Therabody

Theragun Prime Plus

User Manual

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Theragun Prime Plus

EN

1. Product Overview

Experience next-level recovery with the Theragun Prime Plus — a powerful 16mm percussive massage gun enhanced with heat in a durable design. The heated percussive attachment treats deep into muscles with science-backed doses of heat to help optimize warm-up, reduce soreness, speed up recovery and relieve pain faster than percussive massage alone. Get effective treatment anywhere on the body with the easy-reach patented triangle grip and 3 targeted percussive attachments that treat both large muscles and sensitive areas. Unlike other massage guns, Theragun Prime Plus is made with a quiet, anti-stall motor so you can massage even the toughest knots using up to 40lbs of pressure without compromising on depth and speed. Treatment is easy with simple on-device controls and guided routines in the Therabody app.

Upgrade your recovery with even more treatments — add the Cold attachment or the Vibration attachment to create a recovery routine specific to your personal needs (Cold attachment and Vibration attachment both sold separately).

Intended Use

The Theragun Prime Plus' heated percussive massage therapy is intended to help optimize warm-up, reduce soreness, speed up recovery, and relieve pain.

2. What's in the box

- A Theragun Prime Plus device
- B Heated percussive attachment
- C Three percussive attachments (Dampener, Standard Ball, Wedge)
- D USB-C charging cable
- E Travel Pouch
- F Instruction Manual

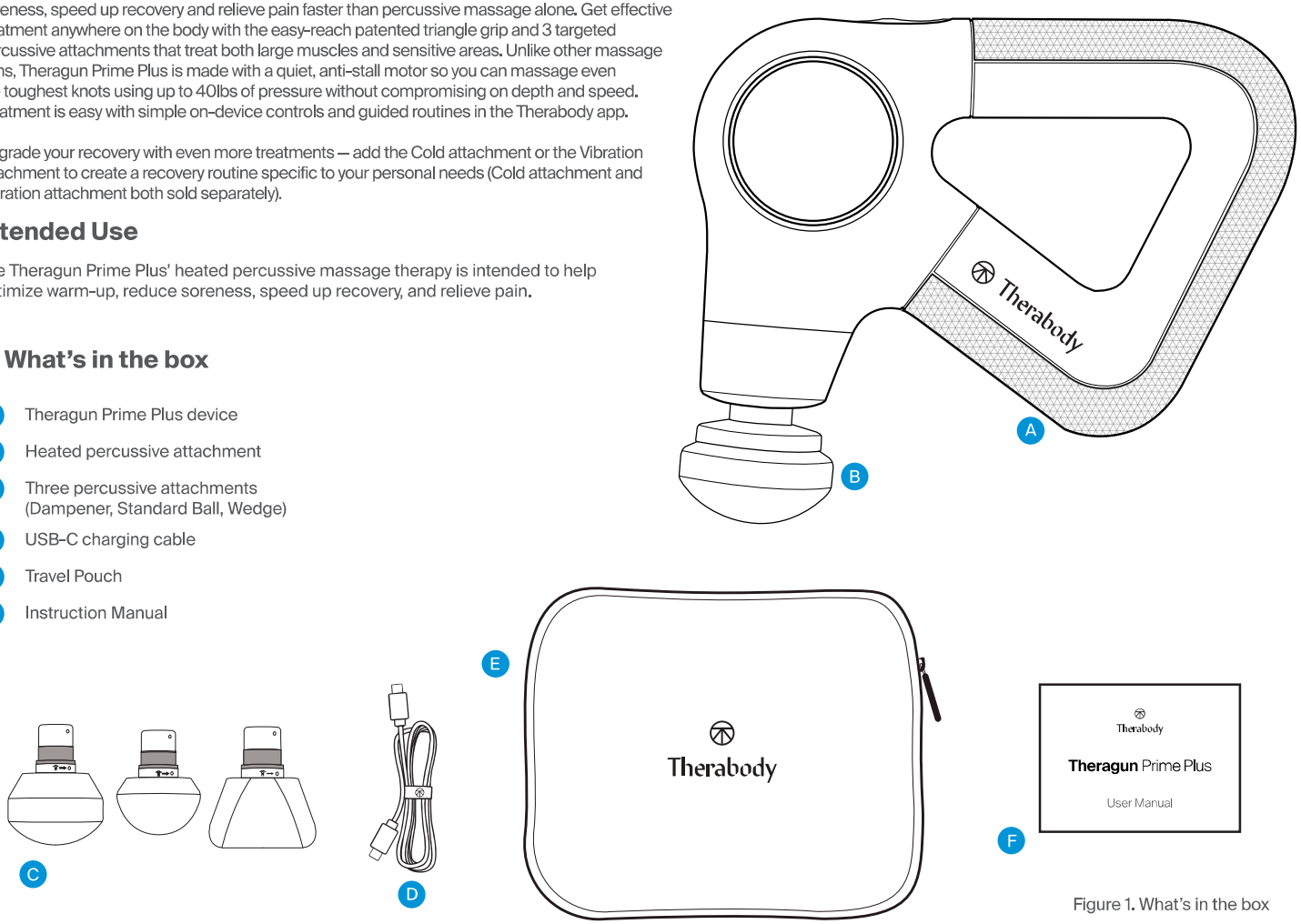
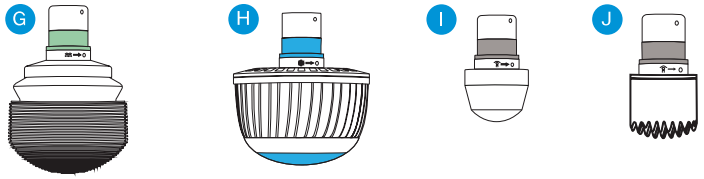


