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TheraGun G4-PRO-PKG-US

TheraGun Pro Handheld Deep Tissue Massage Gun

Model: G4-PRO-PKG-US

INTRODUCTION

The TheraGun Pro is a professional-grade percussive therapy device designed for deep muscle treatment. It features QuietForce Technology for powerful yet quiet operation, a customizable speed range, and smart app integration for personalized wellness routines. This manual provides essential information for the safe and effective use of your device.



Image: The TheraGun Pro device, showcasing its ergonomic design and percussive head.

PRODUCT FEATURES

- **Powerfully Quiet:** Patented brushless QX150 motor with QuietForce technology delivers professional deep muscle

treatment with minimal noise.

- **Extended Battery Life:** Includes two rechargeable lithium-ion batteries, each providing 150 minutes of use, for a total of 300 minutes of continuous operation. Batteries can be swapped for continuous use.
- **Customizable Speed & OLED Display:** Monitor current speed and power on the integrated OLED screen. Adjust speed between 1750-2400 Percussions Per Minute (PPMs) via the Therabody app.
- **Rotating Arm & Ergonomic Multi-Grip:** Designed to allow various holding positions, reducing strain on hands and arms during use.
- **Smart App Integration:** Connects via Bluetooth to the Therabody app, enabling personalized wellness routines based on user behavior and preferences.



Image: Diagram highlighting key features of the TheraGun Pro, including QuietForce Technology, OLED screen, customizable speed, rotating arm, and battery life.

WHAT'S IN THE BOX

Your TheraGun Pro package includes the following components:

- TheraGun Pro Device
- 2 Rechargeable Lithium-ion Batteries
- Battery Charger
- 6 Easy-to-Clean Attachments:
 - Dampener
 - Standard Ball
 - Thumb
 - Wedge
 - Cone
 - Supersoft
- Attachment Pouch
- Travel Case



Image: All components included in the TheraGun Pro package, neatly arranged.

SETUP

1. **Charge Batteries:** Fully charge both lithium-ion batteries before the first use. Insert a battery into the charging dock or directly into the device.
2. **Insert Battery:** Slide a charged battery into the battery compartment at the base of the device until it clicks into place.
3. **Attach Percussion Head:** Select the desired attachment and firmly press it into the percussive arm until it is securely seated.

2 Interchangeable Lithium-ion Batteries

150 min. battery life each



Image: The TheraGun Pro device alongside its two interchangeable lithium-ion batteries, demonstrating the battery system.

OPERATING INSTRUCTIONS

Follow these steps for effective use of your TheraGun Pro:

1. **Power On:** Press and hold the power button on the device to turn it on. The OLED screen will illuminate.
2. **Select Speed:** Use the plus (+) and minus (-) buttons on the device to adjust the percussion speed. Alternatively, connect to the Therabody app via Bluetooth for precise speed control and personalized routines.
3. **Apply to Muscle:** Hold the massager firmly using the ergonomic multi-grip handle. Gently apply the percussive head to the desired muscle group.
4. **Move Slowly:** Move the massager slowly over the muscle in circular or back-and-forth motions. Apply light to moderate pressure, allowing the device to do the work.
5. **Session Duration:** Use for 5-10 minutes per session on a specific area, as needed. Avoid prolonged use on a single spot.
6. **Power Off:** Press and hold the power button to turn off the device when finished.

