



Therabody

# About Us

Industry and innovation leader in **tech wellness** anchored by over a decade of research and development

Scientifically proven solutions to help **reduce pain, improve performance** and **speed up recovery**

At Therabody we continue to find **natural solutions for everybody**, from professional athletes to weekend warriors to youth athletes to your family members to anyone desiring to lead an active lifestyle



# Born Out of Necessity

## Dr. Jason Wersland

Founder and Chief Wellness Officer

In 2007, Dr. Jason was in a motorcycle accident resulting in **debilitating muscle and nerve pain**

He tried treating his injuries with vibration therapy and **didn't feel relief**

When he couldn't find a wellness device to bring him natural relief, **he invented one** - the world's first **Percussive Therapy Device**



# Therabody Ecosystem

Every *body* is different and there is no one size fits all solution, so our portfolio is designed to help meet both your needs and preferences – from active to passive solutions to targeted or large muscle mass devices



A woman with blonde hair in a ponytail is sitting on a black wicker chair outdoors. She is holding a black Theragun massage gun with a blue circular head against her right shoulder. She is wearing a black tank top. The background shows a blue tennis court, a green fence, and rolling hills under a bright sky.

# Theragun

Massage Reinvented



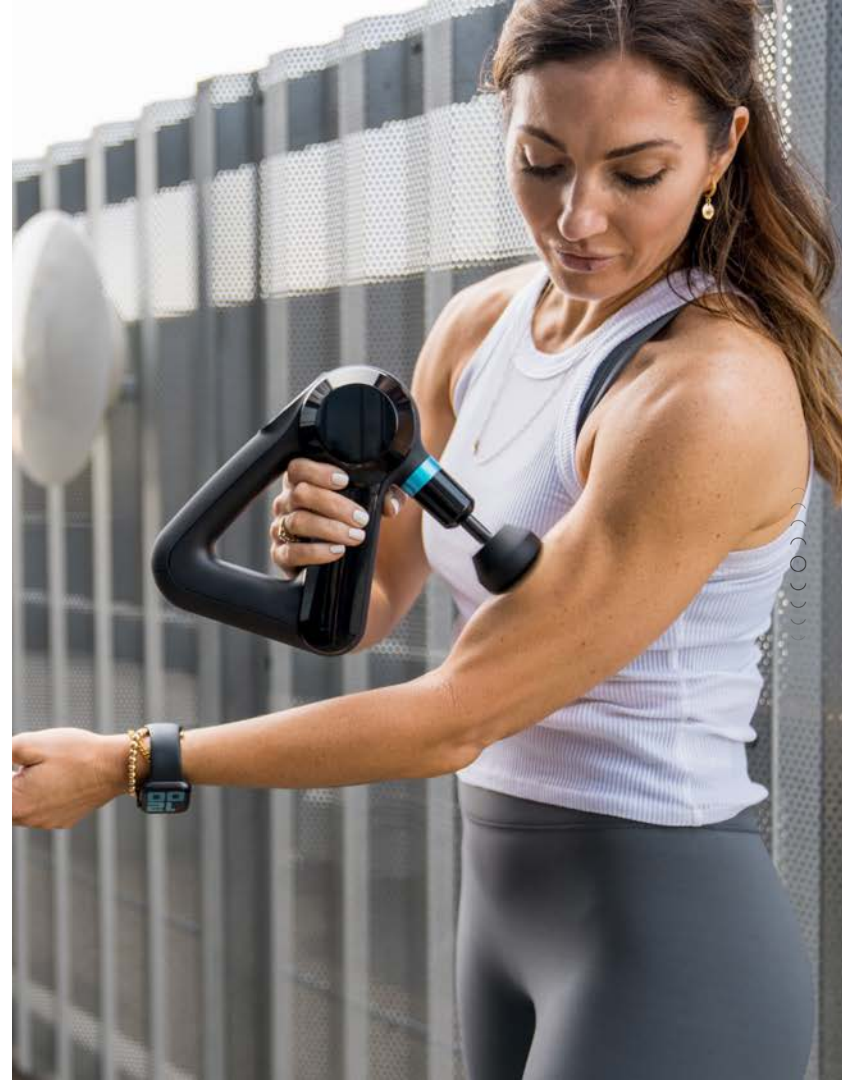
# What is Percussive Therapy

Dr. Jason created percussive therapy to increase blood flow and decrease tension deep within the muscle.

## Theragun Percussive Therapy

- 16mm (1/2 in.) of deep muscle treatment
- 40 percussions per second
- Up to 60lbs of no-stall force

Theragun percussive therapy reaches 60% deeper into the muscle than the average massager



# Percussive Therapy

12 years of Research and Development

2008



2009



2010



2012



2013



2016



2017



2019



2020

# Theragun Difference



**Muscle Treatment Depth:** 16 mm of muscle treatment depth releases tension, relieves pain, increases range of motion, and accelerates recovery.



