



THE SURGER

Vibrating Foam Roller

Setup Guide and User Manual

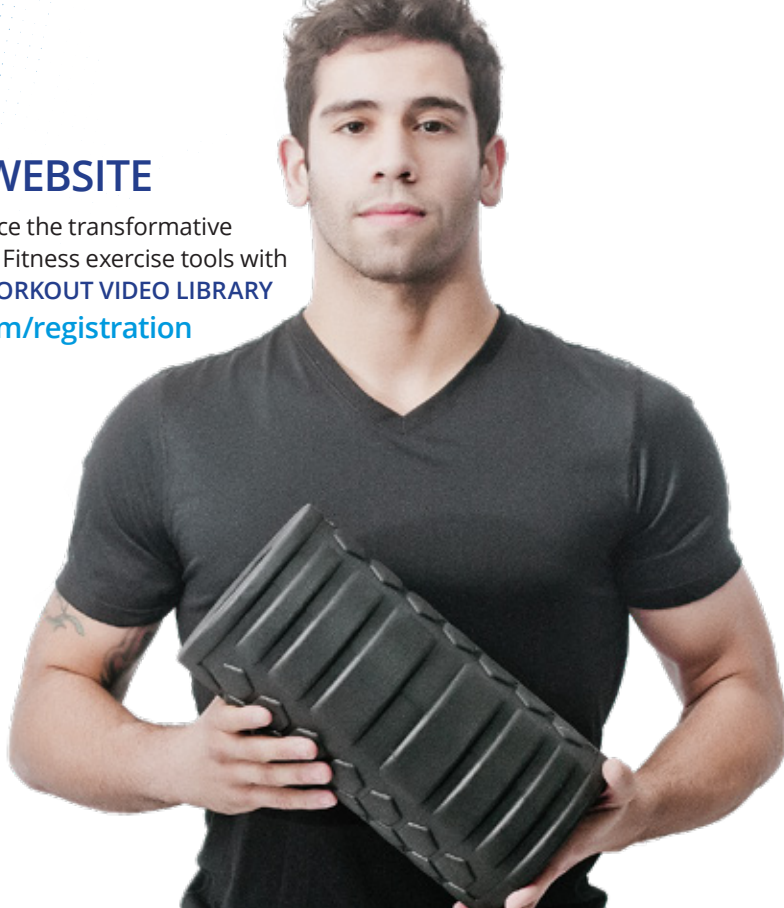
LIFEPROFITNESS.COM

VISIT OUR WEBSITE

SIGN UP to experience the transformative power of the LifePro Fitness exercise tools with our **FREE ONLINE WORKOUT VIDEO LIBRARY** lifeprofitness.com/registration



[LIFEPROFITNESS.COM](https://lifeprofitness.com)



HAVE YOU EVER FELT ALONE IN YOUR FITNESS JOURNEY?

WE HAVE AND WE'RE HERE TO MAKE SURE IT DOESN'T HAPPEN TO YOU.

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 Fitness brings the gym to you.

Recovering from an injury, getting fit, or losing weight are all incredibly difficult tasks. We founded LifePro Fitness because no one should have to go on this journey alone. LifePro Fitness is a vibrant community where people striving to achieve their fitness goals can find all the equipment they need, clear workout routines to follow, and support to keep them motivated and on track—all in one place.

Visit our **FREE** online workout video library.

Our coaches at LifePro Fitness have put together a comprehensive library of videos which provide you with support and ideas for incorporating your LifePro Fitness exercise tools into fun and effective workouts. Each workout video is designed to give you a low-cost, low-impact workout at any intensity—anytime, anywhere.

Sign up for our exclusive VIP Facebook group, where you will have a chance to meet the owners and have exclusive access to Q&A, new product announcements, and more.

Do you have questions or need help? We pride ourselves on providing exceptional customer service! Call or email one of our customer service representatives: (732) 456-6063 or support@lifeprofitness.com.

Please leave us a review on Amazon if you've enjoyed using your LifePro Fitness products. We love seeing reviews from happy customers. We're a small business and every review helps us improve our product and customer satisfaction!

LIFEPRO SURGER

Foam rolling has become an essential aspect of training for people of all fitness levels. Now you can enjoy all of the benefits of foam rolling and vibration technology together with the LifePro Surger vibrating foam roller. Use your 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.

If you are recovering from an injury, the Surger is a great tool for at-home rehabilitation because it helps reduce pain, improve circulation, and increase blood flow. It's like having your own personal deep-tissue massage.

Easily take your workout on the go: the Surger is highly portable and the lithium-ion battery provides 2 or more hours of use-time per charge.

Redefine your workouts and experience the transformative power of the LifePro Surger:

- **Increase workout effectiveness:** reduce soreness and speed up recovery, prevent injury, improve muscle flexibility and performance.
- **Recover from injury:** decrease pain and inflammation, boost circulation.
- **Find pain relief:** loosen knots, trigger points, and tightness in your muscles and fascia.

