



Scan for Therabody product precautions.

Theragun products are Class I medical devices.

THERAGUN



Benefits

- **Increases blood flow**
- **Reduces pain and discomfort**
- **Decreases muscle soreness**
- **Decreases inflammation**
- **Improves flexibility & mobility**
- **Improves sleep**
- **Accelerates warm up**
- **Maximizes recovery**

How to clean

1. Turn device off.
2. Take a disinfectant wipe or spray and clean the handle and attachment.
3. After fully cleaning the Theragun, allow it to dry or wipe down with a clean, dry cloth.

How to use

1. To turn on the Elite, firmly press and hold the center button for 2 seconds on the button pad.
2. Press the plus (+) and minus (-) buttons on the button pad to increase or decrease speed.
3. The Elite should be used with the attachment making perpendicular contact with the skin. Only the attachment of the device should make contact with the skin or area you are treating. Do not use the device at an angle that puts the percussive arm of the device in contact with the skin.
4. To turn off the Elite, firmly press and hold the center button on the button pad until the device shuts down.



Download the Therabody app for customized routines.

