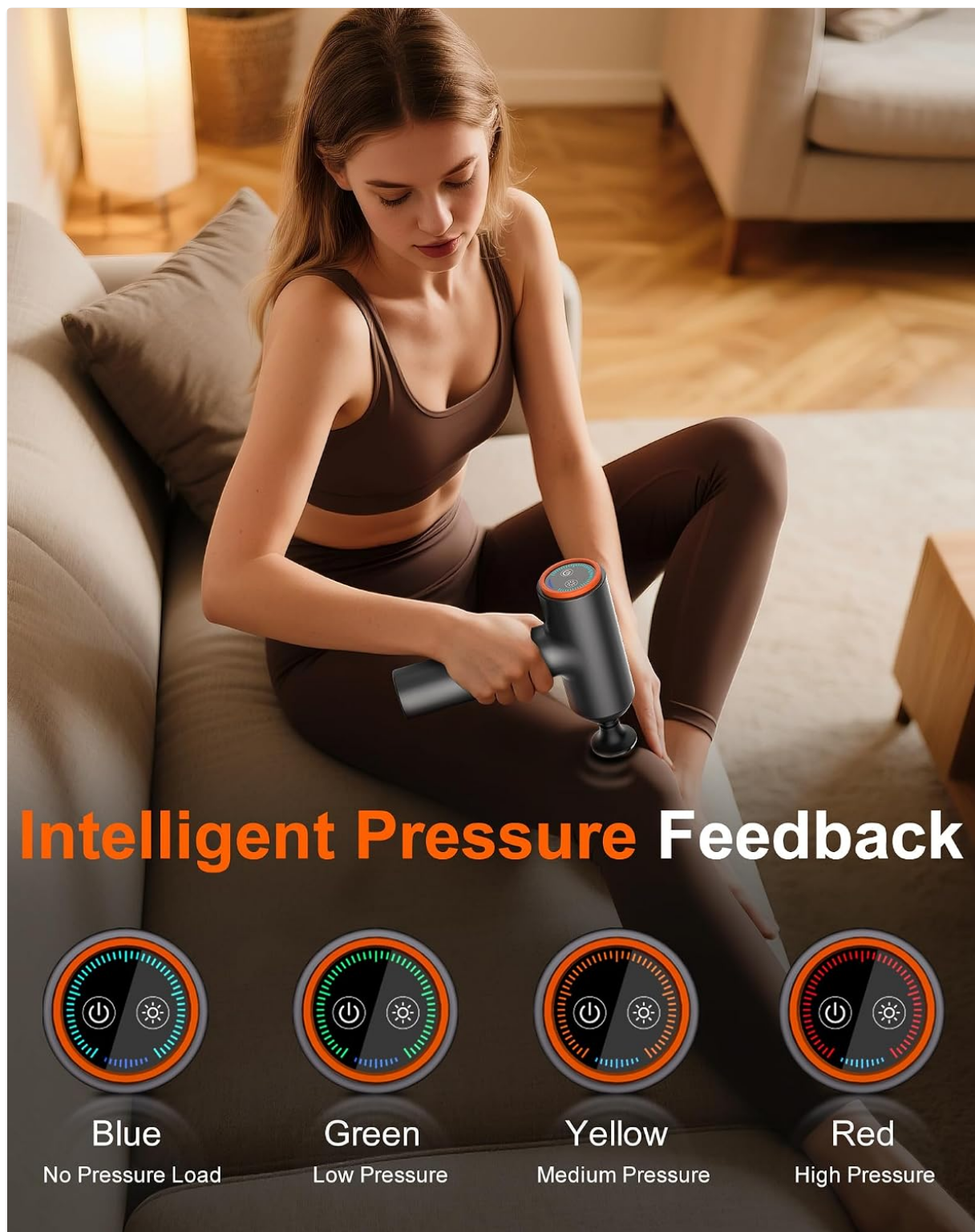


Image: Intelligent pressure feedback system in action during leg massage.

7. INTERCHANGEABLE MESSAGE HEADS

The arboleaf Thermal Massage Gun includes 6 specialized massage heads:

Head Type	Description & Recommended Use
Heat Head	Provides gentle warmth to relax muscles and enhance comfort. Ideal for full-body use.
Ball Head	Suitable for large muscle groups such as quads, glutes, and back, easing overall soreness.

Head Type	Description & Recommended Use
Fork Head	Designed for the spine and neck, targeting muscles on both sides without direct pressure on the bone.
Bullet Head	Ideal for deep tissue work and pinpointing knots or trigger points.
T-shaped Head	Covers a wider surface area, great for chest, back, and thighs.
D-shaped Head	Fits curves of the body, perfect for arms, calves, and sides.

8. MAINTENANCE

8.1 Cleaning

- Ensure the device is powered off and unplugged before cleaning.
- Wipe the device body with a soft, slightly damp cloth. Do not use abrasive cleaners or solvents.
- Clean massage heads with a mild soap and water solution, then rinse and dry thoroughly before reattaching or storing.

8.2 Storage

- Store the massage gun and all accessories in the provided carrying case when not in use.
- Store in a cool, dry place, away from direct sunlight and extreme temperatures.

Travel-Ready Relief

Lightweight Design for Comfort Anywhere



Image: The massage gun and its compact carrying case, highlighting portability.

9. TROUBLESHOOTING

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

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 2 seconds.
- **No percussion:** Check if a massage head is securely attached. Ensure the device is powered on and a speed setting is selected.
- **Heat function not working:** Verify that the Heat Head attachment is correctly installed. Tap the heat

button to activate and cycle through heat levels.

- **Short battery life:** Ensure the device is fully charged before each use. Battery performance can decrease over time with repeated charging cycles.
- **Unusual noise or vibration:** Power off the device immediately. Check for any obstructions or loose parts. Do not use if the issue persists.

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

10. SPECIFICATIONS

Feature	Detail
Model Number	CM40G
Product Dimensions	6.22 x 8.11 x 2.44 inches
Item Weight	1.15 Pounds (18.34 Ounces)
Power Source	Battery Powered (Cordless)
Batteries	2 Lithium Polymer batteries (included)
Charging Time	Approximately 3 hours
Percussion Speed	Up to 3000 RPM
Stroke Amplitude	10mm
Heat Temperature Range	95°F - 113°F (35°C - 45°C)
Auto Shut-off	10 minutes
Material Type	ABS + Aluminum Alloy
Target Use Body Part	Arm, Back, Leg, Shoulder, Whole Body

11. WARRANTY AND SUPPORT

arboleaf products are manufactured to high-quality standards. For warranty information, product support, or any inquiries, please refer to the warranty card included in your package or visit the official arboleaf website. Please have your model number (CM40G) and purchase details ready when contacting support.