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TheraGun TM03348-01

TheraGun Therabody SmartGoggles (1st Generation) User Manual

Model: TM03348-01

INTRODUCTION

The Therabody SmartGoggles are designed to provide personalized relaxation, reduce stress, relieve tension headaches, ease eye strain, and prepare you for better sleep through a combination of compression massage, heat, and vibration. This manual provides instructions for the proper setup, operation, and maintenance of your SmartGoggles.



Image: Therabody SmartGoggles (1st Generation) device shown alongside a smartphone displaying the companion Therabody app.

SAFETY INFORMATION

Warning: Electric shock hazard - do not use while bathing or near water.

Always consult with a healthcare professional before using this device if you have any pre-existing medical conditions, especially eye-related conditions, or if you are pregnant. Discontinue use if you experience any discomfort or adverse reactions.

WHAT'S INCLUDED

Your Therabody SmartGoggles package includes the following items:

- SmartGoggles device
- Soft protective case
- USB-A to USB-C charging cable



SmartGoggles



Travel Pouch



USB-C Charging Cable

What's Included

Image: The SmartGoggles device, its protective travel pouch, and the USB-C charging cable.

SETUP

1. Charging the Device

Before first use, fully charge your SmartGoggles. Connect the provided USB-C charging cable to the charging port on the device and plug the other end into a compatible USB power adapter (not included). The battery indicator will show charging status and turn solid when fully charged. A full charge provides approximately 180 minutes of battery life.

2. Downloading the Therabody App

For full functionality and personalized treatments, download the Therabody app on your smartphone. The app is available for both iOS and Android devices.

Compare SmartGoggles 1st Gen and SmartGoggles 2nd Gen

You have specific needs, and we have tailored products designed to meet them. Find the perfect match so you get exactly what you're looking for.



SmartGoggles (1st Gen)



SmartGoggles (2nd Gen)

Image: User interacting with the Therabody app to customize treatments. The app can be downloaded from the [App Store](#).

3. Connecting to the App

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Therabody app and follow the on-screen instructions to pair your SmartGoggles.
3. Once connected, you can access various treatment modes and sound therapy options.

4. Adjusting the Fit

Place the SmartGoggles over your eyes and adjust the strap for a comfortable, secure fit. The design aims for 100% blackout and contoured cushioning around the eyes, allowing free eye movement without pressure.

