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## TheraGun G3PRO

# TheraGun G3PRO Percussive Therapy Device User Manual

Model: G3PRO



## INTRODUCTION

The TheraGun G3PRO is a professional-grade percussive therapy device designed for deep muscle treatment. It delivers targeted percussions to relieve muscle tension, accelerate warm-up and recovery, and enhance physical performance. This manual provides essential information for the safe and effective use of your G3PRO device. Key features include:

- Scientifically calibrated deep muscle treatment at 40 percussions per second.
- Two speed settings: Standard (40 percussions/second) and Sensitive (29 percussions/second).
- 50% quieter operation compared to previous models, featuring a redesigned gearbox and powerful Japanese motor.
- Two swappable Lithium-ion batteries, each providing 75 minutes of continuous use.
- Adjustable arm with four angles for ergonomic reach to various body areas.
- Six unique attachments designed for specific muscle groups and treatment needs.

## PACKAGE CONTENTS

Upon opening your TheraGun G3PRO package, verify that all components are present:

- TheraGun G3PRO Device
- Six Percussive Attachments with Pouch
- Premium Travel Case
- Two Samsung Lithium-ion Batteries
- Lithium-ion Battery Charger



Image: The complete TheraGun G3PRO kit, including the device, travel case, charger, two batteries, and six attachments in a pouch.

## SETUP

### 1. Charging the Batteries

Before initial use, fully charge both Lithium-ion batteries. Connect the battery charger to a power outlet and insert a battery. The indicator light on the charger will show charging status. A full charge typically takes approximately 75 minutes per battery.

### 2. Inserting and Swapping Batteries

To insert a battery, align it with the battery compartment at the base of the device and slide it in until it clicks securely into place. To remove, press the release button on the battery and slide it out. The G3PRO is designed for continuous use with two swappable batteries.

# The 2 speeds you need

Scientifically tested & set to the exact level your body needs for faster healing



## Signature speed

Muscle impact 40 times per sec.



## Sensitive speed

Muscle impact 29 times per sec.

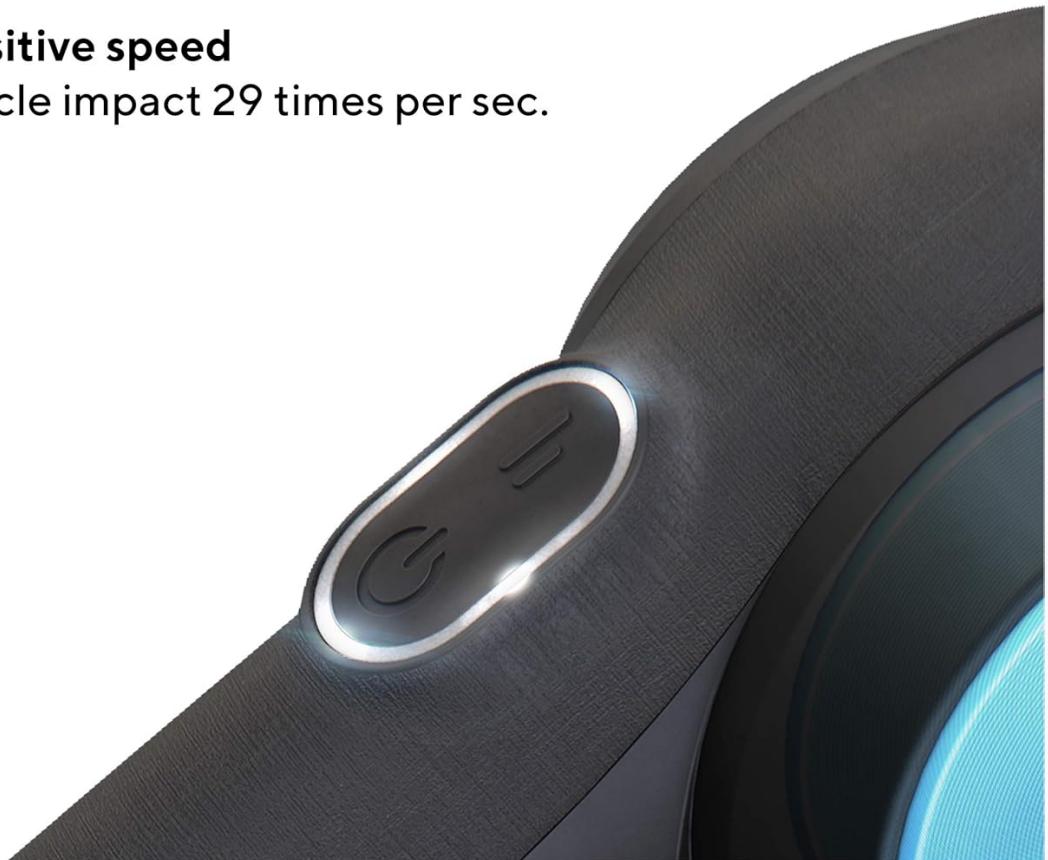


Image: The TheraGun G3PRO device shown alongside its two swappable Lithium-ion batteries, highlighting the ease of exchange for extended use.

