READY, SET, PRO

USER MANUAL

HOVERT 3D VIBRATION PLATE



lifepro®



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 Recovery + Fitness 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 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 Hovert boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The dual-motor vibration plate creates a unique repetitive motion using 3D vibration and oscillation 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 Hovert 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 Hovert:

- **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 Hovert. Next, be sure to visit our website **hovert.lifeprofitness.com** for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the Hovert into your fitness routine.

RECOVERY + FITNESS

HOVERT

3D VIBRATION PLATE

GET STARTED

WHAT'S IN THE BOX

- Lifepro Hovert 3D Vibration Plate
- Power Cord
- Remote Control
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- User Guide

FIRST STEPS

1. Remove your Hovert from the shipping box and remove all packaging from the unit and accessories.
2. Read carefully through this user manual and all safety instructions before using the Hovert.
3. Go to **hovert.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 8 to begin using your Hovert.

CUSTOMER SUPPORT

If you have any questions about setting up your Hovert, 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**.

GET ACQUAINTED



EASY-START SETUP GUIDE

Setup your Lifepro Hovert in just 3 easy steps:

1

ASSEMBLE THE HOVERT

- Remove the back of the remote control and insert two AAA batteries into the battery compartment.
- Loop the resistance bands into the metal rings at the front of the Hovert.



2

CONNECT TO POWER

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

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

- Plug the power cord into an AC outlet.

3

POWER ON THE HOVERT

- Flip the breaker switch on the front of the Hovert to the ON position.
- Press the power button on the Hovert's display.
- That's it. Your Lifepro Hovert is now ready to use. See OPERATING INSTRUCTIONS and CHOOSING A PROGRAM on the next pages for details about how to use your Hovert.

MODES

Standby Mode: The Hovert is powered on, but no program is selected.
Program Mode: Choose from preset workout programs: P1-P8.
Manual Mode (HA): Set your own workout duration and vibration speed.

HOW IT WORKS

The Hovert has two powerful motors: a lateral motor (the L MOTOR on the Hovert's display) and a horizontal/oscillating motor (the H MOTOR on the Hovert's display). The dual motors produce three movements which provide unlimited workout combinations: lateral, horizontal, and 3D/spiral. The platform creates a repetitive motion using 3D vibration and oscillation that activates all of your muscle fibers. This unique 3D vibration is particularly beneficial for people who experience osteoporosis, osteoarthritis, or sarcopenia, and it's great for improving circulation and balance for older users.

TRAINING SETTINGS

- **Horizontal Training:** Create a manual workout using the H motor.
- **Lateral Training:** Create a manual workout using the L motor.
- **3D/Spiral Training:** Use one of the preset programs or create a manual workout that includes both the horizontal (H) and lateral (L) motors.

Horizontal Movement
Up and Down (H motor)



Lateral Movement
Side to Side (L Motor)