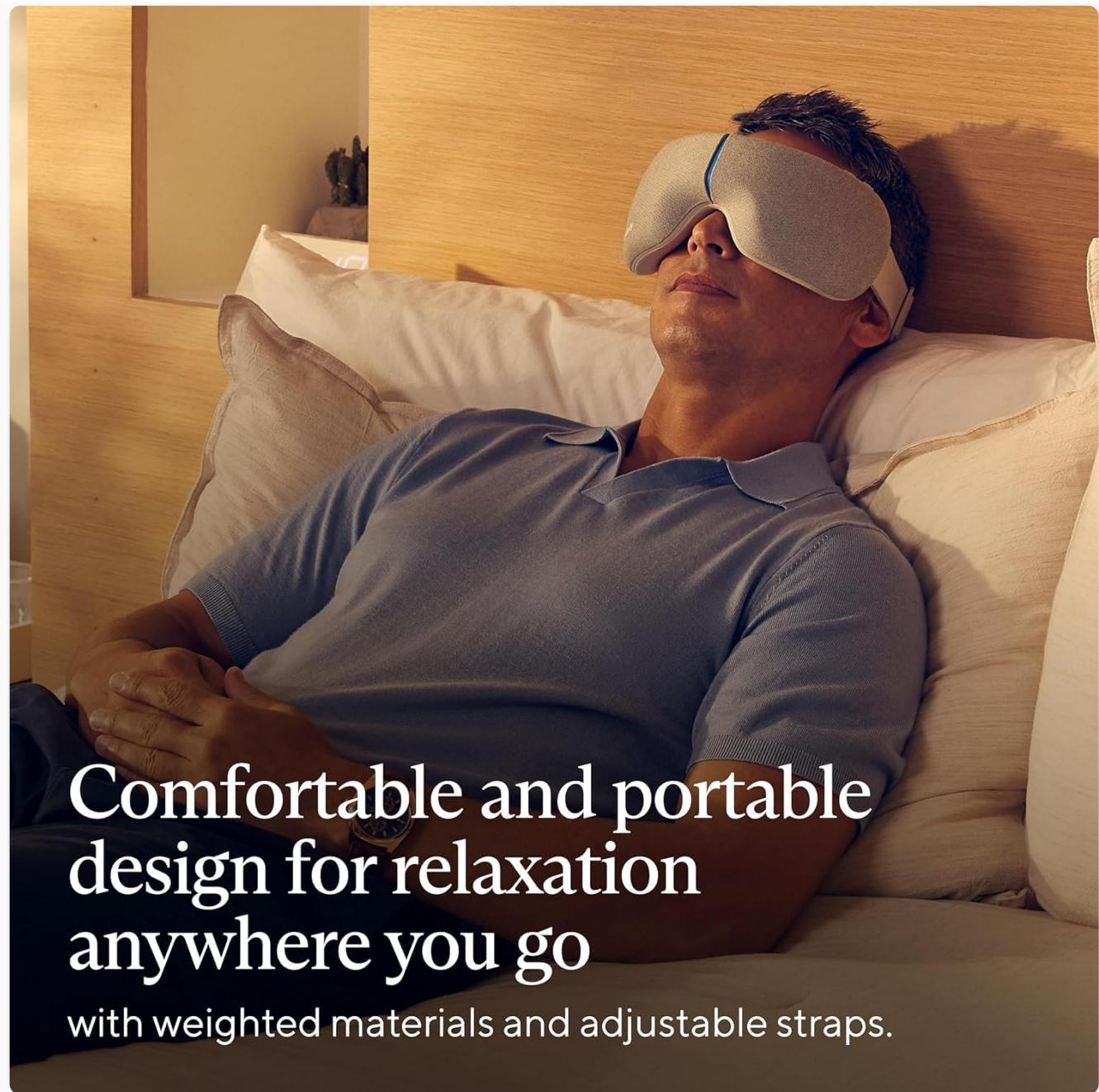
