

READY, SET, PRO

USER MANUAL



SCULPTTRAINER LITE MULTIPURPOSE ROMAN CHAIR





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 Strength Training 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.

With the Lifepro SculptTrainer Lite Multipurpose Roman Chair, there's no need to pay for an expensive gym membership or personal trainer. The SculptTrainer Lite provides an extremely versatile whole-body workout. Challenge your muscles with a wide range of weight lifting and body-weight exercises. Sculpt your upper body with preacher curls and dumbbell rows, blast your core with crunches and side bends, tone your lower body with Bulgarian split squats, lateral bench hops, and so much more! Get stronger, leaner, healthier: build muscle and bone density, boost metabolism, improve heart health, reduce stress, and lose weight—right from the comfort of your own home. Strength training also helps manage chronic conditions such as high blood pressure, back and joint pain, diabetes, and depression.

Whether you're getting back into strength training after starting a family or career, a die-hard gym enthusiast, or someone who has never lifted before, the Lifepro SculptTrainer Lite has everything you'll need to build muscle and stamina.

Redefine your workouts and experience the transformative power of the Lifepro SculptTrainer Lite:

- **Increase strength and flexibility:** builds and tones muscle
- **Regulate weight:** boosts your heart rate and burns calories
- **Boost your metabolism:** encourages your body to burn fat faster
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Reduce lower back pain:** improves core strength and posture
- **Develop stronger bones:** increases bone density
- **Improve stability:** improves core strength and posture

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

STRENGTH TRAINING

SCULPTTRAINER LITE

MULTIPURPOSE ROMAN CHAIR

FIRST STEPS

UNPACKING THE COMPONENTS

1. Remove the hardware and components from the shipping box and inspect all items for shipping damage.
2. Compare the parts and hardware to the items listed in **WHAT'S IN THE BOX** on page 7.
3. Read carefully through this user manual and all safety instructions before assembling and using the SculptTrainer Lite.
4. Follow the steps in the **ASSEMBLY GUIDE** on page 8 to begin assembling your roman chair.
5. Go to warranty.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.

CUSTOMER SUPPORT

If you have any questions about using your SculptTrainer Lite Multipurpose Roman Chair, 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.