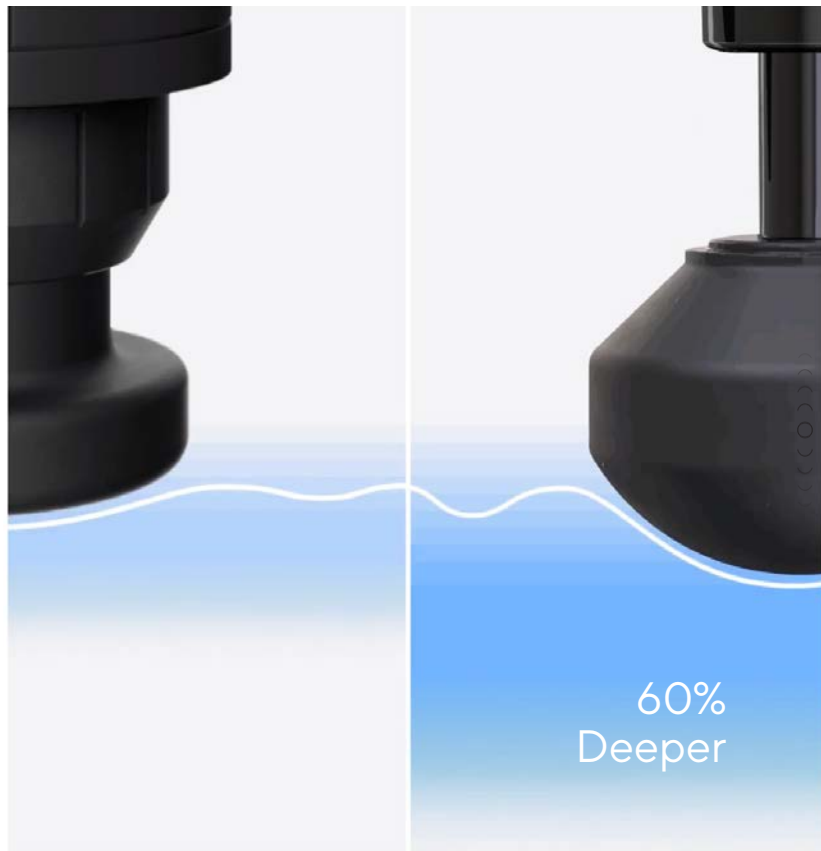
**Frequency:** Operates at a scientifically-calibrated speed of 40 percussions per second.



**Force:** Powerful, industrial-grade Japanese motor delivering up to 60 lbs of no-stall force for our deepest muscle treatment.



**Ergonomics:** Unique product design allows for optimal comfort when using Theragun in order to alleviate any extra pressure on your hands and wrists.





# Ergonomics

No added pressure to your elbow or wrist while reaching over 95% of your body.



4 unique grips

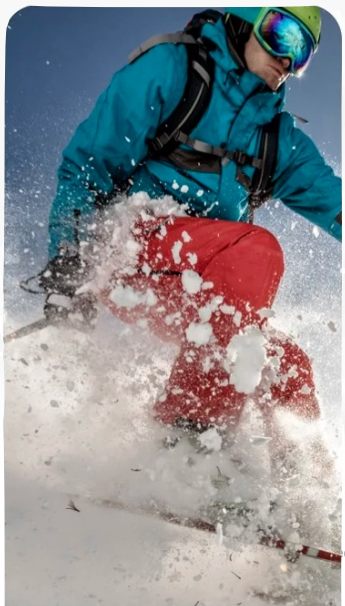
## The other guys....



# For Everybody

"I didn't make Theragun for anybody, I made it for everybody"

Dr. Jason Wersland



# Whole Body Benefits

## Benefits

- Increase blood flow
- Increase flexibility, mobility and range of motion
- Decrease inflammation
- Decrease muscle soreness and stiffness

## Application

- Accelerate warm-up
- Improve recovery
- Minimize muscle fatigue
- Enhance sleep



# Percussive Therapy Devices



# Smart Percussive Therapy

Introducing the 1st Smart Percussive Therapy. Compatible with your smart phone and smart watch to provide the ultimate professional customizable experience.



