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Mini 30 review

A small iPhone with a 5.4-inch screen is the same as the larger iPhone 12, except for its size and battery life. But how small is it? WSJ's Joanna Stern has a comparison of all the sizes you can hope for in two minutes. Photo Illustration: Preston Jesse for the Wall Street Journal We may make money from our affiliate partners when you buy through our link. More information. Massage guns exploded in recent popularity. Everyone from professional athletes to casual runners and weightlifter has benefited from the sports medicine industry as a recovery tool. At the forefront of massage gun innovation is Theragun, which has been a line-up of percussive therapy devices at home since 2016. Since its debut, the brand has consistently released updated and overhauled versions of the 2018 Theragun G3 and Theagun G3Pro. Today, the flagship massage guns that Theagun enters in its fourth generation. Along with the rebranded name (now go by Therabody and offer CBD products), the company has unveiled its most advanced line-up of massage guns. There are commercial grade Pro, a small but equally effective elite, basic prime and portable mini, which is arguably the most attractive. With three high-end models, Theragun has improved its trial-and-error formula. It has a triangular shape, an amazing amount of power, the ability to work muscles deeply without stalling a gun, and now even integrates smartphone apps. But the Mini builds its own path. To complement the larger line-up, the Mini actually does enough to stand on its own - it's portable, has a different design, offers percussion/min (PPM) output similar to advanced models, and carries a price tag of just \$199. To feel how well it works alone, I essentially spent about four days with a mini attached to my waist. From loosening up before a 3- to 4-mile run to recovering after a 45-minute freeweight, resistance band, or medicine ball workout, I also used it for everything. Surprisingly, it lasted no matter how painful or hard it was. After delving into its specifications, I should have expected such a result from the start. The small package Theragun's powerful massage gun its impressive performance is almost entirely attributed to what lies beneath the figurative hood of the Theragun Mini. With three separate speed options of 1,750, 2,100 and 2,400 PPM, the Mini is anything but a boned version of Theragun's more advanced model. In fact, each of the brand's fourth-generation massage guns offers speeds in the PPM range of 1,750 to 2,400, allowing the Mini to stand mostly toe-to-toe with its relatives. The advanced model provides more custom PPM controls within its range, but the Mini still packsEven if it lacks customization by providing these exact three speeds - the same percussive punch. Like the high-end model, the Mini may struggle to hit the muscles deeper and for longer periods before stalling. Its PPM output is similar, but the Mini has a much lower threshold for stall forces (the amount of force that can be dolled out before stalling). Professionals or elites offer stalled powers of £60 and £40 respectively, while minis offer just £20. I used the Mini almost completely to loosen up before execution or recover after training, so I found this to be a problem. If you need deeper work on your muscles or don't want to snig around for a device that stalls while pushing hard, you might want to look at a different model. The Mini still didn't get close to stalling and did a great job with my quad, hips, shoulders and calves. Even though the high-end model sits right next to me, I've noticed that I reach for it more often than the pros. When I wanted quick relief, I knew a mini would be enough. The Mini comes standard with a single rounded massage head, which comes with a selection of interchangeable heads, including high-end serragans - but it is removable and all fourth-generation heads are compatible. Still, with a wide surface area, the standard head provided an even massage even when I used it. It also turned out to be soft enough not to rattle the bones painfully every time he crossed the gun. Theagun of unfamiliar design its power is relative to Theragun's more expensive models, but the design of the Mini is dramatically different. It still has an ergonomic shape that makes it easy to hold, but it doesn't have the same triangular grip that has become synonymous with Theragun's massage devices. Instead, the Mini is shaped like a squatty spade (a card suit, not a shovel) with an indented area near the base that provides a spot for grip. The on/off/speed change button and charging port are on one side and the head is attached to a small arm protruding from above. When on, you need to press the on/off button briefly, and pressing the same button changes the speed from its minimum setting to medium to high. Three lights are placed above the button to quickly display the currently set power level. The mini's limited grip angle means it doesn't easily reach some hard-to-reach areas (like your upper back), and if you can reach them, the message head is not always in a position to deliver a direct hit. I found the unique grip to be comfortable, but it required some getting used to. Instead of holding the steering wheel completely like other Theagun