



Therabody

Theragun Sense

2nd Generation
User Manual & Unit Warnings

Relaxing massage with guided routines for easy stress relief.

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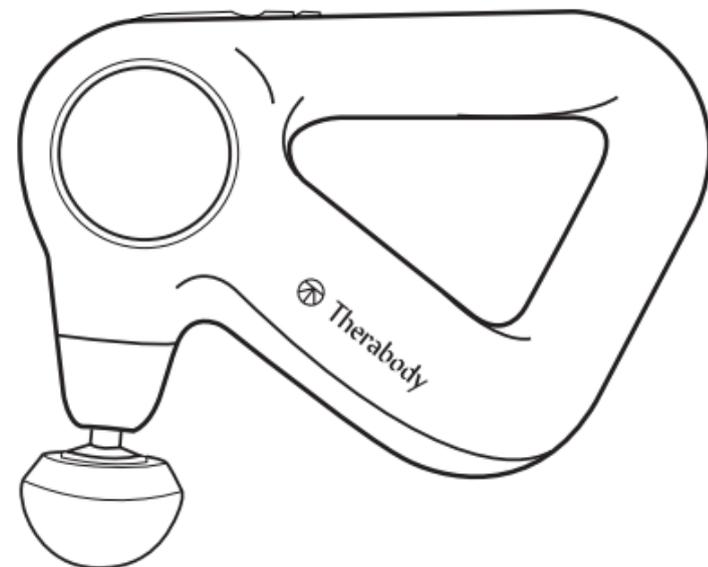
1. Product Overview

Theragun Sense

Theragun Sense (2nd Generation) is the only Theragun designed specifically for stress relief, now more intuitive with built-in guided routines and real-time pressure feedback. The enhanced LCD screen displays how much pressure you're applying and includes 4 preloaded routines, with the option to swap in up to 5 of your favorites from the Therabody app. With 5 speeds, 2 scientifically-designed attachments, and a 2-hour battery life, Theragun Sense is lightweight, quiet, and easy to use – designed to fit effortlessly into your daily routine.

