

READY, SET, PRO

USER MANUAL

WAVER™ VIBRATION PLATE



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.

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 Vibration Therapy 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



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.

The Lifepro Waver™ boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The vibration plate creates a repetitive motion 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. The Waver is easy to use and will help you reach your goals faster than ever before.

If you have suffered an injury or you experience joint or back pain, find relief, and help prevent future injuries by adding the vibration plate to your rehab routine. Vibration plates are used by professional athletes, physical therapists, and rehabilitation centers everywhere.

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

- ◆ **Experience joint- and back-pain relief:** improves core strength & circulation.
- ◆ **Boost your metabolism:** encourages your body to burn fat faster.
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol.
- ◆ **Improve circulation:** decreases blood pressure.
- ◆ **Increase strength & flexibility:** improves stability.
- ◆ **Develop stronger bones:** increases bone density.

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

VIBRATION THERAPY

WAVER™

VIBRATION PLATE

GET STARTED

WHAT'S IN THE BOX

- Lifepro Waver™ Vibration Plate
- Power Cord
- Remote Control
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- User Guide

FIRST STEPS

1. Remove your Waver and accessories from the shipping box and inspect all items for shipping damage.
2. Read carefully through this user manual and all safety instructions before using the Waver.
3. Go to waver.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the EASY-START SETUP GUIDE on page 9 to begin using your Waver.

CUSTOMER SUPPORT

If you have any questions about setting up your Waver, 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



EASY-START SETUP GUIDE

Setup your Waver in just 3 easy steps:

SET UP THE WAYER

- Remove the back of the remote control and insert two AAA batteries (not included).

1

NOTE: Be sure to insert the batteries according to the polarity markings inside the battery compartment.

- Loop the resistance bands into the metal rings at the front of the Waver.



CONNECT TO POWER

- Insert the power cord firmly into the front of the Waver.

2

NOTE: Press forcefully until you feel a click, which indicates that the cord is securely connected. The power cord fits tightly so it will not loosen during use.

- Plug the power cord into a standard electrical outlet.

POWER ON THE WAYER

3

- Flip the breaker switch on the front of the Waver to the ON position.
- Press the power button on the Waver's control panel.

That's it! Your Waver is now ready to use. See **OPERATING INSTRUCTIONS** and **CHOOSING A PROGRAM** on the next pages for details about how to use your Waver.

MODES

Standby mode: The Waver is powered on, but no program is selected.

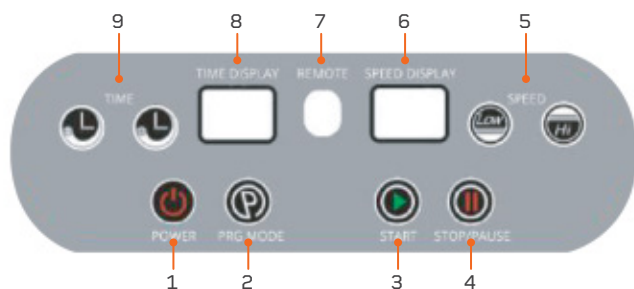
Program Mode: Choose from preset workout programs: P0-P9.

Manual mode: Set your own workout duration and vibration speed.

OPERATING INSTRUCTIONS

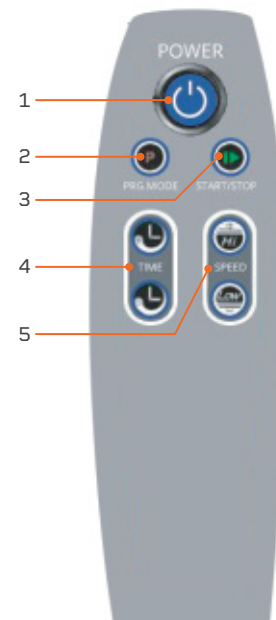
USING THE DISPLAY PANEL TO OPERATE THE WAVER

