



Legra™

# Hand Massager

User Manual

Ultimate Hand Relief

Heat therapy and compression support relaxation and can alleviate chronic pain.



# 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 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 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*

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.

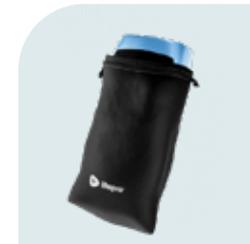
YOUR FITNESS, YOUR WAY.



## What's in the Box? 🚀



Acupressure Rings (5) plus a wrist-sized ring



Storage Bag



Charging Adapter

### CUSTOMER SUPPORT

If you have any questions about setting up the Legra, we're here to help. Email us at [support@lifeprofitness.com](mailto:support@lifeprofitness.com) and an experienced customer support representative will be happy to assist you.

## Intended Uses

This product is intended to be used:

- On a flat, level surface.
- On hands and wrists only.
- For no more than 30 minutes at a time.

## 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 Legra.



### 1 | PREP

1. Read through all safety instructions before beginning your first session.
2. Remove the protective film from the control panel.

### 2 | CHARGE

1. Ensure the Legra is off before charging.
2. Fully charge the battery for up to 4 hours before using your Legra for the first time.
3. Connect the charging adapter to the charging port on the side of the device.
4. Plug the adapter into a standard electrical outlet.
5. When fully charged, the 4 battery status LEDs will stay lit for 5 minutes before turning off.

### 3 | SET UP

1. Make sure the Legra is fully charged and powered off.
2. Place the Legra on a flat, level surface.
3. Remove all accessories from your hands and wrists.
4. Wash and dry your hands thoroughly.

### 4 | START

1. Place a hand, palm down, into the massage chamber.
2. Press the **Power** button to turn on the Legra.
3. Adjust the mode, massage intensity, vibration, and heat as desired.
4. For more detailed information, review the **OPERATING INSTRUCTIONS** on pages 10-12.

### 5 | FINISH

1. The Legra will automatically turn off when the 15-minute massage session ends. Press the **Power** button at any time to stop the session.
2. Wait for the air pressure to completely release before removing your hand from the massager.

Scan Here  *Activate Your Warranty*

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



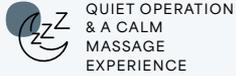
### QUESTIONS?

We're here to help! Email us at [support@lifeprofitfitness.com](mailto:support@lifeprofitfitness.com)

## Features



USER-FRIENDLY & SIMPLE CONTROLS FOR EFFORTLESS USE



QUIET OPERATION & A CALM MASSAGE EXPERIENCE



SOOTHING HEAT FUNCTION FOR ENHANCED RELAXATION



FITS ALL HAND SIZES & ADAPTS COMFORTABLY FOR EVERYONE



SOFT INTERIOR & A GENTLE TOUCH FOR COZY COMFORT

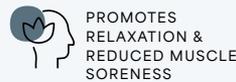


ERGONOMIC DESIGN SUPPORTS COMFORT

## Benefits



EASES DISCOMFORT & SOOTHES EVERYDAY ACES



PROMOTES RELAXATION & REDUCED MUSCLE SORENESS



HELPS IMPROVE CIRCULATION & REDUCE INFLAMMATION



SUPPORTS WELL-BEING



RELIEVES TENSION



REVITALIZES HANDS

## Tips for Using Your Legra

- Insert your hand into the massage chamber before powering on the device.
- Do not remove your hand from the massage chamber while the massager is running. Turn off the Legra and allow the air pressure to completely release before removing your hand; otherwise, the device may be damaged.
- Do not use for more than 30 minutes continuously, and wait at least 2-3 hours between sessions.
- Thoroughly wash and dry your hands before using the Legra to keep the massage chamber clean.
- Place the Legra on a flat, level surface during use.
- Remove jewelry and accessories in the hand and wrist area.
- Only insert your hand and wrist into the device. Ensure the sleeve of your shirt is rolled up and out of the way.
- If you have sensitive hands, we recommend using the lowest massage intensity, level L1, to avoid discomfort.
- After your massage, you may notice a grid of dimples on your hand. The dimples are normal and will disappear on their own after about 30 minutes.
- See the **TROUBLESHOOTING GUIDE** on pages 13-14 for common questions you may have while using your Legra.
- When the heat function is turned on, it will take about 5-7 minutes for the massager to heat up.
- The heat function uses a gentle warmth of 104-107.6°F (40-42°C), enough to help relax your muscles and enhance the massage benefits. If you want to increase the level of warmth, you may wear a pair of thin gloves.

