



BioRecover Go™

Light Therapy Knee Wrap

User Manual

Enjoy the Power of Red Light

Professional-grade red and near-infrared light technology.



Hello There!

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness 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 includes ongoing member support from our Lifepro team and a lifetime warranty so you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS, YOUR WAY.



What's in the Box? 🚀



CUSTOMER SUPPORT

If you have any questions about setting up the BioRecover Go, we're here to help. Email us at support@lifeprofittness.com and an experienced customer support representative will be happy to assist you.

Intended Uses

This product is intended to be used:

- For 10-20 minutes per treatment 3-5 times per week.
- Over clean, dry skin.
- To promote wellness and recovery.

Quick Start Guide

Scan Here 

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your BioRecover Go.



1 | CHARGE

1. Lift and rotate the port protector away from the charging port on top of the battery/controller. Plug the charging cable into the charging port.
2. Plug the charging cable into a USB outlet or a standard mobile phone charging adapter. The battery indicator flashes red to indicate the battery is charging.
3. When fully charged, the battery indicator turns blue. Unplug the battery/controller and the charging cable.

NOTE: Wait until the device is fully charged before use; it cannot be used while charging.

2 | PREP

1. Before using the BioRecover Go, it's important to do a skin sensitivity test to ensure you won't experience any adverse reactions to phototherapy. See **TESTING FOR SKIN SENSITIVITY** on page 15.
2. Remove any metal from the area to be treated. Remove clothing from the area.
3. Align the battery/controller over the 6 magnetic contacts on the knee wrap. Push together gently to snap it into place.

3 | USAGE

1. Position the BioRecover Go over your knee with the Lifepro logo facing away from your skin.
2. Fasten the larger thigh strap behind your thigh and the bottom calf strap behind your calf.

NOTE: The BioRecover Go should be snug, but not too tight.

3. Press and hold the power button on the bottom of the battery/controller to turn on the device. The control screen will light up and begin the default treatment program.
4. For more details, see the **OPERATING INSTRUCTIONS** on pages 10-14.

Scan Here  **Activate Your Warranty**

Scan the QR code to activate the lifetime warranty for your BioRecover Go within 14 days of purchase.



QUESTIONS?

We're here to help! Email us at support@lifeprofitfitness.com

Tips for Using the BioRecover Go

- Turn off the BioRecover Go before removing it from the treatment area.
- For best results, use the BioRecover Go over bare skin.
- While the BioRecover Go is primarily designed for use on the knee, elbow, and shoulder, it may also be used on arms, legs, hands, or feet.
- Attach the included extension straps to the thigh and calf straps if you need more length or wish to treat your shoulder.
- Recommended treatment time for first-time users is 5-10 minutes per area.
- Use the BioRecover Go for no more than 30 minutes at a time. Wait at least 8 hours between treatment sessions on the same body part.
- Check the treatment area frequently, and stop immediately if you experience pain or discomfort.
- Monitor treated areas for several days after the initial treatment. If you feel discomfort or sensitivity, stop use or decrease treatment time (either the time per session or the number of sessions per day/week).
- People with sensitive skin or skin conditions that can be exacerbated by heat, such as eczema and rosacea, may want to use the device only for short durations.
- Disconnect the battery/controller, straps, and charger for storage or travel.

Frequently Asked Questions

Q: HOW OFTEN CAN I USE THE BIORECOVER GO?

A: The recommended treatment time for beginners is 5-10 minutes per area. After you have grown accustomed to red light therapy, which can take over several weeks, we recommend 20-minute treatment sessions 3-5 per week with your BioRecover Go for optimal results. Wait at least 8 hours between treatment sessions on the same body part.

Q: WHERE CAN I USE THE BIORECOVER GO KNEE WRAP?

A: While the BioRecover Go is designed primarily for use on the knee, shoulder, or elbow, it can be used on the torso, arms, legs, feet, and hands. Never use the BioRecover Go on your head or over your eyes, as the lights can damage your eyes.

Q: SHOULD I WEAR CLOTHING OVER THE TREATMENT AREA?

A: For red light therapy to work most effectively, it is best to wear the BioRecover Go directly against your skin. However, you may use the wrap over light, cotton clothing.



What are Red Light and NIR - Light Therapies?

