VIBRAFLOW PLUS

FOOT MASSAGER

USER MANUAL



lifepro®

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

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

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the 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 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



Vibration therapy and acupressure therapy have a wide variety of applications and health benefits. Massage therapists use acupressure to relieve pain, improve blood circulation, and reduce stress. Vibration therapy is used by professional athletes, physical therapists, and rehabilitation centers to improve performance, increase bone and muscle mass, boost metabolism, and reduce joint pain.

With the Lifepro VibraFlow Plus Foot Massager, you can experience myriad therapeutic benefits from the comfort of your own home. The VibraFlow Plus's large massage pads provide a full foot and lower leg massage. The arch massager loosens up hard to reach areas of the foot and enhances relaxation and pain relief. The VibraFlow Plus's ergonomic design efficiently reaches all of your acupuncture points. It's perfect for anyone who experiences stiffness, pain, or numbness in their feet or lower legs from long hours of standing or walking.

The VibraFlow Plus offers a customizable foot massage. Five preset programs, a manual massage program, 30 speed intensity levels, and three massage positions allow you to choose the perfect settings for all of your massage needs. The VibraFlow Plus plugs directly into the wall outlet, so there's no need to worry about keeping a battery charged. It also comes with a fully functional remote control so you can easily change the massage settings without getting up. The VibraFlow Plus's small size makes it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

Redefine your wellness and experience the transformative power of the Lifepro VibraFlow Plus:

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

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

WELLNESS

VIBRAFLOW PLUS

FOOT MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro VibraFlow Plus Foot Massager
- Power Cable
- Remote Control
- VibraFlow Plus Mat
- User Manual

FIRST STEPS

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

CUSTOMER SUPPORT

If you have any questions about setting up your VibraFlow Plus, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: **support@lifeprofitness.com** or **(800) 563-6604**.

EASY-START SETUP GUIDE

Set up your Lifepro VibraFlow Plus in just four easy steps:

1

ACTIVATE THE REMOTE CONTROL

- Remove the back of the remote control.
- Install two AAA batteries according to the polarity marks on the inside of the battery compartment.
- Securely replace the back of the remote control.

2

SET UP THE VIBRAFLOW PLUS

- Place the VibraFlow Plus on a flat, non-slip surface in front of a chair with a back.

3

CONNECT THE VIBRAFLOW PLUS TO POWER

- Connect the power cable to the power jack on the side of the VibraFlow Plus.
- Plug the power cable into a wall outlet.
- Flip the **power switch** on the side to turn on the massager.

4

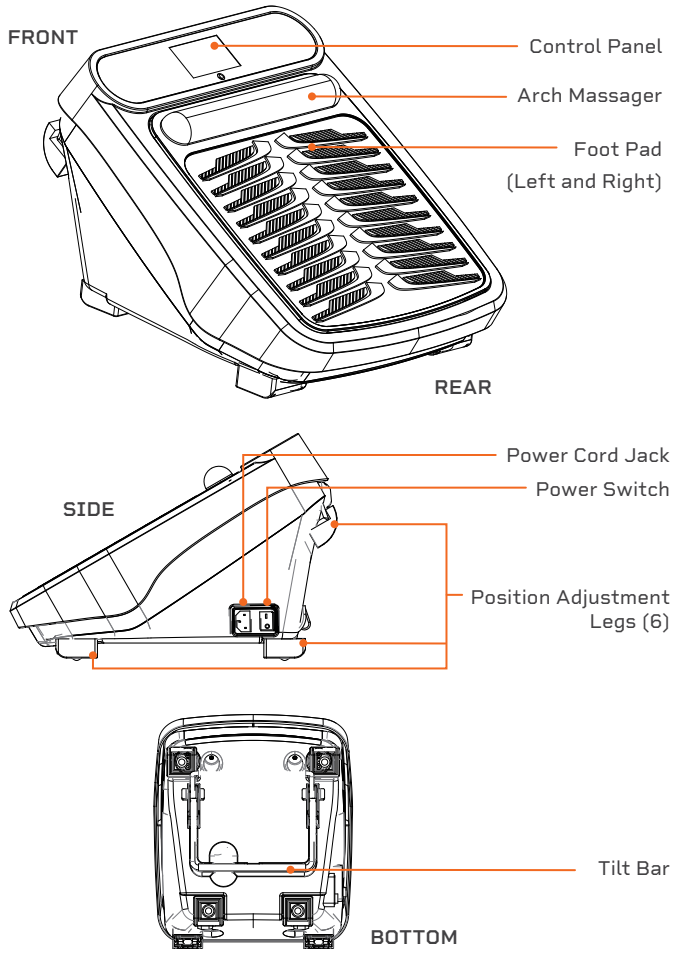
BEGIN USING THE VIBRAFLOW PLUS

- Wash and dry your feet (or calves) thoroughly.
- Roll your pant legs up and out of the way.
- Sit down in the chair and place your feet (or calves) on the foot pads.
- Press the **power button** on the remote control to turn on the control panel.