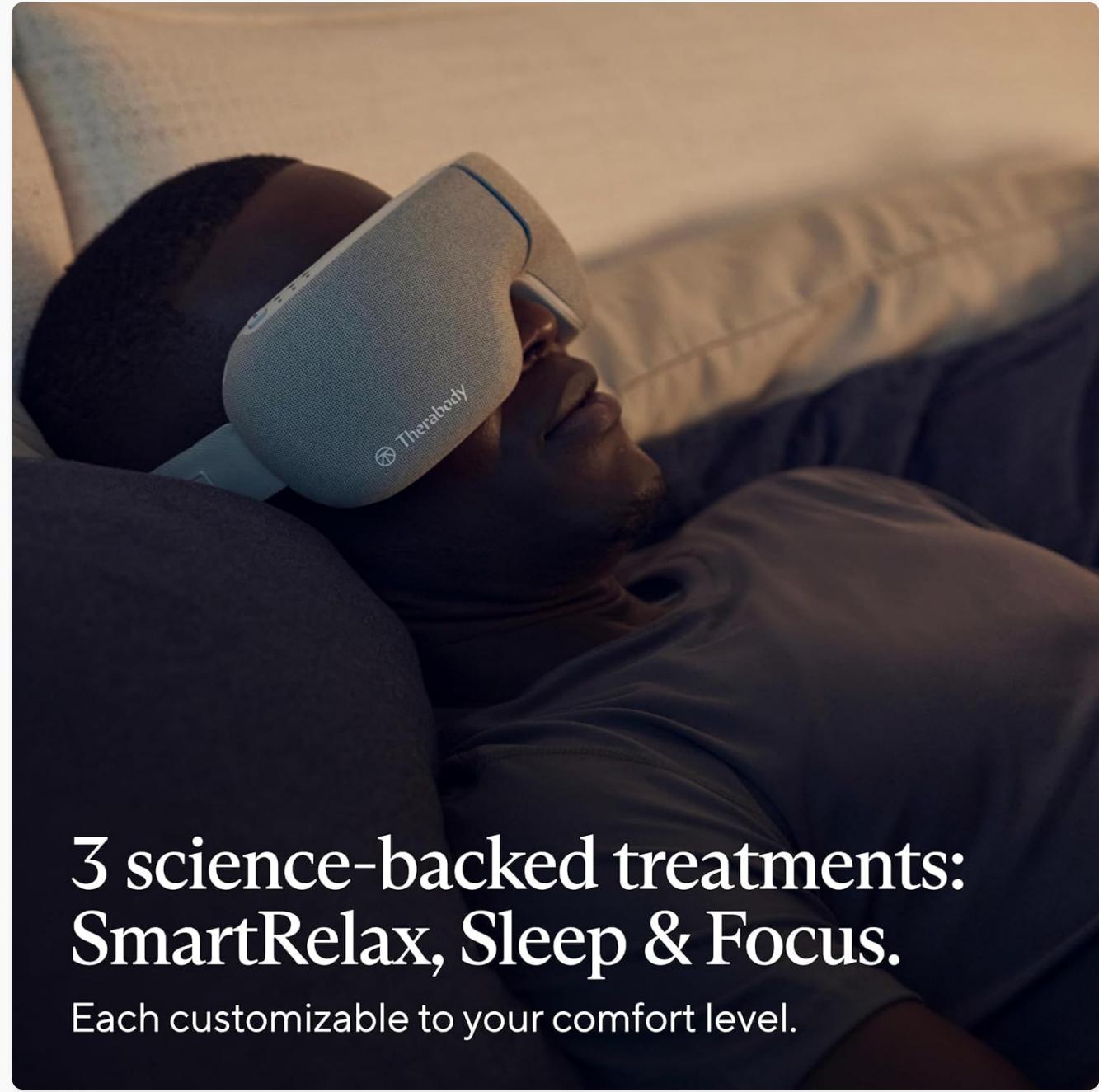