RED LIGHT THERAPY

Red light therapy, also called phototherapy, is a therapy that uses low-wavelength red light at a frequency of 600-700 nm (nanometers) to treat the body at and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use the red light to make energy and stimulate cell repair and regeneration.

Red light therapy is a highly-effective, non-invasive, chemical-free therapy that can be used to safely and painlessly heal and rejuvenate many parts of the body since it increases blood circulation.

NEAR INFRARED (NIR) LIGHT THERAPY

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

WHAT'S THE DIFFERENCE BETWEEN RED AND NIR LIGHT THERAPY

The BioRecover Go's RED mode uses 660 nm red light which is a wavelength that is easily absorbable by the skin, making it especially effective for improving blood circulation and stimulating collagen and elastin production, which reduces the appearance of fine lines and wrinkles. NIR (near-infrared) mode uses 850 nm light, which penetrates deeper into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells. RED+NIR mode uses 660 nm and 850 nm wavelengths of light at the same time, and it treats the surface of the skin and below the skin simultaneously.

What Are the Benefits?

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

- Energize the lymphatic system, aiding in detoxification.
- Improve skin appearance, including sun damage, scars (including acne scars), burns, cellulite, fine lines, and wrinkles.
- Stimulate collagen and elastin production and cell regeneration, which improves blood circulation and the overall appearance of the skin including reduced cellulite.
- Lose inches off the waist, hips, or other treated areas.
- Decrease pain, inflammation, and stiffness in joints, muscles, and connective tissues.
- Boost the immune system. Improve sleep quality and improve mental clarity and focus.
- Reduce hormonal imbalances. Reduce cortisol and increase serotonin, reducing stress and depression.
- Promote faster recovery post-workout.

What Is Pulsed-Light Therapy?

Pulsed-light therapy is phototherapy that uses rapid pulses of light to produce improved results. The device LEDs rapidly turn on and off at a particular frequency. The frequency is a measure of the pause between "on" time and the next. For example, when a pulse frequency of 10 Hz is selected, the light pulses on and off 10 times per second.

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

Operating Instructions

Scan Here 

Scan now to learn more about your BioRecover Go.



Please read the operating instructions before using the BioRecover Go Light Therapy Knee Wrap. Keep this manual for reference.

CHARGING THE BATTERY

1. Fully charge the battery, for up to 3 hours, before using for the first time.
2. To charge the battery:
 - a. Open the small rubber flap on the top of the battery/controller.
 - b. Connect the charging cable to the charging port.
 - c. Plug the charging cable into a USB outlet or a standard mobile phone charging adapter. The battery indicator flashes red to indicate the battery is charging. See **USING THE CONTROL PANEL** on page 11 for details.
3. After the first charge, it typically takes about 2 hours to charge the battery.
4. The battery indicator on the battery/controller indicates the current battery level:
Blue = 31-100% Red = 0-30%
5. When the battery indicator turns red, charge the battery right away.
6. The average run-time on a full battery charge is 1-2 hours, depending on the settings used.
7. Disconnect the charging cable immediately after charging and before cleaning or storing.

NOTE: The BioRecover Go cannot be used while it is charging.

USING THE CONTROL PANEL

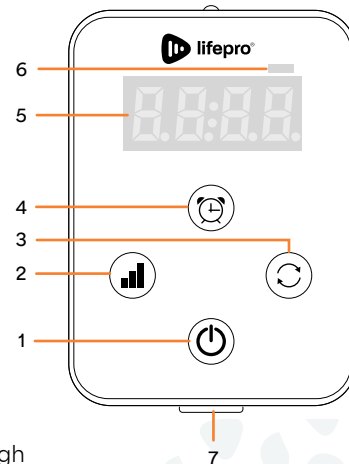
1. **Power Button:** Tap and hold to turn the BioRecover Go on and off. The display screen lights up when the device is on. Tap to turn on Pulsed-Light Therapy (10Hz). 10 Hz means both the red lights and infrared lights are working in pulses. 10Hz is off by default.
2. **Intensity Button:** Tap to toggle through the 3 light intensity options: P1-P3. P1, the lowest intensity level, is selected by default.

NOTE: Power Intensity cannot be adjusted while in 10 Hz mode.

3. **Mode Button:** Press to toggle through the 3 therapy modes: red light (A), near infrared light (1A), and ALL (A1A). ALL means both the red lights and NIR lights are working. ALL mode is selected by default.

