

THERAGUN mini

EN 2-7 | KR 8-13 | JP 14-19 | CN 20-25 | TW 26-31

Getting started

Step 1

Turn on and float

To turn on the Theragun mini, firmly press and hold the multi-functional power/speed button on the side of the device, then float the Theragun mini across the areas in need. Apply light to moderate pressure as needed.

Step 2

Get the Therabody app

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

Step 3

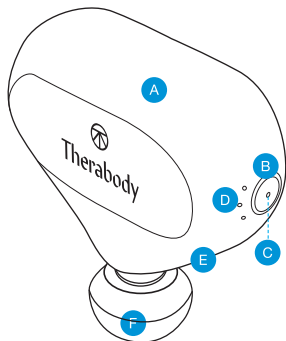
Feel the difference.™ Every day.

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

The Theragun mini™

See warnings insert for important
safety instructions

EN



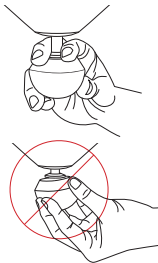
- A Ergonomic grip
- B Multi-functional power/speed button
- C LED battery indicator light
- D LED speed indicator
- E USB-C charging port
- F Interchangeable attachment connector

EN Using the Theragun mini

1. To turn on the Theragun mini, firmly press and hold the multi-functional power/speed button on the right side of the device.
2. Float the device across areas in need of treatment, gradually applying light to moderate pressure as needed.
3. Press the power/speed button again to toggle between 3 speeds.
4. To turn off the Theragun mini, firmly press and hold the power/speed button until the device shuts off.

Connecting the attachments

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



Charging the Theragun mini

1. The Theragun mini is USB-C enabled. For charging, after turning off the device, plug one end of the cable included in the package into your USB of choice and the other end to the device.
2. The LED light on the power/speed button will flash until fully charged.
3. Charging is complete when the LED light on the power/speed button is solid green.
4. Battery level is continuously displayed on the LED light of the power/speed button when the device is on.
5. To view battery level when the device is off, briefly press the power/speed button and the LED battery light will flash to indicate the battery level.

Battery Level

Battery level on the Theragun mini is indicated with the following colors:

-  **Flashing red:** Low charge
-  **Flashing blue:** Half-way charged
-  **Flashing green:** High charge
-  **Solid green:** Fully charged

EN Cleaning the Theragun mini

For the most hygienic Theragun device experience, sanitize it after each use by:

1. Wiping the device with a disinfectant wipe to remove any residue.
2. Once the device is residue-free, use a new wipe to disinfect the surface area by wiping all sides in a downward motion.

Smart Features

Your Theragun mini 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.

Once paired with your device, the app can remotely adjust speed, activate guided treatment presets, and make real-time recommendations based on your usage.



Scan the QR code
to get started.



Attachments

Your Theragun mini comes with 3 attachments designed for a more customized treatment.

- Made of comfortable closed-cell PU foam
- Easy to clean for a hygienic experience
- Won't absorb sweat, lotions, or oils



**Standard
Ball**

A more targeted option for overall use. The Standard Ball attachment is specifically designed for overall use on both large and small muscle groups. With a smaller shape and higher impact level than the Dampener, it is a more targeted option for overall use and is your go-to attachment during a workout.



Dampener

For tender or bony areas and overall use. The Dampener attachment is specifically designed for general use and low impact treatment around tender or bony areas. Its wide base maximizes surface area for greater, more efficient contact with the body.



Thumb

For trigger points and the lower back. Specifically designed to mimic an actual human thumb, the Thumb attachment is perfect for trigger point therapy and use on the lower back. Use the Thumb anywhere you might have used an actual thumb and get the treatment you need without needing to leave the comfort of home.

