

DY-179 Therminator

Heating & cooling massage gun

Description

The Therminator is an innovative, 3-in-1 massage gun designed to help you get more out of every ride. With integrated heating, cooling and percussive massage, the Therminator activates your muscles pre-ride, and boosts recovery post-ride. The unique hot & cold massage head means you've got a pro-level massage in the palm of your hand.

By combining massage with heat, the Therminator stimulates blood flow, loosens muscle tension and primes your body for intense effort on the bike. After your ride, boost recovery by switching to cooling + massage to reduce inflammation and swelling. With the Therminator, you're fully prepared for your next ride, and are set up for optimal recovery afterwards.

With super fast heating and cooling, five different massage heads, six temperature settings, and five massage speeds, the Therminator delivers the perfect massage in any situation. Maximize your training effect by optimizing priming and recovery with the Therminator.

In the box

- Therminator Massage Gun
- Hot & Cold Head – for heating and cooling
- Twin Head – for neck, back, arms & achilles tendon
- Deep-tissue Head – for palms, soles and deep-tissue focus
- Smooth Head – softer head for shoulders, back and thighs
- Ball Head – for shoulders, wrists, thighs and calves
- Travel Case
- USB-C Charging Cable
- User Manual
- 2 x Spare Silicone Connection Rings

How to use

Pre-ride

Activate your muscles, loosen tension and improve blood flow. For pre-ride muscle activation, set the Therminator to speed level 1 or 2 and choose one of the three heating modes. Use the massage gun for about 30 to 60 seconds per muscle group to create a warm, primed feeling. Use for 5-10 minutes total.

Post-ride

After a hard ride, use the cold therapy function to decrease inflammation, reduce soreness, and speed up recovery. Select your preferred speed setting combined with one of the three cooling modes. Use the massage gun for 1 to 2 minutes per muscle group, up to a maximum of 15 minutes in total.

General use

Always hold the massage gun lightly against your muscles without applying excessive pressure, and move it slowly back and forth. Avoid bones, joints, vertebrae, knees, and the neck and spine.

Battery indication

- **Purple light:** Fully charged
- **Orange light:** Medium power
- **Red light:** Low power, charge your Therminator
- **Red light blinking:** Battery critically low, device will turn off automatically

Features

- Unique heating & cooling massage head with integrated power supply - no separate charging needed
- Super fast heating and cooling: the Therminator reaches the goal temperature in under 50 seconds
- Five goal-specific massage heads
- Three heating levels up to 50 °C
- Three cooling levels down to 10 °C
- Five massage speeds up to 3000 RPM
- Quiet brushless motor
- Includes a travel case for easy transport and storage
- Effortless single handed control

Hot & cold

The Therminator features a unique massage head to combine heating and cooling with percussive massage. This takes muscle activation before training and recovery post training to the next level. The massage gun reaches the desired temperature in under a minute, meaning you've got the perfect start and finish to your ride ready in no time.

Pre-ride muscle activation

The Therminator's heating function offers multiple benefits. It helps dilate blood vessels and stimulate circulation, while improving muscle flexibility and reducing tension. This makes it the ideal preparation for your workout, especially if your legs are still feeling fatigued from a previous ride. Next to optimal priming of the muscles, it also helps to minimize the feeling of heavy legs.

Post-ride recovery

Using the Therminator's cooling mode helps limit muscle damage and boosts recovery after intense training. The cold causes blood vessels to constrict and reduces muscle swelling. It also slows inflammatory responses and dampens pain signals. This makes the Therminator highly effective for recovery after tough rides and provides relief for sensitive or overworked muscles.

FAQ

1. Can I use heating and cooling with all heads?
 1. No, to use the heating and cooling functions of the Therminator, attach the dedicated heating and cooling massage head.
2. How can I use the Therminator in my cycling routine?
 1. Use it with heat to warm up your muscles and improve blood flow pre-ride for 5-10 minutes. After your ride, take up to 15 minutes to help your muscles cool down and stimulate recovery so you'll be fresh before your next training.
3. Do I need to buy separate massage heads?
 1. No, the Therminator comes standard with five goal specific massage heads, including the unique hot & cold head.
4. Do I need to charge the Hot & Cold head?
 1. No! You only need to charge the Therminator, not any other component or massage head.
5. How quickly does the Therminator heat up and cool down?
 1. Super fast. The Therminator reaches the goal temperature in less than 50 seconds!