READY, SET, PRO

USER MANUAL

LIFEPRO AEROFLEX 4-IN-1 AEROBIC STEP PLATFORM

lifepro®

Aerobic exercise has enormous benefits for your body, brain, and mental health.

At least 150 minutes of moderately-intense physical activity, such as brisk walking or cycling, are recommended each week 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 Endurance 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 AeroFlex 4-in-1 Aerobic Step Platform, there's no need to pay for an expensive gym membership or personal trainer. The AeroFlex has four unique setup options; one option allows you to build aerobic fitness, another allows you to stretch your calves and ankles, and two options allow you to improve your balance and core strength.

Use the AeroFlex as an aerobic exercise platform to improve your cardiovascular and heart health, boost your metabolism and control your weight, reduce stress, and build muscle and bone density. Use the AeroFlex in either of the two balance board configurations to improve your balance and stability, improve core strength, boost metabolism, and experience relief from chronic pain. The dynamic surface of the AeroFlex in the balance configurations forces your body to work harder to perform simple balance tasks, such as standing on one leg, and simple body-weight exercises, such as planks, push-ups, squats, and glute bridges.

Use the AeroFlex on its own for easy, versatile fitness training, or as a valuable addition to your home gym. Build a highly-effective fitness routine around the AeroFlex, with the optional addition of strength training equipment, such as dumbbells, resistance bands, and wrist/ankle weights. The AeroFlex is highly portable, so you can create a fun, energizing workout anytime, anywhere.

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

- **Improve cardiovascular fitness:** improves heart health, boosts metabolism and circulation, lowers blood pressure
- **Regulate weight & lose inches:** boosts your heart rate and burns calories
- **Develop strength & stronger bones:** builds muscle mass and increases bone density
- **Decrease stress:** increases serotonin and decreases cortisol
- **Improve balance, coordination & stability:** improves core strength

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

ENDURANCE TRAINING

AEROFLEX

4-IN-1 AEROBIC STEP PLATFORM

GET STARTED

WHAT'S IN THE BOX

- Lifepro AeroFlex 4-in-1 Step Platform
- Legs (4)
- Balance Half-Ball
- Balance Half-Disks (2)
- User Manual

FIRST STEPS

1. Remove your AeroFlex and accessories from the shipping box and check each for shipping damage.
2. Compare the items in the box to those shown on the next page.
3. Read carefully through this user manual and all safety instructions before using the AeroFlex. See **EXERCISE SAFETY AND TIPS** on page 12 and **SAFETY INSTRUCTIONS** on page 24.
4. Go to **aeroflex.lifeprofitness.com** and register your product within 14 days of purchase to activate your lifetime warranty.
5. Go to **FOUR WAYS TO USE THE AEROFLEX** on page 8 to learn how to setup the AeroFlex for different uses.

CUSTOMER SUPPORT

If you have any questions about setting up your AeroFlex, 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.

GET ACQUAINTED

Lifepro AeroFlex
4-in-1 Aerobic Step Platform

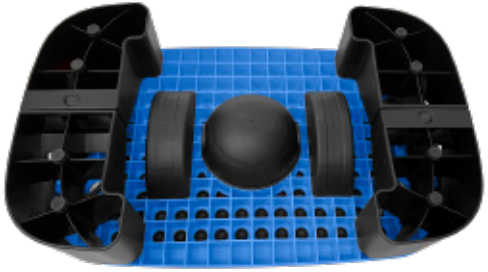
FOUR WAYS TO USE THE AEROFLEX

AEROBIC EXERCISE BOARD

Use the AeroFlex as a aerobic exercise platform. Get your muscles pumping, boost your heart rate, and burn some calories!

SETUP INSTRUCTIONS

1. Locate the AeroFlex platform and the four legs.
2. Place the platform upside down on the floor.
3. Position the legs upside down. Two legs have a small round peg and two legs have a small round hole. See the figure below.
4. Snap the round peg on the bottom of one leg into the corresponding hole on another leg. Connect the second pair of legs.
5. Insert the two pairs of legs on either side of the platform.