**THERAGUN PRO™**



**THERAGUN Elite™**



**THERAGUN Prime™**

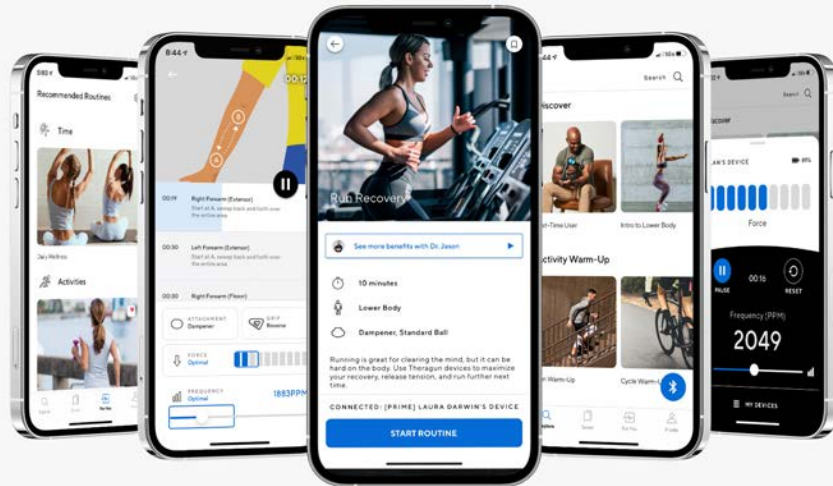


# Therabody App



It's Like Having Dr. Jason in Your Pocket With Customized Wellness Protocols

- Personalised Wellness Routines
- Integration with Major Health Apps (Apple Health, Google Fit, & Samsung Health)
- Control Speed and Monitor Force
- Device Connection via Bluetooth®



# 4th Generation Key Features



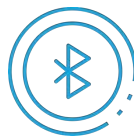
## Enhanced Controls

Customizable speed, force meter, and personalized presets with OLED screen



## Quiet But Powerful

We invented a high-torque brushless motor using our proprietary QuietForce Technology to create the industry's strongest & quietest percussive therapy device



## Bluetooth Enabled

Allows for 2-way communication with the Theragun App and other fitness trackers



## Wireless Charging

Convenience is key. Wireless charging allows you to seamlessly transition from use to charge

# Theragun Percussive Therapy is

# Smart.

# Quiet.

# Powerful.

# Elegant.



# THERAGUN PRO™



## Powerfully Quiet.

*Powerful, quiet, and commercial-grade. The professional percussive therapy device in a league of its own.*

Top-of-the-line, commercial-grade deep muscle treatment meets personalized, guided app experiences that help to reduce muscle soreness, improve mobility, and increase relaxation. With a rotating arm, 2 swappable batteries for continuous run-time, and an industry-leading 2-year warranty, the Theragun PRO is the advanced, professional-grade recovery tool of choice for professionals and everyday people worldwide.



### 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 for continuous run-time (150 minutes each)
- Theragun Triangle ergonomic handle design
- Industry-leading 2-year warranty

### INCLUDES

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



# THERAGUN Elite™



## Felt, Not Heard.

*Premium. Effective. Elevated. The Theragun Elite is our quietest Smart Percussive Therapy device.*

The elegantly designed ultimate wellness partner is quieter than ever. It integrates with a personalized app experience to reduce your tension, whether it comes from everyday life, work, or workouts.



Bluetooth | Smart App | Down Arrow | Infinity | Battery | \$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





# THERAGUN Prime™



## Essential Features. Hardly Any Sound.

*The Theragun Prime is the perfect balance of strength and style.*

With our intuitive app as your guide, the Theragun Prime offers deep muscle treatment simplified for your needs with the essential percussive therapy features to release everyday stress and strain.



Bluetooth | 5-speed range | \$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



# THERAGUN mini™



## Small Device. Big Performance.

*Portable treatment packed with power.  
Theragun quality, anytime, anywhere.*

Theragun mini is your pocket-sized partner, giving you Theragun quality muscle treatment with unparalleled portability. Compact but powerful, Theragun mini 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
- Standard ball attachment
- Power adapter



# 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



### Elite

\$399



### Prime

\$299



### mini

\$199



Customizable speed range  
(1750-2400 PPMs)

Customizable speed range  
(1750-2400 PPMs)

5-speed range with customizable  
speed through our app

3-speeds  
(1750, 2100, 2400 PPMs)

16 mm

16 mm

16 mm

12 mm

60 lbs

40 lbs

30 lbs

20 lbs

2 swappable lithium-ion batteries  
(150 minutes each)

Internal lithium-ion battery  
(120 minutes)

Internal lithium-ion battery  
(120 minutes)

Internal lithium-ion battery  
(150 minutes)

Adjustable arm

Fixed arm

Fixed arm

Fixed arm

Proprietary brushless commercial-grade  
motor with QuietForce Technology

Proprietary brushless motor  
with QuietForce Technology

Proprietary brushless motor with  
QuietForce Technology

Proprietary brushless motor  
with QuietForce Technology

Yes

Yes

Yes

No

3

3

No

No

Yes

Yes

No

No

Yes

Yes

No

No

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

Dampener, Standard Ball,  
Thumb, Cone, Wedge

Dampener, Standard Ball,  
Thumb, Cone

Standard Ball

Yes

No

No

No

Hard case

Hard case

Pouch

Soft Case

2.86 lbs

2.20 lbs

2.20 lbs

1.43 lbs

Industry-leading 2-year warranty

1-year warranty

1-year warranty

1-year warranty



## Wave Series

3 Distinct Shapes.  
3 Distinct Purposes.







# Key Features



## QuietRoll Technology

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



## Bluetooth Connectivity

Enable a personalised 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.