CAUTION: Use the VibraFlow Plus on the feet and calves only. Do not use it on the abdomen, neck, or other body parts not described in this manual.

NOTE: Do not sit or stand on the massager. The maximum weight capacity is 66 lbs. Do not exert excessive downward force on the foot pads.

PARTS OF THE VIBRAFLOW PLUS



TIPS FOR USING YOUR VIBRAFLOW PLUS

USING THE VIBRAFLOW PLUS

- Place the VibraFlow Plus on a flat, non-slip surface during use.
- Wash and dry your feet (or calves) thoroughly before using. Do not use on wet, dirty, or sweaty feet or calves.
- Start at the lowest speed intensity level and increase slowly.
- If you have sensitive feet, use the lowest speed intensity level to avoid discomfort. You may wish to wear socks during use to further prevent discomfort.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the VibraFlow Plus just before bedtime.
- Drink plenty of water before and after use.
- Daily use will help you reach your wellness and pain-reduction goals.
- The default massage time is 10 or 15 minutes. Do not use continuously for more than 20 minutes.
- See the **TROUBLESHOOTING GUIDE** on pages 20–21 for common questions you may have while using your VibraFlow Plus.

USING THE HEAT FUNCTION

- The heat function's temperature range is 108–113° F.
- When the heat function is turned on, it will take about 3–5 minutes for the heat to get up to temperature.

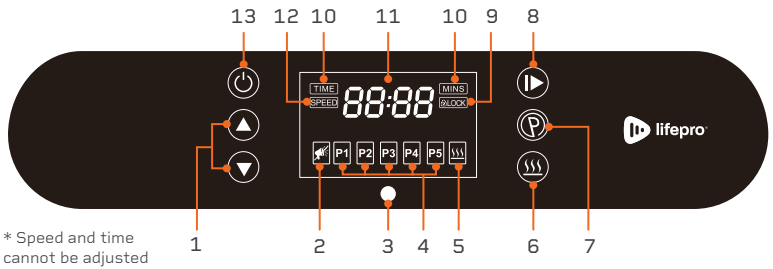
⚠ WARNING

- Never use the VibraFlow Plus under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the unit, power cord, and remote away from heat sources and fire.
- The VibraFlow Plus and remote control are not waterproof. Keep away from liquids, and do not immerse in water.
- Never use the remote or plug/unplug the power cord with wet hands.
- Always power off and unplug the unit after each use.
- Do not sit or stand on the VibraFlow Plus. Do not exert excessive downward force on the foot pads.
- Use the remote control to adjust or stop the massage once the massage program has begun. Using the control panel while the unit is moving could result in an accident or injury.

