

**Hyperice**  
**Normatec**  
**3 Full Body**  
**Recovery**



# Hyperice Normatec 3 Full Body Recovery User Guide

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**Hyperice Normatec 3 Full Body Recovery**



## Product Specifications

- **Brand:** Normatec
- **Model:** Normatec 3
- **Components:** Control unit, Hose, Leg attachment, Arm attachment, Hip attachment, Charger

## Product Usage Instructions

### Before Starting:

1. Download the Hyperice App for guided routines and tips.
2. Register your device at [hyperice.com/register-product](https://hyperice.com/register-product).
3. Charge the device for up to five hours before first use.

### When to Use the System:

- Pre-workout sessions: 15 minutes
- Post-workout recovery sessions: 30 to 60 minutes
- Safe to use for as long as desired

### Getting Started:

1. **Attach the Hose:** Connect the hose to the air outlet on the control unit firmly.
2. **Turn it On:** Press the power button on the control unit to turn it on.
3. **Put the Attachments On:** Connect the attachments to the hose firmly.

### Customizing Your Session:

- Adjust intensity level and session time.
- Press start to begin your session.

- Use ZoneBoost™ for extra attention in specific areas.

### Caring for the System:

- **Cleaning:** Wipe down attachments and control unit with a damp cloth, then dry thoroughly.
- **Storage:** Power off the system, remove charger, and store in a clean, cool, dry place away from direct sunlight.

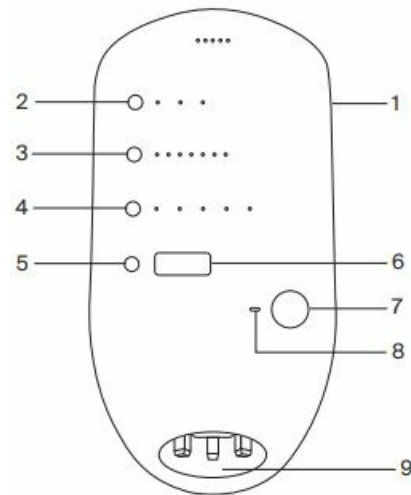
### Frequently Asked Questions (FAQ)

#### Is routine maintenance required for the Normatec 3?

No, the system requires no routine maintenance or service.

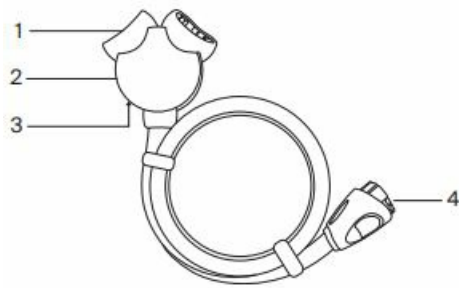
### Meet your new Normatec 3

#### Control unit



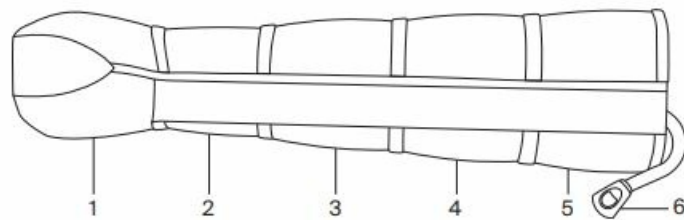
1. Power button
2. Attachment selection button
3. Pressure level button
4. ZoneBoost™ button
5. Time adjustment button
6. Display screen
7. Start/Stop button
8. Bluetooth® status indicator
9. Air outlet and power inlet

#### Hose



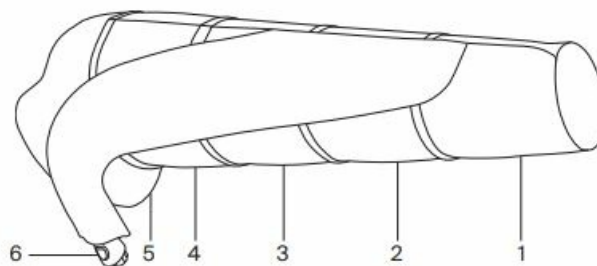
1. Junction box air outlets
2. Junction box
3. Blocking plug (on the underside of the junction box)
4. Connector

### **Leg attachment**



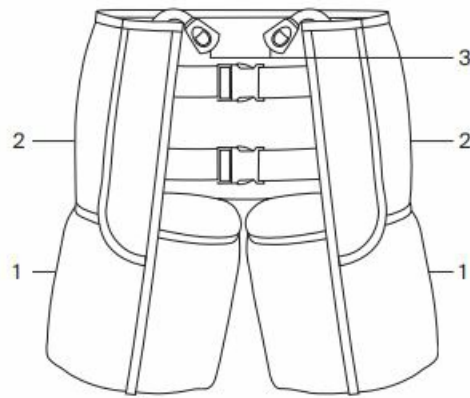
- 1 – 5. Zones
- 6. Attachment connector

### **Arm attachment**



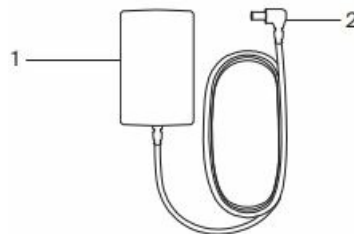
- 1 – 5. Zones
- 6. Attachment connector

### **Hip attachment**



- 1 – 2. Zones
- 3. Attachment connectors

## Charger



1. Wall outlet plug
2. Barrel connector

## Before you start

### Download the Hyperice App

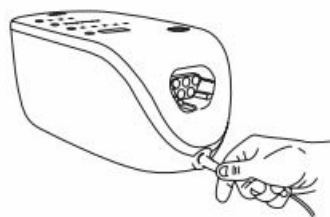
Get the most out of your Normatec 3, or any Hyperice device with the Hyperice App. Follow along with guided routines, track your progress, and get tips and tricks from the world's best pros.