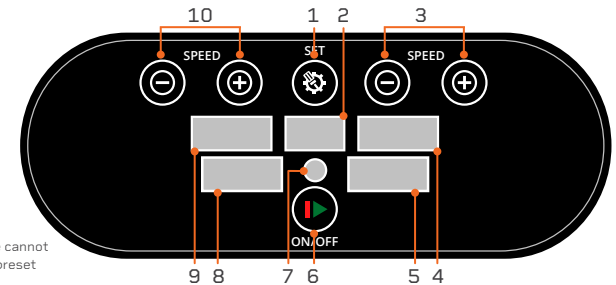
3D/Spiral Movement
Combination of Above



OPERATING INSTRUCTIONS

USING THE DISPLAY PANEL TO OPERATE THE HOVERT

1. **Program/Mode Button:** Select a preset workout program (P1-P8) or select manual mode (HA on the Program/Mode Display) to create a custom workout.
2. **Program/Mode Display:** Shows the program or mode selected.
3. **Speed/Time Buttons L MOTOR (2)*:** In standby, with manual mode (HA) selected: press the buttons to set a time duration for the **L MOTOR**. Press the Start Button to begin the manual mode workout and then press the Speed/ Time Buttons to change the speed for the **L MOTOR**.
4. **Speed Display L MOTOR:** Shows the **L MOTOR** vibration speed for current program/mode.
5. **Time Display L MOTOR:** Shows the **L MOTOR** time duration for current program/mode.
6. **Start/Stop Button:** Start or stop the selected program or mode.
7. **Remote:** Infrared receiver window for the remote.
8. **Time Display H MOTOR:** Shows the **H MOTOR** time duration for current program/mode.
9. **Speed Display H MOTOR:** Shows the **H MOTOR** vibration speed for current program/mode.
10. **Time/Speed Buttons H MOTOR (2)*:** In standby, with manual mode (HA) selected: press the buttons to set a time duration for the **H MOTOR**. Press the Start button to begin the manual mode workout and then press the Speed/ Time Buttons to change the speed for the **H MOTOR**.

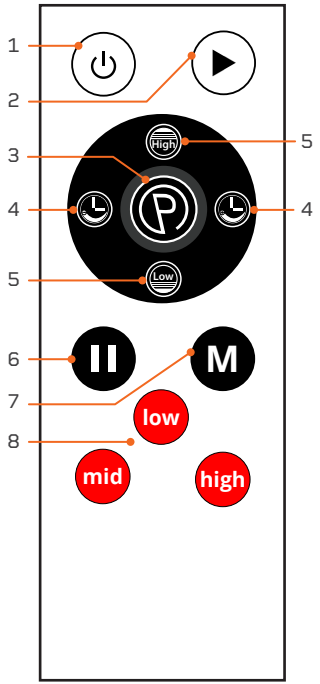


*Speed and time cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE HOVERT

1. **Power Button:** Press the button to power the Hovert on and off.
2. **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.
3. **Program/Mode Button:** Press the button to select a preset workout program (P1-P8) or to select manual mode (HA).
4. **Speed/Time Buttons L MOTOR (+/-)*:** In standby, with manual mode (HA) selected: press the buttons to set a time duration for the **L MOTOR**. Press the Start Button to begin the manual mode workout and then press the Speed/ Time Buttons to change speed for the **L MOTOR**.
5. **Speed/Time Buttons H MOTOR (High/ Low)*:** In standby, with manual mode (HA) selected: press the buttons to set a time duration for the **H MOTOR**. Press the Start button to begin the manual mode workout and then press the Speed/ Time Buttons to change speed for the **H MOTOR**.
6. **Pause Button:** Stop the current program or manual mode workout.
7. **Speed Toggle Button (M):** Toggle vibration speed for both motors between 20, 50, and 80.
8. **Quick Speed Buttons:**

   Low: Set speed to 30 (both motors).
   Mid: Set speed to 60 (both motors).
   High: Set speed to 90 (both motors).



*Speed and time cannot be adjusted for preset programs.

CHOOSING A PROGRAM

PROGRAM MODE

Low Settings (P1-P2)	Medium Settings (P3-P5)	High Settings (P6-P8)
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: P1 through P8.
3. Press the Start/Stop button to activate the selected program.

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, P1, and work your way up.

PROGRAM SPEEDS

Each preset program is 10 minutes long. During the program, the Turbo will change speed once per minute. Speed levels will depend on the program you've chosen (as outlined in the chart below). **H = Horizontal Motor L = Lateral Motor**

SPEED	PROGRAM	SPEED	MINUTES 10	9	8	7	6	5	4	3	2	1
Low	P1	H	4	4	10	12	17	20	24	20	17	6
		L	2	5	6	8	9	10	6	8	4	5
	P2	H	2	4	6	8	10	13	15	12	9	8
		L	3	3	5	9	12	15	20	10	10	4
Med	P3	H	8	14	8	14	8	20	8	14	8	14
		L	5	16	2	3	6	9	10	9	5	2
	P4	H	12	23	29	38	49	56	68	76	48	29
		L	6	12	14	16	20	22	30	34	38	18
	P5	H	9	13	16	21	24	35	67	50	38	30
		L	8	10	9	14	18	19	28	28	20	17
High	P6	H	23	55	23	55	23	55	23	55	23	55
		L	15	28	16	28	12	28	16	28	10	28
	P7	H	11	11	25	25	38	38	48	48	25	25
		L	22	19	28	23	35	22	29	50	12	15
	P8	H	30	30	50	50	70	70	40	40	60	60
		L	35	29	40	35	68	80	50	20	80	50

