

THERAGUN Prime

Getting started

Step 1

Turn on and float

Firmly press and hold the center button on the button pad, then float the Theragun Prime across areas in need. Use the up (**▲**) and down (**▼**) buttons on the button pad to adjust speed. Apply light to moderate pressure as needed.

Step 2

Get the Theragun app

We'll guide you through a stress-free setup and show you how to get the most out of your fully personalized app experience.

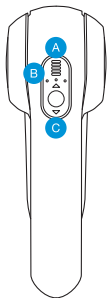
Step 3

Feel the difference.™ Every day.

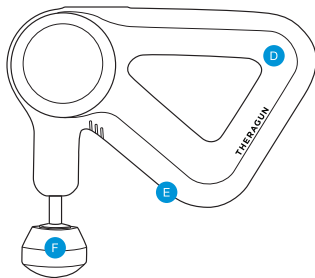
Take a deep breath and treat yourself with guided treatment presets or go freestyle with 5 preset speeds. It's all designed for you.

The Theragun Prime

See Warnings insert for important safety instructions



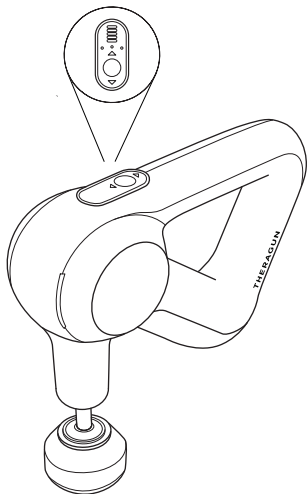
- A LED battery indicator
- B LED speed indicator
- C Button pad



- D Theragun Triangle™ multi-grip
- E Charging port
- F Interchangeable attachments

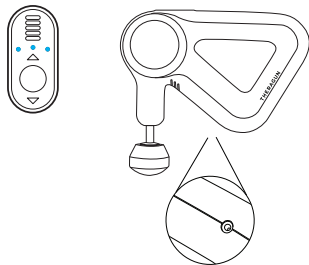
Using the Theragun Prime

1. To turn on the Theragun Prime, firmly press and hold the center button on the button pad.
2. Press the up (**▲**) and down (**▼**) arrows to toggle between 5 preset speeds and adjust your treatment level.
3. To turn off the Theragun Prime, firmly press and hold the center button on the button pad.



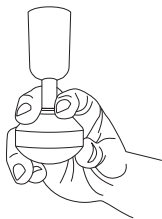
Charging the Theragun Prime

1. After turning off the device, plug the power adapter into the charging port of the Theragun Prime.
2. The LED battery indicator, located under the 5 LED speed indicator bars, will start flashing.
3. Charging is complete when all 3 LED lights of the LED battery indicator are lit.

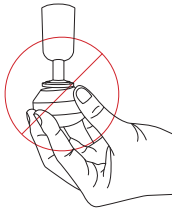


Connecting the attachments

Align the attachment with the tip of the rotating arm and push to connect. To remove, grip the attachment, placing 1 finger on each side of the plastic connector. Pull off the attachment.



Correct

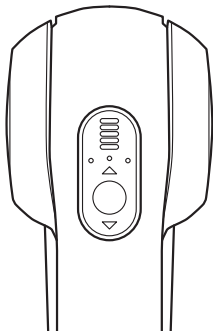


Incorrect

Smart Features

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

Once paired with your device, the app can remotely adjust speed, activate guided treatment presets, and make real-time recommendations based on your feedback and recent activity. It's truly your intuitive wellness partner on your journey to feeling better and moving more freely. Every day.



Scan the QR code
to get started.



Attachments

Your Theragun Prime comes with 4 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



Cone

For pinpoint muscle treatment



Regulatory Information

FCC Information:

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.

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.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.

IC Information:

-English:

1. This device complies with Industry Canada 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.

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

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

-French:

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit 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.

Cet appareil est conforme aux limites d'exposition de rayonnement RF ISEDC établies pour un environnement non contrôlé.

THERAGUN

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



@Theragun