

# **THERAGUN**

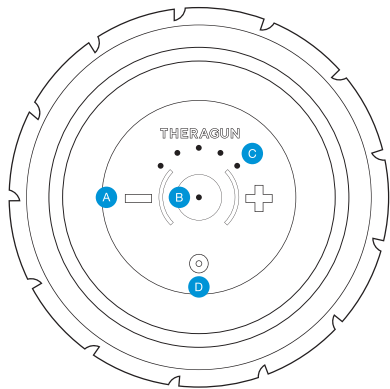
Wave Roller

## Wave Roller™

Smart Vibrating Foam Roller  
from the makers of Theragun.

- A Plus and Minus speed buttons
- B LED battery indicator light
- C LED speed indicator
- D Charging port

See Warnings insert for  
important safety instructions



## Using the Wave Roller™

1. To turn on the Wave Roller, firmly press and hold the power button for 1-2 seconds.
2. Wave Roller will start on the lowest of five settings. To increase speed, short press the plus button until desired speed is active.
3. Place the device under the treatment area gradually applying light to moderate pressure as needed.
4. To turn off the Wave Roller, firmly press and hold the power button until the device turns off.

## Smart Features

Your Wave Roller 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.



Scan the QR code  
to get started.







## Charging the Wave Roller™

1. After turning off the device, plug the power adapter into the charging port.
2. The LED light on the power button will flash until fully charged.
3. Charging is complete when the LED light on the power button is solid green.
4. Battery level is continuously displayed on the LED light of the power button when the device is on. To view battery level when the device is off, briefly press the power button and the LED battery light will flash to indicate the battery level.

## Charging the Wave Roller Wirelessly

Battery level on the Wave Roller is indicated with the following colors:

-  **Flashing red:** Low charge
-  **Flashing blue:** Half-way charged
-  **Flashing green:** High charge
-  **Solid green:** Fully charged