models, the Mini essentially sits in the palm of your hand - and its 1.5-pound weight is heavy enough to sit naturally without causingA lot of tension. Even in a long 20-minute session, there was never any hand or arm fatigue. Aside from its ergonomic shape, the Mini has a matte-like finish that gives it a grippy, soft texture. If QuietForce technology has consistent complaints about any type of massage gun that makes a world of difference, it is that they can be incredibly loud. Long sessions can be boring, so it's natural to seek some stimulation from things like Netflix and podcasts, but there's always a permanent vortex with a loud enough voice to make you think about it. In the Mini, Theragun debuted what it called QuickForce technology - and alcause it sounds like a gimmick brand speaks for itself, it actually lives to its name. Before delving into the spec sheet that came with the Mini, I tore up the package and turned it on immediately. After a few seconds of use, one thing was clear: it's much quieter than the massage gun I used. The noise is still there, but it's annoying, especially in long sessions. Is it worth it? At \$199 at Theragun, the Mini is the cheapest massage gun to sport the terragun name. As a very portable yet powerful and effective entry-level device, the Mini is an impressive addition to the brand's lineup. It may not replace the brand's advanced models, but it's perfect for more casual users. It just provided just enough relief post workouts that became second nature to grab the Mini in the same way I do foam rollers. I understood how it was also working well in areas of my body that were particularly painful - the most notable is my hips. A few minutes of massage across my waist was effective enough to avoid two tablets of ibuprofen and my standard back treatment routine of a hot shower. Instead, the Mini loosened those back muscles to the point where I forgot they were utterly sore. The Theagun Mini also comes with an included charging cable and soft carry case. It is worth pointing out that the case is big enough to fit in the device and does not have space for chargers. This is certainly not a deal breaker, but it's good to fit the entire setup in one package. Disadvantages to consider Choosing a mini is to point out that it does not have a removable battery. This means that its 150-minute battery life is as good as it can get, and when it dies, you need to plug it in again to charge it without being able to use it again. Given the fact that I have hardly used it for longer than 20-30 minutes at a time, I have never encountered a situation where the mini battery died and I still need to use it. It's just not powerful enough to fill a deep muscle job, and it's hard to find anything wrong with an other mini. This is hardly a disadvantage.The point of the Mini is to function as a companion device to more advanced models like the Pro or to function independently as a more intense massage. It is important to understand its limitations and use it in a way that highlights its strengths. The bottom line Theagun TheTheragun Mini is a simple and effective massage gun that I often wondered if I needed any of the advanced features offered by the brand's more expensive models. Of course, there are use cases that require more intense or deep massages, but the Mini always provided exactly what I needed, whether it was loosening up before heading for a jog or resolving knots and stiffness after a long workout. For a long, targeted session, a variety of professional, prime, elite and model speed customizations and heads would certainly be useful, but for a quick recovery, the Mini impressed. I use it anywhere 15-20 minutes at a time, depending on hardness or pain, and I've never felt as if I needed more from it. It features a different design from the popularization of the trialized true triangular shape Theagun, but it was still easy to use and remained comfortable sitting in the palm of my hand. The lack of an external battery may mean waiting a few hours to use the gun while it is charging, but I've used it in a short session, so I've never come across it being a problem. The Mini is an excellent addition to Theragun's current line-up of massage guns and is more than just a companion device to the brand's high-end models. By itself, it provided enough power as a daily massager and quickly became the goat for all my pre- and post-workout recovery. Do you need to buy it? The Mini may not offer the same level of force as other Theagun models like the Pro and Elite, but it offers the same range of PPM, has a soft head attachment with a wide surface area and is small enough to take with you on the go. It is ideal for loosening before running and relieving muscle stiffness and pain after weightlifting. What are your choices? Even budget options like Vybe Premium are more expensive and offer less amplitude. The real choices are professional, elite, prime, or other devices from the fourth-generation release of Theragun, including the guns of previous generations of Therav and G3. Pros: Incredibly powerful massage gun with small form factor, under \$200, perfect for quick recovery, runs quietly Conz: 20 lbs without stall power does not allow deep massage, there is no way to replace the battery

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