MANUAL MODE

In manual mode, vibration speeds for both the H motor and the L motor correspond to the following levels:

Low Settings (1-33)	Medium Settings (34-66)	High Settings (67-99)

CREATING A CUSTOM WORKOUT IN MANUAL MODE:

1. Press the Power button to turn the system ON.
2. Press the Program/Mode button until the display reads HA (manual mode).
3. Set a time duration for your manual mode workout. Press the -/+ buttons to set time for the L motor and the Low/Hi buttons to set time for the H motor.
4. Press the Start/Stop button to begin the manual mode workout.
5. The speed for both motors will begin at 1. To adjust the speed:
   a. Press the -/+ buttons to change the L motor speed only.
   b. Press the Low/Hi buttons to change the H motor speed only.
   c. Press the red Low button to change the speed to 30 (both motors).
   d. Press the red Mid button to change the speed to 60 (both motors).
   e. Press the red High button to change the speed to 90 (both motors).
   f. Press the M button to toggle speed between 20, 50, 80 (both motors).

STANDING POSITIONS

Where you stand on the Lifepro Hovert 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.

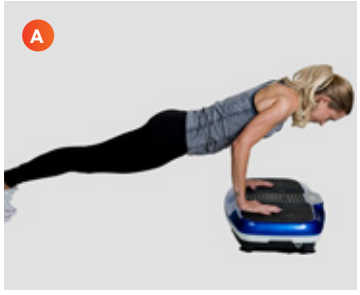
The Lifepro mini bands are made from 100% latex. Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly. Use the mini bands in conjunction with your Lifepro Hovert to exponentially improve your fitness results.