### DID YOU KNOW?

Physical therapists and athletic trainers use compression therapy to help athletes recover from injury and improve performance. Massage therapists use acupressure therapy to relieve pain and improve blood circulation. With the Lifepro Legra Hand Massager, you can experience a myriad of therapeutic benefits from the comfort of your own home.

## Using the Acupressure Rings

Acupressure or shiatsu rings are made up of small triangle-shaped points formed into a round ring. The rings stimulate acupressure points and reflexology zones in your hands, feet, or other areas of the body. In traditional Chinese medicine, it is believed that by stimulating the acupressure points, you can stimulate internal organs and bodily functions. This brings the energetic functions of the organs and body into balance. Acupressure applies the same principles as acupuncture but does not puncture the skin surface. Applying pressure to certain points on the hands, feet, or body releases tension, calms anxiety, improves circulation in the area, and can even boost your energy and mental focus!

Whether you are fidgety, fatigued, or feeling achy, these understated rings are convenient and easy to use. The acupressure rings can be worn anywhere, and it only takes short time to begin to feel the benefits. Carry your acupressure rings with you so you can use them as needed throughout the day.

### MASSAGING YOUR FINGER

1. Place an acupressure ring on a finger.
2. Use your other hand to slide the ring up and down your finger.
3. Repeat as many times as you like.

### MASSAGING YOUR PALM, WRIST, OR BACK OF YOUR HAND

1. Place an acupressure ring on your index finger.
2. Slide the ring on your index finger back and forth across your other palm, wrist, or the back of your hand.
3. Repeat as many times as you like.

**NOTE:** You can also massage other areas of your body. Simply slide an acupressure ring over the area you wish to target. These rings are NOT intended to be used inside the Legra Hand Massager.



## Cleaning and Storage

**⚠️ WARNING:** Never allow water or other liquids to come into contact with the device. Do not immerse in water or other liquids.

- Use the device only over clean skin or clothing to keep the inside of the massager clean.
- Turn off, unplug, and allow the device to cool down before cleaning or storing.
- Use a clean, dry cloth to wipe away dirt or moisture after each use.
- Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners on this product.
- Store in a cool, dry, indoor location. Do not store in direct sunlight, in a high-temperature or high-moisture environment, or near heat sources.
- Disconnect the charging adapter before storing.
- Do not store other objects on top of the device. Store in the original box to prevent damage to the air compression chambers.
- Do not attempt to disassemble or repair the device; contains no user-serviceable parts.

### NOTICE

- Do not remove your hand from the device during operation; always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
- Excessive force or weight applied to the device can crush or damage it.
- To avoid damaging the device or charging adapter, do not wrap the adapter cable around the device.
- Keep away from sharp objects that could damage the device. Never use pins or other metallic fasteners with this device. Never wear clothing with zippers, buttons, or snaps on the arms while using the device.
- Do not insert foreign objects into the massage chamber or the charging port.
- Unplug the device immediately in the event of a power failure.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the device and all accessories according to state and federal regulations.
- Do not use continuously for more than 30 minutes.

# Operating Instructions

Scan Here 

Scan now to learn more about your Legra.



Please read the operating instructions before using the Legra Hand Massager. Keep this manual for reference.

## CHARGING THE BATTERY

To charge the Legra

1. Plug the included charging adapter into the charging port on the side of the massager.
2. Plug the adapter into a wall outlet.
3. The 4 battery status LEDs will flash during charging to indicate the charge level. When the battery is fully charged, the LEDs will stop flashing and all 4 will remain lit for 5 minutes before turning off.
4. Unplug the charging adapter as soon as the device is fully charged.

