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FULL-BODY HEATED MASSAGE

Theragun PRO Plus

Theragun PRO Plus combines five therapies to boost recovery: deep muscle percussive therapy, near-infrared LED light, vibration, heated percussive and cold therapy (sold separately) for unmatched performance.

HSA/FSA Accepted | FDA Registered | 30-Day Returns

4.5 ★ 138 Reviews

DEVICE OPTIONS

Theragun PRO Plus $649.99

Add to bag

Pay 4 interest-free payments with Afterpay

Scientifically-proven benefits

Faster, more effective recovery with all the benefits of a 15 minute massage in just two minutes[1]

Effective pain relief so discomfort doesn't hold you back

Reduces inflammation to support faster recovery and boost performance

Improves mobility with targeted relief to muscles and joints

Enhances performance by speeding up muscle recovery and reducing tension

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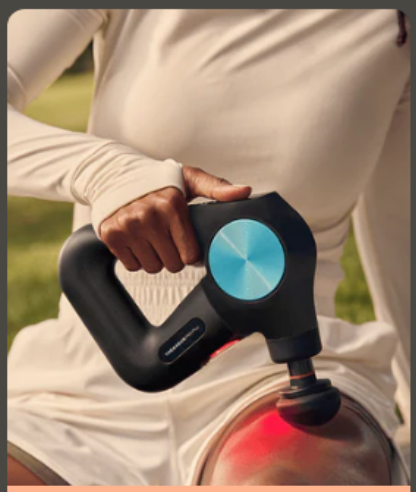
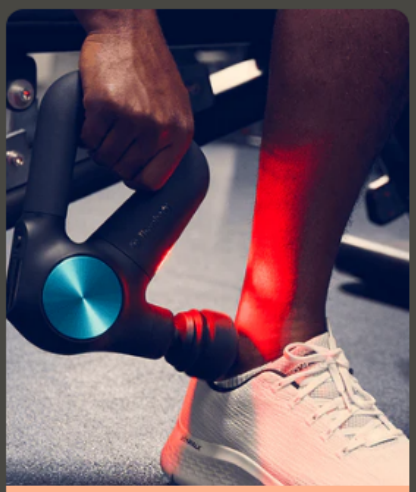
Work hard. Recover harder.

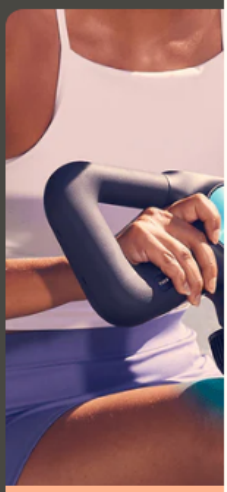


Heat Therapy +

Percussive Therapy +

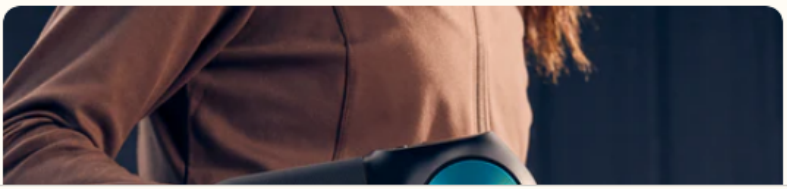


Vibration Therapy +



Cold Therap

Explore the science behind Theragun PRO Plus



Theragun PRO Plus
$649.99

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Light up your recovery

Near-infrared LED light therapy helps to improve circulation to relieve stiffness, soothe sore muscles, improve mobility and boost performance. Combine with percussive therapy, heat and vibration to take your recovery to the next level.

Visually guided routines, right on the device

Follow visually guided, step-by-step routines and easily navigate through five massage speeds on the Theragun PRO Plus LCD screen.

What's Included | Specifications

- Theragun PRO Plus device
- Built-in LED light therapy
- Built-in Biometric sensor
- 5 attachments: Standard Ball, Dampener, Thumb,
- Wedge, Micro-point
- Heat therapy attachment
- Vibration therapy attachment

Add-on

Theragun PRO Plus Cold Attachment
Add-on cold therapy attachment for Theragun PRO Plus
$99.99

Theragun PRO Plus
$649.99

Add to bag

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- Vibration therapy attachment
- QuietForce solution
- USB-C charging cable