OPERATING INSTRUCTIONS

USING THE CONTROL PANEL TO OPERATE THE VIBRAFLOW PLUS

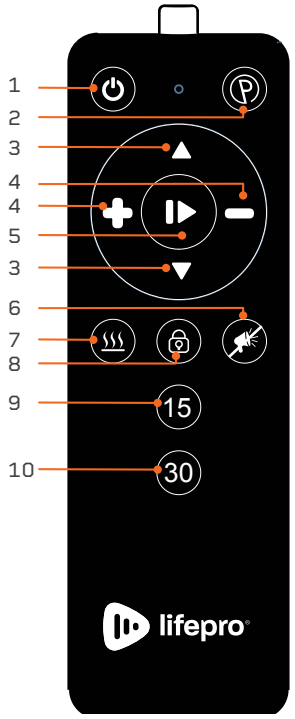
1. **Set Speed/Time Buttons*:** In standby mode, with manual massage mode selected: use the buttons to increase or decrease the massage duration, from 1–15 minutes, in one-minute increments. During a manual mode massage, increase or decrease the massage speed from level 1–30. Massage speed automatically starts at level 1.
2. **Mute LED:** When lit, system sounds are muted. When off, sounds are on.
3. **Remote Control Sensor:** For best results, point the remote control directly at the sensor from no more than 6 feet away.
4. **Preset Program LEDs:** The five LEDs indicate which preset program is selected. When none of the five LEDs are lit, manual mode massage is selected.
5. **Heat LED:** When lit, heat is on. When off, heat is off.
6. **Heat Button:** Turn heat on and off. Heat is off by default.
7. **Program Button:** Toggle through the five preset massage programs, P1–P5, and manual mode massage. Manual mode massage is selected by default.
8. **Start/Stop Button:** Start/stop the selected preset program or manual mode massage.
9. **Lock LED:** When lit, control panel buttons are locked. When off, buttons are unlocked.
10. **Time/Mins LEDs:** When lit, the display window shows massage time in minutes.
11. **Display Window:** During standby mode, with manual mode massage selected, the window shows the massage time. During the massage, the window alternates between showing current speed and remaining massage time in minutes.
12. **Speed LED:** When lit, the display window shows the massage speed.
13. **Power Button:** Power the control panel on and off.



* Speed and time cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE VIBRAFLOW PLUS

1. **Power Button:** Power the control panel on and off.
2. **Program Button**: Toggle through the five preset massage programs (P1–P5) and the manual mode massage.
3. **Speed ^/v Buttons*:** Once the manual mode massage has begun, use the buttons to adjust the speed.
4. **Time +/- Buttons*:** In standby mode, with manual mode massage selected, use the buttons to set a time duration for your custom massage, from 1–15 minutes, in one-minute increments.
5. **Start/Stop Button:** Start/stop the selected preset program or manual mode massage.
6. **Mute Button:** Press to mute/unmute system sounds. System sounds are on by default.
7. **Heat Button:** Turn heat on/off. Heat is off by default.
8. **Lock Button:** Press to lock/unlock the control panel buttons. Buttons are unlocked by default
9. **Quick Speed Button (15):** During a manual mode massage, press to quickly select speed level 15.
10. **Quick Speed Button (30):** During a manual mode massage, press to quickly select speed level 30.



* Speed and time cannot be adjusted for preset programs.

MODES

Standby Mode: The control panel is powered on, but no massage is in progress.

Program Mode: Choose from preset programs: P1–P5.

Manual Mode: Create a manual massage with custom duration and speed.

CHOOSING A MASSAGE POSITION

POSITION 1: MASSAGING YOUR FEET

When in position 1, the massager is resting on the bottom four positioning legs. In this position, you can massage your feet on the foot pads or massage your arches using the arch massager. To use the VibraFlow Plus in this position:

1. Sit on a sofa or sturdy chair with a back.
2. Place the VibraFlow Plus in front of you.
3. Ensure that the VibraFlow Plus is positioned so that the foot pads are facing you and the control panel points up.
4. Place your feet on the foot pads or arch massager as shown below:



FOOT MASSAGE



ARCH MASSAGE

5. You may wish to alternate between the foot and arch massage every few minutes, or you can move your feet slowly and rhythmically up to the arch massage position until your feet completely relax.

SOUND-DAMPENING MAT

When using the massager on hard flooring, you can place the included mat underneath it to dampen the vibration sounds.

POSITION 2: MASSAGING YOUR FEET USING THE TILT BAR

The VibraFlow Plus has a tilt bar on the underside of the massager which allows you to tilt the massager forward slightly, offering an alternative foot massage angle. To use the VibraFlow Plus in this position:

1. Sit on a sofa or sturdy chair with a back.
2. Pull the tilt bar on the underside of the massager down to extend it.
3. Place the massager in front of you.
4. Ensure that the massager is positioned so that the foot pads are facing you and the control panel points up.
5. Place your feet on the foot pads.
6. Move the massager closer to your chair, if necessary.



