



**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

Clinicians use compression therapy to help improve blood flow and circulation in the extremities.

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of compression therapy.

Compression therapy has a wide variety of applications and health benefits. Physical therapists, chiropractors, and athletic trainers use compression therapy to help athletes recover from injury and improve performance. The Axis Air Compression Massager is your new fitness go-to. Use the Axis post-workout to speed up your workout recovery or pre-workout to enhance your performance.

Compression therapy helps strengthen vein support which improves blood flow activity in the legs and feet. Use the Axis to soothe tired, sore feet and legs after a long day of standing or walking. The four compression chambers, feet, calves, thighs, and hips, can be individually deactivated to target your massage to only the areas needed. The Axis Air Compression Massager deeply penetrates your muscles and fascia, which improves blood circulation and lymphatic drainage, promotes healing, and reduces inflammation.

Use the Axis while sitting comfortably on the couch watching TV, reading a book, or working at your desk. The Axis is highly portable and the lithium-ion battery provides 3–6 hours of use-time per charge. Sixteen pressure intensities and four massage modes allow you to choose exactly the right settings for all of your massage needs.

Redefine your workouts and experience the transformative power of the Lifepro Axis:

- ✦ **Increase workout effectiveness:** reduce muscle soreness and speed up recovery; prevent injury; improve muscle flexibility and athletic performance.
- ✦ **Recover from injury:** decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- ✦ **Find pain relief:** soothe sore feet and legs; relieve fatigue; loosen muscles and fascia; boost circulation; manage chronic pain caused by tendinitis, arthritis, fibromyalgia, and more.
- ✦ **Boost immune system:** improve sleep; reduce stress; increase serotonin and decrease cortisol.

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



ACTIVE RECOVERY

AXIS

AIR COMPRESSION MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro Axis Air Compression Massager (Left and Right Boots)
- Remote Control
- Charging Adapter
- Carrying Bag
- User Manual

FIRST STEPS

1. Remove your Axis from the box and packaging, and inspect the unit and accessories for shipping damage.
2. Read carefully through this user manual and all safety instructions before using the Axis.
3. Go to axis.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 set up your Axis.

CUSTOMER SUPPORT

If you have any questions about setting up your Axis, 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.

PARTS OF THE AXIS

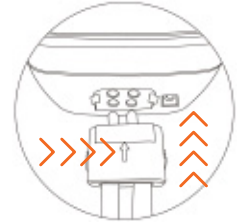


EASY-START SETUP GUIDE

1

SET UP AND POWER ON THE AXIS

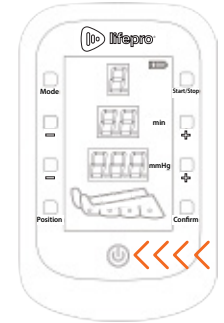
- The Axis comes partially charged so you can use it right out of the box.
- Insert the two air pressure connectors into the ports on the base of the remote control. Ensure the arrow on the top of each connector faces up.
- Press and hold the Power button on the remote control for 3 seconds to turn on the device.



2

SECURE THE AXIS TO YOUR LEGS

- Unfold the compression boots and check to see if the air hoses are properly connected.
- If a hose has become dislodged during shipping, insert the pin in the head of the hose into the corresponding port on the compression boot.
- Unzip the boots.
- While sitting on a couch or a chair with a footrest, place one air compression boot on each leg. Your feet should rest flat in the bottom of the boots. The boots are marked “L” (left) and “R” (right) to ensure correct placement.
- Zip up each boot to secure them to your feet and legs.



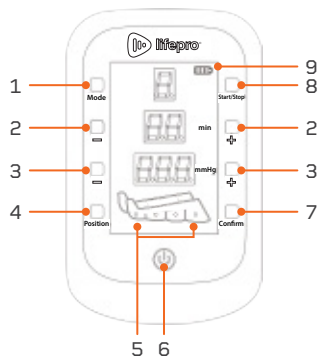
Your Axis Air Compression Massager is now ready to use. See OPERATING INSTRUCTIONS on the next page for usage instructions.

OPERATING INSTRUCTIONS

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

USING THE REMOTE TO OPERATE THE AXIS

1. **Mode Button:** Toggle through the four massage modes, 1–4.
2. **Time +/- Buttons:** Use the buttons to adjust the time from 5–90 minutes. Tap the buttons to increase/decrease time in five-minute increments. Press and hold the buttons to increase/decrease time in one-minute increments.
3. **Pressure +/- Button:** Use the buttons to adjust the pressure from 30–240 mmHg. Tap the buttons to increase/decrease pressure in 30-mmHg increments. Press and hold the buttons to increase/decrease pressure in 10-mmHg increments.
4. **Position Button:** Toggle through the four compression chambers (feet, calves, thighs, hips) to select a chamber position. When selected, an individual chamber can be turned off by pressing the Confirm button.
7. **Position LEDs (4):** LEDs correspond to the 4 pictured massage chambers: feet, calves, thighs, and hips. An LED is lit when that compression chamber is on. An LED flashes when the massage chamber position has been selected. When an LED is off, the compression chamber is off and will not inflate.
6. **Power Button:** Press and hold for three seconds to power the Axis on and off.
5. **Confirm Button:** Press the Confirm button to turn the selected massage chamber position off (the select massage chamber's LED will flash). All four chambers are on by default.
8. **Start/Stop Button:** Start/stop the current massage.
9. **Battery Indicator LEDs (4):** LEDs show the current battery level.