시작하기

1 단계

전원 켜기 및 작동하기

Theragun mini 의 전원을 켜려면 기기 측면에 있는 다기능 전원/속도 버튼을 길게 누릅니다. 그런 다음 Theragun mini 를 필요한 부위에 갖다대고 작동시킵니다. 필요한 만큼 적당한 압력을 가합니다.

2 단계

Therabody 앱 다운로드

앱을 간편하게 설정하고 Theragun mini 를 최대한 활용할 수 있는 방법을 안내해 드립니다.

3 단계

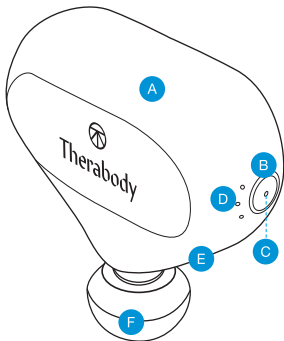
Feel the difference.™ 날마다.

깊게 들이마시며 미리 설정루틴 가이드나 프리스타일 모드로 마사지하십시오. 모든 기능이 맞춤형으로 제공됩니다.

The Theragun mini

중요한 안전 지침을 위해 주의사항을
읽어주십시오

KR



- A 인체공학적 그립
- B 다기능 전원/속도 버튼
- C LED 배터리 표시등
- D LED 속도 표시기
- E USB-C 충전 포트
- F 교체 가능한 헤드 커넥터

Theragun mini 사용하기

1. Theragun mini 의 전원을 켜려면 기기 오른쪽에 있는 다기능 전원/속도 버튼을 길게 누릅니다.
2. 필요한 부위에 기기를 갖다대고 필요한 만큼 가벼운 정도에서 점점 중간 세기로 압력을 가하며 마사지합니다.
3. 전원/속도 버튼을 다시 눌러서 3 가지 속도를 전환합니다.
4. Theragun mini 의 전원을 끄려면 기기가 종료될 때까지 전원/속도 버튼을 길게 누릅니다.

교체용 헤드 연결하기

1. 교체용 헤드를 암 끝에 정렬한 다음 밀어서 연결합니다. 제거하려면 교체용 헤드를 잡고 플라스틱 커넥터 양쪽에 각각 한 손가락씩 올려놓습니다.
2. 교체용 헤드를 잡아당깁니다.



Theragun mini 충전하기

1. The Theragun mini 는 USB-C 를 지원합니다. 충전을 하려면 기기를 끈 후 패키지에 포함된 케이블의 한쪽 끝을 원하는 USB 에 연결하고 다른 한쪽 끝을 기기에 연결합니다.
2. 전원/속도 버튼의 LED 등이 완전히 충전될 때까지 깜박입니다.
3. 전원/속도 버튼의 LED 등이 완전히 녹색이 되면 충전이 완료되었다는 뜻입니다.
4. 기기를 켜 상태에서는 전원/속도 버튼의 LED 등에 배터리 잔량이 지속적으로 표시됩니다.
5. 기기가 꺼져 있을 때 배터리 잔량을 확인하려면, 전원/속도 버튼을 짧게 누르면 LED 배터리 표시등이 깜박이며 배터리 잔량이 표시됩니다.

배터리 잔량

Theragun mini 의 배터리 잔량은 다음 색상으로 표시 됩니다.



빨간 깜박임: 낮은 잔량



파란 깜박임: 절반 가량 충전됨



녹색 깜박임: 높은 잔량



완전한 녹색: 완전히 충전됨

Theragun mini 청소하기

청결한 Theragun 기기 사용을 위해, 사용 후에는 항상 다음의 방법으로 소독합니다:

1. 살균 물티슈로 기기를 닦아 잔여물을 제거합니다.
2. 기기에 잔여물이 없어지면 새 물티슈를 사용하여 모든 면을 위에서부터 아래 방향으로 닦아서 표면을 소독합니다.

스마트 기능

Theragun mini 는 블루투스 연결이 가능한 스마트 기기로, Therabody 앱과 원활하게 페어링할 수 있습니다. 앱을 다운로드하면 단계별 설정에 따라 기기를 페어링하는 방법을 안내해드립니다.

