

THERAGUN Prime®

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 Prime.

Step 2

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.

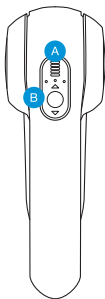
Step 3

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.

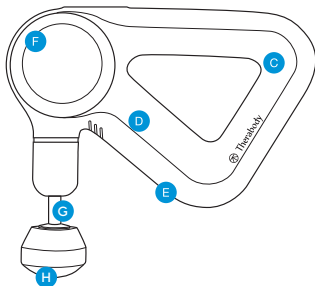
The Theragun Prime

See Warnings insert for important
safety instructions



A LED indicators

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™

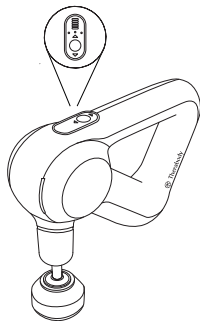
G 16mm amplitude for deep muscle treatment

H Interchangeable attachments

Using the Theragun Prime

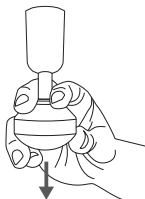
1. To turn on, firmly press and hold the center button on the button pad.
2. Press the up (**▲**) and down (**▼**) buttons on the button pad to increase or decrease speed.
3. To turn off, firmly press and hold the center button on the button pad until the device shuts down.

Note: We recommend no more than two minutes of continuous use in any one spot.

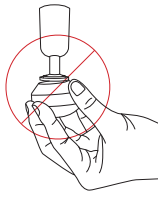


Connecting the attachments

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.



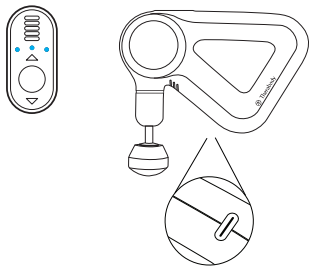
Correct



Incorrect

Charging the Theragun Prime

Your device includes a USB-C to USB-C + USB-A cable so you can use a wider variety of adapters. The 3 circular LED lights on the control panel of the device indicate battery level.



Cleaning Instructions:

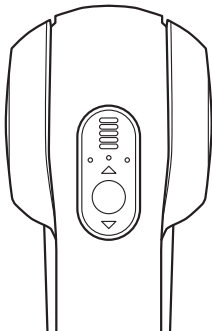
For the most hygienic Theragun device experience, sanitize it after each use:

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 Prime 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 protocols, and make real-time recommendations based on your usage.



Scan the QR code
to get started.



Attachments

Your Theragun Prime comes with four different attachments designed for every muscle and need.

Standard Ball

For overall, general use



Thumb

For lower back and trigger point therapy



Dampener

For use on tender areas or near bones



Micropoint

Provides increased stimulation throughout the treatment



THERAGUN

by Therabody

Born in Los Angeles, CA.

Designed for every*body*.



@Therabody