

THERAGUN

FUNDAMENTALS

How do I get started?

Turn on the G2PRO™ before you make contact with your body. Let it float across your muscles. Apply the pressure that is comfortable for you.

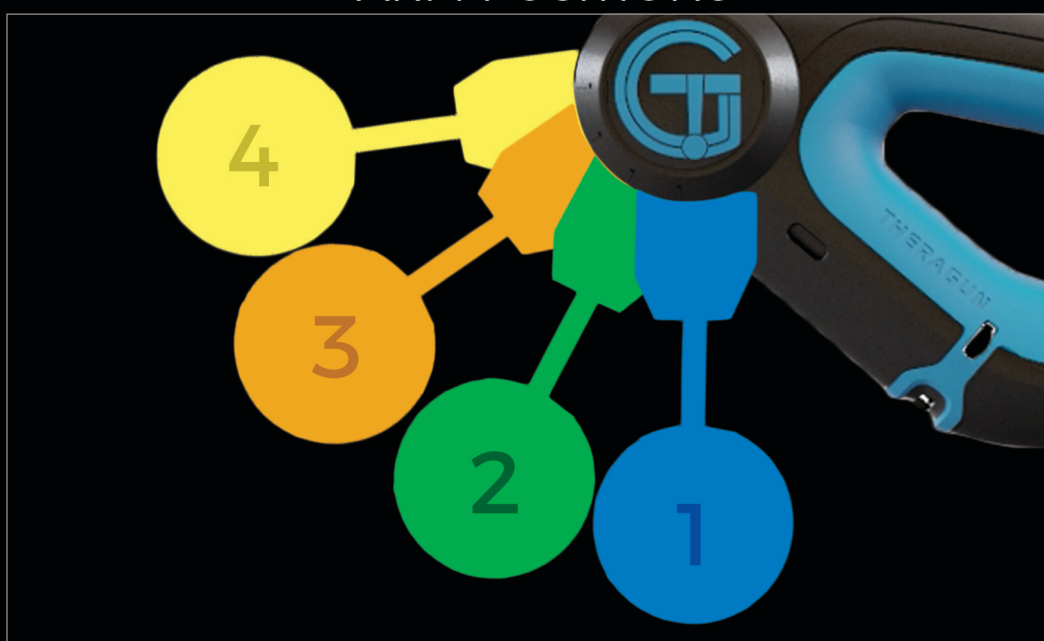
How long should I use the G2PRO™?

We recommend treating each body part for 60-90 seconds. A full body session can be completed in 15 minutes. Use up to 3x per day.

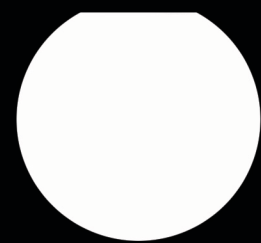
How fast should I move the G2PRO™?

The slower you move, the better the results. Move approximately 1 inch per second. Take your time floating the G2PRO™ across your muscles.

ARM POSITIONS

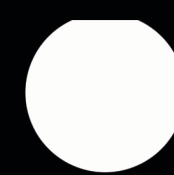


LARGE BALL



for large muscle groups (quads, glutes, etc.) or extreme soreness

STANDARD BALL



for general use

DAMPENER



for extreme tenderness or bony areas

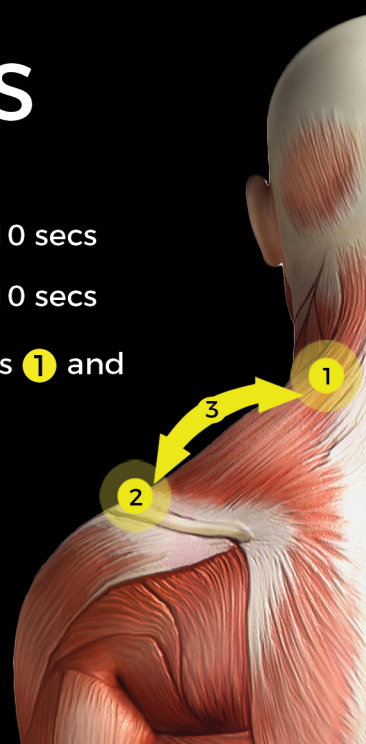
CONE



for trigger points and small muscle areas (feet, wrist, etc.)