앱을 기기와 페어링하면 원격으로 속도를 조절하고, 루틴 가이드 설정을 활성화하며, 사용 패턴에 기반한 실시간 추천 기능을 활용할 수 있습니다.



시작하시려면
QR 코드를 스캔하십시오.



Download on the

App Store



GET IT ON

Google Play

교체용 헤드

Theragun mini 에는 보다 맞춤화된 경험을 위해 설계된 3 개의 교체용 헤드가 함께 제공됩니다.

- 편안한 폐쇄형 셀 PU 폼으로 제작
- 청결한 경험을 위한 간편한 청소
- 땀, 로션 또는 오일을 흡수하지 않음



Standard
Ball

전반적인 사용을 위해 더욱 표적화된 옵션. Standard Ball 교체용 헤드는 대근육 및 소근육 그룹 모두에서 전반적으로 사용하도록 특별히 설계되었습니다. Dampener 보다 작은 모양과 높은 두드림 레벨로, 전반적인 사용을 위해 더욱 표적화된 옵션이 될 수 있으며, 운동 중 쉽게 교체용 헤드를 부착할 수 있습니다.



Dampener

부드럽거나 뼈가 튀어나온 부위용 및 전반적 사용. Dampener 교체용 헤드는 일반적인 사용 및 부드럽거나 뼈가 튀어나온 부위 주변의 낮은 두드림 루틴을 위해 특별히 설계되었습니다. 넓은 베이스는 표면적을 최대화해 더욱 효율적인 신체 접촉이 이루어집니다.



Thumb

발통점 및 등 아래 부분용. 실제 사람의 엄지손가락을 모방해 특별히 설계한 Thumb 교체용 헤드는 발통점 테라피 및 등 아래 부분에 사용하기 적합합니다. 실제 엄지손가락을 사용하는 부위라면 어디든 Thumb 을 사용할 수 있으며, 집 안에서도 얼마든지 필요한 경험을 누리실 수 있습니다.

使い方

JP

ステップ1

電源をオンにして使用を始める

電源をオンにするには、Theragun mini 右側にある多機能電源/スピードボタンをしっかりと長押しします。次に、Theragun mini を必要な部位にかざします。必要に応じて、軽度から中度の圧力をかけてください。

ステップ2

Therabody アプリを入手する

ストレスフリーなセットアップをご案内し、Theragun mini を最大限に活用する方法をご紹介します。

ステップ3

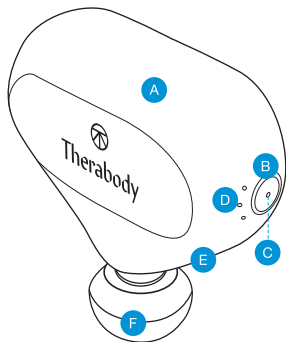
Feel the difference.™ 毎日。

深呼吸をして、事前に設定されたルーティンまたはフリースタイルモードをお楽しみください。すべてはお客様のためにデザインされています。

The Theragun mini

同梱されている、安全に関する重要な注意事項をご確認ください

JP



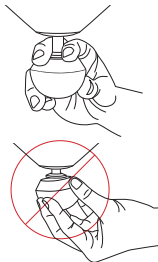
- A 人間工学に基づいたグリップ
- B 多機能電源/スピードボタン
- C LED 電池インジケータライト
- D LED スピードインジケータ
- E USB-C 充電ポート
- F 交換可能なアタッチメントコネクター

Theragun mini の使用方法

1. 電源をオンにするには、Theragun mini 右側にある多機能電源/スピードボタンをしっかりと長押しします。
2. ケアが必要な部分全体に Theragun mini をかざし、必要に応じて徐々に軽度から中度の圧力をかけます。
3. 電源/スピードボタンを押して、スピードを3段階に切り替えることができます。
4. 電源をオフにするには、Theragun mini が停止するまで電源/スピードボタンをしっかりと長押しします。

