



# 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 all that 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 SonicPro Vibrating Massage Gun is your new fitness go-to: use the SonicPro post-workout to speed up your workout recovery or pre-workout to enhance your performance.

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

The SonicPro is extremely portable and the high capacity lithium-ion battery provides 3-4 hours of use-time per charge at higher speeds and 5-6 hours of use-time at lower speeds. Fifteen 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 SonicPro:

- ⚡ **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 SonicPro. Next, be sure to visit our website [sonicpro.lifeprofitness.com](https://sonicpro.lifeprofitness.com) to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the SonicPro into your fitness routine.



ACTIVE RECOVERY

# SONICPRO

PERCUSSION MASSAGE GUN

## FIRST STEPS

### WHAT'S IN THE BOX

- Lifepro SonicPro Vibrating Massage Gun
- AC Charging Adapter
- 8 Interchangeable Massage Attachments
- Carrying Case

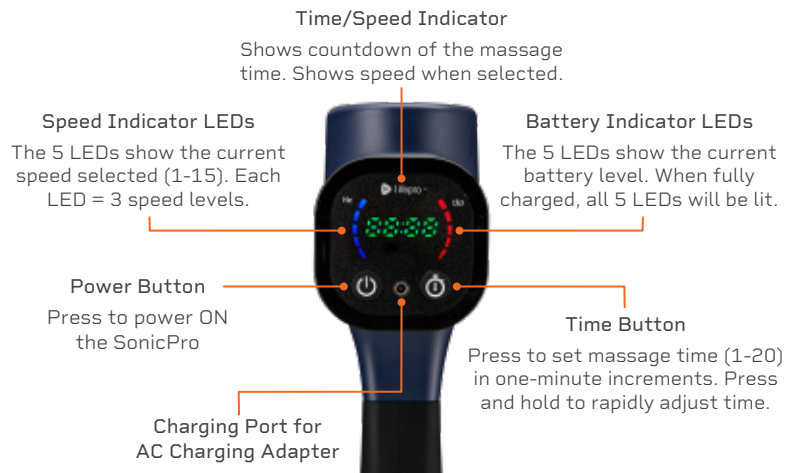
### UNPACKING YOUR SONICPRO

1. Read carefully through this user manual before using the SonicPro.
2. Go to **[sonicpro.lifeprofitness.com](https://sonicpro.lifeprofitness.com)** and register your product within 14 days of purchase to activate your lifetime warranty.
3. Complete the steps in the EASY-START SETUP GUIDE on page 9 to assemble and charge your SonicPro.

### CUSTOMER SUPPORT

If you have any questions about setting up your SonicPro, 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](mailto:support@lifeprofitness.com).

## PARTS OF THE SONICPRO



## EASY-START SETUP GUIDE

1

### FULLY CHARGE THE BATTERY

- Ensure the SonicPro is OFF before charging.
- Charge the battery fully (for up to 2 hours) before using your SonicPro for the first time.
- There are two charging options:
  1. Plug the adapter into the charging port on the faceplate.
  2. You may also charge the battery separately. Plug the adapter into the charging port at the top of the battery.
- Plug the adapter into a wall outlet.



2

### INSERT A MESSAGE ATTACHMENT

- Make sure the SonicPro is fully charged and powered OFF.
- Select the desired massage attachment.
- Insert the stem of the massage attachment into the nozzle of the SonicPro.
- Press the massage attachment in firmly to secure it.
- See ATTACHMENT & SPEED OPTIONS on page 12.



# OPERATING INSTRUCTIONS

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

## CHARGING THE BATTERY

- Fully charge your SonicPro for up to 2 hours before using it for the first time.
- When the battery is fully charged, all 5 Battery Indicator LEDs will be lit.
- The five Battery Indicator LEDs show the current battery level:
  - 5 LEDs lit = 80-100%
  - 4 LEDs lit = 60-80%
  - 3 LEDs lit = 40-60%
  - 2 LEDs lit = 20-40%
  - 1 LED lit = 0-20%
- For best results, charge the battery before it goes below 20%.
- Average run-time is 3-4 hours per charge at higher speeds and 5-6 hours per charge at lower speed levels.

## USING YOUR SONICPRO

1. Press the Power button on the faceplate to power on the SonicPro. The Battery Indicator LEDs will show the current battery level.
2. Press the Time button (optional), to set a specific massage duration, 1-20 minutes, adjusted in one-minute increments. Press and hold the Time button to rapidly adjust time. If you choose not to set a time duration, the default time of 10 minutes will be set.
3. Press the Speed button on the front of the handle to begin vibration at speed level 1. The Speed Indicator LEDs will show the current speed, 1-15. To adjust the speed:
  - a. Press the Speed button to toggle through the speed levels, one level at a time.
  - b. Press and hold the Speed button to rapidly toggle through the speed levels.
4. At the desired speed, float the head of the massage attachment along a muscle group. Apply pressure as needed.
5. Press the Power button on the faceplate to power off the unit.
6. Always power off the unit after each use. The unit will auto shutdown after the set massage time has expired, or after the default working time of 10 minutes if no specific massage time was set. To continue to use, press the Power button to power on the unit.

