

Turonic GM5 Massage Gun



USER'S MANUAL

Please read this manual before using the product

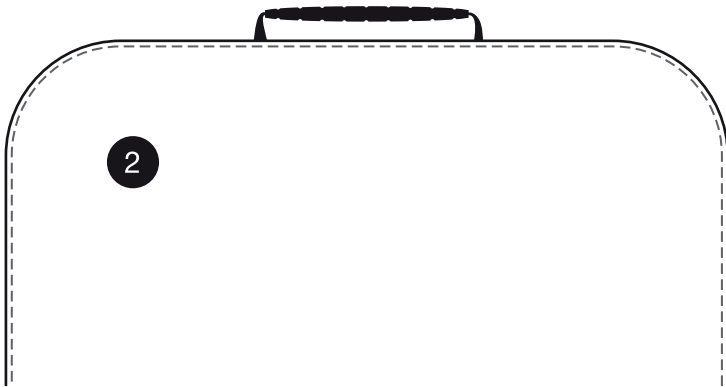
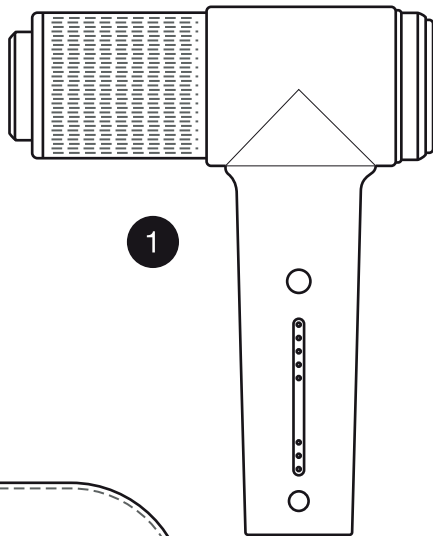


**THANK YOU
FOR CHOOSING TURONIC GM5!**

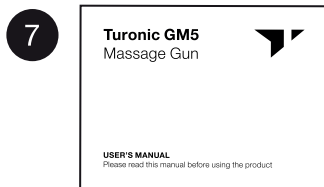
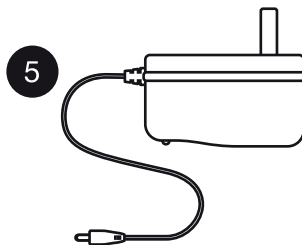
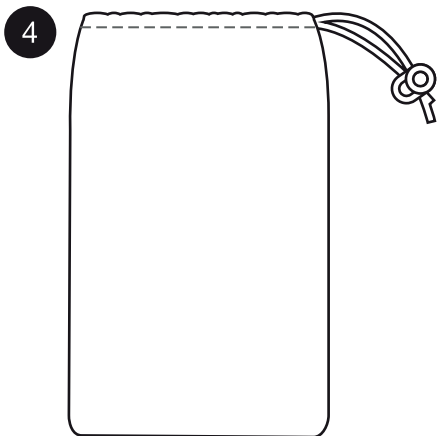
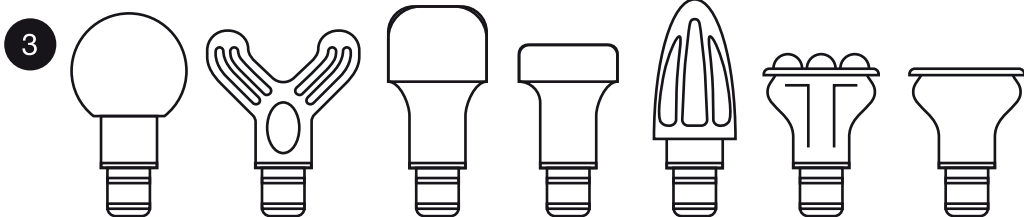
Deep tissue massage gun - intense tool for daily relief, therapy and relaxation with 7 interchangeable massage heads and 5 adjustable speeds.

