

ALLEVABODY

RED LIGHT THERAPY WRAP

USER MANUAL





HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness Recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy but comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel

Red light therapy has a wide variety of applications and health benefits. Physical therapists and doctors use red light therapy to help patients safely recover from injury, decrease pain, and improve athletic performance. Experts also believe it helps cells make energy to repair themselves and that it has anti-aging and fat loss benefits.

With the Lifepro AllevaBody Red Light Therapy Wrap, you can experience the therapeutic benefits from the comfort of your own home—no need for expensive trips to the spa or doctor's office. It's perfect for relieving pain, performance recovery, and slimming down. Just a few sessions a week can help you achieve improved wellness. The AllevaBody is perfect for anyone who experiences muscle or joint pain and stiffness, or those who wish to experience waist-slimming and fat-loss benefits.

The AllevaBody has 2320 2-in-1 LED chips and provides full coverage for your entire body. The AllevaBody offers a customizable treatment session, including pulsed-light therapy, for your wellness recovery. Fully adjustable brightness and frequency levels and three modes (red, near-infrared, and red + near-infrared) allow you to choose the perfect settings for each treatment session.

- **Red light therapy mode:** 660 nm red light is absorbed by the skin at a high rate, making it especially effective for improving blood circulation and stimulating collagen and elastin production, which reduces the appearance of fine lines and wrinkles. Red light therapy tightens pores, smooths skin tone, and reduces symptoms of eczema and psoriasis, such as redness, itching, flaking, and swelling.
- **Near-infrared therapy mode:** 850 nm near-infrared (NIR) light penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells.
- **Red + near-infrared therapy mode:** This mode uses both 660 nm and 850 nm light. It provides the combined benefits of the first two modes.

Use the AllevaBody every day for 10–20 minutes and see results in as few as four weeks. It is lightweight, rolls up small, and comes with a carrying bag, making it perfect to take with you on the go. Enjoy performance recovery, pain relief, and fat loss anytime, anywhere!

Redefine wellness and beauty, and experience the transformative power of the Lifepro AllevaBody:

- **Alleviate pain:** reduces muscle, joint, and chronic arthritis pain.
- **Reduce inflammation:** promotes healing and boosts circulation.
- **Rejuvenate skin:** stimulates cells to create new proteins and regenerate cells.
- **Lose fat:** helps break down and eliminate stubborn fat cells.

Check out the information in this manual for ways to get started using your AllevaBody. Next, be sure to visit our website allewabody.lifeprofitness.com for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the AllevaBody into your wellness routine.

WELLNESS RECOVERY

ALLEVABODY

RED LIGHT THERAPY WRAP

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro AllevaBody Red Light Therapy Mats (2)
- Remote Controls (2)
- Power Supplies (2)
- Power Cables (2)
- Carrying Bag
- User Manual

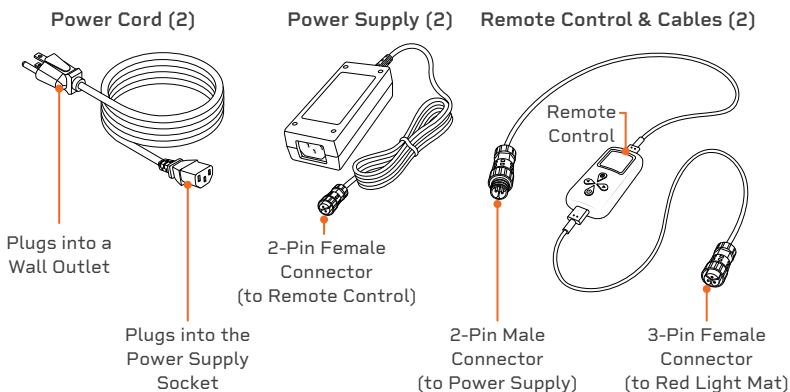
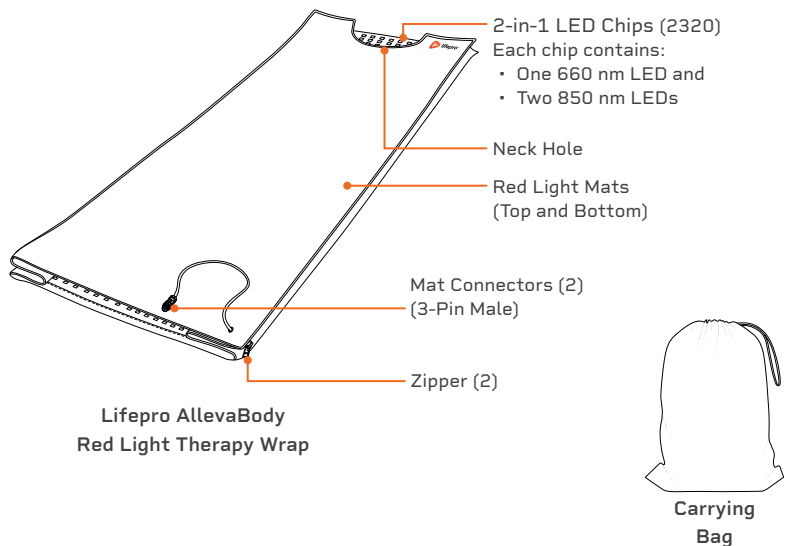
UNPACKING YOUR ALLEVABODY