## Customised Vibration Settings

Variety of vibration speeds or frequencies for tailored treatments.

# Wave Series Devices



# Wave Series

Smart devices combining powerful vibration therapy and an innovative wave texture for a more efficient rolling experience



## Wave Roller

Full Body and Large Muscle Mass

- 12" for full-body support
- Textured high-density foam
- Hypoallergenic surface
- Bluetooth connectivity
- 5 Intensity
- 3 hours battery life
- USB-C powered

\$149



## Wave Duo

Contoured to the Neck and Back

- Contoured design to neck, back & calves,
- Wave texture for max traction
- Hypoallergenic surface
- Bluetooth connectivity
- 5 Intensity settings
- 200 minutes battery life
- USB-C powered

\$99



## Wave Solo

Pinpointed Treatment

- 3" in diameter
- QuietRoll Technology
- Hypoallergenic Surface
- Bluetooth connectivity
- 3 Intensity settings
- 120 minutes battery life
- USB-C powered

\$79

# 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

### 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

### Smart Features

- Bluetooth® Connectivity

### Includes

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



# RecoveryAir



# The RecoveryAir Difference

## Origin

- 30 years medical PCT
- Safety:
  - Precise pressure metric in proven safe range
  - Internal Overlap means more hygienic; single interior surface for easy cleaning
- Effective: RecoveryAir adheres to numerous published studies on ISPC

## Frequency

- Number of compression sequences(frequency) is more important than the amount of pressure applied(magnitude)
- Frequency > Magnitude
- It's not about how hard you squeeze, it's about how many times you squeeze and release.
- Only takes 5mmHg to activate lymphatic system

## Paradox

- There is just as much benefit during the decompression phase as there is during the compression phase
- Effective PCT must decompress regularly and completely in order to maximize fluid uptake (think sponge)
- Lymphatic uptake occurs during the decompression phase

# The RecoveryAir Difference Cont.

Clinically-proven. Easy to use. Designed for everybody.



## TruGrade Technology

Our TruGrade technology ensures that the highest pressure is always applied at the farthest distance from the heart, also known as negative gradience, thus maximizing circulation



## Safety with Precise Pressure Control

Set your session to precise units of pressure and monitor accordingly to fit your needs.



## FastFlush Technology

2-3X faster than the competition  
Full and rapid pressure release,  
in 60 seconds  
More cycles = faster recovery



## 4 Hidden Overlapping Changers

Unexposed to the user, design provides an easy-to-clear surface on the interior of the boot avoiding bacteria and unwanted moisture.



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# What is ISPC?

- Intermittent Sequential Pneumatic Compression (ISPC) is a mechanical method of successive constriction cycles produced by compressed air from a pump that pressurizes an inflatable garment, such as a boot or sleeve.
- This sequential inflation and deflation mimics the leg muscle pump action and supports venous return.
- By promoting venous return, the body accelerates the normal transportation and absorption of factors involved in soreness and fatigue in the muscles, which reduces metabolic waste





# Pneumatic Compression Defined

Compression therapy uses precise controlled pressure to the extremities which promotes the health of the circulatory system.

Pneumatic compression expands on this by incorporating the use of compressed air and wearable garments.

Pneumatic  
Compression



Precise controlled  
negative-gradient  
pressure



Sequential inflation  
and deflation

## Recovery Air Pneumatic Compression

# *It's All About Circulation*

Reducing soreness and fatigue starts with circulation - the more efficiently you flush out waste and return fresh, oxygenated blood to any area, the faster you'll recover.

RecoveryAir expedites this repetitive cycle of compression and release.

1 full inflation & deflation in 60 seconds

2-3x faster than any competition



# Why Pneumatic Compression?

Pneumatic Compression  
is for everybody:

- Athletes
- Travelers
- Workers who stand on their feet all day
- Anyone wanting to feel better

## Benefits

- Improve Circulation
- Relieve Muscle Soreness/Fatigue
- Reduce Swelling

## Dual Application

- Recovery from Activity
- Post-Op and Rehabilitation



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## Product Line-up



JetBoots



RecoveryAir Prime



RecoveryAir Pro

# RecoveryAir Prime

## *Simplified*

Advanced compression simplified for everybody - just zip the boots, set your time and pressure, hit go and relax.

### Features

- TruGrade Technology
- FastFlush Technology
- 4 time intervals (20, 40, 60, and continuous)
- Adjustable pressure range: 20-100 mmHg (inc 10)
- 180 minutes of battery life
- Bluetooth connectivity to the Therabody app:
  - Pressure hold time variation (1-10 seconds)
  - Pressure release time variation (10-60 seconds)
  - 2 preset programs
  - Basic Program Sharing
  - My Recovery Stats Tracking





# RecoveryAir Pro

## Customizable

Tailor the settings of any program, fully customize your pneumatic compression experience and save as many programs as you want for later.

