

READY, SET, PRO

USER MANUAL

RELAXATILT FOOT MASSAGER



Clinicians use vibration therapy and acupressure to help improve blood flow and relieve pain in the extremities.

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of foot massagers.

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 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 Recovery + Fitness active 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 also 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



Compression and acupressure therapy have a wide variety of applications and health benefits. Physical therapists and athletic trainers use compression therapy to help athletes recover from injury and improve performance. Massage therapists use acupressure therapy to relieve pain and improve blood circulation.

With the Lifepro RelaxaTilt Foot and Calf Massager, you can experience myriad therapeutic benefits from the comfort of your own home. The RelaxaTilt's large massage chambers provide a deep lower leg or foot massage, which relaxes tired, sore muscles and eases arthritis pain. The RelaxaTilt's ergonomic design efficiently reaches all of your acupuncture points. It offers heat to relax chronically tight muscles. It's perfect for anyone who experiences stiffness, pain, or numbness in their feet or lower legs from long hours of standing or walking.

The RelaxaTilt offers a customizable foot or calf massage. Three massage modes, three speed intensity levels, heat, and three massaging positions allow you to choose the perfect settings for all of your massage needs. The RelaxaTilt can be plugged into the wall so you don't have to worry about charging a battery. The RelaxaTilt's small size and convenient carry handle make it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

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

- ▶ **Alleviate chronic pain:** reduces pain from arthritis and plantar fasciitis
- ▶ **Improve joint flexibility:** loosens tight muscles and tendons
- ▶ **Reduce numbness in feet and lower legs:** improves blood circulation
- ▶ **Decrease your stress:** increases serotonin and decreases cortisol
- ▶ **Reinvigorate tired feet:** provides a relaxing massage

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

RELAXATILT

FOOT AND CALF MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro RelaxaTilt Foot and Calf Massager
- User Manual

FIRST STEPS

1. Remove your RelaxaTilt from the shipping box and remove all packaging from the unit and accessories.
2. Remove the transparent protective sticker from the control panel.
3. Inspect the device and accessories for shipping damage.
4. Read carefully through this user manual and all safety instructions before using the RelaxaTilt.
5. Go to relaxatilt.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
6. Complete the steps in the EASY-START SETUP GUIDE on page 7 to begin using your RelaxaTilt.

CUSTOMER SUPPORT

If you have any questions about setting up your RelaxaTilt, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (732) 456-6063 or support@lifeprofitness.com.

EASY-START SETUP GUIDE

Set up your Lifepro RelaxaTilt in just 3 easy steps:

1

SET UP THE RELAXATILT

- Place the RelaxaTilt on a flat, level, non-slip floor in front of a chair with a back.

2

CONNECT THE RELAXATILT TO POWER

- Plug the power adapter into a wall outlet. The red Power button LED will flash when the massager is connected to power.

3

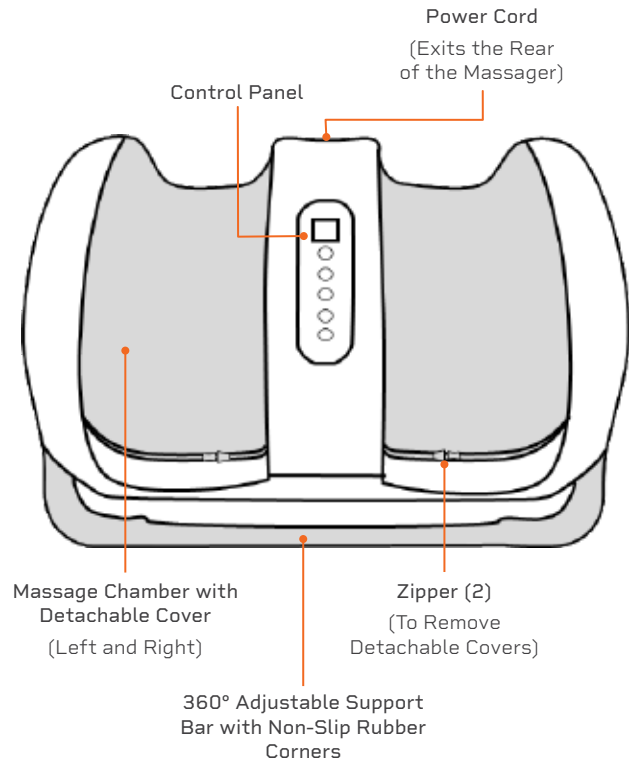
BEGIN USING THE RELAXATILT

- Wash and dry your feet thoroughly.
- Sit down in the chair and place your clean feet in the massage chambers.
- Press the **Power button** on the control panel to turn on the RelaxaTilt. The power button LED will change from flashing to solid red when the massager is powered on.

