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› [cotsoco M683 Massage Gun with Heat and Cold Therapy User Manual](#)

cotsoco M683

cotsoco M683 Massage Gun with Heat and Cold Therapy User Manual

Model: M683 | Brand: cotsoco

1. INTRODUCTION

Thank you for choosing the cotsoco M683 Massage Gun. This device is designed to provide deep tissue percussion massage with integrated heat and cold therapy functions, aiding in muscle pain relief and recovery. Please read this manual thoroughly before use to ensure safe and effective operation.

2. PACKAGE CONTENTS

- cotsoco M683 Mini Massage Gun
- Hot & Cold Therapy Head
- Flat Head Attachment
- Ball Head Attachment
- Bullet Head Attachment
- U-shaped Head Attachment
- Carrying Case
- Storage Pouch
- 2 x Type-C Charging Cables (for gun and hot/cold head)

3. PRODUCT FEATURES

- **5 Interchangeable Heads:** Includes a specialized hot & cold therapy head, plus flat, ball, bullet, and U-shaped silicone heads for diverse muscle groups.
- **Compact Full-Metal Design:** Durable, lightweight (470g / 1.03 lbs), and portable for use anywhere.
- **4 Adjustable Speeds:** Ranging from 1600 to 3300 RPM with 9mm amplitude and 45 lbs max force for effective deep tissue massage.
- **Dual Heat & Cold Therapy:** Two cooling modes (59°F/15°C, 50°F/10°C) and two heating modes (104°F/40°C, 113°F/45°C) to enhance recovery.
- **Long Battery Life:** Up to 8 hours of use on a single 3-hour charge.
- **Quiet Operation:** Operates under 45dB for a relaxing massage experience.
- **Auto-Shutoff:** Automatically turns off after 10 minutes of continuous use for safety and battery preservation.

4. SETUP

4.1 Charging the Device

1. Connect the Type-C charging cable to the charging port located at the bottom of the massage gun handle.
2. Connect the other end of the cable to a 5V/2A adapter (not included).
3. The indicator light will show charging status. A full charge takes approximately 3 hours.
4. The Hot & Cold Therapy Head has a separate Type-C charging port. Charge it independently using the second provided cable.

4.2 Attaching Massage Heads

1. Ensure the massage gun is powered off.
2. Align the desired massage head with the opening on the gun. For the U-shaped head, align the notch on the head with the notch on the gun to prevent twisting.
3. Gently push the head firmly into the opening until it is securely seated.
4. To remove, pull the head straight out.

5. OPERATING INSTRUCTIONS

5.1 General Operation (Massage Gun)

1. **Power On/Off:** Press and hold the power button at the bottom of the handle for 3 seconds to turn the device on or off.
2. **Adjust Speed:** Once powered on, tap the power button to cycle through the 4 speed levels (1600, 2200, 2700, 3300 RPM). The LED indicators will show the current speed.
3. **Auto-Shutoff:** The device will automatically turn off after 10 minutes of continuous use.

5.2 Heat & Cold Therapy Operation (Hot & Cold Head)

The Hot & Cold Therapy Head operates independently from the massage gun's percussion function. It has its own power and temperature controls.

1. **Power On/Off:** Press and hold either the heat (red waves) or cold (snowflake) button on the head for 3 seconds to activate.
2. **Heat Mode:** Tap the heat button to cycle between low heat (orange light, 104°F/40°C) and high heat (red light, 113°F/45°C).
3. **Cold Mode:** Tap the cold button to cycle between low cold (green light, 59°F/15°C) and high cold (blue light, 50°F/10°C).
4. **Switching Modes:** While one mode is active, you can press the other mode's button to switch. For example, if in heat mode, press the cold button to switch to cold mode.
5. **Independent Use:** The hot & cold head can be used attached to the massage gun or detached and applied directly to the skin.

5.3 Attachment Usage Guide

- **Ball Head:** General purpose, suitable for large muscle groups like arms, back, hips, thighs, calves.
- **Flat Head:** Suitable for all body parts, especially for muscle relaxation and shaping.
- **Bullet Head:** Ideal for deep tissue massage, trigger points, palms, and soles of feet.
- **U-shaped Head:** Designed for massaging around the spine and Achilles tendon, avoiding direct bone contact.
- **Hot & Cold Therapy Head:** Use heat for muscle relaxation and improved circulation. Use cold for reducing swelling and inflammation.

6. MAINTENANCE

- **Cleaning:** Wipe the device with a slightly damp cloth. Do not immerse in water.
- **Storage:** Store the massage gun and all attachments in the provided carrying case in a cool, dry place away from direct sunlight.
- **Battery Care:** Fully charge the device before long-term storage and recharge every 3 months to maintain battery health.

7. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 3 seconds.
- **No percussion:** Check if the massage head is properly attached. Ensure the device is powered on and speed is selected.
- **Heat/Cold head not working:** Ensure the hot/cold head is independently charged. Press and hold the respective button for 3 seconds.
- **Device stops unexpectedly:** The device has a 10-minute auto-shutoff feature. Turn it back on if needed.

8. SPECIFICATIONS

- **Model Number:** M683
- **Product Dimensions:** 5.43 x 3.66 x 1.77 inches
- **Item Weight:** 1.04 Pounds (470 Grams)
- **Power Source:** Battery Powered
- **Material:** Metal, Silicone
- **Rated Voltage:** 10.95V
- **Rated Power:** 25W

9. WARRANTY AND SUPPORT

- **Warranty:** 2-Year Warranties
- **Returns:** 90-Days Free Return
- **Customer Service:** 24H VIP Customer Service

10. SAFETY INFORMATION

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. Consult with a healthcare professional before using this device if you have any pre-existing medical conditions or concerns.