Figure 1. What's in the box

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Attachments Sold Separately

- G Vibration attachment
- H Cold attachment
- I Thumb attachment
- J Micro-Point attachment



3. Getting To Know the Device

1. Easy-to-use two-button control panel
   - a Power and speed button (5 LED speed indicators)
   - b Intensity button (3 LED intensity indicators)
2. Patented triangle multi-grip handle
3. USB-C port
4. Interchangeable heat and percussive attachments

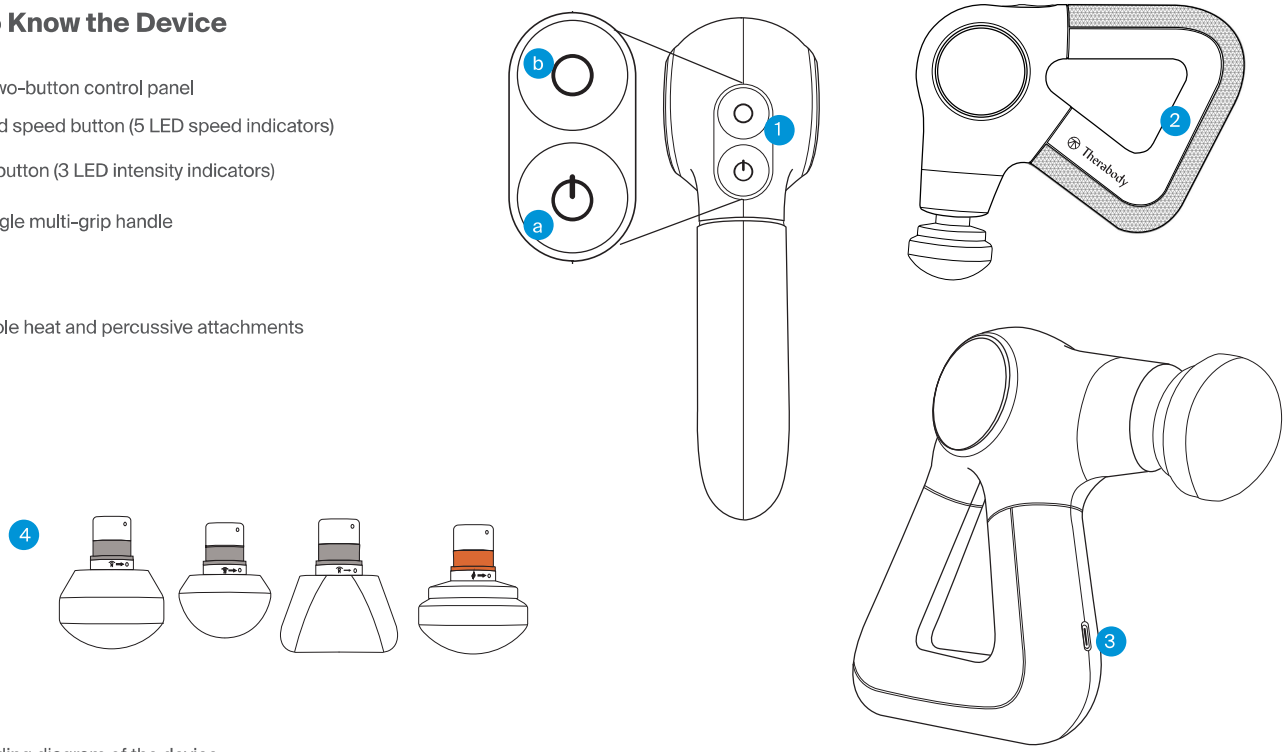


Figure 2. Corresponding diagram of the device

Download the Therabody App

1. Download the Therabody app from the App Store or Play Store.
2. Follow the in-app instructions to create a new app account and verify your email.
3. Once logged in, follow the onboarding steps to connect your Theragun Prime Plus to the app. Be sure that the Bluetooth settings are enabled for your phone.
4. Select “Theragun Prime Plus” as your Therabody device when prompted.
5. Press and hold the power button on your Theragun Prime Plus to turn it on. Theragun Prime Plus must be powered on to locate and pair to the app.
6. Tap “Pair Device” and select Theragun Prime Plus to confirm the device and app connection.
7. The Therabody app allows you to control device speed, monitor massage force, learn the best way to use each therapy, and get routine suggestions that show you exactly which muscle to treat, which attachment to use and how to grip your device.

4. Use the Device

1. **Turn on the device.** Slide your hand into the ergonomically designed Theragun triangle handle. Press and hold the power button to turn on the Theragun Prime Plus. The device’s LEDs will illuminate when the device is on.
2. **Select a percussive treatment speed.** Press the power button to toggle through the five treatment speed options. Each LED light will illuminate to indicate treatment speed intensity, with one white LED illuminated at the lowest speed and 5 LEDs illuminated at the fastest speed.