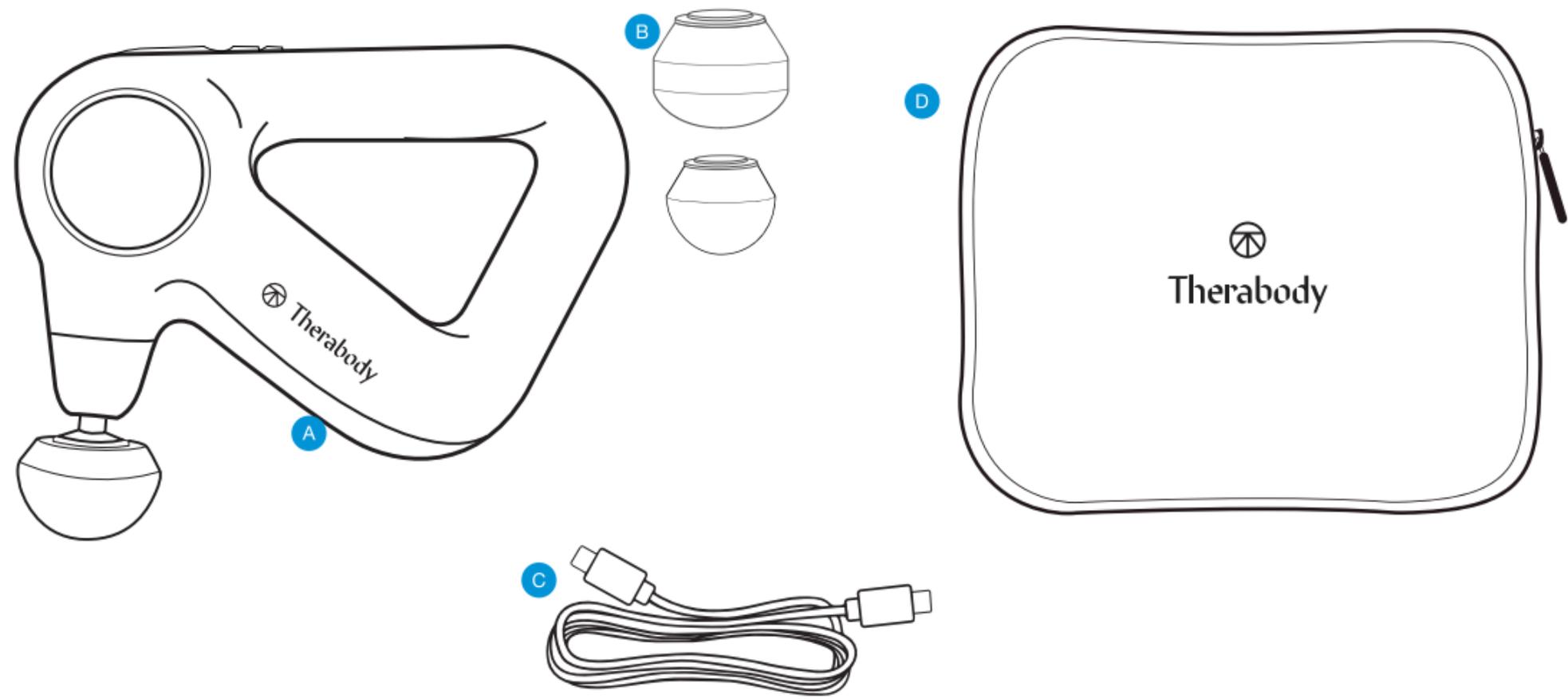
Intended Use

Theragun Sense delivers scientifically-proven 12mm percussive therapy intended to relieve daily aches and pains and promote muscle relaxation.



EN 2. What's in the box

- A Theragun Sense device
- B Two attachments (Dampener, Standard Ball)
- C USB-C charging cable
- D Travel pouch



3. Download the Therabody App

With Bluetooth connectivity to the Therabody app, connect your device to access additional speed levels, adjust settings, track pressure applied, monitor battery life, and follow step-by-step guided routines that help you get the most out of every treatment.

Get personalized recovery recommendations with Coach by Therabody, now available for free in the Therabody app. Receive science-backed recovery plans tailored to your goals, daily activity, and performance data from wearables like Garmin, Apple Health, Strava, or Google Fit.

Using the Therabody app, you can access educational content based on your unique wellness goals, activities, and concerns and learn how to get the most out of your device. Personalize your experience by downloading guided routines directly to your device for quick, on-the-go access.

If you currently have the Therabody app, proceed to step 3.

