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AERLANG EM21

AERLANG EM21 Multi-Head Massage Gun Instruction Manual

Model: EM21

1. PRODUCT OVERVIEW

The AERLANG EM21 Multi-Head Massage Gun is a deep-tissue muscle massager designed to provide effective relief from muscle discomfort. This handheld device features a versatile 6-head design, 9 adjustable speed levels, and 4 unique massage modes, allowing for a customized massage experience. Its high-quality, quiet motor operates within a speed range of 1400-3200 rpm, making it suitable for use in various environments. The lightweight and portable design, complete with a carrying handle, ensures ease of operation and transport.

Powerful Thrust and Deep Impact

Quickly rejuvenate after exercise



Figure 1: AERLANG EM21 Multi-Head Massage Gun.



Figure 2: Illustration of the massage gun's deep impact mechanism.

2. SAFETY INFORMATION

Please read and understand all safety instructions before using the AERLANG EM21 Massage Gun. Failure to follow these instructions may result in injury or damage to the device.

- Always read and follow the instructions before use.
- Do not use on injured or inflamed areas.
- Avoid using on the face, head, or genitals.
- Keep out of reach of children.
- Do not use while sleeping or unconscious.
- If you have any medical conditions, consult a doctor before use.
- Do not use if the device is damaged or malfunctioning.
- Unplug the device when not in use.
- Do not submerge the device in water.
- Store in a cool, dry place.
- If the device becomes hot during use, stop using it and let it cool down before resuming.

3. SETUP

Before first use, ensure the device is fully charged. The massage gun comes with 6 massage heads that need to be attached to the device.

1. Unpack the AERLANG EM21 Massage Gun and all its components from the packaging.
2. Identify the 6 massage heads and the main unit.
3. To attach a massage head, align the base of the desired head with one of the six attachment points on the device. Gently twist or push until it is securely in place.
4. Locate the Type-C charging port on the device.
5. Connect the provided USB charging cable to the device and a suitable power source (e.g., USB wall adapter, computer USB port).
6. Allow the device to charge completely before initial use. The LED digital display will indicate the charging status.



Figure 3: Contents of the AERLANG EM21 package.

Powerful Motor Performance

Reliable and stable operation



Minimum speed
1600 RPM



Maximum speed
3500 RPM

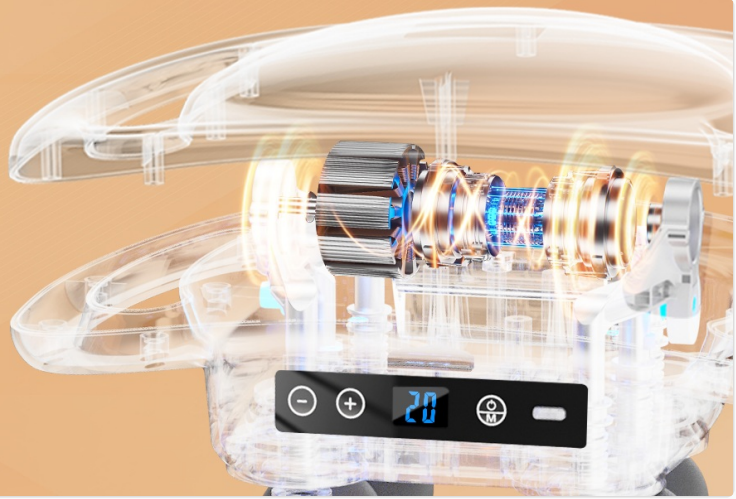


Figure 4: Control panel with charging port and mode/speed controls.

4. OPERATING INSTRUCTIONS

The AERLANG EM21 Massage Gun offers 9 adjustable speed levels and 4 unique massage modes for a personalized experience.

1. **Power On/Off:** Press and hold the power button (usually indicated by a circle with a line) to turn the device on or off.
2. **Select Massage Head:** Choose the appropriate massage head for your target muscle group. The device comes with 6 versatile heads.
3. **Adjust Speed Level:** Use the '+' and '-' buttons to increase or decrease the massage intensity. There are 9 adjustable speed levels (1400-3200 rpm). The current speed level will be displayed on the LED screen.
4. **Change Massage Mode:** Press the 'M' button to cycle through the 4 unique massage modes.
5. **Application:** Apply the massager to your skin, using gentle pressure. Move the massager in circular motions or along muscle fibers for optimal relief.
6. **Target Areas:** The device can be used on various body parts including the back, thighs, calves, hamstrings, arms, and feet.
7. **Quiet Operation:** The device is designed for quiet operation (35dB), allowing for discreet use.

A Multi-Area Massage



Figure 5: Examples of multi-area massage application.

