

READY, SET, PRO

USER MANUAL

WAVER™ VIBRATION PLATE





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

Have you ever felt alone in your fitness journey?

We have, and we're here make sure it doesn't happen to you.

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.



RECOVERY + FITNESS

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 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 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: (732) 456-6063 or support@lifeprofitness.com.

GET ACQUAINTED



EASY-START SETUP GUIDE

Setup your Waver in just 3 easy steps:

1

ASSEMBLE THE WAYER

- 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 Waver.



2

CONNECT TO POWER

- Insert the power cord firmly into the front of the Waver.
- 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 an AC outlet.

3

POWER ON THE WAYER

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

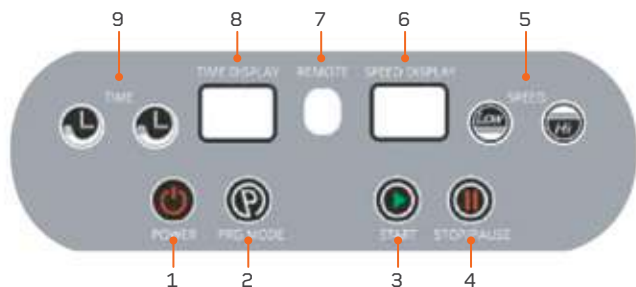
Program Mode: Choose from preset workout programs: P0-P9. Each program has low, medium, or high vibration speed.

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

OPERATING INSTRUCTIONS

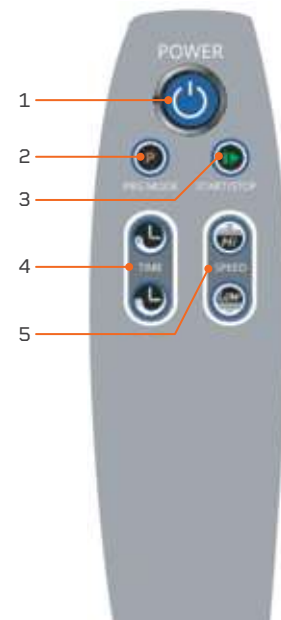
USING THE DISPLAY PANEL TO OPERATE THE WAVER

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. <ul style="list-style-type: none">• Detoxification• Increased bone density• Improved balance• Lymphatic drainage• Improved postural control	Perfect for people with arthritis and fibromyalgia. <ul style="list-style-type: none">• Joint maintenance• Improved postural control• Fat loss• Increased bone density• Improved balance• Cellulite removal	Great for increased intensity. <ul style="list-style-type: none">• 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:

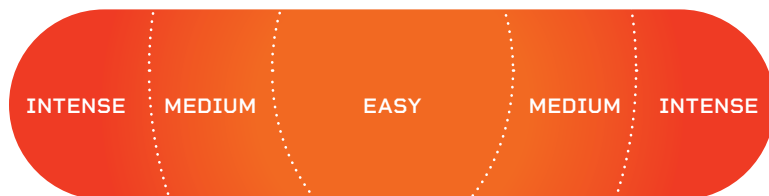
1. Press the Power button to turn the system on.
2. While already standing on the Waver, use the Time Increase/Decrease buttons to set a time duration for your manual workout.
3. Press the Start button to begin the manual workout.
4. Press the Speed Increase/Decrease buttons to adjust the vibration speed.