3. **Use the device.** Move the device across the areas in need of treatment, gradually applying light to moderate pressure as needed.
4. **Use the heated percussive attachment.** Attach the heat attachment, turn on the device, and select your desired speed as noted above. Press the intensity button to adjust the heat temperature. Each of the three LED lights will illuminate to indicate treatment temperature intensity, with one orange LED illuminated at low heat, two at medium heat, and three at high heat. To use heat without percussive therapy, continue to press the power button to toggle through the speed options. After the highest speed, percussive therapy will turn off.
5. **Use the cold attachment (sold separately).** Attach the cold attachment, and turn on the device as noted above. Please note, percussion is disabled during cold treatment. Press the intensity button to adjust the cold temperature. Each of the three LED lights will illuminate to indicate treatment temperature intensity, with one blue LED illuminated at low intensity, two at medium intensity, and three at high intensity.
6. **Use the vibration attachment (sold separately).** Attach the vibration attachment, and turn on the device as noted above. Please note, percussion is disabled during vibration treatment. Press the intensity button to adjust the vibration intensity. Each of the three LED lights will illuminate to indicate treatment vibration intensity, with one green LED illuminated at low intensity, two at medium intensity, and three at high intensity.
7. **Lock the device.** When not in use or during transport, lock the device to prevent battery drainage or turning it on accidentally. Quickly press the power button three times to initiate the lock function. Quickly press the power button three times again to unlock.
8. **Turn off the device.** Press and hold the power button to turn off the device.

Automatic Shut Off

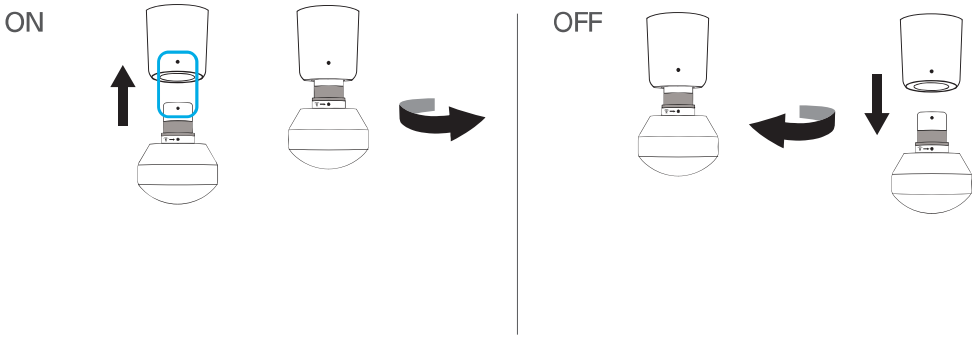
The device will automatically shut off in the following scenarios:

