

## Turonic GM5

# Turonic Professional Handheld Massage Gun GM5 User Manual

## INTRODUCTION

Thank you for choosing the Turonic Professional Handheld Massage Gun GM5. This device is designed to provide powerful deep tissue percussion massage, aiding in muscle relaxation, recovery, and enhanced flexibility. Please read this manual thoroughly before use to ensure safe and optimal operation.

## SAFETY INFORMATION

Always read the manual before using the device. This product is not a medical device and is for home/personal use only. It is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional before use if you have any medical conditions or concerns.

**Warning: Cancer and Reproductive Harm – P65Warnings ca gov.**

## WHAT'S IN THE BOX

Your Turonic GM5 Massage Gun package includes the following items:

- 1 x Turonic GM5 Massage Gun
- 1 x Carrying Case
- 1 x Set of 7 Massage Heads
- 1 x Bag for Massage Heads
- 1 x Charger (US/EU)
- 1 x Set of Spare Head Gaskets
- 1 x User's Guide

# Professional-Grade Wellness Support

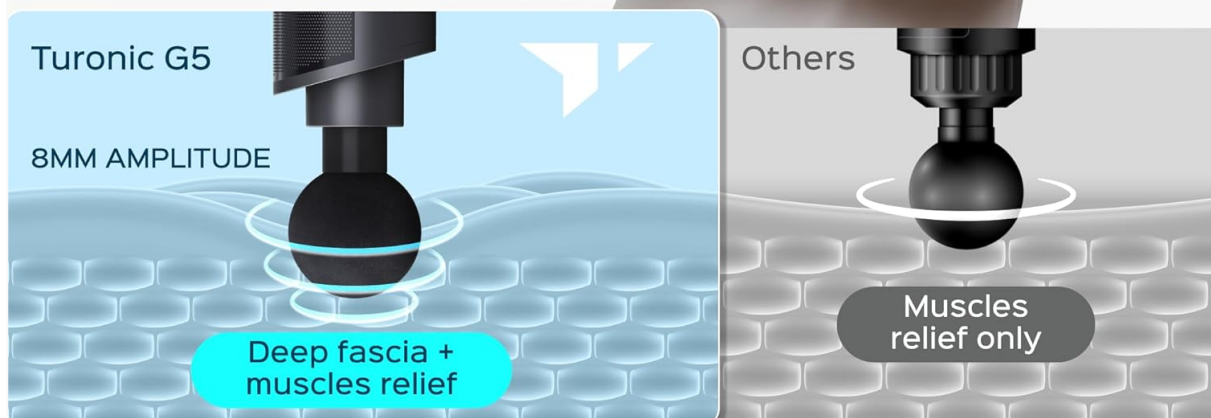


Image: Turonic GM5 Massage Gun, its carrying case, 7 massage heads, charger, and user manual.

## PRODUCT FEATURES

- **Powerful Deep Tissue Relief:** Delivers percussion up to 3200 RPM across 20 speeds, with an 11mm amplitude and 44 pounds of max stall force.
- **Versatile 7 Massage Heads:** Customize your therapy with 7 interchangeable heads for different muscle groups and massage types.
- **Ultra-Quiet Operation:** Advanced sound-dampening technology ensures a peaceful experience, operating at 45 dB.
- **Long-Lasting & Portable:** Features a rechargeable 3400mAh battery providing up to 7 hours of continuous use. Lightweight at 1.6 lbs and includes a carry case for on-the-go relief.
- **User-Friendly Design:** Effortlessly adjust speeds with an intuitive touch interface. Ergonomic and cordless for comfortable, extended use. Includes a 10-minute smart timing auto-off feature.



Image: A man using the Turonic GM5 Massage Gun on his bicep, highlighting its deep fascia and muscle relief capabilities.

# Take Relaxation Anywhere



Image: A graphic illustrating the ultra-quiet operation of the Turonic GM5 Massage Gun at 45dB, significantly quieter than typical massage guns at 90dB.

# Ergonomic Non-Slip Silicone Grip

Secure Hold for Wet or Dry Hands



**01** Ergonomic flat handle for a smoother, more comfortable grip

**02** Non-slip, shock-absorbing silicone grip sleeve

Image: A diagram detailing the 20 speed levels of the Turotic GM5 Massage Gun, categorized from gentle muscle soothe (Speed 1-4) to elite performance boost (Speed 17-20).

## SETUP

1. Fully charge the massage gun before initial use.
2. Select an intensity mode based on your desired level of massage.
3. Attach the appropriate head for the muscle group you wish to massage.

## OPERATING INSTRUCTIONS

1. Press the power button to turn on the device and begin the massage.
2. To change the intensity mode, press the mode button.

3. To replace the head, press the release button and slide the head off, then slide a new head into place.
4. When finished, turn off the device and store it in a safe place.



Image: Various individuals demonstrating the use of the Turonic GM5 Massage Gun on different body parts, including shoulders, legs, and face.

## MESSAGE HEAD ATTACHMENTS

The Turonic GM5 comes with 7 specialized massage heads, each designed for specific muscle groups and massage types:



Image: A visual guide to the 7 specialized massage heads, showing their shapes and the corresponding body areas they are designed to target.

- **Ball Head:** For large muscle groups.
- **Head with Bumps:** For large muscles.
- **Flat Head:** For quadriceps, chest, and back muscles.
- **Flat Metallic Head:** For a deep oil massage.
- **Tree Head:** For problematic areas.
- **Fork Head:** For neck, shoulders, and spine.
- **Cone Head:** For trigger points and muscles in feet and hands.

## CHARGING AND BATTERY LIFE

The Turonic GM5 is equipped with a 3400mAh rechargeable battery. It fully charges in 3-5 hours and provides up to 7 hours of continuous use. The device features light indicators for battery life and the current intensity mode.

# Power You Feel, Not Hear



Image: The Turotic GM5 Massage Gun highlighting its impressive 7 hours of continuous runtime on a single charge.

## MAINTENANCE

To ensure the longevity and hygiene of your Turotic GM5 Massage Gun:

- Wipe the device and massage heads with a damp cloth after each use.
- Do not immerse the device in water or any other liquids.
- Store the massage gun and its accessories in the provided carrying case in a cool, dry place.
- Keep out of reach of children.

## TROUBLESHOOTING

If the device does not turn on or function as expected:

- Ensure the battery is fully charged.
- Check that the power button is pressed and held for 2 seconds to activate.
- Verify that a massage head is securely attached.
- If issues persist, refer to the detailed User's Guide or contact customer support.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	8.14 x 6.34 x 2.42 inches
Item Weight	1.6 Pounds
Power	15-160W
Amplitude	11mm
Torque Pressure	0~7.5kg/cm
Battery Capacity	3400mAh
Charging Time	3 hours
Continuous Runtime	Up to 7 hours
Intensity Modes	5 (range 1200 to 3200 rpm)
Massage Heads	7 interchangeable
Intelligent Mode	10 Min Smart Timing (auto-off)
Material	Plastic, Rubber, Stainless Steel

## WARRANTY & SUPPORT

The Turonic GM5 Massage Gun comes with a **1-YEAR WARRANTY & 30-DAY RETURNS**, ensuring a zero-risk purchase. For any support or warranty claims, please refer to the contact information provided in your User's Guide or visit the official Turonic website.

## 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 not a medical device, for

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