

Document Name	User Manual	Document No.	TG-TMPP-001
Model	Theragun mini Plus	Rev	01

THERAGUN

User Manual

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Revision History

Modification date	Change description	Rev	Modified by
2025-5-24	Initial release.	1	Team

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1. Recommendation of Use

Device name :Theragun Mini Plus model : Theragun Mini Plus

Read the full Warnings and Guidance prior to using the Theragun Mini Plus.

The Theragun THE DEVICE is equipped with 5 buttons and a color LCD screen, which acts as the main user interface between user and device. These are located on the top of the device's head in front of the top handle. This allows the user to view the screen while controlling the device with a single hand in most scenarios.

The second point of interaction is the attachments. Users can change the therapy the device provides by replacing these accordingly (Percussive, Cold, Heat and Vibration at the moment of Launch). The attachments need to be physically changed by pulling from them.

The third interfacing point is the biometric sensor, located in the interior of the main handle, and haptic system, located in the main and front handles. These two systems work as a conjunction to capture the user's HR and HRV data and provide a physical feedback related to it (mimicking their own heart rate, a cyclic pattern to guide breathing, etc.) The haptic system is comprised of 4 ERM vibration motors that can be controlled independently in pairs.

The last interface with the user will be the Therabody App. The THE DEVICE includes a Bluetooth chipset that enables the main functionalities of the product to be controlled via phone. Concurrently, the biometric data can be accessed by Therabody App in order to display the information to its user and provide recommendations based on it.

The device was designed to be a "Recovery Hub". Based on a percussive therapy device, the ergonomics of the triangular handle allows you to reach virtually any part of your body, but this time with a range of therapies beyond percussive (heat, vibration, Infrared light, cold). The LEDs providing the infrared light therapy are built in the device and can be used in conjunction with the rest of the therapies.

The device will also be the first percussive therapy device with a built-in biometric sensor that reads your HR and HRV, and a haptic system (vibration motors inside the handles) that can provide different feedback depending on

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the data.

This device is contraindicated against and should not be used by those with acute or severe cardiac, liver, or kidney disease/condition or other underlying conditions linked to these diseases. It is not recommended that this device is used over various skin infections and conditions, or directly over a surgical site/hardware, bone fracture, or if you are experiencing unexplained pain in the area. It is also advised that this device is not used for those who have neurological and/or peripheral conditions as well as other conditions that may influence or alter sensation and perception. In the event of any adverse reaction, discontinue use. Please consult your physician prior to use if you are unsure if you have any of the previously listed conditions. Immediately stop using the device at the first sign of discomfort.

Adult supervision should be provided for those under the age of 18 using this device. If you have any medical concerns regarding the use of this device, please consult your physician prior to use.

The Supersoft attachment should not be used more than 2 minutes at one time to avoid overheating and/or melting.

1.1 Contraindications

The following are circumstances where the potential risks may outweigh the benefits. Consult a medical professional before use.

- Skin rash, open wounds, blisters, local tissue inflammation, bruises, infections or tumors
- Deep vein thrombosis, osteomyelitis
- Bone fracture or myositis ossificans
- Hypertension (uncontrolled)
- Acute or severe cardiac, liver, or kidney disease
- Neurologic conditions resulting in loss or altered sensation
- Direct application to the face, throat, or genitalia
- Bleeding disorders
- Recent surgery or injury
- Connective tissue disorders
- Peripheral vascular insufficiency or disease
- Medications that thin the blood or alter sensations
- Direct pressure over surgical site or hardware
- Direct pressure over eyes or throat
- Extreme discomfort or pain felt by client
- Severe scoliosis or spinal deformity

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- Pacemaker, ICD, or history of embolism
- Allergy to device material (TPU, PC+ABS, aluminum, plastic, PA6, PU foam)
- Pregnancy/ nursing
- Abnormal sensations (ex. numbness)
- Cancer/tumors
- Epilepsy
- Cardiopathy (heart disease)
- Photo allergy or disorder (ex. Lupus, porphyria)
- Medications that cause light sensitivity
- Medications for severe acne
- Extreme sensitivity to light
- Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- Suspicious lesions or skin cancer– - please visit your physician
- If taking or using any retinol or/ sun sensitive medications or /products or benzoyl peroxide do not use infrared LED light

For a full list of contraindications and additional warnings, please visit www.therabody.com. Patents & Pending Patents at www.therabody.com.