### Features

- TruGrade Technology
- FastFlush Technology
- Adjustable Treatment Time (10-90min / 10 min inc) + cont.
- Adjustable Pressure Range (20-100mmHg) - steps of 5.
- Pressure hold time variation (1-10 seconds)
- Pressure release time variation (10-60 seconds)
- 240 minutes of battery life

### Exclusive Pro Features

- 4 preset programs (Warm Up, Recovery, Isolation, and Interval)
- 4 inflation cycles (Sequential, Wave, Isolation, and Flow)
- PRO mode for the ultimate customization
- Zone Control
- Bluetooth connectivity to the Therabody app
  - My Recovery Stats Tracking
  - Compliance monitoring
  - Basic and PRO sharing



# RecoveryAir JetBoots

## Convenient

Eliminated the external pump and replaced it with integrated motors, making the JetBoots ultra portable.

### Features

- TruGrade Technology
- FastFlush Technology
- 4 internal overlapping chambers
- 4 time intervals (20, 40, 60, and continuous)
- 4 Pressure Settings (25, 50, 75, 100)
- 240 minutes of battery life
- Bluetooth connectivity to the Therabody app:
  - Pressure Hold time variation (1-10 sec)
  - Pressure Release time variation (10-60 sec)
  - 2 Preset Programs
  - Basic Program sharing
  - My Recovery Stats Tracking



# RecoveryAir Line-up



Recovery Air Prime | \$699 MSRP

*Simplified*

TruGrade Technology

FastFlush Technology

4 time intervals (20, 40, 60, and continuous)

Pressure hold time variation (1-10 seconds)

Pressure release time variation (10-60

seconds)

My Recovery Stats Tracking

180 minutes of battery life

Bluetooth connectivity to the Therabody app

2 preset programs via Therabody app

Basic Program Sharing

Works with RecoveryAir boots and sleeve

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JetBoots | \$899 MSRP

*Convenient*

TruGrade Technology

FastFlush Technology

4 time intervals (20, 40, 60, and continuous)

My Recovery Stats Tracking

240 minutes of battery life

Bluetooth connectivity to the Therabody app

Basic Program Sharing



Recovery Air Pro | \$1299 MSRP

*Customizable*

TruGrade Technology

FastFlush Technology

4 time intervals (20, 40, 60, and continuous)

Pressure hold time variation (1-10 seconds)

Pressure release time variation (10-60 seconds)

My Recovery Stats Tracking

240 minutes of battery life

Bluetooth connectivity to the Therabody app

4 preset programs (Warm Up, Recovery, Isolation, and Interval)

Basic & PRO Sharing

Works with RecoveryAir boots, sleeve, vest and pants garment

4 inflation cycles (Sequential, Wave, Isolation, and Flow)

