THERAGUN PRO

Professional-Grade Smart Percussive Therapy™ Device

Getting started

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.

Get the Theragun app

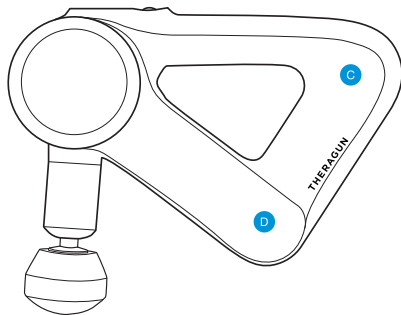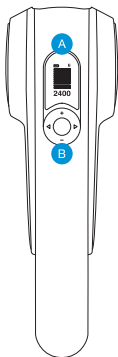We'll guide you through a stress-free setup and show you how to get the most out of your Theragun PRO.

Feel the difference.™ Every day.

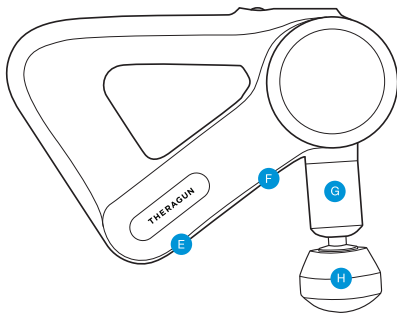Take a deep breath and treat yourself with guided treatment presets or freestyle mode. It's all designed for you.

The Theragun PRO

A OLED screen

B Button pad

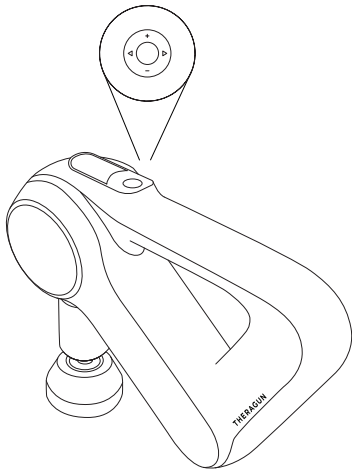C Theragun Triangle™ multi-grip

D Lithium-ion battery

2400

See Warnings insert for
important safety instructions

E Battery release button

F Rotating arm button

G Rotating arm
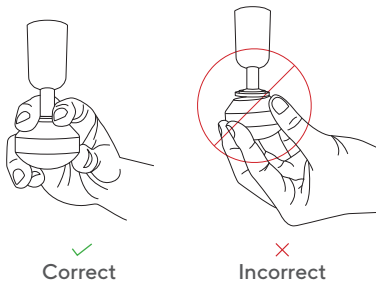
H Interchangeable attachments

Using the Theragun PRO

1. Insert the lithium-ion battery fully before turning on the Theragun PRO.

2. To turn on the Theragun PRO, firmly press and hold the center button on the button pad.

3. Press the plus **(+)** and minus **(–)** buttons on the button pad to increase or decrease speed.

4. Press the left **(<)** and right **(>)** arrows on the button pad to toggle between the Theragun PRO's pre-loaded treatment presets.

5. To turn off the Theragun PRO, firmly press and hold the center button on the button pad until the device shuts down.
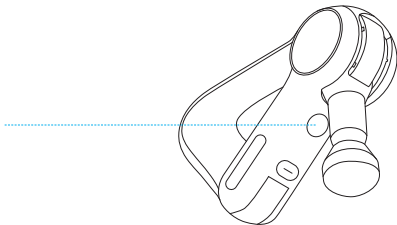
Connecting the attachments

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

Using the rotating arm

Your Theragun PRO's rotating arm adjusts to 4 positions. To adjust the arm, push the rotating arm button on the underside of the Theragun PRO and move the arm to the desired position.
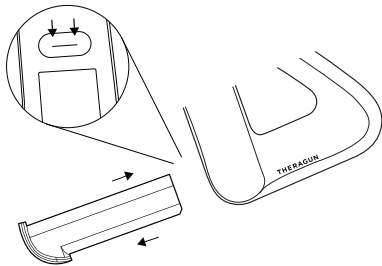
Lithium-ion battery

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.

Battery life is displayed on the Theragun PRO's OLED screen when the device is turned on.

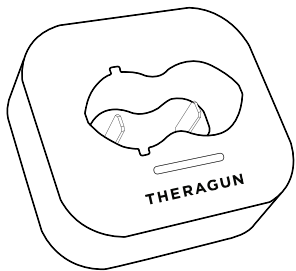To remove the battery, press the circular release button above the battery slot and pull the battery out.

Charger

Plug the charging wire into the port on the charging dock. Insert the battery into the charging dock and press down until the light flashes. Charging is complete once the light stops flashing.
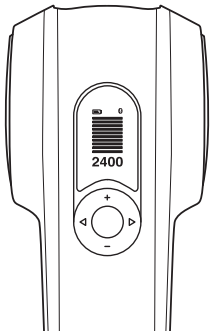
The Theragun PRO is wireless charging enabled. For more on wireless charging, visit Theragun.com.

Smart Features

Your Theragun PRO 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 usage. Your Theragun PRO's OLED screen supports your app experience by displaying the current speed and force to help guide your treatment.

Scan the QR code to get started.

Download on the App Store

GET IT ON Google Play

Attachments

Your Theragun PRO comes with 6 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

Wedge

For scraping, shoulder blades, or IT bands

Supersoft™

When you need a soft touch

THERAGUN

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

@Theragun

FCC statements should be displayed in the user manual:

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.

IC statements should be displayed in the user manual:

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.