Image: The SmartGoggles feature a comfortable and portable design with adjustable straps for a personalized fit.

OPERATING INSTRUCTIONS

The SmartGoggles offer three preset treatments and customizable settings for a personalized experience.



3 science-backed treatments: SmartRelax, Sleep & Focus.

Each customizable to your comfort level.

Image: The SmartGoggles offer three distinct science-backed treatments: SmartRelax, Sleep, and Focus.

1. Powering On/Off

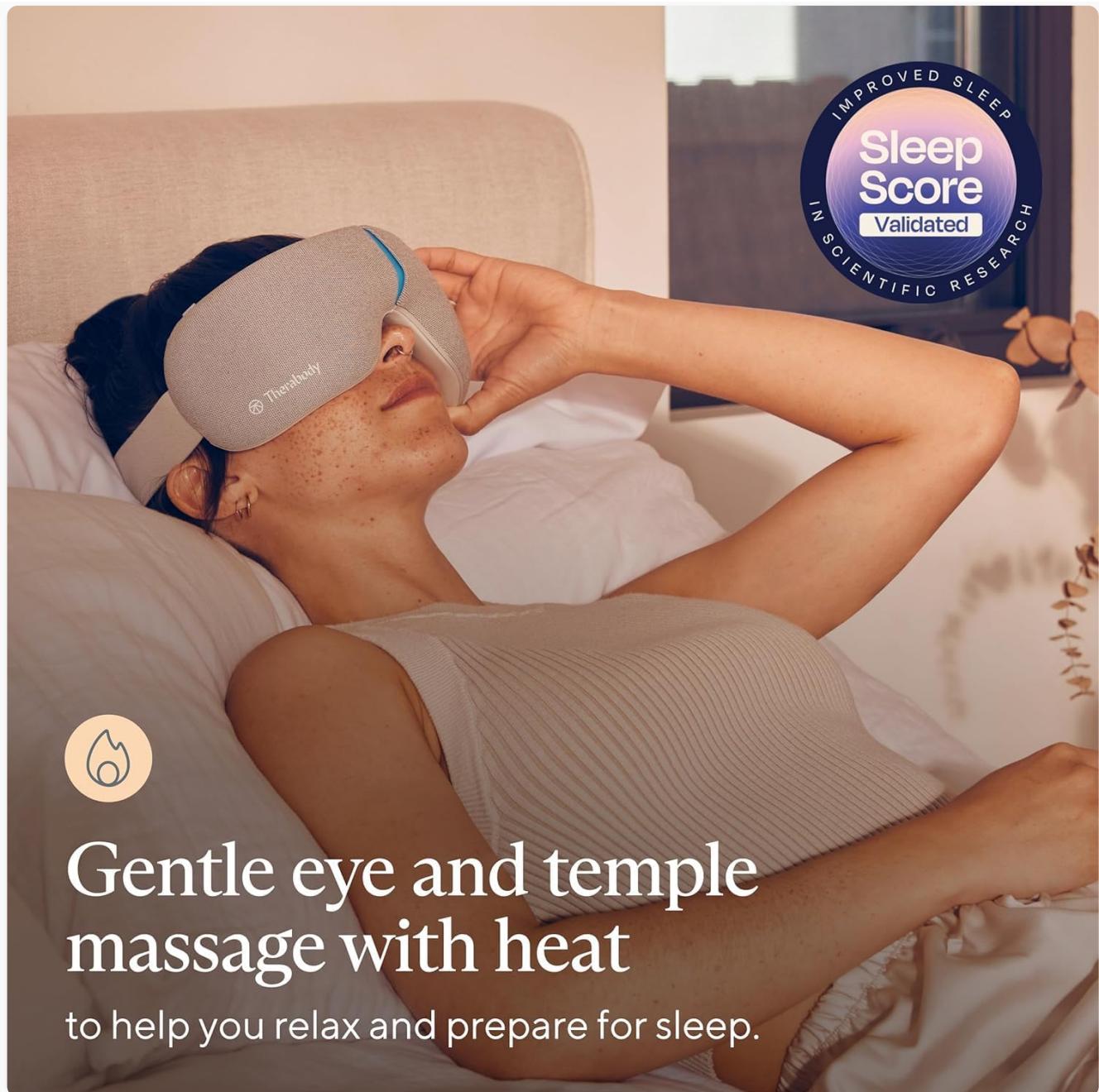
Press and hold the power button located on the device to turn the SmartGoggles on or off.

2. Selecting Treatments

You can select from three easy-to-use preset treatments:

- **SmartRelax:** Designed to lower your heart rate and promote relaxation using a proprietary biometric sensor.
- **Headaches & Eye Strain:** Targets relief for tension and discomfort around the eyes and temples.
- **Sleep Prep:** Helps prepare your body and mind for better sleep.

These treatments combine compression massage, heat, and vibration. You can customize temperature and intensity levels through the Therabody app.



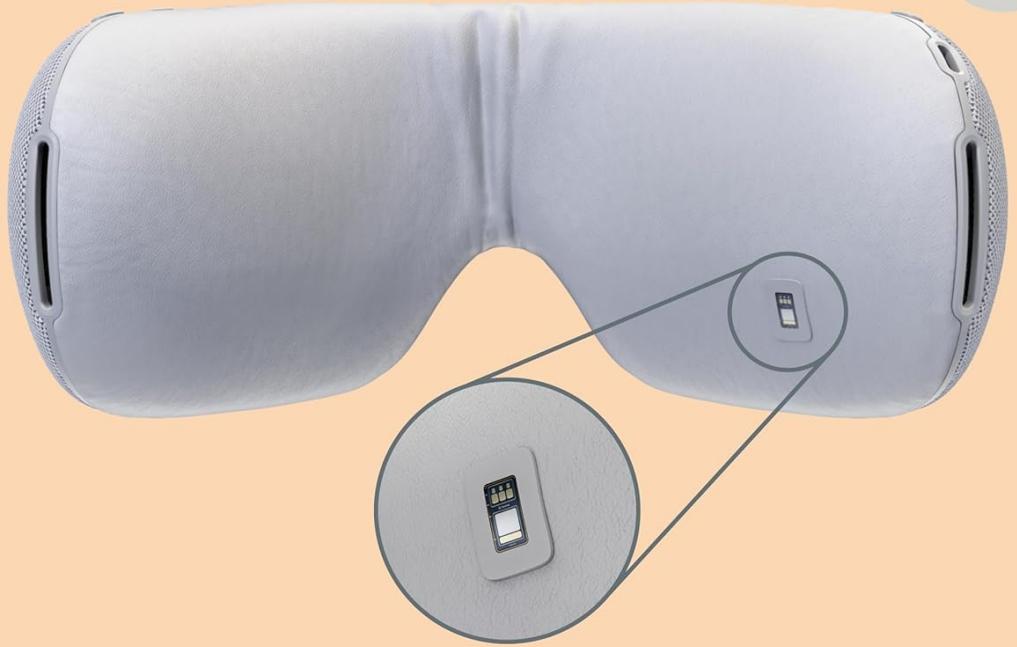
Gentle eye and temple massage with heat

to help you relax and prepare for sleep.

