



Therabody

Device Information Guide



Wellness Solutions Made Just For You

THERAGUN **Wave Series** **RecoveryAir** **POWERDOT**

Everyone deserves to feel their best. But wellness is not one-size-fits-all; what works for one person might not work for another. That's why we empower everybody to take control of their wellness routines.

Therabody, the wellness tech company that started as Theragun and created the percussive therapy device category, has developed a 360-degree vision for the future of wellness. We help people enhance the body's natural ability to perform, recover, manage pain, and achieve wellness through high-quality, researched-backed products.

Every device in this booklet can stand alone as a powerful form of therapy, or bridge the gap between gym sessions or visits to a chiropractor, physical therapist, or massage therapist. So take a look and find what fits you.



THERAGUN

Massage Reinvented™



Key Features

The technology behind the results.

QuietForce Technology™

- Our proprietary brushless motor uses QuietForce Technology, delivering the unrivaled and renowned Theragun power and speed, all while being quieter than ever.

Bluetooth® Connectivity

- Enable a personalized experience with guided wellness routines via the Therabody app.

Wireless Charging

- Charging on contact.



Amplitude

- 16 mm depth treats 60% deeper than vibration therapy.

Frequency

- Customizable speed range from 1750-2400 percussions per minute (PPM) for tailored treatments.

Theragun Triangle

- Patented design allows for optimal comfort when using without putting added pressure on wrists and hands.

Attachments

- Our non-porous closed-cell foam attachments are designed to treat specific areas of your body comfortably.

THE RAGUN PRO™

Powerfully Quiet.



Reduce muscle soreness, improve mobility, and increase relaxation. For those who need commercial-grade relief, this deep muscle treatment with personalized app routines is in a league of its own. This is the recovery device of choice for professionals and everyday people.



      | \$599

Features

- Proprietary brushless commercial-grade motor with QuietForce Technology™
- Smart Percussive Therapy with Bluetooth® Connectivity
- 3 built-in app-guided preset routines
- OLED screen
- Customizable speed range (1750-2400 PPMs)
- Force meter
- Adjustable arm for full-body reach
- Delivers up to 60lbs of no-stall force
- Wireless charging enabled
- 2 swappable lithium-ion batteries (150 minutes each)
- Theragun Triangle ergonomic handle design
- Industry-leading 2-year warranty

Includes

- Hard case
- 6 attachments in pouch
- Lithium-ion battery charger

Attachments

- Dampener, Standard Ball, Wedge, Thumb, Cone, Supersoft™



*Add-on Feature: Multi-Device Wireless Charger available for purchase which charges your Theragun PRO, in addition to the Theragun Elite and Wave Roller devices.

Theragun Elite™

Felt, Not Heard.



Relieve tension at any hour with our quietest Smart Percussive Therapy™ device. This elegantly designed ultimate wellness partner integrates with personalized app routines for your workouts, ailments, and everyday life.

      | \$399



Features

- Proprietary brushless motor with QuietForce Technology™
- Smart Percussive Therapy with Bluetooth® Connectivity
- 3 built-in app-guided preset routines
- OLED screen
- Customizable speed range (1750-2400 PPMs)
- Force meter
- Delivers up to 40 lbs of no-stall force
- Wireless charging enabled
- Internal lithium-ion battery (120 minutes)
- Theragun Triangle ergonomic handle design
- 1-year warranty

Includes

- Hard case
- 5 attachments
- Power adapter

Attachments

- Dampener, Standard Ball, Wedge, Thumb, Cone



*Add-on Feature: Multi-Device Wireless Charger available for purchase which charges your Theragun Elite, in addition to the Theragun PRO and Wave Roller devices.

THERAGUN Prime™

Essential Features.
Hardly Any Sound.



