

# Turonic GM5 Massage Gun



## **USER'S MANUAL**

Please read this manual before using the product



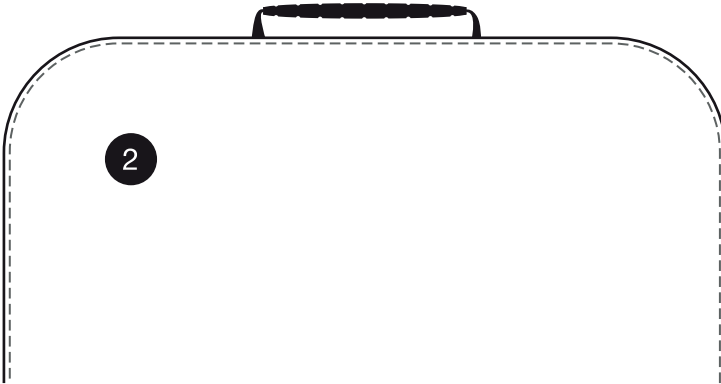
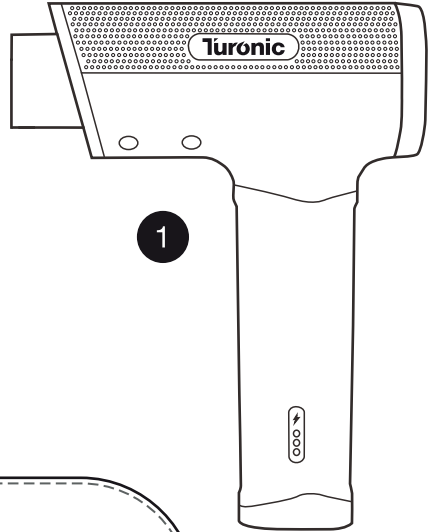


**THANK YOU  
FOR CHOOSING TURONIC GM5!**

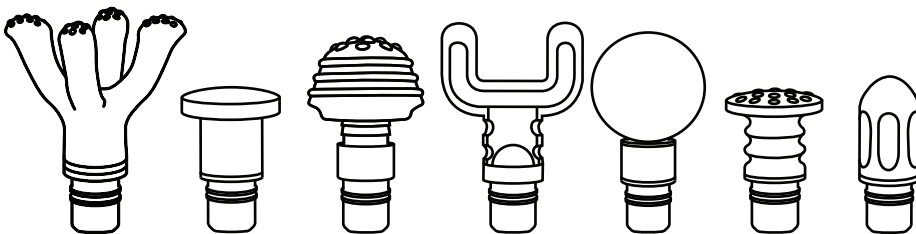
TURONIC GM5 - massage gun for daily use with 7 replaceable massage heads and 20 adjustable speeds.

# WHAT'S IN THE BOX

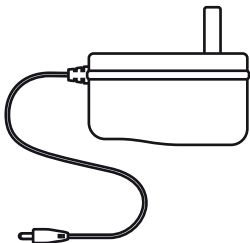
1. Massage gun
2. Carrying case
3. Set of 7 heads
4. Charger
5. Spare head gaskets
6. User's manual



