



Hyperice VYPER 2.0 High-Intensity Vibrating Foam Roller Instruction Manual

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THE BEGINNING

As far back as I can remember, I have always had a passion for sports, fitness and science. From my own experience as an athlete, I studied the science of the body and learned that maintaining a healthy body is essential to an athlete's performance. Several years ago, I set out to create a brand whose products would improve athletic performance by enhancing recovery and preventing injury. In order to develop products of this caliber, I collaborated with some of the world's best athletes and trainers so that the products would meet their standards. Together, our goal was to create a series of products that would be a set of tools athletes could use to recover faster from training and competition, and prevent injury by keeping the body in proper balance. I would go on to name the brand after our first product- the HYPERICE: The most advanced portable ice compression device on the market.

I believe this cutting-edge and multipurpose fitness device will be even more innovative than our first device, and I believe it will be undoubtedly one of the most widely used recovery, movement enhancement and injury prevention devices in sports and fitness today; the VYPER 2.0 by HYPERICE.

THE SCIENCE

THE VYPER AND DR. MIKE CLARK

Dr. Mike Clark, Founder of Fusionetics and global leader in the athletic performance and sports medicine industry is now leading and developing HYPERICE's Scientific Advisory Board. Dr. Clark is a world-renowned expert in human movement science and brings to HYPERICE his innovation and leadership in human performance optimization and rehabilitation. Dr. Clark has integrated sports science and cutting-edge technology in the testing and development of all HYPERICE innovation. Dr. Clark's focus here is to continue to advance effective solutions in decreasing injury, optimizing performance, enhancing recovery to improve the health and wellness of all.

"After advising HYPERICE over the past 2 years – I'm excited to be a part of one of the most innovative and meaningful products of its kind, the VYPER 2.0."

– Dr. Mike Clark

The VYPER 2.0 offers people of all ages and sport levels the benefits from the combination of pressure and vibration to improve the body's overall performance, enhance recovery, flexibility, and range of motion to prevent injury and thus improve overall well-being.

THE ENGINEERING BEHIND THE VYPER 2.0

The VYPER is engineered to deliver high intensity vibration into the body. The VYPER is manufactured using industry best components for the vibration generating motor (set for three optimal speeds), rechargeable long life lithium-ion battery, digital circuitry and the proprietary eco-friend shell providing just the right amount of pressure

and vibration. The combination of cutting-edge technology and custom design digital circuitry in a compact, simple and familiar shape is proving to deliver a winning combination.

VYPER 2.0

The VYPER is a cutting-edge fitness and recovery device that uses pressure and vibration to improve the body's overall performance.