WARNING: The RelaxaTilt is to be used ONLY on the feet, calves, and forearms. Do not use on the abdomen, neck, or other body parts not described in this manual.

WARNING: Do not sit or stand on the RelaxaTilt.

PARTS OF THE RELAXATILT



TIPS FOR USING YOUR RELAXATILT

USING THE RELAXATILT

- Always wash and dry your feet thoroughly before using the RelaxaTilt to keep the massage chambers clean. Do not use on wet, sweaty, or dirty feet.
- Only insert your bare feet, calves, or forearms into the device. Ensure any clothing is pulled or rolled up and out of the way. Do not wear jewelry while using massager.
- Place the RelaxaTilt on a flat, level surface during use. Do not use on slippery or uneven surfaces.
- Start at the lowest speed level and increase the speed level gradually.
- If you have sensitive feet, use the lowest speed and intensity to avoid discomfort. Additionally, you may choose to wear socks during use.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the RelaxaTilt right before bedtime.
- Drink plenty of water before and after use.
- Daily use will help you reach your wellness and pain-reduction goals.
- While the RelaxaTilt is designed primarily for use on the feet and calves, you may use the device to massage your forearms, if desired.
- The default massage program time is 15 minutes. Do not use continuously for more than 20 minutes.
- You may carry the RelaxaTilt by the adjustable support bar.
- Unzip the detachable covers from the massage chambers to clean them. Wash covers by hand ONLY. Hang to dry. Dry thoroughly before re-inserting into the massage chambers.

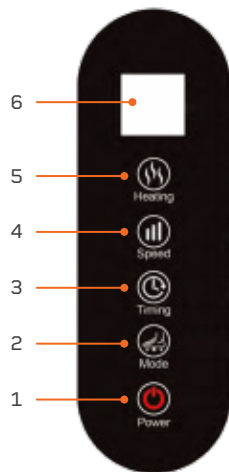
IMPORTANT SAFETY INFORMATION

- Never use the RelaxaTilt under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the unit and power cord away from heat sources and fire.
- The RelaxaTilt is not waterproof. Keep the unit and power cord away from liquids and do not immerse in water.
- Never use the RelaxaTilt or plug/unplug the power cord with wet hands.
- Always power off and unplug the unit after each use.
- Do not sit or stand on the RelaxaTilt. Do not exert excessive downward force on the massage chambers.

OPERATING INSTRUCTIONS

USING THE CONTROL PANEL

1. **Power Button:** Power the RelaxaTilt on and off.
2. **Message Mode Button:** Toggle through the three message modes, A1–A3. The default mode is A1.
3. **Time Button:** Increase or decrease the message time duration from 5–30 minutes, in five-minute increments. The default time is 15 minutes.
4. **Speed Button:** Increase or decrease the speed from L1–L3. The default speed is L1.
5. **Heat Button:** Turn the heat on or off. The default heat setting is off. The button lights up when the heat is on.
6. **Display Window:** Shows the current message mode, time, or speed.



CREATING A MESSAGE WITH THE RELAXATILT

You can select from three message modes, A1–A3. Each message mode uses a different message rhythm, direction, and speed.

