



Hyperice Vyper 3 High-Intensity Vibrating Foam Roller Instruction Manual

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Foam Roller Instruction Manual*

Vyper 3

EN Operating Instructions ES Instrucciones de uso



TO REDUCE RISKS OF ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, OR PROPERTY DAMAGE, THIS DEVICE MUST BE USED IN ACCORDANCE WITH THE FOLLOWING WARNINGS, CAUTIONS, AND SAFETY INSTRUCTIONS.

IMPORTANT SAFETY INSTRUCTIONS ORIGINAL INSTRUCTIONS

Read all instructions before using the Vyper 3.

DANGER

To reduce the risk of electric shock:

- Always unplug this device from the electrical outlet immediately after using and before cleaning.
- Do not reach for a device that has fallen into water. Unplug immediately.
- Do not use while bathing or in a shower.
- Do not place or store device where it can fall or be pulled into a tub or sink. Do not place in or drop into water or

other liquid.

WARNING

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

- A device should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Use this device only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has gotten wet. Return the device to a service center for examination and repair.
- Do not carry this device by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the device with the air openings blocked. Keep the air openings free of lint, hair, and any substance which may impair the flow of air.
- Never drop or insert any object into any device opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) devices are being used or where oxygen is being administered.
- Never operate on a soft surface where the air openings may be blocked.
- Do not remove screws or attempt to disassemble.
- Unplug the device after charging or prior to use.
- Use device only according to these Operating Instructions, also available on hyperice.com.
- Do not operate continuously for more than one hour. After one hour use, allow unit to rest for 30 minutes before reusing.
- 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.
- For storage or travel, toggle power switch to OFF position.
- Please do not use the Vyper 3, or any high-intensity vibration 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 pacemakers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements, 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 contraindications 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 contraindications as shown above. Practical experience has shown that integration of a vibrating fitness device into a treatment plan is beneficial in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist. The Vyper 3 is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the Vyper 3 by a person responsible for their safety. Children

should be supervised to ensure that they do not play with the Vyper 3.



The Vyper 3 should only be charged with the double insulated, 18VDC Hyperice charger (model number MX24Z2-1801000) that was supplied with the device. Do not charge the Vyper 3 overnight or leave the Vyper 3 unattended when charging or in use.

The Vyper 3 contains a battery which must be complied with safely at an appropriate e-waste disposal or recycling facility.

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.

SAVE THESE INSTRUCTIONS

The Vyper 3 is a cutting-edge fitness device that uses pressure and high-intensity vibration to amplify the traditional foam rolling experience. It accelerates warmup and recovery, releases tension and tightness in the muscles, and helps to maintain full range of motion while promoting overall wellbeing and performance.

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OPERATING

Turn your Vyper 3 ON by pressing the power/speed setting button for three seconds. Press the power button once to turn device on to speed level one, twice to turn device to speed level two and three times for speed level three. Pressing the power button again will turn the device off. The blue LED lights will indicate the corresponding speed level. The device will turn off after 10 minutes of use. To continue use, simply press the power button again to the desired level. Turn OFF by pressing the power/speed setting button for three seconds until all LEDs are off.

CHARGING

Fully charge for up to two hours before first use. For subsequent charges, charge 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 outlet. Device 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. Fully recharge the device monthly to best prolong battery life. The average runtime is two hours per charge at speed level three, and longer at lower speed levels. It is recommended to turn the device OFF while it is not in use or during storage and travel.

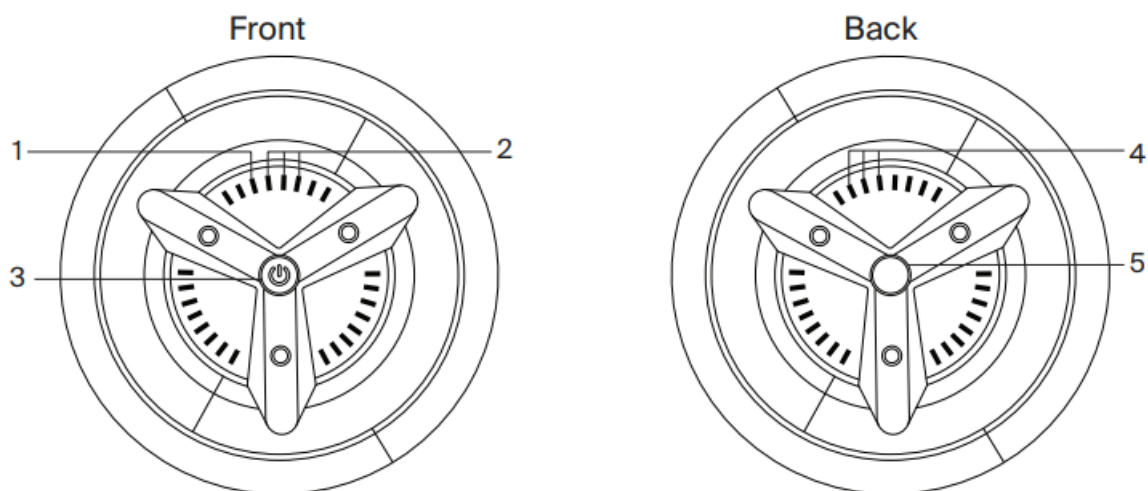
CLEANING AND STORAGE

Make sure the power is OFF and the battery charger is not attached. Use a damp, clean cloth and gently wipe your Vyper 3. Store in a clean, cool, dry place, out of direct sunlight, when not in use.

CONNECTING TO THE HYPERICE APP

To connect your device to the Hyperice App via Bluetooth® make sure that your device is turned on, Bluetooth® is turned on in your phone, and your device is within close proximity. Select a routine within the Hyperice App and if prompted tap “Scan for Devices.” Select your device when it pops up on the screen. HyperSmart™ will automatically start your device and adjust the speed and intensity as you follow along with the routine.

SPECIFICATIONS



Front

1. Bluetooth® connection indicator
2. Speed indicators
3. Power/speed setting button

Back

4. Battery level indicators
5. Charging port

AC-DC Charger: 100-240V – 50/60Hz 0.7A – 18.0V 1.0A 18.0 W Rechargeable lithium ion battery 2400mAh
Frequency: Level 1 – 2400/40 Hz, Level 2 – 3000/50 Hz, Level 3 – 3500/58 Hz Weight: 3 lbs / 1.6 kg (including charger) Designed in USA. Assembled in China with components from China and Germany.

WARRANTY

If within one year from the date of purchase, this product fails due to a defect in material or workmanship, Hyperice, Inc. 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) devices subjected to unauthorized repair;
- (c) devices 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.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC/ISED radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the ISED radio frequency (RF) Exposure rules. This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption rate (SAR).



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Documents / Resources

Vyper 3 ©2021 Hyperice, Inc. All rights reserved.	Hyperice Vyper 3 High-Intensity Vibrating Foam Roller [pdf] Instruction Manual 31100, 2AWQY-31100, 2AWQY31100, Vyper 3, High-Intensity Vibrating Foam Roller
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References

- hyperice.com

Manuals+.