1. **Power Button:** Press the button to power the Waver on and off.
2. **Program Mode Button:** Press the button to select a preset workout program: P0–P9.
3. **Start Button:** Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode.
4. **Stop/Pause Button:** Press the button to stop the selected program or manual mode workout.
5. **Speed Increase/Decrease Buttons:** Press the buttons to adjust vibration speed in manual mode. Press Start to begin manual mode before adjusting the speed. NOTE: You cannot adjust the speed when in program mode.
6. **Speed Display:** The display shows vibration speed for the current program or custom workout.
7. **Remote:** Infrared receiver window for the remote.
8. **Time Display:** The display shows the duration of the current program or custom workout.
9. **Time Increase/Decrease Buttons:** Press the buttons to set the time duration in manual mode. NOTE: You cannot adjust the time when in program mode.



USING THE REMOTE TO OPERATE THE WAVER

1. **Power Button:** Press the button to power the Waver on and off.
2. **Program Mode Button:** Press the button to select a preset workout program: P0–P9.
3. **Start/Stop Button:** Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode. Press again to stop the selected program or manual mode workout.
4. **Time Increase/Decrease Buttons:** Press the buttons to set the time duration in manual mode. NOTE: You cannot adjust the time when in program mode.
5. **Speed Increase/Decrease Buttons:** Press the buttons to adjust vibration speed in manual mode. Press Start to begin manual mode before adjusting the speed. NOTE: You cannot adjust the speed when in program mode.



CHOOSING A PROGRAM

PROGRAM MODE

Low Settings (P0-P2)	Medium Settings (P3-P6)	High Settings (P7-P9)
Great for starting out. • Detoxification • Increased bone density • Improved balance • Lymphatic drainage • Improved postural control	Perfect for people with arthritis and fibromyalgia. • Joint maintenance • Improved postural control • Fat loss • Increased bone density • Improved balance • Cellulite removal	Great for increased intensity. • Fat loss • Muscle growth • Highly increased bone density • Power accumulation • HGH release

CHOOSING A PROGRAM IN PROGRAM MODE:

1. Press the **Power button** to turn the system on.
2. Press the **Program Mode button** to toggle between preset program modes P0 through P9.
3. Press the **Start button** to activate the selected program.

PROGRAM SPEEDS

The Waver will change speed once a minute. Speed levels will depend on the program level you've chosen (as outlined in the chart below).

SPEED	PROGRAM	MINUTES														
		15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Low	0	4	8	10	12	17	20	24	20	17	6	12	17	20	24	20
	1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	12
	2	8	14	8	14	8	20	8	14	8	14	14	8	20	8	14
Med	3	12	23	29	38	49	6	68	76	48	29	38	49	56	68	76
	4	9	13	16	21	24	35	67	50	38	30	21	24	35	67	50
	5	23	55	23	55	23	55	23	55	23	55	23	55	23	55	23
High	6	11	11	25	25	38	38	48	48	25	25	25	38	38	48	48
	7	30	30	50	50	70	70	40	40	60	60	50	70	70	40	40
	8	55	40	55	40	50	77	80	65	65	99	40	50	77	80	65
	9	40	85	75	65	25	96	78	60	65	80	65	25	96	78	60

MANUAL MODE

In manual mode, vibration speeds correspond to the following levels

Low Settings (1-33)	Medium Settings (34-66)	High Settings (67-99)
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CREATING A CUSTOM WORKOUT IN MANUAL MODE:

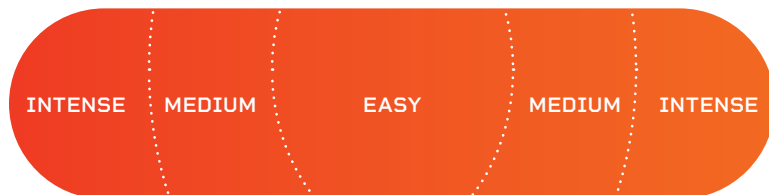
1. Press the **Power button** to turn the system on.
2. While already standing on the Waver, use the **Time Increase/Decrease buttons** to set a time duration for your manual workout.
3. Press the **Start button** to begin the manual workout.
4. Press the **Speed Increase/Decrease buttons** to adjust the vibration speed.

