Document Name	User Manual	Document No.	Smart Goggle-001
Model	SmartGoggles	Rev	01

THERAGUN

User Manual

Revision History

Modification date	Change description	Rev	Modified by
2022-3-19	Initial release.	1	Team

Table of Content

1. Recommendation of Use

1.1 CAUTION

The battery used in this device may present a risk of fire or chemical burn if mistreated. Do no disassemble, heat above 100 C or incinerate.

Dispose of used battery promptly. Keep away from children. Do not disassemble and do not dispose of in fire.

PLEASE DO NOT USE THE VENOM, OR ANY VIBRATION HIGH-INTENSITY EXERCISE DEVICE WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device.

These contra indications do not mean that you are not able to use a vibration or exercise device but we do advise you to consult a doctor first.

DANGER

TO REDUCE THE RISK OF ELECTRIC SHOCK:

• Do not reach for an appliance that has fallen into water.

• Do not use while bathing or in a shower.

• Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

1.2 Warnings

BEFORE USING OR CHARGING THE Smart Goggle, READ ALL THE INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

• Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

• Use this appliance only for its intended use as described in this manual. Do not use attachments not

recommended by the manufacturer.

• Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped

or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

• Do not carry this appliance by supply cord or use cord as a handle.

• Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

• Do not immerse unit in water. Keep liquids away from ventilation ports, buttons and charging port.

• Do not remove screws or attempt to disassemble.

• Unplug the unit after charging or prior to use.

• This is not a toy. For adult use only. Do not use if injured. Consult your doctor before using this product.

FCC Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IMPORTANT NOTE:

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

ISEDC Warning

This device complies with Innovation, Science, and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d' Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil nedoit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The device is compliance with RF exposure guidelines, users can obtain Canadian information on RF exposure and compliance.

Le présent appareil est conforme Après examen de ce matériel aux conformité ou aux limites d’intensité de champ RF, les utilisateurs peuvent sur l’exposition aux radiofréquences et la conformité and compliance d’acquérir les informations correspondantes.

1.3 Label & Symbols

The following labels and symbols appear on Wave Duo:

	Read instructions before use
	Level of protection type BF applied part
	Direct current
	Manufacturer's name and address
	Separate collection for waste electrical and electronic equipment **Note:** For more information about disposal of equipment, its parts and accessories, please contact your local distributor.
	In accordance with Directive 2014/35/EU electrical equipment designed for use within certain voltage limits, and Directive 2014/30/EU electromagnetic compatibility

2. Device Description

操作说明 operation description

1、长按 POWER 键开机、关机/ long press power button to turn on/off;

2、在开机状态下，再按 POWER 键运行产品工作模式（上次关机前模式)/under device on situation, press power button again to chose mode and start function.

3、短按 HEAT 键选择加热温度档位，长按 HEAT 键关闭加温，长按再次开启/short press heat button to chose heating levels, long press heating button to turn heating function off.

4、短按 VIBRATION 键选择震动强度，长按 VIBRATION 键关闭震动强度，长按再次开启/short press vibration button to choose vibration levels, long press vibration button to turn vibration function off, long press to turn on vibration again.

5、当选择模式 3（SmartRelax）,心率检测开启（只有模式 3 心率才会启动，把手放在心率

模块上面，红心率模块亮起，其他模式不开启心率模式检测)/ when chose smart mode (smart relax), the heart rate detection will turn on (only smart mode will turn on HR function, able to use fingers to put on HR window and red color LED will on and start heart rate exam)

6、工作定时时间：15 分钟/working time: 15mins;

7、充电时，三色 LED 分别进入指示呼吸状态，并显示对应电量，产品不使用按摩功能/charging situation: OBG LED will show breathing situation and show match color to certain power level, no function on when charging.

3. Trouble Shooting

In the event that the device fails to perform as intended, the following notes will help to identify potential problems with the device and its setup.

Problem	Solution
Device turns off automatically	Maybe reach the set time or low power
Device cannot turn on	Maybe battery is in low power and you should recharge batteries. .
Device shuts off in mid-treatment or only after few treatments	Check and recharge batteries.

if the device breaks or quits working, and you cannot fix the problem, please contact us.

4. Service

Operation Instruction has no parts you can fix. Do not try to repair it. If servicing is required, please contact the selling retailer. All returned units to the manufacturer for repair, including Warranty repair and Out-Of-Warranty repair, must include the following:

During Warranty Period with proof of Purchase (store receipt).