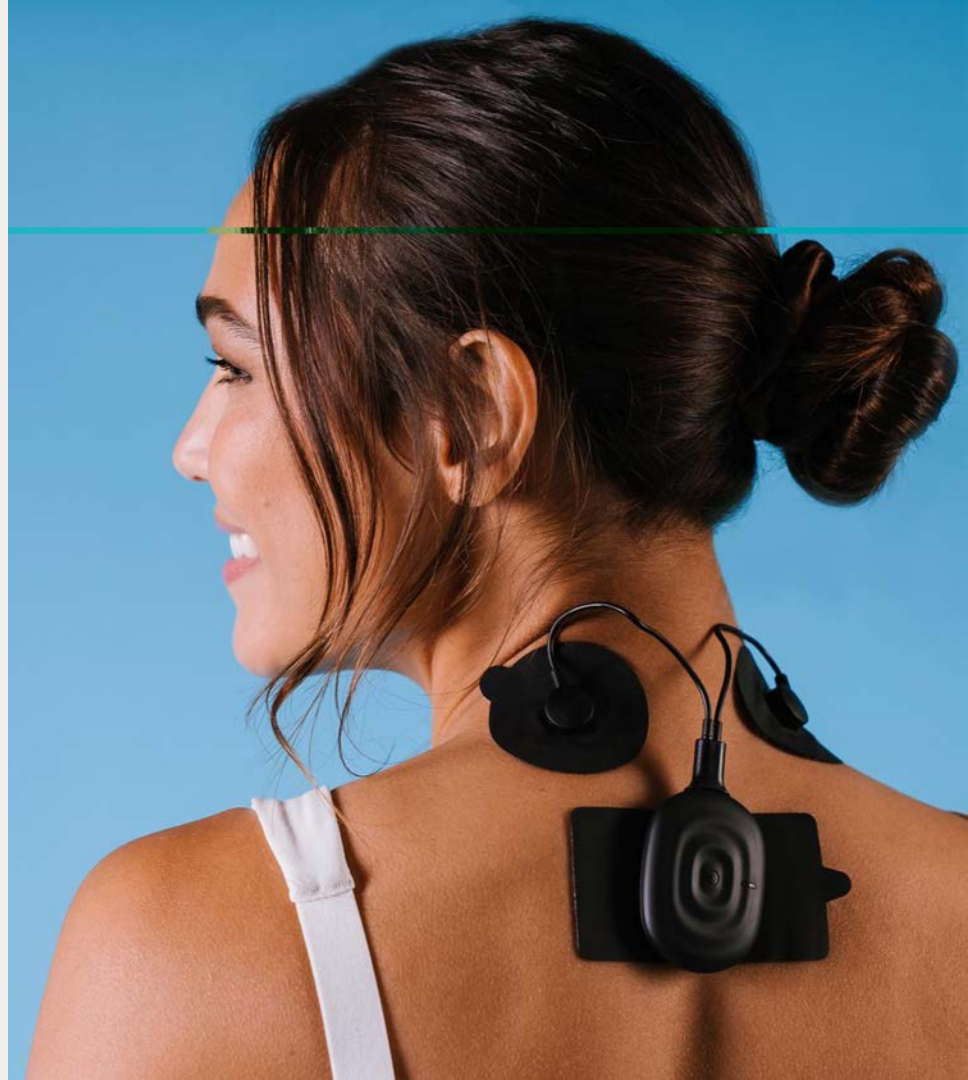
PRO mode for the ultimate customization

**POWERDOT**



# What is PowerDot by Therabody?

- Targeted, Portable, Passive Therabody portfolio solution for pain, recovery, and performance
- Combines the benefits of TENS and NMES
- Portable miniaturization of clinical muscle E-Stim
- Industry leading, FDA cleared, easy to use app with multiple programs
- No long cables, giving you the ability to move freely
- Simple set up and device pairing from our App to your phone's Bluetooth





*The*  
**Science of  
Electrical  
Stimulation**



# TENS

## Transcutaneous Electrical Nerve Stimulation

TENS is the use of an electrical current to primarily stimulate the sensory nerves for therapeutic purposes. This stimulation suppresses the pain signals that are being sent to the brain to provide temporary pain relief.

This is believed to happen through 2 mechanisms:

- Gate Theory
  - TENS electrical signal shuts down the flow of pain signals sent to the brain
- Endorphin Release
  - Endogenous opioids (natural pain relievers made by the body) released which block pain messages