Image: The SmartGoggles provide gentle eye and temple massage with heat, aiding in relaxation and sleep preparation.

3. Biometric Sensor

The SmartGoggles feature a built-in biometric sensor that tailors vibration patterns to your heartbeat, enhancing the SmartRelax treatment for personalized relaxation.



Built-in biometric sensor for personalized treatments

Designed to promote relaxation and lower your heart rate.

Image: Detail of the SmartGoggles showing the integrated biometric sensor, which personalizes treatments based on heart rate.

4. TheraMind Audio

Access an expansive library of free TheraMind audio content through the Therabody app. These audio programs are designed to complement your SmartGoggles treatments for a multi-sensory relaxation experience.

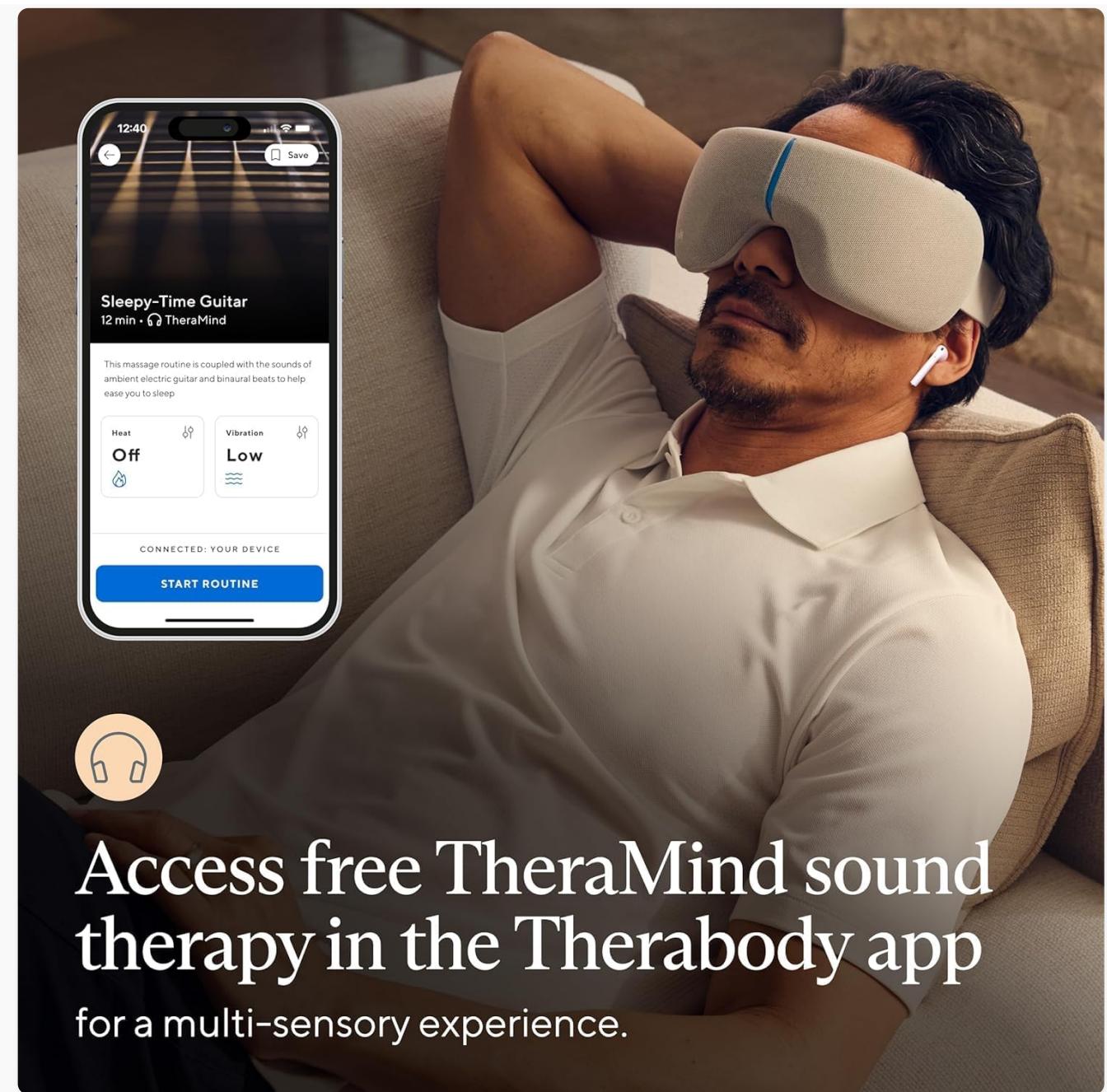


Image: The Therabody app provides access to TheraMind sound therapy for an enhanced relaxation experience.

MAINTENANCE

Cleaning

To clean your SmartGoggles, gently wipe the surfaces with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storing or recharging.

Storage

Store the SmartGoggles in their protective case in a cool, dry place when not in use. Avoid placing heavy objects on the device.

TROUBLESHOOTING

- **Device not turning on:** Ensure the SmartGoggles are fully charged. Connect to the charging cable and allow

sufficient time for charging.

- **App connectivity issues:** Verify that Bluetooth is enabled on your smartphone and that the SmartGoggles are within range. Try restarting both the device and the app.
- **No heat/vibration:** Check the selected treatment mode and intensity settings in the Therabody app. Ensure the device is properly positioned on your face.

SPECIFICATIONS

Feature	Specification
Model Number	TM03348-01
Product Dimensions	5 x 5 x 2 inches
Weight	0.63 ounces
Battery Type	1 Lithium Ion battery (included)
Material	Polyester Blend
Special Features	Foldable, Lightweight, Noise Cancelling
Age Range	Adult

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Therabody website. You can also contact Therabody customer service for assistance with product inquiries, troubleshooting, or warranty claims.

