

THERAGUN

# Wave Solo

User Manual

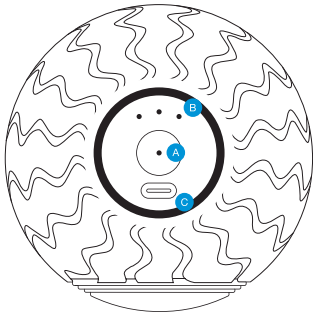


# Wave Solo™

See Warnings insert for  
important safety instructions

Smart Vibrating Roller using  
QuietRoll Technology™.

- A LED battery indicator light
- B LED speed indicator
- C USB-C charging port



## Using the Wave Solo

1. To turn on the Wave Solo, firmly press and hold the power button for 1-2 seconds.
2. Press the main button to increase speeds. After the highest speed, if the button is pressed again the Wave Solo will come back to the lowest speed.
3. Place the device under the treatment area gradually applying light to moderate pressure as needed.
4. To turn off the Wave Solo, firmly press and hold the power button until the device turns off.

## Smart Features

Your Wave Solo is a 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.



Scan the QR code  
to get started.



## Charging the Wave Solo

1. The Wave Solo is USB-C enabled. Plug the cable into your USB adapter of choice for charging.
2. The LED light on the power button will flash until fully charged.
3. Charging is complete when the LED light on the power button is solid green.
4. Battery level is continuously displayed on the LED light of the power button when the device is on. To view battery level when the device is off, briefly press the power button and the LED battery light will flash to indicate the battery level.

Avoid applying alcohol-based cleaner.

# THERAGUN

by Therabody

Born in Los Angeles, CA.  
Designed for every*body*.



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