Release everyday stress and strain with essential percussive therapy features. Get deep muscle treatment simplified for your needs and sync with the app to get customized routines made just for you.

      | \$299



Features

- Proprietary brushless motor with QuietForce Technology™
- Smart Percussive Therapy with Bluetooth® Connectivity
- App-guided routines
- 5-speed range with customizable speed through our app
- Delivers up to 30 lbs of no-stall force
- Internal lithium-ion battery (120 minutes)
- Theragun Triangle ergonomic handle design
- 1-year warranty

Includes

- Pouch
- 4 attachments
- Power adapter

Attachments

- Dampener, Standard Ball, Thumb, Wedge



THERAGUN mini™

Small Device.
Big Performance.™



Get Theragun-quality muscle treatment on-the-go. Theragun mini is your pocket-sized partner. Compact but powerful, this is the most agile massage device that goes wherever you do.

    | \$199



Features

- Proprietary brushless motor with QuietForce Technology™
- Ultra-portable
- 3-speeds (1750, 2100, 2400 PPMs)
- Ergonomic grip
- Internal lithium-ion battery (150 minutes)
- 1-year warranty

Includes

- Soft case
- 1 attachment
- Power Adapter

Attachments

- Standard Ball



THERAGUN

4th Generation

Product Comparison

Speed

Amplitude

Force

Battery Life

Arm Position

Motor

Bluetooth® Connectivity

Built-in Presets

OLED Screen

Wireless Charging Enabled

Attachments

Attachment Pouch

Travel Case

Weight

Warranty

PRO



\$599

Customizable speed range
(1750-2400 PPMs)

16 mm

60 lbs

2 swappable lithium-ion batteries
(150 minutes each)

Adjustable arm

Proprietary brushless commercial-grade
motor with QuietForce Technology™

Yes

3

Yes

Yes

Dampener, Standard Ball, Wedge, Thumb,
Cone, Supersoft™

Yes

Hard case

2.86 lbs

Industry-leading 2-year warranty

Elite



\$399

Customizable speed range
(1750-2400 PPMs)

16 mm

40 lbs

Internal lithium-ion battery
(120 minutes)

Fixed arm

Proprietary brushless motor with
QuietForce Technology™

Yes

3

Yes

Yes

Dampener, Standard Ball, Wedge,
Thumb, Cone

No

Hard case

2.20 lbs

1-year warranty

Prime



\$299

5-speed range with customizable speed
through our app

16 mm

30 lbs

Internal lithium-ion battery
(120 minutes)

Fixed arm

Proprietary brushless motor with
QuietForce Technology™

Yes

No

No

No

Dampener, Standard Ball, Wedge,
Thumb

No

Pouch

2.20 lbs

1-year warranty

mini



\$199

3-speeds
(1750, 2100, 2400 PPMs)

12 mm

20 lbs

Internal lithium-ion battery
(150 minutes)

Fixed arm

Proprietary brushless motor with
QuietForce Technology™

No

No

No

No

Standard Ball

No

Soft case

1.43 lbs

1-year warranty

Wave Series

Rolling Reimagined™



Key Features

The technology behind the results.

QuietRoll Technology™

- Our innovative QuietRoll Technology™ effectively mutes reverberation onto external surfaces, redirecting them to the body.

Bluetooth® Connectivity

- Enable a personalized experience with guided wellness routines via the Therabody app.



Innovative Wave Texture

- Innovative silicone wave grooves add an additional dimension of pressure to the muscle, while simultaneously providing superior traction control.

Scientifically Calibrated Shape

- Distinct shapes designed to comfortably deliver ideal angles of pressure to specific areas of the body.
 - Wave Roller: Large muscles like the quad, hamstring, and IT band.
 - Wave Duo: Peaks and valleys of the body like back, neck, and calves.
 - Wave Solo: Pinpoint areas like shoulders, hip flexors, and feet.

Customized Vibration Setting

- Variety of vibration speeds or frequencies for tailored treatment.

Wave Roller™

A Full-Body Roller for Large Muscle Groups



A powerful foam rolling experience tailored to you. The Wave Roller is thoughtfully constructed to deliver efficient warm-up and recovery anywhere. Control the five intensity settings through your smartphone with the Therabody app.



| \$149



Features

- 5-speed settings for a customized experience
- 3-hour battery life for sustained use
- 12 inches long for full-body treatment
- Hypo-allergenic EVA high-density foam for full-body support

Smart Features

- Wireless charging enabled
- Bluetooth® Connectivity

Includes

- Charger
- Deluxe carrying bag



*Add-on Feature: Multi-Device Wireless Charger available for purchase which charges your Wave Roller, in addition to the Theragun PRO and Theragun Elite devices.