アタッチメントの取り付け

1. アームの先端にアタッチメントを合わせ、押して取り付けます。 取り外すには、プラスチックコネクタの各サイドを指で挟み、アタッチメントを握ります。
2. アタッチメントを引き抜きます。



Theragun mini の充電方法

1. The Theragun mini は USB-C 対応です。充電するには、Theragun mini の電源をオフにした後、付属ケーブルの先端をご自身のUSBに差し込み、もう一方の先端をTheragun mini の端に差し込みます。
2. 充電が完了するまで、電源/スピードボタンのLEDライトが点滅します。
3. 電源/スピードボタンのLEDライトが緑に点灯すると、充電完了です。
4. 電源がオンの時は、電源/スピードボタンのLEDライトにバッテリー残量が表示されます。
5. 電源がオフの時にバッテリー残量を確認するには、電源/スピードボタンを軽く押すと、LED電源ライトが点滅し、バッテリー残量を表示します。

バッテリー残量

Theragun mini では、バッテリー残量が次の色で表示されます。

-  赤色の点滅：少ない
-  青色の点滅：半分
-  緑色の点滅：十分
-  緑の点灯：フルバッテリー

Theragun mini の清掃方法

最適な衛生状態で Theragun デバイスをご使用いただくため、使用する度に以下の方法で清掃してください。

1. 消毒用のシートを使って、デバイスに付着した汚れを拭き取ります。
2. 汚れがなくなったら、新しいシートを使って、全側面を下向きに拭いて表面を消毒します。

スマート機能

Theragun mini はBluetooth接続が可能なスマートデバイスです。Therabodyアプリとシームレスにペアリングするようデザインされています。アプリをダウンロードすると、設定手順がステップごとに表示され、デバイスのペアリング方法を確認することができます。

デバイスとのペアリングが完了すると、アプリ経由でスピード調節、事前に設定されたルーティンの開始、用途に適したリアルタイムのアドバイス機能が遠隔で操作できるようになります。

ユーザーサポート専用ページ
製品についてお困りの場合は、
以下をご確認ください
<https://rd.snxt.jp/42468>



QRコードをスキャン
して始めましょう。



Download on the
App Store



GET IT ON
Google Play

アタッチメント

3つのアタッチメントを活用すれば、さらにカスタマイズされた体験を楽しむことができます。

- 快適なクローズドセルPUフォームを使用
- 衛生的でお手入れ簡単
- 汗、ローション、油分を吸収しない



標準ボール

的確な箇所に使用できるオプション。標準ボールのアタッチメントは、大小両方の筋肉グループに使用できるようデザインされています。ダンブナーよりも小型かつ高い衝撃レベルで、総合的な用途でよりの確な箇所に絞った機能で、ワークアウト中にも使用できるアタッチメントです。



ダンブナー

柔らかい部位や骨のある部位、総合的な用途に。ダンブナーのアタッチメントは、柔らかい部位や骨のある部位のため、総合的かつ低い衝撃を使ったルーティン用にデザインされています。ベースの幅が広いいため、表面積が最大化され、身体により効率的フィットします。



サム

トリガーポイントと腰用。実際のヒトの親指を模して特別にデザインされたサム アタッチメントは、トリガーポイント療法や腰部での使用に最適です。実際の親指を使ったことがある箇所にサムを使えば、家の中にいながら快適な体験を楽しみいただけます。

使用方法

CN

第 1 步

开启并浮动按摩

用力长按设备一侧的多功能电源/速度按钮，开启 Theragun mini，然后在需要按摩的部位使用 Theragun mini 浮动按摩。根据需要，施加轻微到中等压力。