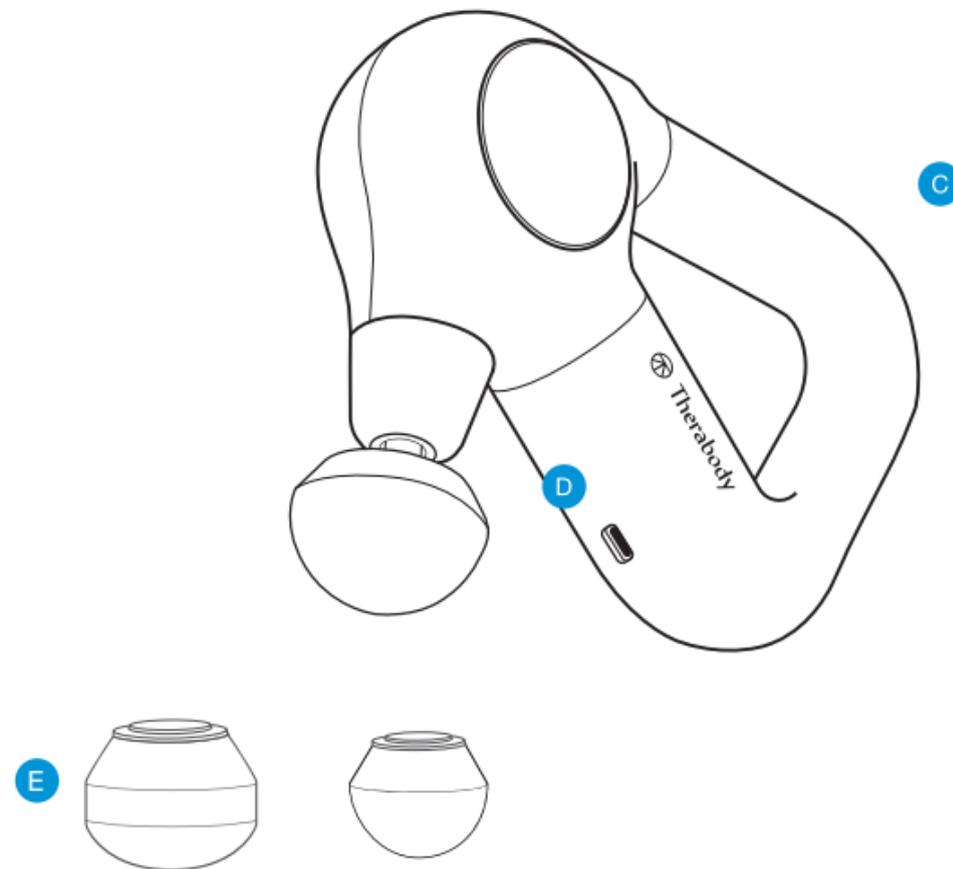
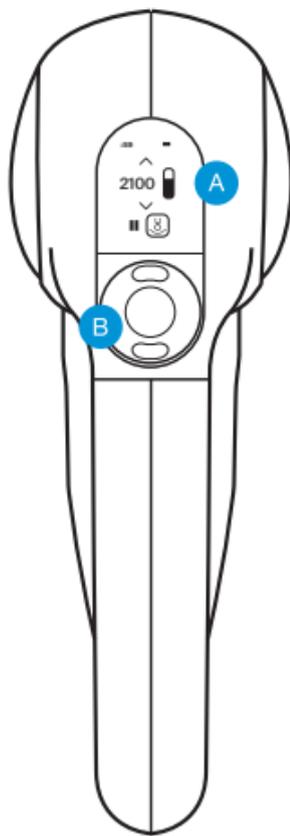
1. Download the Therabody app from the App Store or Play Store.
2. Follow the in-app instructions to create a new app account and verify your email.
3. Once logged in, follow the onboarding steps to connect your device to the app. Be sure that your phone's Bluetooth settings are enabled.
4. Select "Theragun Sense" as your Therabody device when prompted.
5. Press and hold the power button on your device to turn it on. The device must be powered on to locate and pair to the app.
6. Select "Theragun Sense" to confirm the device and app connection.
7. Once connected, you can customize your treatments based on your preferences. Explore the library of guided pain and stress relief routines that show you exactly which muscle to treat and which attachment to use.



[Scan the QR code to get started.](#)

EN 4. Getting to Know Your Device

- A High-resolution display LCD screen
- B Button pad
- C Patented triangle multi-grip handle
- D USB-C port
- E Interchangeable percussive attachments