Wave Duo

Contoured to Your Back,
Neck, and Spine



Ergonomically contoured to the back, spine, and neck, this portable smart vibrating roller is a uniquely versatile rolling solution. Five powerful vibration frequencies and high-traction wave grooves work to deliver just the right angles of pressure to areas in need—releasing soreness, reducing tension, and improving movement.



| \$99

Features

- 5 intensity settings for a customized experience
- 200 minute battery life for sustainable use
- Hypo-allergenic textured silicone
- USB-C enabled

Smart Features

- Bluetooth® Connectivity

Includes

- Wave Duo
- Protective carrying pouch
- USB-A to USB-C cable



Wave Solo

Pinpointed, Ultra-Portable Vibration Therapy



Relieve the areas that need it most with pinpointed pressure and vibration.

A modern take on the traditional lacrosse ball massage, Wave Solo works deep into hard-to-reach areas while reducing tension and improving movement. It uses vibration to dampen the pain typically felt while digging deep into muscle.



| \$79



Features

- 3 intensity settings for a customized experience
- 120 minute battery life for sustainable use
- 3.4" for ultra-portable full-body treatment
- Powered by QuietRoll Technology™
- Hypo-allergenic textured silicone
- USB-C enabled

Smart Features

- Bluetooth® Connectivity

Includes

- Wave Solo
- Protective carrying pouch
- USB-A to USB-C cable



Wave Series

Product Comparison



Speed Settings

Battery Life

Wireless Charging Enabled

Charger Included

Bluetooth® Connectivity

Travel Case

Weight

Wave Roller™



\$149

5

3-hour battery life

Yes

Yes

Yes

Carrying Bag

3.5 lbs

Wave Duo



\$99

5

Over 3-hours battery life

No

No, USB-A to USB-C
cable included

Yes

Pouch

2 lbs

Wave Solo



\$79

3

2-hour battery life

No

No, USB-A to USB-C
cable included

Yes

Pouch

0.7 lbs

RecoveryAir

Faster. Safer. More Effective.



Key Features

The World's Most Advanced Compression Boots

Wireless Boots

- JetBoots has no external pumps or cords and simple one-touch control for convenient, on-the-go recovery.

Precise Pressure

- Our proprietary TruGrade Technology™ applies precise pressure that creates a true negative gradient from the feet to the heart and back again to increase circulation and aid in muscle recovery for the legs.



Faster Recovery

- Our exclusive FastFlush Technology™ completes one cycle of a full inflation and deflation of our boots in just 60 seconds, 2-3x faster than competitors. That means more cycles. More cycles means faster recovery.

Unique, Easy Clean Design

- Our unique internal overlapping chambers within the garment create a single contact surface. That means a hygienic, easy-to-clean interior of the boot.

RecoveryAir Prime

Advanced Compression
Simplified for Everybody



RecoveryAir Prime is an easy-to-use pneumatic compression system that makes it easy for anybody to experience the benefits of our clinically-proven recovery technologies. Sit back, relax, and recover faster as each boot sequentially compresses the leg to increase circulation and reduce soreness and fatigue. Our exclusive FastFlush Technology™ aids in recovery by completing one full cycle in just 60 seconds—making it 2-3x faster than competitors for rapid recovery. Along with two recovery preset programs, you'll get guided recovery programs when you connect to the Therabody App via Bluetooth®. RecoveryAir Prime is advanced compression, simplified for everyone.

\$699

Features

- 4 time intervals (20, 40, 60, and continuous)
- Pressure hold time variation (1 - 10 seconds)
- Pressure release time variation (10 - 60 seconds)
- Basic Program Sharing
- My Recovery Stats Tracking
- Bluetooth connectivity
- 180 minutes of battery life

Includes

- RecoveryAir Prime pump
- 2 compression boots
- Blocker plug (for single garment use)
- DC power adapter
- Pump Pouch



RecoveryAir JetBoots

Recharge Your Legs, Anywhere.



RecoveryAir JetBoots make recovery more convenient than ever while still allowing you to experience the full benefits of RecoveryAir's advanced technologies. JetBoots are a fully wireless pneumatic compression system. Each boot eliminates the external pump and tubes, replacing them with integrated motors that are packed into a sleek, compact design for easy storage and on-the-go recovery. Our exclusive FastFlush Technology™ aids in recovery by completing one full cycle in just 60 seconds—making it 2-3x faster than competitors for rapid recovery. Ultra-portable, convenient and fast.

