

Hyperice Normatec 3 Legs

Hyperice Normatec 3 Recovery System User Manual

Model: Normatec 3 Legs

Brand: Hyperice

PRODUCT OVERVIEW

The Normatec 3 uses dynamic air compression to create a restorative massage that helps you feel refreshed faster. Normatec Legs are available only in Standard size on Amazon. Standard size: 31" - 35" inseam. Maximum thigh circumference is 30".

It features 7 levels of compression and patented Pulse technology to deliver precise treatment to 5 overlapping zones with ZoneBoost, replicating the natural muscle pumps and one-way valves of the legs.

The refreshed system design includes an intuitive interface, reduced weight, and the ability to unlock next-level features and customization through the Bluetooth connected Hyperice App. Simply zip in and power up the most advanced dynamic air compression system on the planet. The Power Button is located on the side of the device.

Designed by an MD, PhD, Normatec is the original, most tested, and most scientifically backed dynamic air compression system on the market. It is designed to provide improved mobility and profound restorative healing results, trusted by top athletes and consumers globally.

Compression therapy benefits more than just your legs. Normatec is also available for the hips and arms so your whole body gets to feel refreshed and revived.

SAFETY GUIDELINES

Consult your physician before use.

SETUP GUIDE

Follow these steps to set up your Normatec 3 Legs system:

1. Prepare the Device: Ensure the control unit is charged or connected to power.
2. Wear the Leg Attachments: Slip your legs into the compression boots and zip them up securely.
3. Connect the Hose: Attach the hose from the control unit to the leg attachments.
4. Power On: Locate the power button on the side of the device and turn it on.
5. Connect via Bluetooth (Optional): For advanced features and customization, connect the device to the Hyperice App on your smartphone.





Figure 1: The complete Normatec 3 Legs Recovery System.



What's included with your Normatec 3 Legs

Normatec 3 control unit

The actual device

Attachments

Leg attachments (2)

Power supply

Connect and charge your device

Hose

Connects the control unit to the
attachments

Figure 2: Components included with your Normatec 3 Legs: control unit, two leg attachments, power supply, and hose.



Intuitive, refreshed design

Normatec 3's refreshed system design features an intuitive interface, reduced weight, and the ability to unlock next-level features and customization through the Bluetooth connected Hyperice App.

Figure 3: Detailed diagram of the Normatec 3 control unit, showing buttons for attachment selection, pressure level, ZoneBoost, time adjustment, display screen, Start/Stop, Bluetooth status indicator, hose connection, and charging port.

Video 1: An unboxing and quick setup demonstration of the Normatec 3 system, highlighting the ease of use and immediate benefits of dynamic air compression massage.

OPERATING YOUR NORMATEC 3 SYSTEM

Once set up, you can begin your recovery session. Use the intuitive interface on the control unit or the Hyperice App to customize your experience.

- **Select Settings:** Choose your desired session time (in 15-minute increments up to an hour) and pressure level (1-7).
- **ZoneBoost:** Utilize the ZoneBoost feature to apply extra time and pressure to specific areas (Zones 1-5) that require more attention.
- **Patented Pulse Technology:** The system uses biomimicry to replicate the natural muscle pumps and one-way valves of the legs, delivering precise and effective treatment.



Figure 4: An athlete utilizing the Normatec 3 Legs system for recovery on a sports field.



Normatec 3 Legs

Normatec 3 is the next evolution of the iconic Normatec series, using dynamic air compression to advance your wellness, recover faster, improve your training, and maximize your performance.

Figure 5: A user relaxing on a couch while receiving dynamic compression therapy from the Normatec 3 Legs.



The ultimate massage experience

Warm-up and recover like never before. The Normatec 3 uses dynamic air compression to create a restorative massage that helps you feel refreshed faster.

Figure 6: A woman interacting with the Normatec 3 control unit, demonstrating the intuitive interface and app connectivity for personalized sessions.

CARE AND MAINTENANCE

To ensure the longevity and optimal performance of your Normatec 3 system, follow these general care and maintenance guidelines:

- Keep the device and attachments clean by wiping them with a damp cloth.
- Store the system in a cool, dry place away from direct sunlight.
- Avoid exposing the device to extreme temperatures or moisture.

TROUBLESHOOTING

For detailed troubleshooting steps and solutions, please refer to the official Troubleshooting Guide:

[Troubleshooting Guide \(PDF\)](#)

PRODUCT SPECIFICATIONS

Feature	Detail
Product Dimensions	16.58 x 13.72 x 16.67 inches
Item Model Number	Normatec 3 Legs
Batteries	1 Lithium Metal battery required
Manufacturer	Hyperice
ASIN	B0B72QBWHC
Use for	Knee, Legs, Thigh, Calf, Feet
Power Source	Corded Electric
Material	Nylon
Item Weight	13.45 Pounds (6.1 Kilograms)

WARRANTY AND SUPPORT

Your Hyperice Normatec 3 Recovery System is covered by a manufacturer's warranty. Please refer to the warranty documentation included with your product for specific terms and conditions.

For further assistance, technical support, or warranty claims, please visit the official Hyperice website or contact their customer service directly.