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

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

3. Ready to go.

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**Feet**

Stand tall or sit in a chair.
Place the Hypersphere underneath the foot and hold there. Use for 30-90 seconds on each foot.
Start on setting one and increase speed as needed.

**Hamstrings**

Sit in a chair or on the floor.
Place the Hypersphere underneath the hamstrings and hold for 30-90 seconds.
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.

**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.

**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.

**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.

**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.

**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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