Used to identify symptoms or medical conditions for a person to not receive a particular treatment or procedure because it may be harmful.

- 1) Never use this device over any damaged tissue or other type of skin condition can result in delaying the best medical treatment.
- 2) Do not use if you have had any surgery procedure –consult your doctor.
- 3) Never use the device to the patient with Implant Electronic Devices (such as cardiac pacemaker).‘

1.2 Precautions

Due care is required in these circumstances and the use of the devices may need to be modified (such as attachment used, the force applied, the position of the body, avoidance of use in direct contact with an area, etc.). Where appropriate or if you have any concerns, seek the advice of a medical professional.

- Hypertension (controlled)
- Osteopenia
- Osteoporosis

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-
- Pregnancy
 - Diabetes
 - Varicose veins
 - Bony prominences or regions
 - Abnormal sensations (e.g., numbness)
 - Sensitivity to pressure
 - Recent injury or surgery
 - Scoliosis or spinal deformity
 - Medications that may alter client sensations

1.3 Warnings

BEFORE USING THE OR CHARGING THE Theragun Mini Plus, READ ALL THE INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, O, AND ON Theragun Mini Plus.

Theragun Mini Plus is intended for commercial or home use. We strive to make the Theragun Mini Plus as safe as possible. This is an advanced mechanical device with electric components. If the Theragun Mini Plus and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. Hazard can be result from unauthorized modification of the Theragun Mini Plus

Do not place your finger or any objects near the metal piston above the attachment while the Theragun Mini Plus is in use or immediately after use.

The metal piston can become extremely hot.

Do not use any attachments other than the ones provided by Therabody. and only as instructed by Therabody.

Do not use Theragun Mini Plus on your head or near your genitals.

Do not use Theragun Mini Plus above the waist during pregnancy.

Do not get hair caught in any moving part of the Theragun Mini Plus.

Do not use t Theragun Mini Plus above your Adam's Apple or C4.

Do not get Theragun Mini Plus wet. Only clean Theragun Mini Plus with a magic eraser or a lightly damp towel.

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Do not block the vents of the motor.

Never expose Theragun Mini Plus to water.

For long-term storage, Theragun Mini Plus should be fully charged.

This appliance is not intended to diagnose, treat, or prevent any diseases.

This appliance contains batteries that are non-replaceable.

When using the Theragun Mini Plus, these basic precautions should always be followed including:

1. **USE ONLY AS INSTRUCTED.** Use the Theragun Mini Plus as described in this Theragun Mini Plus Instruction Manual. Use only Theragun recommended accessories and replacement parts. Do not carry out any maintenance other than what is shown in the Theragun Mini Plus Instruction Manual or advised by Theragun.
2. **NOT FOR CHILDREN.** The Theragun Mini Plus are not intended for use by young children or persons with reduced physical, sensory or reasoning capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a responsible person. Do not allow the Theragun Mini Plus to be used as a toy. Close attention is necessary when used by or near children. Children should be supervised to ensure that they do not play with the Theragun Mini Plus
3. **CHARGING LOCATIONS.** The Theragun Mini Plus should be charged indoors in a well ventilated, dry location. Do not charge Theragun Mini Plus outdoors, in a bathroom or within 10 feet (3.1 meters) of a bathtub, or pool. Do not use the Theragun Mini Plus on wet surfaces and do not expose product to moisture, rain, or snow. Do not use Theragun Mini Plus in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.
7. **DO NOT OVERCHARGE.** Do not leave connect Theragun Mini Plus to the charger for more than an hour after the Theragun Mini Plus has been fully charged. The Theragun Mini Plus includes a protection system to avoid the risk of overcharging, however, overcharging the Theragun Mini Plus may reduce its life over time. Can use the adaptor 5v-15v ,2.5A adaptor .
8. **DO NOT BLOCK MOTOR VENTS.** Do not put any obstructions into vents. Do not use if any vent is blocked. Keep free of dust, lint, hair, and anything that may reduce airflow. Keep hair, loose clothing, and fingers from vents and moving parts.
9. **DO NOT BURN OR INCINERATE THE** Theragun Mini Plus. The internal