Check out the exercises in this manual for ways to get started using your Surger. Next, be sure to [visit our website lifeprofitness.com/registration](https://lifeprofitness.com/registration) to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the Surger into your fitness routine.

SETUP GUIDE

WHAT'S IN THE BOX

- LifePro Surger Vibrating Foam Roller
- Carrying bag
- AC charging adapter
- User manual
- 3 bonus Minibands to help you warm up for your workout

SETUP

1. Remove your Surger from the shipping box and packaging.
2. Fully charge your Surger for 12 hours before using it for the first time.
3. Connect the AC adapter to the charging port on the bottom of the Surger and plug the adapter into a wall outlet.
4. Register your Surger to activate your lifetime warranty.



LIFETIME WARRANTY

LifePro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty. If your Surger ever breaks, we will send you replacement parts and show you how to repair your unit. If your Surger cannot be repaired, we will replace it, free of charge.

Register your Surger at lifeprofitness.com/warranty to activate your warranty within 14 days of purchase.

CUSTOMER SUPPORT

If you have any questions about setting up your LifePro Surger, 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.

HOW TO USE

1. Once your Surger is fully charged, slide the Power switch on bottom of unit to the ON position.
2. Press the red Speed Control button on top of unit to toggle through 4 vibration speed levels:
 - a. Press the Speed Control button once to set the vibration speed to level 1. Press the button twice to select level 2, three times for level 3, four times for level 4.
 - b. Press the Speed Control button five times to turn off vibration.
 - c. The 4 blue LED lights indicate vibration speed level selected (on level 2, two LEDs will be lit).
3. Vibration will turn off automatically after 10 minutes of use. To continue use, simply press the red Speed Control button again to choose the desired vibration level.

TIMER SETTINGS

The Surger has 3 timer settings. Press the 60S button to set the timer to 60 seconds, the 90S button to set the timer to 90 seconds, or the 120S button to set 120 seconds. Use this feature to time yourself while rolling out a specific muscle group.

TIPS FOR USING YOUR SURGER

- Start with level 1 to get your muscles familiar with the Surger.
- Slowly roll your body back and forth along the Surger. Take a few seconds to go forward and then a few seconds to go back. Roll each muscle for several minutes.
- Roll along the long axis of your muscle. For example, if working your triceps, roll from your armpit to your elbow.
- Use a consistent, downward pressure.
- Stay hydrated.

HOW TO USE

Textured Polypropylene Shell

Speed Control Button

Toggle through the 4 speed levels (1, 2, 3, 4) and OFF.

Timer Buttons

Set timer to 60, 90, or 120 seconds.

Vibration Speed Indicators

4 blue LEDs indicate which vibration speed level is selected.



Battery Level Indicator LEDs
5 LEDs indicate current battery level.
When fully charged, the 4 green LEDs will be lit.
When battery is very low, only the red LED will be lit.

AC Power Adapter Charging Port

Power Switch
Slide the switch to ON to power the Surger on.

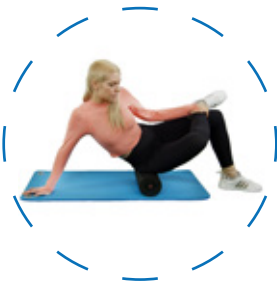
EXERCISES



UPPER BACK



IT BAND



GLUTES



LATS



QUADS

OPERATING INSTRUCTIONS

Please read the operating instructions before using the Surger. Keep this manual for reference.

CHARGING

- Fully charge your Surger for 12 hours before using it for the first time.
- After the first charge, your Surger should only take about 2 hours to charge (or charge until all four green LED are lit, indicating that the battery is at full capacity).
- To charge, connect the adapter to the charging port and plug into wall outlet.
- The average run-time is 2 hours at level four and longer at lower levels.
- We recommend that you do not fully deplete the battery to the red LED level.

MAINTENANCE, CLEANING, AND STORAGE

- Use a soft towel or cloth to wipe any dirt or moisture from unit.
- Keep the Surger away from heat sources, liquids, and children.

SAFETY INSTRUCTIONS

1. Consult your doctor before using this product.
2. For adult use only. Keep away from children and pets.
3. Use the Surger only as instructed in this manual.
4. Do not immerse unit in water. Keep liquids away from ventilation ports, buttons, and switches.
5. Unplug the unit after charging or prior to use.
6. Never leave the Surger unattended while it is running.
7. Do not operate continuously for more than one hour. After one hour of use, allow the unit to rest for 30 minutes before re-using.

OUR PRODUCTS

TURBO

dual-vibration plate



The Turbo vibration plate creates a unique repetitive motion using 3D/spiral vibration and oscillation that forces your muscles to contract repeatedly. This technique works more muscle fibers than other forms of exercise, which means you're getting double the results without double the effort!

TURBO BENEFITS

- Fat loss
- Muscle growth
- HGH release
- Boost metabolism
- Increase bone density
- Detoxification
- Lymphatic drainage
- Improve balance
- Joint maintenance
- Increase circulation



AGILITY

vibrating massage ball

The Agility vibrating massage ball is designed to target small muscle groups. The Agility 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'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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