



HYPERSPHERE

VIBRATING FITNESS BALL



## 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 HYPERSPHERE by HYPERICE.

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

**Anthony Katz | Founder**

## THE HYPERSPHERE AND DR. MIKE CLARK

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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 two years, I'm excited to help launch yet another of the most innovative and meaningful products of its kind, the HYPERSPHERE." - Dr. Mike Clark***

The HYPERSPHERE 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 HYPERSPHERE can be used as a training tool to optimize performance.

## THE ENGINEERING BEHIND HYPERSPHERE

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The HYPERSPHERE is engineered to deliver high intensity vibration into the body. The HYPERSPHERE 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.

## THE HYPERSPHERE

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



## TECHNOLOGY

**1** Compact Size – 5" (12.7 cm)

**2** Digital Circuitry Controls  
w/ 3 Speed Settings

**3** Rechargeable Lithium Ion  
Battery w/ Power Indicator  
Lights (2+ Hr of Use Per Charge)

**4** High-Intensity Vibrating  
Core Transfers Maximum  
Vibration to the Body

**5** Textured Rubber  
Exterior Targets Vibration  
for More Localized Therapy

PATENT PENDING



## TECHNOLOGY

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



## TECHNOLOGY

- Digital circuitry controls with 3 speed settings
- High-intensity vibrating core transfers maximum vibration to the body
- Compact and portable, easy for travel and carry
- Textured rubber exterior targets vibration for more localized therapy
- Rechargeable lithium ion batteries give over 2 hours of use per charge
- HYPERSPHERE AC charger included



## HOW TO USE

SELECT A HYPERSPHERE VIBRATION SPEED SETTING (1-3) TO SUIT YOUR OWN COMFORT LEVEL



### FOOT

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



### CALF

Sit on the floor with your legs straight out, hands on the floor behind you supporting your weight. Place the HYPERSPHERE under your calf, slow roll along the back of your leg, up and down from your knee to your ankle.



### HIP

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

## HOW TO USE



### QUADRICEP

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



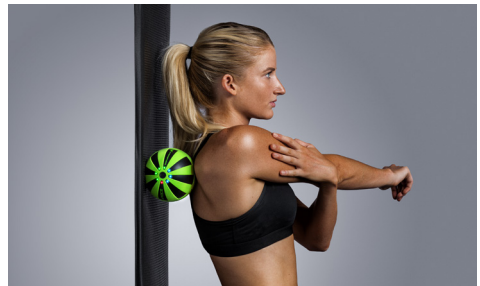
### LOWER BACK

Sit on the floor or stand against a padded wall with the HYPERSPHERE on your lower back, press your body into the HYPERSPHERE and slowly roll. Tighten your abs and slowly bend your knees to move the ball up your back just below your shoulder blades.



### HAMSTRING / GLUTE

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 HYPERSPHERE under your hamstring. Slowly roll along the back of your legs up and down from your knees to your glutes. Switch legs.



### SHOULDER / UPPER BACK

Lie on your back or stand against a padded wall, with the HYPERSPHERE on your shoulder/ upper back. Tighten your abs and slowly bend your knees to move the ball across your back.

# OPERATING INSTRUCTIONS

PLEASE READ PRIOR TO USE

## CHARGING

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- Fully charge for two hours before first use.
- To charge, connect the adapter to the charging port and plug into wall charger.
- LED lights illuminate to show battery level and indicate active charging.
- LED lights will remain illuminated when fully charged while adapter is plugged in.
- 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 . Recharge the unit monthly to best prolong battery life.
- The average run-time is 2 hours at level three, and longer at lower levels.

## OPERATING

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- To turn on, press down on the power button for three seconds until LED lights illuminate. Press again once for level one, twice for level two and three times for level three. The blue LED lights will indicate the corresponding power level.
- Do not use directly on a hard surface. Use only on a carpeted floor or a fitness mat.
- To turn off, press down on the power button for three seconds. The unit is fully turned off when all the LED lights are off.
- The unit will turn off after 10 minutes of use. To continue use, turn unit on again and set to desired level.

## MAINTENANCE , CLEANING AND STORAGE

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

## WARNINGS AND CAUTION

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- 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](http://www.hyperice.com).

## DISCLAIMER

**PLEASE DO NOT USE THE HYPERSPHERE, OR ANY VIBRATION HIGH-INTENSITY EXERCISE DEVICE WITHOUT FIRST OBTAINING APPROVAL FROM 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.

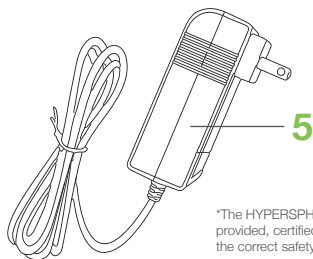
## USAGE INSTRUCTIONS

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

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

The HYPERSPHERE offers people of all ages and levels the combined benefits of compression (pressure) and vibration to improve the body's overall performance, enhance recovery, flexibility, range of motion to prevent injury and thus improve overall well-being.

- 1 Power Button
- 2 Battery level indicator LED (green, red)
- 3 Frequency level indicator LED (blue)
- 4 Charging Port
- 5 AC wall charger (16VDC-1A)



\*The HYPERSPHERE should only be used with the provided, certified, HYPERSPHERE charger with the correct safety sensor so it will function properly.

## SPECIFICATIONS

- AC Charger: 110-240V 50/60Hz - .5A - 16VDC- 1A
- Rechargeable Lithium Ion battery 2600mah
- Frequency: Low 45Hz, Medium 68Hz, High 92Hz
- Weight: 2.8 lbs / 1.3 kg (including charger)
- Designed in USA. Assembled in China



Top View



Bottom View

## WARRANTY INFORMATION

### 1-YEAR WARRANTY

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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) 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., Hyperice SAS, 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. and Hyperice SAS.

### CONTACT:

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# HYPERICE

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VYPER

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