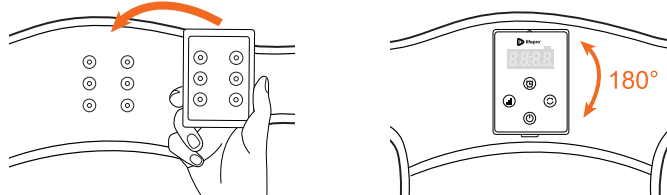
NOTE: NIR lights are invisible to the human eye.

4. **Time Button:** Press to set the treatment time from 10-30 minutes in 10-minute increments. The default treatment time is 10 minutes.
5. **Display Screen:** Displays setting as they're being made, and then the time remaining once the treatment has begun. If no button is pressed for 10 seconds, the display screen turns off to conserve battery power. Simply tap any button to see how much time is left in your treatment.
6. **Battery Indicator:** Indicates when the device is charging (flashing red), less than 30% charged (solid red), or greater than 30% charged (blue).
7. **Lock/Reset Button:** Press to lock/unlock the screen during use. Press and hold for 5 seconds to restart the device.



USING THE BIORECOVER GO

1. Place the knee wrap in position on the front of your knee with the LEDs against your skin. Use the Velcro® straps to secure the knee brace. It should be snug, but not too tight. If the brace does not fit, use the extension straps (see page 13).
2. Align the battery/controller over the 6 magnetic contacts. The battery/controller can be oriented either with the Lifepro logo facing you or upside down. Press gently to snap the battery/controller into place.



3. Tap and hold the **Power button** to turn on the BioRecover Go. The display will show the 10-minute default treatment time, and the default therapy program (A1A) will begin automatically. Tap the **Power button** again, in any mode, to use the Pulsed-Light Therapy setting (10Hz).
4. Tap the **Intensity button** to change the light intensity level, if desired, from P1-P3. You may adjust the intensity at any time in A1A or A modes.
5. Tap the **Mode button** to change the light therapy mode. Tap once to select red light only (A), again to use NIR only (1A), and a 3rd time to return to both: red light + near-infrared (660+850 nm) (A1A). You may change the mode at any time.

NOTE: NIR lights are invisible to the human eye. You'll be able to tell they're on by the battery indicator LED on the display window.

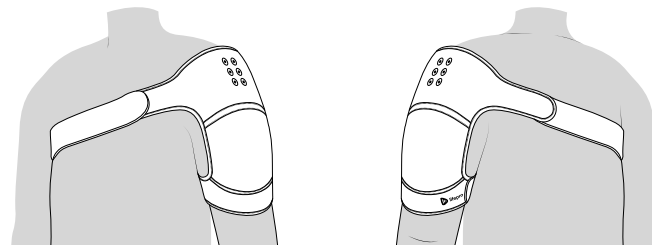
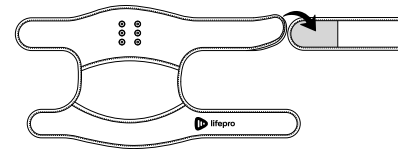
6. Tap the **Timer button** to change the treatment time, if desired. The treatment time can be set from 10-30 minutes in 10-minute increments. Your selection appears in the display window and can be adjusted at any time.

7. The BioRecover Go will automatically shut down after the set treatment time ends. Tap and hold the **Power button** to stop the therapy session at any time.
8. Always power off the battery/controller, and remove it from the brace after each use.

NOTE: The BioRecover Go display screen turns off after 15 seconds if no button is pressed. To turn the display screen back on, press any button. If that is unsuccessful, press the **Lock Screen button** on the bottom of the battery/controller.

USING THE EXTENSION STRAPS TO TREAT THE SHOULDER

1. Open all of the Velcro® straps on the knee wrap, and lay it flat with the logo side up.
2. Fold the thigh strap over so the sticky Velcro® end is exposed. Attach one end of the long extension strap to this end.
3. Place the BioRecover Go over the shoulder.
4. Wrap the exposed end of the long extension strap around the back of the torso so that it meets the other end of the thigh strap on your chest. Fasten them together comfortably.
5. Attach the calf strap and short extension strap around the arm.



NOTE: The extension straps may also be used to elongate the BioRecover Go for use around the knee or hip if needed.