1. Remove the components from the shipping box and inspect each for shipping damage.
2. Carefully read all safety warnings and operating instructions before setting up and using the AllevaBody.
3. Go to allewabody.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the **EASY-START SETUP GUIDE** on page 8 to begin using the AllevaBody.

CUSTOMER SUPPORT

If you have any questions about setting up your AllevaBody, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (800) 563-6604 or support@lifeprofitness.com.

PARTS OF THE ALLEVABODY



TESTING FOR SKIN SENSITIVITY

Before your first treatment, it is important to perform a skin sensitivity test to ensure you won't experience any adverse reactions to light therapy. To do a sensitivity test:

1. Hold one of the red light mats to your inner arm, with some of the LEDs against your skin.
2. The remote control will turn on automatically when connected to power. Adjust the time by pressing the **Settings button** once and the **Decrease button** five times, until "5 min" is shown in the display window. Press the **On/Off button** to begin the session. The mat will turn off automatically when the 5-minute program is complete.
3. If your skin feels uncomfortable or hot at any point during the test treatment, stop using the AllevaBody immediately.
4. Wait at least 6 hours after the sensitivity test. If your skin becomes red and/or itchy, you may be sensitive to light therapy, and you should not continue to use the AllevaBody.

NOTE: See a list of contraindications (people who should not use this device) on page 16.

WHAT IS PULSED-LIGHT THERAPY?

Pulsed-light therapy is phototherapy that uses rapid pulses of light to produce improved results. Emerging research shows that the short pause between light pulses encourages cells to regenerate more efficiently, meaning pulsed light has a greater effect on cell regeneration and recovery.

Frequency is a measure of the pause between one "on" time and the next. For example, if a frequency of 10 Hz is selected, the LEDs will pulse on and off 10 times per second. By default, the AllevaBody uses continuous waves of light (the frequency is set to "Null" or off). When turned on, the LEDs will turn on and off rapidly at the set frequency.

When the AllevaBody is powered on, press the **Settings button** to toggle to **Pulse**, and use the **▶** or **◀** button to set the frequency from 1–1000 Hz. The LED lights will emit rapid pulses of red and/or near-infrared light, depending on the mode selected.

EASY-START SETUP GUIDE

SETTING UP THE ALLEVABODY

1

- Unroll the AllevaBody Red Light Therapy Wrap and lay it (with the neck hole facing up) on a flat, sturdy, heat-resistant surface such as a bed, couch, or floor.
- Plug the female end of each remote control cable into the 3-pin male connector jack in the corner of each red light mat (top and bottom). Twist each locking ring clockwise to secure the connectors together.
- Plug the male end of each remote control cable into the 2-pin female connector on each power supply. Twist each locking ring clockwise to secure the connectors together.
- Plug a power cord into each power supply.
- Plug each power cord into a standard electrical outlet.