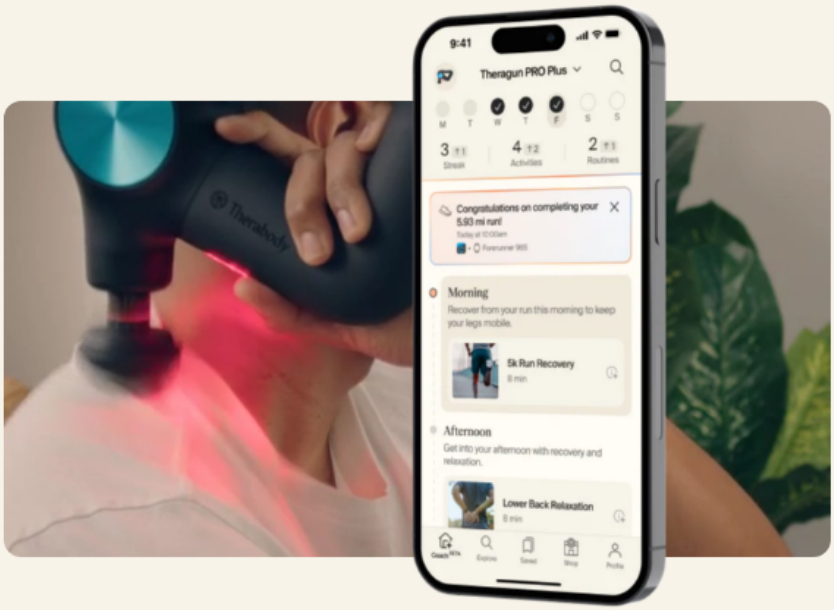
$99.99

Add to bag

Get free personalized routines from Coach[BETA] in the Therabody app

Coach[BETA] uses your activity data from wearables like Garmin and Apple Watches to create personalized recovery plans. As you move through your day, Coach[BETA] will send you science-backed recommendations, whether you're recovering after an intense workout or winding down for the night.

Download the app for iOS and Android



Compare Theragun PRO Plus and Theragun Prime Plus

You have specific needs, and we have tailored products designed to meet them. Find the perfect match so you get exactly what you're looking for.

Theragun PRO Plus
$649.99

- ✓ Percussive Therapy
- ✓ Heated percussive therapy

Theragun Prime Plus
$429.99

- ✓ Percussive Therapy
- ✓ Heated percussive therapy

Theragun PRO Plus
$649.99

Add to bag

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✓ Bluetooth connection to the Therabody app for guided routines and device control	✓ Bluetooth connection to the Therabody app for guided routines and device control
✓ Infrared LED therapy	✗ Infrared LED therapy
✓ Vibration Plus Attachment included	✗ Vibration Plus Attachment included
✓ Built-in visually guided routines	✗ Built-in visually guided routines
✓ Built-in biometric sensor for on-device heart rate readings	✗ Built-in biometric sensor for on-device heart rate readings

Shop Prime Plus

[1]García-Sillero, M., Benítez-Porres, J., García-Romero, J., Bonilla, D. A., Petro, J. L., & Vargas-Molina, S. (2021). Comparison of Interventional Strategies to Improve Recovery after Eccentric Exercise-Induced Muscle Fatigue. International Journal of Environmental Research and Public Health, 18(2), 647. https://doi.org/10.3390/ijerph18157726

[2]Analysis based on assessment of oxygenation, elasticity, and temperature of the muscle by Therabody Labs, comparing Theragun with heat versus no heat, for 30 seconds.

Reviews

4.6

★★★★½ Based on 138 reviews

5 ★	115
4 ★	10
3 ★	5
2 ★	1
1 ★	7

Popular topics

pain · muscles · quality · issue · improvement · design · feel · machine

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Life Changer for Chronic Body Pain

07/31/25

★★★★★

I have recently been diagnosed with Fibromyalgia and this bad boy has been a lifesaver! I use it every single day and love all of the features and attachments. I have the mini-which is great for traveling and at work. But the Pro Plus and it's features are worth the extra cost and being able to use ... **Read more**

Was this review helpful? 0 0

able to use ... **Read more**

Was this review helpful? 0 0

Not Satisfied for the Price

07/30/25

★ ★ ☆ ☆ ☆

The app is a big letdown. Not enough guided routines, and for a device this advanced, it's surprisingly unhelpful. The marketing is misleading—they make it seem like the cold therapy attachment is included, but it's not. You only find out after buying that it's sold separately, which feels like a ba... **Read more**

Therabody Team
We appreciate your feedback and apologize for any confusion. Each device page details "What's Included" with each device. We are transparent that the Cold Attachment is not included as it's listed as an "Add-On" with the separate price displayed. We hope this helps clear up any confusion. Thank you again for your feedback.

Was this review helpful? 0 0

love

07/04/25

★ ★ ★ ★ ★

love all the heads and is quiet compared to others . wish special charging port and stand was included

Was this review helpful? 0 0

Battery issues

06/29/25

★ ★ ★ ☆ ☆

The battery dies fast

Was this review helpful? 0 1

Great Options

06/29/25

★ ★ ★ ★ ★

Theragun PRO Plus
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1 2 3 4 5 ›

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Be the first to know about new products, exclusive offers and more.

Was this review helpful? 0 1

Great Options

06/29/25

★ ★ ★ ★ ★

Having heat and cold attachments have helped decrease my pain and soreness after runs and my current hip issue. Highly recommended

Was this review helpful? 0 0

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