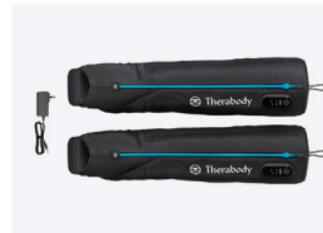
\$899

Features

- Wireless Compression Boots
- Precise Pressure Technology
- Faster Cycles. Faster Recovery.
- Custom Control Application
- Safer, Hygienic Design
- Bluetooth Connectivity
- 4 time intervals (20, 40, 60, and continuous)
- Basic Program Sharing
- My Recovery Stats Tracking

Includes

- 2 Compression Boots
- DC Power Adapter



RecoveryAir PRO

Fully Customizable Pneumatic
Compression System



Our top-of-line compression system. The RecoveryAir PRO gives you total control to create the most customizable pneumatic compression experience in recovery. Choose from various guided programs and tailor your session to best meet your needs.

\$1299

Features

- 4 time intervals (10 min. - 90 min. in steps of 5 min or continuous)
- 4 inflation cycles (Sequential, Wave, Isolation, and Flow)
- Pressure hold time variation (1 - 10 seconds)
- Pressure release time variation (10 - 60 seconds)
- Gradient Zone Control
- Basic & PRO Program Sharing
- My Recovery Stats Tracking
- Bluetooth connectivity
- 240 minutes of battery life
- Compatible with:
 - The RecoveryAir PRO Compression Pants
 - The RecoveryAir PRO Compression Vest
 - The RecoveryAir Compression Sleeve

Includes

- RecoveryAir PRO pump
- 2 compression boots
- Blocker plug (for single garment use)
- DC power adapter
- Pump pouch
- Boots pouch



Smart Capabilities

The RecoveryAir PRO Difference

Wireless Smart Control

- 4 preset programs can be extensively customized to your needs via Bluetooth® in the Therabody app

Guided Treatment Programs

- Stagger your treatment over time with interval mode, focus pressure on a particular zone of the limb with isolation mode, and more.

Tailor Treatment Programs

- Recommended programs can be adjusted by time, session length, cycle pattern, and pressure in increments of 1 mmHg.

Save and Share

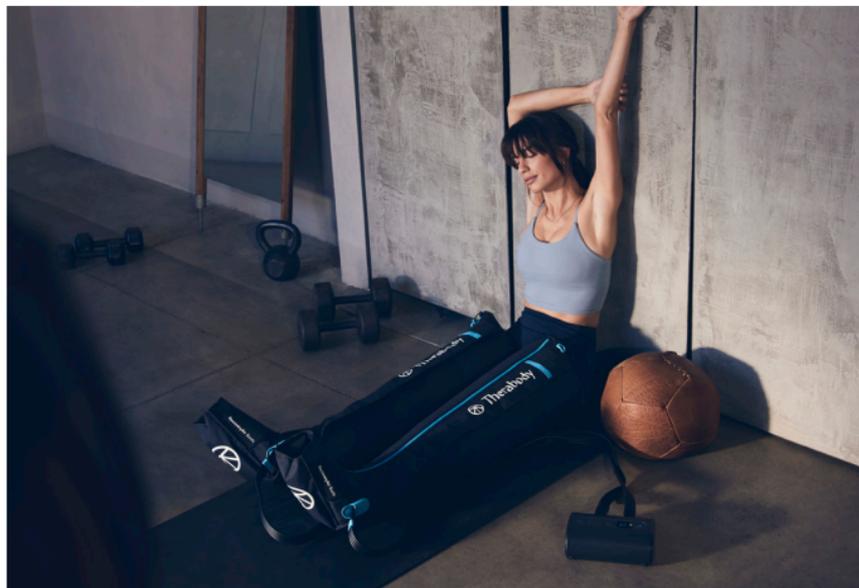
- Tailor the settings of any program and save as many as you want for later. Share your personalized programs with other RecoveryAir PRO users, trainers, or health professionals easily through the RecoveryAir app.

