

READY, SET, PRO

USER MANUAL

INTENSIFLEX BULGARIAN SQUAT MACHINE





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 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

Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

With the Lifepro IntensiFlex Bulgarian Squat Machine, there's no need to pay for an expensive gym membership or personal trainer. The IntensiFlex Bulgarian Squat Machine targets your quads, glutes, adductors, hamstrings, calves, hip flexors, and abdominals. Bulgarian squats put less stress on the lower back and knees than traditional squats. They also strengthen the muscles on each side of your body independently, allowing you to correct muscle imbalances and improve your core strength and stability.

Get stronger, leaner, and healthier. Build muscle, boost metabolism, improve heart health, lose weight, and manage chronic conditions such as high blood pressure, back and joint pain, diabetes, and depression—right from the comfort of your own home. Whether you're getting back into strength training after starting a family or career, a die-hard gym enthusiast, or someone who has never lifted before, the Lifepro IntensiFlex has everything you'll need to build muscle and stamina.

Redefine your workouts and experience the transformative power of the Lifepro IntensiFlex:

- **Increase strength and flexibility:** builds and tones muscle.
- **Regulate weight:** boosts your heart rate and burns calories.
- **Boost your metabolism:** encourages your body to burn fat faster.
- **Decrease your stress:** increases serotonin and decreases cortisol.
- **Develop stronger bones:** increases bone density.
- **Improve stability:** improves core strength, balance, and posture.

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

STRENGTH TRAINING INTENSIFLEX BULGARIAN SQUAT MACHINE

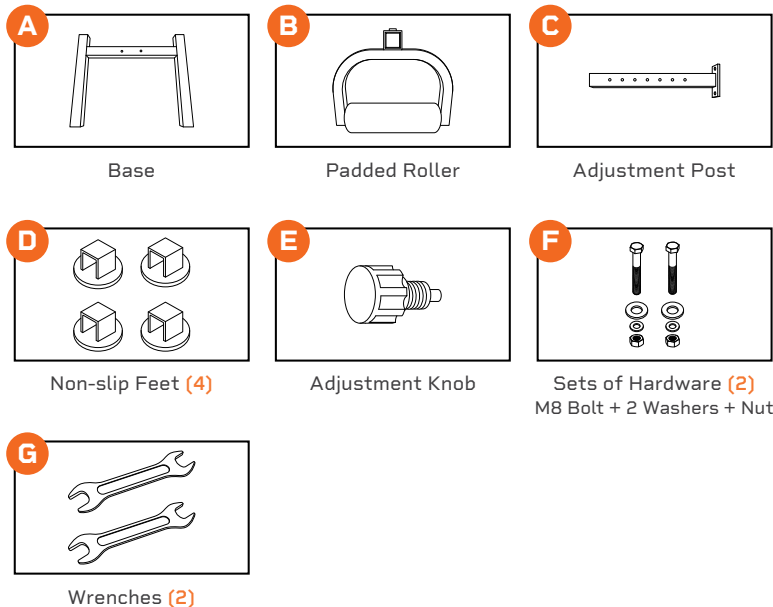
FIRST STEPS

1. Remove the hardware and components from the shipping box and inspect all items for shipping damage.
2. Compare the parts and hardware to the items listed in **WHAT'S IN THE BOX** on the next page.
3. Read carefully through this user manual and all safety instructions before assembling and using the IntensiFlex.
4. Follow the steps in the **5-MINUTE ASSEMBLY GUIDE** on page 8 to begin assembling your Bulgarian squat machine.
5. Go to intensiflex.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.

CUSTOMER SUPPORT

If you have any questions about assembling or using your IntensiFlex, 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.