TO GET THE BEST RESULTS, ALTERNATE BETWEEN PROGRAMS

Keep your body guessing. We tend to adapt, so we want to continue eliciting change in our bodies. Each level has its own set of benefits; however, we recommend you start out at the first level, P0, and work your way up.

STANDING POSITIONS

Where you stand on the Waver will impact how challenging the vibrations are for your body. Stand with your feet close together for an “easy” workout and stand with your feet further apart for “medium” and “intense” workouts.



LIFEPRO MINI BANDS

MINI BANDS HAVE REVOLUTIONIZED THE FITNESS INDUSTRY

Mini bands have become the new go-to for sculpting a stronger, leaner physique. You’ve definitely seen your favorite fitness Instagrammers and Youtubers using these versatile, colored resistance bands in conjunction with their workout routines. They add resistance to cardio workouts and power to strength training sessions, allowing you to train both simultaneously. The number of creative workout possibilities are endless. Unlike the inconvenience of a full gym, these mini bands are well-known for their ability to train all aspects of fitness and performance at any intensity—anywhere, anytime. No more excuses.

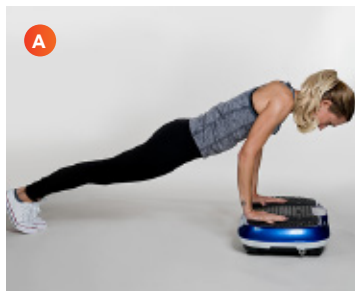
The Lifepro mini bands are made from 100% latex. Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly. Use the mini bands in conjunction with your Lifepro Waver to exponentially improve your fitness results.

AMPLIFY YOUR WORKOUTS

Experience the unique benefits of the Lifepro mini bands:

- **Versatile:** add resistance to cardio workouts and power to strength training
- **Joint-friendly:** reduce joint compression; high-intensity, low-impact training
- **Portable:** carry the mini bands in your pocket to work out on the go

