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> TRAKK Massage Gun with Belt 2 in 1 Lateral Percussion Device User Manual

**TRAKK df688a17-98e0-4825-8da4-bc90e0bfa656**

# TRAKK Massage Gun with Belt 2 in 1 Lateral Percussion Device User Manual

Model: df688a17-98e0-4825-8da4-bc90e0bfa656

## PRODUCT OVERVIEW

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The TRAKK Massage Gun with Belt is a versatile 2-in-1 device designed for comprehensive muscle relief. It combines both lateral vibration and percussion massage techniques, offering targeted treatment for various muscle groups, including hard-to-reach areas with its adjustable belt attachment. This device features multiple speed settings and a gentle heating function to enhance blood circulation and aid in recovery.

### Key Features:

- **Complete Body Massage:** The vibrating belt allows the device to reach all parts of the body, including difficult spots like the back and shoulders, providing pain relief and improved circulation through powerful lateral vibration.
- **Dual-action Lateral and Percussion Massage:** Offers both lateral vibration for broad application and percussion massage with interchangeable tips for targeting soft tissue, breaking up adhesions, and addressing muscle knots.
- **Personalized Intensity and Modes:** Features six adjustable speed strength levels for a customized massage experience. Includes a heating function to promote blood circulation and cellular repair, designed for safe, gentle warmth.
- **Enhanced Stability and Power:** The vibrating belt is crafted from high-quality mesh fabric for durability and ease of cleaning. The device can be detached from the belt for handheld use, offering powerful, continuous operation for up to four hours on a single charge.



Image: The TRAKK Massage Gun shown with its main body, four interchangeable massage heads (ball, flat, U-shaped, bullet), and the separate belt attachment. The massage gun is depicted in its handheld configuration at the top, and the belt attachment is shown below, indicating its flexible design.

## SAFETY INFORMATION

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Please read all safety instructions carefully before using the TRAKK Massage Gun. Improper use can lead to injury or device damage.

- Do not immerse the device in water or any other liquid.
- Keep the device away from heat sources and direct sunlight.
- Do not use the device on open wounds, swollen areas, or inflamed skin.
- Consult a physician before use if you have any medical conditions, including but not limited to pregnancy, diabetes, heart disease, or if you have a pacemaker.
- Do not use the device for more than 15 minutes on a single muscle group.
- Keep out of reach of children and pets.

- Use only the provided charging cable and adapter.
- The heating function provides gentle warmth; discontinue use if it feels uncomfortably hot.

## PACKAGE CONTENTS

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Please verify that all items are present in your package:

- TRAKK Massage Gun (Main Unit)
- Adjustable Belt Attachment
- Interchangeable Massage Heads (typically 4 types: Ball, Flat, U-shaped, Bullet)
- Charging Cable
- User Manual



Image: The TRAKK Massage Gun and its belt attachment, along with the various massage heads, displayed within its retail packaging. The packaging highlights the "2 IN 1 BELT MASSAGE GUN" feature.

## SETUP

## 1. Charging the Device:

1. Before first use, fully charge the TRAKK Massage Gun.
2. Connect the charging cable to the charging port on the device and plug the other end into a suitable power adapter or USB port.
3. The indicator light will show the charging status (e.g., red for charging, green for fully charged).
4. A full charge typically takes approximately 3-4 hours and provides up to 4 hours of continuous use.

## 2. Attaching Massage Heads:

1. Ensure the device is powered off before attaching or detaching massage heads.
2. To attach, gently push the desired massage head into the front opening of the massage gun until it is securely seated.
3. To detach, firmly pull the massage head straight out from the device.

## 3. Attaching the Belt:

1. Locate the connection points on both ends of the massage gun and the belt attachment.
2. Align the connectors and firmly snap the massage gun into place on the belt. Ensure it is securely fastened before use.
3. The belt is adjustable to fit various body sizes and to target different areas.

## OPERATING INSTRUCTIONS

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### 1. Powering On/Off:

- Press and hold the power button (location may vary, typically on the handle or control panel) for 2-3 seconds to turn the device ON or OFF.
- The device will typically start at the lowest speed setting upon activation.

### 2. Adjusting Speed Levels:

- Once powered on, short press the power button or a dedicated speed button (if available) to cycle through the six available speed strength levels.
- Select the intensity that feels most comfortable and effective for your needs.

### 3. Using the Heating Function:

- Locate the heating function button (refer to device markings). Press it to activate the gentle warming feature.
- Press the button again to deactivate the heating function.
- The heat is designed to be subtle and safe, promoting blood flow without excessive temperature.

### 4. Using the Belt Attachment:

- With the massage gun securely attached to the belt, wrap the belt around the desired body part (e.g., back, shoulders, waist).
- Adjust the belt's length for a snug but comfortable fit.
- Power on the device and select your preferred speed and mode. The lateral vibration will be distributed through the belt.

### 5. Handheld Percussion Massage:

- Detach the massage gun from the belt for handheld use.
- Select an appropriate massage head for the target muscle group.
- Gently apply the massage head to the muscle, moving it slowly across the area. Do not apply excessive pressure.
- Limit use to 1-2 minutes per muscle group to avoid over-stimulation.

## MAINTENANCE AND CARE

- **Cleaning:** After each use, wipe the device and massage heads with a slightly damp, soft cloth. Do not use abrasive cleaners or submerge the device in water. Ensure the device is completely dry before storing or recharging.
- **Storage:** Store the TRAKK Massage Gun and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case to prevent damage.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Recharge the device when the battery indicator is low. If storing for an extended period, charge the device to about 50% every few months.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully.
Device does not turn on.	Power button not pressed correctly.	Press and hold the power button for 2-3 seconds.
Weak vibration or no percussion.	Massage head not properly attached.	Ensure the massage head is securely pushed into place.
Weak vibration or no percussion.	Battery is low.	Recharge the device.
Heating function not working.	Heating function not activated.	Press the dedicated heating button to activate. Allow a moment for warmth to build.
Device stops unexpectedly.	Overuse protection activated.	Allow the device to cool down for 10-15 minutes before resuming use.

## SPECIFICATIONS

<b>Brand</b>	TRAKK
<b>Model Number</b>	df688a17-98e0-4825-8da4-bc90e0bfa656
<b>Product Dimensions</b>	6.5 x 7.87 x 6.8 inches
<b>Item Weight</b>	1 Pound
<b>Power Source</b>	Battery Powered
<b>Material</b>	Acrylonitrile Butadiene Styrene

<b>Manufacturer</b>	Gina Group LLC
<b>Intended Use</b>	Body Massage
<b>Battery Life</b>	Up to 4 hours (continuous use)
<b>Speed Levels</b>	6
<b>Features</b>	Lateral Percussion, Heating Function, Adjustable Belt

## WARRANTY AND SUPPORT

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TRAKK products are manufactured with quality and performance in mind. For information regarding warranty coverage, product support, or to address any issues not covered in this manual, please contact the manufacturer or the retailer from whom you purchased the device.

Please retain your proof of purchase for warranty claims.

Manufacturer: Gina Group LLC

