



User Manual

XPRS

COMPACT
PERCUSSION
MASSAGER



Welcome to NIMBL Nation

Welcome to your new best friend, the NIMBL XPRS Percussion Massage Device.

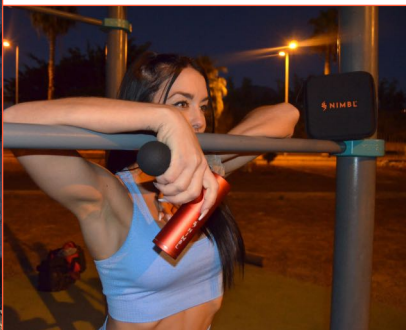
The content inside this case is your pathway to feeling great, performing great and minimizing or alleviating pain. We are thankful for your purchase of the NIMBL XPRS and hope you take advantage of all the tools we at NIMBL have put together for you.

Visit joinnimbl.com to access videos and other content from our amazing fitness educators, learn tips for your targeted needs and to submit a review.

Our social media channels provide updates, strategies and real-world examples to get you and your body back to top form. Tag us at [#NIMBLnation](https://twitter.com/NIMBLnation) on your channels and follow ours—we love to share your success.

WELCOME to NIMBL NATION!

—Pete, Josh, Jeremy and Tom



Gun & Accessories

- 1 Carrying case
- 1 NIMBL XPRS Gun
- 4 Attachment Heads
- 1 Charger Cable



Attachment Heads

Usage recommendations are for general guidance. You may find a different attachment works best for your specific need.

Please be cautious around bony structures to avoid pain and potential injury.

Do not change attachments while power is on and do not to twist or turn the attachment head to remove it as it may damage the unit or attachment.

When installing or exchanging attachment heads, simply pull the attachment straight out and push the new attachment straight in. You will know the attachment head is secure when you can't push it in any further.



Ball

General use, upper shoulders, quads, hamstrings, biceps



Plate

Chest, abdominals, lower back



Y

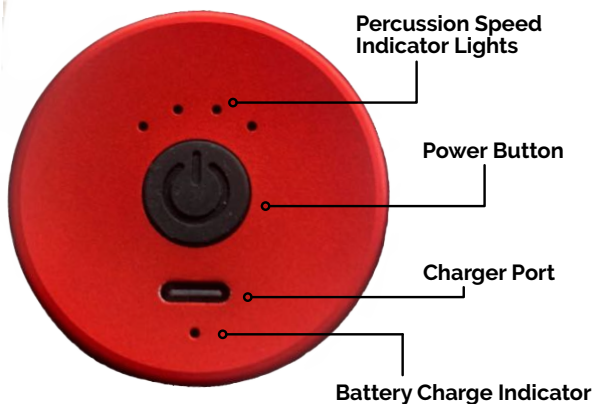
Forearms, foot, shin muscles (inside and outside muscles of the shin bone)



Point

Glutes, piriformis (deep gluteal muscle), quads, more dense tissue

Controls



Precautions

Consult your doctor or medical professional before using the NIMBL XPRS, or any massage/percussion/vibration tool. In addition, if you have any of the following conditions, please discuss with your doctor prior to using this or any massage/vibration tool:

- Pregnant
- Migraines
- Disc protrusion
- Spinal inflammation
- Diabetes or complications from diabetes
- If you have any clotting or bleeding disorders
- If you bruise easily
- If you recently had surgery, as percussion increases blood flow and may have an adverse effect of open sores or stitched areas
- If you have nerve disorders, MS, epilepsy, or other nervous system disorders
- If you have skin disorders
- Neuropathy
- Retinal damage
- Pacemaker
- Recent surgery

Specifications / Getting Started

Specifications:

- Casing: Metal, Sand-Blasted Oxidation Finish
- Device weight: 17.5 ounces / 498 grams
- Battery: 12 v / 2A
- Adaptor: USB Type-C/2A
- Four speeds (low to high):
 1. 1700 RPM
 2. 2200 RPM
 3. 2800 RPM
 4. 3200 RPM

Charging: Please fully charge your XPRS for 12 hours before first use, using the supplied the device charger USB charger port, the USB charger and a USB socket plug (not supplied). The blinking battery power indicator light indicates that your device is charging and the solid light indicates your device is fully charged.

The battery charge indicator will light when your XPRS needs to be recharged. We recommend you recharge your XPRS before the battery is fully depleted. Recharging time is typically 2 hours.

