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› TheraGun Mini (3rd Generation) by Therabody - Portable Percussive Massage Device Instruction Manual

**TheraGun 00840295405810**

# TheraGun Mini (3rd Generation) by Therabody - Instruction Manual

Model: 00840295405810 | Brand: TheraGun

## INTRODUCTION

The TheraGun Mini (3rd Generation) is an ultra-portable percussive massage device designed to provide effective relief from daily aches, pains, tension, and stress. This compact device is 30% smaller, lighter, and quieter than previous models, making it an ideal travel essential for on-the-go recovery. It features scientifically proven percussive massage therapy to boost circulation and improve muscle mobility.

## WHAT'S INCLUDED

Your TheraGun Mini (3rd Generation) package includes the following items:

- Theragun Mini Gen 3 device
- 3 Attachments: Dampener, Standard Ball, Thumb
- USB-C charging cable
- Soft travel case

# What's included



Theragun Mini  
Standard Ball



Travel pouch



Dampener



Thumb



USB-C  
charging cable

Figure 1: Package Contents - TheraGun Mini device, three attachments, USB-C charging cable, and travel pouch.

## GETTING STARTED

### Charging the Device

The TheraGun Mini is equipped with a USB-C charging port. Follow these steps to charge your device:

1. Ensure the device is powered off before charging.
2. Connect one end of the provided USB-C charging cable to the USB-C port on the device.
3. Connect the other end of the charging cable to a compatible power adapter.
4. The LED light indicators will show the battery status. A flashing orange light indicates low battery, flashing blue indicates half battery, and flashing green indicates high battery.
5. The device has up to 180 minutes of battery life, depending on the attachment and intensity used.
6. **Note:** Do not use the device while it is charging. If using a third-party charger, ensure it is from a certified

manufacturer and has no structural damage.

## Attaching and Detaching Heads

The TheraGun Mini attachments are designed for easy interchangeability:

- To attach an accessory head, simply align it with the device's shaft and push firmly until it clicks into place.
- To detach an accessory head, firmly pull it straight off the device's shaft.

## OPERATING INSTRUCTIONS

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### Power On/Off and Speed Adjustment

The device features a simple one-button control for operation:

1. To power on the device, press and hold the power button until the device activates.
2. To cycle through the 3 adjustable speeds, press the power button briefly. The LED indicators will show the current speed setting.
3. To power off the device, press and hold the power button until the device deactivates.

# Quick and easy 1-button control



Figure 2: One-Button Control - Easily adjust between 3 massage intensity speeds.

## Using the Attachments

The TheraGun Mini includes three scientifically designed attachments to target various muscle groups and needs:

- **Dampener:** Reduces aches and pains in tender or sensitive areas.
- **Standard Ball:** Offers full-body massage to reduce tension and for general muscle activation.
- **Thumb:** Ideal for use on lower back muscles and trigger points to ease painful knots.