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battery may explode, causing personal injury or damage. Toxic fumes and materials are created when battery is burned.

10. DO NOT CRUSH, DROP, OR DAMAGE. Do not use a charger that has received a sharp blow, been dropped, run over, or damaged in any way.

11. BATTERY CHEMICALS CAUSE SERIOUS BURNS. Never allow the internal battery to come into contact with the skin, eyes, or mouth. If a damaged battery leaks chemicals, use rubber or neoprene gloves to dispose of it. If skin is exposed to battery fluids, wash with soap and water and rinse with vinegar. If eyes are exposed to battery chemicals, immediately flush with water for 20 minutes and seek medical attention. Remove and dispose of contaminated clothing.

12. DO NOT OPERATE UNDER BLANKET AND PILLOW. Excessive heating can occur and cause fire, electric shock, or injury to persons.

13. STORING THE Theragun Mini Plus AND ATTACHMENT Store in a cool, dry place. Only charge the device when the ambient temperature is between 0°C/32°F and 40°C/104°F. Do not store the device, or USB-C charging cable where temperatures may exceed 40°C/104°F, such as in direct sunlight, in a vehicle, or in a metal building during the summer

14. DEVICE DISPOSAL. This device contains a lithium-ion battery, and care must be taken upon disposal of the device. Before disposal of this device, please review your local laws and requirements surrounding Lithium-Ion Battery disposal. The preferred method of disposal is recycling the whole device.

15. Replacement battery : the replacement of lithium batteries or fuel cells by inadequately trained personnel.

16. DO NOT DISASSEMBLE. Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The warranty will be void if the Theragun Mini Plus are disassembled or if any parts have been removed.

17. SERVICE. If the Theragun Mini Plus is not working properly, has received a sharp blow, has been dropped, damaged, left outdoors, or dropped into water, do not use and contact Theragun by emailing info@therabody.com for repair or service. Do not attempt to repair or disassemble the Theragun Theragun Mini Plus which may result in an electric shock or fire.

18. DO NOT USE WHILE BATHING OR IN THE SHOWER, TUB, OR SINK. Do not place or store the Theragun Mini Plus where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. Do not reach for an appliance that has fallen into water. Unplug immediately.

19. THERMAL LIMITER. The Theragun Mini Plus employs an automatic reset

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thermal limiter that shuts off the Theragun Mini Plus to prevent overheating and fire.

20. USAGE. Discontinue use of the Theragun Mini Plus device if you are feeling pain or discomfort. If at any point during the treatment you feel pain or discomfort beyond what's expected from an ice pack or a hot shower, stop the treatment immediately and remove the device. Discontinue use of the device if it overheats or becomes uncomfortably hot. Do not place your finger between the attachment and the end of the arm, as this may cause pinching and injury.

21. USB-C CABLE CARE. Unplug the USB-C charging cable when not in use. Pull the plug, not the cable, to reduce the risk of damage to the electrical plug and cable. Store cable to ensure it is not stepped on, tripped over, or otherwise subjected to damage or stress. Keep the cable away from heated surfaces, oil, and sharp edges. Never operate this appliance if it has a damaged cable or plug if it is not working properly, if it has been dropped or damaged, or dropped into water. Do not stretch the charger cable or place the cable under strain. Do not handle the cable with wet hands. For long-term storage, store with a fully charged battery. Therabody is not responsible for damages that may occur due to the use of third-party chargers.