3



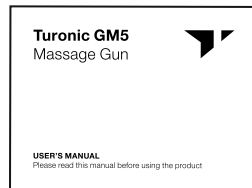
4



5



6

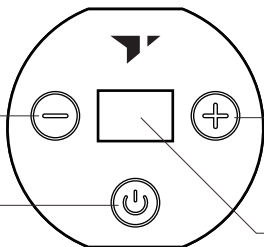


# CONTROLS AND INDICATION



Charging port

Power switch



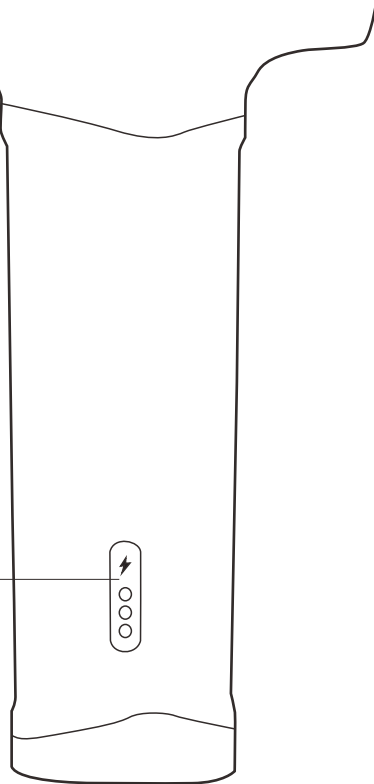
Battery level indicator

Decrease speed

Increase speed

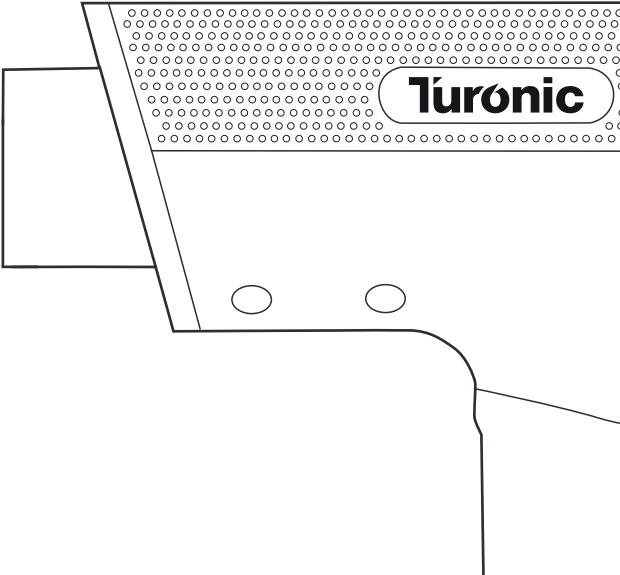
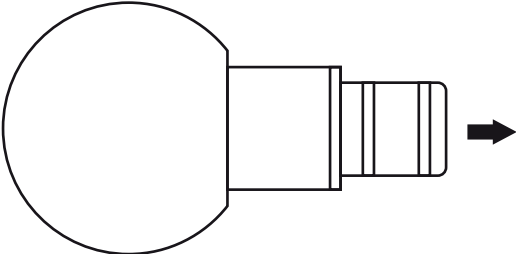
Stand-by button

Display

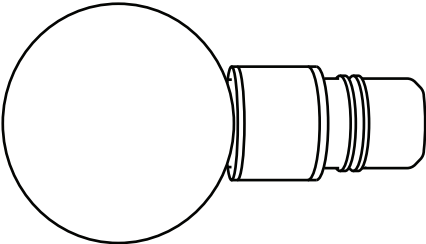


# INSTALLATION OF HEADS

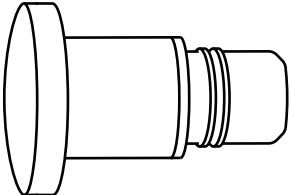
Press the head in until  
it stops inside the gun