1. If the device is not used after pressing the power button to check the battery level, it will shut off in 5 minutes.
2. If the app is connected but the device isn't turned on, it will shut off after 10 minutes.
3. When the device is out of battery, the device's LED indicator will flash orange and then shut off.
4. If the device is on with only heat for more than 1 hour, it will shut off.

Connecting the Attachments

1. Ensure that the device is powered off before connecting or removing any attachments.
2. Insert the attachment into the device arm, twist clockwise and lock into place.
3. To unlock and remove the attachment, twist counterclockwise and pull it off.
4. Warning: Do not place your finger between the attachment and the end of the arm, as this may cause pinching or injury.

*Attachments can be used across other Theragun Plus models.



Using the Attachments

The device comes with four high-quality attachments designed for a more personalized treatment. The Heated Percussive, Dampener, Standard Ball, and Wedge attachments are comfortable and hygienic and do not absorb sweat, lotion, or oils.

ATTACHMENT	MUSCLE GROUP	INTENDED USE
Dampener	For tender or sensitive areas and overall use	Use the Dampener attachment for a firm yet softer, soothing full-body massage. The Dampener attachment is specifically designed for general use and is a low-impact treatment around tender or bony areas. Its wide base maximizes surface area for greater, more efficient contact with the body.
Standard Ball	For large and small muscle groups	Use the Standard Ball attachment for a full-body massage. 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 firmer option for overall use and is your go-to attachment for tension.
Wedge	For shoulder blades and IT bands	Warm up muscles and improve flexibility with the Wedge attachment. Uniquely designed for use on shoulder blades and IT bands, the Wedge attachment is used for “scraping” and “flushing” motions, mirroring techniques commonly used in sports massages.
Heated Percussive	For muscles	Loosen up stiff muscles and accelerate recovery. Use the heat attachment to loosen up stiff muscles before a workout, or after a workout to accelerate muscle recovery.
Cold (Sold separately)	For joints and muscles	Reduce inflammation, pain, and swelling. Use the cold attachment to relieve swelling and reduce inflammation.
Vibration (Sold separately)	For joints and and boney areas	Relieve joint pain and treat sensitive areas. Use the vibration attachment to target joint pain and treat boney areas. The vibration attachment increases circulation to treat sensitive areas.
Thumb (Sold separately)	For trigger points and the lower back	Relieve pain with the high pressure point Thumb attachment. Specifically designed to mimic a human thumb, use this attachment for point therapy on the lower back. Use the Thumb anywhere you may have otherwise used your thumb for pain relief.
Micro-Point (Sold separately)	For a more increased stimulation	Increase circulation with the Micro-Point attachment. The Micro-Point attachment delivers a highly targeted treatment and increases stimulation and circulation to each treatment area.

6. Care, Cleaning, and Charging

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.

Cleaning the Device

Read the following instructions carefully before cleaning the device to ensure longevity of the device and its components.

1. Visually inspect the device for any obvious signs of debris build-up.
2. Wipe the device with a non-abrasive, lint-free damp cloth or alcohol-free cleansing wipe.
3. Dry the device with a non-abrasive, lint-free cloth.
4. After cleaning, allow the device to dry thoroughly before storing or beginning another treatment. The device is NOT waterproof or machine washable. Do not allow excess liquids or water to enter the product.
5. A properly cleaned device should have no visible signs of debris or moisture.

Note: This product is not waterproof. Only clean with a damp cloth or alcohol-free cleansing wipe by wiping the device. Do not submerge the device in water or clean it under running water. Do not allow the device to come into contact with corrosive solutions, which can damage the device's appearance and function.