23.CHARGING. There is only one correct USB-C insertion position on the device. Do not force the cable into place. The Therabody logo should be facing upright when inserted. Fully charge the device at least once every six months to prevent device and battery damage.

24. DEVICE CARE. The Theragun Mini Plus device is NOT waterproof. The device is not machine washable. Do not place or store the device where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. Do not reach for an appliance that has fallen into or come into contact with water. Unplug immediately. Clean the device according to the instructions found in the "Care and Cleaning" section above.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).Operation is subject to the following two conditions: (1) this device may not cause harmful

interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est

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conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Strangulation due to cables and hoses particularly due to excessive length

Potential allergic reactions to accessible materials used in the ME
EQUIPMENT

Available for immediate use when device cool from the maximum storage temperature between uses and Device warm from the minimum storage temperature between uses.

1.4 Label & Symbols

The following labels and symbols appear on Theragun Mini Plus:

No.	Symbols	Description
1		CE mark
2		NOM Mark
3		Separate collection for waste electrical and electronic equipment. Note: For more information about disposal of equipment, its parts and accessories, please contact your local distributor.

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4	IP22	IP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm Φ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm Φ and greater.
5		Please read the user manual before use.
6		Type BF apply part
7		Manufacturer information
8		UKCA Mark for UK

2. Intended Use & Indications for Use

Theragun Mini Plus delivers scientifically-proven 10mm percussive therapy intended to speed up recovery, optimize warm-up, reduce soreness, and relieve minor pain.

3. Device Description

What's in the box

- A** Theragun Mini Plus device
- B** USB-C charging cable
- C** Three attachments
 - a** Heated Percussive
- D** Travel pouch
- E** Instruction manual

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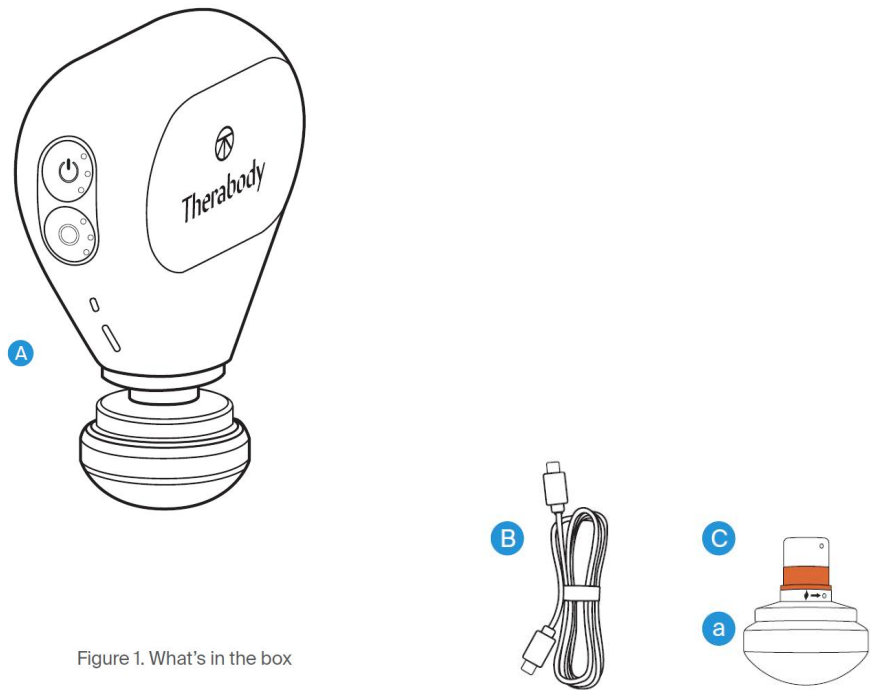
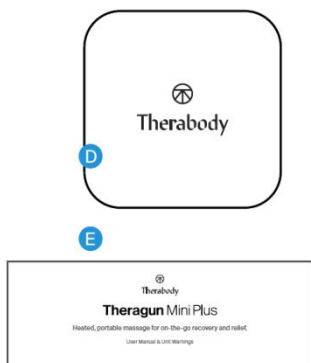


Figure 1. What's in the box



3.1 Smart Features

Theragun device is 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.