PREPARING TO USE THE ALLEVABODY

2

- Before using the AllevaBody, it's important to do a skin sensitivity test to ensure you won't experience any adverse reactions to phototherapy. See **TESTING FOR SKIN SENSITIVITY** on page 7.
- Place a water bottle and any desired entertainment (such as a tablet, phone, or book) within easy reach. You may also wish to grab a pillow for comfort.
- Remove your shoes, heavy clothing, and any metal jewelry or accessories.
- Wear clean, comfortable, loose-fitting cotton clothing and socks, or remove your clothing if you prefer. If you are treating a particular area, it is best to not wear clothing in that area.
- Unzip one side of the AllevaBody.
- Climb into the AllevaBody as you would a sleeping bag and close the zipper. Your head will be at the top, outside of the therapy wrap.

USING THE ALLEVABODY

NOTE: Each red light mat is controlled by its own remote control. You may use different settings for each mat if desired.

3

- The remote control will turn on automatically when connected to power. The default treatment program will display on the screen: RED&NIR mode (red light + near-infrared therapy), 100% brightness, pulse frequency "Null" (off), for 10 minutes.
- If you wish to change the default treatment program, press the **Settings button** to toggle through the time, mode, brightness level, and frequency options. Use the ◀ and ▶ **buttons** to adjust the settings as needed. It's a good idea to start with a lower brightness level and pulse frequency and a shorter working time when you are first using the AllevaBody.
- Press the **On/Off button** to begin the session.
- Relax and enjoy your treatment session. The device will turn off automatically at the end of the set working time. Always unplug the power cables after use.
- See **TIPS FOR USING THE ALLEVABODY** on page 10 and the **OPERATING INSTRUCTIONS** on page 11.

TIPS FOR USING THE ALLEVABODY

- Carefully read through all safety warnings and cautions before using.
- Use only on a flat, sturdy, heat-resistant surface such as a bed, couch, or floor.
- We recommend first-time users start with 10-minute sessions on the lowest brightness and frequency levels, 3–7 times a week. Gradually working your way up to longer treatment sessions at higher brightness and frequency levels over several weeks will allow your body to properly acclimate to phototherapy.
- Use the AllevaBody 1–3 times a day for optimal results.
- Use only on clean, dry clothing or skin. Do not wear shoes, heavy clothing, or metal accessories in the wrap.
- The device will automatically power off after the set working time. For best results, do not use continuously for more than 30 minutes, and wait at least 6 hours between sessions.
- Check the area you are treating frequently and stop immediately at the first sign of pain or discomfort, or if you begin to feel unwell.
- Disconnect the remote control before storage or travel.

⚠ WARNING!

- Pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this device.
- If you or anyone in your household experiences symptoms while using this device, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements, or convulsions, stop using the device IMMEDIATELY and consult your physician.

⚠ CAUTION

- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights may result in damage to the eyes.
- Do not use this product in combination with ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin), as this may result in burns.
- Do not wear belts, jewelry, or pants with metal accessories, such as snaps, buttons, or zippers as the metal may heat and cause burns.
- Keep the product away from children and pets.

OPERATING INSTRUCTIONS

Please read the operating instructions before using the AllevaBody.

Keep this manual for reference.

POWERING THE ALLEVABODY

1. Connect the female 3-pin connector on each remote control cable to the male 3-pin connector in the corner of each red light wrap (top and bottom). *See Figure 1.* Twist each locking ring clockwise to tighten.
2. Plug the male 2-pin connector on the end of each remote control cable into the female end of the 2-pin connector on each power supply. *See Figure 2.* Twist each locking ring clockwise to tighten.