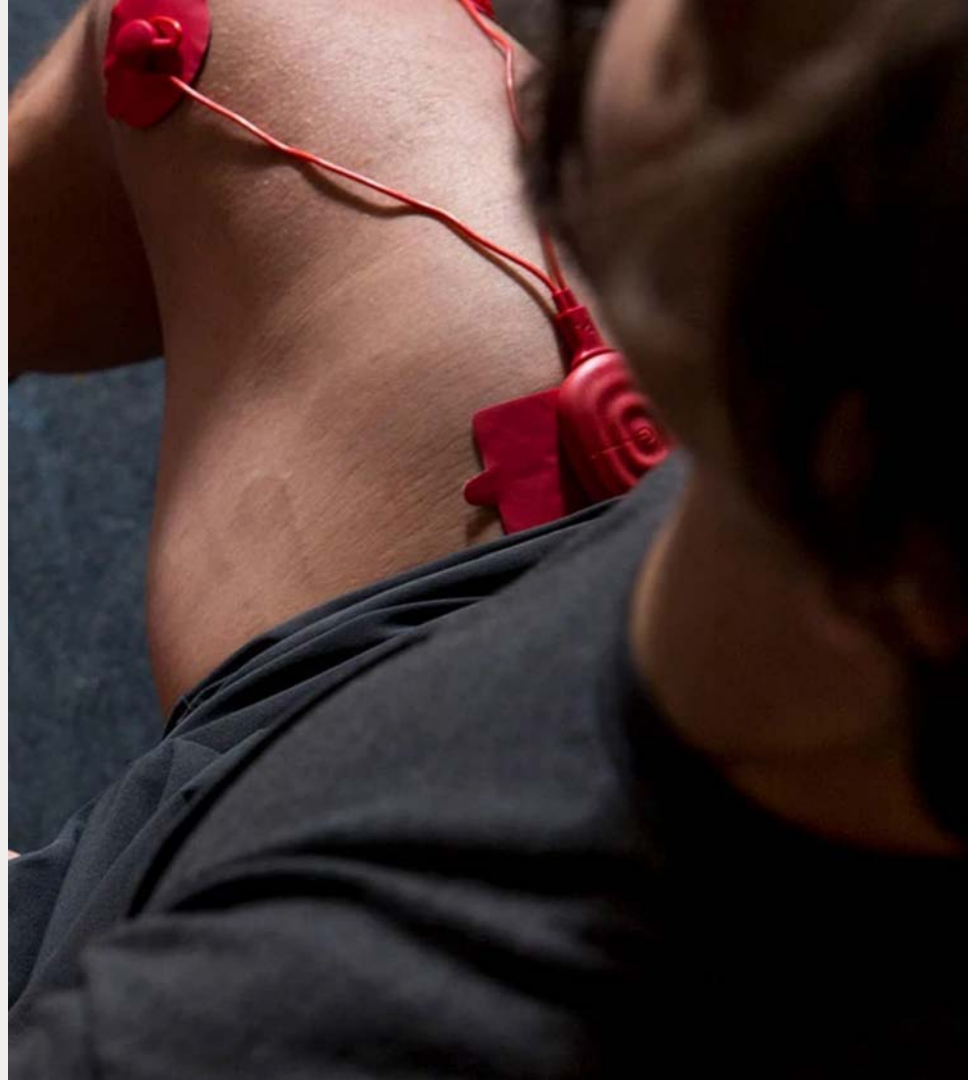
# NMES

## Neuromuscular Electrical Stimulation

NMES is the use of an electrical current to stimulate the motor nerves (movement - muscle contraction). This stimulus is designed to mimic the same type of signal the brain sends to the muscle when you move.

This has benefits related to:

- Pain
- Recovery
- Performance



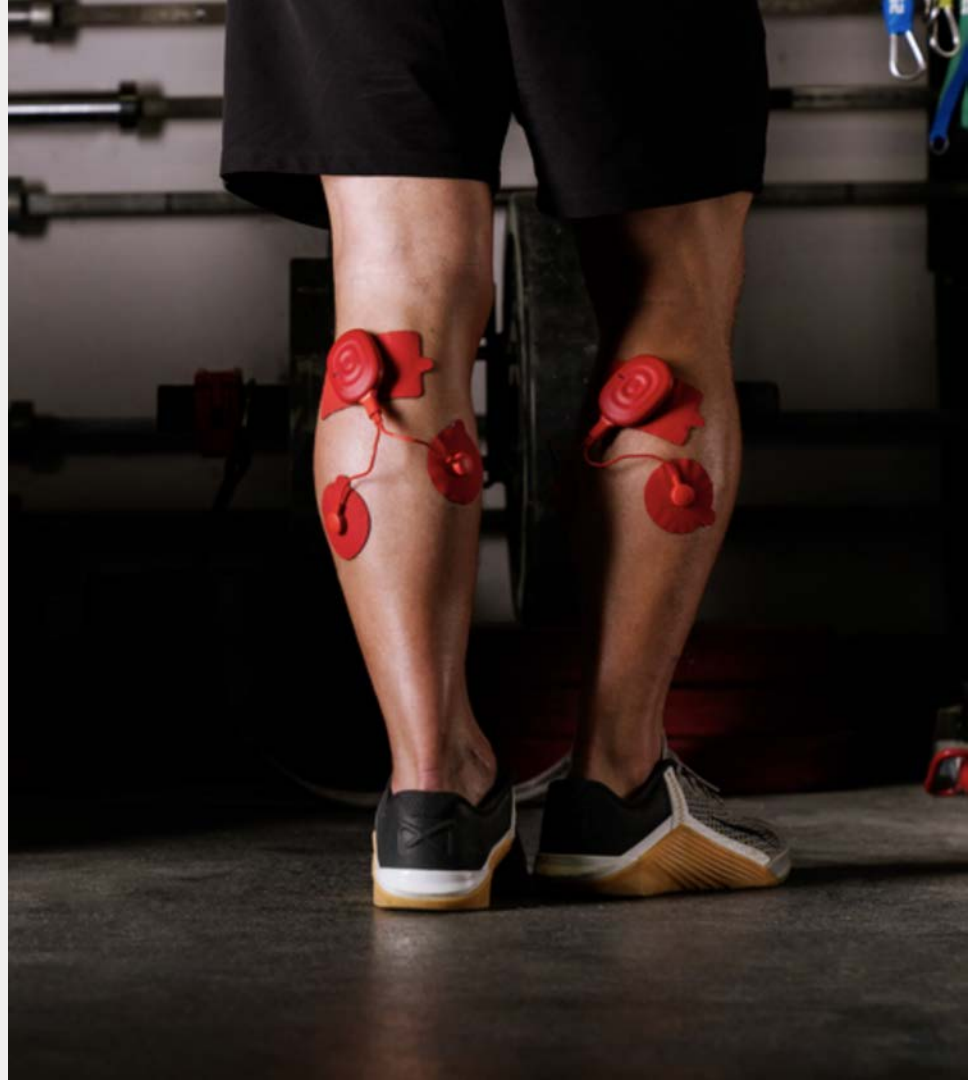
# Local & Global Responses

## Local

- Stimulates A-beta sensory nerves (afferent)
  - Pain modulation
- Stimulates motor nerves (efferent)
  - Increased local blood flow
  - Recruitment of both muscle fibers types
  - Anabolic cellular signalling
  - Enhanced peripheral motor volley