POSITION 3: MASSAGING YOUR CALVES

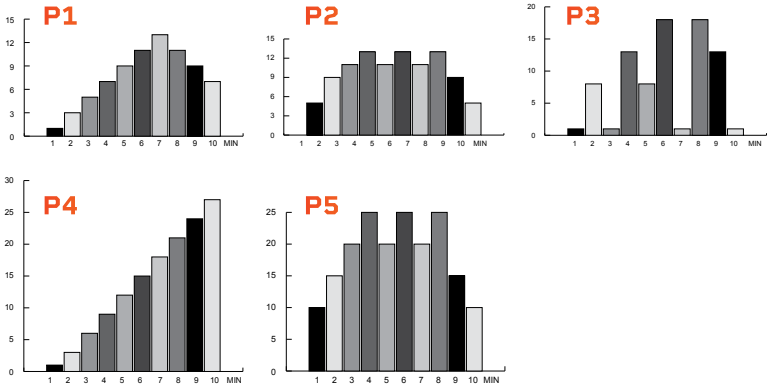
The VibraFlow Plus also has six position adjustment legs which allow you to tilt the massager forward and backward to switch between foot and calf massage. To use the VibraFlow Plus to massage your calf muscles in this position:

1. Sit on a sofa or sturdy chair with a back, with the massager in front of you.
2. Tip the massager forward 180°, up onto the four position adjustment legs on the front side of the device. The control panel will point down toward the floor.
3. Place your calves on the foot pads as shown.
4. Move the massager closer to your chair, if necessary.



CHOOSING A MASSAGE PROGRAM

You can select from five preset massage programs, P1–P5, or select the manual massage program. Each of the five preset massage program is 10 minutes long and uses varying massage speeds, from level 1–30, to soothe your feet or calves. The preset programs are as follows:



START A PRESET MASSAGE PROGRAM

USING THE CONTROL PANEL

To begin a preset program massage using the control panel:

1. Press the **Power button** to turn on the control panel. Manual mode massage is automatically selected (none of the five Preset Program LEDs on the control panel are lit when manual mode is selected).
2. Press the **Program button** to toggle through preset massage programs, P1–P5, to select one. The five Preset Program LEDs indicate which program is selected.
3. Press the **Start/Stop button** to begin the selected preset massage.
4. Press the **Heat button** to turn on the heat function, if desired. The Heat LED is lit when heat is on. Press again to turn off heat.
5. Press the **Start/Stop button** to stop the massage at any time.
6. The massage will stop automatically when the 10-minute working time is complete. The massager will beep three times to alert you that the preset program is ending.
7. Always flip the power switch to the OFF position and unplug the VibraFlow Plus after each use.

NOTE: Speed and time cannot be adjusted for preset programs.

USING THE REMOTE CONTROL

To begin a preset program massage using the remote control:

1. Press the **Power button** on the remote control to turn on the control panel. Manual mode massage is automatically selected (none of the five Preset Program LEDs on the control panel are lit when manual mode is selected).
2. Press the **Program button** on the remote control to toggle through preset programs, P1–P5, to select one. The five Preset Program LEDs indicate which program is selected.
3. Press the **Start/Stop button** on the remote control to begin the selected preset program massage.
4. Press the **Heat button** on the remote to turn on the heat function, if desired. The Heat LED is lit when heat is on. Press again to turn off heat.
5. Press the **Mute button** to mute the system sounds, if desired. The Mute LED is lit when system sounds are muted. System sounds are on by default.
6. Press the **Lock button** to lock the control panel buttons to avoid accidental pressing, if desired. The Lock button is lit when buttons are locked. The control panel buttons are unlocked by default.
7. Press the **Start/Stop button** to stop the massage at any time.
8. The VibraFlow Plus will stop automatically when the 10-minute working time is complete. The massager will beep three times to alert you that the massage program is ending.
9. Always flip the power switch to the OFF position and unplug the VibraFlow Plus after each use.

NOTE: Speed and time cannot be adjusted for preset programs.

CHOOSING A MASSAGE PROGRAM

CREATE A MANUAL MASSAGE PROGRAM

You may select the manual massage mode option to create a custom massage from 1–15 minutes in duration. During the massage, you may adjust the massage speed, from level 1–30, at any time.

USING THE CONTROL PANEL

To create a manual massage program using the control panel:

1. Press the **Power button** to turn the control panel on. Manual mode is automatically selected (none of the five Preset Program LEDs on the control panel are lit when manual mode is selected).
2. Use the **Set Speed/Time buttons** to adjust the massage duration from 1–15 minutes, in one-minute increments. The default massage time is 15 minutes. Your time selection is shown in the display window.
3. Press the **Start/Stop button** to begin the manual mode massage. Massage speed will begin automatically at level 1.
4. Use the **Set Speed/Time buttons** to adjust the massage speed, from level 1–30. Your selection is shown in the display window and can be adjusted at any time during the massage.
5. Press the **Heat button** to turn on the heat function, if desired. The Heat LED is lit when heat is on. Press again to turn off heat.
6. Press the **Start/Stop button** to stop the massage at any time.
7. The VibraFlow Plus will stop automatically when the set massage time is complete. The massager will beep three times to alert you that the massage is ending.
8. Always flip the power switch to the OFF position and unplug the VibraFlow Plus after each use.

