How-To Guide

Using the PRO

1. Insert the lithium-ion battery fully before turning on the PRO.
2. To turn on the PRO, firmly press and hold the center button for 2 seconds on the button pad.
3. Press the plus (+) and minus (-) buttons on the button pad to increase or decrease speed.
4. Press the left (<) and right (>) arrows on the button pad to toggle between the PRO's pre-loaded treatment presets.
5. The PRO 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.
6. To turn off the PRO, firmly press and hold the center button on the button pad until the device shuts down.

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.

Using the Rotating Arm
The PRO's rotating arm adjusts to 4 positions. To adjust the arm, push the rotating arm button on the underside of the PRO and move the arm to the desired position.

Battery and Charging

Inserting and Removing PRO's Lithium-ion Batteries
Align and insert the battery in the battery slot on the underside of the Theragun PRO with the flat side of the battery end facing the circular release button. Battery life is displayed on the PRO's OLED screen when the device is turned on. The PRO is fully charged when the OLED screen shows 100% and the battery icon is full. To remove the battery, press the circular release button above the battery slot and pull the battery out.

Charging
Plug the charging wire into the port on the charging dock. Insert the battery into the charging dock and press down until the light flashes. Charging is complete once the light stops flashing.