DETERMINING TREATMENT FREQUENCY AND DURATION

ISSUE/SEVERITY	ACUTE	CHRONIC	MAINTENANCE
Frequency (How Often)*	1-2 times daily (per treated area)	1 time daily (per treated area)	2-4 times weekly (per treated area)
Duration (How Long)*	15-20 minutes (per treated area)	10-20 minutes (per treated area)	5-15 minutes (per treated area)

*Per treated area.

NOTE: Do not use continuously for more than 30 minutes, and wait at least 8 hours between treatment sessions on the same body part.

CHOOSING AN INTENSITY

3 different intensity settings allow you to choose the right setting for your particular need. Each setting offers a different power (in Watts) to help reduce inflammation, increase blood flow, and relieve pain. If the heat is too intense, try reducing the intensity level.

NOTE: Intensity cannot be adjusted while in 10 Hz mode.



Testing for Skin Sensitivity

Scan Here

Scan the QR for additional information about your BioRecover Go.



To ensure you won't experience any adverse reactions to light therapy, perform a sensitivity test:

1. Hold the inside of the knee wrap to your inner arm with the LEDs against your skin.
2. Attach the charged battery/controller to the magnetic contacts. See **USING THE BIORECOVER GO** on page 12.
3. Tap and hold the **Power button** to turn on the BioRecover Go. The default treatment program will begin automatically. Allow it to run for 5 minutes, and then tap and hold the power button again to turn the BioRecover Go off.
4. If your skin feels uncomfortable or hot at any point during the test treatment, stop using the BioRecover Go immediately.
5. Some temporary redness and warmth is normal. If you have lasting or excessive redness or the heat is uncomfortable, you may be sensitive to light therapy and should not continue to use the BioRecover Go.
6. Wait at least 6 hours after the sensitivity test. If your skin becomes red and/or itchy, you may be sensitive to light therapy and should not continue to use the BioRecover Go.

NOTE: Please see a list of contraindications (people who should not use this device) on page 21.

Cleaning and Storage

WARNING:

- Never allow water, other liquids, or steam to come into contact with the remote control or power cables. Do not immerse the product, remote control, or cables in water or other liquids.
- Use the device only over clean skin or clothing to keep the inside of the product clean.
- Turn off, unplug, and allow the device to cool down before cleaning or storing.
- Wipe the device with a soft, dry cloth after use.  **WARNING:** Do not allow water or other liquids to come into contact with the device.
- Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners to clean the device. You may use an alcohol-based sanitizing wipe on the device and battery/controller.
- If debris or hair gets caught in the Velcro® hook and loop fasteners, use a toothpick to remove.
- Store the device in a cool, dry, indoor location. Disconnect the battery/controller and charger before storing.
- Do not store other objects on top of the device. Store in the original box to prevent damage to the product.
- Do not attempt to disassemble or repair the device; contains no user-serviceable parts.

NOTICE

- Excessive force or weight applied to the device can crush or damage it.
- To avoid damaging the device, do not wrap the charger around it.
- Do not sharply fold the device as this can damage the LEDs.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of device and all accessories according to state and federal regulations.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your BioRecover Go using the table on the next page. Please contact a customer support representative for additional assistance at support@lifeprofithness.com or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Device is not working.	Device is not charged.	Connect the battery/controller to the charging cable. Plug the charging cable into a USB adapter or device.
	Device is charging.	The device will not work if the battery/controller is plugged in.
	Device is not turned on.	Press the On/Off button to turn on the BioRecover Go.
Device stopped working suddenly.	Device automatically shuts off after the working time ends.	Turn the BioRecover Go on to begin a new session.
	The battery has run out.	Connect the battery/controller to the charging cable. Plug the charging cable into a USB adapter or device.
	The battery/controller is not in contact with the brace.	Ensure the 6 metal contacts on the controller are aligned with and attached to the 6 metal contacts on the brace.
Power Intensity is too strong or too weak.	The intensity selected is not optimal.	Choose a different intensity level from the 3 options: P1-P3. We recommend starting with the lowest intensity level (P1).
	The Velcro® straps are too tight or too loose.	Adjust the tightness/looseness of the Velcro® straps as needed.
Buttons do not respond.	Device has crashed.	Press and hold the reset button on the bottom of the battery/controller for 5 seconds to reboot the battery/controller.
Some of the LEDs do not Light up.	Normal functionality.	Near-infrared (NIR) wavelengths are not visible to the human eye.

