



READY, SET, PRO

USER MANUAL

SOAR FX

COLLECTION



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 SoarFX 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 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

Massage guns have become an indispensable part of sports performance training, used by everyone from professional athletes to weightlifters and endurance athletes.

Physical therapists, chiropractors, and athletic trainers are turning to percussive therapy to help athletes recover from injury and improve performance. The Sonic Vibrating Massage Gun is your new fitness go-to: use the Sonic post-workout to speed up your workout recovery or pre-workout to enhance your performance.

The Sonic's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations allow the Sonic to massage deeply without causing pain. The high-frequency pulses loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is highly portable and the lithium-ion battery provides six or more hours of use-time per charge. Five massage speeds allow you to choose the right intensity for all your massage needs.

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

- ✦ **Increase workout effectiveness:** reduce muscle soreness and speed up recovery; prevent injury; improve muscle flexibility and performance.
- ✦ **Recover from injury:** decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- ✦ **Find pain relief:** loosen knots, trigger points, and tightness in your muscles and fascia; boost circulation; manage chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- ✦ **Boost immune system:** improve sleep; reduce stress; increase serotonin and decrease cortisol.

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



ACTIVE RECOVERY

SONIC

PERCUSSION MASSAGE GUN

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro Sonic Vibrating Massage Gun
- AC Charging Adapter
- 8 Interchangeable Massage Attachments

UNPACKING YOUR SONIC

1. Read carefully through this user manual before using the Sonic.
2. Go to sonic.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
3. Complete the steps in the SETUP GUIDE on the next page to assemble and charge your Sonic.

CUSTOMER SUPPORT

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

PARTS OF THE SONIC



EASY-START SETUP GUIDE

1

FULLY CHARGE THE BATTERY

- Charge the battery fully (for up to 6 hours) before using your Sonic for the first time.
- Connect the AC adapter:
 - When charging the battery separate from the body of the unit, plug the adapter into the charging port at the top of the battery.
 - When charging the battery as part of the assembled Sonic, plug the adapter into the charging port on the faceplate.
- Plug the adapter into a wall outlet.



2

ASSEMBLE THE SONIC

- Once battery is fully charged, unplug the AC adapter.
- Insert the battery/handle firmly into the base.
- Make sure the handle curves toward the front of the unit and that the small locking tab is facing up, as pictured.



3

INSERT A MESSAGE ATTACHMENT

- Make sure the Sonic is fully charged and powered OFF.
- Select the desired massage attachment.
- Insert the stem of the attachment into the unit and press firmly to secure it.
- See MESSAGE ATTACHMENT & SPEED OPTIONS on page 11.



OPERATING INSTRUCTIONS

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

CHARGING

- Fully charge your Sonic (for up to six hours) before using it for the first time.
- After the first charge, your Sonic should only take about 2 hours to charge.
- Full charge is indicated when all LED lights stop flashing and remain full lit.
- Average run-time is 6 hours (depending on the speed level used).
- We recommend not fully depleting the battery to the lowest LED level (20%).
- The manufacturer's recommended charging temperature is 32° – 113° F.

USING YOUR SONIC

1. Slide the Power switch on the Sonic's faceplate to the ON position.
2. Press the Speed Control button on the front of unit to toggle through the 5 vibration speed levels:
 - Press the Speed Control button once to set vibration speed to level 1.
 - Press the button twice to select level 2, three times for level 3, four times for level 4, five times for level 5. Press six times to turn off vibration.
 - The 5 green LED lights on the left side of the faceplate indicate the speed level selected (for example, on level 2, two LEDs will be lit).
 - Vibration will turn off automatically after 10 minutes of use. To continue use, press the Speed Control button again to choose desired vibration speed.
3. At the desired speed, float the head of the massage attachment along a muscle group. Apply pressure as needed.

REMOVING AND REPLACING A MESSAGE ATTACHMENT

1. Slide the Power switch on the faceplate to OFF to power-off the Sonic.
2. Grab the inserted attachment and firmly pull out to remove it.
3. Insert the stem of a new attachment into the unit, press firmly to secure.

REMOVING THE BATTERY

1. Press the Battery Release button on the side of the Sonic.
2. Firmly pull down on the base of the battery with your other hand to remove it.