HOW TO USE THE WAVER



A
STRAIGHT ARM PLANK



B
NECK STRETCH



C
GLUTE BRIDGE



D
DIP



E
HAMSTRING STRETCH



F
GLUTE STRETCH



G
SPLIT SQUAT



H
SIDE LUNGE



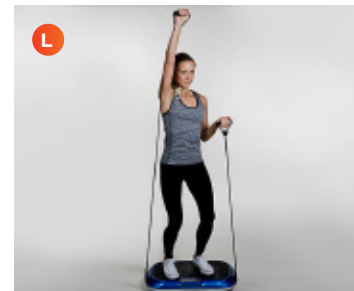
I
QUAD STRETCH



J
SQUAT



K
REVERSE FLY



L
ALTERNATE SHOULDER PRESS

EXERCISE QUICK START GUIDE

HOW TO BEGIN

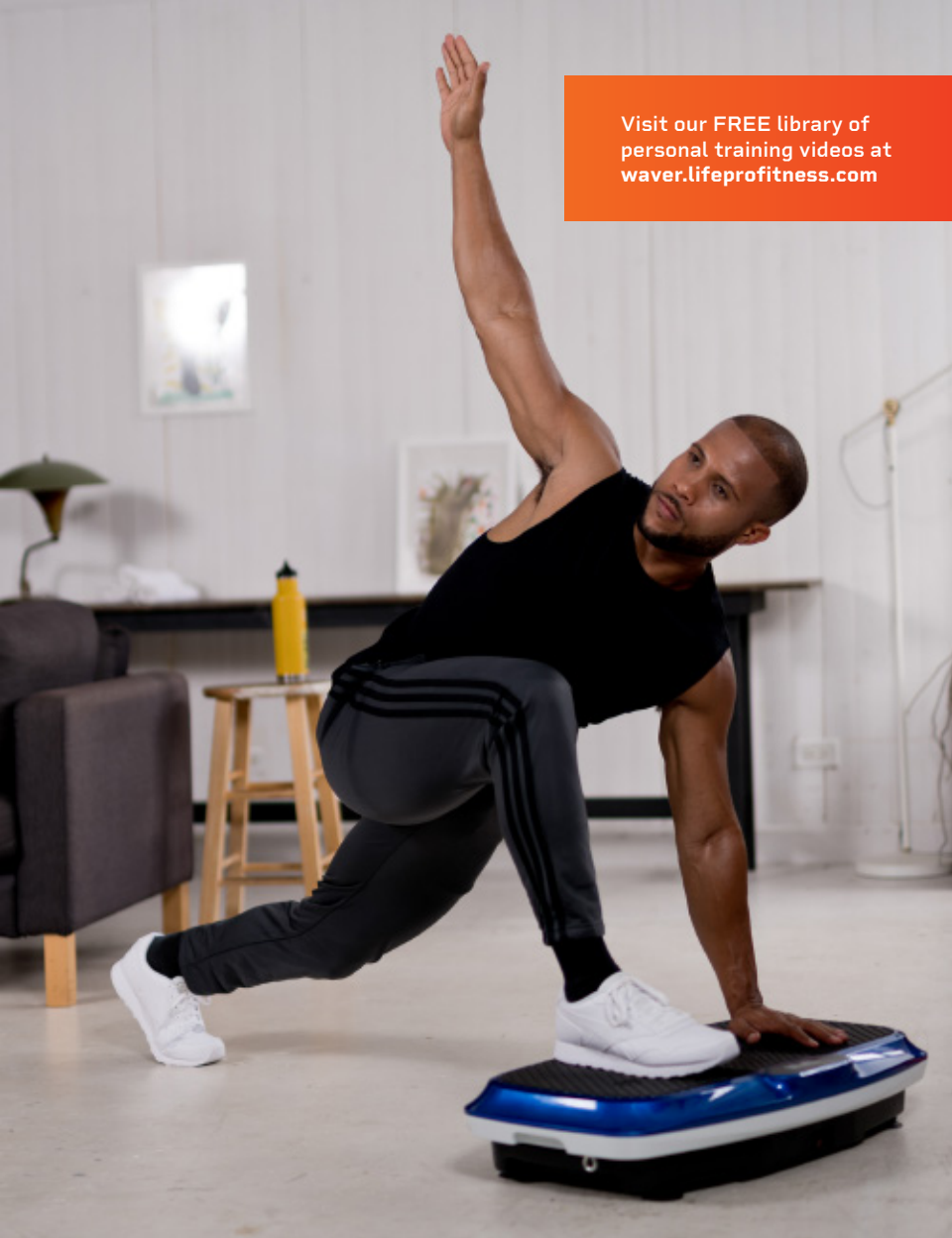
It's a good idea to start off slow and easy with your Waver as it can take time to get use to how vibration plates move and feel. We recommend you follow the workout guide below—building from beginner to advanced over a period of several weeks.

EXERCISE GUIDE

Hold the stretches and exercises on pages 16 and 17 for the number of seconds shown in the chart below. You will build strength and stamina as you progress through the levels.

LEVEL	SPEED	SECONDS
Beginner	Speed 1	15
		30
		45
	Speed 16	15
		30
		45
	Speed 33	15
		30
		45
Intermediate	Speed 34	60
		75
		90
	Speed 50	60
		75
		90
	Speed 66	60
		75
		90
Advanced	Speed 67	105
		120
		135
	Speed 83	105
		120
		135
	Speed 99	105
		120
		135

Visit our FREE library of personal training videos at waver.lifeprofitness.com



SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in serious injury or death, or damage to the product or property.