Product Specifications

UNIT SPECS

Wrap Size: 21.7×11.1×0.3 in 55.1×28.2×0.8 cm	Battery/Controller Size: 3.2×2.4×1 in 8.1×6.1×2.5 cm
Weight (Brace + Battery/Controller): 0.6lbs. 0.3 kg	Power Levels: P1-P3
Rated Power: P1: 2.3W P2: 3.5W P3: 4.7W	Irradiance: P1: 66mW/cm² P2: 96mW/cm² P3: 116 mW/cm²
Auto Sleep Mode: 10 seconds	LED Life Expectancy: 20,000 hrs
Maximum Circumference with Extensions: Thigh: 40.3 in (102.36 cm) Calf: 23.7 in (60.2 cm)	
Total LEDs: 40 Triple-LED Chip sets	Temperature Range By Heat Level: Low: 90°F-110°F (32.22°C-43.33°C) High: 110°F-130°F (43.33°C-54.44°C)
Extension Pieces: 2	Certifications: FDA, CE, RoHS, MSDS

CHARGER

Rated Input: 5V	Rated Output: 2A
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BATTERY

Type: Lithium-ion	Capacity: 3000 mAh
Use Time: 1-2 hrs	Charge Time: 2 hrs

From Our Wellness Collection:

Legra Hand Massager

Give your hands the care they deserve.



The Lifepro Legra delivers a relaxing, full hand and wrist massage that's ideal after a long day of typing, lifting, gripping, or creating. Whether your hands are tired from work, hobbies, or daily routines, Legra is designed to help ease tension, promote flexibility, and support ongoing wellness. With gentle compression, vibration, and optional heat, it's your go-to for on-the-go hand relief.

Personalized Comfort

Choose from 5 massage modes, 5 intensity levels, 2 vibration settings, and optional soothing heat—all powered by a rechargeable battery that lasts up to 4 hours per charge.

Highlights:

- 

SOOTHES
DISCOMFORT
- 

LOOSENS
TIGHTNESS
- 

SUPPORTS
WELL-BEING
- 

ENHANCES
RELAXATION

From Our Vibration Collection:

Waver Vibration Plate

Step onto the Lifepro Waver and take your wellness routine to the next level. This easy-to-use vibration platform is designed to support your fitness goals by encouraging movement, muscle activation, and gentle stimulation—all with minimal impact.



The Waver's gentle, rhythmic vibrations help stimulate your body through repeated muscle engagement, making it a great tool for complementing your existing workout routine or recovery regimen.

Highlights:



ENHANCES
STABILITY



FULL-BODY
ACTIVATION



LOW IMPACT
EXERCISE



CUSTOM
INTENSITY

Built for Flexibility

Includes mini bands and handled resistance bands for a variety of workout options—from light stretching to upper-body resistance moves.

Safety Instructions

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property. *Keep this manual in a safe place for future reference.*

NOT INTENDED FOR

- This product is not intended to be used:
 - If you had a negative reaction to the skin sensitivity test.
 - On open or bleeding wounds, or infected, bruised, swollen, inflamed, or sunburned skin.
 - Take or use any topical or oral medication or products that may cause photosensitivity.

CONTRAINDICATIONS

- Do not use this product over open or bleeding wounds. Do not use over swollen or inflamed skin.
- Do not use this product if you:
 - Have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.
 - Have a pacemaker or other medical device or implant susceptible to electrical interference.
 - Have deep-vein thrombosis, deep thrombophlebitis, arrhythmia, erysipelas, pulmonary edema, heart disease or vascular disease, abnormal blood pressure, or if you are receiving treatment to normalize your blood pressure.
 - Have osteoporosis.
- Consult your physician before using this product if you:
 - Are, or suspect you may be, pregnant, or you have recently given birth.
 - Have ever had (or anyone in your household) symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights.
 - Are under the care of a physician for a pre-existing health condition or have any concerns about your health.