PARTS OF THE SCULPTTRAINER LITE

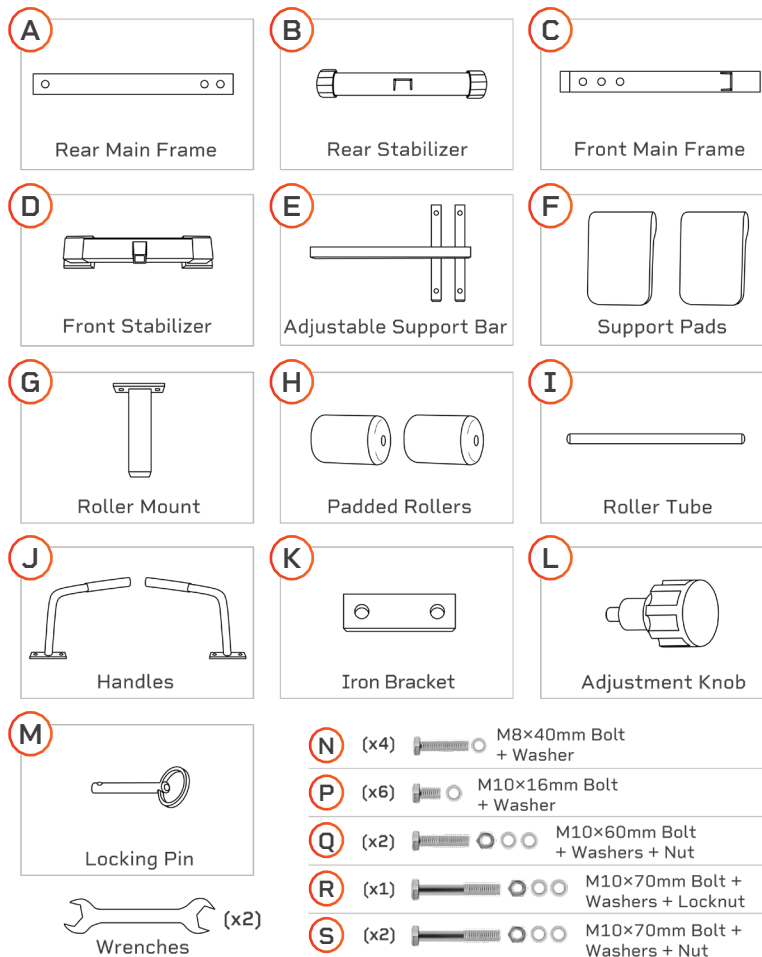


ASSEMBLY NOTES

- Assemble on a flat, sturdy floor
- Ensure the space is free of obstructions

WHAT'S IN THE BOX

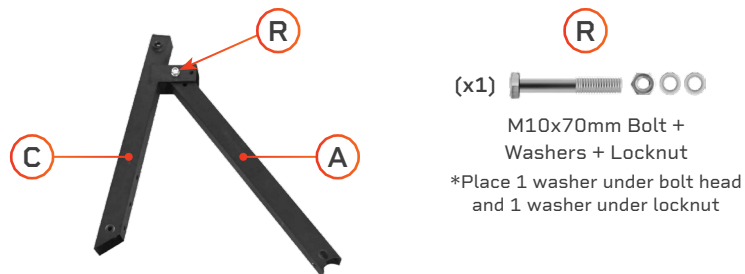
SCULPTTRAINER LITE PARTS & HARDWARE



ASSEMBLY GUIDE

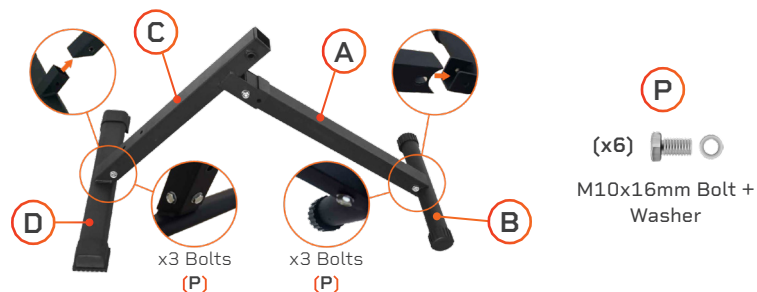
1 ATTACH THE FRONT MAIN FRAME TO THE REAR MAIN FRAME

1. Connect the **Front Main Frame (C)** to the **Rear Main Frame (A)** using **1 bolt**, **2 washers**, and **1 locknut (R)**.



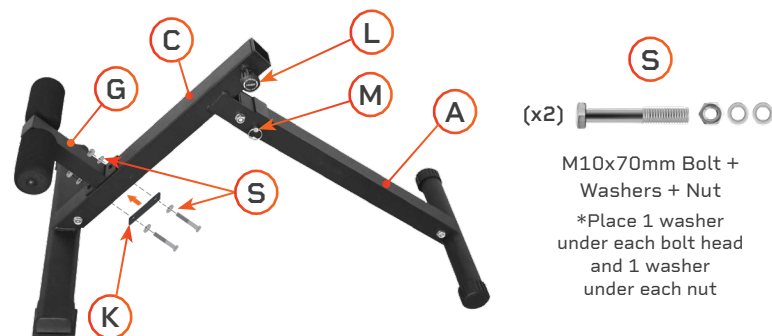
2 ATTACH THE FRONT & REAR STABILIZERS TO THE FRONT & REAR MAIN FRAMES

1. Insert the **Front Stabilizer (D)** into the **Front Main Frame (C)** and attach using **3 bolts** and **3 washers (P)**.
2. Insert the **Rear Stabilizer (B)** into the **Rear Main Frame (A)** and attach using **3 bolts** and **3 washers (P)**.