Compression Boots Sizing Guide

Boot Size: Small	Height 5'-5'5" 152-169cm	Length Range 27"-33.5" 70-85cm	Max Width 27.6" 70cm
Boot Size: Medium	Height 5'6"-6' 170-183cm	Length Range 31.5"-37.5" 80-95cm	Max Width 31.5" 80cm
Boot Size: Large	Height 6'-6'6" 183-198cm	Length Range 35.5"-41" 90-105cm	Max Width 31.9" 81cm

RecoveryAir

Product Comparison



Precise Pressure Control
True Negative Gradient Pressure
Pressure Range
Cycle Frequency
Boot Chambers
Internal/External Boot Chambers
Internal/External Pump
Preset Treatment Modes
Time Settings
Bluetooth
Program Sharing Capabilities
Display Type
Battery Life
FDA Type II Medical Device
Weight

RecoveryAir Prime



\$699

RecoveryAir JetBoots



\$899

RecoveryAir PRO



\$1299

Yes - TrueGrade Technology™

Yes - TrueGrade Technology™

Yes - TrueGrade Technology™

Yes

Yes

Yes

20-100 mmHg

25-100 mmHg

20-100 mmHg

1 flush per minute

1 flush per minute

1 flush per minute

4 overlapping

4 overlapping

4 overlapping

Internal - Seamless, hygienic design

Internal - Seamless, hygienic design

Internal - Seamless, hygienic design

External

Internal

External

2 preset programs

2 preset programs

4 preset programs & PRO mode

4 time intervals - 20, 40, 60 min. and continuous

4 time intervals - 20, 40, 60 min. and continuous

4 time intervals - 10-90 min. in steps of 5 min. or continuous

Yes

Yes

Yes

Basic Sharing

Basic Sharing

Basic & PRO sharing

Backlit

Backlit

Digital LED

180-minute

240-minute

240-minute

Yes

Yes

Yes

3.22 lbs.

S - 4.12 lbs. M - 4.4 lbs. L - 4.48 lbs. (Single Boot)

4.72 lbs.

POWERDOT

The smarter the technology,
the safer and more effective
the treatment.



Key Features

The technology behind the results.

Tailor Treatment Programs

- Build a program tailored to your unique needs based on your biometric data, recently completed workouts, areas where you're experiencing pain, and tolerance levels via Bluetooth® in the PowerDot app.

Guided Treatment Programs

- Precise pad placement. Intensity level. Session length. Our comprehensive treatment library guides you through every step of your warm-up, recovery, or wellness routine.



Smart Connectivity

- Integrate the PowerDot app with your favorite fitness apps to learn about your activities and provide personally tailored programs to help you achieve your athletic performance and recovery goals.

Track Progress

- Track your workouts and monitor how your body is reacting to programs and daily activities.

POWERDOT 2.0 Uno

The Smartest Muscle Stimulator in Recovery



Take the guesswork out of electrical muscle stimulation. This powerful muscle stimulator packs proven concepts of NMES and TENS into a sleek, portable pod. Fully controlled by the PowerDot app, it guides and customizes your intensity and pad placement.



\$199



Features

- Customizable treatment settings

Smart Features

- Bluetooth® Connectivity
- App-guided treatment programs
- Track progress and workouts

Includes

- 1 PowerDot pod
- 1 set of electrode pads
- 1 set of lead cables (10 cm & 30 cm)
- 1 micro USB charging cable
- Protective carrying case

*Add-on Feature: PowerDock Charging Station available for purchase to charge your PowerDot pod

POWERDOT 2.0 Duo

Double the Pads,
Double the Power.



Accelerate recovery by stimulating both sides of your target muscle groups at once. This powerful muscle stimulator packs proven concepts of NMES and TENS into a sleek, portable pod. Take the guesswork out of electrical muscle stimulation by guiding and customizing your intensity and pad placement.



