TRAKK TR-BSTGNHC-500

TRAKK Beast Cordless Hot and Cold Percussion Massager

User Manual

Introduction

Thank you for choosing the TRAKK Beast Cordless Hot and Cold Percussion Massager. This device is designed to help relax and ease tense muscles, providing deep tissue massage to release knots, increase circulation, and promote overall wellness. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your massager.

Important Safety Information

Please read all instructions carefully before using the TRAKK Beast Percussion Massager. Keep this manual for future reference.

- Do not immerse the device in water or other liquids.
- Keep away from children and pets.
- Do not use on open wounds, swollen areas, or inflamed skin.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not operate if the device is damaged or malfunctioning.
- Use only the charging cable provided.
- Avoid prolonged use on a single area to prevent discomfort or injury.
- Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Package Contents

Verify that all items are present in your package:

- TRAKK Beast Cordless Hot and Cold Percussion Massager Unit
- 6 Interchangeable Attachment Heads
- Charging Cable
- User Manual (this document)



Image: The TRAKK Beast Massager unit, its charging cable, and the six distinct attachment heads, displayed alongside its retail packaging.

Product Overview

Familiarize yourself with the components and controls of your TRAKK Beast Massager.



Image: A detailed diagram illustrating the key features of the TRAKK Beast Massager, including the power button, LED speed indicators, charging port, internal battery, motor, and the various massage heads.

Main Unit Features:

- **Power Button:** Located on the handle, used to turn the device on/off and cycle through intensity levels.
- **Speed Indicators:** LED lights on the handle indicate the current intensity level.
- **Charging Port:** Located at the base of the handle for connecting the charging cable.
- **Rechargeable Battery:** Integrated 2200 mAh battery for cordless operation.
- **Ultra Quiet Motors:** Designed for quiet operation during use.

Interchangeable Attachment Heads:

The massager comes with 6 unique heads, each designed for specific muscle groups and massage types. The blue gel head is designed for hot and cold therapy.



Image: The TRAKK Beast Massager with one of its heads attached, and a clear display of all six interchangeable massage heads, including the specialized hot and cold gel head.

- **Ball Head:** General use for large muscle groups.
- **U-shaped Head:** Ideal for spine, neck, and Achilles tendon.
- **Bullet Head:** For deep tissue, joints, palms, and soles.
- **Flat Head:** Suitable for all body parts, especially for relaxation.
- **Red Hot Head:** For heat therapy, promoting blood circulation and muscle relaxation.
- **Blue Cold Gel Head:** For cold therapy, reducing swelling and soothing sore muscles.*(Note: For cold therapy, place the blue gel head in a freezer for at least 30 minutes before use. For hot therapy, place the red head in warm water or use as directed by product instructions if heating element is internal.)*

Setup

1. **Charge the Massager:** Before first use, fully charge the massager. Connect the charging cable to the charging port at the base of the handle and plug the other end into a suitable USB power adapter (not included). The speed indicator lights will show charging progress.
2. **Attach a Massage Head:** Select the desired attachment head. Align the head with the opening on the massager and push it firmly into place until it clicks securely. To remove, gently pull the head straight out.

Operating Instructions

1. **Power On/Off:** Press and hold the power button for a few seconds to turn the massager on or off.
2. **Adjust Intensity Levels:** Once powered on, short press the power button to cycle through the 6 intensity levels. The LED speed indicators will illuminate to show the current level.
3. **Apply to Body:** Gently press the massager against the desired muscle area. Move the massager slowly over the muscle, applying light to moderate pressure. Do not press too hard.
4. **Usage Duration:** Use the massager in short bursts, typically 1-2 minutes per muscle group. Take breaks between sessions. Avoid using the device for more than 15-20 minutes continuously to prevent overheating and ensure device longevity.
5. **Hot/Cold Therapy (with specific heads):**
    - For *cold therapy* with the blue gel head: Place the blue gel head in a freezer for at least 30 minutes prior to use.
    - For *hot therapy* with the red head: If the red head has an internal heating element, follow specific instructions provided with the product for activation. If it's designed for external heating (e.g., warm water), ensure it's completely dry before attaching to the massager.



Image: An individual demonstrating the use of the TRAKK Beast Massager on their shoulder, highlighting its ergonomic design for self-application.

Maintenance

- **Cleaning:** After each use, wipe the massager unit and attachment heads with a clean, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the massager and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Keep out of reach of children.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

Troubleshooting

Problem	Possible Cause	Solution
Massager does not turn on.	Battery is low or depleted.	Charge the massager fully using the provided charging cable.
Attachment head is loose or falls off.	Head not properly attached.	Ensure the attachment head is pushed firmly into place until it clicks.
Device stops during use.	Overheating or low battery.	Allow the device to cool down. If battery is low, recharge it.

Specifications

Model Number	TR-BSTGNHC-500
Product Dimensions	8 x 3 x 11 inches; 2.5 Pounds
Power Source	Battery Powered
Intensity Levels	6 Levels
Attachment Heads	6 (including Hot and Cold therapy heads)
Color	Black
Manufacturer	Gina Group LLC

Warranty Information

Specific warranty details for the TRAKK Beast Cordless Hot and Cold Percussion Massager are not provided in this manual. Please refer to the product packaging or contact TRAKK customer support for warranty terms and conditions.

Customer Support

For any questions, concerns, or technical assistance regarding your TRAKK Beast Percussion Massager, please contact TRAKK customer support through their official website or the contact information provided on the product packaging.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question

and use this page's manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question