

THERAGUN Elite

Hand held Massager

Getting started

Step 1

Turn on and float

Firmly press and hold the center button on the button pad, then float the Theragun Elite across areas in need. Use the plus (+) and minus (-) buttons on the button pad to adjust speed. Apply light to moderate pressure as needed.

Step 2

Get the Theragun app

We'll guide you through a stress-free setup and show you how to get the most out of your Theragun Elite.

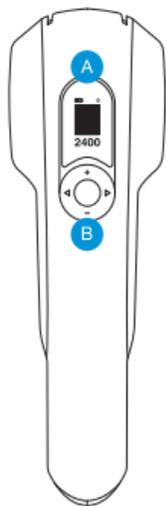
Step 3

Feel the difference.™ Every day.

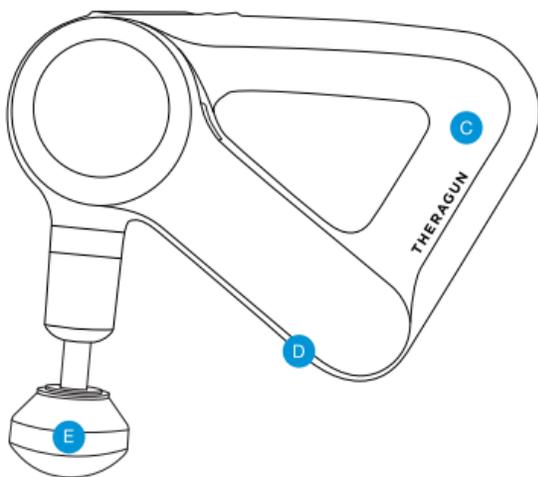
Take a deep breath and treat yourself with guided treatment presets or freestyle mode. It's all designed for you.

The Theragun Elite

See Warnings insert for important safety instructions



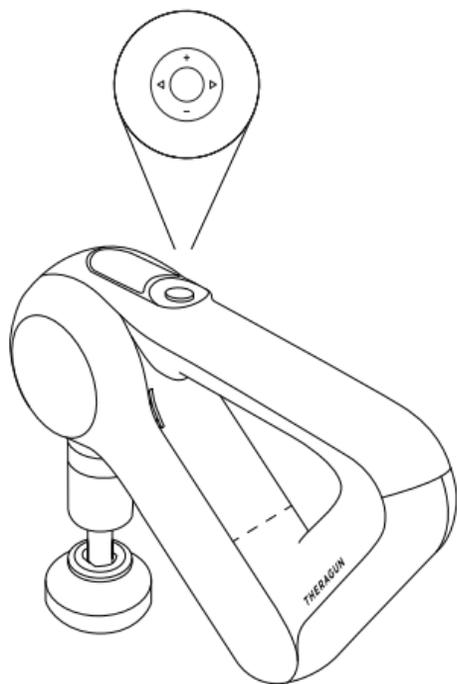
- A OLED screen
- B Button pad



- C Theragun Triangle™ multi-grip
- D Charging port
- E Interchangeable attachments

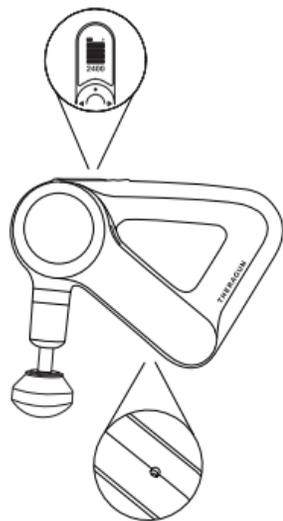
Using the Theragun Elite

1. To turn on the Theragun Elite, firmly press and hold the center button on the button pad.
2. Press the plus (+) and minus (-) buttons on the button pad to increase or decrease speed.
3. Press the left (<) and right (>) arrows on the button pad to toggle between your Theragun Elite's pre-loaded treatment presets.
4. To turn off the Theragun Elite, firmly press and hold the center button on the button pad until the device shuts down.



Charging the Theragun Elite

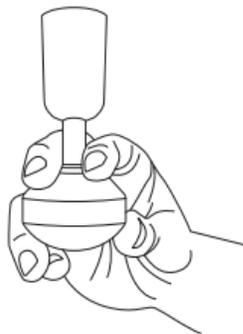
1. After turning off the device, plug the power adapter into the Theragun Elite's charging port.
2. The battery level will appear on the OLED screen, blinking until the battery is fully charged.
3. Charging is complete when the OLED screen shows 100% and the battery icon is full.



The Theragun Elite is wireless charging enabled.
For more on wireless charging, visit [Theragun.com](https://www.theragun.com).

Connecting the attachments

Align the attachment with the tip of the rotating arm and push to connect. To remove, grip the attachment, placing 1 finger on each side of the plastic connector. Pull off the attachment.



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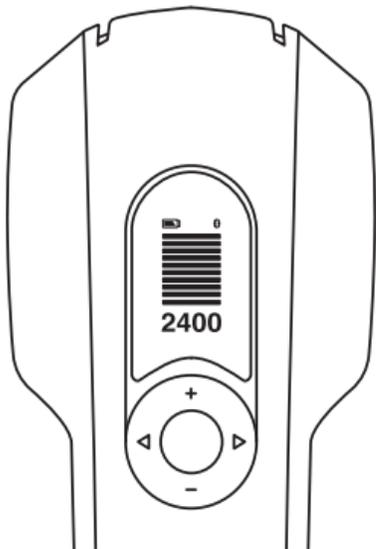


✗
Incorrect

Smart Features

Your Theragun Elite is smart device enabled with Bluetooth connectivity, designed to pair seamlessly with the Theragun app. When you download the app, you'll be guided through a step-by-step setup and shown how to pair your device.

Once paired with your device, the app can remotely adjust speed, activate guided treatment presets, and make real-time recommendations based on usage. Your Theragun Elite's OLED screen supports your app experience by displaying current speed and force to help guide your treatment.



Scan the QR code
to get started.



Attachments

Your Theragun Elite comes with 5 different attachments designed for every muscle and need.

Dampener

For use on tender areas or near bones



Thumb

For lower back and trigger point therapy



Standard Ball

For overall, general use



Cone

For pinpoint muscle treatment



Wedge

For scraping, shoulder blades, or IT bands



THERAGUN

Born in Los Angeles, CA.
Designed for *everybody*.



@Theragun