CONTRAINDICATIONS

- Consult with a medical professional before beginning a new exercise program to determine your appropriate fitness intensity and duration. Your physician can help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product; some exercise programs or fitness products may not be appropriate for all people.
- Do not use this device if you:
 - Are, or suspect you may be, pregnant, or if you have recently given birth.
 - Have arrhythmia, severe cardiac disease, heart failure, deep-vein thrombosis, deep thrombophlebitis, erysipelas, or pulmonary edema.
 - Have epilepsy or seizures, dementia, or severe diabetes or severe diabetic neuropathy.
 - Have vertigo or positional dizziness, have balance impairments, or if you are taking drugs that affect balance.
 - Have acute migraines, retinal detachment, acute rheumatoid arthritis, or severe joint disease.
 - Have an orthopedic condition, spinal injury, osteoporosis, fracture, herniated or slipped disc, abnormal vertebra, spinal canal stenosis, Spondylosis, gliding Spondylolisthesis, ankylosing or cervical spondylitis, chronic back pain, sciatica, or other condition/disorder affecting the back or spinal column.
 - Have recently had surgery or LASIK or PRK eye surgery.
 - Have a medical implant, such as a pacemaker, cochlear implant, chest stent, ECG, joint replacement, intrauterine device, plate, pin, or rod.
 - Are injured, ill, or if you have an open wound, a fever, or acute inflammation.
 - Have a gallstone or a kidney or bladder stone.
- Consult your physician before using this product if you:
 - Have heart disease or vascular disease, blood circulation disorder, chronic hypertension, abnormal blood pressure, or if you are receiving treatment to normalize your blood pressure.
 - Have a tumor or cancer, or if you suspect you may have cancerous lesions.
 - Take painkillers or medicine to regulate your blood sugar.
 - Are under the care of a physician for a serious health condition or have any concerns about your health.

DISCLAIMER

- 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, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper assembly, 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: BATTERY INGESTION HAZARD

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.

⚠ WARNING

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

- Only power the machine using the included power cord.
- Only plug the machine into a properly grounded wall outlet, installed by a certified electrician.
- Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
- Never operate the machine, plug in, or unplug the power cord with wet hands.
- Do not wrap the power cord around the machine. Do not squeeze or place heavy objects on top of the power cord. Never place the power cord near sharp objects or hot surfaces.
- Only use and store indoors, away from moisture, dust, dirt, and heat sources. Do not use or store in high-temperature or high-humidity environments. Keep out of direct sunlight.
- Do not operate where aerosol products are used or where oxygen is being administered.
- Keep the power cord, surge suppressor, and batteries away from all heat sources.
- Ensure remote control batteries are inserted according to the polarity marking in the battery compartment. Incorrect installation may cause battery leakage and corrosion. Avoid contact with all battery residues, clean remote with a cotton swab, wash hands thoroughly, and dispose of old batteries properly.
- Only replace the remote control batteries with two new AAA batteries.

- Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when machine is not in use.
- Check the machine, power cord, and remote for damage or loosened screws prior to each use. Tighten any loosened screws before use. Do not use if damaged, faulty, or defective.

⚠ WARNING

To reduce the risk of serious injury or death:

- 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 tired, faint, dizzy, or nauseous, or if you experience pain, irregular heartbeat, or shortness of breath.
- Do not use the product near swimming pools or other bodies of water.
- Never place your head or upper body directly on the machine.
- Do not use the machine with straight legs or arms, as the vibrations are directed to your bones and brain, which can be dangerous for your health. Always slightly bend your legs and arms.
- This product is for adult-use only. Do not allow children to play with or on the machine; this product is not a toy.
- Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product.
- This product is not intended for use by people with reduced physical, sensory or mental capabilities, unless supervised by a responsible adult.

⚠ CAUTION

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

- Do not use this product for more than 20 minutes per day.
- Always use the remote control to adjust the workout once exercise has begun. Using the control panel while the machine is moving may result in an accident or injury.
- Never attempt to turn around on the machine while it is in motion. Do not quickly lean back or change position while the machine is in motion.
- Do not perform other activities while using, as this could cause accidents or injury.
- Do not get on or off the machine until it is fully stopped. Do not jump on or jump off the machine.
- Never use the product while under the influence of drugs or alcohol.
- Use the product only on a flat, sturdy, non-slip floor. Do not place the product on any surface that could block air vents.
- Place in a location away from traffic where it will not create a tripping hazard.
- Ensure adequate clear space around the product during use (at least seven feet on all sides). Remove any obstacles in the area, in case of falls or accidents.