WHAT'S IN THE BOX



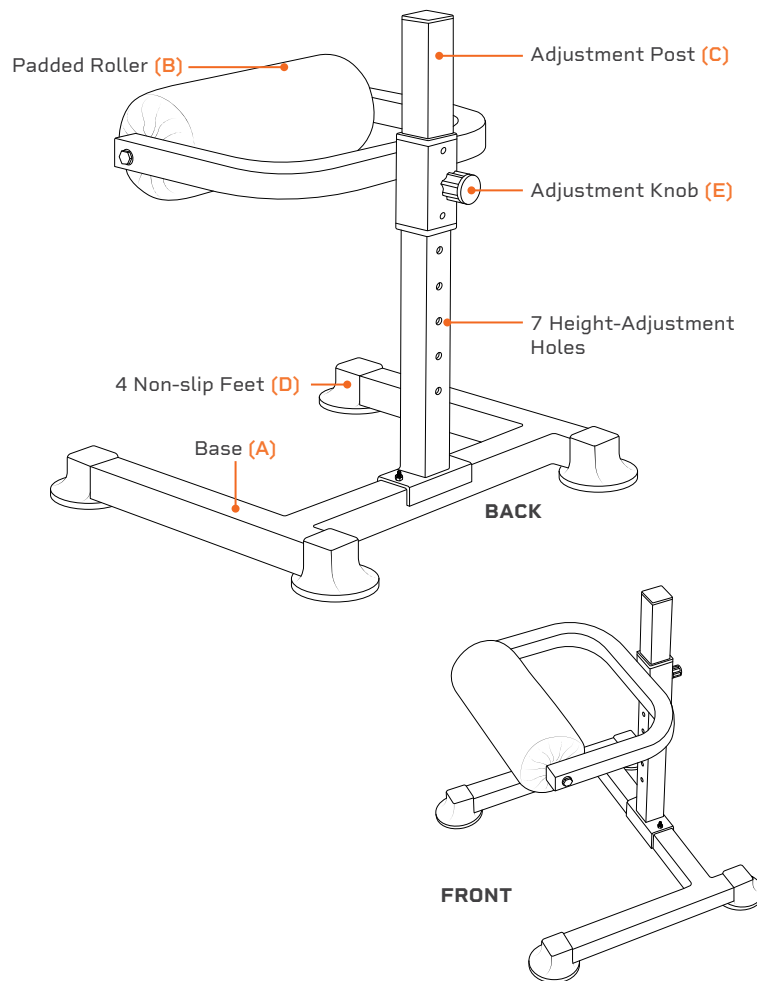
⚠️ ASSEMBLY WARNINGS

- Adult assembly is required. Keep children away during assembly. This product contains small parts that could present a choking hazard to children.
- Properly dispose of all packaging especially plastic bags, which can present a suffocation hazard to small children, before assembly.

ASSEMBLY NOTE

- Assemble on a flat, sturdy floor, free of obstructions.

PARTS OF THE INTENSIFLEX



5-MINUTE ASSEMBLY GUIDE

1 ATTACH THE FEET TO THE BASE

1. Gather the base (A) and four non-slip feet (D).
2. Slide a foot onto each end of the base. See *Figure 1*.
 - a. The flat round side of the foot rests on the floor.

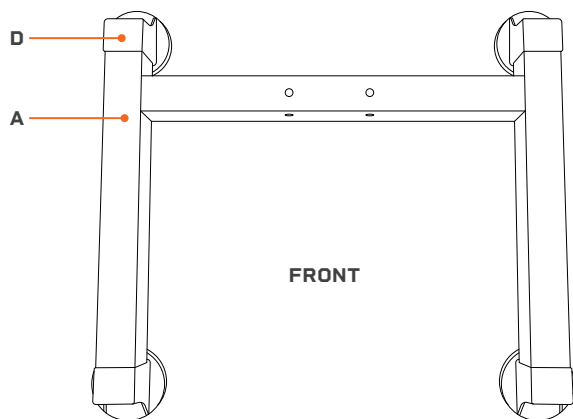


Figure 1

2 ATTACH THE ADJUSTMENT POST TO THE BASE

1. Gather the adjustment post (C), two sets of hardware (one M8×75mm bolt, two washers, and one nut) (F), and two wrenches (G).
2. Remove the washers and nut from each bolt.
3. Align the two screw holes in the base of the adjustment post with the holes in the top of the base.
4. Place a large washer onto one of the bolts.
5. Insert the bolt through a screw hole from the **BOTTOM**. See *Figure 2*.
6. Place a small washer and nut onto the end of the bolt and tighten the nut with your fingers.
7. Repeat steps 4–6 above to insert the second bolt.
8. Use a wrench to fully tighten both nuts.

