



XLR8

COMMERCIAL-GRADE
PERCUSSION
MASSAGER

User Manual



Welcome to NIMBL Nation

Welcome to your new best friend, the NIMBL XLR8 Percussion Massage Gun. 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 XLR8 and hope you take advantage of all the tools we at NIMBL have put together for you.

Visit www.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 on your channels and follow ours—we love to share your success.



WELCOME to NIMBL NATION!

—Pete, Josh, Jeremy and Tom

#nimblnation

Follow us on social media: joinNIMBL



hello@joinnimbl.com | joinnimbl.com

Gun & Accessories



- 1 Carrying case
- 1 NIMBL XLR8 Gun
- 6 Attachment Heads
- 1 Charger and Cable
- 1 Carrying Pouch

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,



Point

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



Thumb

Shin Bone muscles, forearm, glutes, feet, palms, upper shoulders,



Plate

Chest, abdominals, low back,



Y

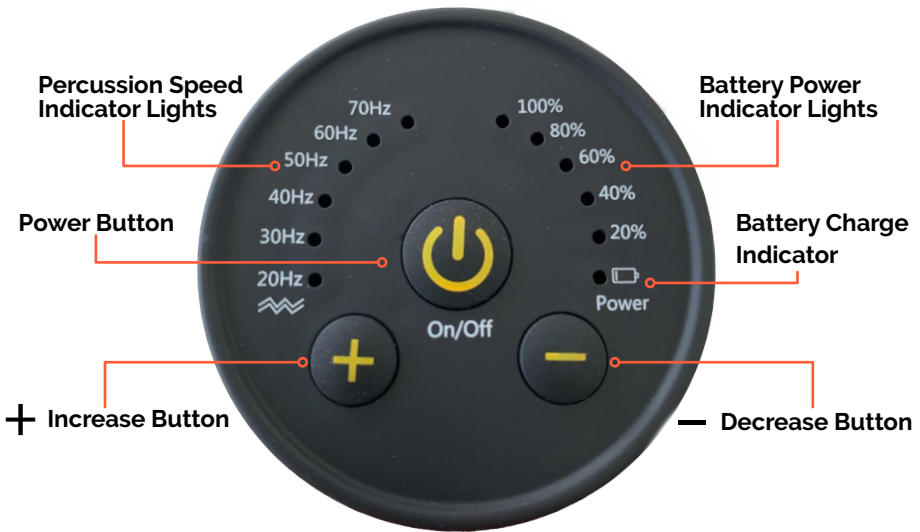
Forearms, foot, shin muscles (inside and outside muscles of the shin bone)



Apollo

A NIMBL exclusive
Areas around bony structures, hips, chest, mid back, ankle

Controls



Precautions

Consult your doctor or medical professional before using the NIMBL XLR8, 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

Note these additional precautions when using the NIMBL XLR8:

Do not use the XLR8 on the front portion of your neck, on your head or near your genitalia. Do not put fingers, hair or any part of the body, in or near the telescopic rod of the XLR8 as this could cause injury to you and damage to your XLR8.



Overview / Getting Started

Charging: Before first using your XLR8, please plug in and fully charge your XLR8. Blinking green battery power indicator lights on your device and a red light on the plug indicate that your device is charging.

When charging is complete, your device power indicator will show steady green lights up to the 100% mark and your plug will show a steady green light.

The battery charge indicator will light when your XLR8 needs to be recharged. With an average daily use of 30 minutes, your XLR8 battery charge should last for 7-10 days. Charging time for a fully drained battery is typically 3-4 hours.

PLEASE DO NOT ATTEMPT TO USE WHILE CHARGING.

Turn On XLR8: Press the power button to turn on the device — the speed indicator lights will show the starting (lowest) speed of 20Hz.

Turn Off XLR8: To turn off the devices, press the power button again and all light indicators (battery power, speed) will go out

Percussion Speed Controls: Your XLR8 enables you to increase and decrease percussion speeds to six different settings. To increase the speed, press the + button and to decrease the speed press the – button.

Cleaning

- DO NOT SUBMERGE YOUR XLR8 IN ANY FLUID
- DO NOT GET THE UPPER PORTION OF THE XLR8 WET
- DO NOT USE ANY CHEMICAL CLEANERS ON YOUR XLR8
- XLR8 handle and gun: wipe down with light soap and damp cloth
- Thumb, Plate, Y, Point, Apollo: general use cleaning wipes or soap and water
- Ball: water only
- Make sure attachment heads are fully dry before inserting them into the XLR8 gun
- Be careful not to puncture attachment heads

General Care

- Do not use any attachments other than the ones included with your NIMBL XLR8, 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 to avoid damage to the motor

Usage Tips & Suggestions

First Use

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

1. Sit comfortably in a chair with your knees bent and your feet flat on the floor
2. Insert the Ball head attachment
3. Turn the XLR8 on and push the "+" twice to 40 Hz (indicated on the left side)
4. Start by gently applying the ball head to the middle of your quad (upper front part of your leg)
5. Move up and down floating the Ball on the surface of your leg
6. Be cautious to not hit any bony structures, including the knee cap
7. Don't press too firmly, and notice how it feels
8. This should feel good and like a massage
9. If there is any discomfort, move the speed up or down until you find a comfortable, feel good experience.
10. If at any point you feel "unusual" pain, discontinue use. If in doubt, check with your physician or medical professional
11. If you have any questions, contact us at hello@joinnimbl.com so we can support you and get you on your way to a NIMBL life

Pressure

Applying pressure onto the muscles and tissue of your body can be intense. Our recommendation is to start with minimal pressure and increase the pressure as your body adjusts. This is an individual experience and should be decided individually.

- At faster speeds float the head across the tissue
- At slower 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.*

Caution: Do not apply excessive pressure when using the XLR8 as your device may shut down. Use percussion speed controls to adjust pressure.



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 XLR8.
- **Muscle Tension:** Use your XLR8 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 XLR8 to 20-30 Hz and percuss around, not directly on the area. Then, with soft pressure, increase the speed up to 50 Hz 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.

