



Normatec 3 Legs

4.9 out of 5 stars from 244 reviews

Free trial engine

Normatec 3 Legs is a dynamic air compression device that helps your legs feel refreshed faster.

Select size: Start Size chart

\$699 was \$709 or 2 cleared free payments with Klarna

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Details and specifications

Weight	3.2 lbs (control unit)	Attachments	Leg attachments (2)	Battery	Up to 2 hrs
ZonedFlex™ technology Provides relief time and pressure in a particular zone					
Compression levels 7 levels					
View all details and specifications					

What's included with your Normatec 3 Legs

Normatec 3 control unit	The actual device
Attachments	Leg attachments (2)
Power supply	Connect and charge your device
Power supply	Connect and charge your device
How to	Connects the control unit to the attachments

Overview

Fresh legs faster

Normatec 3 is the next evolution of the iconic Normatec series, using dynamic air compression to advance your wellness, recover faster, improve your training, and maximize your performance. Normatec's patented precision pulse technology helps to increase circulation, relieve muscles, and reduce swelling and has long been the choice of elite athletes and consumers throughout the globe.

The ultimate massage experience

Warm-up and recover like never before. The Normatec 3 uses dynamic air compression to create a refreshing massage that helps you feel refreshed faster. 7 levels of compression and our patented Pulse technology deliver precise treatment to 5 overlapping zones with ZonedFlex™ by using biometrics to replicate the natural muscle pumps and one way valves of the legs. Trust us, your legs will thank you.



Explore Normatec 3 Legs



Intuitive, refreshed design

Normatec 3's refreshed system design features an intuitive interface, reduced weight, and the ability to unlock next-level features and customization through the Bluetooth® connected app. Simply plug in and power up the most advanced dynamic air compression system on the planet.

Backed by science, used by the best

Designed by an M.D., PhD, Normatec is the original, most tested, and most scientifically backed dynamic air compression system on the market. Designed to provide improved mobility and profound restorative training results, Normatec has long been the most trusted system by the world's top athletes and consumers everywhere looking to advance their wellness.

What does Normatec do?



Reduce muscle soreness

Normatec's dynamic air compression system is a breakthrough in recovery technology. It enhances blood circulation, relieves muscle soreness, and speeds up recovery time.



Get science-backed recovery

The system operates through a dynamic inflation and deflation pattern, increasing and creating pump-like biometrics. These are used to create a compression with patented Pulse technology that allows precise treatment with ZonedFlex™.



Give your body a boost

This innovative approach to blood circulation and pressure therapy, which can be used for recovery, helps to relieve and boost your entire body. Normatec offers a scientifically backed solution to accelerate recovery and maintain your physical wellness.

Behind the design: Normatec 3



Take a look behind the design of Normatec 3. Meet the product designers and engineers on how the device was made and the materials that make this unlike any other dynamic compression system on the market today.