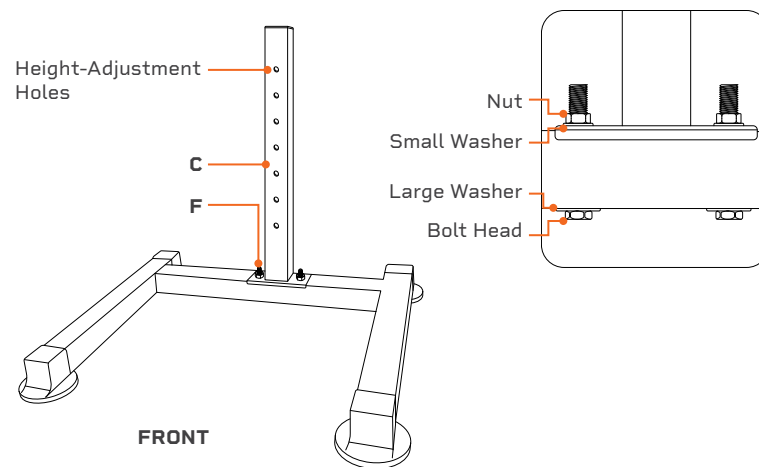


Figure 2

3

SLIDE THE PADDED ROLLER ONTO THE ADJUSTMENT POST

1. Gather the padded roller (**B**) and the adjustment knob (**E**).
2. Slide the padded roller onto the adjustment post. See *Figure 3*.
 - a. The roller faces the **FRONT**.
3. Align the large screw hole on the rear of the padded roller frame with one of the height-adjustment holes on the post.
4. Hold the padded roller in place with one hand and screw the adjustment knob into the screw hole. Tighten the knob to secure it.

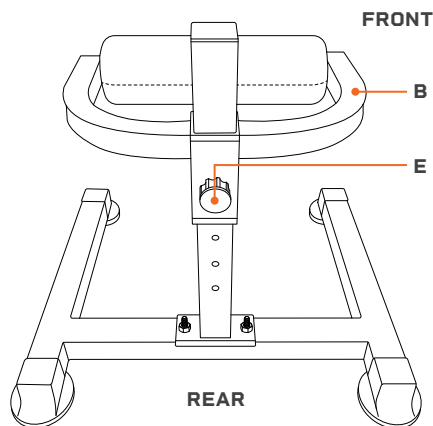


Figure 3

ADJUSTING THE ROLLER HEIGHT

The padded roller may be adjusted to seven different height levels.

To adjust the height:

1. Turn the adjustment knob (**E**) counterclockwise to loosen it. See *Figure 4*.
2. Pull the knob head out with one hand as you slide the padded roller frame up or down to the desired height level.
3. Release the knob head when the desired height is reached. You will hear a click when the knob head clicks into place.
 - a. You may need to slide the frame slightly up or down to get the knob to click into one of the seven height-adjustment holes.
4. Turn the knob clockwise to tighten it and secure the padded roller.

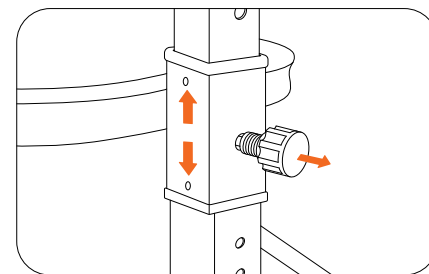
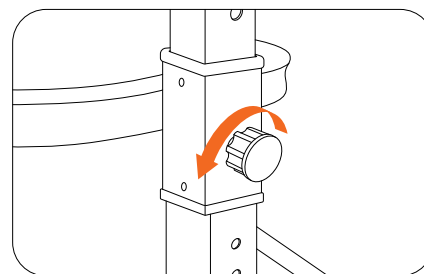


Figure 4

HOW TO USE THE INTENSIFLEX

The IntensiFlex is designed to help you develop lower body strength and improve your Bulgarian squat form.

GETTING SET UP

1. Stand about two feet in front of the IntensiFlex with your feet hip-width apart.
2. Lift one leg and place your instep over the padded roller. Adjust your distance away from the machine if needed.
3. Bend your knees until your back knee touches the ground.
4. Face your hips and shoulders straight ahead and pull your upper body back until your chest and the thigh of your bent leg form a straight line.
5. Pull your front leg back so that your knee is bent at a 90-degree angle and your knee is behind your toes. Adjust the height of the padded roller if needed.

HOW TO DO A BULGARIAN SQUAT

1. Stand in position in front of the IntensiFlex. Place your back foot on the padded roller and place your back knee on the ground.
2. Face your hips and shoulders straight ahead and pull your upper body back until your chest and the thigh of your bent leg form a straight line.
3. Pull your front leg back so that your knee is bent at a 90-degree angle and your knee is behind your toes.
4. Place your arms straight down by your sides and lean forward slightly.
 - a. The majority of your weight should be on your front foot, with your back foot primarily providing balance and stability.
5. Engage your core and exhale as you push straight up through your front foot.
6. Inhale as you slowly lower your body straight down.
 - a. Keep your core engaged, your hips and shoulders facing straight ahead, and your upper body and back thigh in a straight line.
 - b. Do not let your front knee go past your toes.

- c. You do not have to touch your back knee to the ground.
7. Repeat for the desired number of repetitions and switch legs.

