

# THERAGUN PRO<sup>®</sup>

**Smart** Percussive Therapy<sup>™</sup> Device

Powered by *Quiet**Force*** Technology<sup>™</sup>





# Getting started

## Step 1

### Get the Therabody app

We'll guide you through a stress-free setup and show you how to get the most out of your Theragun PRO.

## Step 2

### Turn on and float

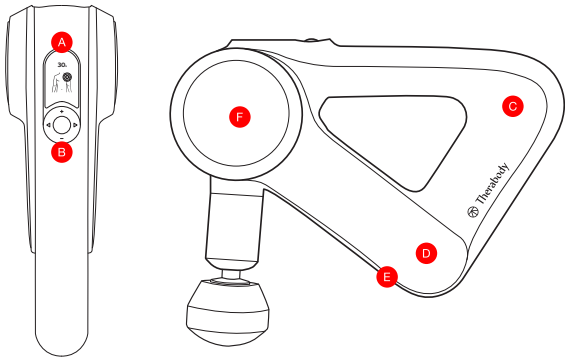
Firmly press and hold the center button on the button pad, then float the Theragun PRO across areas in need. Use the plus (+) and minus (-) buttons on the button pad to adjust the speed. Apply light to moderate pressure as needed.

## Step 3

### Feel the difference.™ Every day.

Take a deep breath and treat yourself with guided treatment presets or freestyle mode. It's all designed for you.

# The Theragun PRO



**A** High-res color display screen

**C** Theragun Triangle ergonomic handle design

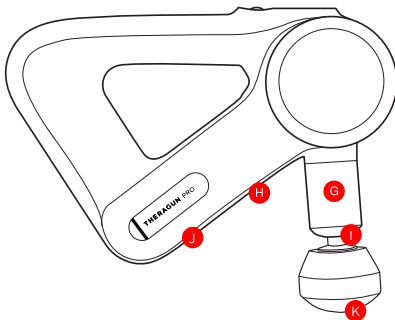
**E** USB-C Port

**B** Button pad

**D** Lithium-ion battery

**F** Proprietary brushless commercial-grade motor with QuietForce Technology™

See Warnings insert for  
important safety instructions



**G** Adjustable arm

**I** 16mm amplitude for deep  
muscle treatment

**K** Interchangeable  
attachments

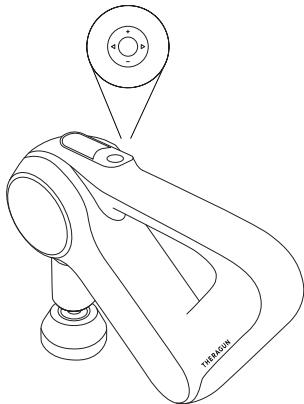
**H** Adjustable arm button

**J** Battery release button

## Using the Theragun PRO

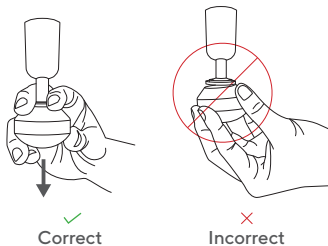
1. Insert the pre-charged lithium-ion battery fully before turning on the Theragun PRO.
2. To turn on, firmly press and hold the center button on the button pad.
3. Press the left (<) and right (>) arrows on the button pad to toggle between the pre-loaded treatment presets.
4. Once the treatment is selected, Use plus (+) and minus (-) to increase or decrease speed.
5. To turn off, firmly press and hold the center button on the button pad until the device shuts down.

Note: We recommend no more than two minutes of continuous use on any muscle group.



## Connecting the Attachments

Align the attachment with the tip of the arm and push to connect. To remove, grip the attachment placing one finger on each side of the plastic connector. Pull off the attachment while the device is off.

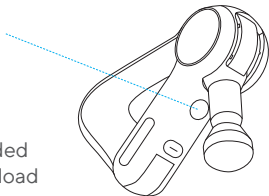


## Using the Adjustable Arm

The adjustable arm adjusts to four positions. To adjust, push the adjustable arm button on the underside of the Theragun PRO and move the arm to the desired position while the device is off.

## Built-in Guided Routines

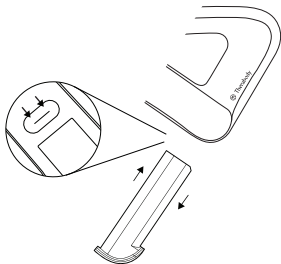
Your Theragun PRO comes with four built-in guided routines created by our team of experts. To download tailored protocols to use on-the-go, simply press the right button to access the protocols that are downloaded into your device. You can replace or modify them through the Therabody App.



## Charging

The Theragun PRO is USB-C enabled. Your device includes a Theragun PRO fast charger, but the battery can be charged with any USB-C adapter of your choice.

- The USB port is in the cap of the battery pack and is accessible while the battery is in the device.
- When charging the battery outside of the Theragun PRO device, the battery level is indicated on a multicolor LED on the side of the battery.
- To insert the battery into the device, align and insert the battery in the battery slot on the underside of the Theragun PRO with the flat side of the battery end facing the circular release button.
- When charging the battery inside the device, the battery level is indicated on the screen of the device.
- To remove the battery, press the circular release button above the battery slot and pull the battery out.





## Charging

- You can also charge your personal devices using the Theragun PRO battery as a power bank.

**The Theragun PRO is wireless charging enabled.  
For more on wireless charging, visit [Therabody.com](https://therabody.com).**

## Cleaning Instructions:

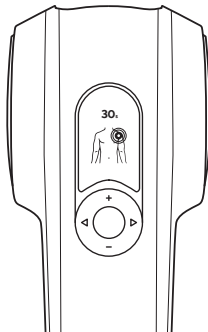
For the most hygienic Theragun device experience, sanitize it after each use:

1. Wipe the device with a disinfectant wipe to remove any residue
2. Once the device is residue-free, use a new wipe to disinfect the surface area by wiping all sides in a downward motion

## Smart Features

Your Theragun PRO 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 to pair your device.

Once paired, the app can remotely adjust speed, activate guided treatment presets, and make real-time recommendations based on your usage.



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



## Attachments

Your Theragun PRO comes with six different attachments designed for every muscle and need.

### Dampener

For use on tender areas or near bones



### Thumb

For lower back and trigger point therapy



### Standard Ball

For overall, general use



### Supersoft™

When you need a soft touch



### Wedge

For scraping, shoulder blades, or IT bands



### Micropoint

Provides increased stimulation throughout the treatment



# THERAGUN

by Therabody

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



@Therabody