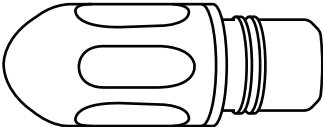
# INTERCHANGEABLE HEADS



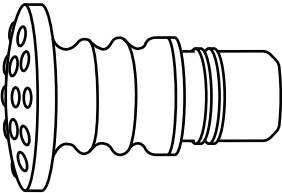
**BALL HEAD**



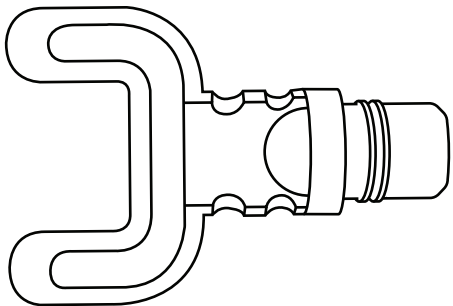
**STAINLESS STEEL  
HEAD**



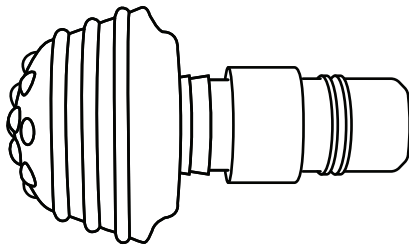
**CONE HEAD**



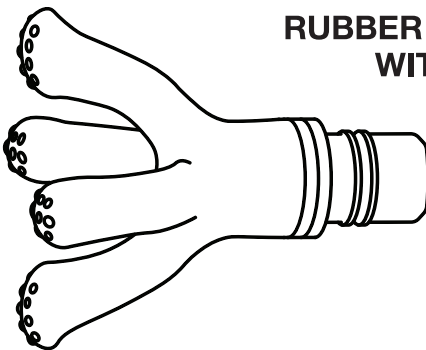
**FLAT HEAD WITH  
BUMPS**



**FORK HEAD**



**RUBBER SPRINGY HEAD  
WITH BUMPS**



**HEAD WITH THUMBS**

## **WARNINGS**



- 1. We recommend to use the massage gun minimum 15 seconds and maximum 1 minute 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.**
- 2. 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.**
- 3. This device should not be used over swollen or inflamed areas or skin eruptions. Do not use in unexplained calf pain. Consult physician.**
- 4. This is not a medical device. It is not intended to diagnose, treat, cure, or prevent any disease or health condition. For personal, home or family use only.**

## **Do not use the massage gun:**

- 1. If you have a chronic condition like diabetes, iron deficiency, kidney disease, blood clotting disease, or any other condition that may make it easier to damage your cells.**
- 2. Over wounds, rashes, blisters, areas with active inflammation, torn muscles, ligaments, or tendons, new scars (less than 12 weeks old), fractures or areas of low bone density (osteoporosis).**
- 3. On your face, head or on your neck.**
- 4. Over your chest (front or back) if you have any lung conditions, including asthma and emphysema.**
- 5. Over exposed arteries and veins, including near the collar bones, the armpits, crook of the elbow, front groin, back of the knee.**
- 6. In areas with little muscle (just skin and bone), including around the knee, ankle, or elbows, and on the hands or top of the feet.**
- 7. In areas where you don't have normal sensation and can't feel what is happening.**

# HOW TO START

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. Put the POWER SWITCH on the bottom of the handle to the ON position. The battery indicator will light up and the display will show -- indicating that the massage gun is ready to start.
4. Touch the STAND-BY button once to start the motor.
5. To change the speed, use the + or - buttons on the touch control panel.
6. To turn OFF the massage gun, touch the STAND-BY button on the touch control panel to stop the motor and put the POWER SWITCH to the OFF position.
7. To remove the head, carefully pull it out of the massage gun by slightly twisting back and forth.

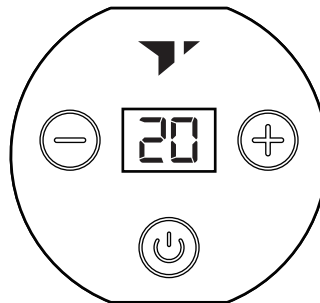
## NOTES:

1. The TURONIC GM5 will stop automatically every 15 minutes, as it is not recommended to use it for more than 15 minutes at a time. To restart the massage gun, touch the STAND-BY button once again.
2. If you apply excessive pressure onto the head, the motor will stop and you will see «E4» error code on the display. To restart the massage gun, touch the STAND-BY button once again.