INCREASING THE DIFFICULTY

- We recommend starting with two sets of 5–10 repetitions, each leg. When you can easily complete that, increase to three sets of 10–15 repetitions, each leg.
- If you want to increase the difficulty even more, you can add resistance by holding a pair of light dumbbells in your hands.

ADDING DUMBBELLS

- Place the dumbbells on either side of your front foot, centered front-to-back with your foot.
- Do not lift more than you can handle while still maintaining proper form.

BULGARIAN SQUAT TIPS

- How far away your front leg is from your torso determines which muscles are targeted most. If your front foot is further away, more emphasis is placed on your hamstrings and glutes. If your front foot is closer, emphasis is placed on your quads.
- If you find that you keep losing your balance, move your front foot a little bit closer to you. It is more difficult to balance the further away your front leg is.
- If you find that you are rising onto your toes, move your front foot further away from you. Your foot should stay flat on the ground through the entire range of movement.
- Bulgarian squats are designed to work the muscles in your front leg. The muscles in your rear leg should not be doing any of the work or holding much of your weight; your rear leg simply helps keep you balanced.
- Do not position your rear foot directly behind your front foot. Make sure your feet are about hip-width apart.

- Do not let your front knee drift side-to-side. It should stay in line with your front foot.
- Do not lean too far forward or backward. Keep your core engaged and keep your chest up.
- Always keep your hips and shoulders pointing forward and your front foot flat on the ground.
- Be sure to perform the same number of repetitions and sets with each leg to avoid muscle imbalances.

GENERAL EXERCISE TIPS

- Make sure to adjust the padded roller according to your height.
- Always make sure the height adjustment knobs are properly secured before using the product.
- Only use the equipment on a flat, sturdy, non-slip floor.
- Do not add resistance, such as dumbbells or kettlebells, until you have become accustomed to using the Bulgarian squat machine.
- Spend at least five minutes warming up, including stretching, before exercise and at least five minutes cooling down after exercise to avoid pulled muscles and other sports injuries.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are performing.
- Always maintain control and move slowly to avoid injury.
- Always listen to your body and avoid overworking your muscles to avoid injury.
- Start slow and easy with shorter workouts. Work your way up to longer, more challenging workouts over several weeks.
- Make sure to take sufficient breaks between exercises.
- Breathe naturally during exercise. Never hold your breath.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely. Appropriate shoes should fit well and have good traction.
- Drink plenty of water before and after exercise to stay hydrated.

SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

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

CONTRAINDICATIONS

Users should consult with a medical professional before beginning a new exercise program. This is especially important for those over the age of 35 and those who have pre-existing health conditions.

Your physician should assist you in determining the heart rate zone that is appropriate for your age and physical condition. They can help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product.

Your doctor can help you determine the appropriate length of strength training sessions, how often you should exercise, and how intensely you should 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.

- **Consult your physician before using this product if you:**
 - Are over the age of 35 or have pre-existing health conditions.
 - Have osteoporosis, spinal injuries, fractures, herniated or slipped discs, chronic back pain, sciatica, or other orthopedic conditions or disorders affecting the back or spinal column.
 - Have joint pain, disorders, or conditions, including arthritis or rheumatoid arthritis, or if you have muscle or soft tissue damage or inflammation.
 - Have knee pain, or if you have had a previous knee injury or knee surgery.
 - Have severe anemia, a heart or vascular condition, hypertension, blood clots, or if you are taking medication that affects heart rate.
 - Have a pacemaker, artificial heart, or another medical implant.
 - Are pregnant or if you have recently had surgery, have cancer or malignant tumors, or have lung disease.
 - Experience dizziness, have balance impairments, or if you are taking drugs that affect balance.

DISCLAIMER

- 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, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper assembly, neglect, or inadequate or improper maintenance 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:

CHOKING HAZARD - Small Parts.

Not for children under 3 years.

⚠ WARNING

To reduce the risk of serious injury or death:

- Excessive exercise or overexertion can be damaging to your health. Always exercise within the intensity and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel faint, dizzy, nauseous, or experience pain, irregular heartbeat, or shortness of breath.
- Do not use the product near swimming pools or other bodies of water.
- Adult assembly and disassembly are required. Keep children and pets away during assembly.
- For adult use only. Keep away from children and pets. Children should be supervised to ensure that they do not play with the device.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.