IMPORTANT NOTE REGARDING VIDEOS

The provided product data indicated the presence of videos; however, specific video URLs and creator information required for embedding were not available. Therefore, no videos could be embedded in this manual.

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Related Documents - TM03348-01

 THEAGUN RELIEF User Manual	<u>Theragun Relief User Manual: Your Guide to Everyday Pain Relief and Muscle Recovery</u> Explore the Theragun Relief, a percussive massage therapy device from Therabody designed for comfortable, everyday relief from aches, pains, stress, and muscle tension. This user manual guides you through its features, usage, and maintenance.
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 SmartGoggles User Manual	<p>Therabody SmartGoggles User Manual</p> <p>User manual for Therabody SmartGoggles, detailing product overview, intended use, getting started, modes, charging, and cleaning instructions.</p>
 THERAGUN RELIEF User Manual	<p>Theragun Relief User Manual: Your Guide to Everyday Wellness</p> <p>Explore the Theragun Relief, a user-friendly percussive massage device from Therabody. This manual details its features, attachments, operation, and care for effective muscle relief and daily wellness.</p>
 THERAGUN User Manual	<p>Theragun SmartGoggles User Manual: Operation, Safety, and Warranty</p> <p>Comprehensive user manual for the Theragun SmartGoggles, covering operation, safety precautions, troubleshooting, environmental specifications, EMC compliance, and limited warranty information.</p>
 THERAGUN SENSE User Manual	<p>Theragun Sense User Manual: Your Guide to Mind & Body Wellness</p> <p>Discover the Theragun Sense, a percussive massage therapy device from Therabody. This manual guides you through setup, features like biometric sensing and guided breathwork, and usage for stress relief and muscle wellness.</p>
 THERAGUN mini	<p>Theragun mini User Manual and Guide</p> <p>Discover the Theragun mini, a percussive therapy device designed for targeted muscle relief. This guide provides instructions on getting started, using attachments, charging, cleaning, and smart features.</p>