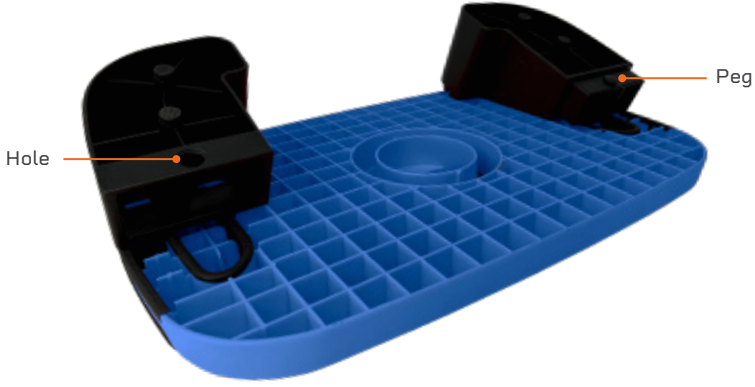


INCLINE STRETCH BOARD

Use the AeroFlex to stretch your calves, feet, and ankles.

SETUP INSTRUCTIONS

1. Locate the AeroFlex platform and two legs (one with a small round peg and one with a small round hole). See the figure below.
2. Place the platform upside down on a flat, sturdy surface.
3. Position the legs upside down and then insert them on either side of the platform.

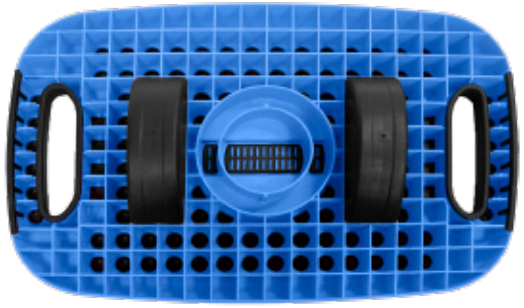


FRONT-TO-BACK BALANCE BOARD

This beginner-to-intermediate balance board option is great for getting started on improving your balance.

SETUP INSTRUCTIONS

1. Locate the AeroFlex platform and the two half-disks.
2. Place the platform upside down on a flat, sturdy surface.
3. Insert the two half-disks into the slots on either side of the round-insert in the center of the platform.



IMPORTANT: See **EXERCISE SAFETY AND TIPS** and **USING THE AEROFLEX AS A BALANCE BOARD** on the next pages before using your AeroFlex in this configuration.

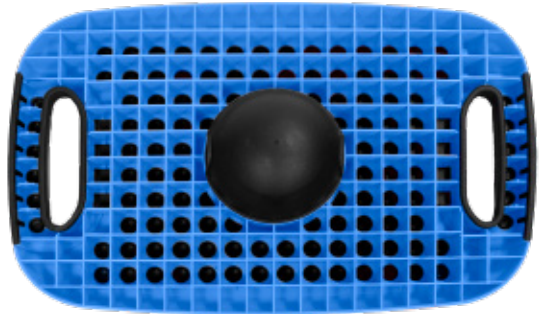
FOUR-WAY BALANCE BOARD

This intermediate-to-advanced balance board option is great for building core strength.

SETUP INSTRUCTIONS

1. Locate the AeroFlex platform and the half-ball.
2. Insert the half ball into the round insert in the center of the platform.

NOTE: The notches in the sides of the half-ball point toward the handles.



IMPORTANT: See **EXERCISE SAFETY AND TIPS** and **USING THE AEROFLEX AS A BALANCE BOARD** on the next pages before using your AeroFlex in this configuration.

EXERCISE SAFETY AND TIPS

EXERCISE SAFETY

- Consult with your physician before beginning a new exercise program.
- Incorrect or excessive exercise or overexertion can be damaging to your health. Always exercise within the heart-beat intensity level 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.
- When using the AeroFlex as a balance board, the surface is highly unstable because it is designed to challenge your balance. Be aware, you may fall off the AeroFlex, which could result in injury.
- Always maintain control and move slowly while exercising with the AeroFlex to prevent falling.
- Wear comfortable athletic shoes with non-slip soles. Never use the AeroFlex when wearing only socks or stockings as the slick material could cause you to slip and fall.
- Use a dry towel to wipe sweat off the surface of the platform before use and during the workout. Sweat can make the surface very slippery.
- Never use the AeroFlex while intoxicated. Do not use the AeroFlex during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- Do not perform other activities while using the AeroFlex to avoid accidents or injury.
- Always inspect the AeroFlex for damage before use.
- Remove items, especially sharp objects, from your pockets before using. Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.

