

## Theragun Full Body Routine - 9 Minutes

- 30 seconds each body part
- Use the dampener (soft impact) or standard attachment (medium impact) for the entire routine. Alternatively, use different attachments for specific areas.

The following is true for most of the body, but not all.

I have added in brackets when it is different from the below.

- Work across the bottom of the muscle for 7-8 seconds
- Work along the length of the muscle, from bottom to top, for 7-8 seconds
- Work across the bottom of the muscle for 7-8 seconds
- Again, work along the length of the muscle, from bottom to top, for 7-8 seconds

1. Right foot
2. Right calf & shin
3. Right hamstring
4. Right glute
5. Right quad
6. Left foot
7. Left calf & shin
8. Left hamstring
9. Left glute
10. Left quad
11. Right lower back (across base of back, then up and down the spine)
12. Right scapula, shoulder & neck
13. Right chest and rotor cuff
14. Right bicep, tricep, forearm & hand (work up and down all the areas for 30 seconds total)
15. Left lower back (across base of back, then up and down the spine)
16. Left scapula, shoulder & neck
17. Left chest and rotor cuff
18. Left bicep, tricep, forearm & hand (work up and down all the areas for 30 seconds total)

### BONUS:

For a few extra minutes at the end concentrate on some tender areas, changing the attachments to suit.

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### Attachment Reference:

- **Dampener** - tender or bony areas, and overall use  
Low impact
- **Large Ball** - large muscles groups like glutes, hamstrings and quads  
Medium impact
- **Standard Ball** - more targeted option for overall use  
Medium impact. Good for during a workout
- **Thumb** - trigger points and lower back  
Full impact
- **Wedge** - shoulder blades, IT bands, scraping and flushing  
Full impact. Flush lactic acid from muscles
- **Cone** - pinpoint and small muscle groups like hands and feet.  
Full impact. Use to break scar tissue.