Charging the Device

1. 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. It is located on the handle of the device. Connect the other end of the charging cable to a power adapter.
3. The power button has an LED light that will indicate the battery status when the device is on or charging. Turn on the device or press the power button to check the battery status.
    - Orange (blinking, and then turns off): No battery
    - Orange (blinking): Very low battery
    - Orange: Low battery
    - Blue: Half battery
    - Green: High battery
4. The battery life of the device is up to 120 minutes, depending on the attachment and treatment intensity used.

**Note: If using a charger from a third party, ensure that it is from a certified manufacturer and has not suffered any structural damage.

Store and Transport the Device

To store and transport, keep the device in its travel pouch. Store the device in a cool and dry place (Temperature: 0°C/32°F - 40°C/104°F Relative humidity: 10~95% RH). Do not store the device where temperatures may exceed 40°C/104°F, such as in direct sunlight or in a vehicle.

SCENARIO	ERROR CODE DISPLAYED	POTENTIAL CAUSES	POTENTIAL SOLUTIONS
No power	Power button LED blinks orange, blue, and green.	The battery pack has overheated during charging or use.	Ensure the power of the product is off, remove the product from the charger, and let it rest for 60 minutes. If this doesn't work, contact Therabody.
No power	The 5 white LED lights blink 5 times then turn off.	The motor has overheated.	Ensure the power of the product is off and let it rest for 60 minutes. If this doesn't work, contact Therabody.
Percussion works but heated attachment doesn't produce heat.	The 3 orange LED lights blink 5 times then turn off.	Heat attachment has overheated or other error.	Ensure the power of the product is off and let it rest for 60 minutes. If this doesn't work, contact Therabody.
Power is on, but cold attachment has no function.	The 3 blue LED lights blink 5 times then turn off.	Cold attachment has overheated or other error.	Ensure the power of the product is off and let it rest for 60 minutes. If this doesn't work, contact Therabody.
Power is on, but vibration attachment has no function.	The 3 green LED lights blink 5 times then turn off.	Vibration attachment has overheated or other error.	Ensure the power of the product is off and let it rest for 60 minutes. If this doesn't work, contact Therabody.
Device turns off automatically	None	1. Battery level is low 2. It still cannot turn on	1. Charge the battery 2. Contact Therabody
Device cannot turn on	None	1. Battery level is low 2. It still cannot turn on	1. Charge the battery 2. Contact Therabody
Device shuts off in mid-treatment or Vibration motor does not turn on	None	1. Check and recharge batteries 2. Motor or connection may have been damaged	Try charging the device fully, removing the charging cable and then pressing the power button for 3 seconds. If problem persists, contact Therabody
Cannot charge battery	None	1. The ambient temperature is too high or too low 2. Possible defective battery 3. Defective charging cable	1. Charge the device when the ambient temperature is between 5° C and 35° C 2. Try using a different USB-C cable and adapter 3. Contact Therabody

Theragun Prime Plus Warnings and Guidance (Precautions and Contraindications)

Background

Therabody products are designed to unlock the body's natural ability to achieve health and well-being. Through science and technology, the Therabody portfolio of products allows people to access the therapeutic benefits of different natural phenomena to meet both their needs and preferences. There will be times when it is advisable to modify how devices are used (precautions) or times when it is not appropriate to use certain devices (contraindications). Read the following safety information for the device in its entirety prior to use.

Important Safety Information

General Device Use

This device is intended for use by people in good health. This device is contraindicated against and should not be used by or on anyone with a history of epilepsy, seizures or cardiopathy.

The device is not recommended for anyone with an electronic implanted device (such as a pacemaker), cardiac arrhythmia, tumors, or acute episodes of inflammatory diseases. The device is not recommended for those who have arteriosclerosis, thromboses, or implants in the body region being treated. The device should not be used if you have dark brown or black spots, such as large freckles, birthmarks, moles, or warts, on the area being treated. The device is not recommended if you have eczema, psoriasis, lesions, open wounds, or active infections other than mild to moderate acne, such as cold sores, in the area being treated. Wait for the infected area to heal before using the device. The device should not be used if you have abnormal skin conditions caused by diabetes or other systemic or metabolic diseases. If you have a history of herpes outbreaks in the area of treatment, use of the device is not recommended unless you have consulted with your physician and have received preventive treatment.