SAFE PLACEMENT OF YOUR AEROFLEX

- Ensure you have adequate clear space around you (at least seven feet on all sides) in case you fall. Remove all objects from the surrounding area.
- To reduce the risk of injury in the event of a fall, place an exercise mat or pad over hard flooring, such as wood, tile, and linoleum.
- Use the AeroFlex only on a flat, non-slip floor.

USING THE AEROFLEX AS A BALANCE BOARD

WARNING: Standing on the AeroFlex in either of the two balance configurations has an increased risk of falling because the platform can tip rapidly.

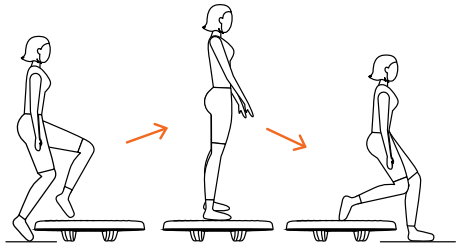
- If you choose to stand on the platform, take extra precautions against falling, such as:
  - Hold onto an appropriately-secured hand-hold, such as a door frame, piece of heavy furniture, etc.
  - Place mats on the floor around the balance board.
  - Be extremely cautious if holding dumbbells or other equipment in your hands.
- Be prepared to fall. Even with precautions, standing on the platform is a very advanced activity which could result in serious injury or death.

EXERCISE TIPS

- Start slow and easy with 5–10 minute workouts. Work your way up to longer, more challenging workouts over a period of several weeks.
- Breathe naturally during exercise. Never hold your breath. Exhale during exertion and inhale after exertion. For example, during a push-up, inhale as you lower your body to the floor, exhale as you push yourself up.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are performing. Maintain control through the entire range of motion.
- Drink plenty of water before and after exercise.
- Spend at least five minutes warming up, including stretching, before exercise and at least five minutes cooling down after exercise to prevent pulled muscles and other sports injuries.
- Make sure to take sufficient breaks between exercises. Also, take sufficient time off between workout sessions.
- Always wear appropriate athletic clothing. Appropriate clothing should be comfortable, loose, and allow you to move freely.

USING THE AEROFLEX AS A BALANCE BOARD

STEP 1: GETTING COMFORTABLE STEPPING ON AND OFF



Before you begin using the AeroFlex as a balance board, it is very important to get comfortable stepping on and off the surface of the trainer.

1. Start with the AeroFlex in the Front-to-Back Balance Board configuration, which is best for beginner use. Follow the setup instructions on page 10.
2. Place the AeroFlex flat on the ground.
3. Step slowly onto the platform. Always move slowly, with controlled movements.
4. Then, walk forward and off the platform, to the floor. See image above.
5. Repeat several times to get comfortable with the way the platform moves under your feet. Make sure to alternate which foot you step onto the platform with first.
6. After you become comfortable walking forward on the platform, try standing to the side of the AeroFlex and stepping up and down from the side of the platform.
7. After practicing mounting the platform from each side several times, try stepping up and down off the platform backwards (the platform will be behind you). Remember to always move slowly and with control.

CAUTION: If you feel like you are beginning to lose your balance while standing on the platform, simply step off the AeroFlex and onto the floor.

STEP 2: GETTING COMFORTABLE STANDING

When you are comfortable stepping on and off the platform from all directions, you're ready to practice standing on the platform:

1. Step onto the platform with both feet.
2. Stand with your feet in the center of the platform, about hip-width apart.
3. Put your arms up and out to the sides if you need help with balancing. Alternately, you can place your hands on your hips to make balancing more challenging.
4. Do the best you can to maintain good posture:
    a. Keep your knees slightly bent. Don't lock your knees.
    b. Keep your feet as flat as possible.
    c. Keep your head up, your back straight, and your shoulders back.
4. You should feel the muscles in your abs and back—your core muscles—engaging to help you maintain your balance. You should also feel the muscles in your lower legs and feet working.
5. Relax while still maintaining proper posture. You will notice that it is very difficult to maintain your balance while standing completely still. This is completely normal. As you get more and more used to using the AeroFlex and your core strength increases, you will find it easier to maintain your balance with just small adjustments.
6. To increase the challenge: turn or tilt your head from side to side, or close your eyes for a few seconds. These variations are more challenging and it may take some time and effort to master them.