TRAPS

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



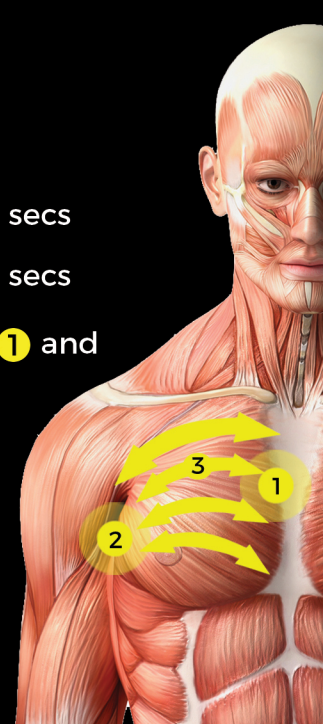
SHOULDERS/ROTATORS

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



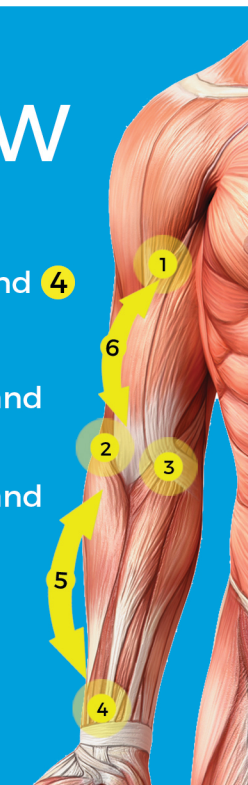
PEC

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



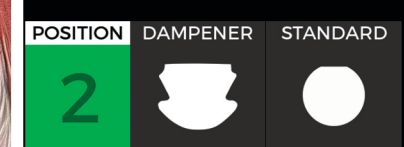
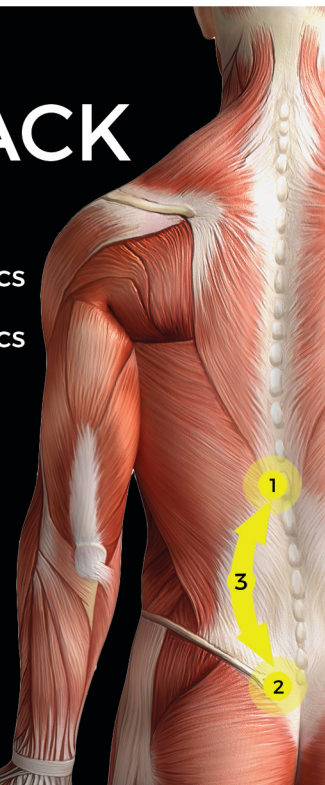
ARMS/ELBOW

- 1-4. Apply to spots 1, 2, 3 and 4 for 10 secs
5. Sweep between spots 1 and 2 for 10 secs
6. Sweep between spots 3 and 4 for 10 secs



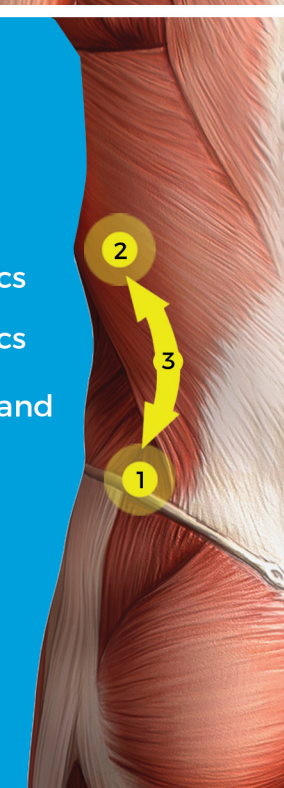
LOWER BACK

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



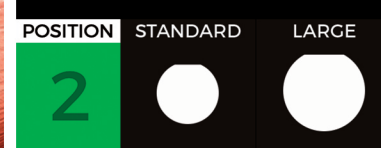
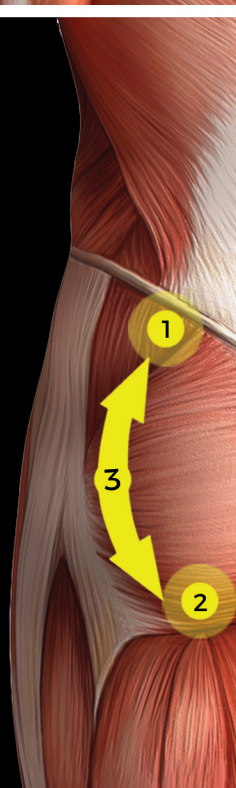
QL

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



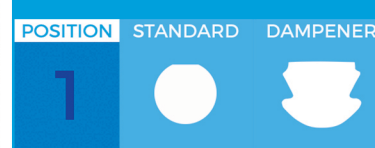
GLUTES

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



HIP FLEXOR

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



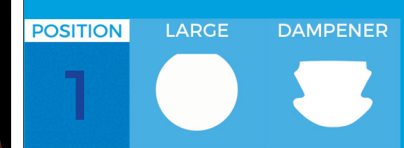
IT BAND

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



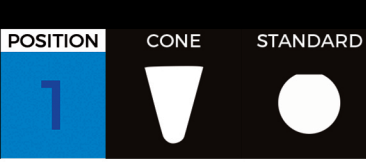
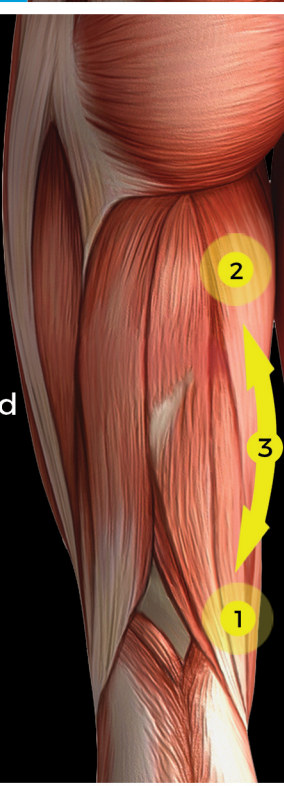
QUADS