PLEASE DO NOT ATTEMPT TO USE WHILE CHARGING.

On and Off: Press and hold the power button for at least two seconds to turn your XPRS device on or off. You may power your device off while your gun is at any speed.

Speed Controls: Your XPRS turns on at the lowest (first) of four speeds. To advance to each successive speed, quickly tap the power button three times. Once you are at the highest (fourth) speed, you may return to the lowest (first) speed by again quickly tapping the power button three times.

Care and Usage Tips

Cleaning

- DO NOT SUBMERGE YOUR XPRS IN ANY FLUID OR USE CHEMICAL CLEANERS
- XPRS device: use disinfecting cleaning wipes or light soap and damp cloth
- Plate, Y, Point: disinfecting cleaning wipes or soap and water; Ball: water only
- Make sure attachment heads are fully dry before inserting them into the XPRS gun

General Care

- Do not use any attachments other than the ones included with your XPRS and use only as instructed by NIMBL
- Do not run the battery all the way to empty
- Store in a cool dry place
- Do not use for longer than 15 continual minutes in one session

First Use

If you are new to percussive or massage tools, let's do a test run:

- Sit comfortably in a chair with your knees bent and your feet flat on the floor
- Insert the Ball head attachment
- Turn on your XPRS to the lowest speed (1700 RPM)
- Apply the ball head to the middle of your quad (upper front part of your leg)
- Move up and down floating the Ball on the surface of your leg
- Try to avoid any bony structures, including the knee cap
- Don't press too firmly, and notice how it feels; it should feel like a massage
- If at any point you feel "unusual" pain, discontinue use. If in doubt, check with your physician or medical professional

Pressure

- Start with minimal pressure and increase the pressure as your body adjusts
- At higher speeds, float the head across the tissue
- At lower speeds and for more dense tissue areas, greater pressure may be applied

TIP: Let feel be your guide as pain shuts down tissue communication. When increasing pressure, do so gradually, increasing incrementally each day.

Usage Time

- Pre-workout or pre-activity percuss in the range of 15-45 seconds to activate tissue for movement preparation
- During your Workout or if you just need a quick pick me up, percuss in the range of 10-20 seconds as a "muscle wake up" inside the workout or activity
- For Post workout or activity and pain management percuss the areas up to 2 minutes and no longer to create blood flow, breakdown adhesions/fibrotic tissue and stimulate the body's natural healing process
- Do not use continuously for more than 15 minutes
- *TIP: start with less time and increase as your experience and understanding increases*

General Performance Tips

- **Breathe:** Oxygen is key to tissue response and breath is key to recovery and a good percussive session. Slow, deep belly breaths are essential to recovery as it allows the brain (nervous system) to relax, which enhances the efficacy of the XPRS
- **Muscle Tension:** Use your XPRS to help loosen tight muscles and to regenerate tissue pathways. For example: start with your leg straight and begin to percuss your quad (front top of your leg). While percussing, bend your knee
- **Hydrate:** Proper hydration is important to overall health and to muscle recovery

Device Control

If the attachment head jumps or bounces off of the muscle while percussing, simply change the angle of the attachment head and/or change the speed.

Stubborn Areas

When working on a particularly stubborn area, decrease the speed of the XPRS to 1700 RPM and percuss around, not directly on the area.

Then, with soft pressure, increase the speed up to 2200 RPM or faster and percuss the area.

Warranty

This product's battery, motor, and controller are guaranteed for one year. This product's warranty is rendered null and void in the following situations:

- Damage of the device and/or accessories caused by man-made incorrect operation or transportation
- Disassembly and/or repair of the device without authorization
- Improper operation counter to the instructions in this manual
- Damage of the device and/or accessories caused by exceeding the design parameters of this product
- Damage of the device and/or accessories caused by improper storage or maintenance
- Damage of the device caused by submersion in water or other liquids
- Failure to provide proof of purchase date
- Other improper use, storage or handling of the device and/or attachments

Use Liability Disclaimer

The user of this product agrees to use at their own risk and takes full responsibility and to hold NIMBL, it's officers, employees and agents harmless of any and all liability. NIMBL Inc. is not liable for any damage or loss caused by the incorrect use of this equipment. The user of this product shall consult with a licensed medical professional prior to any use and will contact appropriate medical professionals if they experience unusual pain or symptoms.

Please read the instruction manual carefully before using this equipment, and use this equipment correctly in accordance with the instructions.

This product is not intended to diagnose, treat, or prevent any disease.