STEP 3: PERFORMING EXERCISES

While sitting, lying, or standing on the platform, you can perform body-weight training exercises, including calf raises, squats, planks, push-ups, glute bridges, arm circles, leg circles, and tricep dips.

WARNING: Use extra caution when standing on the AeroFlex. Standing on the platform increases the risk of falling which can cause serious injury and even death.

STEP 4: INCREASING EXERCISE DIFFICULTY

You can increase the difficulty of your workouts gradually over time:

- Slowly increase the time you hold each exercise. Start by holding each exercise for 5–10 seconds. Once you've mastered that, try holding each for 15 seconds, then 30 seconds. Continue to slowly increase.
- Slowly increase the number of repetitions you perform of each exercise. Start with 5–10 repetitions. Then, try increasing the number of repetitions to 15–20, then 25–30. Continue to slowly increase.
- Try incorporating more advanced body-weight exercises into your workouts with the AeroFlex, such as mountain climbers, burpees, side planks, lunges, donkey kicks, single-leg planks, supermans, plank jacks, plank climbers, and more!
- Try using the AeroFlex in the more advanced Four-Way Balance Board configuration. See setup instructions on page 11.

STEP 5: INCORPORATING STRENGTH TRAINING

To continue improving your strength and stamina, you can incorporate strength training equipment such as dumbbells, resistance/yoga bands, and ankle/wrist weights. Start with a low weight, such as 2 lbs. dumbbells or resistance bands, and increase the weight slowly. Example variations:

- Hold a small exercise ball between your knees as you do glute bridges.
- Hold a dumbbell in each hand or use wrist weights when performing exercises that work your arms, shoulders, chest, and upper back.
- Use ankle weights when performing exercises that work your legs, hips, and glutes.
- Use resistance bands or elastic yoga bands to increase the challenge when performing a wide range of body-weight exercises.

WARNING: Use extra caution when standing on the AeroFlex. Standing on the platform increases the risk of falling which can cause serious injury and even death.

USING THE AEROFLEX AS A AEROBIC STEP PLATFORM

STEP 1: PERFORMING EXERCISES WITH YOUR AEROFLEX

Step aerobics is a fun, fast-paced cardio workout that provides endless workout variations.

Step up front-to-back:

1. Stand on the ground behind the AeroFlex
2. Step up onto the platform with your left foot. Step up with your right foot.
3. Step backwards off the platform with your left foot. Return your right to the floor.
4. Repeat 10–20 times.
5. Switch feet (step with your right foot first).

Step up side-to-side:

1. Stand on the ground to one side of the AeroFlex.
2. Step sideways up onto the platform with your inside foot. Step up with your outside foot.
3. Step off the side of the platform with your outside foot. Return your inside foot to the floor.
4. Repeat 10–20 times.
5. Stand on the other side of the board and switch feet.

STEP 2: INCREASING EXERCISE DIFFICULTY

- Perform step aerobic variations:
  - Lift your knees up high as you step up.
  - Touch your opposite elbow to your knee as you step up.
  - Raise your arms above your head as you step up and down.

- Slowly increase the number of step repetitions you perform. Start with 10–20 repetitions. Then, try increasing the number of repetitions to 20–30, then 30–40. Continue to slowly increase.
- Pick up the pace. Try putting on some up-beat music and increase the speed of your steps.

STEP 3: INCORPORATING STRENGTH TRAINING

To continue improving your strength and stamina, you can add strength training equipment such as dumbbells, resistance/yoga bands, ankle/wrist weights, or a medicine ball to your step aerobic workout. Start with a low weight, such as 2 lbs. dumbbells or resistance bands, and increase the amount of weight you use slowly.

Strength training options:

- Hold a small dumbbell in each hand.
- Wear wrist weights.
- Hold a medicine ball in your hands.
- Wear ankle weights.
- Use resistance bands or elastic yoga bands.

PRO TIP: While sitting, lying, or standing on the platform in the step-aerobic configuration, you can perform body-weight training exercises, including calf raises, incline planks, push-ups, side planks, glute bridges, single-leg planks, and tricep dips.

USING THE AEROFLEX AS AN INCLINE STRETCHING BOARD

STRETCHING WITH YOUR AEROFLEX

- Use AeroFlex in the incline position to stretch your hamstrings, shins, calves, ankles, Achilles tendons, and feet.