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



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

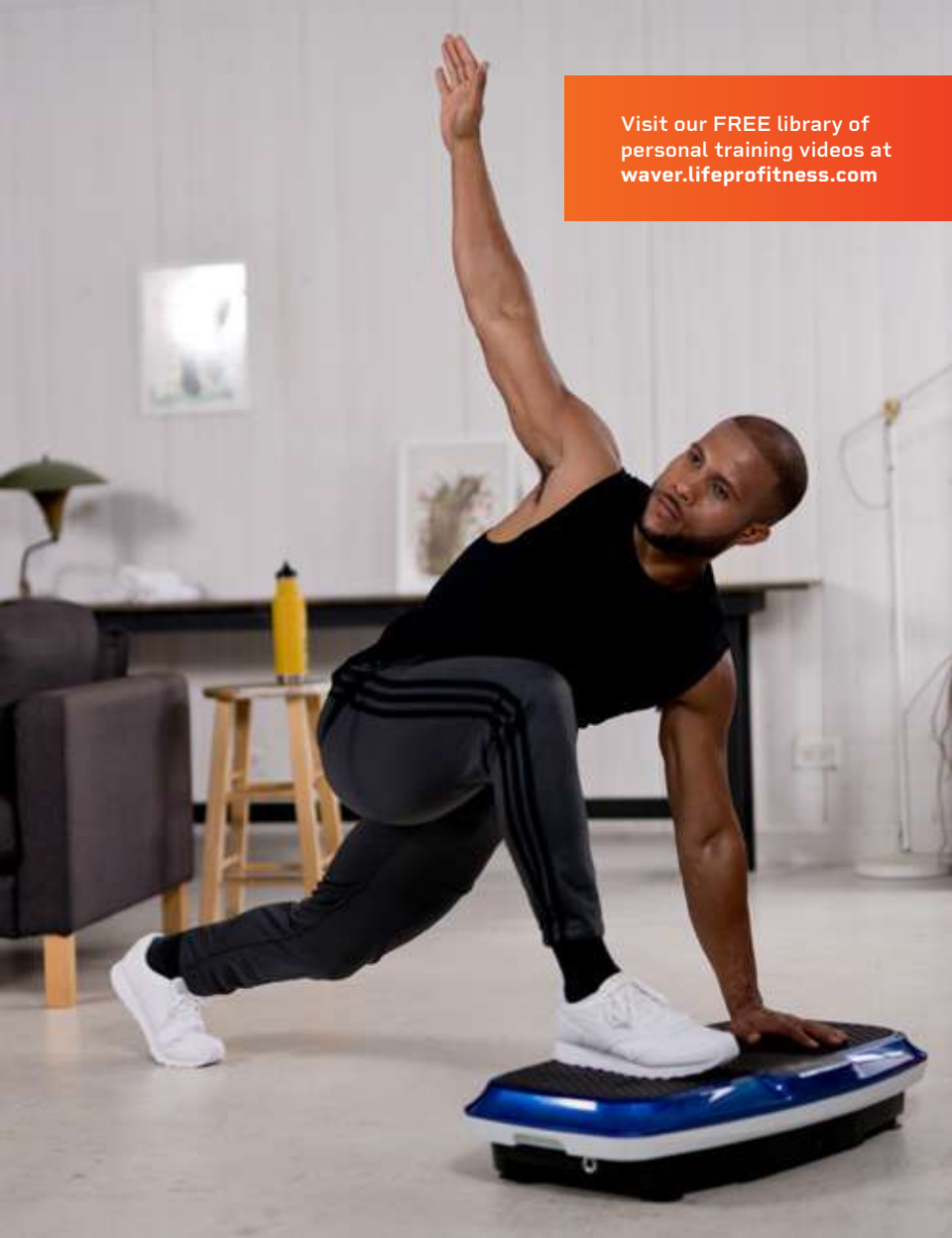
It's a good idea to start off slow and easy with your Waver as it can take time to get use to how vibration plates move and feel. We recommend you follow the workout guide below—building from beginner to advanced over a period of several weeks.

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

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 Waver.

RESPONSIBILITIES

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

DOS AND DON'TS

5. Do not operate the Waver where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the Waver at all times.
7. The Waver should not be used by persons weighing more than 330 lbs.
8. Never allow more than one person on the Waver at a time.

9. Keep the power cord and the surge suppressor away from all heat sources.
10. Never leave the Waver unattended while it is running. Always unplug the power cord when the Waver 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 Waver.
13. Always wear appropriate clothing and athletic shoes when using the Waver.
14. The Waver is intended for in-home use only. Do not use the Waver in any commercial, rental, or institutional setting.

MAINTENANCE

15. **DANGER:** Always unplug the power cord immediately after use, before cleaning the Waver, 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



UNIT SPECS

Size: 27"l x 15"w x 6"h

Power: 200W

Voltage: 110V

Amplitude: 0-8mm

Max User Weight: 330 lbs.

Frequency: 4-12 Hz

Speed Levels: 99

Auto Programs: P0-P9

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 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.

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.
- Loosen tight muscles

RHYTHM

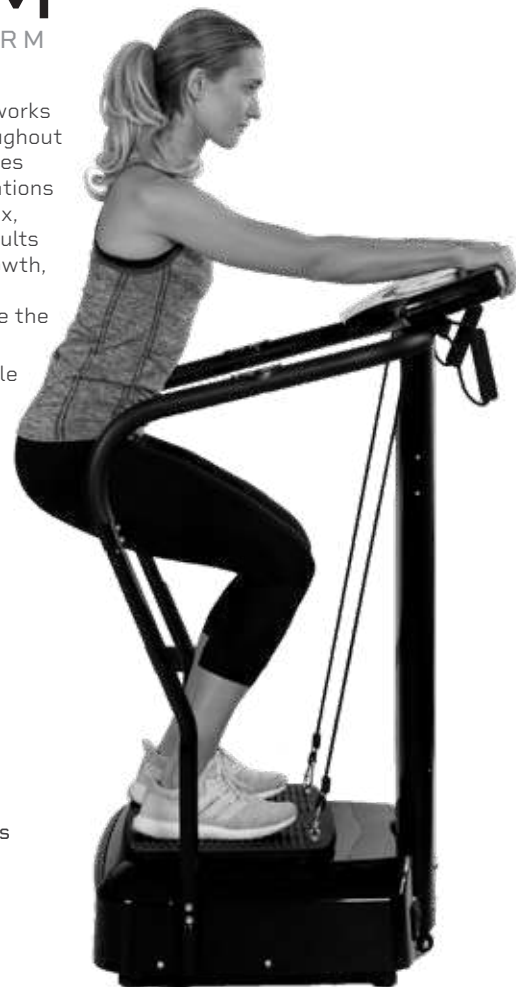
VIBRATION PLATFORM

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**