### Register your device

Activate your warranty and ensure easy returns, repairs, or refunds at [hyperice.com/register-product](https://hyperice.com/register-product).

### Charge your device

Plug your new Normatec 3 into a wall outlet with the provided Hyperice charger. You may need to charge the battery for up to five hours before first use.



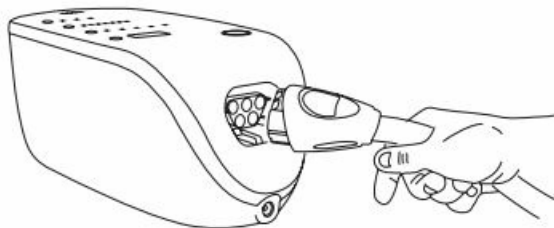
## When to use the system

Whether you're an elite athlete, or simply trying to get your body to feel its best, the Normatec 3 will help you get there...and then some. The Normatec 3 acts as a high-tech massage to warm up your muscles. Pre-workout

sessions are generally 15 minutes long. After exercise, the system helps your recovery process. Post-workout recovery sessions are generally 30 to 60 minutes long, although it is safe to use the Normatec 3 Recovery System as long as you want.

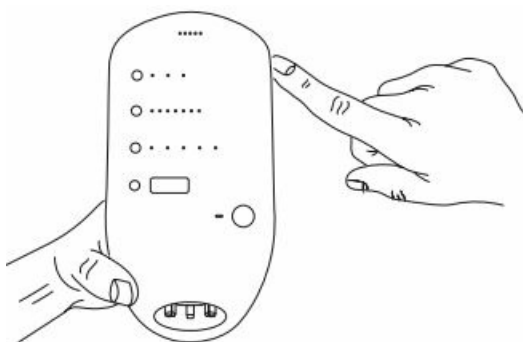
### **Attach the hose**

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.”



### **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.

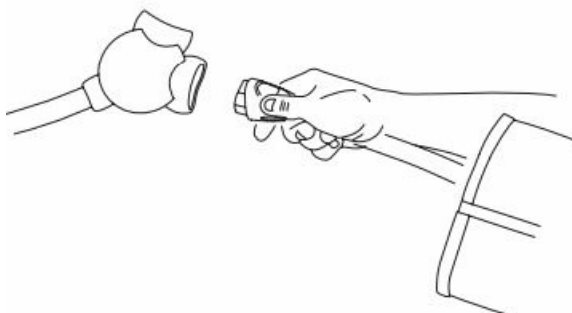


### **Put the attachments on**

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. 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.

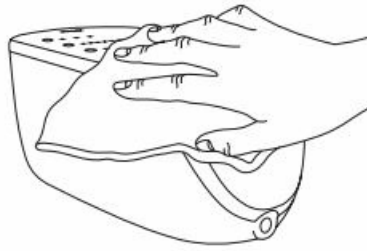
### **Connect the attachments**

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.



### **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.

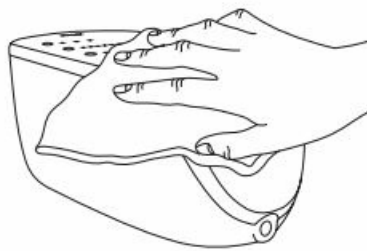


## Caring for the system

The Normatec 3 is extremely durable and is designed to withstand normal wear and tear. The system requires no routine maintenance or service.

### Cleaning your Normatec 3

Simply wipe down the inside and outside of the attachments, and the control unit with a damp, clean cloth and then dry thoroughly with a clean, dry cloth.



### Storing your Normatec 3

- Make sure the system is powered off and charger is not attached.
- Store in a clean, cool, dry place, not in direct sunlight.


## We're here for you

### HyperCare®

Get award-winning support from our HyperCare team – a group of specialists dedicated to your overall well-being and expert guidance on Hyperice products.

- 1.855.734.7224
- [hyperice.com](https://hyperice.com)
- [customersupport@hyperice.com](mailto:customersupport@hyperice.com)

## Documents / Resources

<div>Let's get started</div> <div></div>	<div><a href="#">Hyperice Normatec 3 Full Body Recovery</a> [pdf] User Guide</div> <div>Normatec 3 Full Body Recovery, Normatec 3, Full Body Recovery, Body Recovery, Recovery</div>
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References

- ~ [hyperice.com/register-product](https://hyperice.com/register-product)
- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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