WHAT'S IN THE BOX

1. Massage Gun
2. Carrying Case
3. Set of 7 Heads
4. Bag for heads
5. Charger
6. Spare Head Gaskets
7. User's Guide



2



CONTROLS AND INDICATION



Power/Gear
Shifting Button

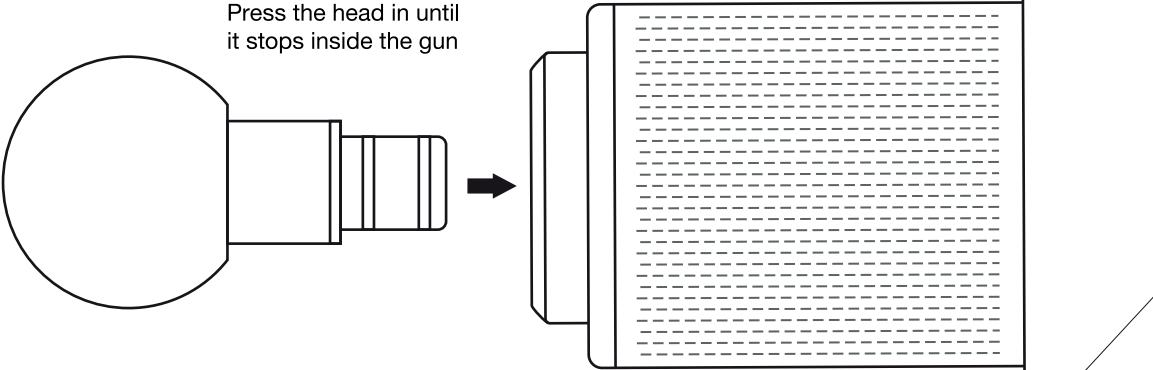


Gear Indicator

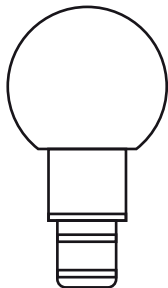


Battery Level
Indicator

INSTALLATION OF HEADS

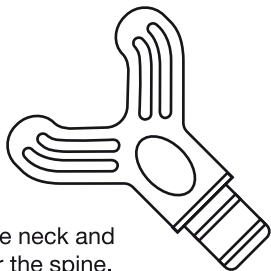


INTERCHANGEABLE HEADS



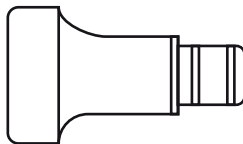
BALL HEAD

Should be used on large muscle areas, for example, on the chest muscles. Also, it is good for arms, back of the neck and bottom of the foot.



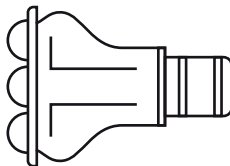
FORK HEAD

Should be used for the neck and shoulder area, and for the spine.



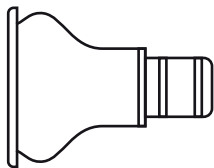
STAINLESS STEEL HEAD

The application is the same as for the plastic flat head attachment, but for a stronger massaging with oil application.



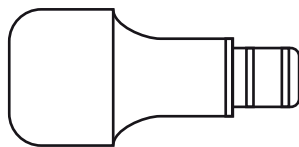
HEAD WITH BUMPS

This is the anticellulite attachment. Should be used on problematic areas of the body



FLAT HEAD

Is suitable for nearly all body parts. These could be the quadriceps, chest and back muscles. It is more suited for the larger areas of your body and really good for all-round use.



STAINLESS STEEL CYLINDER HEAD

The application is the same as for the plastic flat head attachment, but for a stronger massaging with deeper penetration and oil application.



CONE HEAD

Should be used for pinpoint muscle treatment and smaller muscle groups like hands and feet. It's great for trigger point massage but shouldn't be used for longer than 15 seconds per muscle area.

We recommend to use the massage gun minimum 15 sec. and maximum 1 minutes on any particular muscle group. You may want to keep the massage gun hovering over a specific spot for longer if you feel it's necessary.



**THE 30 SECOND
MUSCLE ACTIVATION**

This is done before you start your workout. It wakes the muscles up ready for exercise.