5. Using Your Device

- 1. Pick up and hold the device.** Slide your hand into the ergonomically designed Theragun triangle handle. Our patented Theragun triangle multi-grip handle design is three-sided, so you can hold the device from any side in a variety of ways, making it easier than ever to treat hard-to-reach areas like your back without strain on your hands, wrists, and forearms.
- 2. Turn on your device.** To turn on your device, firmly press and hold the center button on the device. The device's LCD screen will light up when the device is on.
- 3. Select a treatment.** Select "Quick Start" to begin using the device without a guided routine, or toggle through preset guided treatment routines using the up and down buttons and press the center button to select a treatment routine. Follow the preset treatment as the device guides you to move between muscle groups. The treatment used during your last session will be the default treatment for your next session.
- 4. Swap out built-in routines.** Through the Therabody app, download guided routines to your device to easily follow along. Swap routines in and out depending on your unique needs.
- 5. Choose your treatment speed.** Once your desired treatment is selected, toggle through the five speed options by pressing the up and down buttons to increase or decrease treatment speed, respectively.
- 6. Use the device.** Move the device across the areas in need of treatment, gradually applying light to moderate pressure as needed. The pressure will appear on the LCD display momentarily when pressure is applied from the device to your body, with one bar indicating light pressure is being applied and three bars indicating deep pressure is being applied. Do not start by putting pressure directly on an area of discomfort. Instead, work slowly around the area to reduce tension.
- 7. Modify your treatment.** Press the center button to pause your treatment. You can skip a treatment step by selecting the skip option, exit the treatment by selecting the exit option [X], or resume treatment by short pressing the center button.
- 8. Turn off the device.** To turn off the device, firmly press and hold the center button. The device will automatically shut off if use is not detected on the home screen for 3 or more minutes, the device is paused for 10 or more minutes, or continuous percussive treatment lasts for 15 or more minutes.
- 9. Lock the device.** When not in use or during transport, lock the device to prevent turning it on accidentally. Quickly press the center button three times to initiate the lock function. Quickly press the button three times again to unlock.

Automatic Shut Off

The device will automatically shut off if the device is on but percussive therapy is off after 10 minutes when connected to the Therabody app or after 3 minutes when the device is not connected to the Therabody app.

EN 6. Attachments

The device has two high-quality, scientifically designed attachments for a customized treatment. These attachments are comfortable and hygienic and do not absorb sweat, lotion, or oils.

	Attachment	Muscle Group	Intended Use
	Dampener	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.
	Standard Ball	For small and large muscle groups	Use all-over to relieve soreness and activate small and large muscle groups. This attachment offers a more targeted percussive therapy treatment with a firm, smaller surface area and medium impact level. Perfect for quick re-activation and easing soreness, the Standard Ball is your go-to during a workout, delivering effective relief while keeping you moving.

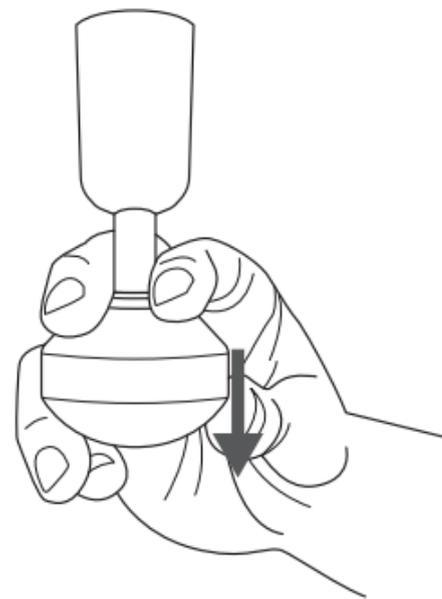
How to Connect and Remove Attachments

1. Ensure that the device is powered off before connecting or removing any attachments.
2. Align the attachment with the tip of the arm and push to connect.
3. To remove the attachment, hold the triangle grip with one hand, and the attachment with the other hand. Place one finger on each side of the plastic connector and firmly pull off the attachment.