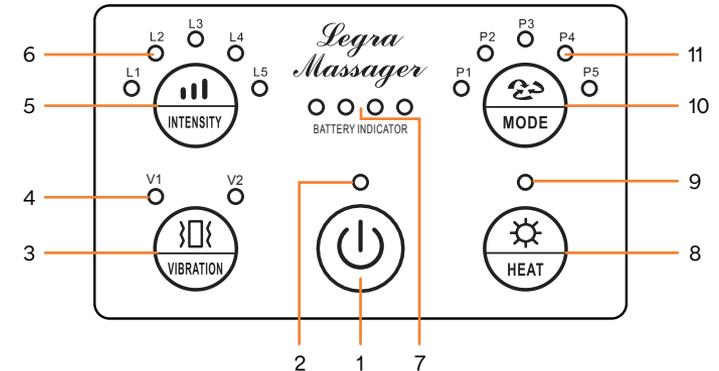
## CHARGING NOTES

- Do not use the Legra while it is charging.
- Charge your Legra for up to 4 hours before using it for the first time.
- When lit, Battery LEDs indicate the charge level:
  - 4 LEDs: 76-100%
  - 3 LEDs: 51-75%
  - 2 LEDs: 26-50%
  - 1 LED: <25%
- Charge the battery before it reaches 25% to avoid a reduction in battery life or performance.
- When the battery is very low, the LEDs on the control panel will turn on, flash 3 times, and then the device will shut down. Charge the device before trying to use it again.

- Average run-time varies depending on the settings used. Average run-time is 2-3 hours per charge when using heat and/or operating at higher intensities. Average run-time is 3-4 hours when not using heat and/or operating at lower intensities.

## USING THE CONTROL PANEL

1. **Power Button:** Press to turn the Legra on or off.
2. **Power Button LED:** When the LED is lit, the Legra is powered on.
3. **Vibration Button:** Press once to turn on pulse vibration. Press a second time to switch to continuous vibration. Press a third time to turn off the vibration. Vibration is off by default.
4. **Vibration LEDs (2):** When the V1 LED is lit, pulse vibration is on. When the V2 LED is lit, continuous vibration is on.
5. **Intensity Button:** Press to toggle through the 5 massage intensity levels, L1-L5. The default intensity is L3.
6. **Intensity LEDs (5):** The LEDs indicate the selected massage intensity.
7. **Battery LEDs (4):** The LEDs indicate the remaining battery level during use and flash during charging to indicate progress.
8. **Heat Button:** Press to turn the heat function on or off. The heat is off by default.
9. **Heat LED:** When the LED is lit, the heat is on.
10. **Mode Button:** Press to toggle through the five massage modes, P1-P5. The default mode is P1.
11. **Mode LEDs (5):** The LEDs indicate the selected mode.



## USING THE LEGRA HAND MASSAGER

1. Press the **Power button** to turn on the Legra. The Power LED will light up, the Battery LEDs will indicate the current battery level, and the default massage will begin automatically: massage mode P1, with medium massage intensity L3, heat off, and vibration off.
2. Press the **Mode button** to toggle through the 5 massage modes, P1 to P5. Each mode targets different areas in the hand or wrist (see mode descriptions below). The Mode LEDs indicate the selected mode.
3. Press the **Intensity button** to toggle through the 5 massage intensities: L1 to L5. The default intensity level is L3. The Intensity LEDs indicate the selected intensity level.
4. Press the **Vibration button** to turn on pulse vibration; the V1 LED will light up. Press the button again to switch to continuous vibration; the V2 LED will light up. Press a third time to turn off the vibration. Vibration is off by default.
5. Press the **Heat button** to turn on the heat function. The Heat LED lights up when the heat is on. Press a second time to turn off the heat. The heat is off by default.
6. The Legra will automatically shut down after the 15-minute massage program ends. Press the **Power button** to turn off the massager at any time.
7. Wait for the air pressure to completely release before removing your hand from the massager.

## CHOOSING A MESSAGE MODE

- **P1:** Auto program; alternates between the other 4 massage modes. P1 is the default mode.
- **P2:** Auto program; alternates between the other 4 massage modes, similar to mode 1.
- **P3:** Massages the palm and wrist at the same time.
- **P4:** Massages the wrist.
- **P5:** Alternates between massaging the palm and the wrist.

## Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your Legra using the table below. Please contact a customer support representative for additional assistance at [support@lifeprofitfitness.com](mailto:support@lifeprofitfitness.com) or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Massager is not working.	Massager is not turned on.	Press the Power button to turn on the hand massager.
	Battery is very low or has run out.	Recharge the battery.
Massager stopped working suddenly.	Massager shuts off automatically after 15 minutes.	Turn the massager on again to begin a new massage program.
	Battery is very low or has run out.	Recharge the battery.
	When the massager has been working for a long time, the motor shuts off for overheating protection.	Allow the massager to cool for at least 30 minutes before using again.
Massager works for several seconds and then stops.	Battery is very low or has run out.	Recharge the battery.
Massager is making a noise but is not working.	Battery is very low or has run out.	Recharge the battery.
Massager is only massaging the wrist area.	Wrist massage mode, P4, is selected.	Press the Mode button to select another massage mode.