**THE 15 SECOND
MUSCLE REACTIVATION**

This is done during the workout you use the massage gun for 15 seconds on the chosen muscle group. This will re-energize and recharge the muscle stopping it from tiring fast and keeping you going for longer.



THE 1 MINUTE PAIN RELIEF AND RECOVERY

This is done when you hover and float the massage gun over any sore, tired, aching or tight muscle group for 1 minutes. Target the muscles which need immediate recovery therapy.

FOR CELLULITE TREATMENT,

while conducting a cellulite percussion massage using the massage gun with the respective attachment, you have to put pressure on the target area in various ways. These include pinching, squeezing, rolling, oscillating. The pressure helps smooth out the fat deposits underneath the skin. Also, it releases excess fluid from areas in the lower abdomen to improve the spongy appearance for tight and firm skin.

HOW TO START



Osteoporosis patients, anyone with heart problems wearing an electronic medical device, pregnant women, anyone with physical trauma or any other medical complications must consult their physician prior to use.

The TURONIC GM5 comes with 7 different heads designed for some particular muscle groups.

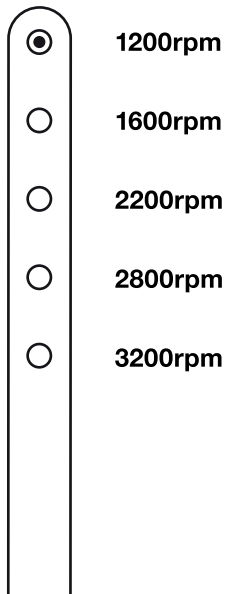
1. Choose a head depending on your preference.
2. Carefully push in the head into the massage gun by slightly twisting it back and forth against the stop.
3. Press and hold the POWER button for 2 seconds until the massage gun starts.
4. To shift the gear up, use the POWER button.
5. To turn OFF the massage gun, press and hold the POWER button for 3 second until you hear a click. Alternatively, leave the massage gun on the neutral gear for 15 seconds (until the battery indication lights go off).
6. To remove the head, carefully pull it out of the massage gun by slightly twisting back and forth.

The TURONIC GM5 will stop automatically every 10 minutes, as it is not recommended to use it for more than 10 minutes at a time. To restart the massage gun, press the POWER button once again.

GEARS

The **TURONIC GM5** has 5 gears:

The higher the RPM is the more intensively the massage gun strikes. So, please choose carefully to avoid physical discomfort.



1200rpm

1600rpm

2200rpm

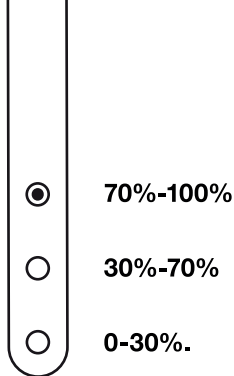
2800rpm

3200rpm

HOW TO CHARGE

The TURONIC GM5 is equipped with the in-built 3400mAh battery. The current battery level can be seen on the battery indicator.

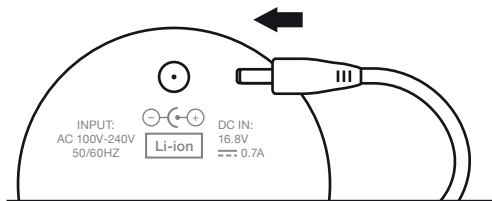
On a single charge, the massage gun can work 1.5-8h depending on the gear you use.



Using the massage gun while charging may lead to a premature battery degradation.

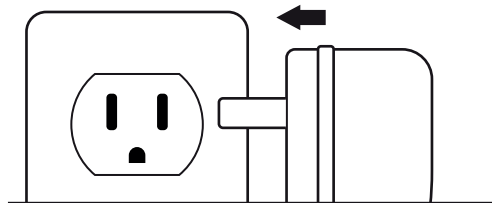
TO CHARGE IT:

1. Plug in the charging connector into the charging port located on the bottom of the massage gun.



3. It requires 3-5 hours to fully charge the battery.

2. Connect the charging adaptor into the power socket. You will see the red LED on the charger.



4. When fully charged the red LED on the charging adaptor will turn green.

HOW TO CLEAN

The TURONIC GM5 should be cleaned regularly by wiping the massage gun's surface with a towel or soft cloth. To clean the interchangeable heads, handwash them by using a soap or alike and let them dry before use.



