

THERAGUN

Wave Duo

User Manual

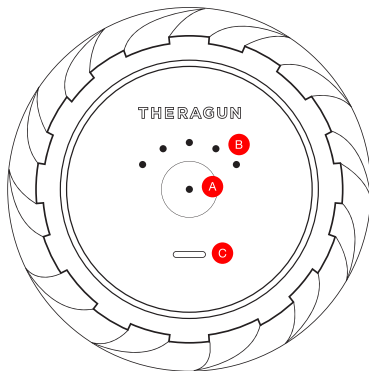


Wave Duo™

Smart Vibrating Roller from
the makers of Theragun.

See Warnings insert for
important safety instructions

- A** LED battery indicator light
- B** LED speed indicator
- C** USB-C charging port



Using the Wave Duo

1. To turn on the Wave Duo, firmly press and hold the power button for 1-2 seconds.
2. Press the main button to increase speeds. After the highest speed, if the button is pressed again the Wave Duo will come back to the lowest speed.
3. Place the device under the treatment area gradually applying light to moderate pressure as needed.
4. To turn off the Wave Duo, firmly press and hold the power button until the device turns off.

Smart Features

Your Wave Duo is a smart device enabled with Bluetooth connectivity, designed to pair seamlessly with the Therabody app. When you download the app, you'll be guided through a step-by-step setup and shown how to pair your device.



**Scan the QR code
to get started.**



Charging the Wave Duo

1. The Wave Duo is USB-C enabled. Plug the cable into your USB adapter of choice for charging. The Wave Duo is fast charging enabled and can be charged directly through a USB-C charger (sold separately) for a faster charging experience.
2. The LED light on the power button will flash until fully charged.
3. Charging is complete when the LED light on the power button is solid green.
4. Battery level is continuously displayed on the LED light of the power button when the device is on. To view battery level when the device is off, briefly press the power button and the LED battery light will flash to indicate the battery level.

Avoid applying alcohol-based cleaner.

THERAGUN

by Therabody

Born in Los Angeles, CA.
Designed for every**body**.



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