



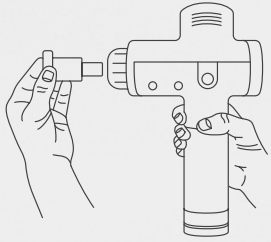
Hypervolt™

Percussion massage device
featuring Quiet Glide™ Technology.

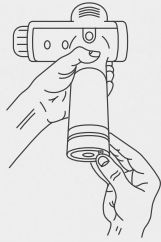


Download the Hyperice App
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Innovation by **HYPERICE**



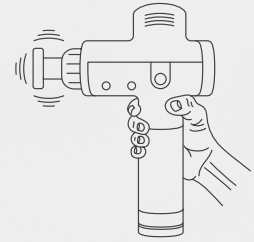
1. Insert head attachment.



2. Turn on the Hypervolt.



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



4. Ready to go.

When using the Hypervolt, avoid bony areas. For more sensitive areas, use the cushion or ball attachment, light pressure, and speed level 1. In general, use the Hypervolt for 30 seconds on desired areas. For tender spots or 'marbles,' hold the Hypervolt there for additional time until the area begins to loosen up.

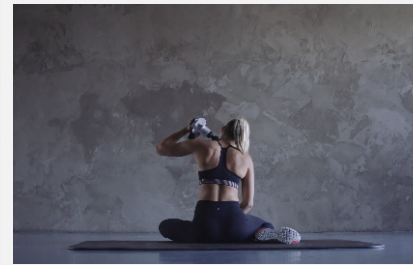


Quads

Use the Flat or Ball attachment.

Move in a straight, vertical motion for 30-60 seconds followed by a crossing pattern along the quad.

Start on setting one and increase speed and pressure as needed.



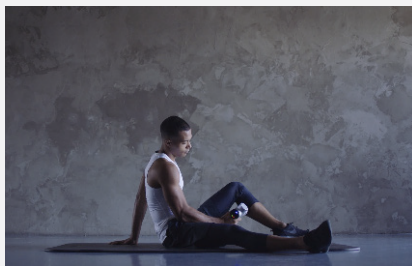
Traps

Use the Ball or Cushion attachment.

Tilt the neck towards your shoulder. Apply light pressure and move along the traps.

Start on setting one and increase speed and pressure as needed.

Avoid the throat.



Calf

Use the Flat, Fork or Ball attachment.

Move in a straight, vertical motion for 30-60 seconds along the thicker part of the calf.

Start on setting one and increase speed and pressure as needed.

Avoid direct contact with the Achilles.



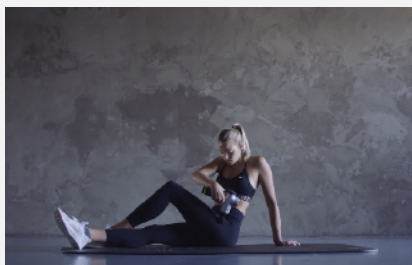
Achilles

Use the Fork attachment.

Gently make vertical passes along the outside of the Achilles for 30-60 seconds.

Use setting one.

Avoid direct contact with the Achilles.

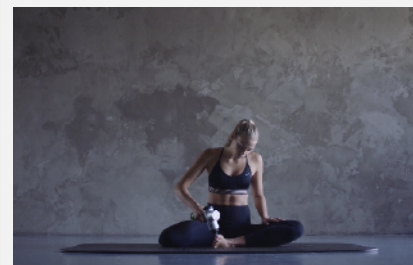


IT band

Use the Flat or Ball attachment.

Move in a straight, vertical motion for 30-60 seconds along your IT Band or the side of your thigh.

Start on setting one and increase speed and pressure as needed.

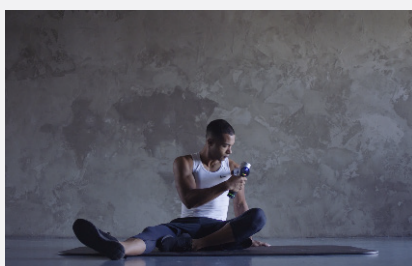


Feet

Use the Fork, Bullet or Cushion attachment.

Apply gentle pressure and move in a circular motion for 30-60 seconds around tender areas of the foot. Flex and extend the toes for greater release.

Use setting one.



Pecs

Use the Flat or Ball attachment.

Move in a circular motion around the chest area. Find tender areas and hold there for 20-40 seconds before moving on.

Start on setting one and increase speed and pressure as needed.



Forearms

Use the Fork, Ball or Cushion attachment.

Move in a straight motion for 30-60 seconds, along the forearms. Open and close the hand for varied relief.

Start on setting one and increase speed and pressure as needed.

Avoid tender ligaments.



Hips

Use the Ball or Flat attachment.

While seated or standing, run the Hypervolt along the abductors and adductors in the line of action and cross fibers.

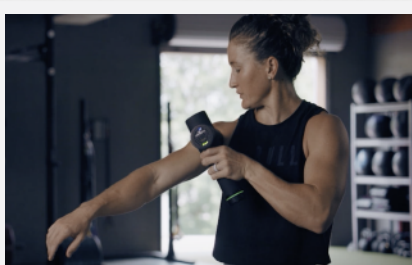


Hands

Use the Bullet or Flat attachment.

Move from the edge of your palm to the base of each finger. With the flat attachment, tilt the Hypervolt to use the edge. Perform twice on each hand.

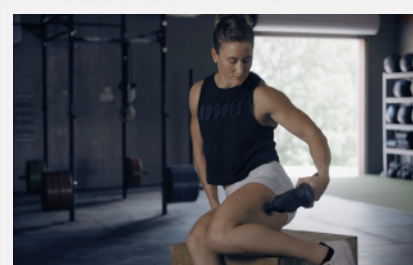
Move in controlled, small circles on the palms of your hands for 30 seconds on each hand.



Shoulders

Use the Ball or Flat attachment.

Move along triceps and/or deltoids at the desired pressure for 30-60 seconds.



Hamstrings

Use the Ball, Flat, or Fork attachment.

Move in line of action of the muscle for about 30 seconds. Then do 3 passes cross fiber.