- Have a skin disorder, including inflammatory skin disorders, or sensitive skin.
- Take steroid medication, use a topical steroid, or receive steroid injections.
- Have poor blood circulation, peripheral neuropathy dysfunction affecting the legs, ankles, or feet, or if you have sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature.
- Take topical or oral medication that may cause photosensitivity (sensitivity to sunlight), including some antibiotics, antifungals, antidepressants, antipsychotics, oral contraceptives, psoralens, cardiac, diabetic, blood pressure, and cholesterol medications, chemotherapy drugs, pain medications, nonsteroidal anti-inflammatory drugs (NSAIDs), diuretics, cold and allergy medications, and retinoids (such as Retin-A and Retinol).
- Use a product that may cause photosensitivity, such as alpha-hydroxy acids (like glycolic acid), beta-hydroxy acids (like salicylic acid), melatonin, citrus essential oils, St. John's Wart, acne products, antibacterial soap, and coal tar and petroleum products.
- Are or may be sensitive to red light. Always test first.

DISCLAIMER

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

WARNING:

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

- Only use the provided charger at the specified voltage to charge the device. Using a charger other than the one provided may result in fire or explosion.
- Only use the provided accessories with the product.
- Do not use the provided power charger to power or charge other devices.
- Keep the device, battery/control, and charger away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- Keep away from liquids. Do not use outdoors, in high-moisture environments, or in any place where the device may become wet or damp. Do not immerse in water. If the device becomes wet, unplug it, and do not use.
- Do not use the device over wet skin, as this may result in electric shock or short circuit.
- Do not plug in or unplug the power adapter with wet hands.
- Do not use during lightning and thunderstorms.
- Never leave the device unattended while running or plugged in. Unplug the device after each use.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Do not modify, tamper with, or damage the charger. Never bend, tie, pull, or twist the charging cable. Never use a damaged or modified charger to charge the device.
- Keep sharp objects away from the device and power cable.
- Always inspect the device, control, charger, and accessories for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- Do not operate the device while sleeping, smoking, or under the influence of drugs or alcohol.

- Check the areas you are treating frequently, and stop immediately at the first sign of pain or discomfort or if you begin to feel unwell. Consult with your physician before using the device again.
- Pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experiences symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements, or convulsions, stop using the device IMMEDIATELY and consult your physician.
- For adult-use only. Keep away from children and pets. Children should be supervised to ensure that they do not play with the device.
- Do not use this product on sleeping or unconscious people or infants.
- This device is not intended for use by people with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.
- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights may result in damage to the eyes.



CAUTION:

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

- Do not wear metal accessories, such as snaps, buttons, zippers, belts, or jewelry, in the treatment area, as the metal may heat and cause burns. Metal accessories can also damage the air hoses or wraps.
- Do not use this product in combination with ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin), as this may result in burns.
- If the lights begin to feel too hot against your skin, turn the device off immediately.
- Keep long hair away from the product to avoid getting it caught in the Velcro®.
- Keep away from sharp objects that could damage the device or LEDs. Never use pins or other metallic fasteners with this device. Never wear pants with zippers, buttons, or snaps in the treatment area.
- Do not insert objects into the charging port.
- Unplug the device immediately in the event of a power failure.
- The device will automatically power off after the set working time. Do not use continuously for more than 30 minutes. Wait at least 8 hours between treatment sessions on the same body part.

FCC Statement

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

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

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

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



Industry Canada Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'utilisateur de l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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 product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the product cannot be repaired, we'll replace it—free of charge.

Register the BioRecover Go™ at biorecovergo.lifeprofitness.com to activate your warranty within 14 days of purchase.



BioRecover Go™

Light Therapy Knee Wrap

EXPERIENCE THE POWER OF
RED + NEAR-INFRARED
LIGHT THERAPY



ENCOURAGES
JOINT FLEXIBILITY



AIDS ACTIVITY
RECOVERY



ENHANCES
RELAXATION



PROMOTES
CIRCULATION



Congratulations on your purchase!

We're excited to be part of your wellness journey.

Scan the QR code to enjoy **15% off**
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You Might Also Like:

Legra Hand Massager

Give your hands the break they deserve. The Lifepro Legra Hand Massager is designed to ease tension, restore balance, and promote relaxation.



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Gently revive tired hands with customizable massage modes and relaxing warmth. The Legra is designed to help ease tension, promote relaxation, and support your daily wellness routine from the comfort of home.

*Discount valid on purchases of \$150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com