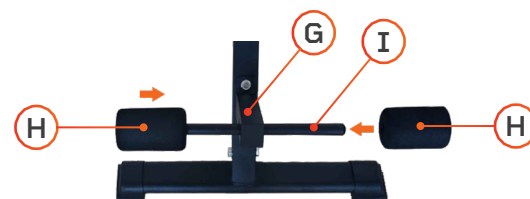


3 ATTACH THE PADDED ROLLERS TO THE FRONT MAIN FRAME

1. Position the **Roller Mount (G)** onto the **Front Main Frame (C)** and place the **Iron Bracket (K)** on the opposite side. Attach using **2 bolts**, **4 washers**, and **2 nuts (S)**. *Note: Insert bolts on Iron Bracket side.*
2. Attach the **Adjustment Knob (L)** by partially screwing it into the threaded hole at the top of the **Front Main Frame (C)**. *Note: Do not fully tighten the Adjustment Knob in this step.*
3. Insert the **Locking Pin (M)** into the hole at the top of the **Rear Main Frame (A)** until you hear a click, indicating that it is locked in place.

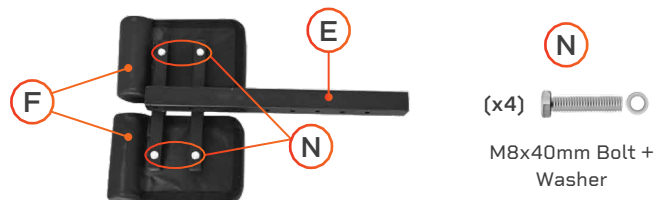


4. Insert the **Roller Tube (I)** into the hole in the **Roller Mount (G)**, distributing the length of the **Roller Tube (I)** evenly on both sides.
5. Slide the **Padded Rollers (H)** onto each end of the **Roller Tube (I)** until they butt up against the **Roller Mount (G)**. Ensure that the ends of the **Roller Tube (I)** are flush with the ends of the **Padded Rollers (H)**.



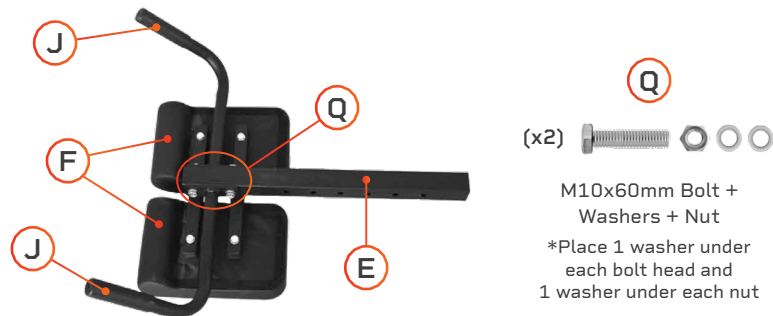
4 ATTACH THE SUPPORT PADS TO THE SUPPORT BAR

1. Place the **Support Pads (F)** side-by-side with the screw holes facing up.
2. Position the two cross brackets of the **Support Bar (E)** over the **Support Pads (F)**, aligning the four holes in the cross brackets with the holes in the **Support Pads (F)**.
3. Attach the **Support Bar (E)** to the **Support Pads (F)** using **4 bolts** and **4 washers (N)**.



5 ATTACH THE HANDLES TO THE SUPPORT BAR

1. With the **Support Pads (F)** facing down, attach both **Handles (J)** to the **Support Bar (E)** using **2 bolts, 4 washers, and 2 nuts**.
Note: Check left and right Handle orientation; when the Support Bar is lying flat the Handles will angle up toward the top of the Support Pads.



6 ATTACH THE SUPPORT BAR TO THE FRONT MAIN FRAME

1. Insert the **Support Bar (E)** into the opening at the top of the **Front Main Frame (C)**.
2. With the **Adjustment Knob (L)** partially screwed in, pull the knob head out and slide the **Support Bar (E)** up or down until you hear a “click” indicating that it is locked in position. There are 6 height-adjustment holes on the **Support Bar (E)**.
3. Turn the **Adjustment Knob (L)** clockwise to tighten it and secure the **Support Bar (E)** in place at the desired height.