Do not clean the moving parts of the massage gun as you may remove the grease required for the normal machine operation.

TROUBLESHOOTING

If the massage gun does not run smoothly, please check out the following guidelines.

Problem	Possible reasons	Solutions
Machine cannot start	Battery is discharged	Charge the battery for 3-5 hours
Head falls off/does not stay in place	<ol style="list-style-type: none">1. The head gasket has been misplaced2. The head gasket got damaged	<ol style="list-style-type: none">1. Install the gasket into the groove on the head2. Replace the gasket with one from the supplied spare set
Does not charge	<ol style="list-style-type: none">1. The charging connector is not fully plugged in2. No power supply	<ol style="list-style-type: none">1. Plug in the charging connector into the charging port against the stop2. Make sure that there is a power in the building
Unusual noise or overheating	The heat emission hole on the top of the machine is covered or clogged	<ol style="list-style-type: none">1. Uncover the heat emission hole2. Clean the heat emission hole with a slightly damp cloth

SAFETY RULES

- Do not submerge the device in water or any other liquid.
- Keep your fingers or hair of any body part away from the expansion rod and the heat emission hole to avoid potential injury.
- Do not massage one area for more than 1 minute. And it's recommended to wear dry clothes or apply dry towels to the skin before massaging with plastic massage heads, the massager should be pressed and moved gently and slowly.
- Massaging the same position for a long time may cause abrasion. STOP using immediately if any feeling of pain or discomfort.
- Do not put anything into the heat emission hole.

SAFETY RULES

- Do not discard or misuse this device.
- Only the charger provided by us can be used for charging.
- Do not place the device close to open fire or hot objects.
- Do not disassemble or modify your massage gun for any reason. Doing this may cause the massage gun to malfunction or become combustible. The damage to your device can void the manufacturer's warranty.
- Do not run or charge the device unmanned.
- Device is not intended for use by disabled people, people with mental illness, intellectual disabilities or children.

SPECIFICATIONS

Battery Capacity	3400mAh
Power	15-160W
Frequency	20hz 26hz 36hz 46hz 53hz
Battery Endurance	1.5~8h
Torque Pressure	0~7.5kg/cm
Amplitude	11mm
Massage gun weight	763g / 26.91oz / 1.68lb
Intelligent Mode	10 Min Smart Timing

RECYCLING

Massage guns can be recycled, and they should be in order to keep our planet clean. Where should you bring them?

In the US, there are a couple of options:

1. Best Buy has a recycling program. Just take the broken massage gun with you next time you visit a Best Buy store. This link will help you find the best location:

<https://www.bestbuy.com/site/store-locator/>

2. Check for other possible locations next to you on these websites (just enter your ZIP code to find a location):

**<https://call2recycle.org>, <https://search.earth911.com>, <https://recyclenation.com/find>
<https://cta.tech/Consumer-Resources/Greener-Gadgets>**

In Canada, please visit the links below for help:

<https://thinkreuse.net>, <https://all2recycle.ca>

In the UK, please visit the links below for help:

<https://recycle-more.co.uk>, <https://recyclenow.com/local-recycling>

THANK YOU!

We truly appreciate that you chose TURONIC as your trusted brand of massage gun and sincerely hope you enjoy the great efficiency and seamless usability that the TURONIC GM5 provides. We love making our customers happy by providing true value with our products. If for any reason you are not completely satisfied with your purchase or have any questions, please contact us via support@turonic.com. We care about our customers most of all and are always here to serve you.

1 YEAR WARRANTY
Parts and Labor Warranty

Please visit turonic.com
to register YOUR product.

Manufactured by Productech



GM5
Massage Gun

Made in China



WARNING: Cancer and Reproductive
Harm - www.P65Warnings.ca.gov