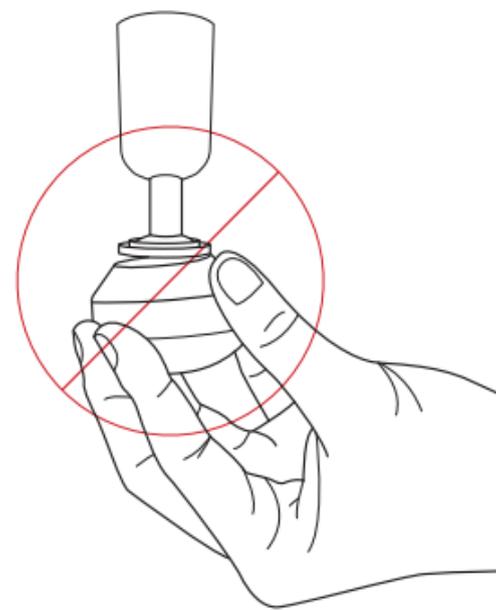
Warning: Do not place your finger between the attachment and the end of the arm, as this may cause pinching or injury.

**Attachments can be used across other Theragun device models including Theragun Prime, Elite, Relief, Sense, and Mini devices.*

It is recommended that you replace the attachments if you start to notice signs of wear. Visit therabody.com to shop all Theragun attachments.



✓
Correct



✗
Incorrect

EN 7. Care, Cleaning, & 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 Your Device

1. The 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.
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.

Note: This device 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 Your Device

The device's battery level is continuously displayed on the LCD screen in the top right corner when the device is powered on.

1. Turn off the device before charging. The device will not turn on while charging.
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 battery percentage level will be displayed on the LCD screen while charging.
4. The battery icon will turn solid green and display a charge level of 100% once charging is complete.
5. Unplug the USB-C cable from the device when charging is complete.

The battery life of the device is up to 120 minutes depending on the treatment settings used.

A power adapter is not included with this device. Use the charging cable with a USB-C power adapter of at least 5W with a recommended voltage of 5-15V.

Ensure it is from a certified manufacturer and has not suffered any structural damage. Do not try to use the device while charging.

Store and Transport Your Device

Store and transport the device in the travel pouch. Store the device in a cool and dry place (Temperature: 0°C/32°F - 40°C/104°F Relative humidity: <85% RH). Do not store the device where temperatures may exceed 40°C/104°F, such as in direct sunlight or in a vehicle. Recharge the battery every 3 months.

EN 8. Troubleshooting Guide

Scenario	Error Code Displayed	Potential Cause	Potential Solutions
The motor stops working	The treatment or motor stops Overheating warning 1001 appears on screen and then turns off	Battery overheats Battery temperature exceeds 65° while in use Battery temperature exceeds 55° while charging	Ensure the device is powered off, remove from charger, and let the device rest for 60 minutes
	The treatment or motor stops Overheating warning 1002 appears on screen and then returns to Quick Start	Motor overheats The motor temperature exceeds 100°. The motor is not allowed to start if the temperature is greater than 90°.	Ensure the device is powered off, remove from charger, and let the device rest for 60 minutes
Cannot charge the device	N/A	The power adapter cable is not well connected to the adapter socket on the console	Verify that the power adapter cable is well connected to the adapter socket on the console, and the power adapter is connected to the 100-240 Volt power outlet. If this doesn't work, contact Therabody for further assistance. Visit https://www.therabody.com/us/en-us/support/support.html for the available contact methods.
		The power outlet connected is beyond the range of 100-240 Volt	

Scenario	Error Code Displayed	Potential Cause	Potential Solutions
The device is charging very slowly	Slow charging or incompletely charging	There may be an adapter issue, or the adapter power is too low	Ensure you are using the USB-C to USB-C cable provided, or one from a certified manufacturer.
			If the issue still persists, Contact Therabody for further assistance. Visit https://www.therabody.com/us/en-us/support/support.html for the available contact methods.
Mechanical noise	There is a rattling noise when the device is turned on	Internal malfunction	Contact Therabody for further assistance. Visit https://www.therabody.com/us/en-us/support/support.htm for the available contact methods.
Bluetooth connectivity issue	Cannot connect to the app or the device isn't working properly once connected	The firmware is not updated to the latest version	Update the device firmware and try to connect to Bluetooth again.
		The phone version or system cannot support the connectivity	Update your phone to the latest version. If this doesn't work, try to install the app on another phone device.