## Product Specifications

Massage is too weak.	Battery is low.	Recharge the battery.
	Massage intensity is set too low.	Choose one of the higher massage intensity levels, L4-L5.
	NOTE: Massage intensity is very subjective and may feel quite different from person to person.	
Massage is too strong.	Massage intensity level is set too high.	Choose one of the lower massage intensity levels, L1-L2.
	Hand is not properly positioned in the massage chamber.	Adjust your hand until you find the perfect spot.
	NOTE: Massage intensity is very subjective and may feel quite different from person to person.	
Heat is not hot enough.	Battery is low.	Recharge the battery.
	The temperature may feel very different from person to person.	Try wearing a pair of thin gloves to increase the warmth you feel.
Heat is too hot.	Skin may be sensitive.	Turn the heat off for at least 5 minutes.
	Motor may have been working a long time.	Turn the massager off and allow it to cool for at least 15 minutes.
Massager makes a faint sound.	Massager is using air compression or vibration.	This is a normal sound made by the air compression motor.
Dimples on the hand after massage.	Air-compression bags are working.	This is normal. The dimples will disappear after about 30 minutes.

UNIT SPECS	
Size: 11.8 × 6.3 × 4.8in   30 × 16 × 12.2cm	Net Weight: 2.4lbs.   1.1kg
Rated Power: 5W	Frequency: 200Hz
Rated Voltage: 3.7V	Decibel Rating: <50dB
Heat Function: 104-107.6°F   40-42°C	Auto Timer: 15min
Certifications: UL, RoHS, FCC, FDA	Materials: Neoprene, TPU
BATTERY SPECS	
Rated Input: 3.7V	Type: Lithium-ion
Capacity: 2500mAh	Use Time: 2-4 hrs (varies by setting)
Charging Time: 3-4 hrs	
CHARGING ADAPTER	
Rated Input: 100-240V ~50/60 Hz	Rated Output: 5V-1A

Made in China



From Our Recovery Collection:

## Sonic Percussion Massage Gun

Whether you're sore from sitting all day or recovering from an intense workout, the Lifepro Sonic is designed to help you unwind, recharge, and support your body's recovery process. Its high-frequency vibrations reach deep into muscles and fascia—targeting areas that are often hard to reach by hand. Use it to loosen tight spots, relax after physical activity, or wind down after a long day.

### Highlights:



EASES  
TENSION



SUPPORTS  
FLEXIBILITY



POST-ACTIVITY  
SUPPORT



PROMOTES A  
CALM STATE

### Tailor Your Relief

With 6 adjustable speeds, you can find just the right intensity for your shoulders, back, neck, arms, and more.



Smart recovery. Simple self-care. Wherever you are.

From Our Wellness Collection:

## Oculax Smart Eye Massager

Whether you're winding down after a long day of screen time or seeking a moment of calm around your eyes and temples, the Lifepro Oculax is designed to help you relax, reset, and refocus. With a combination of heat, compression, vibration, and optional music, it gently stimulates facial pressure zones to support a soothing experience and a more restful routine. Use it to unwind, refresh your senses, and enjoy a moment of peace—anytime, anywhere.

### Highlights:



EASES EYE  
DISCOMFORT



SOOTHES  
HEAD AREA



SUPPORTS  
DAILY RESET



REFRESHES  
TIRED EYES

### Tailor Your Relief

4 massage programs featuring multiple intensity settings, optional heat, and built-in sound therapy are perfect for on-the-go or at-home self-care.



Relax your mind. Refresh your senses. Restore your focus.

# 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.*

## INTENDED USE

- This product is not intended to be used:
  - While wearing jewelry or accessories in the hand and wrist area.
  - If you've had a recent injury in the hand and/or wrist area.
  - While charging.

## CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use this product if you:
  - Have a recent injury in the treatment area, such as a broken or sprained wrist, or if you have recently had surgery.
  - Have open or bleeding wounds. Do not use over infected, bruised, swollen, inflamed, or sunburned skin.
  - Have blood clots, deep-vein thrombosis, deep thrombophlebitis, phlebitis, severe cardiac dysfunction, arrhythmia, erysipelas, or pulmonary edema.
  - Have a pacemaker or other medical device or implant susceptible to electrical interference.
  - Have cancer, or suspect you may have cancerous lesions in the treatment area. Do not use over malignant or benign tumors.
- Consult with your physician before using this product if you:
  - Are under the care of a physician for a pre-existing health condition.
  - Have diabetes, poor blood circulation, peripheral neuropathy dysfunction affecting hands, wrists, or arms, or if you have sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature.
  - Have heart disease or vascular disease, abnormal blood pressure, or if you are receiving treatment to normalize your blood pressure.
  - Have osteoporosis, epilepsy, gout, active tuberculosis, or bleeding disorders.
  - Have abnormalities or deformities of the hand or wrist.
  - Have recently had LASIK or PRK eye surgery.
  - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
  - Have a skin disorder, including inflammatory skin disorders, or sensitive skin in the treatment area.

## 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 or medical condition. 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 information in this document is not a substitute for expert medical care or advice.
- 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, 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 charging adapter at the specified voltage to charge the device. Using charging adapters other than the one provided may result in fire or explosion.
- Do not use the provided charging adapter to charge other devices.
- Do not modify, tamper with, or damage the charging adapter.
- Never unplug the charging adapter by pulling on the cord.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts. The battery is not replaceable.
- Do not modify, tamper with, or damage the charging adapter. Never bend, tie, pull, or twist the charging adapter cable. Never use a damaged or modified charging adapter to charge the device.
- Always inspect the device and charging adapter for damage, wear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- Keep the device and charging adapter away from flammable or explosive items, chemicals, fire, heat sources, and direct sunlight at all times. Do not use or charge in high temperatures or direct sunlight. Do not use or charge under a blanket or pillow. Excessive heat can cause a battery explosion, fire, electrocution, serious injury, death, or property damage.
- Do not operate or charge in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Keep away from liquids. Do not use outdoors, in high-moisture environments or in any place where the device may become wet. Do not immerse in water. If the device becomes wet, do not use.

- Do not use during electrical storms.
- Do not touch the device or charging adapter with wet hands.
- Do not use the device over wet skin or clothing, as this may result in electric shock or short circuit.
- Do not use the charging adapter with an extension cord.
- Keep sharp objects away from the device and charging adapter.
- Never use the device while it is charging.
- Never leave the device unattended while running or charging. Unplug the device as soon as full charge is reached.
- Only operate this device on a flat surface, such as a table. Do not stand or walk around while using the device.
- 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.
- Do not operate the device while sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.
- For adult use only. Keep away from children and pets. Children should be supervised to ensure that they do not play with the device.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity unless they are closely supervised by a responsible adult.

### CAUTION

To reduce the risk of minor or moderate injury:

- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Do not wear metal accessories, such as rings, bracelets, snaps, buttons, or zippers, as the metal may heat and cause skin irritation or burns. Metal accessories can also damage the air compression chambers.
- Do not stop your traditional pain treatment without first discussing it with your physician (some medications may have withdrawal side effects) and experiencing long-term relief.
- If the heat function feels too hot on your skin, stop using the device or turn off the heat function.
- This device is intended for hand and wrist massage only. Do not insert feet or other body parts into the massage chamber.
- Keep fingers, hair, and clothing away from moving parts.

## 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 Legra™ at [legra.lifeprofitness.com](https://legra.lifeprofitness.com) to activate your warranty within 14 days of purchase.



## Legra™ Hand Massager

SAY GOODBYE TO CHRONIC ACHES AND PAINS  
ULTIMATE HAND RELIEF



HELPS EASE  
TENSION



PROMOTES  
CIRCULATION



SUPPORTS SKIN  
VITALITY



AIDS  
RECOVERY



*Congratulations on your purchase!*

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

Scan the QR code to enjoy **15% off**  
your next Lifepro® product.



*You Might Also Like:*

## Sonic Percussion Massage Gun

Designed to help you unwind and stay active, the Sonic Gun helps deliver targeted percussive motion to soothe sore spots and energize your wellness routine.



### *8 Interchangeable Massage Attachments*

Customize each session with attachments designed to target different muscle groups and support full-body relaxation.

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

 Lifeprousa  Lifeprousa [support@lifeprofitness.com](mailto:support@lifeprofitness.com)