TECHNOLOGY

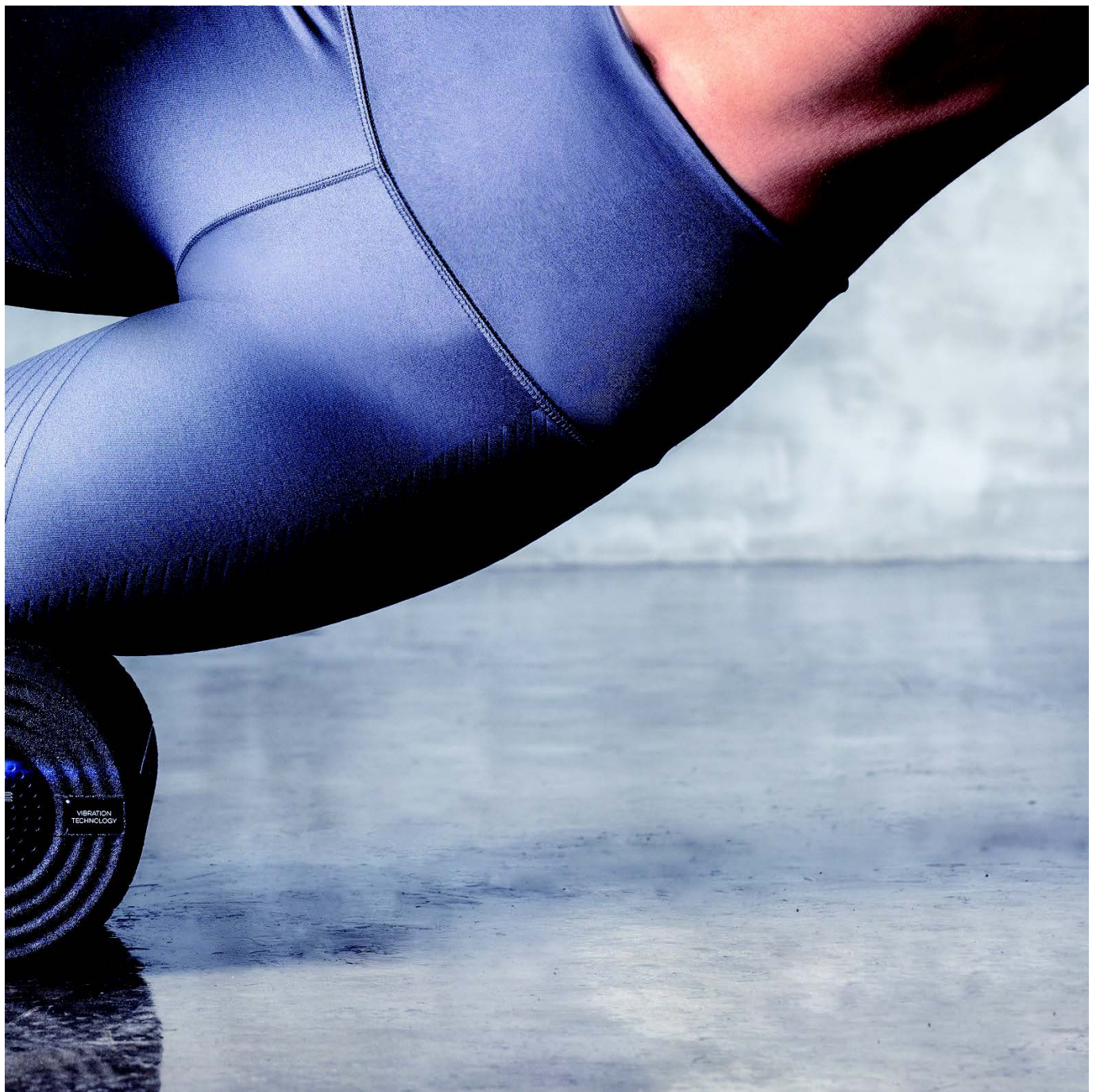


- German-engineered dual zone roller /grooved and smooth sections
- High-intensity vibrating core
- Digital circuitry control / 3 speed settings
- LED speed indicator lights

TECHNOLOGY

Keeping the body's soft tissue (muscles, tendons, ligaments, fascia) loose is essential for maintaining flexibility and range of motion. While foam rollers can help the body stay loose, adding vibration with the intensity and frequency of The VYPER 2.0 takes the whole experience to another level. The VYPER has been used by the world's best athletes to warm up and recover from training and competition. It can be used by anyone who wants to move better.

- Engineered to deliver high-intensity and high- frequency vibration into the body
- All digital circuitry controls 3 speed settings
- Eco-friendly, German-engineered dual zone roller with grooved and smooth sections
- Rechargeable lithium-ion batteries give over 2 hours of use per charge



IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE VYPER

DANGER To reduce the risk of electric shock:

- Do not reach for an appliance that has fallen into water. Unplug immediately.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

To reduce the risk of burns, fire, electric shock, or injury to persons:

- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to

persons.

- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not immerse unit in water. Keep liquids away from ventilation ports, buttons and charging port.
- Do not remove screws or attempt to disassemble.
- Do not operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.
- Unplug the unit after charging or prior to use.
- Do not use directly on a hard surface. Use only on a carpeted floor or a fitness mat.
- Persons weighing above 250 lbs ./113 kgs may damage or break the unit during normal intended use.
- This is not a toy. For adult use only. Do not use if injured. Consult your doctor before using this product.
- Use product only according to Instructional Use materials available at www.hyperice.com

CAUTION

The battery used in this device may present a risk of fire or chemical burn if mistreated. Do not disassemble, heat above 100 C or incinerate.

Dispose of used battery promptly. Keep away from children. Do not disassemble and do not dispose of in fire.

PLEASE DO NOT USE THE VYPER 2.0, OR ANY VIBRATION HIGH- INTENSITY EXERCISE DEVICE WITHOUT FIRST CONSULTING WITH YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device.

