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› TRAKK SPORT Deep Tissue Massage Gun User Manual

TRAKK SPORT TR-M01-SV

TRAKK SPORT Deep Tissue Massage Gun User Manual

MODEL: TR-M01-SV

Introduction

Thank you for choosing the TRAKK SPORT Deep Tissue Massage Gun. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your device. Please read this manual thoroughly before first use and keep it for future reference.

Safety Information

For your safety and to prevent damage to the device, please adhere to the following guidelines:

- Always use the massager on the lowest speed setting when first starting and gradually increase as needed.
- Do not apply the massager to sensitive areas such as the eyes, face, or genitals.
- Keep the massager dry and do not submerge it in water.
- Allow the massager to cool down for 15 minutes between uses to prevent overheating.
- Unplug and store the massager in a cool, dry place when not in use.
- Always supervise children when using the massager.

Package Contents

Your TRAKK SPORT Deep Tissue Massage Gun package includes:

- 1 x TRAKK SPORT Deep Tissue Massage Gun (Silver)
- 4 x Interchangeable Massage Head Attachments:
 - 1 x Ball Head (for deep tissue and precise massage)
 - 1 x Flat Head (for bulk muscle groups)
 - 1 x Fork Head (for massaging the neck, spine, and Achilles)
 - 1 x Bullet Head (for muscle relaxation and pain relief)

- 1 x USB-C Charging Cable
- 1 x User Manual (this document)



Image: The TRAKK SPORT Deep Tissue Massage Gun in silver, displayed with its four distinct massage head attachments.

Product Features

The TRAKK SPORT Deep Tissue Massage Gun is designed for effective muscle relief and relaxation, featuring:

- **Deep Tissue Massager:** Specifically designed to alleviate muscle soreness and tension, providing deep tissue penetration.
- **Portable Design:** Lightweight and compact, making it suitable for on-the-go use.
- **Whisper Quiet Motor:** Operates with minimal noise for a more comfortable massage experience.
- **Long-lasting Rechargeable Battery:** Equipped with a 20-watt 7.4-volt rechargeable battery, offering 4+ hours of use per charge.
- **Customizable Experience:** Offers 4 adjustable speeds ranging from 1,800 to 3,200 rpm, applying up to 50 pounds of pressure.
- **Versatile Attachments:** Includes four specialized attachments for targeting various muscle groups and massage needs.



Relieves Muscle
Soreness And Tension



Everyday
Pain Relief



Powerful Deep Tissue
Penetration



4 Convertible
Massage Heads



Image: An overview of the massage gun's key benefits, including muscle soreness and tension relief, everyday pain relief, powerful deep tissue penetration, and the inclusion of four convertible massage heads.



Image: Visual representation of the massage gun's performance capabilities, indicating a maximum speed of 3200 RPM, 50mm pressure, and 10mm stroke.



Long Battery Life

4+
Hours

TRAKK GUN provides
4+ hours per charge with
its long lasting 20W and
7.4V rechargeable battery

Image: The massage gun's long battery life, highlighting over 4 hours of use per charge from its 20W and 7.4V rechargeable battery.

Super Low Noise

A quite motor means a more enjoyable massage experience

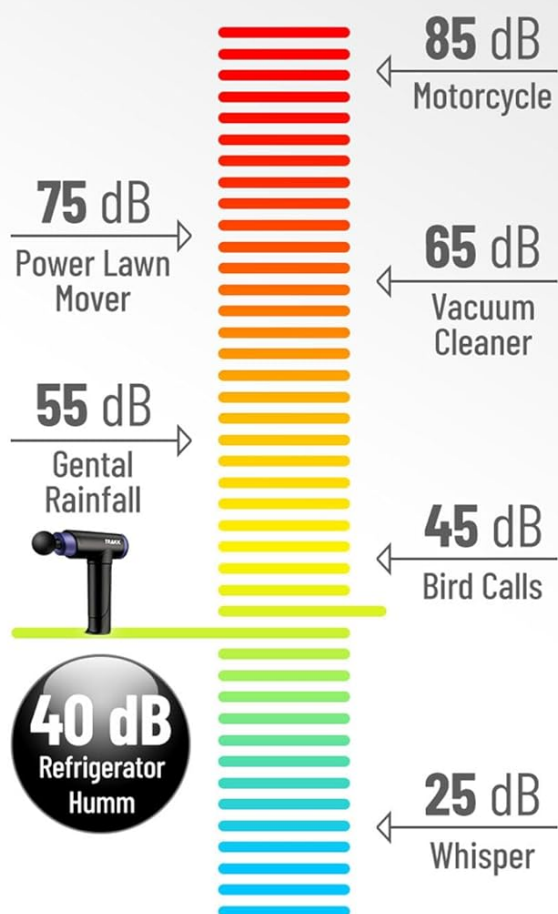


Image: A graphic illustrating the super low noise level of the massage gun, comparing it to common sounds, with its quiet motor providing a more enjoyable experience.

