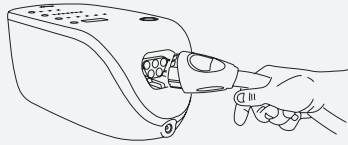
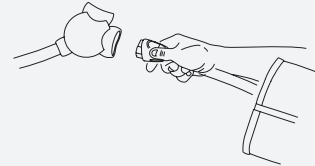


Normatec 3 quick start guide



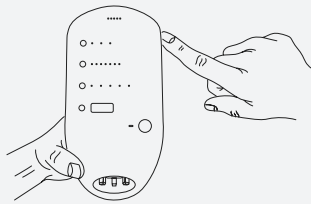
1. Attach the hose

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.”



4. 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.



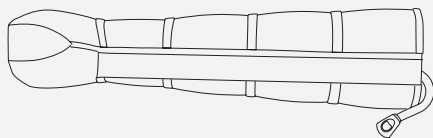
2. Turn it on

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



5. 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.



3. 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, which should be fully deflated. 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.

Download the
Hyperice App



How to use Normatec

Ditch those sore muscles and upgrade your wellness routine with Normatec. Warm up quickly, recover faster, and feel fully revived with Normatec's restorative massage.



Warm up before training

Feel light as air and ready to hit the ground running going into your next workout. Normatec is an athlete-favorite pre-workout warm up routine.



Post workout recovery

Don't let sore muscles slow you down. Normatec is patented and proven to relieve pain and ease post-workout aches so you are free to do more.



After a long day

Relax and unwind from the stress of your day. Normatec is a restorative massage experience, keeping you top-notch for whatever comes next.



When you need TLC

Normatec helps people of all walks of life to feel their best and do more. Along with a host of health benefits backed up by peer reviewed research, this unique massage feels truly amazing.