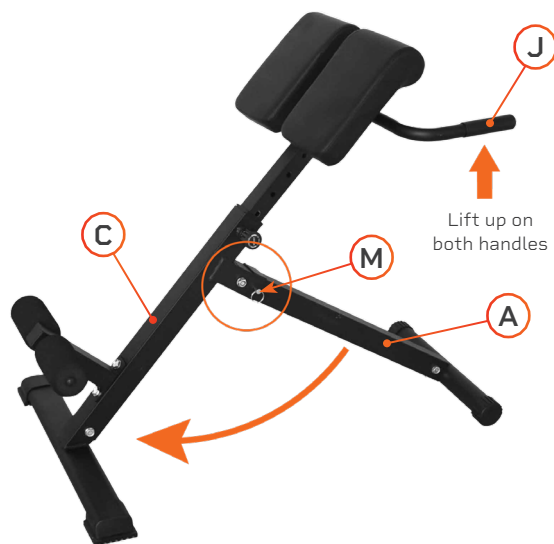


FOLDING THE SCULPTTRAINER LITE

The SculptTrainer Lite may be folded flat for storage and transport.

TO FOLD:

1. Remove the **Locking Pin (M)**.
2. Lift up on both **Handles (J)** to take the weight off of the **Rear Main Frame (A)**.
3. Fold the **Rear Main Frame (A)** up against the **Front Main Frame (C)** and re-insert the **Locking Pin (M)** into the hole.
4. Carefully lower the SculptTrainer Lite to the floor.



EXERCISE SAFETY AND TIPS

EXERCISE SAFETY

- Consult with your physician before beginning a new exercise program.
- Incorrect or excessive exercise or overexertion can be damaging to your health. Always exercise within the heart-beat intensity level and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel faint, dizzy, nauseous, or experience pain, irregular heartbeat, or shortness of breath.
- Never use the equipment while under the influence of drugs or alcohol. Do not use during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- Do not perform other activities while using the equipment to avoid accidents or injury.
- Always inspect the equipment for damaged, worn, or loose bolts/nuts/knobs before each use. Tighten any loose bolts/nuts/knobs before use. Do not use if damaged, worn, rusty, malfunctioning, or missing bolts. Do not use equipment again until the problem has been fixed.
- Remove items, especially sharp objects, from your pockets before using. Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.
- Ensure you have adequate clear space around you (at least seven feet on all sides).
- Use the equipment only on a flat, sturdy, non-slip floor.
- To prevent back injury when performing back extensions, do not bring your torso past parallel with your hips (hyperextension).
- Do not jump onto or off of the SculptTrainer Lite.
- Do not add weights/resistance to the body weight workouts until you have become accustomed to the equipment.

EXERCISE TIPS

- Use proper form. Focus on only working the muscle groups intended for the exercise you are performing. Maintain control through the entire range of motion.
- Drink plenty of water before and after exercise.

(Exercise Tips continued on p.14)

- Make sure to adjust the height of the support pads according to your height and the exercise you will be doing.
- Always maintain control and move slowly through exercises to avoid injury.
- Be careful of doing exercises with explosive movements so that you do not knock over the SculptTrainer Lite.
- Start slow and easy with shorter workouts. Work your way up to longer, more challenging workouts over a period of several weeks.
- Breathe naturally during exercise. Never hold your breath. Exhale during exertion and inhale after exertion. For example, during a push-up, inhale as you lower your body to the floor, exhale as you push yourself up.
- Spend at least five minutes warming up, including stretching, before exercise and at least five minutes cooling down after exercise to prevent pulled muscles and other sports injuries.
- Make sure to take sufficient breaks between exercises. Also, take sufficient time off between workout sessions.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable, loose, and allow you to move freely.

WHAT EXERCISES CAN I DO?

You can do a wide variety of exercises with the SculptTrainer Lite, both body-weight and weight-lifting, including:

- Side Bends
- Weighted Side Bends
- Inclined Push-ups
- Dips
- Back Extensions
- Alternating Side Hyperextensions
- Weighted Hyperextensions
- Roman Chair Twists
- Roman Chair Sit-Ups
- Preacher Biceps Curls

SAFETY, CARE, AND MAINTENANCE

⚠ WARNING: To reduce injury to persons, or damage to equipment, read the following warnings carefully.

