READY, SET, PRO

USER MANUAL

POWERFLOW PLUS ADJUSTABLE DUMBBELLS



lifepro®

Strength training has enormous benefits for your body, brain, and mental health.

2-3 strength training sessions per week are recommended for optimal health.

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by all that fitness gear 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 Strength Training 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



Physical therapists, chiropractors, and athletic trainers use to strength training to help individuals and athletes reach fitness goals and improve performance. The PowerFlow Plus Adjustable Dumbbells are your new fitness go-to; use the dumbbells two to three times per week to gradually build muscle and tone your body while boosting your heart rate and burning calories.

The PowerFlow Plus adjustable weight system is ideal for people at any fitness level who want to begin with lower weights and slowly work up to higher loads. The PowerFlow Plus Adjustable Dumbbells have been selectively engineered to provide the optimal variety of weight options, starting at 5 pounds and going up to 25 pounds.

The PowerFlow Plus dumbbells save space and allow you to choose exactly the right intensity for all your workout needs.

Redefine your workouts and experience the transformative power of the Lifepro PowerFlow Plus:

- **Increase strength & stamina:** improves stability and muscle tone
- **Regulate weight:** boost your heart rate and burn calories.
- **Boost your metabolism:** encourages your body to burn fat faster
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Lower blood pressure:** improves circulation
- **Develop stronger bones:** increase bone density

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

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro PowerFlow Plus Adjustable Dumbbells (Set of 2 Dumbbells)
- Dumbbell Rack (2)
- Dumbbell Training Body Workout Poster

UNPACKING YOUR DUMBBELLS

1. Remove your Lifepro PowerFlow Plus dumbbells and accessories from the shipping box.
2. Inspect all items for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the PowerFlow Plus dumbbells.
4. Go to **powerflowplus.lifeprofitness.com** and register your product within 14 days of purchase to activate your lifetime warranty.

CUSTOMER SUPPORT

If you have any questions about using your PowerFlow Plus, 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 POWERFLOW PLUS DUMBBELLS (SET OF 2)



INSTRUCTIONS FOR USE

Please read the instructions before using the PowerFlow Plus Adjustable Dumbbells. Keep this manual for reference.

USING YOUR POWERFLOW PLUS DUMBBELLS

1. Place the weight plates, slotted-side up, in the dumbbell rack.
2. Place the dumbbell into its carrying rack, ensuring correct placement by pushing down on the handle to ensure it is completely seated in the rack.
3. Adjust the weight setting by pulling the black weight-adjustment knob slightly up and sliding it towards the center of the dumbbell.
4. When the adjustment slider reaches the desired weight setting, from 5–25 pounds, push it down to lock in your weight selection.
5. Hold the dumbbell by the center handle, and pull up firmly to remove it from the rack. Some weight plates will be left in the rack, depending on which weight setting you have selected.
6. Repeat steps 1–5 for the second dumbbell, if desired.
7. Perform desired strength training exercise(s). See the included Dumbbell Training poster.
8. To adjust weight level, replace the dumbbell in the rack and move the black slider to your desired weight load, from 5–25 pounds, in five-pound increments.
9. When your workout is complete, return the dumbbells to their racks and reset both dumbbells to the lightest weight load, 5 pounds, to avoid future injury.

WEIGHT LEVELS

Pounds	5	10	15	20	25

WARNING: Always inspect each dumbbell for damaged, worn, or loose parts and screws before each use. Do not use if damaged, worn, rusty, malfunctioning, or missing screws. Do not use the dumbbells again until the problem has been fixed.

When inspecting the dumbbells before each use, make sure to check the round end-caps on either end of each dumbbell to ensure they are tightly screwed on, and tighten if loose. Over time, the round end-caps can loosen, which could cause the dumbbells to fail, resulting in injury to the user.

The end-caps may be glued in place with a small amount of threadlocker, such as Loctite, if desired. To glue loose end-caps in place:

1. Place the dumbbell in the rack.
2. Slide the black weight-adjustment knob to the lowest weight setting, 5 pounds.
3. Lift the dumbbell from the rack and twist an end-cap clockwise to remove it.
4. Apply a small amount of medium (blue) or strong (red) threadlocker, such as Loctite, to the large screw threads on the dumbbell.
5. Screw the end-cap back on tightly.
6. Repeat the above steps to glue the second end-cap in place.

NOTE: If the small black plastic cap on the weight-adjustment knob pops off, simply slide the cap back onto the knob. You may glue the plastic cap back on, if desired. The small plastic cap does not affect the functionality or safety of the dumbbell.