### 3. Attaching and Swapping Attachments

The G3PRO comes with six unique attachments. To attach, simply push the desired attachment firmly into the head of the device. To remove, pull the attachment straight out. Ensure the device is off before changing attachments.

### 4. Adjusting the Arm

The G3PRO features an adjustable arm with four positions. To adjust, press the arm release button located on the side of the device and pivot the arm to the desired angle. Release the button to lock the arm in place. This allows for ergonomic reach to various body parts.

# 90° Arm Rotation

4 versatile arm positions designed to treat hard-to-reach areas easily



Image: A visual representation of the TheraGun G3PRO's adjustable arm, demonstrating its 90-degree rotation and four versatile positions for reaching different body areas.

## OPERATING INSTRUCTIONS

### 1. Powering On/Off

To power on the G3PRO, press and hold the power button located on the side of the device. The device will start in the default Standard speed. To power off, press and hold the power button again until the device stops.

### 2. Selecting Speed Settings

The G3PRO offers two speed settings: Standard (40 percussions per second) and Sensitive (29 percussions per second). After powering on, press the speed button to toggle between these two settings. The LED indicators will show the selected speed.

# Ergonomic, comfortable handle

Theragun Triangle® shape w/ 3 ergonomic grips  
Easy to hold from any angle



Image: A close-up of the TheraGun G3PRO's control panel, illustrating the power and speed buttons and the two available speed settings: Signature (40 percussions/sec) and Sensitive (29 percussions/sec).

### 3. Ergonomic Grip

The G3PRO features a unique triangular handle design with three ergonomic grips: Standard, Base, and Reverse. Utilize these grips to comfortably hold the device and apply pressure from various angles, minimizing strain during use.

# 2 swappable batteries for all-day use

Simply charge one while the other is in use and never go without relief



Image: The TheraGun G3PRO's ergonomic handle, highlighting the three distinct grip positions (Standard, Base, and Reverse) for comfortable and versatile use.

## 4. Attachment Usage Guide

Select the appropriate attachment based on the muscle group and desired intensity:

- **Standard Ball:** General use for overall muscle groups.
- **Thumb:** Ideal for lower back pain and trigger points.
- **Cone:** Suitable for feet and targeting knots.
- **Dampener:** For sensitive areas or near bony prominences.
- **Large Ball:** Effective for sore legs and glutes.
- **Wedge:** Designed for IT bands and scraping.

<p><b>Standard Ball</b> Overall use</p>  	<p><b>Thumb</b> Lower back pain</p>  	<p><b>Cone</b> Feet, knots</p>  
<p><b>Dampener</b> Sensitive areas</p>  	<p><b>Large Ball</b> Sore legs, glutes</p>  	<p><b>Wedge</b> IT bands</p>  

Image: A grid displaying the six different TheraGun G3PRO attachments (Standard Ball, Thumb, Cone, Dampener, Large Ball, Wedge) with their recommended applications for various body parts and conditions.

## 5. Application Techniques

Apply the device to the desired muscle area. Allow the device to float over the muscle, applying light to moderate pressure as needed. Move the device slowly across the muscle. Avoid pressing too hard or staying in one spot for too long. Consult a healthcare professional for specific guidance on percussive therapy techniques.

## MAINTENANCE

### 1. Cleaning the Device

Wipe the G3PRO device with a clean, damp cloth after each use. For attachments, they can be cleaned with mild soap and water, then thoroughly dried. Do not immerse the device in water or use harsh chemicals.

### 2. Battery Care and Storage

Store batteries in a cool, dry place. Avoid extreme temperatures. If the device will not be used for an extended period, remove the batteries. Fully charge batteries before long-term storage and recharge every few months to maintain battery health.

### 3. Device Storage

Store the G3PRO and its attachments in the provided premium travel case to protect it from dust and damage when not in use.

## TROUBLESHOOTING

If you encounter issues with your TheraGun G3PRO, consider the following:

- **Device not turning on:** Ensure the battery is fully charged and correctly inserted. Try swapping with the second battery.
- **Reduced power or inconsistent performance:** Check battery charge level. Ensure attachments are securely fastened.
- **Unusual noise:** Discontinue use and contact customer support if you hear abnormal sounds.

For further assistance, refer to the official TheraGun support resources.

## SPECIFICATIONS

- **Model:** G3PRO
- **Manufacturer:** TheraGun
- **Power Source:** Battery Powered
- **Batteries:** 2 Lithium Ion batteries required (included)
- **Material:** Professional-grade plastic composite
- **Product Dimensions:** 10 x 2.5 x 8 inches
- **Item Weight:** Approximately 1.32 Grams (device only, excluding batteries)
- **Use For:** Whole Body
- **Date First Available:** February 1, 2019

## WARRANTY AND SUPPORT

For detailed warranty information, product registration, and customer support, please visit the official TheraGun website. Keep your proof of purchase for warranty claims.

**Legal Disclaimer:** Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