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

Read the full Warnings and Guidance prior to using the device.

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 recommend-

ed for those who have arteriosclerosis, thromboses, or implants in the body region being treated.

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-contraindications.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 (TPU, PC+ABS, aluminum, plastic, PA6, PU foam, and paint)

Limited Warranty

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, Class 1 Medical Device
Limited Warranty Only With Authorized Retailer Purchase

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

In the Australian market, the device 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/>.

Importers:
Therabody Australia Pty Ltd
Waterman Business Centre
175 Maroondah Highway
Suite 16, C307, Level 3
Ringwood Vic 3134 Australia

Therabody International Limited
5th Floor, 40 Mespil Road,
DO4C2N4 Dublin, Ireland

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

Device Battery Information - EU
The weight: 0.35lbs, 160g
The capacity: 2500mAh
The chemistry: Lithium-ion battery

Therabody China Limited
地址:上海市浦东新区沪南路2218号西楼18层

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 precautions should always be adhered to:

1. **USE ONLY AS INSTRUCTED.** Use only Therabody recommended accessories and replacement parts. This device is not intended to diagnose, mitigate, or treat diseases. 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.** Ensure that the battery status LED is OFF before charging. Insert the USB-C cable into the port (behind the power button) to charge the device. Do not use the device while charging. 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.** 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. **DO NOT CRUSH, DROP, OR DAMAGE THE DEVICE OR CHARGER.** Do not use a power adapter or charging cable that has received a sharp blow, been dropped, run over, or damaged in any way. Do not puncture or damage the device. Puncturing the device can lead to incorrect operation.
 8. **POWER ADAPTER AND CHARGING CABLE CARE.** Unplug the power adapter and 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 device 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.
 9. **USAGE.** Discontinue use of the device if you are feeling severe pain. Make sure the Battery status LED is OFF when the device is not in use. While in use, hold the device in your hands only.
 10. **DO NOT OPERATE UNDER BLANKET AND PILLOW.** Excessive heating can occur and cause fire, electric shock, or injury.

11. **SERVICE.** If the device is not working properly, has received a sharp blow, or has been dropped, damaged, left outdoors, or dropped into water, then do not use it. Do not attempt to repair or disassemble the device which may result in an electric shock or fire.
12. **DEVICE CARE.** 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 it yourself. Disassembling the device may damage it, result in loss of water resistance, and may cause injury. If the device is damaged or if malfunctions occur, contact Therabody Customer service. Do not use a damaged device, for example, visible water intrusion, as these may cause injury. Avoid heavy exposure to dust or sand.
13. **CLEANING INSTRUCTIONS.** Visually inspect the device for any obvious signs of debris build-up. Wipe your device with a damp cloth or alcohol-free cleansing wipe. After cleaning, allow the device to dry thoroughly before storing or beginning another treatment. 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.
14. **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 device, batteries, or charger are disassembled or if any parts have been removed.
15. **STORING THE DEVICE AND CHARGING CABLE.** Store in a cool, dry place. Only charge the device when the ambient temperature is between 40°C/104°F and 0°C/32°F. Do not store the device or 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. Recharge the battery every 3 months.

Reporting adverse events to FDA

MedWatch is the Food and Drug Administration's (FDA) program for reporting serious reactions, product quality problems, therapeutic inequivalence/failure, and product use errors with human medical products, including drugs, biologic products, medical devices, dietary supplements, infant formula, and cosmetics.

If you think you or someone in your family has experienced a serious reaction to a medical product, you are encouraged to take the reporting form to your doctor. Your health care provider can provide clinical information based on your medical record that can help the FDA evaluate your report. However, we understand that for a variety of reasons, you may not wish to have the form filled out by your healthcare provider, or your health care provider may choose not to complete the form. Your health care provider is not required to report to the FDA. In these situations, you may complete the Online Reporting Form yourself.