第 2 步

获取 Theragun 应用程序

我们将指导您进行简单的设置，并向您展示如何充分利用 Theragun mini。

第 3 步

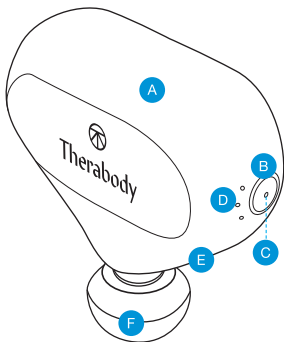
每一天都 Feel the difference.™

深吸一口气，通过带有指示的预设程序或自由模式为自己进行理疗。这是专为您的需要而设计的。

The Theragun mini

查看警告标志上的重要安全说明

CN



- A 符合人体工学的握把
- B 多功能电源 /速度按钮
- C LED 电量指示灯
- D LED 速度指示灯
- E USB-C 充电插口
- F 可更换按摩头接头

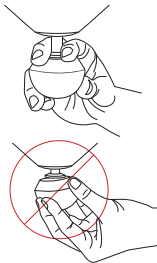
Theragun mini 使用说明

CN

1. 用力长按设备右侧的多功能电源/速度按钮，开启 Theragun mini。
2. 在需要按摩的区域使用设备进行浮动按摩，根据需要逐渐施加轻微到中等压力。
3. 再次按下电源/速度按钮，在 3 种速度之间切换。
4. 如需关闭 Theragun mini 用力长按电源/速度按钮，直至设备停止运行。

连接按摩头

1. 将按摩头和肘臂的尖端对齐并按入。
如需取下按摩头，请握住按摩头，
将手指分别放在塑料接头的每一侧。
2. 拉下按摩头。



Theragun mini 充电说明

1. Theragun mini 已通过 USB-C 启用。如需充电，请在关闭设备后，将包装内随附的电缆的一端插入您选择的 USB，另一端插入设备。
2. 充满电后，电源/速度按钮上的 LED 指示灯将闪烁。
3. 当电源/速度按钮上的 LED 指示灯显示为绿色常亮时，表明充电已完成。
4. 设备开启时，电源/速度按钮上的 LED 指示灯会持续显示电量。
5. 如需在未开启设备的情况下查看电量，只需按下电源/速度按钮，随后 LED 指示灯将会闪烁，以显示电量。

电量

Theragun mini 上的电量将通过以下颜色显示：

-  指示灯为红色闪烁：低电量
-  指示灯为蓝色闪烁：电量半满
-  指示灯为绿色闪烁：高电量
-  指示灯为绿色常亮：满电

Theragun mini 清洁说明

CN

为了干净卫生地体验 Theragun 设备，请在每次使用后通过以下方式对其进行消毒：

1. 用消毒湿巾擦拭设备以清除任何残留物。
2. 设备无残留物后，使用新的湿巾向下擦拭所有侧面，对设备表面进行消毒。

智能功能

Theragun mini 是一款带有 Bluetooth 连接功能的智能设备，可与 Theragun 应用程序进行无缝配对。下载应用程序后，我们将逐步提示您进行设置并指导您如何与您的设备配对。

设备配对完成后，可通过应用程序远程调整速度，启用带指示的理疗程序预设并根据您的使用给您提供实时建议。



扫描二维码开始。



按摩头

附带 3 个按摩头，旨在打造更个性化的体验。

- 采用舒适的独立气泡聚氨酯泡沫制成
- 易于清洁，带来干净卫生的体验
- 不会吸收汗水、乳液或油脂



标准球形头

更有针对性的全身使用选择。标准球形头按摩头专为针对大肌肉群和小肌肉群的全身使用而设计。外形小于缓冲按摩头，冲击力级别高于缓冲按摩头，是更有针对性的全身使用选择，也是您在锻炼时的必选按摩头。



缓冲按摩头

适用于柔软或有骨头的部位及全身使用。缓冲按摩头特别设计用于一般用途和柔软或有骨头部位周围区域的低冲击力理疗程序。设备底座宽大，增大表面积，从而更好且更有效地接触身体。



