



# THE NEXT LEVEL

Normatec 2.0



## What is the Normatec 2.0?

Dynamic compression for rapid recovery

## What's it for?

- Increase circulation
- Speed lactate clearance
- Relieve muscle soreness
- Increase mobility

## How do I use it?

- Put the attachment (legs\*, arms, or hips) on, and zip or buckle it  
\*If using the leg attachment, make sure to take your shoes off and remove items from your pockets
- Turn the system on by pushing the power button on top
- Set the time by using the +/- buttons
- Set the level (intensity) by using the +/- buttons
- Start your recovery session by pushing the || button

## How long should I use it?

At least 15-20 minutes. See reverse for detailed usage recommendations.



# Usage Recommendations

## Pre-Workout

- High-tech warm-up, promote blood flow // 10-20 minutes

## Post-Workout Recovery

- Speed up muscle recovery, decrease muscle fatigue and stiffness // 20-60 minutes

## Injury Rehab (Acute & Chronic) / Post-Op Rehab

- Reduce edema, pain and stiffness; increase ROM, prevent further injury; speed incisional healing // 20-60+ minutes (in 1+ sessions per day)

# Trusted by Pros & Backed by Research

## Cutting Edge Normatec Research

// *Dynamic compression enhances pressure-to-pain threshold*

Journal of Strength & Conditioning Research  
2015 May

// *Pulse compression as a treatment for DOMS*

Journal of Athletic Training  
2016 June

// *Peristaltic pulse compression of the lower extremity enhances flexibility*

Journal of Strength & Conditioning Research  
2014 April

// *Decrease muscle fatigue after acute exercise*

PLoS One Medical Journal  
2017 February

# The Technology

Created by a physician bioengineer (MD-PhD) to enhance blood flow and speed recovery.

Patented Normatec Pulse compression:

- Pulsing - dynamic compression mobilizes fluid
- Gradient Hold - prevents fluid backflow
- Distal Release - allows normal circulation