TIPS FOR USING YOUR DUMBBELL

SAFETY TIPS

- Before lifting a dumbbell, always ensure the desired weight load is locked in.
- Only adjust the weight of the dumbbell when it is in the rack. Never adjust the weight while the dumbbell is in use.
- Do not force the black weight-adjustment knob to move. If it fails to move the first time, check to ensure the dumbbell and weight plates are seated properly in the rack.
- Return the weight load to the lightest settings, 5 pounds, after each workout to avoid future injury.
- It is highly recommended that you consult with your doctor before beginning any new exercise program, including using the PowerFlow Plus dumbbell. This is especially important for those over the age of 35 or with existing health conditions.
- Your doctor should help you determine the appropriate length of strength-training sessions, as well as the frequency (how often you exercise) and intensity (how intensely you exercise) based on your age, fitness level, and any existing health conditions you may have. Always exercise within the parameters discussed with your doctor to avoid injury or damage to your health. Do not use if injured or ill.
- Exercise sensibly, and do not overload, especially on your initial workouts.
- Keep hair, fingers, and clothing away from the dumbbell when adjusting the weight, as pinching may occur.
- If using two dumbbells at once, do not allow the dumbbells to forcefully bump together. Damage or injury may occur.

EXERCISE TIPS

- It is recommended that beginners consult with a personal trainer for guidance on correct weightlifting form and for strength training tips and exercises.
- Before beginning a workout, ensure that the workout area is free from objects, people, and pets that may cause interference or injury. Warm up before beginning a workout. It is especially important to warm up the specific muscle groups you will be working during your strength training session.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are performing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.
- Breathe properly. Exhale as you are lifting, inhale as you return to the starting position. Never hold your breath during any part of an exercise.
- Always wear appropriate clothing and shoes when exercising. Athletic shoes with good support and loose-fitting, breathable clothing will reduce the risk of injury.
- You may wish to wear weightlifting gloves to prevent hand chafing, blistering, and callouses.
- We recommend beginning with a low weight and increasing the amount you lift slowly over a few weeks to avoid injury.
- Use the dumbbell every other day to allow your muscles sufficient time to recover from your workout.
- You may wish to place the rack and PowerFlow Plus dumbbell on a sturdy table or shelf instead of on the ground to avoid repetitive bending.
- Do not drop the dumbbell on the ground. Do not drop the dumbbell on the rack, as this could damage the dumbbell and the rack.

SAFETY, USAGE NOTES & MAINTENANCE

WARNING: To reduce risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following warnings carefully.

DISCLAIMER

- The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this device is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

SAFETY INSTRUCTIONS

- **WARNING:** If the dumbbells fail to perform correctly, discontinue use of the product immediately. Do not attempt to repair or service yourself.
- **WARNING:** Stop exercising immediately if you feel dizzy, light headed, or nauseous, or if you experience pain, tightness in your chest, irregular heartbeat, or extreme shortness of breath. If you experience any of these symptoms, consult your physician before continuing your exercise program.
- It is highly recommended that you consult with your doctor before beginning any new exercise program, including using the PowerFlow Plus dumbbells. This is especially important for those over the age of 35 or with existing health conditions.
- Your doctor should help you determine the appropriate length of strength-training sessions, as well as the frequency (how often you exercise) and intensity (how intensely you exercise) based on your age, fitness level, and any existing health conditions you may have. Always exercise within the parameters discussed with your doctor to avoid injury or damage to your health. Do not use if injured or ill.
- It is recommended that beginners consult with a personal trainer for guidance on correct weightlifting form and for strength training tips and exercises.
- Use the PowerFlow Plus dumbbells only as instructed in this manual.
- Always inspect each dumbbell for damaged, worn, or loose parts before each use. Do not use if damaged, worn, rusty, malfunctioning, or missing screws. Do not use dumbbells again until the problem has been fixed. When inspecting the dumbbells before each use, make sure to check the round caps on either end of each dumbbell to ensure they are tightly screwed on, and tighten if loose. Over time, the round end-caps can loosen, which could cause the dumbbells to fail, resulting in injury to the user.
- Only adults and teens 15 years and older may use the equipment. Keep away from children and pets. The dumbbells are not a toy.
- This equipment is not intended for use by people with reduced physical, sensory or mental capabilities, unless they have been given supervision and instruction concerning use of the product by an adult responsible for their safety.
- It is the responsibility of the owner to ensure that all users of the dumbbells are adequately informed of all warnings and precautions.

- Only adjust the weight setting when the dumbbell is in the rack. Never attempt to adjust the weight setting during use.
- Before lifting a dumbbell, always ensure the desired weight load is locked in.
- Do not force the black weight-adjustment knob to move. If it fails to move the first time, check to ensure the dumbbell and weight plates are seated properly in the rack.
- Keep the dumbbells and carrying racks away from liquids and heat sources, such as open flame, central heating, and ovens. Keep out of direct sunlight.
- Dispose of product properly according to local and federal laws.

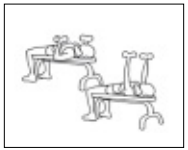
IMPORTANT USAGE NOTES

- Before beginning a workout, ensure that the workout area is free from objects, people, and pets that may cause interference or injury.
- Always warm up before beginning a workout. It is especially important to warm up the specific muscle groups you will be working during your strength training session.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are performing. If there is strain elsewhere, you may need to re-evaluate the amount of weight you are lifting. Keeping proper form also includes maintaining control through the entire range of motion.
- Breathe properly. Exhale as you are lifting, inhale as you return to the starting position. Never hold your breath during any part of an exercise.
- Exercise sensibly, and do not overload, especially on your initial workouts.
- Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Hold the dumbbells in your hands only. Do not balance dumbbells on your head, neck, feet, or other parts of the body.
- Do not drop the dumbbells on the ground. Do not drop the dumbbells on the racks, as this could damage the dumbbells and the racks.
- If using two dumbbells at once, do not allow the dumbbells to forcefully bump together. Damage or injury may occur.
- Keep hair, fingers, and clothing away from the weight plates when adjusting the weight, as pinching may occur.