DISCLAIMER

- The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.

- The use of this equipment is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

SAFETY INSTRUCTIONS

- Use the equipment only as instructed in this manual.
- Always inspect the equipment for damaged, worn, or loose bolts/nuts/knobs before each use. Tighten any loose bolts/nuts/knobs before use. Do not use if damaged, worn, rusty, malfunctioning, or missing screws. Do not use equipment again until the problem has been fixed.
- This product is for adult-use only. Do not allow children to use; this equipment is not a toy. Keep children and pets away from the equipment at all times.
- Adult assembly required. Children should not assemble, disassemble, fold, or move the equipment.
- This equipment is not intended for use by people with reduced physical, sensory or mental capabilities, unless supervised by a responsible adult.
- Do not allow more than one person to use the equipment at a time.
- Do not exceed the maximum weight-load capacity of 330 lbs.
- Never use the equipment while under the influence of drugs or alcohol. Do not use during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- It is the responsibility of the owner to ensure that all users of the equipment are adequately informed of all warnings and precautions.
- This unit is not a medical device and is not recommended for medical use. The equipment is intended for in-home and indoor-use only. Do not use the equipment in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the unit and all parts according to local and federal regulations.

EXERCISE SAFETY

- Users should consult with a medical professional before beginning a new exercise program. Your physician should assist you in determining the heart rate zone that is appropriate for your age and physical condition. Your physician can help determine if you have physical limitations that could create a health risk or prevent you from properly using this equipment; some exercise programs or types of fitness equipment may not be appropriate for all people. This is especially important for those who are or may be pregnant; those over the age 35 or with pre-existing health problems;

(Exercise Safety continued on p.16)

those who experience dizziness or balance impairments or taking drugs that affect balance; those with heart conditions, hypertension, blood clots, or taking medication that affects heart rate; those with a pacemaker, artificial heart, or similar implant; those who have recently had surgery; those with cancer or malignant tumors; those with orthopedic conditions, spinal injuries, osteoporosis, fractures, herniated or slipped discs, chronic back pain, sciatica, or other conditions or disorders affecting the back or spinal column.

- Incorrect or 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 faint, dizzy, nauseous, or experience pain, irregular heartbeat, or shortness of breath.
- Ensure you have adequate clear space around you (at least seven feet on all sides).
- Always maintain control and move slowly through exercises to avoid injury.
- Always place the equipment on a flat, sturdy floor. Place in a location away from traffic where it will not create a tripping hazard.
- Do not perform other activities while using the equipment to avoid accidents or injury.
- Make sure to adjust the height of the support pad according to your height and the exercise you will be doing.
- To prevent back injury when performing back extensions, do not bring your torso past parallel with your hips (hyperextension).
- Do not add weights or resistance to the body weight workouts until you have become accustomed to the equipment.
- Always wear appropriate athletic clothing. Appropriate clothing should be loose, comfortable, and allow you to move freely.
- Warm up before exercise and cool down after exercise to prevent sports injury.
- Keep hair, fingers, and clothing away from moving parts to avoid pinching.

MAINTENANCE AND CLEANING

- Use a slightly damp cloth to wipe any dirt or moisture from the equipment after each use. You may use mild soap, if necessary, to clean. Do not use solvents; or chemical or abrasive cleaners.
- Store equipment in a cool, dry location.
- Do not use or store in direct sunlight, in a high-temperature or high-moisture environment, or near heat sources.

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions: 38.8 x 22 x 27–34 Inches

Net Weight: 22/19.84 lbs

Maximum Weight Load: 330 lbs

Frame: Powder-coated, square-steel tubing

MADE IN CHINA

STRENGTH TRAINING

SCULPTTRAINER LITE

MULTIPURPOSE ROMAN CHAIR



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

FROM OUR SPORTS RECOVERY COLLECTION

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 sculpttrainerlite.lifeprofitness.com to learn how to get the most out of your Lifepro® SculptTrainer Lite and achieve the results you want.



**YOU'VE
GOT
THIS**

 Lifeprousa  Lifeprousa support@lifeprofitness.com