

Get the Most Out of Your Game.

A whole body workout requires some whole body love. Improve your quickness, agility, and serve power in just 3 minutes.

Pre Match Routine

Prepare your body to be fast and explosive on the court by improving blood flow, mobility, and muscle activation. This program is designed to improve the sporting demands of tennis.

Theragun Protocol

- 01 Sweep the Theragun for 15 seconds over each body part
- 02 Repeat for each additional body part - right and left side
- 03 Remember to breathe throughout the session when using the Theragun



Calves



Adductors



Quads



Shoulder



Chest



Forearm Flexors

Pro Tip: Move the device firmly & deliberately over each area to activate the muscles. Maximize the benefits of the Theragun by using it right before your pre-match dynamic warm-up routine.



Between Set Routine

Reactivate your body by using Theragun to improve blood flow and muscle activation between sets. Theragun will keep you feeling light and energized while on the court

Theragun Protocol

- 01 Use the Theragun for 15-30 seconds in key areas to keep your explosiveness
- 02 Repeat for each additional body part - right and left side
- 03 Hold the Theragun on areas that tend to be more tight or fatigued



Feet



Calves



Glutes



Low Back



Shoulders



Upper Back

Pro Tip: Move the device firmly & deliberately over each area to activate the muscles. Sweeping the Theragun over two muscles will help keep the entire body excited.

Post Match Routine

Recover your body from the match and be fresh to compete tomorrow.

Theragun Protocol

- 01 Use the Theragun for 45-60 seconds on areas that are tired and sore
- 02 Repeat for each additional body part - right and left side
- 03 Spend more time on areas sore from the match. Hold pressure on areas that are extra sore.



Shins



Adductors



Hamstrings



Upper Back



Shoulders

Pro Tip: Move the device slowly, cover the entire muscle and spend more time on areas that are sore. You should feel your muscles start to relax. Spend more time on muscles that were used during the match (i.e. shuffling - glutes, adductors)



Theragun PRO

Theragun Elite

Theragun Prime

Theragun mini