Please consult your physician prior to using the device if you are pregnant and/or nursing. **Immediately stop using the device at the first sign of discomfort. If you have any medical considerations please consult your doctor before using the device.**

Safety, Precautions, and Contraindications

Specific Therapies

These recommendations are derived from consultation with medical experts and published research regarding precautions and contraindications as of the printing date. For up-to-date information, please visit us online at https://www.therabody.com/us/en-us/precautions-and-contraindictions.html.

Precautions:

Due care is required in these circumstances and device use may need to be modified. Consult with a medical professional if you currently have or suspect you may have any of the following conditions or if you have any questions.

- Hypertension (controlled)
- Osteopenia
- Osteoporosis
- 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

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, 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
- Pacemaker, ICD, or history of embolism
- Allergy to device material: plastic, silicone, aluminum, stainless steel, copper alloy, paint

Limited Warranty and Customer Service
For full warranty information, please visit www.therabody.com/warranty.
Customers who are in need of product support should visit
https://www.therabody.com/us/en-us/support/support.html for the available contact methods.

FDA-Registered
Limited Warranty Only With Authorized Retailer Purchase
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Patents at www.therabody.com/patents

Manufactured and Distributed by:
Therabody, Inc.
1640 S Sepulveda, Suite 300
Los Angeles, CA 90025

In the Australian market, the Theragun Prime Plus warranty is 1 year.
For Australian Market Only: The purchase of this device is accompanied by a limited warranty. For complete details about the rights afforded to you under this warranty, visit https://therabody.com/anz/en-au/warranty-support/.

Imported and Distributed By:
Therabody Australia Pty Ltd
Waterman Business Centre
175 Maroondah Highway
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Ringwood Vic 3134 Australia

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5th Floor, 40 Mespil Road,
DO4C2N4 Dublin, Ireland

Therabody UK Limited
Portsoken House 155-157
The Minorities, London,
United Kingdom, EC3N1LJ

UNIT WARNINGS

READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, AND ON THE DEVICE BEFORE USING OR CHARGING THE DEVICE AND ITS ACCESSORIES.

When using the device, the following basic precautions should always be adhered to:

1. USE ONLY AS INSTRUCTED. Use the device as described in the device's User Manual only. The device is intended for over-the-counter use. The device is not intended to diagnose, cure, or prevent diseases. Use only Therabody recommended accessories and replacement parts. The device is an advanced mechanical tool with electric components. If the device and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. Failure to use and maintain the device and corresponding attachments in accordance with the instructions outlined in this manual will void the warranty and may result in product damage or physical injury. The device is intended for commercial and home use.
2. NOT FOR CHILDREN. The device is not intended for use by young children or persons with reduced physical, sensory, or reasoning capabilities or lack of experience and knowledge, unless given supervision or instruction concerning use of the device by a person responsible for their safety. The device is not a toy. Do not play with, bend, or pull the electrical components. Advise children not to play with the device or accessories. Adult supervision should be provided for those under 18 using the device.
3. CHARGING. If your device doesn't turn on or the battery indicator displays a low battery level, please charge before first use. Charge the battery using the USB-C cable (included). When you use the charging cable (included), make sure its USB-C connector is fully inserted into a compatible power adapter before you plug the adapter into a power outlet. You can also charge the battery with third party cables that are compliant with USB-C and with applicable country regulations and international and regional safety standards. Other adapters may not meet applicable safety standards, and charging with such adapters could pose a risk of death or injury. Do not force the cable into place. Fully charge the device at least once every six months to prevent device and battery damage. Unplug the power adapter and charging cable when not in use.
4. DO NOT OVERCHARGE. Do not leave the device connected to the power adapter for more than one hour after the battery has been fully charged. The battery includes a protection system to avoid the risk of overcharging. However, overcharging may reduce its life over time.
5. CHARGING LOCATIONS. Charge the device with a power adapter and charging cable. Avoid skin contact when the USB-C is plugged into a power source as it may cause discomfort or injury. Do not sleep or sit on the USB-C connector. The device should be charged indoors in a well-ventilated, dry location. Do not charge the device outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub or pool. Do not use the device or charger on wet surfaces, and do not expose the charger to moisture, rain, or snow. Do not use the device or its compatible charger in the presence of explosive atmospheres (gaseous fumes, dust, grain, metal powders, or flammable materials). Sparks may be generated, possibly causing a fire.
6. UNPLUGGING THE CHARGER AND CARE. Pull the plug, not the cord, to reduce the risk of damage to the electrical plug and cord. Never carry the charger by its cord. Keep the cord away from heat, oil, and sharp edges. Do not stretch the charger cord or place the cord under strain. Do not handle the charger, terminals, or the device with wet hands. Always unplug this appliance from the electrical outlet immediately after using and before cleaning. Store cable to ensure it is not stepped on, tripped over, or otherwise subjected to damage or stress. Do not use a power adapter or charging cable that has received a sharp blow, been dropped, run over, or damaged in any way. For long-term storage, store with a fully charged battery.
7. USAGE. Discontinue use of the device if you are feeling pain or discomfort. If at any point during the treatment you feel pain or discomfort, stop the treatment immediately. 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.
8. DO NOT OPERATE UNDER BLANKET AND PILLOW. Excessive heating can occur and cause fire, electric shock, or injury.
9. DEVICE CARE AND SERVICE. Handle the device with care. The device contains electronic components that can be damaged if dropped, burned, punctured, or crushed. Do not disassemble the device or attempt to repair the device yourself. Disassembling the device may damage it and may cause injury. If the device is damaged or if malfunctions occur, contact Therabody Customer service. The warranty will be void if the device, batteries, or charger are disassembled or if any parts have been removed. Do not use if damaged as these may cause injury. Do not puncture or damage the device. The 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 "Cleaning" section in the User Manual.
10. 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.
11. 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 16V 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.
12. STORING THE DEVICE AND ACCESSORIES. Store in a cool, dry place. Only charge the device when the ambient temperature is between -4-113°F (-20-45°C). Do not store the device, or charging cable where temperatures may exceed 113°F (45°C), such as in direct sunlight, in a vehicle, or in a metal building during the summer.
13. 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 is recycling the whole device.