NOTE: Time cannot be adjusted during the manual mode massage.

USING THE REMOTE CONTROL

To create a manual massage program using the remote control:

1. Press the **Power button** on the remote control to turn the control panel on. Manual mode is automatically selected (none of the five Preset Program LEDs on the control panel are lit when manual mode is selected).
2. Use the **Time +/- buttons** on the remote control to adjust the massage duration from 1–15 minutes, in one-minute increments. The default massage time is 15 minutes. Your time selection is shown in the display window.
3. Press the **Start/Stop button** on the remote control to begin the manual mode massage. Massage speed will begin automatically at level 1.
4. Use the **Speed ^/v buttons** on the remote control to adjust the massage speed, from level 1–30. Your selection is shown in the display window and can be adjusted at any time during the massage.
5. Press the **Quick Speed buttons** on the remote control to quickly select speed level 15 or 30.
6. Press the **Heat button** on the remote to turn on the heat function, if desired. The Heat LED is lit when heat is on. Press again to turn off heat.
7. Press the **Mute button** on the remote to mute the system sounds, if desired. The Mute LED is lit when system sounds are muted.
8. Press the **Lock button** on the remote to lock the control panel buttons to avoid accidental pressing, if desired. The Lock button is lit when buttons are locked.
9. Press the **Start/Stop button** on the remote to stop the massage at any time.
10. The VibraFlow Plus will stop automatically when the set massage time is complete. The massager will beep three times to alert you that the massage is ending.
11. Always flip the power switch to the OFF position and unplug the VibraFlow Plus after each use.

NOTE: Time cannot be adjusted during the manual mode massage.

MASSAGE INTENSITY AND SPEED

Massage intensity corresponds to the following speeds:

INTENSITY	SPEED
Low	1–9
Medium	10–19
High	20–30

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

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

DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of the foot massager is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the VibraFlow Plus are adequately informed of all warnings and precautions.
4. Use the VibraFlow Plus only as instructed in this manual.
5. ONLY use the VibraFlow Plus on the feet and calves. Do not use on hands, knees, elbows, or other body parts not described in this manual.
6. Always inspect the device for damage before each use. Do not use if damaged, malfunctioning, or if the unit or cord has been exposed to water.
7. Only operate the VibraFlow Plus on a flat, level, non-slip surface.
8. Do not operate the VibraFlow Plus while driving.
9. The unit will automatically power off after 15 minutes of use. Do not use continuously for more than 20 minutes.
10. The VibraFlow Plus is intended for in-home use only. Do not use the VibraFlow Plus in any commercial, rental, institutional, or therapeutic setting.
11. Dispose of the VibraFlow Plus, batteries, packaging and all parts according to local and federal regulations.

⚠ ELECTRICAL/BATTERY SAFETY WARNINGS

12. **WARNING: Use only the included power cable to power this device.**
13. Unplug the unit after use and prior to cleaning or storing.
14. Do not use outdoors. Do not use the unit in high-temperature, high-moisture or high-dust environments.
15. Do not charge the remote batteries. They must be replaced with the same type.
16. Battery ingestion is extremely dangerous and can cause severe injury and even death. Never allow children to play with batteries and always keep batteries out of reach. If a battery is ingested, seek immediate medical attention.
17. Do not use, plug in, or unplug the unit with wet hands.
18. The massager and remote control are not waterproof. Keep away from liquids. Do not use in a place where the unit may become wet or damp. Do not immerse in water. If the unit accidentally becomes wet, unplug it, and do not use.
19. Keep massager and remote control away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens. Do not operate it under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
20. Keep sharp objects away from the VibraFlow Plus.
21. Keep ventilation ports free from dust and debris.
22. Do not operate it in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
23. Never drag or hang the product by its power cable. Do not bend, twist, cut, smash, or place the power cable where it can be stepped on or tripped over.