## REMOVING AND REPLACING A MASSAGE ATTACHMENT

1. Press the Power button on the faceplate to power on the SonicPro.
2. Grab the inserted attachment and firmly pull out to remove it.
3. Insert the stem of a new attachment into the nozzle of the unit.
4. Press the attachment in firmly to secure it.

## 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.

## RE-INSTALLING THE BATTERY

1. Insert the battery/handle firmly into the base.
2. Make sure the handle curves toward the front of the unit.



## TIPS FOR USING YOUR SONICPRO

- Move your SonicPro over the desired muscle groups, about 60 seconds per region.
- The slower you move the massage head over your muscles, the better. Move approximately one inch per second.
- Avoid keeping the massage head in one area for more than two minutes.
- Prolonged application can traumatize tissues.
- 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 SonicPro for 15-minute sessions, up to three times per day.

# MASSAGE ATTACHMENT OPTIONS

Eight interchangeable massage attachments are included with your SonicPro. 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.



### LARGE FLAT

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



### FINGER TIP

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



### SHOVEL

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



### SPINAL

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



### BULLET

Designed specifically to target problem areas and release muscle knots.



### POINTER

Designed to reach small knots and trouble areas.



### TEXTURED

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

## VIBRATION SPEED OPTIONS

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

| Speed    | Frequency | RPM       |
|----------|-----------|-----------|
| 1 - 3:   | 20 Hz     | 1,200 RPM |
| 4 - 6:   | 30 Hz     | 1,800 RPM |
| 7 - 9:   | 35 Hz     | 2,100 RPM |
| 10 - 12: | 45 Hz     | 2,700 RPM |
| 13 - 15: | 50 Hz     | 3,000 RPM |

# SAFETY, MAINTENANCE, & USAGE NOTES

## IMPORTANT SAFETY INSTRUCTIONS

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

- **WARNING:** For the purposes of recharging the battery, only use the detachable charging unit provided with this appliance.
- Consult your doctor before using this product. Do not use if injured.
- Keep away from liquids and heat sources. Keep ventilation ports free from dust and debris.
- Never use the SonicPro while it is charging. Unplug the unit after charging and prior to using, cleaning, or installing massage attachments.
- Never leave the SonicPro unattended while it is running. Unplug unit after charging or prior to use.
- Do not remove screws or attempt to disassemble.
- Close supervision is necessary when 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 operate the unit continuously for more than one hour. Allow the device to rest for 30 minutes before re-using.
- **CAUTION:** Risk of Fire and Burns. Do Not Open, Crush, Heat Above 140° F or Incinerate. Follow Manufacturer's Instructions.

## IMPORTANT USAGE NOTES

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

## MAINTENANCE, CLEANING, AND STORAGE

- Turn off the device or unplug the charging cable and allow it to cool before cleaning or storing.
- Use a slightly damp cloth or soft towel to wipe any dirt or moisture from unit. Do not use solvents or other chemicals.
- Remove the battery for storage. Store the battery fully charged.
- Store the SonicPro and battery in the included carrying case. Store in a cool, dry place.
- If storing long-term, charge the battery every 6 months; holding a charge prevents damage to the battery.

# SAVE THESE INSTRUCTIONS



# HOW TO USE THE SONICPRO

## FEET



## NECK



## CALVES



## BICEPS



## QUADS





## PRODUCT SPECIFICATIONS

### UNIT SPECS

No-load Speed: 1,200 - 3,000 RPM

Power: 90 W max

Weight: 2.5 lbs

Dimensions: 9.7" W x 7.1" L x 2.5" H

Decibel Rating: 50-70 dB

Speed Levels: 1-15 (20-50 Hz)

### AC CHARGER

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

Rated Output: 16.8 V DC-1A

### BATTERY

Rated Voltage: 16.8 V DC –1A

Type: Lithium-ion

Capacity: 2600 mAh

Working Hours: 3-6 (varies by speed)

Charging Time: 120 minutes

**MADE IN CHINA**



## LIFETIME WARRANTY

Lifepro creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your SonicPro ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your SonicPro cannot be repaired, we'll replace it—free of charge. Register your SonicPro at [sonicpro.lifeprofitness.com](https://sonicpro.lifeprofitness.com) to activate your warranty within 14 days of purchase.

ACTIVE RECOVERY

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# 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 [sonicpro.lifeprofitness.com](https://sonicpro.lifeprofitness.com) to learn how to get the most out of your Lifepro® SonicPro and achieve the results you want.



**GROW  
SOME  
WINGS**