## Global

- Increased blood flow
- Endorphin release
- Reestablish neural pathways of CNS



# Benefits (Effects)

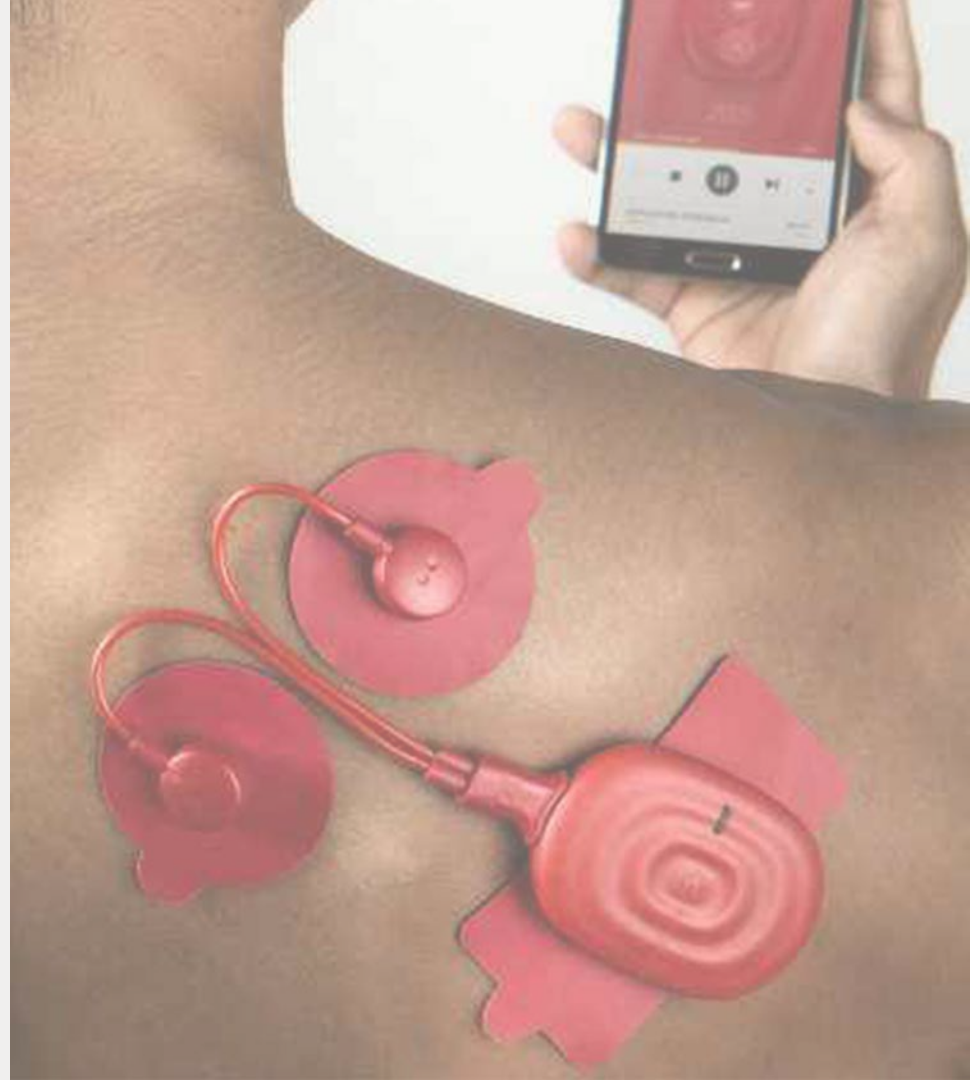
- Decreased pain, soreness, and inflammation
- Increased blood flow, oxygen and nutrient delivery to tissues, clearance of waste products from tissues
- Muscle potentiation
- Neuromuscular reeducation and crosseducation
- Increased power, strength, and hypertrophy
- Improved ROM and movement
- Improved function and health of soft tissues





# E-stim Application

- **Pain:** TENS provides a current that reduces the pain signal. NMES increases the blood flow, washing away waste and debris while also reducing pain.
- **Recovery:** Reductions in fatigue and soreness occur when TENS reduces the sensation of soreness and NMES increases blood flow (transport of nutrients to the area and transport of waste and debris away)
- **Performance:** NMES stimulation can help to improve:
  - Warm-up (increased blood flow, temperature, oxygen delivery)
  - Power output (faster contraction rate, increased force)
  - Strength and Hypertrophy (increased neural drive and improved signaling for muscle mass)



# How to Use Electrical Stimulation



# When

## 1. Warm Up

Prepare to train/perform

### Before activity

- Increase mobility
- Increase blood flow
- Increase muscle potentiation/power

## 2. Perform

Enhance Training Stimulus

### Complementary to training

- Increase strength & force production
- Increase muscle hypertrophy (growth)

## 3. Recover

Maximize Recovery

### After activity

- Decrease post-exercise soreness
- Decrease inflammation
- Increase blood flow and delivery of nutrients to the muscle

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# Questions & Answers