



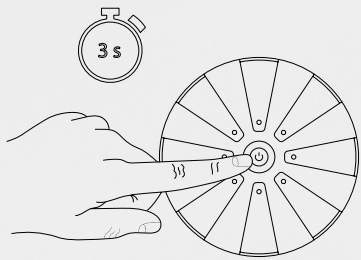
Hypersphere

High-intensity vibrating fitness ball.

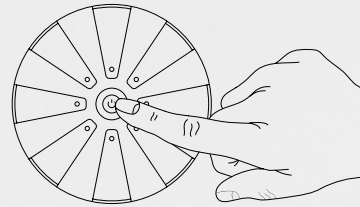


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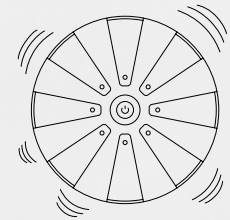
Innovation by **HYPERICE**



1. Turn on the Hypersphere.
(Press & hold for 3 seconds)

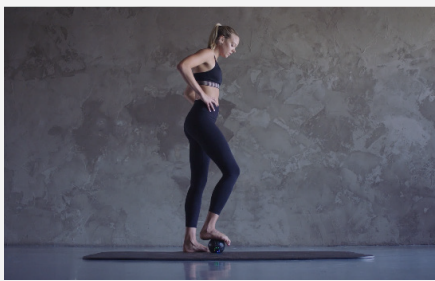


2. Press for desired power.
(Three speed settings)



3. Ready to go.

Secure and position the Hypersphere in place before selecting desired vibration level. In general, roll out the area no faster than 1 inch per second. Feel for tender spots or 'marbles' and hold the Hypersphere there for additional time until you feel a sense of relaxation.



Feet

Stand tall or sit in a chair.

Place your foot on the Hypersphere and simply roll along the foot. Find tender areas and hold there. Use for 30-90 seconds on each foot.

Start on setting one and increase speed as needed.



Calf

Sit on the floor.

Place the Hypersphere on a tender part of the calf hold there for 30-90 seconds. Continue to find tender areas on the calf. Repeat on the other calf.

Start on setting one and increase speed as needed.



Hamstrings

Sit in a chair or on the floor.

Place the Hypersphere underneath the hamstring and roll vertically to find tender areas. Hold at each tender area for 30-90 seconds.

Start on setting one and increase speed as needed.

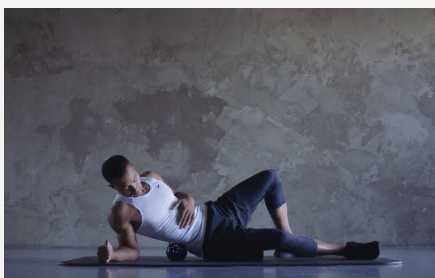


Glutes

Sit on the floor.

Cross your right leg over your left like a figure 4 and slowly roll finding the most tender spots. With your right leg bent, place your left hand above your right knee cap. Continue to roll for 30-90 seconds and then switch sides.

Start on setting one and increase speed as needed.

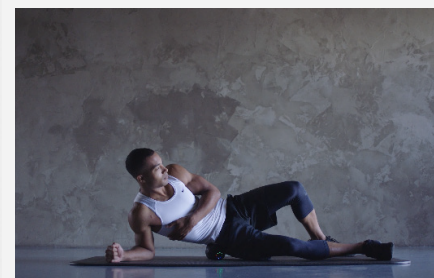


Lower Back

Lie on your back.

Place the Hypersphere at the thicker part of your lower back on either side of your spine. Hold for 30-90 seconds and then switch sides.

Use on setting one.

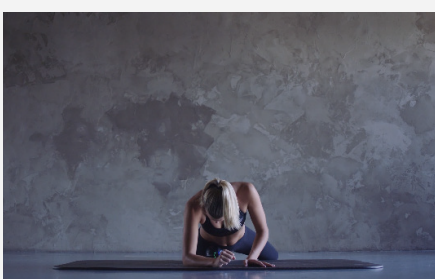


Hips

Lie on your side.

Place the Hypersphere on your upper hip near the glutes. Roll to find tender areas and hold for 30-90 seconds. Switch sides.

Start on setting one and increase speed as needed.

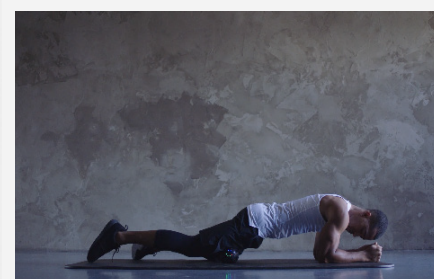


Abductors

Lay on the floor.

Place the Hypersphere below your right hip bone. Take small movements side to side until you find a tight spot. Hold for 20 seconds or longer until you feel the pain release and then move on. Switch sides.

Start on setting one and increase speed as needed.



Quads

Lie on the ground.

Starting an inch above the knee, slowly roll to release areas of tenderness. If too intense, regress, by using your arms to prop yourself up and apply more pressure. Continue for 30-90 seconds and then switch sides.

Start on setting one and increase speed as needed.



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