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› Hyperice Normatec 3 Hip Attachment User Manual

Hyperice 63060-001-00

Hyperice Normatec 3 Hip Attachment User Manual

Model: 63060-001-00

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your Hyperice Normatec 3 Hip Attachment. This attachment is designed to provide targeted compression massage to the lower back and hip area, aiding in faster warm-up and recovery. Please note that this product includes the hip attachment only; the Normatec 3 control unit is sold separately and is required for operation.

PRODUCT OVERVIEW



Figure 1: Hyperice Normatec 3 Hip Attachment. This image displays the black hip attachment with its two leg sleeves, central hip wrap, and adjustable buckles. The Normatec branding is visible on the side of the attachment.

The Normatec 3 Hip Attachment features two overlapping zones designed to deliver compression massage. These zones target the quads, hamstrings, IT bands, glutes, and lower back. Two adjustable buckles ensure a secure and comfortable fit for various body types.

SETUP

1. **Unpack:** Carefully remove the Normatec 3 Hip Attachment from its packaging. Inspect for any damage.
2. **Prepare the Control Unit:** Ensure your Normatec 3 control unit (sold separately) is charged or connected to a power source.

3. **Connect the Attachment:** Locate the air hose connector on the hip attachment. Align and firmly push the connector into the corresponding port on the Normatec 3 control unit until it clicks into place.
4. **Wear the Attachment:** Sit down and slide your legs through the leg sleeves of the hip attachment, similar to wearing shorts. Position the central hip wrap comfortably around your lower back and hips.
5. **Adjust the Fit:** Use the two adjustable buckles to secure the hip attachment. Ensure a snug but comfortable fit that allows for proper compression without restricting movement or causing discomfort.

OPERATING INSTRUCTIONS

1. **Power On:** Turn on your Normatec 3 control unit.
2. **Select Attachment:** On the control unit, select the 'Hips' attachment option.
3. **Choose Session Settings:** Adjust the desired pressure level and session time on the control unit. Refer to your Normatec 3 control unit manual for detailed instructions on setting preferences.
4. **Start Session:** Press the 'Start' button on the control unit to begin the compression session. The attachment will inflate and deflate in a dynamic pattern.
5. **Monitor Comfort:** During the session, ensure you remain comfortable. If the pressure is too intense, reduce the pressure level on the control unit.
6. **End Session:** The session will automatically end after the set time. You can also manually stop the session at any time by pressing the 'Stop' button on the control unit.
7. **Disconnect:** Once the session is complete and the attachment has fully deflated, disconnect the air hose from the control unit and remove the hip attachment.

MAINTENANCE

- **Cleaning:** To clean the hip attachment, wipe the exterior surfaces with a damp cloth and mild soap. Do not submerge the attachment in water. Ensure it is completely dry before storage.
- **Storage:** Store the hip attachment in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid folding or creasing the attachment excessively to prevent damage to the internal air bladders.
- **Inspection:** Periodically inspect the attachment for any signs of wear, tears, or damage to the fabric or air hose. If damage is found, discontinue use and contact customer support.

TROUBLESHOOTING

- **No Compression:** Ensure the air hose is securely connected to both the hip attachment and the Normatec 3 control unit. Check that the control unit is powered on and a session has been initiated.
- **Uneven Compression:** Verify that the hip attachment is worn correctly and the adjustable buckles are evenly secured. Ensure there are no kinks or obstructions in the air hose.
- **Discomfort During Use:** Reduce the pressure level on the Normatec 3 control unit. If discomfort persists, stop the session and consult a healthcare professional.
- **Control Unit Issues:** For any issues related to the Normatec 3 control unit (e.g., power, display, error codes), refer to the dedicated control unit user manual.

SPECIFICATIONS

Brand	Hyperice
Model Number	63060-001-00
Item Weight	1.06 ounces
Product Dimensions	57.87 x 81.89 x 152.36 inches
Color	Black
Manufacturer	HYPERICE
Date First Available	October 22, 2022

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Hyperice website or contact Hyperice customer service directly. Keep your proof of purchase for warranty claims.