拇指按摩头

用于痉挛触痛点和腰部理疗。拇指按摩头采用模仿真实人类拇指的特别设计，是用于痉挛触痛点和腰部理疗的理想选择。在您可能曾用过真实拇指的地方使用拇指按摩头，无需离开舒适的家即可获得所需体验。

使い方

步驟 1

開啟並浮動使用

如要開啟 Theragun mini，請牢牢長按壓住裝置側邊的多功能電源／速度按鈕，然後將 Theragun mini 浮動使用在需要的區域範圍。根據需要施加輕度到中度的壓力。

步驟 2

取得 Therabody 應用程式

我們將引導您進行簡單輕易的設定，並向您展示如何充分利用 Theragun mini。

步驟 3

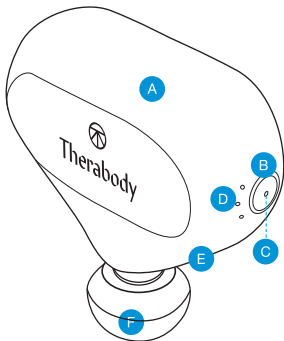
Feel the difference.™ 每一天。

深吸一口氣，並使用指導性預設程序或自由模式為自己進行療程。這是為您專門打造而設計的。

The Theragun mini

請參閱警告插頁，
了解重要的安全性說明

TW



- A 符合人體工學的握柄
- B 多功能電源／速度按鈕
- C LED 電池指示燈號
- D LED 速度指示燈
- E USB-C 充電埠
- F 可替換式按摩頭連接器

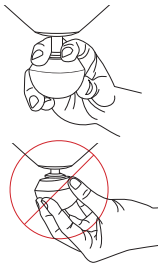
使用 Theragun mini

1. 如要開啟 Theragun mini，請長按壓住裝置右側的多功能電源／速度按鈕。
2. 將裝置浮動使用在需要的區域範圍，根據需要逐漸施加輕度到中度的壓力。
3. 再次按壓電源／速度按鈕可在 3 種速度之間切換。
4. 如要關閉 Theragun mini，請長按壓住電源／速度按鈕直到設備關閉。

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連接按摩頭

1. 將按摩頭對齊肘臂的尖端，然後推入連接。
如要移除，請握住按摩頭，將一根手指放在塑料連接器的每一側。
2. 拉下按摩頭。



為 Theragun mini 充電

1. Theragun mini 搭載 USB-C 功能。若要充電，在關閉裝置後，請將包裝中隨附的電線一端插入自選的 USB 孔，另一端則插入裝置。
2. 電源／速度按鈕上的 LED 指示燈將會閃爍，直到充飽電為止。
3. 當電源／速度按鈕上的 LED 指示燈呈現實心綠燈時，即代表充電完成。
4. 當裝置開啓時，電池電量將持續地顯示在電源／速度按鈕的 LED 燈上。
5. 如要在裝置關閉時查看電池電量，請快速地按壓電源／速度按鈕，而 LED 電池指示燈將閃爍以指示電池電量。

電池電量

Theragun mini 上的電池電量用以下顏色指示：

-  閃爍紅燈：低電量
-  閃爍藍燈：中等電量
-  閃爍綠燈：高電量
-  實心綠燈：充飽電量

清潔 Theragun mini

為能享受最衛生的 Theragun 裝置體驗，請於每次使用後透過下列方式消毒：

1. 使用消毒布擦拭裝置，以清除任何殘留物質。
2. 裝置無殘留物質後，使用新的擦拭布向下擦拭各面以消毒表面。

智慧功能

您的 Theragun mini 是能夠與 Bluetooth 連接的智慧裝置，目的在於與 Therabody 應用程式流暢配對。下載應用程式後，系統將引導您逐步進行設定，並說明如何配對裝置。