Once paired with your device, the app can remotely adjust speed, activate guided treatment presets, and make real-time recommendations based on your feedback and recent activity. It's truly your intuitive wellness partner on your journey to feeling better and moving more freely. Every day.

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Scan the QR code
to get started.



3.2 Attachments

The Theragun Mini Plus device has eight high-quality attachments designed for a more personalized treatment. The three percussive attachments, the Dampener Plus, Heated Percussive Plus, and Thumb Plus are comfortable and hygienic without absorbing sweat, lotion, or oils.

Applied parts is massager head

the PATIENT is an intended OPERATOR

Attachment	Muscle Group	Intended Use
 Heated Percussive Plus	All-over treatment to loosen up stiff muscles and accelerate recovery	Use all-over to loosen up stiff muscles and speed up recovery. The Heated Percussive Plus Attachment treats deep into muscles delivering 3 levels of fast, consistent heat to help speed up recovery, optimize warm-up, reduce soreness and relieve pain faster, and more effectively than percussive massage alone.
 Dampener Plus	For tender or sensitive muscles	Use on tender or sensitive muscles to reduce minor aches and pains. Experience comfortable relief with the Dampener attachment. With lower density foam and a wide base that maximizes contact with the body, this attachment delivers a soothing, low-impact treatment to effectively reduces aches and pains and keep you feeling your best.
 Thumb Plus	For trigger points and the lower back	Use on lower back muscles and trigger points to ease painful knots. Designed with a higher impact level and a shape that mimics the feel of an actual thumb, the Thumb attachment offers a dense, focused treatment for those stubborn areas, making it ideal for trigger point therapy and targeting the lower back.

3.3 Accessories

A type-c (USB-C to USB-C USB-A or Use C to C)Line is provided together with the Theragun device.

3.4 Getting started

1. Turn on the device. To turn on the device, firmly press and hold the power button on the side of the device.
2. Choose your treatment speed. Press the power button to toggle between the three speeds (low, medium, and high). The white LED light speed indicator will light up depending on the selected speed setting (low: 1 light, medium: 2 lights, high: 3 lights). The treatment setting used in your last session will become the default setting for your next session in Quick Start.

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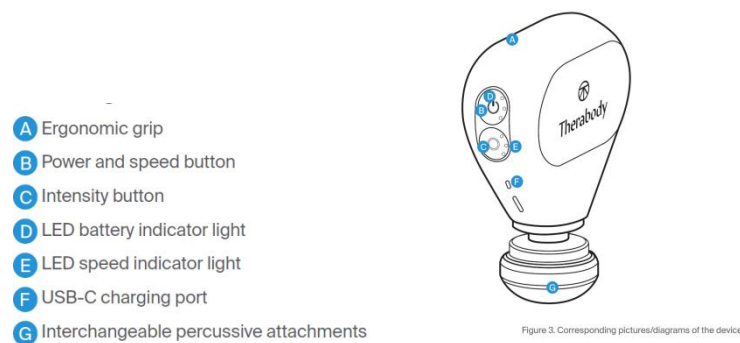
3. Choose your temperature intensity. Press the intensity button to toggle through three temperature options: (low: 1 light, medium: 2 lights, high: 3 lights).

4. Use the device. Move the device back and forth across your intended treatment areas. Apply light to moderate pressure as needed. Never apply excessive pressure or any level of pressure that causes pain, discomfort, or

impedes the normal function of the device. Do not start by putting pressure directly on an area of discomfort. Instead, work slowly around the area to reduce tension.

5. Turn off the device. To turn off the device, firmly press and hold the power button until the device turns off.

6. Lock the device. When not in use or during transport, lock the device to prevent turning it on accidentally. Quickly press the power button three times to initiate the lock function. Each LED light will flash sequentially to indicate that the device is locked. Quickly press the power button three times again to unlock. Each LED light will flash sequentially (in the opposite direction) to indicate that the device is unlocked.