# SPEEDS

The **TURONIC GM5** has **20 speeds**:

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



1 1000 rpm

5 1600 rpm

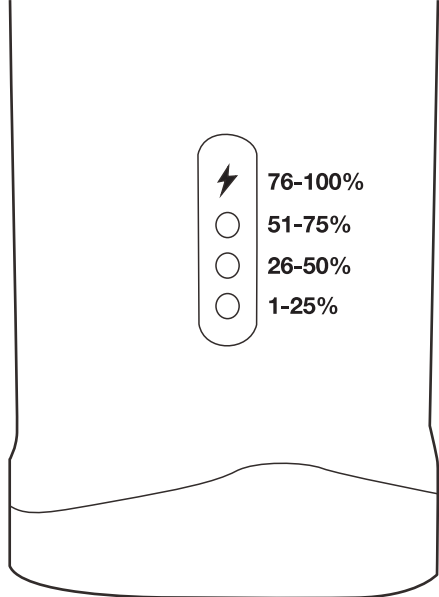
10 2200 rpm

15 2800 rpm

20 3200 rpm

## HOW TO CHARGE

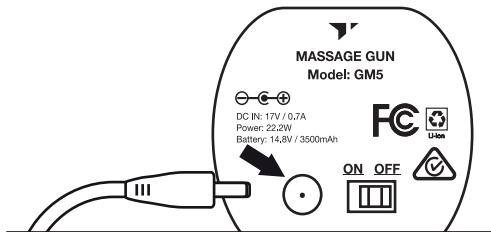
The TURONIC GM5 is equipped with the in-built 3500mAh battery. The current battery level can be seen on the battery indicator. When the battery is discharged, the lower LED on the battery level indicator, will start flashing. In case you see the «E1» error code on the display, this means that the battery level is critical and the motor won't start.



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

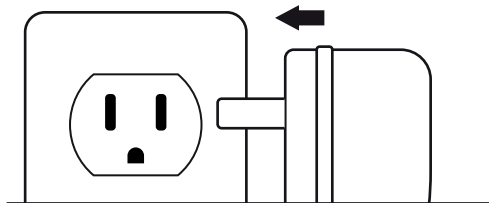
## TO CHARGE IT:

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 adapter into the power socket. While charging, one battery level indicator will be flashing showing the current battery level.



4. When fully charged, all 4 LEDs on the battery level indicator will be on.

## 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.

<b>Problem</b>	<b>Possible reasons</b>	<b>Solutions</b>
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"><li>1. The head gasket has been misplaced</li><li>2. The head gasket got damaged</li></ol>	<ol style="list-style-type: none"><li>1. Install the gasket into the groove on the head</li><li>2. Replace the gasket with one from the supplied spare set</li></ol>
Does not charge	<ol style="list-style-type: none"><li>1. The charging connector is not fully plugged in</li><li>2. No power supply</li></ol>	<ol style="list-style-type: none"><li>1. Plug in the charging connector into the charging port against the stop</li><li>2. Make sure that there is a power in the building</li></ol>
Unusual noise or overheating	The grease around the piston worn out	Lubricate around the pistone using a sewing-machine oil or alike

## 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 moving piston 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 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 run or charge the device unmanned.
- Device is not intended for use by disabled people, people with mental illness, intellectual disabilities or children.

## **SAFETY RULES**

- 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.

## **FCC STATEMENT**

### **FCC Compliance Statement - Part 15**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### **FCC Interference Statement - Part 15**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

## **FCC STATEMENT**

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

### **RF Exposure Information**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

# SPECIFICATIONS

Battery Capacity **3500 mAh**

---

Frequency **17 - 53 Hz**

---

Amplitude **8 mm**

---

Massage gun weight **740 g / 1.63 lb / 26.1 oz**

---

Intelligent Mode **15 Minutes 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:

**<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](mailto:support@turonic.com). We care about our customers most of all and are always here to serve you.

## 1-YEAR LIMITED WARRANTY

Please visit [turonic.com](https://turonic.com)

To register YOUR product.

Designed by Productech in the U.S.

email: [support@turonic.com](mailto:support@turonic.com)

  
**Turonic**<sup>®</sup>

# GM5

Massage Gun

Made in China



WARNING: This product can expose you to Bisphenol A, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