- Do not exceed the maximum weight-load capacity of 330 lb.
- Never allow more than one person on the product at a time.
- Always maintain control and move slowly through exercises to avoid injury.
- Do not perform other activities while using the product to avoid accidents or injury.
- Make sure your body is used to the vibrations before you sit on or begin doing exercises on the machine.
- Do not use while wearing socks or slippers as this may cause slipping.
- Do not wear baggy or loose clothing, or clothing with drawstrings or ties that could get snagged and cause injury or falling.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.
- Remove items, especially sharp objects, from your pockets before using.
- Always properly warm up before exercise and cool down after exercise to avoid sports injury.
- Keep hair, hands, feet, and clothing away from moving parts.
- Do not use accessories not approved by the manufacturer.

CLEANING AND STORAGE

⚠ WARNING: Always unplug the power cord and allow the machine to cool before cleaning, moving, or storing.

- Use a slightly damp cloth to wipe away dirt or moisture. **⚠ WARNING:** Do not allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids.
- Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
- Store in a cool, dry, indoor location. Store in a well-ventilated area, free of dust, and out of direct sunlight.
- When storing for a long time, remove the batteries from the remote control and cover the machine to keep out dust and dirt.
- Do not attempt to disassemble or repair; device contains no user-serviceable parts.

NOTICE

- This product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting. This product is intended for indoor-use only.
- To avoid damage to flooring or carpet, place a non-slip rug or exercise mat under the machine.
- Dispose of the product and all parts according to local and federal regulations.
- Unplug the device immediately in the event of a power failure.
- Keep sharp objects away from the product to avoid damaging it.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 27"l × 15"w × 6"h

Power: 200 W

Voltage: 110 V

Amplitude: 0–8 mm

Max User Weight: 330 lb

Frequency: 4–12 Hz

Speed Levels: 99

Auto Programs: P0–P9

Batteries Required:

2 AAA Batteries (not included)

VIBRATION THERAPY

WAVER™
VIBRATION PLATE

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

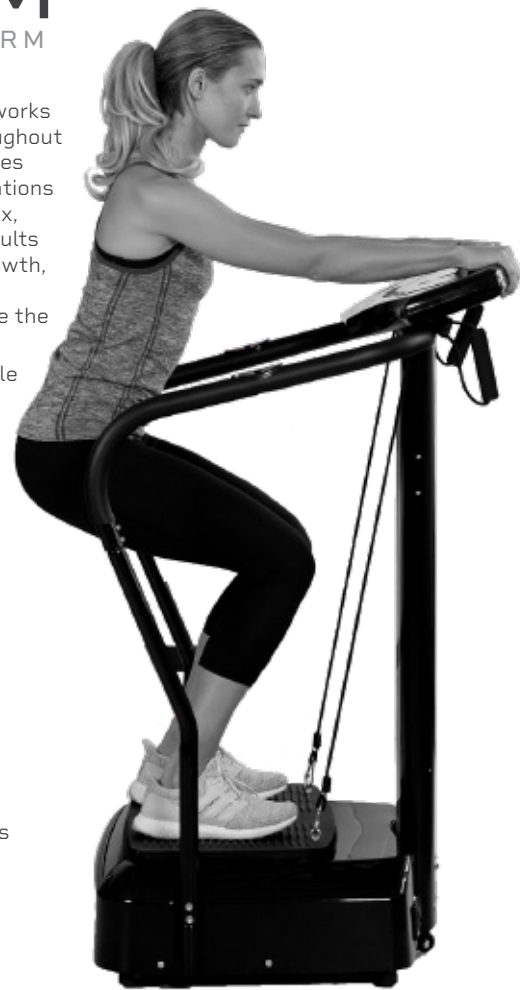
VIBRATION PLATFORM

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





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



**YOU'VE
GOT
THIS**