Package the item securely and return it prepaid/insured – along with proof of purchase to:

Therabody, Inc.

6100 Wilshire Blvd. Suite 200 Los Angeles, CA 90048-5107, USA

5. Environment

Basic Unit Characteristics	
Indicator Light	YES
Housing Materials	PC
Additional Features	
Environment for operation	Temperature: 0 ~ 40° C Relative humidity: <95% RH
Environment for storage	Temperature: -10° C ~ 40° C Relative humidity: 10~95% RH
Use atmospheric pressure	70-106Kpa
Software version	V1.0

6. Safety, EMC

This device is Class II equipment with type BF applied. It complies with Medical Electrical Safety Standards (IEC 60601-1).

This device also complies with Medical EMC Standard (IEC 60601-1-2).

The has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices to IEC 60601-1-2: 2007. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.

CAUTION:

Do not apply the device near any devices with Electromagnetic Interference (EMI), such as cell phones, Magnetic Resonance Imaging (MRI), computerized axial tomography (CT), diathermy, Radio Frequency Identification (RFID), etc. or MR environment. EMI, RF devices or MR environment may affect the normal function of the device or would cause user injury.

The patient is an intended operator. The ME EQUIPMENT shall not be serviced or maintained while in use with a patient.

Manufacturer's declaration – electromagnetic immunity

1* WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify

that they are operating normally."

2* WARNING: Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation."

3* WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the ME EQUIPMENT, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result."

Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.

Simultaneous connection of a user to a high frequency surgical ME equipment may result in burns at the site of the simulator electrodes and possible damage to the simulator.

Operation in close proximity (e.g. 1 m) to a shortwave or microwave therapy ME equipment may produce instability in the simulator output

Table 1

declaration - electromagnetic emission	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Not applicable
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable

Table 2

declaration - electromagnetic immunity		
Immunity test	IEC 60601 test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	Not applicable
Surge IEC 61000-4-5	± 0.5kV, ± 1 kV line(s) to lines ± 0.5kV, ± 1 kV, ± 2 kV line(s) to earth	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % U_TUT; 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270°and 315° 0 % U_TUT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0° 0 % UT; 250/300 cycles	Not applicable
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m
NOTE: UT is the a.c. mains voltage prior to application of the test level.		

Table 3

declaration - electromagnetic immunity		
Immunity test	IEC 60601 test level	Compliance level
Conducted RF IEC 61000-4-6	3 V 0.15 MHz to 80 MHz 6 V in ISM bands between 0.15 MHz and 80 MHz	Not applicable
Radiated RF IEC 61000-4-3	10V/m 80 MHz to 2.7 GHz	10V/m

Table 4

declaration - IMMUNITY to proximity fields from RF wireless communications equipment					
Immunity test	IEC60601 test level				Compliance level
	Test frequency	Modulation	Maximum power	Immunity level	
Radiated RF IEC 61000-4-3	385 MHz	**Pulse Modulation: 18Hz	1.8W	27 V/m	27 V/m
	450 MHz	*FM+ 5Hz deviation: 1kHz sine	2 W	28 V/m	28 V/m
	710 MHz 745 MHz 780 MHz	**Pulse Modulation: 217Hz	0.2 W	9 V/m	9 V/m
	810 MHz 870 MHz 930 MHz	**Pulse Modulation: 18Hz	2 W	28 V/m	28 V/m
	1720 MHz 1845 MHz 1970 MHz	**Pulse Modulation: 217Hz	2 W	28 V/m	28 V/m
	2450 MHz	**Pulse Modulation: 217Hz	2 W	28 V/m	28 V/m
	5240 MHz 5500 MHz 5785 MHz	**Pulse Modulation: 217Hz	0.2 W	9 V/m	9 V/m

Note* - As an alternative to FM modulation, 50 % pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be the worst case.

Note** - The carrier shall be modulated using a 50 % duty cycle square wave signal.

7. Manufacturer Information

	Theragun, Inc. 6100 Wilshire Blvd. Suite 200 Los Angeles, CA90048-5107, USA

8. LIMITED WARRANTY

For full warranty information, please visit www.therabody.com/warranty. To request acopy of the warranty by mail, you may send a request to the following address:

Therabody - Warranty

Attn: Customer Service

Therabody, Inc.

6100 Wilshire Blvd. Suite 200 Los Angeles, CA 90048-5107, USA

Please note, this is not a return address or a retail location. No Theragun Products orpackages will be accepted at this location.