

# THERAGUN Elite®

**Smart** Percussive Therapy™ Device

Powered by *Quiet***Force** Technology™

# 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 Elite.

## Step 2

### Turn on and float

Firmly press and hold the center button on the button pad, then float the Theragun Elite 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.

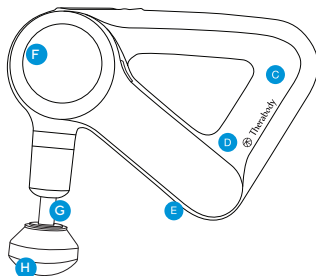
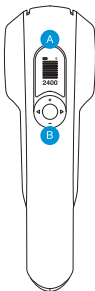
## Step 3

### 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 Elite

See Warnings insert for important safety instructions

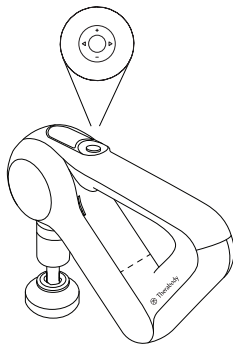


- A** OLED screen
- B** Button pad
- C** Theragun Triangle ergonomic handle design
- D** Lithium-ion battery
- E** USB-C Port
- F** Proprietary brushless commercial-grade motor with QuietForce Technology™
- G** 16mm amplitude for deep muscle treatment
- H** Interchangeable attachments

## Using the Theragun Elite

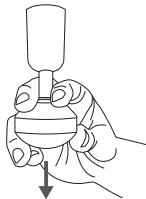
1. To turn on, firmly press and hold the center button on the button pad.
2. Press the plus (+) and minus (-) buttons on the button pad to increase or decrease speed.
3. Press the left (<) and right (>) arrows on the button pad to toggle between the pre-loaded treatment presets.
4. To turn off, firmly 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 in any one spot.

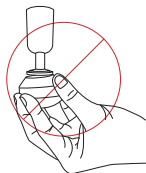


## Connecting the attachments

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.



✓  
Correct



✗  
Incorrect

## Charging the Theragun Elite

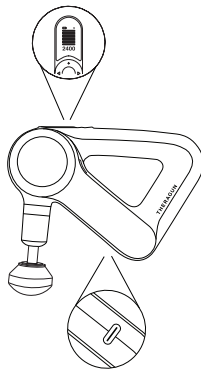
Your device includes a USB-C to USB-C + USB-A cable so you can use a wider variety of adapters. The battery level is indicated in the screen of the device.

The Theragun Elite 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:

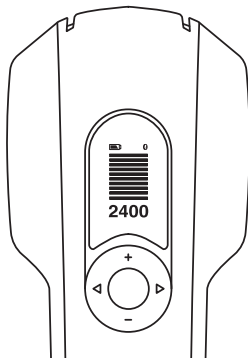
1. Wiping the device with a disinfectant wipe to remove any residue
2. Once the device is residue-free, use a new wipe to disinfect the surface area by wiping all sides in a downward motion.



## Smart Features

Your Theragun Elite 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. Your Theragun Elite's OLED screen displays the current speed and force to help guide your treatment.



Scan the QR code  
to get started.



# Attachments

Your Theragun Elite comes with five different attachments designed for every muscle and need.

## Standard Ball

For overall, general use



## Wedge

For scraping, shoulder blades, or IT bands



## Dampener

For use on tender areas or near bones



## Micropoint

Provides increased stimulation throughout the treatment



## Thumb

For lower back and trigger point therapy



# THERAGUN

by Therabody

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



@Therabody