Use the control panel to begin a message:

1. Press the **Power button** to turn the system ON. The red power LED will go from flashing to solid when the RelaxaTilt is powered on. The message will begin automatically.
2. Use the **Time button** to toggle through the available message durations, from 5–30 minutes, in five-minute increments (5, 10, 15, 20, 25, 30, 5, 10...). The default message time is 15 minutes. Your selection appears in the display window and can be adjusted at any time.
3. Press the **Message Mode button** to select your desired message mode, A1–A3. Your selection appears in the display window for a few seconds, and then the display window shows remaining message time. Mode A1 is the default. You can change the message mode at any time.
4. Use the **Speed button** to adjust the message speed from levels L1–L3. Your selection appears in the display window, and then the display window shows remaining message time. L1, the lowest setting, is the default. You can adjust the message speed at any time.
5. Use the **Heat button** to turn the heat on or off at any time. Heat is off by default. You may turn heat on or off at any time. It takes 3–5 minutes for the heat to reach the full temperature of 104° F.
6. Press the **Power button** to stop the message at any time. The red power LED will return to flashing when the device is plugged in but powered off.
7. The RelaxaTilt will stop automatically when the set working time is complete. Simply press the Power button to turn the system ON again.
8. Always unplug the RelaxaTilt after each use.

NOTE: You can adjust time, message mode, speed, and heat at any time.

MESSAGE INTENSITY AND SPEED

Message intensity corresponds to the following speeds:

INTENSITY LEVEL	SPEED
Low	L1
Medium	L2
High	L3

CHOOSING A MASSAGE POSITION

The RelaxaTilt's 360° adjustable support bar allows you to tilt the massager to the best possible angle for your massage needs. To adjust the support bar, simply press on it firmly to rotate it.

MASSAGING YOUR FEET

To use the RelaxaTilt to massage your feet:

1. Adjust the support bar so that it is parallel to the bottom of the RelaxaTilt. To adjust the bar, just pull the bar in the direction that you want to move it. You do not need to press, pull, or twist the dial with the red arrows. As you rotate the bar, a loud clicking noise ensures that it is locked in place.
2. Sit on a sofa or sturdy chair with a back.
3. Place the RelaxaTilt in front of you. Ensure that the RelaxaTilt is positioned such that the massage chambers and the control panel point up and you can read the Lifepro logo.
4. Place your feet in the massage chambers in the position shown.



MASSAGING YOUR CALVES

To use the RelaxaTilt to massage your calves:

1. Adjust the support bar so that it is behind the RelaxaTilt at about a 45° angle. To adjust the bar, just pull the bar in the direction you want to move it. You do not need to press, pull, or twist the dial with the red arrows. As you rotate the bar, a loud clicking noise ensures that it is locked in place.



2. Sit on a sofa or sturdy chair with a back.
3. Place the RelaxaTilt in front of you. Ensure that the RelaxaTilt is positioned such that the massage chambers, the control panel, and the Lifepro logo point out and away from you.
4. Place your calves in the massage chambers in the position shown.

MASSAGING YOUR FOREARMS

To use the RelaxaTilt to massage your forearms:

1. Adjust the support bar so that it is parallel to the bottom of the RelaxaTilt and in front of the Lifepro logo. To adjust the bar, just pull the bar in the direction that you want to move it. You do not need to press, pull, or twist the dial with the red arrows. As you rotate the bar, a loud clicking noise ensures that it is locked in place.
2. Place the RelaxaTilt on a table or desk.
3. Sit in a sturdy chair with a back, pull it up to the table or desk, and place the RelaxaTilt in front of you. Ensure that the RelaxaTilt is positioned such that the massage chambers and the control panel point up and you can read the Lifepro logo.
4. Place your forearms in the massage chambers in the position shown.



WARNING: Do not sit or stand on the RelaxaTilt.

WARNING: The RelaxaTilt is to be used ONLY on the feet, calves, and forearms. Do not use it on other body parts not described in this manual.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your RelaxaTilt Foot and Calf Massager using the table below.

Please contact a customer support representative for additional assistance at: (732) 456-6063 or support@lifeprofitness.com. Please do not attempt to repair the RelaxaTilt on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER IS NOT WORKING	Massager is not plugged in.	Plug the power cord into a wall outlet.
	Massager is not turned on.	Press the Power button to turn on massager.
MASSAGER STOPPED WORKING SUDDENLY	Massager automatically stops after the selected working time.	Turn the unit back on to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Turn off massager and allow it to cool for at least an hour before using again.
MESSAGE INTENSITY/SPEED IS TOO HIGH	Massage speed is too high.	Select the lowest speed level, L1.
	Feet may be sensitive.	Put on a pair of thick socks.
MASSAGER IS TOO HOT	Heat is on.	Turn heat off.