3.5 Connecting the attachments

Please follow the instructions in the below picture. Align the functional attachment with the attachment connection of the device, press into it and turn clockwise until the attachment is completely locked with the device.

1. Ensure that the device is powered off before connecting or removing any attachments.

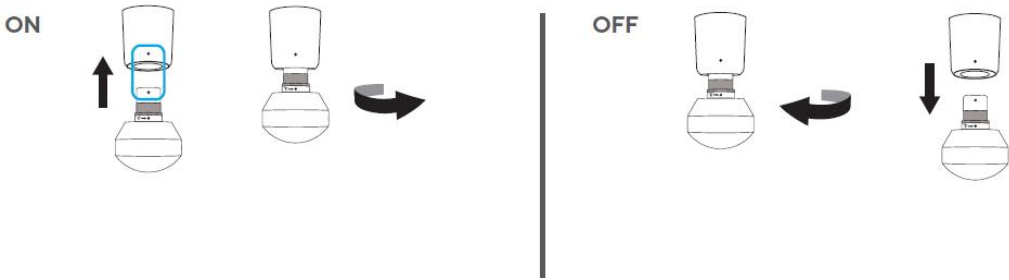
2. Line up the white dot on the device with the white dot on the attachment. Insert the attachment into the device arm, twist and lock into place.

3. To unlock and remove the attachment, twist in the reverse direction and pull it off.

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*Only connect attachments that are included with the Theragun Mini Plus device or the cold attachment that is sold separately. Attachments from other Theragun devices are not compatible with your Theragun Mini Plus device.

Warning: Do not place your finger between the attachment and the end of the arm, as this may cause pinching or injury.



3.6 Charging the Theragun device

The device is USB-C enabled and comes with a charging cable. Before charging, ensure that the device is powered off.

2. Connect one end of the charging cable to the USB-C charging port on the device. Connect the other end of the charging cable to a power adapter.

3. The LED light will indicate the battery status when the device is on or charging. Turn the device on to check the battery status. Flashing Orange: Low battery

Flashing Blue: Half battery

Flashing Green: High battery

The battery life of the device is up to 3 hours depending on the attachment and treatment intensity used.

A power adapter is not included with this device. Use the charging cable with a USB-C power adapter of at least 5-15V with a minimum charging wattage of 5W. Ensure it is from a certified manufacturer and has not suffered any structural damage. Do not try to use the device while charging

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3.8 Maintained and Cleaning Instructions

Device Maintenance

The following maintenance instructions are important to ensure that your device continues to work as it was designed. Failure to follow these instructions may cause your device to stop working.

Care and Cleaning

1. The Theragun Mini Plus device is NOT waterproof or machine washable. Do not allow any liquid or water to enter the device or charging port.
2. Ensure that the device is powered off before cleaning.
3. To clean, wipe the device surface with a disinfectant wipe to remove any residue. Ensure that the biometric sensor is clean for optimal scanning precision.
4. Once the device is residue-free, use a clean disinfectant wipe to thoroughly clean the device surface and attachments, wiping in a circular motion.

4. Trouble Shooting

In the event that the device fails to perform as intended, the following notes will help to identify potential problems with the device and its setup.

Troubleshooting

Issue	Solution	Corrective Action
Device turns off automatically	1.Battery level is low 2.It still cannot turned on	1.Charger the battery 2. contact Therabody
Device cannot turn on	1.Battery level is low 2.It still cannot turned on .	1.Charger the battery 2. contact Therabody
Device shuts off in mid-treatment or Vibration motor does not turn	1. Check and recharge batteries. 2.Motor or connection have been damaged	Try charging the device fully, removing the charging cable and then pressing left button for 3seconds. If problem persists,contact Therabody
Cannot charge battery	1. The ambient temperature is too high or too low 2.Possibe defective battery 3. Defective charging cable	1. Charge the device when the ambient temperature is between 5° C and 35° C 2. Contact Therabody 3. Try using a different usb-c cable

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		and adapter
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5. Service

Operation Instruction has no parts you can fix. Do not try to repair it. If servicing is required, please contact the selling retailer. All returned units to the manufacturer for repair, including Warranty repair and Out-Of-Warranty repair, must include the following:

During Warranty Period with proof of Purchase (store receipt).