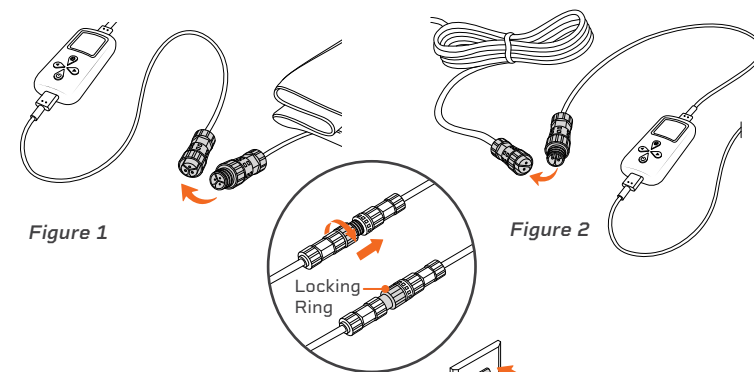


Figure 1

Figure 2

3. Plug a power cord into each power supply. *See Figure 3.*
4. Plug each power cable into a standard electrical outlet.

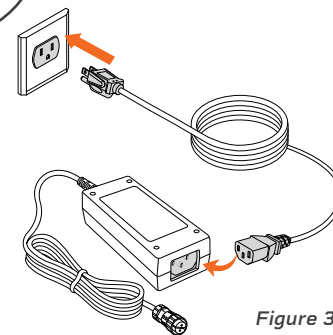
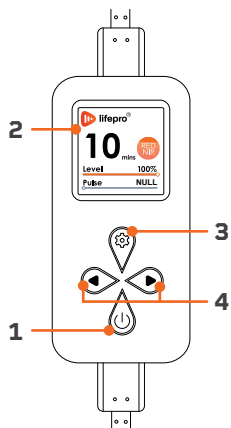


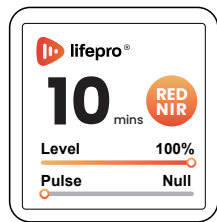
Figure 3

USING THE REMOTE CONTROL

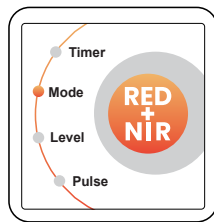
1. **On/Off Button:** When connected to power, the remote control will turn on and the home screen will show the default program. Press to turn on the red light mat and begin the treatment session (either using the default settings or after adjusting the settings). Press a second time to pause the session and a third time to resume the session. Press and hold to turn off the remote control and mat.
2. **Display Window:** Shows the selected working time, mode, brightness level, and pulse frequency.
3. **Settings Button:** Press to enter the settings menu and toggle through the settings options, timer, mode, brightness level, and pulse (the frequency for pulsed-light therapy). An orange dot indicates the selection. Use the ◀ and ▶ buttons to adjust the selected option.
4. **◀/▶ (Increase / Decrease) Buttons:** Press to adjust the selected setting. For time, set the number of minutes, from 1–30 minutes in increments of 1. For mode, toggle through the three modes, RED&NIR (660 nm + 850 nm), RED (660 nm), and NIR (850 nm). For brightness level, set the brightness from 1–100%, in increments of 1%. For pulse, set the frequency from 1–1000 Hz in increments of 1 Hz; press and hold for 3 seconds for increments of 10Hz; press and hold for 5 seconds for increments of 100Hz. “Null” indicates a pulse of 0 Hz (pulsed-light therapy is off).



NOTE: On start-up, the home screen shows the default program: 10-minute working time, RED&NIR mode, 100% brightness, “Null” (0 Hz) pulse frequency.



Home Screen



Settings Menu

USING YOUR ALLEVABODY

1. Set up the AllevaBody following the instructions in the **EASY-START SETUP GUIDE** on page 8.
2. Climb into the AllevaBody as you would a sleeping bag and close the zipper. Your head will be at the top, outside of the AllevaBody wrap.
3. The remote control will turn on automatically when connected to power. The default treatment program will be set automatically to RED&NIR mode, at brightness level 100%, for 10 minutes. Pulse frequency is set to “Null” (off) by default.
4. Press the **Settings button** to toggle through the settings, time, mode, brightness level, and pulse frequency if desired. An orange dot indicates the selection. Then press the ◀ or ▶ **button** to adjust your desired setting(s):
 - a. **Timer:** Press the ◀ or ▶ **button** to adjust the time from 1–30 minutes in increments of 1 minute. The default time is 10 minutes.
 - b. **Mode:** Press the ◀ or ▶ **button** to toggle between the 3 modes, RED&NIR, RED, and NIR. RED&NIR is selected by default.
 - c. **Level:** Press the ◀ or ▶ **button** to adjust the brightness level from 1–100% in increments of 1%. 100% is selected by default.
 - d. **Pulse:** Press the ◀ or ▶ **button** to adjust the pulse frequency from 1–1000 Hz in increments of 1 Hz. “Null” (Pulsed-light therapy off) is selected by default.
5. Press the **On/Off button** a second time to begin the session; the timer will begin counting down automatically. The settings can be adjusted at any time during the session.
6. Press the **On/Off button** to pause the session at any time. Press it again to resume the paused session.
7. The AllevaBody will automatically shut down after the set working time ends. Press and hold the **On/Off button** to end the session before the working time completes. Always power off and unplug the device after each use.
8. Allow the red light mats to completely cool before rolling, storing, or cleaning.

