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TrueLife G6

TrueLife Relax Gun G6 Metal Instruction Manual

Model: G6

INTRODUCTION

The TrueLife Relax Gun G6 Metal is a portable massage device designed to promote muscle regeneration, relieve tension, and reduce muscle stiffness. This manual provides essential information on its safe and effective use, including setup, operation, maintenance, and troubleshooting.

SAFETY INFORMATION

Important Safety Instructions:

- Use the device only on skin and avoid sensitive body parts.
- Keep the device away from water and heat sources.
- Do not leave the device operating unattended.
- Observe the Safety Stop function, which automatically slows or stops the motor under excessive pressure to prevent injury.
- Use the device only in a safe and stable position.
- Avoid direct contact with open wounds or highly sensitive areas of the body.
- Discontinue massage if you experience any discomfort or pain.
- Read this entire instruction manual carefully before initial use.

PACKAGE CONTENTS

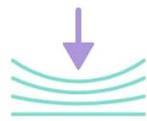
Verify that all items are present in the package:

- TrueLife Relax Gun G6 Metal Massage Gun
- 4 Interchangeable Silicone Massage Heads (Flat, Round Ball, Fork, Bullet)
- USB-C Charging Cable

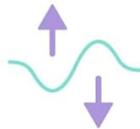
- Travel Case



5 Intensitätsstufen



10 kg Druck



6 mm Amplitude



Frequenz:
3200 U/min



Reiseetui



4 Massageköpfe
aus Silikon



Automatische
Druck und
Safety-Stop-Funktion



Batterielaufzeit:
5 Stunden



LED-Anzeige



Metallgehäuse

Image: The TrueLife Relax Gun G6 Metal, its four interchangeable massage heads, and USB-C cable neatly stored in the compact travel case.

PRODUCT FEATURES

- **5 Intensity Levels:** Adjustable speeds to suit various massage needs.
- **Powerful Performance:** Up to 10 kg pressure force, 6 mm amplitude, and 3200 oscillations per minute.
- **Quiet Operation:** Designed for low noise during use.
- **Long Battery Life:** Up to 5 hours of continuous operation on a single charge.
- **Auto Pressure Function:** Intelligently adjusts movement frequency based on applied pressure.
- **Safety Stop Function:** Automatically slows or stops the motor to prevent excessive pressure and potential injury.
- **Automatic Shutdown:** Device turns off after 15 minutes of continuous use to prevent overuse.
- **Durable Construction:** Made with a robust aluminum casing.
- **Hypoallergenic Silicone Heads:** Soft, skin-friendly, shock-absorbing, and easy to clean.



Image: Visual representation of key features including 5 intensity levels, 10 kg pressure, 6 mm amplitude, 3200 oscillations/min, 4 silicone heads, automatic safety functions, 5-hour battery life, LED display, and durable metal casing.

SETUP

- 1. Charge the Device:** Before first use, fully charge the TrueLife Relax Gun G6 Metal using the provided USB-C cable. Connect the cable to the device's charging port and a compatible USB power adapter (not included). The LED indicator will show charging status. A green LED indicates a full or nearly full charge, while a blinking red LED indicates a low battery.
- 2. Select a Massage Head:** Choose one of the four interchangeable silicone massage heads based on the desired application and body part.
 - **Flat Head:** Suitable for larger muscle groups, providing a gentler pressure, especially near bones.
 - **Round Ball Head:** Versatile for almost all muscle groups, conforming well to the body's contours.
 - **Fork Head:** Ideal for hard-to-reach areas like the trapezius or Achilles tendon, adapting to body contours.
 - **Bullet Head:** Designed for targeted massage of specific points, also known as trigger points.
- 3. Attach the Massage Head:** Firmly insert the chosen silicone head into the device's attachment socket. Ensure it is securely seated.

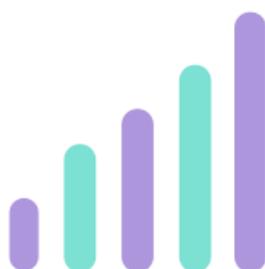


Image: Illustration of the four distinct silicone massage heads and their recommended uses.

OPERATING INSTRUCTIONS

- 1. Power On/Off:** Press and hold the single multi-function button to turn the device on or off.
- 2. Adjust Intensity:** Once powered on, short press the multi-function button to cycle through the 5 intensity levels. The LED indicators will show the current speed setting (2000, 2500, 3000, or 3200 oscillations per minute). There is also an automatic mode where frequency adjusts based on pressure.

3. **Apply Massage:** Gently place the massage head on the desired muscle group. Move the device slowly over the surface of the skin. Do not apply excessive pressure, especially on bony areas.
4. **Auto Pressure Function:** The device will intelligently adjust its frequency based on the pressure you apply, increasing intensity with more pressure for targeted relief.
5. **Safety Stop Function:** If too much pressure is applied, the device's Safety Stop function will automatically reduce speed or stop the motor to protect your body from stress and prevent injury.
6. **Automatic Shutdown:** The device is equipped with an automatic shutdown feature that activates after 15 minutes of continuous use to prevent overuse.



Image: A user demonstrating the application of the massage gun on the arm, highlighting its ease of use in various settings.



Image: A user applying the massage gun to the calf muscle, illustrating its use for muscle recovery after physical activity.

MAINTENANCE

- **Cleaning:** After each use, remove the silicone massage head and clean it with a damp cloth or mild soap and water. Ensure the heads are completely dry before reattaching or storing. Wipe the main body of the device with a clean, dry cloth. Do not immerse the device in water.

- **Charging:** Recharge the battery after use to ensure it's ready for the next session. Avoid completely draining the battery frequently to prolong its lifespan.
- **Storage:** Store the device and all accessories in the provided travel case in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the USB-C cable.
Device stops during use.	Excessive pressure applied (Safety Stop activated) or 15-minute auto-shutdown.	Reduce pressure. If auto-shutdown, restart the device if further massage is desired.
Weak massage intensity.	Low battery or incorrect intensity setting.	Recharge the device. Increase the intensity level by short pressing the multi-function button.
Massage head is loose.	Head not properly inserted.	Remove and firmly re-insert the massage head into the socket.

SPECIFICATIONS

Model Number:	G6
Brand:	TrueLife
Dimensions:	4.5 x 9.2 x 13.7 cm
Weight:	430 grams
Material:	ABS, Aluminum
Power Source:	Battery Powered (1 Lithium Ion battery included)
Battery Life:	Up to 5 hours
Pressure Force:	Up to 10 kg
Amplitude:	6 mm
Oscillations per Minute:	Up to 3200
Special Features:	Portable, Rechargeable, Quiet, Automatic Shutdown, Auto Pressure Function, Safety Stop Function

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the official TrueLife website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

Note: The product packaging may contain information that differs from what is shown on our website. Always read the label, warnings, and instructions provided with the product before use.