MASSAGE ATTACHMENT OPTIONS

Eight interchangeable massage attachments are included with your Sonic.
The massage attachments allow you to target different areas of your body and specific massage therapy needs

**ROUND**
Improve recovery and reduce muscle soreness post-workout with gentle oblique impact.

**SPINAL**
Loosen up tough back tissue and improve flexibility with the spinal massage head.

**LARGE FLAT**
For muscles and areas that need a little more help. Simulates a deep tissue massage.

**BULLET**
Designed specifically to target problem areas and release muscle knots.

**FINGER TIP**
Made to mimic the human finger, the fingertip is best suited for deep pressure and trigger points.

**POINTER**
Designed to reach small knots and trouble areas.

**SHOVEL**
For back muscles and areas surrounding the spinal column that need a little more help.

**TEXTURED**
For large muscle areas that need extra attention. Textured surface helps to loosen tight muscles.

VIBRATION SPEED OPTIONS

Five different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point. Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

Speed	Frequency	RPM
1:	20 Hz	1,200 RPM
2:	30 Hz	1,600 RPM
3:	35 Hz	2,000 RPM
4:	40 Hz	2,400 RPM
5:	45 Hz	2,800 RPM

SAFETY, MAINTENANCE, & USAGE NOTES

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

- **WARNING:** To reduce risk of burns, fire, electric shock, or injury to persons, read the following warnings carefully.
- Consult your doctor before using this product. Do not use if injured.
- For adult use only. Keep away from children and pets.
- Use the Sonic only as instructed in this manual.
- Keep away from liquids and heat sources. Keep ventilation ports free from dust and debris.
- Never leave the Sonic unattended while it is running. Unplug the unit after charging or prior to use.
- Do not remove screws or attempt to disassemble.
- Close supervision is necessary when this unit is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged plug, if it is not working properly, or if it has been dropped into water. Return the appliance to a service center for examination and repair.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.
- **CAUTION:** Risk of Fire and Burns. Do Not Open, Crush, Heat Above 140° F or Incinerate. Follow Manufacturer's Instructions.

SAVE THESE INSTRUCTIONS

- 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.

MAINTENANCE, CLEANING, AND STORAGE

- Use a soft towel or cloth to wipe any dirt or moisture from unit.
- Any other servicing should be performed by an authorized service representative.
- For storage or travel, remove the battery and store in supplied box.
- Keep battery pack stored at temperatures between -4° – 140° F.

IMPORTANT USAGE NOTES

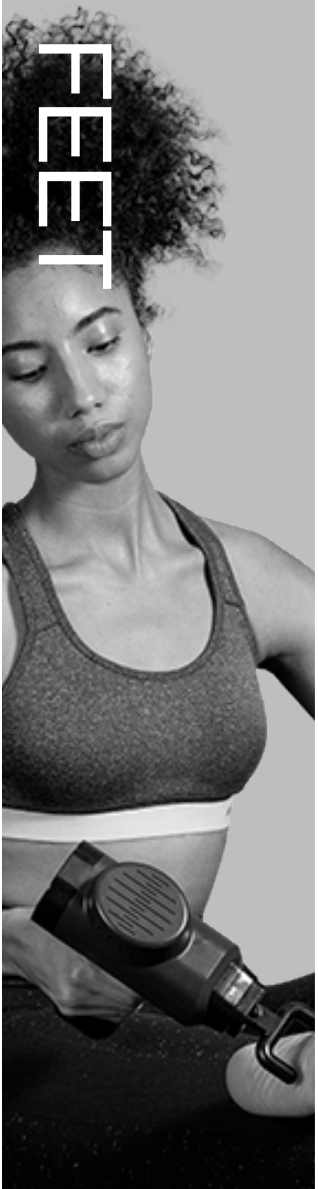
- Use the Sonic only on soft tissues. Do not use the Sonic on your head or other bony regions.
- Bruising can occur regardless of the vibration speed level selected.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.
- Use only on dry, clean clothing or skin.
- We recommend using the Sonic over form-fitting clothing (e.g. athletic wear, leggings, etc.).
- Keep hair, fingers, and other body parts away from the stem of the massage attachment as pinching may occur.

TIPS FOR USING YOUR SONIC

- Move the Sonic over the desired muscle groups, about 60 seconds per area.
- Apply pressure as needed; however, there should never be a need to press very hard. The vibration pulses do all the hard work.
- Use the Sonic for 15-minute sessions, up to 3 times per day
- Avoid keeping the massage head in one area for more than 3 minutes.
- Prolonged application can traumatize tissues.

HOW TO USE THE SONIC

FEET



NECK



CALVES



BICEPS



QUADS



PRODUCT SPECIFICATIONS

UNIT SPECS

No-load Speed: 1,200 - 2,800 RPM

Power: 90 W max

Weight: 2.5 lbs

Dimensions: 9.7L x 7.1W x 2.5H in

Decibel Rating: 55 - 75 dB

AC CHARGER

Rated Input: AC 100-240V ~50/60 Hz

Rated Output: 16.8V DC-1A

BATTERY

Rated Voltage: 24V DC

Type: Lithium-ion

Capacity: 2600 mAh

Working Hours: 3-6 (varies by speed)

Charging Time: 120 minutes

MADE IN CHINA



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

ACTIVE RECOVERY

SONIC

PERCUSSION MASSAGE GUN

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





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



**GROW
SOME
WINGS**

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