⚠ CAUTION

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

- Always inspect the product for damage, wear and tear, and loose bolts, nuts, or knobs before each use. Tighten any loose bolts, nuts, or knobs before use. Do not use if damaged, worn, rusty, malfunctioning, or missing bolts, nuts, or knobs. Do not use the product again until the problem has been fixed.
- Stop using the product immediately if you feel pain or discomfort.
- Never use the product while under the influence of drugs or alcohol. Do not use during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- Do not allow more than one person to use the product at a time.
- Do not exceed the maximum weight-load capacity of 330 lb.
- Remove items, especially sharp objects, from your pockets before using.
- Use the product only on a flat, sturdy, non-slip floor. Place in a location away from traffic where it will not create a tripping hazard.
- Ensure adequate clear space around the product during use (at least seven feet on all sides). Remove any obstacles in the area, in case of falls or accidents.
- Always maintain control and move slowly through exercises to avoid injury.
- Do not perform other activities while using the product to avoid accidents or injury.
- Always properly warm up before exercise and cool down after exercise to prevent sports injury.
- Keep hair, hands, feet, and clothing away from moving parts to avoid injury.
- Do not add weights or resistance to workouts until you have become accustomed to using the product.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- Make sure to adjust the height of the padded roller according to your height.

CLEANING AND STORAGE

- Use a slightly damp cloth to wipe any dirt or moisture from the product after each use. You may use mild soap to clean, as needed.
- Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents to clean the product.
- Store product indoors, in a cool, dry location.
- Do not store in direct sunlight, in a high-temperature or high-moisture environment, or near heat sources.

NOTICE

- The product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the product and all parts according to local and federal regulations.
- Keep sharp objects away from the product to avoid damaging it.
- Do not use accessories not approved by the manufacturer.
- Do not use outdoors. This product is intended for indoor use only.



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

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 23.25" × 25.40" × 22.25"

Padded Roller Width: 15.0"

Net Weight: 13.2 lb

Maximum Weight Load: 330 lb

Materials:

Frame: Q195 powder-coated carbon steel

Padded Roller: PU Leather

Feet: PVC Plastic

FROM OUR STRENGTH TRAINING COLLECTION

TRIFORM

3-IN-1 WEIGHTLIFTING SYSTEM

The Lifepro TriForm 3-in-1 Weightlifting System is an innovative addition to your home gym: it's a dumbbell, a barbell, and a kettlebell all in one!

The TriForm 3-in-1 system takes up far less space than traditional free weights, and it lets you quickly and easily switch your workout from dumbbell curls to deadlifts. Adjust the weight load instantly, from 2 to 43 pounds, to increase or decrease the resistance level for each exercise. Save space and challenge your muscles with a wide range of weightlifting exercises. Sculpt your upper body with triceps extensions, bench presses, and kettlebell swings. Blast your core with weighted crunches, side bends, and glute bridges. Tone your lower body with goblet squats, lunges, and so much more!

TRIFORM BENEFITS

- Build and tone muscle
- Regulate weight and boost metabolism
- Develop stronger bones



STRENGTH TRAINING
INTENSIFLEX
BULGARIAN SQUAT MACHINE

MADE IN CHINA

SCULPTTRAINER

MULTIPURPOSE ROMAN CHAIR

With the Lifepro SculptTrainer Multipurpose Roman Chair, there's no need to pay for an expensive gym membership or personal trainer. The SculptTrainer provides an extremely versatile whole-body workout. Challenge your muscles with a wide range of weightlifting and body-weight exercises. Sculpt your upper body with preacher curls and dumbbell rows, blast your core with crunches and side bends, tone your lower body with Bulgarian split squats, lateral bench hops, and so much more!

Whether you're getting back into strength training after starting a family or career, a die-hard gym enthusiast, or someone who has never lifted before, the Lifepro SculptTrainer has everything you'll need to build muscle and stamina.

SCULPTTRAINER BENEFITS

- Increase strength and flexibility
- Regulate weight
- Boost metabolism
- Decrease stress
- Increase core strength



GLUTEBLAST

HIP THRUST MACHINE

The Lifepro GluteBlast Hip Thrust Machine provides an extremely versatile whole-body workout. Challenge your muscles with a wide range of weightlifting and body-weight exercises. Shape and tone your glutes and hips with squats and hip thrusts. Tone and smooth your waistline. Build sleek upper body strength with pushups and triceps dips. Strengthen your core and lumbar area, reducing low-back pain and improving posture.

Get stronger, curvier, and healthier. Build muscle and bone density, boost metabolism, improve heart health, reduce stress, and lose weight—right from the comfort of your own home. Strength training also helps manage chronic conditions such as high blood pressure, back and joint pain, diabetes, and depression. The Lifepro GluteBlast has everything you need to tone and shape your entire body.

GLUTEBLAST BENEFITS

- Improve glute tone & shape
- Regulate weight
- Reduce lower back pain
- Boost metabolism
- Improve stability
- Decrease stress





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



**YOU'VE
GOT
THIS**