Label & Symbols

The following labels and symbols appear on Theragun Prime Plus: labeling

No.	Icon	Descripton
1	CE	CE Mark
2		Please read the user manual before use.
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.
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		RCM Mark
6		Type BF apply part
7		Manufacturer information
8	UK CA	UKCA Mark for UK
9	Bluetooth	Bluetooth

Theragun Prime Plus
IEC 60601-1 and IEC60601-11 requriement(Warning)---For Medical device apply for US, CA
This device is Class III equipment with type BF applied. It complies with Medical Electrical Safety Standards (IEC 60601-1).
This device also complies with Medical EMC Standard (IEC 60601-1-2).
The device 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 a typical medical installation.

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 of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

3* WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) 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.

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.
changes or modifications not expressly approved 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.
ISED compliance statement
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 interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Guidance and manufacturer´s declaration – electromagnetic emission		
The Theragun Prime Plus is intended for use in the electromagnetic environment specified below. The customer or the user of Theragun Prime 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 Prime 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 Prime 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	

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

Guidance and manufacturer´s declaration – electromagnetic immunity			
The Theragun Prime Plus is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun Prime 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 home 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 home environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT; 0,5 cycle g) At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0° 0 % UT; 250/300 cycle	N/A	Mains power quality should be that of a typical commercial or home environment. If the user of the Theragun Prime Plus requires continued operation during power mains interruptions, it is recommended that the Theragun Prime 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 home environment.
NOTE UT 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 Prime Plus is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun Prime 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 Prime Plus, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = [\frac{3.5}{V_1}]\sqrt{P}$ $d = [\frac{12}{V_2}]\sqrt{P}$
Radiated RF IEC 61000-4-3	10 V/m 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)	10 V/m 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)	$d = [\frac{3.5}{E_1}]\sqrt{P}$ 80 MHz to 800 MHz $d = [\frac{7}{E_1}]\sqrt{P}$ 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: 

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 theTheragun Prime Plus is used exceeds the applicable RF compliance level above, the Theragun Prime Plus should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re¬orienting or relocating theTheragun Prime 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 EQUIP-MENT or SYSTEM - for EQUIPMENT and SYSTEMS

Recommended separation distances between
portable and mobile RF communications equipment and the Theragun Prime Plus

The Theragun Prime Plus is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Theragun Prime Plus can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Theragun Prime Plus as recommended below, according to the maximum output power of the communications equipment

	Separation distance according to frequency of transmitter m			
Rated maximum output of transmitter W	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.

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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