Enjoy massage anytime, anywhere

Select from 9 speeds for precise deep relaxation

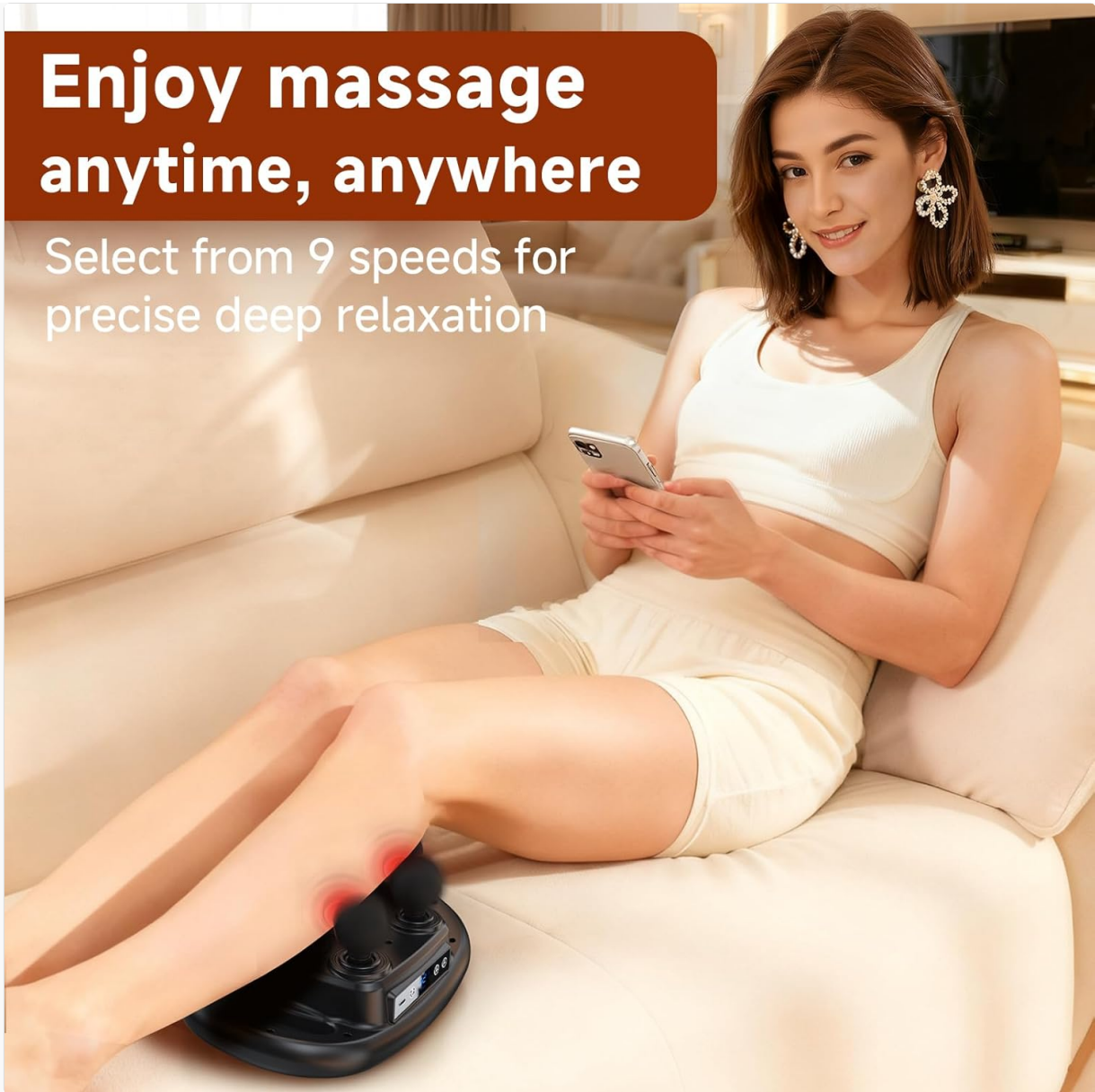


Figure 6: Enjoying a massage anytime, anywhere.

5. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your AERLANG EM21 Massage Gun.

- **Cleaning:** After each use, wipe the massage heads and the device body with a soft, damp cloth. Do not use abrasive cleaners or submerge the device in water.
- **Storage:** Store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Charging:** Recharge the device when the battery indicator is low to maintain battery health. Avoid overcharging for extended periods.
- **Inspection:** Periodically inspect the device and massage heads for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

6. TROUBLESHOOTING

If you encounter any issues with your AERLANG EM21 Massage Gun, please refer to the following common troubleshooting steps:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait for a few minutes before attempting to power it on again.
- **Weak massage intensity:** Check the speed level setting on the LED display and increase it using the '+' button.
- **Unusual noise or vibration:** Discontinue use immediately. Inspect the massage heads for proper attachment and ensure no foreign objects are interfering with the moving parts. If the issue persists, contact customer support.
- **Device overheating:** If the device becomes excessively hot, turn it off and allow it to cool down completely before resuming use. Prolonged use at high intensity may cause temporary overheating.

For further assistance, please contact AERLANG customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	AERLANG
Model Number	EM21
Product Dimensions	11.2 x 7.08 x 4 inches
Item Weight	1.8 Pounds
Power Source	Battery Powered (1 x 12V battery included)
Material	Plastic
Massage Heads	6
Speed Levels	9 (1400-3200 rpm)
Massage Modes	4

8. WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the contact details provided in your product packaging or visit the official AERLANG website. Keep your purchase receipt as proof of purchase for any warranty claims.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for personal use to relieve muscle discomfort and is not a medical device.