DETERMINING TREATMENT FREQUENCY AND DURATION

The length of your treatment time and the frequency of treatment will depend on the intensity of pain you are treating:

PAIN LEVEL	LIGHT PAIN	AVERAGE PAIN	SEVERE PAIN
Frequency (How Often)	Once a day	Twice a day	Three times a day
Duration (How Long)	10-minute treatment time	15-minute treatment time	20-minute treatment time

NOTE: Do not use continuously for more than 30 minutes; wait at least 6 hours between treatment sessions.

FCC STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the AllevaBody using the table below.

Please contact a customer support representative for additional assistance at: support@lifeprofitness.com or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
DEVICE IS NOT WORKING	Device is not plugged in.	Connect each remote control cable to a mat. Connect a power supply to each remote control cable. Plug a power cord into each power supply and then into an electrical outlet.
	Device is not turned on.	The remote controls will turn on automatically when connected to power. Press the On/Off button to turn on each mat and begin the treatment session.
DISPLAY ON THE REMOTE CONTROL IS ON, BUT THE DEVICE IS NOT WORKING	Device is in settings mode.	Adjust the settings if desired, then press the On/Off button on each remote control to begin the treatment program.
DEVICE STOPPED WORKING SUDDENLY	Device automatically shuts off after the set working time.	Press the On/Off button on each remote control to turn on and begin a new session.
	A mat, remote control, power supply, or power cable has become disconnected.	Check all connections to ensure everything is plugged in firmly and all locking rings are tightened completely.
INTENSITY IS TOO STRONG OR TOO WEAK	The brightness level (intensity) or pulse frequency selected is not optimal.	Choose a different brightness level and/or pulse frequency using the Settings button. We recommend starting with the lowest levels.
SOME LED LIGHTS DO NOT APPEAR TO BE ON WHILE THE DEVICE IS RUNNING	Near-infrared (NIR) light is not visible to the naked eye.	The device is working when the timer is counting down. If the mode is set to NIR or RED&NIR mode, some or all of the LEDs may not appear to be on.

SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.

CONTRAINDICATIONS

- **Do not use this product if you:**
 - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
 - Have a pacemaker or other medical device or implant susceptible to electrical interference.
 - Have open or bleeding wounds. Do not use over infected, bruised, swollen, inflamed, or sunburned skin.
 - Have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.
- **Consult with your physician before using this product if you:**
 - Are under the care of a physician for a pre-existing health condition.
 - Have ever had (or anyone in your household has ever had) symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights.
 - Take steroid medication, use a topical steroid, or receive steroid injections.
 - Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.
 - Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
 - Have a skin disorder, including inflammatory skin disorders, or sensitive skin.
 - Take a topical or oral medication that may cause photosensitivity, including some antibiotics, antifungals, antidepressants, antipsychotics, oral contraceptives, psoralens, cardiac, diabetic, blood pressure, and cholesterol medications, chemotherapy drugs, pain medications, nonsteroidal anti-inflammatory drugs (NSAIDs),

diuretics, cold and allergy medications, and retinoids (such as Retin-A and Retinol).