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 HOVERT



STRAIGHT ARM PLANK



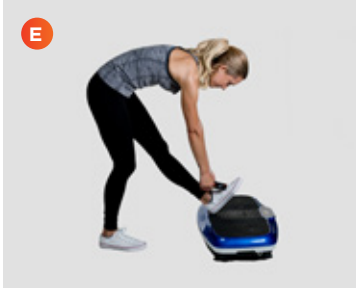
NECK STRETCH



GLUTE BRIDGE



DIP



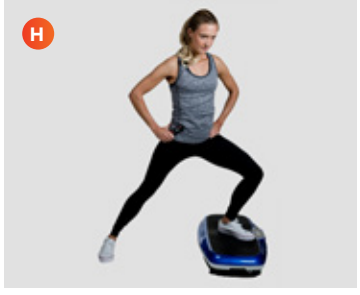
HAMSTRING STRETCH



GLUTE STRETCH



SPLIT SQUAT



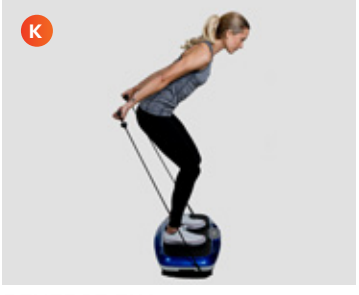
SIDE LUNGE



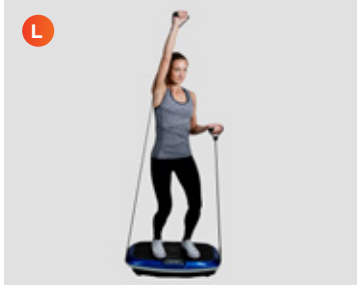
QUAD STRETCH



SQUAT



REVERSE FLY



ALTERNATE SHOULDER PRESS

EXERCISE QUICK START GUIDE

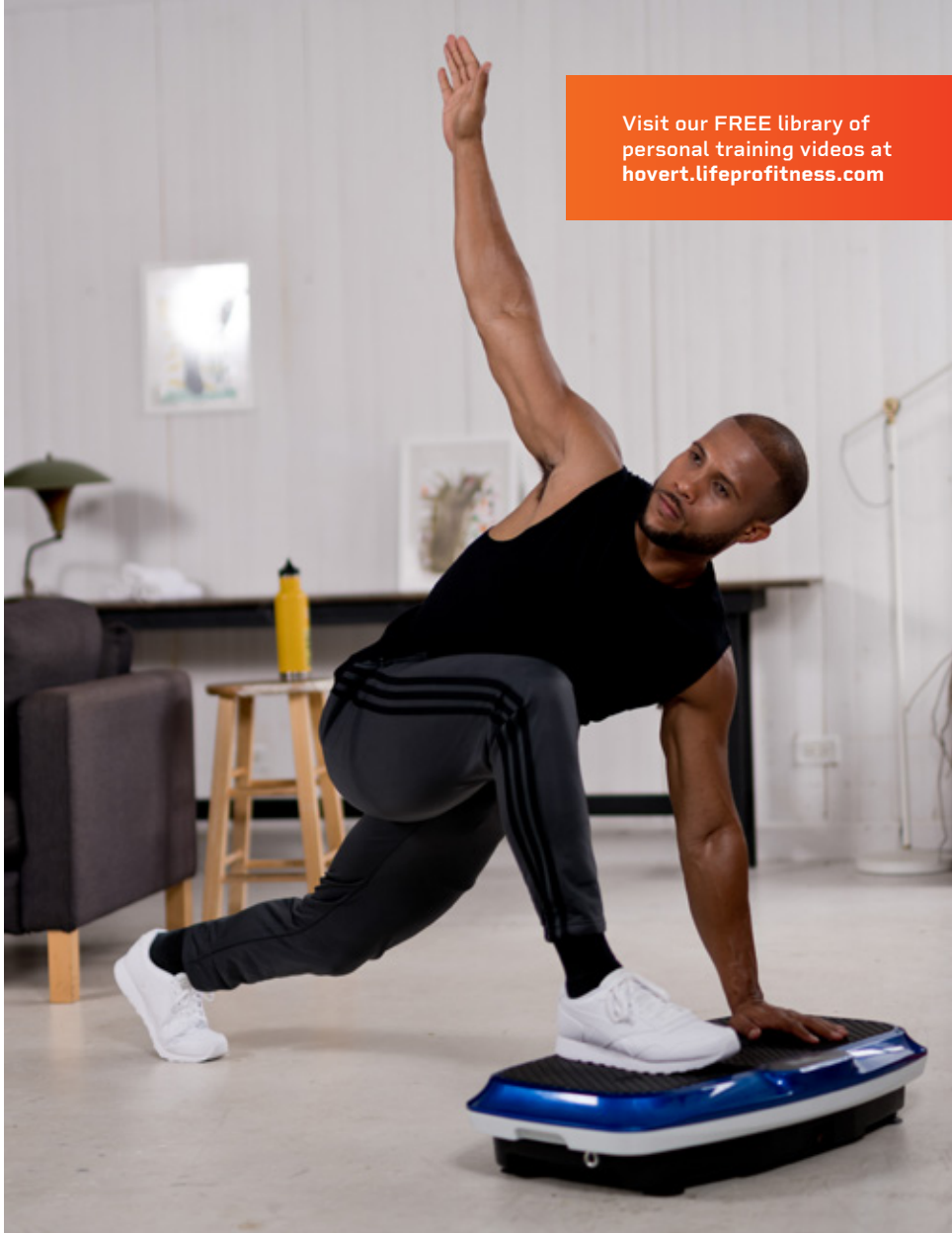
HOW TO BEGIN

It's a good idea to start off slow and easy with your Hovert 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



SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Lifepro Hovert.

