

**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 Therabody 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.

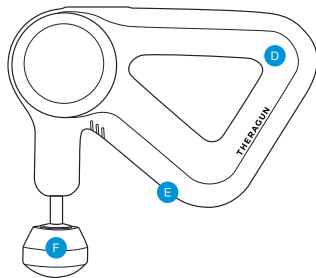
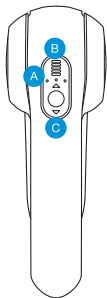
### Step 3

#### 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

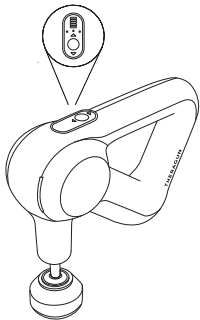


- A LED battery indicator
- B LED speed indicator
- C Button pad

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

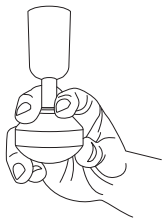
## Using the Theragun Prime

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.

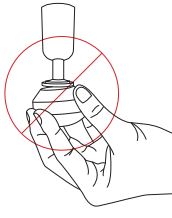


## Connecting the attachments

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.



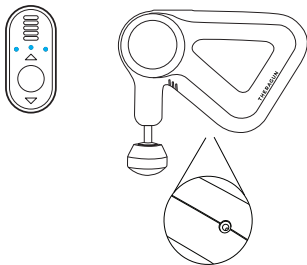
✓  
Correct



✗  
Incorrect

## 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.



## Cleaning Instructions:

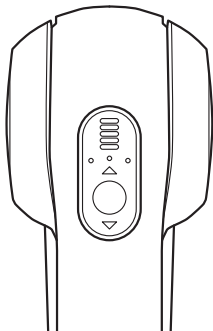
For the most hygienic Theragun device experience, sanitize it after each use by:

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 Prime is 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.

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



# THE RAGUN

by Therabody

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



@Therabody



## WARNINGS

BEFORE USING THE OR CHARGING THE PRIME, READ ALL THE INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, AND ON THE PRIME. The PRIME is intended for commercial or home use. We strive to make the PRIME as safe as possible. This is an advanced mechanical device with electric components. If the PRIME and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. Do not place your finger or any objects near the metal piston above the attachment while the PRIME is in use or immediately after use. The metal piston can become extremely hot. Do not use any attachments other than the ones provided by Theragun and only as instructed by Theragun. Do not use the PRIME on your head or near your genitals. Do not use the PRIME above the waist during pregnancy. Do not get hair caught in any moving part of the PRIME. Do not use the PRIME above your Adam's Apple or C4. Do not get the PRIME wet. Only clean the PRIME with a magic eraser or a lightly damp towel. Do not block the vents of the motor. Never attempt to disassemble the PRIME. Never store the PRIME at temperatures above 40°C/104°F. Only charge the PRIME when the ambient temperature is between 0°C/32°F and 40°C/104°F. Never expose the PRIME or its charger to water. For long-term storage, the PRIME should be fully charged. This product is not intended to diagnose, treat, or prevent any diseases. When using the PRIME, these basic precautions should always be followed including:

