

# Normatec Premier

## How-to guide



### What is Normatec Premier?

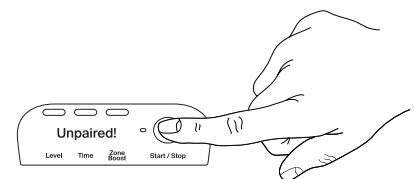
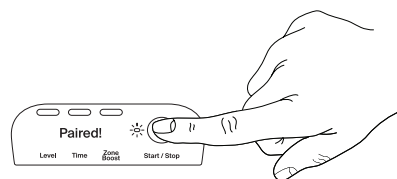
Normatec Premier is a dynamic air compression massage boot. It features our revolutionary HyperSync™ technology which synchronizes each leg to ensure you experience a symmetrical massage. Tailor your compression massage to meet your specific needs by adjusting pressure levels, and length of treatment. Unlock more personalization features with Bluetooth® enabled controls via the Hyperice App.

### Getting started

Normatec Premier offers a designated boot for both your left and right leg. You can identify which leg it's intended for by reading the inside of the fabric loop at the top of each boot (L/R).

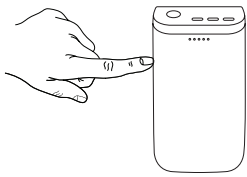
Before starting your session, make sure that the Normatec Premier boots are completely deflated and fully zipped to the top of your leg.

### Pairing your devices with HyperSync™

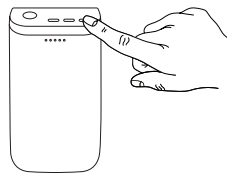


Normatec Premier arrives paired, however should you need to toggle this setting, press and hold the Start/Stop button on either control unit until the screen reads "Paired!" or "Unpaired!"

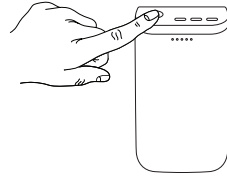
## Starting your session



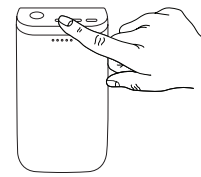
**1. Power up**  
Press/hold the power button on the side of each control unit (ON/OFF).



**2. Adjust settings**  
Choose your desired pressure level and treatment time by tapping the buttons on the top of the control unit.



**3. Start session**  
Press the Start/Stop button to begin your massage. To pause your session at any time, press the Start/Stop button. To restart your paused session, press the Start/Stop button again.

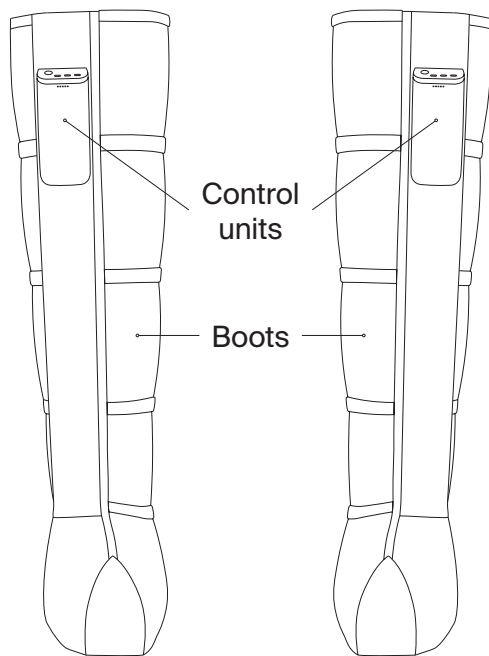


**4. Add ZoneBoost™**  
Increase the intensity of a single zone during your session. Press the ZoneBoost™ button until the display shows the number of the zone you want to boost.

## About your Normatec Premier

Right leg (R)

Left leg (L)



Control unit