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



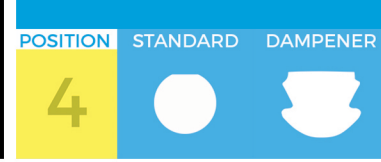
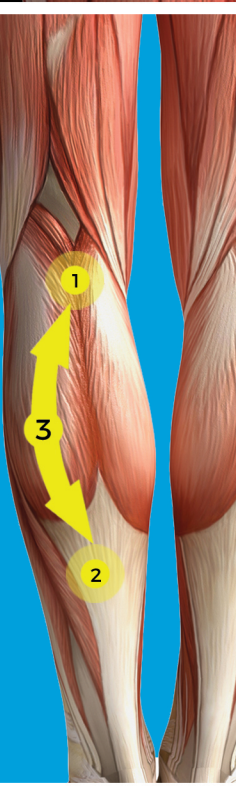
ADDUCTOR

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



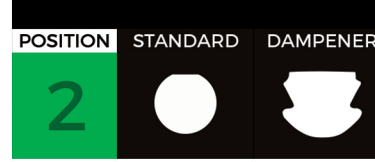
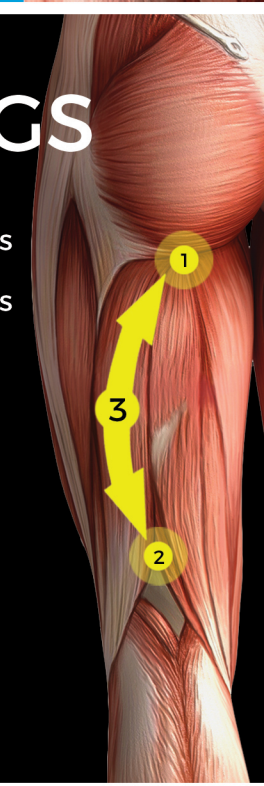
CALVES

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



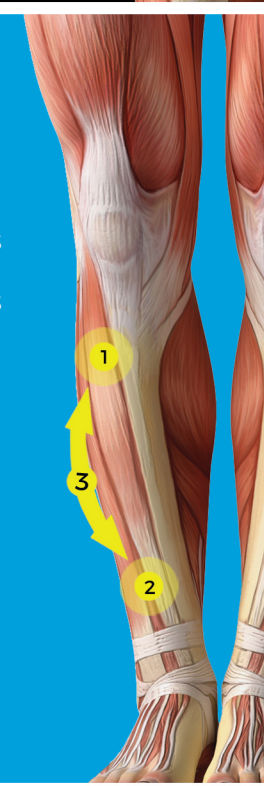
HAMSTRINGS

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



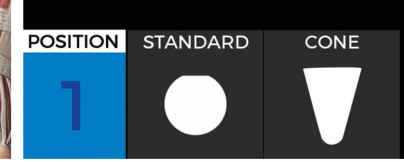
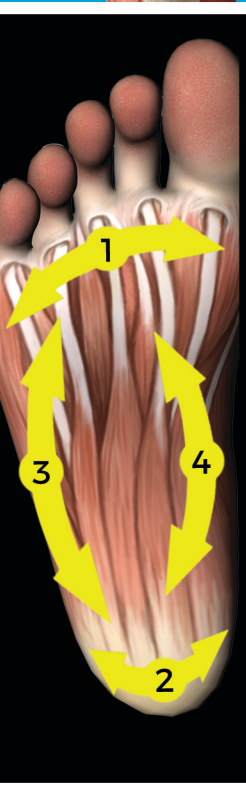
SHIN

1. Apply to spot 1 for 10 secs
2. Apply to spot 2 for 10 secs
3. Sweep between spots 1 and 2 for 10 secs



FEET

1. Sweep areas 1, 2, 3 and 4 for 10 secs each.
4. Repeat 3x



Prepare

Use the G2PRO™ prior to your activity to:

- Decrease pain
- Increase mobility
- Improve muscle coordination

Perform

Use the G2PRO™ during your activity to:

- Increase glycogen (fuel for your cells)
- Increase blood flow and circulation
- Prevent muscle fatigue and soreness

Recover

Use the G2PRO™ after your activity to:

- Increase lymphatic drainage
- Decrease muscle soreness and tightness
- Calm the nervous system & accelerate recovery