- Use a product that may cause photosensitivity, such as alpha-hydroxy acids (like glycolic acid), beta-hydroxy acids (like salicylic acid), Retin-A and Retinol, melatonin, citrus essential oils, St. John's Wart, acne products, antibacterial soap, and coal tar and petroleum products.
- Are or may be sensitive to red light or near-infrared light.
- Have poor blood circulation, peripheral neuropathy dysfunction affecting the legs, ankles, or feet, or if you have sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper setup, or inadequate or improper maintenance or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

WARNING

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power supply at the specified voltage to power the device. Using a power supply other than the one provided may result in fire or explosion.
- Only use the provided accessories with the product.
- Do not use the provided power supply to power other devices.

- Keep the device, remote control, and power supply away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or direct sunlight. Do not operate under a blanket or pillow.
- Keep product away from liquids. Do not use outdoors, in high-moisture environments or any place where the device may become wet or damp. Do not immerse in water. If the device becomes wet, unplug it, and do not use.
- Do not use the device over wet skin, as this may result in electric shock or short circuit.
- Do not plug in or unplug the power cable or power supply with wet hands.
- Do not use during lightning and thunderstorms.
- Do not use the power supply with an extension cord.
- Never leave the device unattended while running or plugged in. Unplug the device after each use.
- Pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experiences symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements, or convulsions, stop using the device IMMEDIATELY and consult your physician.
- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights when powered on may result in damage to the eyes.
- Do not use the product on your head, face, or near your eyes.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Do not modify, tamper with, or damage the power supply. Never bend, tie, pull, or twist the power supply cable. Never use a damaged or modified power supply to power the device.
- Keep sharp objects away from the device and power cable.
- Do not stand or walk around while using the device.
- Always inspect the device, remote control, power supply, and cords for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.

- Do not operate the device while sleeping, smoking, or under the influence of drugs or alcohol.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort, or if you begin to feel unwell. Consult with your physician before using the device again.
- For adult use only. Keep away from children and pets. Children should be supervised to ensure that they do not play with the device.
- Do not use this product on sleeping or unconscious people or infants.
- This device is not intended for use by people with diminished mental, sensory, or physical capacity unless closely supervised by a responsible adult.

⚠ CAUTION

To reduce the risk of minor or moderate injury, or damage to the product:

- Do not wear metal accessories, such as snaps, buttons, zippers, belts, or jewelry during use as the metal may heat and cause burns. Metal accessories can also damage the product.
- Do not use this product in combination with ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin), as this may result in burns.
- If the product begins to feel too hot against your skin, turn it off immediately.
- Do not use this device directly on swollen or inflamed areas of skin or open wounds.

CLEANING AND STORAGE

- Use the device only over clean clothing or skin to keep the red light mats clean.
- Turn off, unplug, and allow the device to cool down before rolling, cleaning, or storing.
- Wipe the red light mats with a soft, slightly damp cloth after use. Make sure to wring out the cloth well so it is barely wet.

⚠ WARNING! Do not allow water or other liquids to come into contact with the LED side of the red light mats, power supplies, remote controls, or cables.

- Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners to clean the device.
- Store the device in a cool, dry, indoor location. Disconnect the remote control, power supply, and power cord before storing.
- Roll the two mats loosely and store them in the carrying bag and the original box to prevent damage.
- Do not store other objects on top of the device or accessories.
- Do not attempt to disassemble or repair the device; contains no user-serviceable parts.

NOTICE

- Excessive force or weight applied to the device can crush or damage it.
- Do not sharply fold the red light mats as this can damage the LEDs.
- Keep the product away from sharp objects that could damage the device. Never use pins or other metallic fasteners with this device.
- Do not insert objects into any opening or ports.
- Unplug the device immediately in the event of a power failure.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the device and all accessories according to state and federal regulations.
- The device will automatically power off after the set working time. Do not use continuously for more than 30 minutes. Wait at least 6 hours between treatment sessions.

FREQUENTLY ASKED QUESTIONS

Q: WHAT IS RED LIGHT THERAPY?

A: Red light therapy (RLT), also called phototherapy, is a therapy that uses low-wavelength red light to treat at the surface and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use red light to make energy, which stimulates cell regeneration and repair. Red light therapy is a highly-effective, non-invasive, chemical-free therapy that can be used to safely and painlessly heal and rejuvenate many parts of the body.

Q: WHAT IS THE DIFFERENCE BETWEEN RED LIGHT AND NEAR-INFRARED LIGHT THERAPY?