RMA Number: Should your product become defective during the warranty period, call our service center or contact your retailer.

Package the item securely and return it prepaid/insured – along with proof of purchase to:

Manufactured and Distributed by:

Therabody, Inc.

1640 S Sepulveda, Suite 300 Los Angeles, CA 90025 USA

To ensure prompt repair, provide complete, legible name, address and phone number information, RMA number and a note indicating the nature of the product defect and a copy of the original invoice issued for purchase of the unit. We will Repair or Replace (at our sole discretion) product at no charge. Ship unit to the manufacturer in the original container with all accessories and information as required above.

Service Life

When used and maintained as instructed, the expected service life of Theragun Theragun Mini Plus two years.

6. Product Specification

Basic Unit Characteristics

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Indicator Light	No LED screen
LCD screen	Yes
Housing Materials	ABS+PC
power	Built-in lithium battery power supply
Shelf Life	2years
Additional Features	
Environment for operation	Temperature: 0 ~ 35° C Relative humidity: ≤85 %RH
Environment for storage	Temperature: -10° C ~ 50° C Relative humidity: <i>85%RH or less</i>
Use atmospheric pressure	70-106Kpa
Software version	MF=V0.29
Heat attachment level	Level1=40°C+/-2°C; Level2=48°C+/-2°C; Level3=55°C+/-2°C

7. Safety, EMC

This device is type BF applied equipment . It complies with Medical Electrical Safety Standards (IE(60601-1).

This device also complies with Medical EMC Standard (IEC 60601-1-2).The has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices to IEC 60601-1-2: 2014. These limits are designed to provide reasonable protection against harmful interference in atypical medical installation.

CAUTION:

Do not apply the device near any devices with Electromagnetic Interference (EMI), such as cell phones, Magnetic Resonance Imaging (MRI), computerized axial tomography (CT), diathermy, Radio Frequency Identification (RFID), etc. or MR environment. EMI, RF devices or MR environment may affect the normal function of the device or would cause user injury.

The patient is an intended operator. The ME EQUIPMENT shall not be serviced or maintained while in use with a patient.

Manufacturer's declaration – electromagnetic immunity

WARNING:

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1* WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

2* WARNING: Use of accessories, transducers and cables other than those specified or provided by the manufacturer this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in proper operation.

3* WARNING: Portable RF communications equipment (including peripherals such as antenna cables) should be used no closer than 30 cm (12 inches) to any part of the ME EQUIPMENT, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result

**Guidance and manufacturer's declaration – electromagnetic emission –
for all EQUIPMENT AND SYSTEMS**

Guidance and manufacturer's declaration – electromagnetic emission		
The Theragun Mini Plus is intended for use in the electromagnetic environment specified below. The customer or the user of Theragun Mini Plus should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Theragun Mini Plus uses RF energy only for its internal function. There for, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Theragun Mini Plus suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations flicker emissions IEC 61000-3-3	Not applicable	

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**Guidance and manufacturer's declaration – electromagnetic immunity –
for all EQUIPMENT and SYSTEMS**

Guidance and manufacturer's declaration – electromagnetic immunity			
The Theragun Mini Plus is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun Mini Plus should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrostatic transient / burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV differential mode ± 2 kV common mode	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations	0 % UT; 0,5 cycle g) At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°	N/A	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Theragun Mini Plus requires

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on power supply input lines IEC 61000-4-11	0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0° 0 % UT; 250/300 cycle		continued operation during power mains interruptions, it is recommended that the Theragun Mini Plus be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE U_T is the a. c. mains voltage prior to application of the test level.			