ENDURANCE TRAINING

PREPARING FOR TRAINING

It is important to make an appointment with your physician for a checkup and to discuss your training goals. Your physician can advise you on the most suitable exercise type, duration, and exertion level for you and help you create a suitable exercise plan before you begin using the AeroFlex. This is especially important for people who:

- Are older than 35 years of age.
- Have blood pressure that is too high or too low.
- Have heart problems.
- Are overweight.
- Have not done endurance or cardio workouts for a long period of time.

TRAINING RECOMMENDATIONS

HYDRATION

Adequate hydration is essential before and during exercise. During a training session of 30 minutes it is possible to lose up to 4 cups of liquid. You should drink about 1.5 cups of water 30 minutes before beginning exercise. Take care to maintain balanced hydration during your workout.

TRAINING FREQUENCY

Experts recommend endurance training 3–4 days a week to keep your cardiovascular system fit. The more you train, the faster you will achieve your training goals. However, it is important to plan sufficient breaks, to give your body enough time for rest and recovery. After each training session, you should take at least one day off.

EXERCISE INTENSITY

Many beginners make the mistake of training too intensely. If your goal is to run a marathon, your training intensity will certainly be high. However, most people have training goals such as weight reduction, cardiac/exercise training, stress reduction, and therefore should exercise at a lower intensity.

We recommend aiming for the appropriate target heart rate for your particular training goal. See **CALCULATING TARGET HEART RATE** on page 23 for more information.

DURATION OF INDIVIDUAL TRAINING SESSIONS

For endurance training or weight reduction, the duration of each training session should be 25–60 minutes. Beginners and those who have not exercised regularly for a long period of time should start with short training sessions of 10 minutes or less in the first week and slowly increase training duration week to week.

TRAINING DOCUMENTATION

To stay motivated and to evaluate the success of your training, create a training plan before beginning a new exercise routine. In your plan, document data from each training session, such as distance, training time, pulse, as well as data, such as body weight, blood pressure, resting heart rate (measured in the morning right after waking up), and how you feel during exercise. See the **SAMPLE WEEKLY TRAINING PLAN** on the bottom of page 22.

TRAINING INSTRUCTIONS

STEP 1: WARM-UP PHASE

Spend about 5 minutes doing warm-up stretches before exercising; this prevents pulled muscles and other exercise injuries. Stretching gets blood flowing and helps loosen your muscles so they are ready for exercise. While doing the following stretches, do not force or jerk your muscles, and most importantly, if it hurts: STOP. After stretching, continue your warm-up by walking or riding a bike for 3–5 minutes at a low speed.

TOUCH YOUR TOES

1. Bend your knees slightly. Let your back and shoulders relax as you bend over and try to touch your toes.
2. Hold the stretch for 10–15 seconds. Repeat 3 times.

STRETCH YOUR LEGS, CALVES, AND BUTTOCKS

1. Sit on the floor or a cushion. Place your left foot against your right inner thigh.
2. Bend toward your right foot and try to touch your toes.
3. Hold the stretch for 10–15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.

STRETCH YOUR QUADS

1. Place your left hand on a wall or a table to help with balance.
2. With your right hand, grab your right ankle. Pull your heel in toward your buttocks.
3. Hold the stretch for 10–15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.

STRETCH YOUR GROIN AND INNER THIGH MUSCLES

1. Sit on the floor or a cushion with your knees bent and the soles of your feet together.
2. Hold your ankles and bend forward at your hips.
3. Hold the stretch for 10–15 seconds. Repeat 3 times.

STEP 2: EXERCISE PHASE

During the exercise phase you're building muscle, stamina, and improving your cardiovascular health slowly over time. The most important thing is to always listen to your body. If you are tired or sore, slow down or stop training for the day.

STEP 3: RECOVERY PHASE

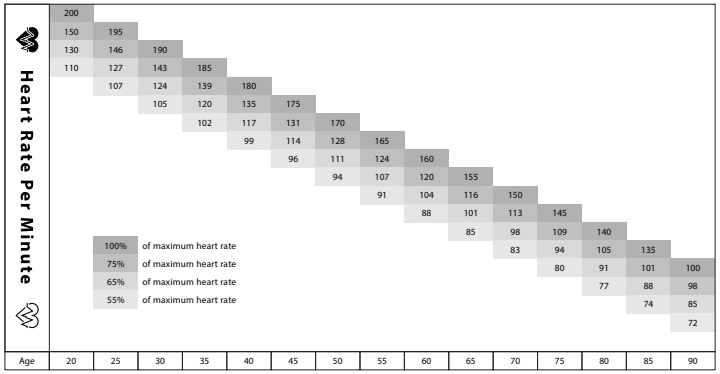
After exercising, it's important to give your body time to cool down and recover. Walk or ride a bike for another 3–5 minutes at low speed. Then, spend 5 minutes completing the above warm-up stretches to continue cooling down your muscles. Be careful not to force or jerk your muscles as you stretch.