A: Both red and near-infrared light are wavelengths on the electromagnetic spectrum. Red light wavelengths, 600–700 nanometers (nm), are absorbed by the skin at a high rate. Near-infrared (NIR) wavelengths, 760–1400 nm, are higher on the electromagnetic spectrum and not visible to the human eye. The human body easily absorbs near-infrared waves, up to 1.5 inches into muscle, fat, and joints.

The AllevaBody's red light therapy mode uses 660 nm red light which is a wavelength that is easily absorbable by the skin, making it especially effective for increasing blood circulation and therefore improving your appearance, performance, and well-being.

The AllevaBody's near-infrared (NIR) therapy mode uses 850 nm light, which is a wavelength that penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair and regenerate cells.

The AllevaBody's red + near-infrared therapy mode uses 660 nm and 850 nm wavelengths of light at the same time.

Q: WHAT ARE THE BENEFITS OF RED LIGHT AND NEAR-INFRARED (NIR) LIGHT THERAPY?

A: The benefits of red light therapy and near-infrared (NIR) therapy are very similar, though red light therapy treats cells at the surface of the skin and near-infrared therapy treats cells up to 1.5 inches below the surface of the skin (your muscles, fat, joints, organs, etc.).

The benefits of red light and near-infrared (NIR) therapy include:

- Energize the lymphatic system, aiding in detoxification.

- Stimulate collagen and elastin production, improving skin appearance, including sun damage, scars (including acne scars), burns, cellulite, fine lines, and wrinkles,
- Decrease pain, inflammation, and stiffness in joints, muscles, and connective tissues.
- Boost the immune system.
- Reduce symptoms of eczema and psoriasis, such as redness, itching, flaking, and swelling.
- Reduce hormonal imbalances.
- Reduce cortisol and increase serotonin, reducing stress and depression.

Q: WHAT IS PULSED-LIGHT THERAPY?

A: Pulsed-light therapy is phototherapy that uses rapid pulses of light to produce improved results. The device LEDs rapidly turn on and off at a particular frequency (for example 10 Hz). The frequency is a measure of the pause between one “on” time and the next. With 10Hz pulsed-light therapy, the light pulses on and off 10 times per second.

Emerging research shows that the short pause between light pulses encourages cells to regenerate more efficiently, meaning pulsed light has a greater effect on cell regeneration and recovery.

By default, the AllevaBody uses continuous waves of light. When the AllevaBody is on, press the Settings button four times to navigate to the pulse frequency setting. Use the Increase button to turn on pulsed-light therapy at your desired frequency. The LED lights will emit rapid pulses of red and/or near-infrared light, depending on the mode selected.

Q: SHOULD I WEAR EYE PROTECTION?

A: You should not look directly into the LED lights when they are on. The wrap is fitted with a neck hole to keep your head outside of the wrap. You may wish to close your eyes and/or wear protective eyeglasses (not included) during treatment. Please note that, while not visible to the human eye, near-infrared light can damage the eyes.

Q: HOW OFTEN CAN I USE THE ALLEVABODY?

A: See **page 14** for treatment frequency and duration recommendations.

Q: HOW DO I CLEAN THE ALLEVABODY?

A: We recommend using the device over clean skin or lightweight clothing to help keep it clean. Make sure to turn off, unplug, and allow the AllevaBody to cool down before cleaning. Wipe down the AllevaBody with a soft, slightly damp cloth after each use. Make sure to wring out the cloth well so it is barely wet.

WARNING! Never allow water or other liquids to come into contact with the device or accessories. Do not immerse the device or accessories in water or other liquids. Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners. Do not wash in a washing machine or dry in a dryer.

Q: HOW SHOULD I STORE THE ALLEVABODY?

A: Always loosely roll up the two mats and store them in the included carrying bag and box to prevent damage to the LED lights. Make sure to disconnect the remote controls, power supplies, and power cables before storing the AllevaBody.

Store the device in a cool, dry, indoor location. Do not store close to the ground, walls, or roof. Do not store other objects on top of the device as the device could be crushed or damaged.

Q: WHO SHOULD NOT USE THE ALLEVABODY?