MAINTENANCE, CLEANING, AND STORAGE

- Use a slightly damp cloth or soft towel to wipe any dirt or moisture from the dumbbells and racks after use. Do not use solvents or chemical or abrasive cleaners.
- Store the dumbbells in a cool, dry place.
- During transportation, the dumbbells should be secured to prevent rolling or falling, which may cause damage or injury.
- Do not remove screws or attempt to disassemble the dumbbells.

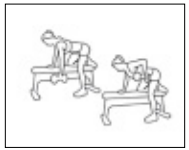
STRENGTH TRAINING EXERCISES



BENCH FLY



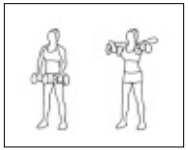
INCLINE FLY



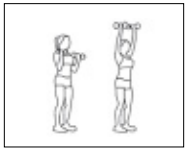
SINGLE-ARM KICKBACK



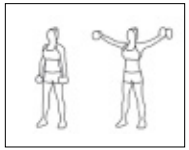
REVERSE FLY



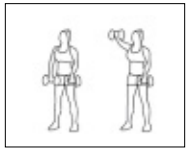
STANDING ROW



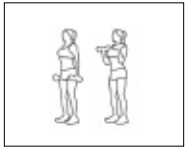
SHOULDER PRESS



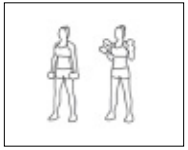
LATERAL RAISE



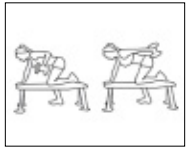
FRONT RAISE



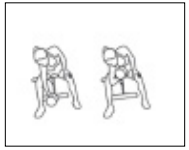
HAMMER CURL



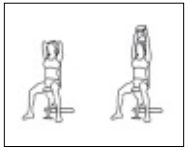
BICEP CURL



TRICEP EXTENSION



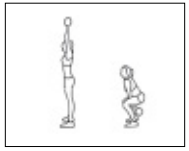
SEATED BICEP CURL



TRICEP EXTENSION



SEATED PRESS



DUMBBELL SWING

See the included dumbbell training poster for additional exercises.

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 PowerFlow Plus ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your PowerFlow Plus cannot be repaired, we'll replace it—free of charge. Register your PowerFlow Plus at **powerflowplus.lifeprofitness.com** to activate your warranty within 14 days of purchase.

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions: 20.5 x 16.2 x 8.7 in.

Net Weight: 50.6 lbs.

Weight Levels: 5–25 lbs.

MADE IN CHINA

STRENGTH TRAINING

POWERFLOW PLUS

ADJUSTABLE DUMBBELL

FROM OUR **WELLNESS RECOVERY** COLLECTION

BIOHEAL

RED LIGHT THERAPY PANEL

With the Lifepro BioHeal Red Light Therapy Panel, 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. Just a few treatment sessions a week can help you achieve improved sports performance.

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

ALLEVARED

LIGHT THERAPY BELT

With the Lifepro AllevaRed Light Therapy Belt, 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 pain relief and quicker recovery after injury. 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 fat loss benefits. Just a few treatment sessions a week can help you achieve improved wellness.

The easy-to-wear belt provides full coverage for your lower back and waist, and can be used on your upper back, arms, legs, and feet. Your pet can also take advantage of the therapeutic benefits of the AllevaRed. Help your pet find relief from chronic joint pain, lose weight, and reduce inflammation.

The AllevaRed offers customizable treatment options for your wellness recovery. Five intensity levels, three modes (red, near-infrared, and red + near-infrared), and an optional pulsed red light feature allow you to choose the perfect settings for each therapy session.

ALLEVARED BENEFITS

- Reduce muscle and joint pain
- Reduce inflammation
- Rejuvenate skin
- Blast fat
- Boost circulation



SURGER

VIBRATING FOAM ROLLER

Enjoy all of the benefits of foam rolling and vibration technology together with the Surger Vibrating Foam Roller. Use the Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the Surger's vibration technology breaks up muscle knots and relaxes tight muscles and fascia. Choose from four vibration speed levels to apply the perfect amount of intensity every time.

SURGER BENEFITS

- Increase workout effectiveness
- Reduce soreness
- Speed up recovery
- Prevent injury
- Boost circulation
- Improve muscle flexibility and performance
- Decrease pain and inflammation
- Loosen knots, trigger points, and tightness in your muscles and fascia.



lifepro®

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

GROW SOME WINGS

Lifeprousa Lifeprousa support@lifeprofitness.com