# Choose what feels best for you



**Dampener**  
For tender or  
sensitive muscles



**Standard Ball**  
For muscle tension  
& activation



**Thumb**  
For lower back &  
trigger points

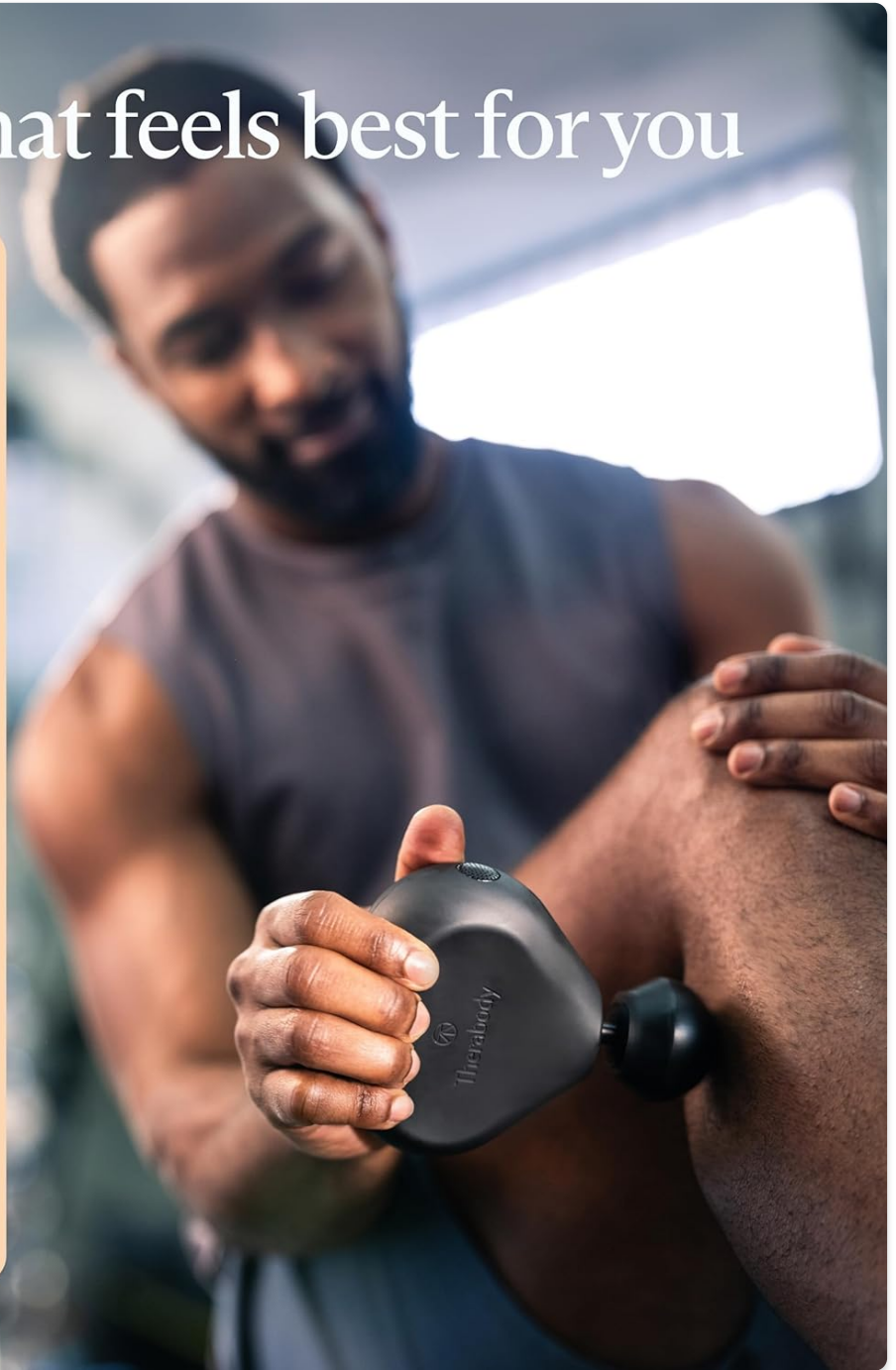


Figure 3: Interchangeable Attachments - Choose the right attachment for your specific needs.

## THERABODY APP INTEGRATION

Enhance your recovery experience by connecting your TheraGun Mini to the Therabody app via Bluetooth. The app offers:

- A library of routines and guided videos tailored for specific conditions like arthritis, sciatica, and plantar fasciitis relief.
- Personalized recovery recommendations based on your goals, daily activity, and health data from wearables (e.g., Garmin, Apple Health, Strava).
- Expert-designed routines that guide you on when and how to use your TheraGun for optimal treatment.



Figure 4: Recover Smarter with Coach by Therabody - Access personalized routines and guided videos.

Download the Therabody app for iOS or Android to get started:[Therabody App](#)

## MAINTENANCE

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To ensure the longevity and optimal performance of your TheraGun Mini, follow these maintenance guidelines:

- **Cleaning:** Wipe the device with a damp cloth after each use. Do not use abrasive cleaners or submerge the device in water.
- **Storage:** Store the device in its soft travel case in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** Fully charge the device before storing it for extended periods. Recharge every 3-6 months to maintain battery health.

## TROUBLESHOOTING

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If you encounter any issues with your TheraGun Mini, consider the following common troubleshooting steps:

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for a few seconds.
- **Attachments not staying on:** Ensure the attachment is properly aligned and pushed firmly onto the shaft until it clicks. Check for any debris in the attachment mechanism.
- **Unusual noise or vibration:** Power off the device and check if the attachment is securely fastened. If the issue persists, discontinue use and contact customer support.
- **Bluetooth connectivity issues:** Ensure Bluetooth is enabled on your mobile device and the TheraGun Mini is within range. Try restarting both devices.

## SAFETY INFORMATION

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Please read and adhere to all safety warnings and instructions before using your TheraGun Mini:

- Do not use on broken skin, blood clots, or if you have certain medical conditions.
- Consult a healthcare provider if you have any concerns or pre-existing medical conditions before use.
- Keep out of reach of children.
- Use only as directed. Avoid using the device on your head or any bony areas.
- Do not disassemble the device.

## SPECIFICATIONS

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|                    |                               |
|--------------------|-------------------------------|
| Product Dimensions | 4.5 x 5.5 x 1.9 inches        |
| Item Model Number  | 00840295405810                |
| Item Weight        | 15.87 ounces (0.45 Kilograms) |
| Brand              | TheraGun                      |
| Power Source       | Battery Powered               |
| Material           | Polycarbonate                 |
| Manufacturer       | Theragun                      |

## WARRANTY AND SUPPORT

For warranty information, product support, or to purchase additional accessories, please visit the official Therabody website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

**Email**

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question