SAMPLE WEEKLY TRAINING PLAN

Week: _____ Month: _____ Year: _____

Day	Date	Exercise Duration	Exercise Distance	Calories Burned	Pulse Rate	Notes
Mon.						
Tues.						
Wed.						
Thur.						
Fri.						
Sat.						
Sun.						
Weekly Totals:						

CALCULATING TARGET HEART RATE



Calculate your personal target heart rate when training based on your fitness goals:

MAXIMUM HEART RATE 220 - Your Age = Max Heart Rate

This value represents your maximum heart rate ("max HR") and serves as a basis from which to calculate your personal training heart rate.

HEALTH & WELLNESS TRAINING Target Zone = 50-60% of Max HR

- Ideal for people who are overweight, older, beginners, or who do not exercise often.
- Burn approx. 4–6 calories per minute to produce energy in this zone.

FAT BURNING TRAINING Target Zone = 60-70% of Max HR

- Ideal for athletes and sports people who aim to lose weight.
- Burn approx. 6–10 calories per minute to produce energy in this zone.

CONDITIONING & FITNESS TRAINING Target Zone = 70-80% of Max HR

- Ideal for athletes and sports people who want to improve their stamina and/or conditioning.
- Burn approx. 10–12 calories per minute to produce energy in this zone.

For best results, calculate the average value of selected target zone (see chart above):

- **Health & Wellness:** target zone average = 55% of max HR (max HR x 0.55)
- **Fat Burning:** target zone average = 65% of max HR (max HR x 0.65)
- **Conditioning & Fitness:** target zone average = 75% of max HR (max HR x 0.75)

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce risk of serious injury or death read all equipment safety labels and 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 product is entirely at the user's discretion. Please read all instructions and safety information carefully before using these products. We assume no responsibility for personal injury or property damage sustained by or through using these products.

RESPONSIBILITIES

- Use the AeroFlex only as instructed in this manual.
- Examine the AeroFlex and accessories for wear or damage before use. Never use if damaged, worn, malfunctioning, or if parts are missing.
- Do not allow children to use the AeroFlex. This product is for adult-use only. Keep children and pets away from the AeroFlex at all times. The AeroFlex is not a toy.
- Adults with diminished mental or physical capacity may only use the AeroFlex while supervised by a responsible adult.
- Do not allow more than one person to use the AeroFlex at a time.
- Do not exceed the maximum weight capacity of 330 lbs.
- This unit is not a medical device and is not recommended for medical use. The AeroFlex intended for in-home, indoor-use only. Do not use the AeroFlex in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the unit and all parts according to local and federal regulations.