⚠ WARNING

24. Never leave the VibraFlow Plus unattended while it is running.
25. Consult with a medical professional before using the device if you have a medical condition such as diabetes, inflammation, if you suffer from blood clots, if you have a pacemaker or other similar implant, recently had surgery, are suffering from heart disease, circulatory problems, or osteoporosis, and/or are pregnant.
26. Do not use the VibraFlow Plus if you are injured. Never use directly on swollen or inflamed skin or open wounds.
27. Stop using the device immediately if you feel discomfort, pain, dizziness, or nausea.
28. Always use the VibraFlow Plus while seated comfortably in a chair.
29. Do not stand on the VibraFlow Plus or exert excessive downward force on the foot pads.
30. Do not insert body parts or objects into any opening on the VibraFlow Plus.
31. Children and adults with diminished mental or physical capacity may only use the VibraFlow Plus while closely supervised by a responsible adult.
32. Keep children and pets away from the VibraFlow Plus at all times.

CLEANING, STORAGE & MAINTENANCE

33. Turn off, unplug, and allow to cool down before cleaning or storing.
34. Wipe down the VibraFlow Plus with a soft, slightly damp cloth after each use.
    ⚠ **WARNING** Never allow water or other liquids to come into contact with the unit. Do not use abrasive, solvent, or chemical cleaners or harsh detergents. You may use a mild soap.
35. Remove the batteries if the remote will not be used for a long time, and store in a cool, dry place.
36. Do not store other objects on top of the unit.
37. Do not remove screws or attempt to disassemble.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your VibraFlow Plus Foot Massager using the table below.

Please contact a customer support representative for additional assistance at: **support@lifeprofitness.com** or **(800) 563-6604.** Please do not attempt to repair the VibraFlow Plus.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Massager is not working.	Massager is not turned on.	Flip the power switch on the side to turn on the massager.
	Massager is not plugged in.	Plug power cable into power cord jack and into a wall outlet.
	Control panel is not turned on.	Press the power button to turn on the control panel.
Remote control is not working.	Batteries are installed incorrectly.	Remove the batteries and install correctly.
	Batteries are dead.	Install two new AAA batteries.
	Remote control is too far away from the infrared receiver.	Point the remote at the infrared receiver on the control panel, from no more than 6 feet away.
Massager stopped working suddenly.	Massager automatically shuts off after the set working time.	Turn the massager on again to begin a new massage program.
	When massager has been working for a long time, motor shuts off for overheating protection.	Allow the massager to cool for at least 30 minutes before using again.
Massage is too weak.	Massage speed intensity level is set too low.	During a manual massage, press the + button on the remote to increase the massage speed intensity.
	Selected preset massage program is not optimal.	Press the Program button to select a different preset program or create a manual massage.
	Feet or calves are not properly positioned on the foot pads.	Adjust your feet or calves until they are comfortably positioned.
	NOTE: Massage speed intensity is very subjective and may feel quite different from person to person.	
Massage is too strong.	Massage speed intensity is set too high.	During a manual massage, press the - button on the remote to decrease the massage speed intensity.
	Selected mode is not optimal.	Press the Program button to select a different preset program or create a manual massage.
	Feet or calves are not properly positioned on the foot pads.	Adjust your feet or calves until they are comfortably positioned.
	NOTE: Massage speed intensity is very subjective and may feel quite different from person to person.	
Heat is not hot enough.	Heat function is off.	Press the heat button to turn on the heat function.
	Temperature is very subjective and may feel different from person to person.	Try wearing a pair of thin socks to increase the warmth you feel.
Heat is too hot.	Skin may be sensitive.	Turn the heat off for 5 minutes.
	Motor may have been working a long time.	Turn the massager off and allow to cool for at least 15 minutes.
Faint sound heard while using massager.	Massager is working.	This is a normal sound made by the motor.

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.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 15.35" L × 13.00" W × 10.43" H

Net Weight: 14.3 lbs.

Max Weight Capacity: 66.1 lbs.

Power: 100 W

Frequency: 50/60 Hz

Voltage: 110 V

Decibel Rating: 35–45 dB

Heat Function: 108–113° F

Ambient Temperature: 32–104° F

Speed/Intensity Levels: 1–30

Massage Programs: P1–P5

Auto Timer: 10 or 15 minutes

BATTERIES REQUIRED FOR REMOTE CONTROL

Two AAA Batteries

WELLNESS

VIBRAFLOW PLUS

FOOT MASSAGER

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

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





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



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Lifeprousa Lifeprousa support@lifeprofitness.com