

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.

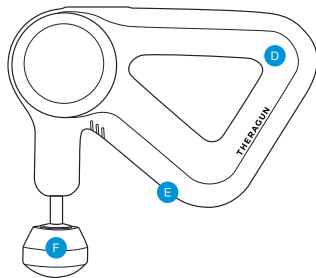
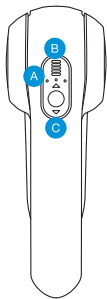
Step 3

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

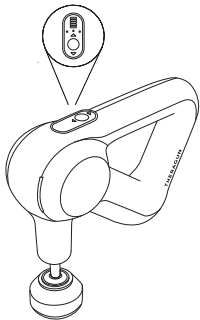


- A LED battery indicator
- B LED speed indicator
- C Button pad

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

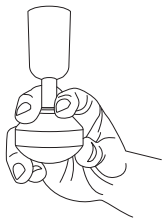
Using the Theragun Prime

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.

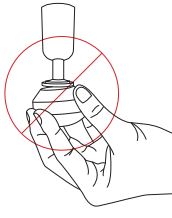


Connecting the attachments

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.



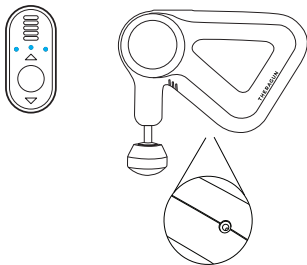
✓
Correct



✗
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:

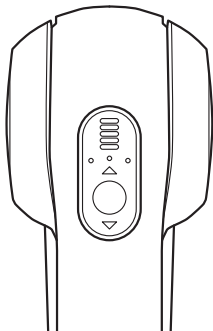
For the most hygienic Theragun device experience, sanitize it after each use by:

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