These contra indications do not mean that you are not able to use a vibration or exercise device but we do advise you to consult a doctor first.

Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of contra indications as shown above. Practical experience has shown that integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advise of and in accompaniment with a doctor, specialist or physiotherapist.

OPERATING INSTRUCTIONS

PLEASE READ PRIOR TO USE

CHARGING

- Fully charge for up to twelve hours before first use. Subsequent charges for two hours, or until the charge indicator lights stop blinking and remain solid lit.
- To charge, connect the adapter to the charging port and plug into wall charger.
- Unit will charge whether Power Switch is in ON or OFF position.
- In ON position, LED lights illuminate to show battery level and indicate active charging.
- Unit may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery to the red LED level.
- The average run-time is 2 hours at level three, and longer at lower levels.
- Toggling the power switch to OFF isolates power from the circuitry and is recommended during storage and travel.

OPERATING

- With Power Switch in ON position, press the power button once to turn unit on to level one, twice to turn unit to level two and three times for level three. Pressing the power button again will turn the unit off. The blue LED lights will indicate the corresponding power level.
- The unit will turn off after 10 minutes of use. To continue use, simply press the power button again to the desired level.

MAINTENANCE , CLEANING AND STORAGE

- Use a towel or soft cloth to wipe any moisture from unit.
- Keep unit away from heat sources, liquids, and children.

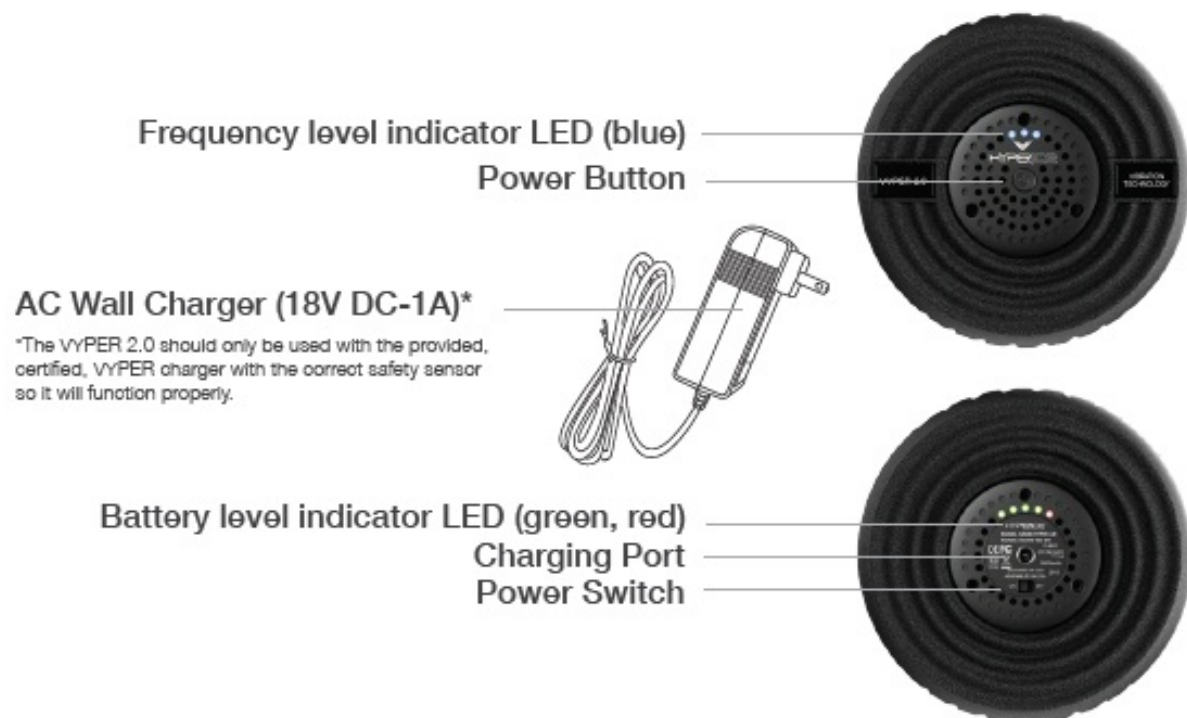
WARNINGS AND CAUTION

- Do not immerse unit in water. Keep liquids away from ventilation ports, buttons and switches.
- Do not remove screws or attempt to disassemble.
- Do not operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before re-using.
- Unplug the unit after charging or prior to use
- For storage or travel, toggle power switch to OFF position
- For adult use only. Do not use if injured. Consult your doctor before using this product
- Use product only according to Instructional Use materials available at www.hyperice.com

The VYPER 2.0 is a cutting-edge fitness and recovery device that uses pressure and vibration to accelerate warmup and recovery

The VYPER 2.0 is manufactured using industry best components providing just the right amount of pressure and vibration.