Four Massage Applicators

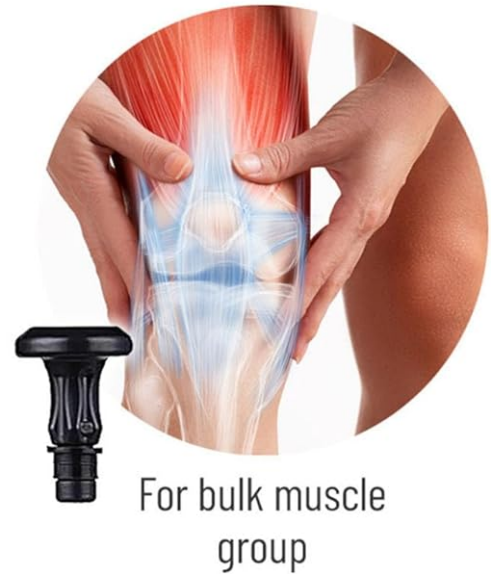
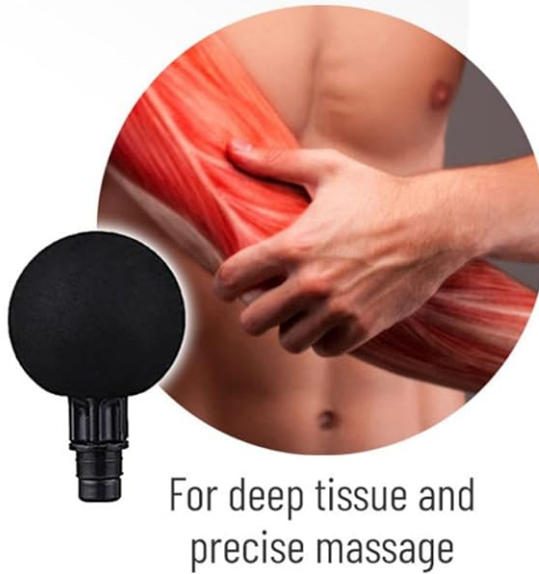
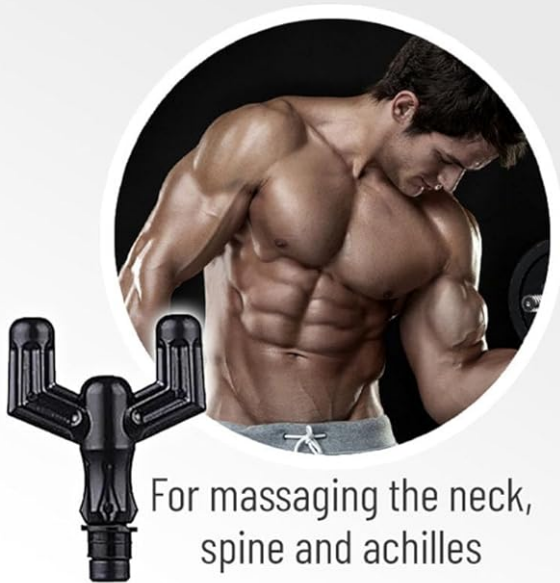


Image: A display of the four distinct massage applicators and their recommended uses for different body parts and massage types.

Setup

1. Charging the Device:

Before first use, fully charge the massage gun. Locate the USB-C charging port, typically at the bottom of the handle. Connect the provided USB-C cable to the port and plug the other end into a compatible USB power adapter (not included). The indicator lights will show charging status. A full charge typically provides 4+ hours of use.

2. Attaching Massage Heads:

Select the desired massage head attachment based on the muscle group or massage intensity required. Gently insert the stem of the attachment into the opening at the front of the massage gun until it is securely in place. To remove, gently pull the attachment straight out.

Operating Instructions

1. Power On/Off:

To power on the device, press and hold the power button (usually located at the bottom or rear of the handle) for a few seconds until the indicator lights illuminate and the motor starts. To power off, press and hold the power button again until the device shuts down.

2. Adjusting Speed/Intensity:

Once powered on, short press the power button to cycle through the available speed settings. The TRAKK SPORT massage gun offers 4 customizable speeds, ranging from 1,800 to 3,200 revolutions per minute (rpm). The indicator lights will typically show the current speed level.

3. Applying the Massage Gun:

Gently press the massage head against the desired muscle area. Move the device slowly over the muscle, applying light to moderate pressure. Avoid pressing too hard or staying in one spot for too long. Do not use on bony areas or joints. For best results, use for 1-2 minutes per muscle group.

Maintenance

• Cleaning:

Before cleaning, ensure the device is powered off and unplugged. Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or submerge the device in water. The massage heads can be wiped clean with a damp cloth and mild soap, then air-dried.

• Storage:

When not in use, store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the device is unplugged before storage. Keep all attachments together to prevent loss.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the USB-C cable. Ensure the charging indicator lights are active.
Device stops during use.	Low battery or overheating protection activated.	Recharge the battery. If recently charged, allow the device to cool down for 15 minutes before resuming use.
Massage head is loose or falls off.	Attachment not fully inserted or worn.	Ensure the massage head is pushed firmly into the opening. If the issue persists, the attachment may be worn and require replacement.
Unusual noise or vibration.	Internal component issue or foreign object.	Power off the device immediately. Do not attempt to disassemble. Contact customer support for assistance.

Specifications

Feature	Detail
Product Dimensions	12 x 3 x 9 inches
Item Weight	1.72 pounds

Feature	Detail
Manufacturer	Trakk
Item Model Number	TR-M01-SV
Power Source	Battery Powered (Rechargeable)
Color	Silver
Battery Life	4+ hours per charge
Speed Settings	4 customizable speeds (1,800 - 3,200 rpm)
Pressure Applied	Up to 50 pounds

Warranty and Support

For warranty information, product support, or to inquire about replacement parts, please contact TRAKK SPORT customer service directly. Details regarding warranty coverage and claims are typically provided with your purchase documentation or can be found on the official TRAKK SPORT website.

You can also visit the official [TRAKK SPORT Store on Amazon](#) for more information and contact options.