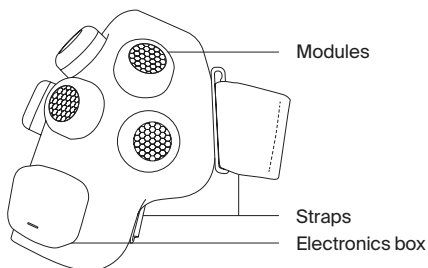


**Let's
get
started**

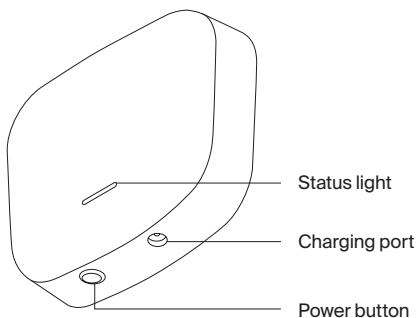


Meet your new Hyperice X - Shoulder

Hyperice X device



Electronics box



Before you start

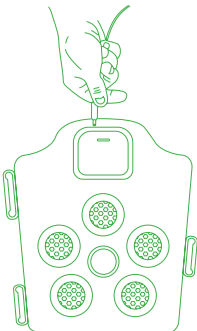
Open the Hyperice App

Open, or download the Hyperice App on your smartphone. Add your new Hyperice X under “my devices”, or pair your device before starting a Hyperice X routine.



Charge your Hyperice X

Fully charge until the charging light on the electronics box turns solid green.



Hyperice X offline mode

Step 1

Press ON/OFF button to activate device. You should see the green light pulse, signifying standby mode.

Step 2

Once device is turned on, hold ON/OFF button for two seconds to enter offline mode. You should see a blue light (defaults to cold).

Step 3

Quickly press ON/OFF button to cycle through modes:

- Cold - 15 minutes at the max setting

- Hot - 15 minutes at the medium setting

- Contrast - 20 minutes (alternates cold/hot for five minutes each)

Once mode is selected, device will start automatically after two seconds.

Status light

 Standby

 Low battery/error

 Cold

 Hot

 Contrast



Scan to watch the demo video.

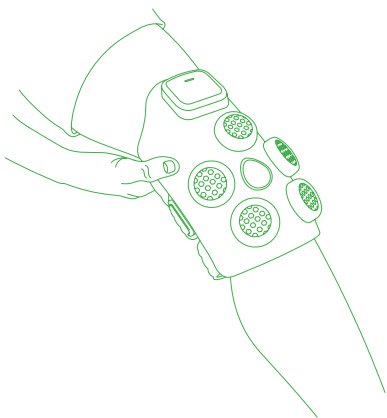
Start your session

What to wear?

You can use the Hyperice X directly on bare skin or on top of thin, athletic wear.

The perfect fit

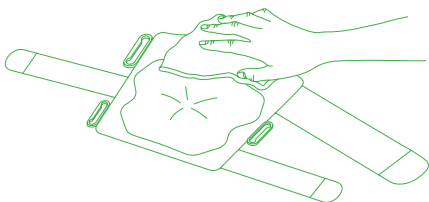
Close velcro on the back section of the larger strap and slip arm through smaller strap. Then place the Hyperice X on your shoulder with the electronics box centered on your upper arm. Adjust the straps until snug and start your session.



Caring for your Hyperice X

Cleaning your Hyperice X

Wipe down the treatment pad (inside) and surface areas with a damp, clean cloth.



Storing your Hyperice X

Make sure the device is powered off and battery charger is not attached. Store in a clean, cool, dry place, not in direct sunlight.

We're here for you

HyperCare®

Get award-winning support from our HyperCare team – a group of specialists dedicated to your overall well-being and expert guidance on Hyperice products.



1.855.734.7224



hyperice.com



customersupport@hyperice.com