EXERCISE SAFETY

- Users should consult with a medical professional before beginning a new exercise program. Your physician should assist you in determine the heart rate zone appropriate for your age and physical condition. Your physician can help determine if you have physical limitations that could create a health risk or prevent you from properly using this equipment; some exercise programs or types of fitness equipment may not be appropriate for all people. This is especially important for those who are or may be pregnant; those over the age 35 or with pre-existing health problems; those who experience dizziness or balance impairments or taking drugs that affect balance; those with heart conditions, hypertension, blood clots, or taking medication that affects heart rate; those with a pacemaker, artificial heart, or similar implant; those who have recently had surgery; those with cancer or malignant tumors; those with orthopedic conditions, spinal injuries, osteoporosis, fractures, herniated or slipped discs.
- Incorrect or excessive exercise or overexertion can be damaging to your health. Always exercise within 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.
- When using the AeroFlex as a balance board, the surface is highly unstable because it is designed to challenge your balance. You may fall off the AeroFlex, which could result in severe injury or even death.
- Ensure you have adequate clear space around you (at least seven feet on all sides) in case you fall. Remove all objects from the surrounding area in case you fall.
- To reduce the risk of injury in the event of a fall, place an exercise mat or pad over hard flooring such as wood, tile, and linoleum.
- Standing the AeroFlex when used as a balance board increases the risk of falling because the platform can tip rapidly. If you choose to stand on the platform in this configuration:
  - Take extra precautions against falling, such as: (1) holding a secure hand-hold (such as a door frame, piece of heavy furniture, etc.), (2) being extremely cautious if holding dumbbells or other equipment in your hands, and (3) placing mats on the floor.
  - Be prepared to fall. Even with precautions, standing on the platform is a very advanced activity which could result in serious injury or death.
- Always maintain control and move slowly during your workouts.
- Use a dry towel to wipe sweat off the surface of the equipment before use and as needed during the workout.
- Use the AeroFlex only on a flat, non-slip floor.
- Do not perform other activities while using the AeroFlex to avoid accidents or injury.
- Do not use during or immediately after eating or when you feel tired. Never use the AeroFlex while intoxicated. Do not use if injured or ill.
- Wear comfortable athletic shoes with non-slip soles. Never use the AeroFlex when wearing only socks or stockings as the slick material could cause falling.
- Always wear appropriate athletic clothing. Appropriate clothing should be loose, comfortable, and allow you to move freely.
- Keep hair, fingers, and other body parts out from under the AeroFlex.
- Warm up before exercise and cool down after exercise to prevent sports injury.

MAINTENANCE, CLEANING, AND STORAGE

- Use a slightly damp cloth or soft towel to wipe any dirt or moisture from the equipment after each use. You may use mild soap, if necessary, to clean. Do not use abrasive, solvent, corrosive, or chemical cleaners.
- Store equipment in a cool, dry location. Do not use or store in direct sunlight, in a high-temperature, high-moisture, or high-dust environments, near heat sources or windows, or in unventilated areas.

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions: 21.3” L× 13.4” W× 5.5” H

Net Weight: 6.9 lbs.

Max User Weight: 330 lbs.

Material: Polypropylene + TPE

MADE IN CHINA

ENDURANCE TRAINING

AEROFLEX

4-IN-1 AEROBIC STEP PLATFORM

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

SONIC

VIBRATING MASSAGE 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
- Loosen tight muscles

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

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.

AGILITY

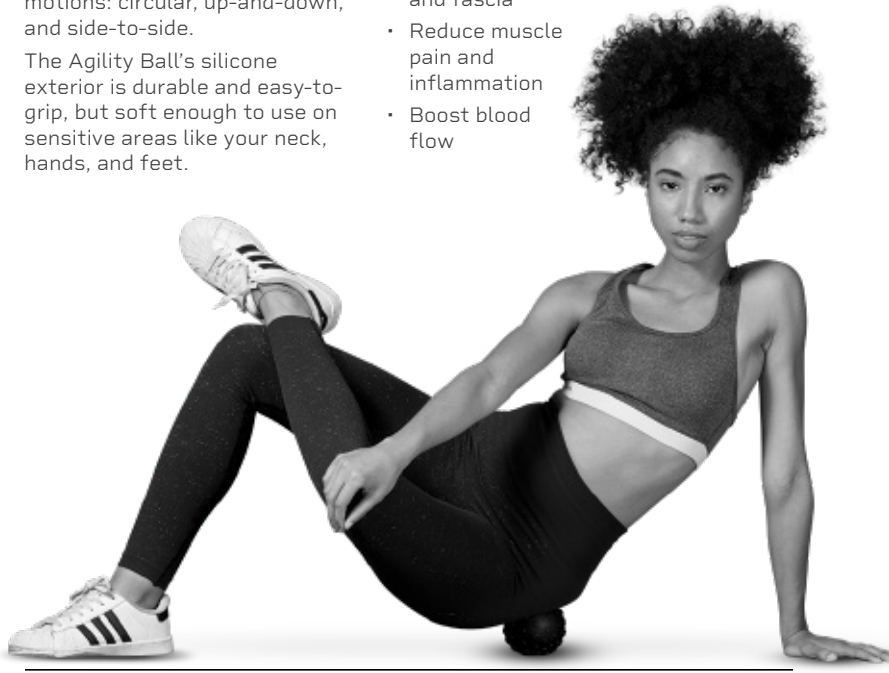
VIBRATING MASSAGE BALL

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



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