Guidance and manufacturer's declaration – electromagnetic immunity – for EQUIPMENT and SYSTEM

Guidance and manufacturer's declaration – electromagnetic immunity			
The Theragun Mini Plus is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun Mini Plus should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz	N/A	Portable and mobile RF communications equipment should be used no closer to any part of the Theragun Mini Plus , including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$ $d = \left[\frac{12}{V_2} \right] \sqrt{P}$ $d = \left[\frac{3.5}{E_1} \right] \sqrt{P} \quad 80 \text{ MHz to } 800 \text{ MHz}$
Radiated RF	10 V/m	10 V/m	

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IEC 61000-4-3	80 MHz to 2.7 GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	80 MHz to 2.7 GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	$d = \left[\frac{7}{E_1} \right] \sqrt{P}$ 800 MHz to 2.7 GHz where p is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). ^b Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, ^a should be less than the compliance level in each frequency range. ^b Interference may occur in the vicinity of equipment marked with the following symbol: 
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NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic is affected by absorption and reflection from structures, objects and people.

^a The ISM (industrial, scientific and medical) bands between 150 kHz and 80 MHz are 6,765 MHz to 6,795 MHz; 13,553 MHz to 13,567 MHz; 26,957 MHz to 27,283 MHz; and 40,66 MHz to 40,70 MHz. The amateur radio bands between 0,15 MHz and 80 MHz are 1,8 MHz to 2,0 MHz, 3,5 MHz to 4,0 MHz, 5,3 MHz to 5,4 MHz, 7 MHz to 7,3 MHz, 10,1 MHz to 10,15 MHz, 14 MHz to 14,2 MHz, 18,07 MHz to 18,17 MHz, 21,0 MHz to 21,4 MHz, 24,89 MHz to 24,99 MHz, 28,0 MHz to 29,7 MHz and 50,0 MHz to 54,0 MHz.

^b Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the **Theragun Mini Plus** is used exceeds the applicable RF compliance level above, the **Theragun Mini Plus** should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the **Theragun Mini Plus**.

^c Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.

Recommended separation distances between portable and mobile RF communications equipment and the EQUIPMENT or SYSTEM -

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for EQUIPMENT and SYSTEMS

Recommended separation distances between portable and mobile RF communications equipment and the Theragun Mini Plus				
The Theragun Mini Plus is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Theragun Mini Plus can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Theragun Mini Plus as recommended below, according to the maximum output power of the communications equipment				
Rated maximum output of transmitter W	Separation distance according to frequency of transmitter m			
	150 kHz to 80 MHz outside ISM and amateur radio bands $d = [\frac{3.5}{V_1}] \sqrt{P}$	150 kHz to 80 MHz in ISM and amateur radio bands $d = [\frac{12}{V_2}] \sqrt{P}$	80 MHz to 800 MHz $d = [\frac{3.5}{E_1}] \sqrt{P}$	800 MHz to 2.7 GHz $d = [\frac{7}{E_1}] \sqrt{P}$
0.01	0.12	0.20	0.035	0.07
0.1	0.38	0.63	0.11	0.22
1	1.2	2.00	0.35	0.70
10	3.8	6.32	1.10	2.21
100	12	20.00	35	70
For transmitters rated at a maximum output power not listed above the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.				

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NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

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8. Manufacturer Information

	Therabody, Inc. 6100 Wilshire Blvd. Suite 200 Los Angeles, CA 90048-5107, USA
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9. LIMITED WARRANTY

For full warranty information, please visit www.therabody.com/warranty. To request a copy of the warranty by mail, you may send a request to the following address:

Therabody - Warranty

Attn: Customer Service

Therabody, Inc.

6100 Wilshire Blvd. Suite 200 Los Angeles, CA 90048-5107, USA

Please note, this is not a return address or a retail location. No Theragun Products or packages will be accepted at this location.

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Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC/ISED radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

L'appareil est conforme aux limites d'exposition aux rayonnements spécifiées par la FCC/ISED pour les environnements non contrôlés. Cet émetteur ne doit pas coexister ou fonctionner conjointement avec toute autre antenne ou émetteur.