You will receive an acknowledgement from the FDA when your report is received. Reports are reviewed by FDA staff. You will be personally contacted only if we need additional information.

Submitting adverse event reports to FDA

Use one of the methods below to submit voluntary adverse event reports to the FDA:

1. Report Online at: www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home
2. Consumer Reporting Form FDA 3500B. Follow the instructions on the form to either fax or mail it in for submission. For help filling out the form, see MedWatchLearn. The form is available at: www.fda.gov/downloads/aboutFDA/reportsmanualsforms/forms/ucm349464.pdf
3. Call FDA at 1-800-FDA-1088 to report by telephone.
4. Reporting Form FDA 3500 commonly used by health professionals. The form is available at: www.fda.gov/downloads/aboutFDA/reportmanualsforms/forms/ucm163919.pdf

No.	Icon	Description	Location of Label
1		CE Mark	On rating label
2		Please read the user manual before use.	In packaging
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.	On rating label
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.	On rating label
5		RCM Mark	On rating label and packaging

No.	Icon	Description	Location of Label
6		Type BF apply part	On rating label
7		Manufacturer information	On rating label
8		UKCA Mark for UK	On rating label
9		Bluetooth	On packaging
10	IC	IC Canada	On rating label
11		Unique Device Identification (UDI)	On rating label and packaging
12		Date of Manufacture	On rating label

Please scan QR code for a copy of the Declaration of Conformity under Regulation (EU) 2019/1020



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.

Medical EMC + Safety

IEC 60601-1 and IEC60601-11 Requirement (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 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.

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

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC EMISSION

The Theragun SENSE is intended for use in the electromagnetic environment specified below. The customer or the user of Theragun SENSE should assure that it is used in such an environment.		
EMISSIONS TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The Theragun SENSE 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 SENSE 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	Class A	
Voltage function / flicker emissions IEC 61000-3-3	Complies	

Guidance and manufacturer's declaration – electromagnetic immunity

The Theragun SENSE is intended for use in the electromagnetic environment specified below. The customer or the user of the Theragun SENSE 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	±2kV for power supply lines ±1kV for input/output lines	±2kV for power supply lines	Mains power quality should be that of a typical commercial or home environment.
Surge IEC 61000-4-5	±1kV differential mode ±2kV common mode	±1kV differential mode	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	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	Mains power quality should be that of a typical commercial or home environment. If the user of the Theragun SENSE requires continued operation during power mains interruptions, it is recommended that the Theragun SENSE 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 U _i is the a.c. mains voltage prior to application of the test level.			

The **Theragun SENSE** is intended for use in the electromagnetic environment specified below. The customer or the user of the **Theragun SENSE** 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 150kHz to 80MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz	3 Vrms 150kHz to 80MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz	Portable and mobile RF communications equipment should be used no closer to any part of the Theragun SENSE , including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance: $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$ $d = \left[\frac{12}{V_2} \right] \sqrt{P}$ $d = \left[\frac{3.5}{E_1} \right] \sqrt{P}$ $d = \left[\frac{7}{E_1} \right] \sqrt{P}$ <p style="text-align: center;">80 MHz to 800 MHz 800 MHz to 2.7 GHz</p>
Radiated RF IEC 61000-4-3	10 V/m 80MHz to 2.5GHz 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 80MHz to 2.5GHz 385MHz-5785MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601-1-2:2014)	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). ^a 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 the Theragun SENSE is used exceeds the applicable RF compliance level above, the Theragun SENSE should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Theragun SENSE.

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 - for EQUIPMENT and SYSTEMS

Recommended separation distances between portable and mobile RF communications equipment and the **Theragun SENSE**

The Theragun SENSE is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Theragun SENSE can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Theragun SENSE 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 $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$	150 kHz to 80 MHz in ISM and amateur radio bands $d = \left[\frac{12}{V_2} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[\frac{12}{V_2} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[\frac{7}{E_1} \right] \sqrt{P}$
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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Designed for everybody.



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