一旦與您的裝置配對後，應用程式可以遠端調整速度、啟動指導性預設程序並根據您的使用情況提出實時建議。



掃描 QR 碼開始使用。



按摩頭

您的 Theragun mini 隨附 3 個按摩頭，可提供更客製化的體驗。

- 以舒適的密閉式 PU 泡棉製成
- 易於清潔，提供衛生的使用體驗
- 不會吸收汗水、乳液或油脂

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標準球型

更具針對性的整體使用選項。標準球型按摩頭專為大肌群和小肌群的整體使用而設計。其形狀比減震型按摩頭更小、衝擊力更高，專為整體使用設計的針對性選項，也是健身時不可或缺的配件。



減震型

適用於敏感區域或骨骼區域以及整體使用。減震型按摩頭專為一般用途和低衝擊程序而設計，適用於敏感區域或骨骼區域。寬底底座可放大表面面積，使其與身體的接觸更有效率。



指型

適用於觸發點與下背部。以模擬實際人體拇指為設計目標，指型按摩頭非常適合用於觸發點治療，也能用於下背部。在平常會用實際拇指按壓的地方使用指型按摩頭，就能獲得相同的按壓體驗，不需要離開舒適的家中。

THERAGUN

by Therabody

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



@Therabody
@Therabody_JP

WARNINGS

BEFORE USING OR CHARGING THE THERAGUN MINI, READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, ON THE BATTERY, AND ON THE THERAGUN MINI. NEW BATTERIES MUST BE CHARGED BEFORE FIRST USE. The Theragun mini is intended for commercial or home use. We strive to make the Theragun mini as safe as possible. This is an advanced mechanical device with electric components. If the Theragun mini and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. Do not place your finger or any objects near the metal piston above the attachment while the Theragun mini is in use or immediately after use. The metal piston can become extremely hot. Do not use the Theragun mini above your Adam's Apple or C4, on your head, or near your genitals. Do not use the Theragun mini above the waist during pregnancy. Do not get hair caught in the attachment arm or in any other moving part on the Theragun mini. Do not use any attachments other than the ones provided by Therabody and only as instructed by Therabody. Do not get the Theragun mini wet. Only clean the Theragun mini with a magic eraser or with a lightly damp towel. Do not block the vents of the motor. Never attempt to disassemble the Theragun mini. Never store the Theragun mini at temperatures above 40°C/104°F. Never expose the Theragun mini to water.

This Theragun Product is not intended to diagnose, treat, or prevent any diseases. We strive to make the Theragun mini as safe as possible. This is an advanced mechanical tool with electric components. If the Theragun mini and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. When using the Theragun mini, these basic precautions should always be followed including:

1. **USE ONLY AS INSTRUCTED.** Use the Theragun mini as described in the Theragun mini Instruction Manual only. Use only Therabody recommended accessories and replacement parts. Do not carry out any maintenance other than as advised by Therabody.
2. **NOT FOR CHILDREN.** The Theragun mini and USB-C cable 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 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 or USB-C cable.
3. **DO NOT PULL OUT THE BATTERY WHILE THE Theragun mini IS ON.**
4. **REDUCING RISK OF INJURY.** Only charge the Theragun mini with a USB-C cable. Other chargers may cause personal injury or damage. Do not connect the Theragun mini to another power supply plug or car cigarette lighter. The battery will be permanently disabled or damaged.
5. **USE THE Theragun mini ONLY WITH THERAGUN MINI BATTERIES.** Use of other batteries may result in a risk of fire, electric shock, or personal injury.

6. CHARGING LOCATIONS. The Theragun mini should be charged indoors in a well ventilated, dry location. Do not charge the Theragun mini outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the Theragun mini or cable on wet surfaces and do not expose the USB-C cable to moisture, rain, or snow. Do not use the Theragun mini or cable in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.