The VYPER 2.0 offers people of all ages and levels the combined benefits of pressure and vibration to enhance muscle performance, promote improved range of motion and flexibility, and promote reduced muscle soreness and stiffness



SPECIFICATIONS

- AC Charger: 110-240V 50/60Hz – .5A – 18 V DC- 1A
- Frequency: Low 48Hz, Medium 60Hz, High 72Hz
- Weight: 3 lbs / 1.6 kg (including charger)
- Designed and assembled in USA with components from China and Germany.

WARRANTY INFORMATION

1-YEAR WARRANTY

If within one year from the date of purchase, this product fails due to a defect in material or workmanship, Hyperice Inc. and/or the international distributor, dealer or retailer from whom the purchase was made, will repair or replace the product, or necessary components, free of charge.

THIS WARRANTY EXCLUDES:

- (a) damage caused by accident, abuse, mishandling, or transport;
- (b) units subjected to unauthorized repair;
- (c) units not used in accordance with Hyperice care instructions;
- (d) damage exceeding the cost of the product;
- (e) deterioration of the delivered product resulting from abnormal storage and/or safeguarding conditions on the client's premises, and
- (f) failure to provide the dated proof of purchase.

Some states and countries do not allow a limitation of damages, so the foregoing limitation may not apply to you. This warranty guarantees specific legal rights, and but other rights may vary from country to country and from state to state. This warranty service is available through the operating policies and procedures of Hyperice Inc. and all Hyperice international distributors. If you are a client, please contact the appropriate Hyperice business entity, dealer or retailer, from whom you directly purchased the product for warranty and return authorization procedures. This warranty is initiated and executed by Hyperice Inc.

CONTACT:

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HOW TO USE

SELECT A VIBRATION SPEED SETTING TO SUIT YOUR OWN COMFORT LEVEL

FEET

Stand with the one foot on the ground, the other on the VYPER 2.0. To get started, place one foot across the top of the VYPER, apply some pressure to the bottom of your foot, and slowly roll from tow to heel.

CALF / ANKLE



Sit on the floor with your legs straight out, hands on the floor behind you supporting your weight. Place the VYPER 2.0 under your calves. Slowly roll along the back of your legs up and down from your knees to your ankles.

HAMSTRING / GLUTES



Sit on the floor with one of your legs straight out and the other bent, hands on the floor behind you supporting your weight. Place the VYPER 2.0 under your hamstring. Slowly roll along the back of your legs up and down from your knees to your glutes. Switch legs.

HIP



Lie on your side with the VYPER 2.0 under your right hip. Bracing your abs and glutes for balance, slowly roll down from your hip to your knee. Switch to the other side and repeat.

SHOULDER / ARMS



Lie on your side, with your upper arm against the VYPER 2.0. Raise your hips off of the floor, supporting your weight on your arm and on your feet. Roll down from your bicep to your knee. Switch to the other side and repeat.

BACK



Sit on the floor with the VYPER 2.0 on your lower back, resting your hands behind you for balance. Tighten your abs and slowly bend your knees to move the roller up your back, just below your shoulder blades.

QUADRICEPS / KNEE




Lie facedown on the floor and place the VYPER 2.0 under your hips. Lean on your right leg and roll up and down from your hip to your knee. Switch legs.



525 Technology Drive, Suite 100 Irvine, California 92618
[HYPERICE.COM](https://www.hyperice.com)

Documents / Resources

 VYPER 2.0	Hyperice VYPER 2.0 High-Intensity Vibrating Foam Roller [pdf] Instruction Manual VYPER 2.0, High-Intensity Vibrating Foam Roller
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References

- [Home Hyperice logo nfl nba mlb pga-tour ufc uswnt](#)