

READY, SET, PRO

USER MANUAL



AGILITY VIBRATING MESSAGE BALL



AGILITY QUICK START GUIDE

- 1** Remove your Agility from the packaging. Check the unit and included charger for damage.
- 2** Visit **agility.lifeprofitness.com** to register your Agility within 14 days of purchase.
- 3** Plug the charging cable into the charging port on the face of the Agility.
- 4** Your Agility is fully charged when all 3 battery indicator LEDs remain lit.
- 5** Press the center button once to power your Agility ON to low speed. Press a second time to select medium speed. Press a third time to select high speed. Press a fourth time to select variable speed. Press a fifth time (or press and hold) to power the unit OFF.
- 6** At the desired massage speed, run the unit along a muscle group. Apply pressure as needed.



SAFETY & MAINTENANCE

- Keep away from liquids and heat sources.
- Never operate with the air openings blocked.
- Do not use for more than 10 minutes at a time.
- Do not leave unattended while running or charging.
- Max user weight on unit is 220 lbs.
- Not for use by children under 8 years.
- Always supervise children using unit.
- Always turn off the unit after use, before charging, or cleaning.
- Only clean the unit with a soft, damp cloth.

VISIT OUR FREE LIBRARY
of personal training videos at
agility.lifeprofitness.com

CUSTOMER SUPPORT

Questions? Need help? Call or email us and an experienced customer support representative will be happy to assist you: (732) 456-6063 or support@lifeprofitness.com.

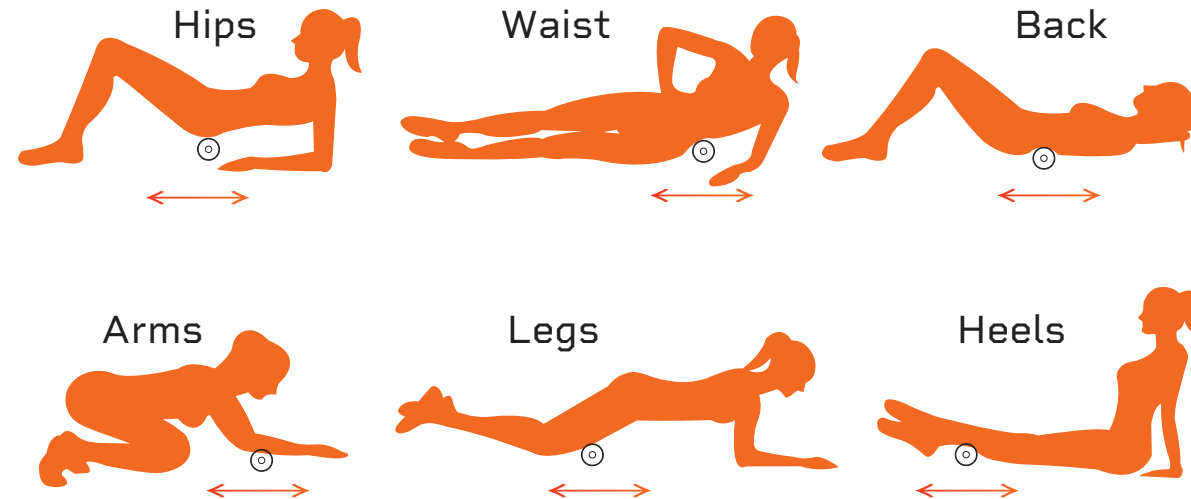




LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Agility ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Agility cannot be repaired, we'll replace it—free of charge. Register your Agility at agility.lifeprofitness.com to activate your warranty within 14 days of purchase.

HOW TO USE THE AGILITY



Access Lifepro TV, our library of free personal training videos on the web at agility.lifeprofitness.com to learn how to get the most out of your Lifepro® Agility and achieve the results you want.

**YOU'VE
GOT
THIS**

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