Connects to app via Bluetooth®

- Access personalized routines
- Control customizable speed range
- See responsive force meter
- Save app presets on device

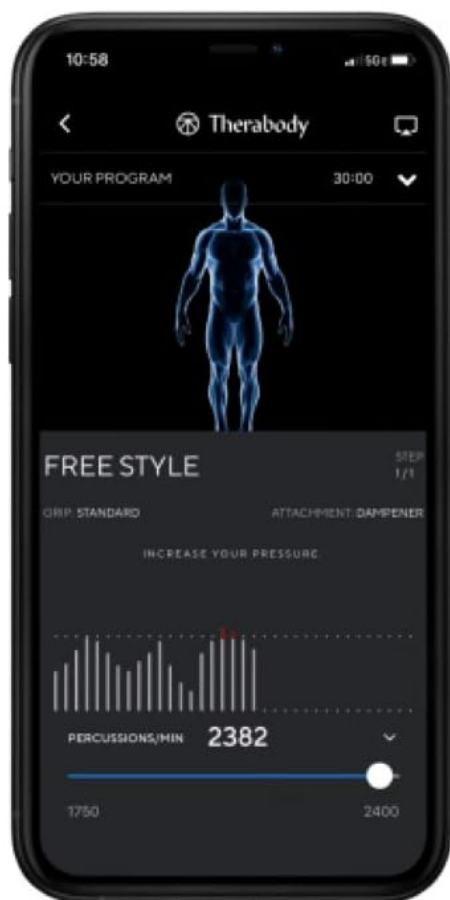


Image: The TheraGun Pro device shown next to a smartphone displaying the Therabody app interface, illustrating Bluetooth connectivity and app control.

MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your TheraGun Pro:

- **Cleaning:** After each use, wipe down the device and attachments with a damp cloth or an alcohol-free wipe. Ensure the device is powered off before cleaning.
- **Storage:** Store the device and its attachments in the provided travel case in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** Do not fully discharge the batteries before recharging. Store batteries with a partial charge if not used for extended periods.

TROUBLESHOOTING

If you encounter issues with your TheraGun Pro, refer to the following common solutions:

- **Device Not Turning On:** Ensure the battery is fully charged and properly inserted. Try using the second battery if available.
- **No Percussion/Weak Percussion:** Check that the attachment is securely fastened. Ensure the battery has sufficient charge.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your mobile device and the TheraGun Pro is within range. Restart both the device and the app.
- **Unusual Noise/Vibration:** Power off the device and inspect the percussive arm and attachments for any obstructions or damage. If the issue persists, contact customer support.

SPECIFICATIONS

Product Dimensions	12 x 3 x 12 inches
Item Weight	3.09 Pounds (1400 Grams)
Model Number	G4-PRO-PKG-US
Power Source	Battery Powered (2 Lithium Ion batteries included)
Battery Life	300 minutes (150 minutes per battery)
Color	Black
Manufacturer	Theragun

SAFETY INFORMATION

Please read and adhere to the following safety guidelines:

- Do not use the device on broken skin or open wounds.
- Avoid direct use over the spine or carotid artery.
- Use the device only as directed in this manual.

- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.

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. This device is not a medical device.

WARRANTY AND SUPPORT

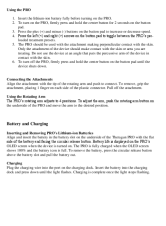



For warranty information, product support, or to purchase additional accessories, please visit the official TheraGun website or contact their customer service. Protection plans may also be available for extended coverage.

Manufacturer: TheraGun

For direct support, you may visit the [Therabody Store on Amazon](#).

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Related Documents

	Theragun PRO How-To Guide A comprehensive guide on how to use the Theragun PRO, including operation, attachment connection, rotating arm adjustment, and battery charging.
	Which Theragun is Right for You? Theragun Comparison Compare Theragun models including Relief, Sense, Prime Plus, Pro G5, and mini 2.0 to find the best percussive therapy device for your needs. Features, specifications, and pricing are detailed.
	Theragun Pro Plus Quick Start Guide This guide provides instructions for using the Theragun Pro Plus, covering attachment methods, operation, grip techniques, bio-authentication sensor use, charging, and care.
	Theragun PRO: Professional-Grade Smart Percussive Therapy Device User Guide A comprehensive guide to the Theragun PRO, a professional-grade smart percussive therapy device. Learn how to get started, use the device, connect attachments, manage the battery, charge, clean, and utilize its smart features. Includes information on different attachments for various muscle needs.