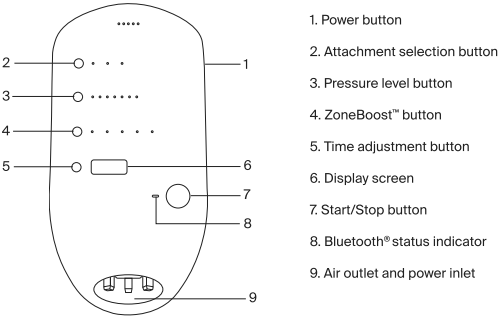


Let's get  
started

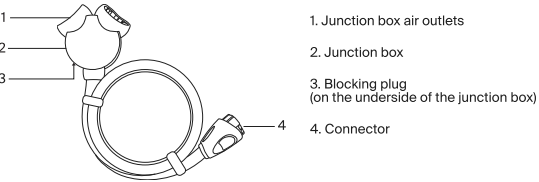


# Meet your new Normatec 3

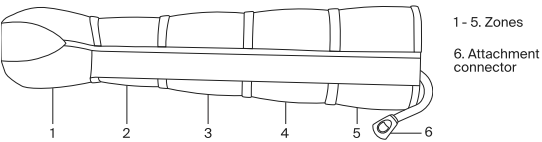
## Control unit



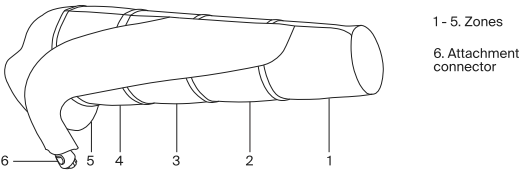
## Hose



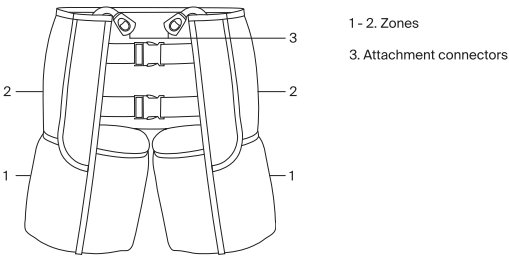
## Leg attachment



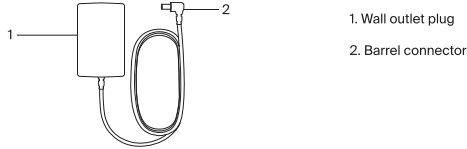
Arm attachment



Hip attachment



Charger



# Before you start

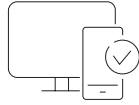
## Download the Hyperice App

Get the most out of your Normatec 3, or any Hyperice device with the Hyperice App. Follow along with guided routines, track your progress, and get tips and tricks from the world's best pros.



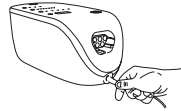
## Register your device

Activate your warranty and ensure easy returns, repairs, or refunds at [hyperice.com/register-product](https://hyperice.com/register-product).



## Charge your device

Plug your new Normatec 3 into a wall outlet with the provided Hyperice charger. You may need to charge the battery for up to five hours before first use.



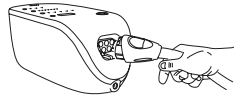
## When to use the system

Whether you're an elite athlete, or simply trying to get your body to feel its best, the Normatec 3 will help you get there...and then some. The Normatec 3 acts as a high-tech massage to warm up your muscles. Pre-workout sessions are generally 15 minutes long. After exercise, the system helps your recovery process. Post-workout recovery sessions are generally 30 to 60 minutes long, although it is safe to use the Normatec 3 Recovery System as long as you want.

# Getting started

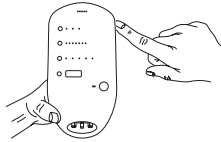
## Attach the hose

Connect the hose to the air outlet on the control unit. The connector can only be inserted in the correct orientation. Insert the connector firmly until you hear an audible "click."



## Turn it on

Turn the control unit on by pressing the power button on the side of the control unit. The screen will turn on.



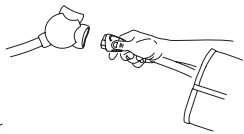
## Put the attachments on

The attachments can be worn over any comfortable clothing. Make sure your pockets are empty, and there are no bunches of fabric that will be uncomfortable during your session. Put the leg, arm, or hip attachment on. Find a comfortable position sitting, reclining, or lying down. If the attachments have a zipper, be sure to zip up the attachments completely. Never try to use the system with the zipper partially or totally unzipped. When using more than one attachment, make sure they are both of the same type.

# Getting started

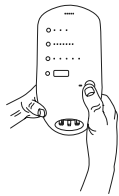
## Connect the attachments

Connect your attachment(s) to the hose, inserting their connectors firmly until you hear an audible “click.” If you are only using one attachment, please see the user manual for directions on using the blocking plug.



## Customize your session

Adjust your intensity level and session time, and then press the start button to start your session. During your session, you can increase the intensity of a single zone with the ZoneBoost™ feature. ZoneBoost™ is designed to be used when you want extra attention in a specific area. ZoneBoost™ will add an extra 60 seconds of massage time, as well as 10 mmHg increased pressure, in the zone that is selected. For more information on customizing your settings, see the user manual.



## Caring for the system

The Normatec 3 is extremely durable and is designed to withstand normal wear and tear. The system requires no routine maintenance or service.

### Cleaning your Normatec 3

Simply wipe down the inside and outside of the attachments, and the control unit with a damp, clean cloth and then dry thoroughly with a clean, dry cloth.



### Storing your Normatec 3

Make sure the system is powered off and charger is not attached.

Store in a clean, cool, dry place, not in direct sunlight.

# We're here for you

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