7. UNPLUGGING THE CABLE. Unplug the cable when not in use. Make sure the cable is located so that it will not be stepped on, tripped over, or otherwise subjected to damage or stress. A damaged cable should be replaced immediately. Keep the cable away from heated surfaces, oil, heat, 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. Return the appliance to a service center for examination and repair. For long term storage, the battery should be fully charged. Do not handle the cable, including the USB-C charging port, or Theragun mini with wet hands.

8. CHARGER CARE. Charge the Theragun mini by plugging cable included in the package on your USB AC adapter of choice. Theragun mini can also be charged with a regular USB-C cable certified by a competent body. Do not use an AC adapter that is not certified or that has received a sharp blow, been dropped, or damaged in any way.

9. DO NOT OVERCHARGE. Do not leave the Theragun mini connected to the adapter for more than one (1) hour after the Theragun mini has been fully charged. The Theragun mini includes a protection system to avoid the risk of overcharging. However, overcharging the Theragun mini may reduce its life over time.

10. DO NOT BLOCK MOTOR VENTS. Do not put any obstructions into vents or openings. Do not use the device 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. Never drop or insert any object into any opening.

11. DO NOT BURN OR INCINERATE THE THERAGUN MINI OR ITS BATTERIES. The internal battery may explode, causing personal injury or damage. Toxic fumes and materials are created when the battery is burned.

12. DO NOT CRUSH, DROP, OR DAMAGE THE THERAGUN MINI BATTERIES OR CABLE. Do not use a USB-C cable that has received a sharp blow, been dropped, run over, or damaged in any way.

13. 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.

14. DO NOT SHORT CIRCUIT. A battery will short circuit if a metal object makes a connection between the positive and negative contacts on the battery or the 12V connector. Do not place a battery near anything that may cause a short circuit, such as coins, keys, or nails in your pocket. A short circuited battery may cause fire and personal injury.

15. **DO NOT OPERATE UNDER BLANKET AND PILLOW.** Excessive heating can occur and cause fire, electric shock, or injury.
16. **STORING THE THERAGUN MINI, BATTERY, AND CABLE.** Store in a cool, dry place. Only charge the Theragun mini when the ambient temperature is between 0°C/32°F and 40°C/104°F. Do not store the Theragun mini, batteries, or cable where temperatures may exceed 40°C/104°F, such as in direct sunlight, in a vehicle, or metal building during the summer.
17. **DISPOSING OF BATTERIES.** The Theragun lithium-ion batteries for the Theragun mini are more environmentally friendly than some other types of batteries. Always dispose of Theragun mini batteries according to federal, state, and local regulations. Contact a recycling agency in your area for recycling locations. Even discharged batteries contain some energy. Before disposing, use electrical tape to cover the Theragun mini's 12V connector/terminals to prevent the battery from shorting, which could cause a fire or explosion.
18. **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 voided if the Theragun mini or batteries are disassembled or if any parts have been removed. If the Theragun mini or any parts are damaged, contact Theragun by emailing info@therabody.com.
19. **SERVICE.** If the Theragun mini, batteries, or USB-C cable is not working properly, has received a sharp blow, or has been dropped, damaged, left outdoors, or dropped into water, do not use and contact Therabody by emailing info@therabody.com for repair or service. Do not attempt to repair or disassemble the Theragun mini which may result in an electric shock or fire.
20. **DO NOT USE WHILE BATHING OR IN THE SHOWER, TUB, OR SINK.** Do not place or store the Theragun mini, batteries, or USB-C cable 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.
21. **THERMAL LIMITER.** The Theragun mini has an automatic reset thermal limiter that shuts off the Theragun mini to prevent overheating and fire.
22. **DO NOT OPERATE Theragun Products where aerosol (spray) are being used or where oxygen is being administered.**

SAVE THESE INSTRUCTIONS

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

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
6100 Wilshire Blvd.,
Los Angeles, CA 90048

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