\$349



Features

- Customizable treatment settings

Smart Features

- Bluetooth® Connectivity
- App-guided treatment programs
- Track progress and workouts

Includes

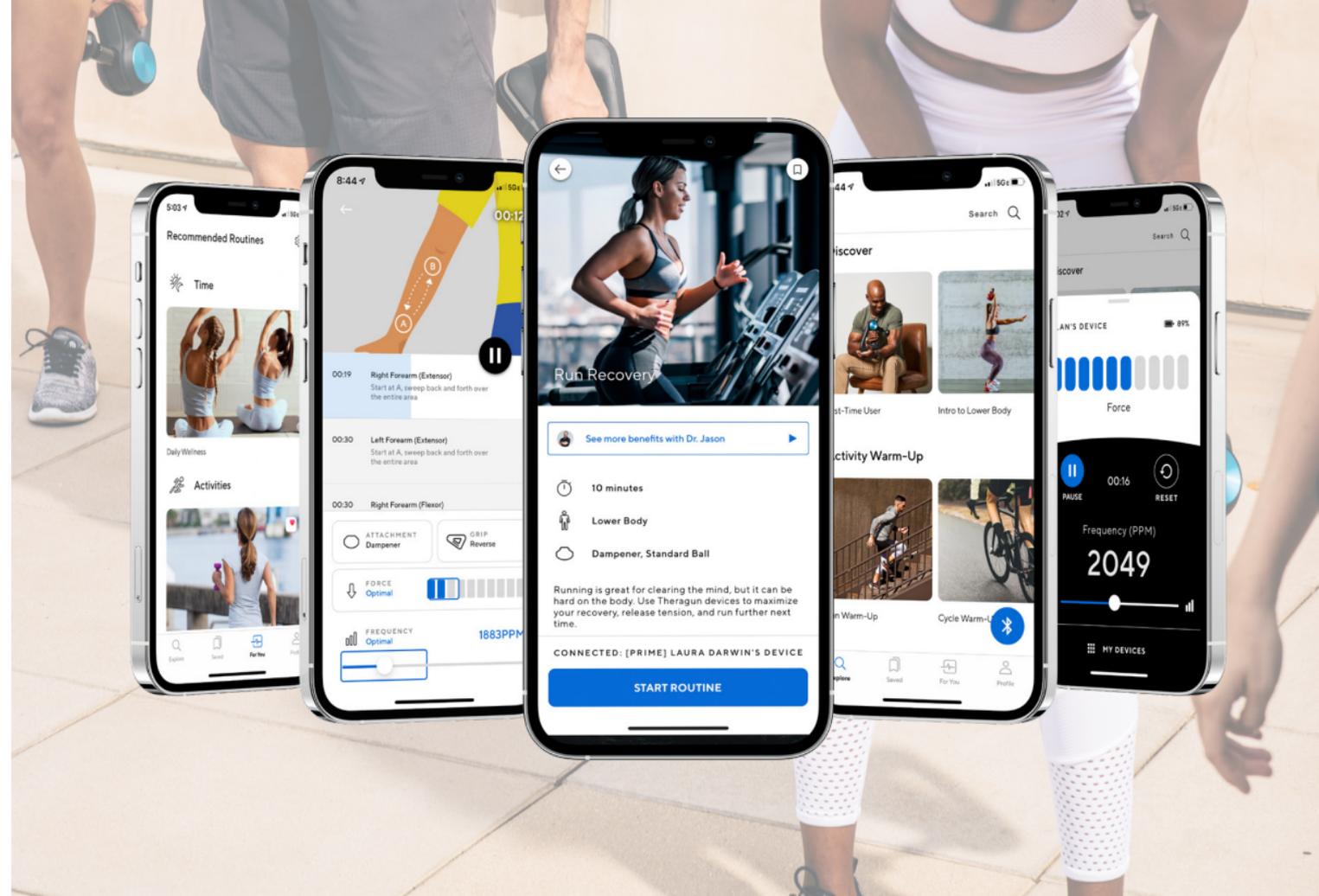
- 2 PowerDot pods
- 2 sets of electrode pads
- 2 sets of lead cables (10 cm & 30 cm)
- 1 micro USB charging cable
- Protective carrying case

*Add-on Feature: PowerDock Charging Station available for purchase to charge your PowerDot pods

Personalized Routines That Sync With Your Device

We want every Therabody experience to be productive, meaningful, and intuitive. That's why our devices are Bluetooth®-enabled for two-way communication with your smartphone.

Experience wellness with the tap of a finger. Find guided routines uniquely suited to your preferences, control your device completely through your smartphone, personalize your presets, and discover new ways to care for your body.





Therabody

Download the Therabody app



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