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

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the RelaxaTilt.

DISCLAIMER

1. 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.
2. The use of the foot and calf massager 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.

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the RelaxaTilt are adequately informed of all warnings and precautions.
4. Use the RelaxaTilt only as instructed in this manual.
5. ONLY use the RelaxaTilt on the feet, calves, and forearms. Do not use on neck, abdomen, or other body parts not described in this manual.
6. Always inspect the device and power cord for damage before each use. Do not use if damaged, overheating, malfunctioning, or if the unit has been exposed to water.
7. Only operate the RelaxaTilt on a flat, level, non-slip surface.
8. Do not operate the RelaxaTilt while driving or sleeping.
9. The unit will automatically stop working after the chosen program time. Do not use continuously for more than 20 minutes.
10. The RelaxaTilt is intended for in-home use only. Do not use the RelaxaTilt in any commercial, rental, institutional, or therapeutic setting.
11. Dispose of the RelaxaTilt and all parts according to local and federal regulations.

ELECTRICAL SAFETY

12. WARNING: Only use the included power cord.

13. Do not use outdoors. Do not use the unit in high-temperature or high-moisture environments.
14. Keep ventilation ports free from dust and debris.
15. Do not insert fingers or objects into the power jack.
16. The unit is not waterproof. Keep away from liquids. Do not use in a place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet or emits an odor, unplug it, and do not use.

17. Keep the unit away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
18. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
19. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
20. Never drag, carry, or hang the unit by its power cable. Use the support bar to carry.
21. Unplug the power cord by holding and pulling the plug itself, not the cord wire.

SAFETY

22. Never leave the RelaxaTilt unattended while it is running.
23. Consult with a medical professional before using the device if you have a medical condition such as diabetes or inflammation; if you suffer from heart disease, hypertension, circulatory problems, sensory problems, blood clots, or osteoporosis; if you have a pacemaker or other similar implant; if you recently had surgery; if you are or may be pregnant. Do not use if injured. Never use directly on swollen, bruised, or inflamed skin or on open wounds or scars.
24. Stop using immediately if you feel discomfort, pain, dizziness, or nausea.
25. If the heat feels too hot on your skin, turn the heat function off immediately.
26. Always use the RelaxaTilt while seated comfortably in a chair.
27. Do not sit or stand on the RelaxaTilt. Do not exert excessive downward force on the massage chambers.
28. Children and adults with diminished mental or physical capacity may only use the RelaxaTilt while closely supervised by a responsible adult.
29. Keep pets away from the RelaxaTilt at all times.
30. Do not insert body parts or objects into any opening other than the massage chambers.
31. Do not use without the detachable covers in place.
32. Keep hair and clothing away from the zippers.

CLEANING, STORAGE & MAINTENANCE

33. Turn off, unplug, and allow unit to cool after use and before cleaning or storing.
34. Wash your feet before each use in order to keep the massage chambers clean.
35. Wipe down the RelaxaTilt with a soft, dry cloth after each use. Never allow water or other liquids to come into contact with the unit.
36. Wash the detachable covers by hand with a mild soap. Hang to dry. Do not bleach.
37. Do not use abrasive, solvent, or chemical cleaners or harsh detergents. You may use a mild soap.
38. Store the device in a cool, dry location.
39. Do not remove screws or attempt to disassemble.

WHERE TO USE THE RELAXATILT



ON THE COUCH



AT WORK



IN A CHAIR

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 19.0" L x 11.8" W x 8.8" H

Net Weight: 11 lbs.

Power: 50 W

Voltage: AC 110-240 V

Frequency: 50-60 Hz

Ambient Temperature: 32-104° F

Speed Intensity Levels: 1-3

Massage Programs: A1-A3

Heat Function Temperature: 104° F

MADE IN CHINA

RECOVERY + FITNESS

RELAXATILT

FOOT AND CALF MASSAGER

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 4 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.



AGILITY

VIBRATING MASSAGE BALL

The Agility Vibrating Massage Ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow



SONIC

VIBRATING MESSAGE GUN



The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia-treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress and muscle tension

RHYTHM

VIBRATION PLATFORM



The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation



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



**YOU'VE
GOT
THIS**