A: Please see the list of contraindications on **page 16** for a list of people who should not use this device. We recommend everyone perform a skin sensitivity test before using this device.

Q: HOW SOON CAN I EXPECT RESULTS?

A: Red and near-infrared light are energy for your cells. Exposing your body to this light entices your cells to function at a proper level. The human body is complex yet amazing! It is hard to predict the way your body will respond to phototherapy and how quickly you will see results. Your cells will decide the ultimate timeline, but you can expect to see results within one month with daily use.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 62" L x 24" W x 8" H

Max User Height: 5' 11"

Net Weight: 10.2 lb

Power: 190 W

Auto Timer: 1-30 minutes

Pulse Frequency: 1-1000 Hz

Total LEDs: 2320 2-in-1 LED diodes

660 nm: 2320 | 850 nm: 4640

LED Life Expectancy: 50,000 hrs

Irradiance at Surface: 110 mW/cm²

Irradiance at 1 Inch: 7 mW/cm²

Operating Temperature: 32-104° F

Storage Temperature: 32-104° F

Humidity: <50%

Material: Neoprene

Certifications: CE, RoHS, FCC, FDA

POWER SUPPLY

Rated Input: AC 100-240 V ~50/60 Hz 0.7 A

Rated Output: DC 24 V-5A, 120 W



LIFETIME WARRANTY

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

WELLNESS RECOVERY

ALLEVABODY

RED LIGHT THERAPY WRAP

MADE IN CHINA

BIOHEAL

RED LIGHT THERAPY PANEL

Use the Lifepro BioHeal Red Light Therapy Panel in conjunction with the AllevaBody to add the benefits of red light therapy to your wellness program. With the BioHeal, you can experience the therapeutic benefits of red light therapy from the comfort of your own home—no need for expensive trips to the spa or doctor's office. Red light therapy provides a wide variety of benefits, including enhanced muscle growth and tone, pain relief, and accelerated workout recovery.

Together, red (660nm) and near-infrared (850nm) light treat both the surface of the skin and deep below the surface, helping cells make additional energy to repair themselves, improving skin health, and providing anti-aging and increased muscle tone and fat loss. The BioHeal also improves blood flow, sleep quality, mental clarity, and focus. The BioHeal comes with two pairs of protective eyeglasses, so you can safely treat your face or head.

The BioHeal therapy panel has 60 LEDs and multiple hanging options so that you may effectively target and treat any area of the body. It offers customizable treatment options for your wellness recovery, including pulsed red light therapy and adjustable treatment time from 1–30 minutes. Three modes, (1) red + near-infrared, (2) red light, and (3) near-infrared light, allow you to choose the perfect settings for each treatment session.



BIOHEAL BENEFITS

- Boost muscle growth and tone
- Speed up recovery
- Reduce joint pain and stiffness
- Boost blood flow
- Rejuvenate skin
- Lose fat and inches around the waist
- Reduce inflammation

LEGRA

HAND MASSAGER

With the Lifepro Legra Hand Massager, you can experience a myriad of therapeutic benefits from the comfort of your own home. The Legra's large massage chamber provides a full hand and wrist massage, which relaxes tired, sore hands and eases arthritis and carpal tunnel pain. The heated massage option helps loosen tight joints and enhances relaxation and pain relief. The Legra's ergonomic design efficiently reaches all of your acupuncture points. It's perfect for anyone who experiences stiffness, pain, or numbness in their hands or wrists from overuse, such as office workers, musicians, construction workers, athletes, surgeons, knitters, cashiers, gardeners, bakers, waitstaff, and more.

The Legra offers completely customizable hand and wrist massage. Five massage modes, five intensity levels, two vibration options, and a heat option allow you to choose the perfect settings for all of your massage needs. The Legra's high-capacity lithium-ion battery provides 2–4 hours of use time per charge. The Legra's cordless design and small size make it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

LEGRA BENEFITS

- Alleviate chronic pain
- Improve muscle and joint flexibility
- Reduce numbness in your fingers and wrists
- Reinvigorate tired hands
- Decrease stress





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



**YOU'VE
GOT
THIS**