1. **USE ONLY AS INSTRUCTED.** Use the PRIME as described in this PRIME Instruction Manual. Use only Theragun recommended accessories and replacement parts. Do not carry out any maintenance other than what is shown in the PRIME Instruction Manual or advised by Theragun.
2. **NOT FOR CHILDREN.** The PRIME and charger are not intended for use by young children or persons with reduced physical, sensory or reasoning capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a responsible person. Do not allow the PRIME to be used as a toy. Close attention is necessary when used by or near children. Children should be supervised to ensure that they do not play with the PRIME or charger.
3. **REDUCING RISK OF INJURY.** Charge the PRIME only with the Theragun PRIME charger. Other chargers may cause personal injury or damage. Do not connect the PRIME to a different power supply plug or car cigarette lighter. The internal battery will be permanently disabled or damaged.
4. **CHARGING LOCATIONS.** The PRIME should be charged indoors in a well ventilated, dry location. Do not charge the PRIME outdoors, in a bathroom or within 10 feet (3.1 meters) of a bathtub, or pool. Do not use the PRIME or charger on wet surfaces and do not expose the charger to moisture, rain, or snow. Do not use the PRIME or charger in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.
5. **UNPLUGGING THE CHARGER.** Pull the plug, not the cord, to reduce the risk of damage to the electrical plug and cord. Never carry charger by its cord. Keep the cord from heat, oil, and sharp edges. Do not use or charge with a damaged cord. Do not stretch the charger cord or place the cord under strain. Keep cord away from heated surfaces. Do not handle the charger, including the charger terminals or PRIME with wet hands.
6. **CHARGER CARE.** Unplug the charger when not in use. Unplug the charger from the outlet when not in use for extended periods. Make sure the charger cord is located so that it will not be stepped on, tripped over, or otherwise subjected to damage or stress. Have a damaged charger replaced immediately.
7. **DO NOT OVERCHARGE.** Do not leave connect the PRIME to the charger for more than an hour after the PRIME has been fully charged. The PRIME includes a protection system to avoid the risk of overcharging, however, overcharging the PRIME may reduce its life over time. Only use with AC adapter: HXD302-1501500US/ZZ, HXD302-1501500CI/ZZ, EA10235AR.
8. **DO NOT BLOCK MOTOR VENTS.** Do not put any obstructions into vents. Do not use if any vent is blocked. Keep free of dust, lint, hair, and anything that may reduce airflow. Keep hair, loose clothing, and fingers from vents and moving parts.
9. **DO NOT BURN OR INCINERATE THE PRIME.** The internal battery may explode, causing personal injury or damage. Toxic fumes and materials are created when battery is burned.
10. **DO NOT CRUSH, DROP, OR DAMAGE THE PRIME CHARGER.** Do not use a charger that has received a sharp blow, been dropped, run over, or damaged in any way.
11. **BATTERY CHEMICALS CAUSE SERIOUS BURNS.** Never allow the internal battery to come into contact with the skin, eyes, or mouth. If a damaged battery leaks chemicals, use rubber or neoprene gloves to dispose of it. If skin is exposed to battery fluids, wash with soap and water and rinse with vinegar. If eyes are exposed to battery chemicals, immediately flush with water for 20 minutes and seek medical attention. Remove and dispose of contaminated clothing.
12. **DO NOT OPERATE UNDER BLANKET AND PILLOW.** Excessive heating can occur and cause fire, electric shock, or injury to persons.
13. **STORING THE PRIME AND CHARGER.** Store in a cool, dry place. Do not store the PRIME where temperatures may exceed 40°C/104°F such as in direct sunlight, in a vehicle, or metal building during the summer.

14. **DISPOSING OF BATTERIES.** The internal Theragun Lithium-ion batteries for the PRIME are more environmentally friendly than some other types of batteries (e.g., nickel-cadmium). Always dispose of the PRIME according to federal, state, and local regulations. Contact a recycling agency in your area for recycling locations. Even discharged batteries contain some energy. Before disposing, use electrical tape to cover the PRIME's 12V connector to prevent the battery from shorting, which could cause a fire or explosion.

15. **DO NOT DISASSEMBLE.** Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The warranty will be void if the PRIME or charger are disassembled or if any parts have been removed.

16. **SERVICE.** If the PRIME or charger is not working properly, has received a sharp blow, has been dropped, damaged, left outdoors, or dropped into water, do not use and contact Theragun by emailing [info@therabody.com](mailto:info@therabody.com) for repair or service. Do not attempt to repair or disassemble the Theragun PRIME which may result in an electric shock or fire.

17. **DO NOT USE WHILE BATHING OR IN THE SHOWER, TUB, OR SINK.** Do not place or store the PRIME where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. Do not reach for an appliance that has fallen into water. Unplug immediately.

18. **THERMAL LIMITER.** The PRIME employs an automatic reset thermal limiter that shuts off the PRIME to prevent overheating and fire.

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

### **LIMITED WARRANTY**

For full warranty information, please visit [www.therabody.com/warranty](http://www.therabody.com/warranty). To request a copy of the warranty by mail, you may send a request to the following address: Therabody - Warranty

Attn: Customer Service

3003 W. Olympic Blvd., Suite 106-140

Los Angeles, CA 90006.

Please note, this is not a return address or a retail location. No products or packages will be accepted at this location.