RESPONSIBILITIES

1. It is the responsibility of the owner to ensure that all users of the Hovert are adequately informed of all warnings and precautions.
2. Use the Hovert only as instructed in this manual.
3. Place the Hovert on a level surface, with at least eight feet of clearance behind it. Do not place the Hovert on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Hovert.
4. Keep the Hovert indoors, away from moisture and dust. Do not put the Hovert in a garage or covered patio, or near water.

DOS AND DON'TS

5. Do not operate the Hovert where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the Hovert at all times.
7. The Hovert should not be used by persons weighing more than 330 lbs.
8. Never allow more than one person on the Hovert at a time.
9. Keep the power cord and the surge suppressor away from all heat sources.
10. Never leave the Hovert unattended while it is running. Always unplug the power cord when the Hovert is not in use.

EXERCISING

11. Consult with a medical professional before beginning a new exercise program.
12. Get into position before powering on the Hovert.
13. Always wear appropriate clothing and athletic shoes when using the Hovert.
14. The Hovert is intended for in-home use only. Do not use the Hovert in any commercial, rental, or institutional setting.

MAINTENANCE

15. **DANGER:** Always unplug the power cord immediately after use, before cleaning the Hovert, and before performing the maintenance and adjustment procedures described in this manual.
16. Inspect and tighten all external screws periodically (do not remove the motor hood).
17. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
18. Never insert or drop any object into any opening.

PRODUCT SPECIFICATIONS

RECOVERY + FITNESS

HOVERT

3D VIBRATION PLATE

UNIT SPECS

Size: 31”l x 18”w x 7”h

Net Weight: 39.6 lbs

Power: 200W + 200W

Voltage: 110V

Amplitude: 0-10mm

Max User Weight: 330 lbs.

Frequency: 4-15 Hz

Speed Levels: 99

Auto Programs: P1-P8

Batteries Required:

2 AAA Batteries (not included)

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 Hovert ever breaks (and we doubt it will), we’ll send you replacement parts and show you how to repair it. If your Hovert cannot be repaired, we’ll replace it—free of charge. Register your Hovert at **hovert.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 4 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 and muscle tension

RHYTHM

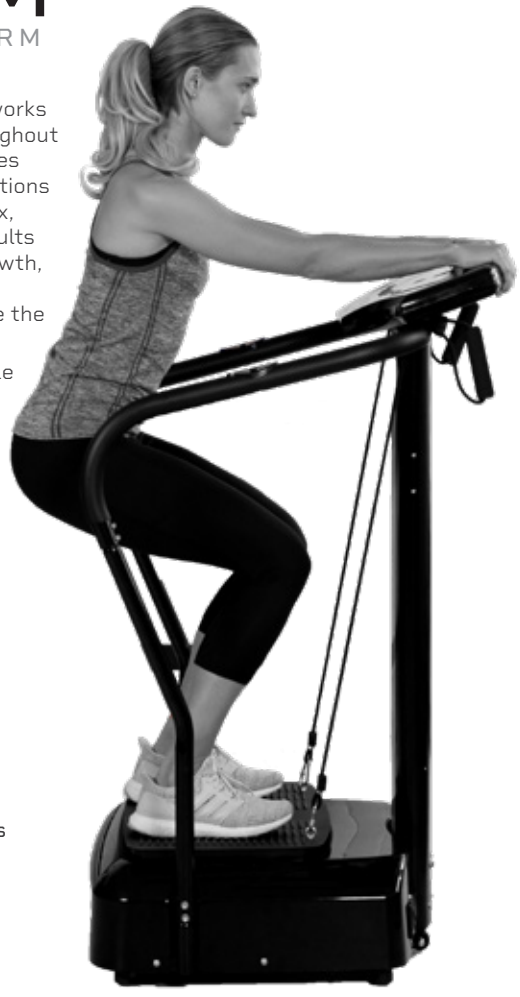
VIBRATION PLATFORM

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



lifepro®

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

YOU'VE GOT THIS

Lifeprousa Lifeprousa support@lifeprofitness.com