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› NormaTec Pulse 2.0 Leg Recovery System (Model 40500) Instruction Manual

NormaTec 40500

NormaTec Pulse 2.0 Leg Recovery System Instruction Manual

MODEL: 40500

Brand: NormaTec

Introduction

The NormaTec Pulse 2.0 Leg Recovery System utilizes patented dynamic compression massage technology to enhance athletic recovery and improve circulation. This system is designed to reduce pain and soreness, acting like a personal, on-call massage therapist. It features a fully connected mobile app for personalized control and comes with a limited 2-year warranty.

What's Included

Your NormaTec Pulse 2.0 system includes the following components:

- NormaTec 2.0 control unit
- Leg attachments (2)
- Power supply
- Additional plug adapters (3)
- Hose

What's Included



- 1 Normatec 2.0 control unit
- 2 Leg attachments (2)
- 3 Additional plug adapters (3)
- 4 Power supply
- 5 Hose

Image: All components of the NormaTec Pulse 2.0 Leg Recovery System, including the control unit, two leg attachments, the connecting hose, power supply, and various international plug adapters.

Setup

1. **Charge the Control Unit:** Ensure the NormaTec 2.0 control unit is fully charged using the provided power supply. The unit can also be used while plugged in.
2. **Connect the Hose:** Attach the single end of the connecting hose to the port on the NormaTec control unit. Ensure it clicks securely into place.
3. **Attach Leg Sleeves:** Connect the two ends of the hose to the ports on each leg attachment. Again, ensure a secure click.
4. **Wear the Leg Sleeves:** Zip up the leg attachments completely. For optimal compression, ensure there are no items

in your pockets that could cause discomfort or damage.

5. **Position for Use:** For best results, use the system while seated or reclined with your legs elevated above your heart. A reclining chair is recommended to optimize lymphatic drainage.

Cutting-Edge Compression

Warmup and recover like never before. The Normatec 2.0 uses dynamic air compression to create a restorative massage that is shown to increase circulation and help you feel refreshed faster.



Image: A user comfortably reclined with the NormaTec Pulse 2.0 leg sleeves in use, demonstrating a typical setup for a recovery session.

Your browser does not support the video tag.

Video: A detailed demonstration of unboxing, connecting the hose to the control unit and leg attachments, and preparing the NormaTec Pulse 2.0 for its first use. This video provides a visual guide for initial setup.

Operating Instructions

Basic Operation

1. **Power On:** Press the power button on the control unit. The display screen will illuminate.
2. **Adjust Session Time:** Use the '+' and '-' buttons next to 'TIME' to set your desired session duration in 5-minute increments (e.g., 20, 25, 30 minutes).
3. **Set Pressure Level:** Use the '+' and '-' buttons next to 'LEVEL' to select your preferred compression intensity from 1 to 7. Start with a lower level and gradually increase as comfortable.
4. **Start Session:** Press the 'Start/Stop' button (play icon) to begin the compression cycle. The system will inflate and deflate in a sequential pattern, moving from your feet upwards.
5. **Pause/Stop Session:** Press the 'Start/Stop' button again to pause or end the session. The sleeves will deflate.

Using the Mobile App

The NormaTec Pulse 2.0 features Bluetooth connectivity, allowing you to control your sessions and integrate recovery into your fitness plan via the Hyperice App. Download the app from your device's app store and follow the on-screen instructions to pair your control unit.

ZoneBoost Technology

The ZoneBoost feature allows you to apply extra time and pressure to a specific zone within the leg sleeves. This is useful for targeting particular areas of soreness or fatigue. Consult the mobile app or control unit interface for specific instructions on activating and customizing ZoneBoost.

Design Features

- TSA approved for carry-on
- Color display panel
- 7 intensity levels
- Bluetooth® connected to the Hyperice App
- Customizable time, pressure, and zone settings
- ZoneBoost™ technology
- Compact, lightweight control unit (3.4 lbs)
- 15 V power and rechargeable lithium-ion battery



Image: Close-up of the NormaTec Pulse 2.0 control unit's color display panel, showing adjustable time, intensity levels, and ZoneBoost technology options.

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Video: A user demonstrates the NormaTec Pulse 2.0, highlighting its portability, battery operation, and the ease of adjusting time and pressure levels directly on the control unit. The video also shows the connection process for the leg sleeves.

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Video: A user provides a comprehensive review of the NormaTec Pulse 2.0, demonstrating how to wear the leg sleeves, connect the hose, and operate the control unit. The video also explains the sequential compression process and its benefits for recovery.

Benefits and How it Works

The NormaTec Pulse 2.0 system uses patented dynamic compression to enhance the body's natural recovery process. The sequential pulsing action mimics the natural muscle pump of the legs, effectively moving fluid and metabolic waste out of the limbs and back into the central circulation. This process helps to:

- Accelerate recovery after intense physical activity.
- Reduce muscle soreness and fatigue.
- Improve blood circulation and lymphatic drainage.
- Decrease swelling and inflammation.

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Video: A sports physical therapist explains the scientific principles behind the NormaTec system, comparing its sequential compression to the body's natural lymphatic and venous systems. This video highlights how the device effectively flushes out waste products and improves circulation for enhanced recovery.

Maintenance

To ensure the longevity and optimal performance of your NormaTec Pulse 2.0 system, follow these maintenance guidelines:

- **Cleaning:** Wipe down the exterior of the control unit and leg attachments with a damp cloth after each use. Do not submerge any part of the device in water.
- **Storage:** Store the system in a cool, dry place away from direct sunlight. Ensure the leg attachments are fully deflated and neatly folded before storage.
- **Hose Care:** Avoid kinking or bending the hose excessively, as this can damage the internal air channels.

Troubleshooting

If you encounter any issues with your NormaTec Pulse 2.0 system, try the following steps:

- **No Power:** Ensure the control unit is fully charged or connected to the power supply. Check that the power adapter is securely plugged into both the unit and the wall outlet.
- **No Compression:** Verify that the hose is securely connected to both the control unit and the leg attachments. Listen for a distinct click when connecting. Check for any kinks or blockages in the hose.
- **Uneven Compression:** Ensure the leg sleeves are zipped up completely and fitted correctly.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your mobile device and the NormaTec control unit. Try restarting both devices and re-pairing them through the app.

If problems persist, please contact NormaTec customer support.

Specifications

Product Dimensions	4.45 x 2.68 x 3.43 inches; 3.4 Pounds
Item Model Number	40500
Batteries	1 Lithium Ion batteries required. (included)
Date First Available	May 3, 2019
Manufacturer	NormaTec
Use for	Legs
Power Source	Battery Powered
Material	Nylon
Item Weight	1.54 Kilograms

Warranty and Support

The NormaTec Pulse 2.0 Leg Recovery System comes with a **Limited 2-Year Warranty**. For warranty claims, technical support, or any product-related inquiries, please visit the official NormaTec website or contact their customer service directly.

For additional resources and product information, you can visit the [NormaTec Store on Amazon](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question