USING YOUR AXIS AIR COMPRESSION MASSAGER

1. Press and hold the **Power button** for 3 seconds to turn on the machine. If you press **Start/Stop button** now, the default massage will be: Mode 1, 30 minutes, 90 mmHg pressure, all 4 compression chambers are on and will inflate, and all four Position LEDs will be lit on the remote control screen. If you wish to change the default massage settings:
2. Press the **Mode button** to toggle through the 4 modes:
 - a. **Mode 1:** Each massage chamber inflates and then deflates in the following order: foot, calf, thigh, hip. Repeats cyclically.
 - b. **Mode 2:** Each massage chamber inflates, one at a time. When all four are inflated, they all deflate together. Repeats cyclically.
 - c. **Mode 3:** The four massage chambers inflate and deflate cyclically: the feet inflate and hold; then calves inflate and hold; then thighs inflate while the feet deflate, and calves and thighs hold; then hips inflate while calves deflate, and thighs and hips hold. Repeats cyclically.
 - d. **Mode 4:** All four massage chambers inflate at the same time, then deflate at the same time. Repeats cyclically.
3. You may adjust the massage time from 5–90 min. Tap (short-press) the **Time +/- buttons** to increase/decrease time in five-minute increments. Long-press the **Time +/- buttons** to increase/decrease time in one-minute increments.
4. You may adjust the pressure from 30–240 mmHg. Tap (short-press) the **Pressure +/- buttons** to increase/decrease the air pressure in 30-mmHg increments. Long-press the **Pressure +/- buttons** to increase/decrease the air pressure in 10-mmHg increments.
5. Press the **Position button** to toggle through the four massage chamber positions: feet, calves, thighs, and hips, to turn off any desired. Press the button once and LED 1 will go from solid to flashing to indicate that chamber 1 (feet) is selected. Press the Confirm button to turn OFF the selected chamber. Press the Position button twice for calves, three times for thighs, and four times for hips. Press the **Confirm button** after each to turn the selected chamber off.
6. Press the **Start/Stop button** to begin the massage.
6. Press the **Start/Stop button** again, at any time, to stop the massage.
7. Press and hold the **Power button** for 3 seconds to power off.

NOTE: The massage time and air pressure intensity level can be changed at any time during the massage.

NOTE: Which compression chambers are inflated and working cannot be changed during the massage. Press the Start/Stop button to stop the current massage to adjust this setting.

NOTE: For best results, do not use continuously for more than 90 minutes.

OPERATING INSTRUCTIONS

CHARGING THE BATTERY

- To charge the battery:
 - Connect the charging adapter to the charging port on the base of the remote control.
 - Then, plug the charging adapter into a wall outlet.
- It takes 3–4 hours to fully charge the battery.
- The Battery Indicator LEDs on the remote control screen indicate the current battery level:
 - 4 LEDs lit = 80–100%
 - 3 LEDs lit = 60–80%
 - 2 LEDs lit = 40–60%
 - 1 LED lit = 20–40%
 - 1 LED flashing = <20%
- For best results, charge the battery right away when one Battery Indicator LED flashes indicating that less than 20% of the battery charge is remaining.
- When the battery is very low, the unit will stop running and enter low-battery protection mode. If this occurs, power off the unit and fully charge before using again.
- Average run-time is 3–6 hours per charge, depending on the pressure level used.



POWERING OFF AND REMOVING THE AXIS

It is crucial to power off and remove the compression boots in the correct order so as to not damage them:

1. Press and hold the **Power button** on the remote control for 3 seconds to power off the unit.
2. Unzip and remove your legs from the compression boots.

For storage, it is important to disconnect the air hose connectors from the remote control. To do this:

1. Press the release clips on either side of one of the air hose connectors to remove it.
2. Repeat with the second air hose connector.

TIPS FOR USING YOUR AXIS

TIPS FOR USING YOUR AXIS

- It's best to begin using your Axis massager for no more than 10–20 minutes at a time. Gradually increase the massage duration over time.
- We recommend beginning with the lowest air pressure intensity, 30mmHg, and increasing the air pressure once your feet and legs get used to the massager.
- Stop using immediately if you feel dizzy, light headed, or experience pain or shortness of breath.
- Sit, or lie, comfortably. We recommend using the Axis with your feet up, for example, sitting or lying on a couch. Do not stand, walk, sleep, or drive while using the unit. Do not cross your legs.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.
- Do not use on wet, dirty, or sweaty feet or legs. Use only on dry, clean clothing. Do not wear pants with zippers or buttons on the legs.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the Relaxify right before bedtime.
- Drink plenty of water before and after use.
- The unit will automatically power off after the set working-time. The default massage program time is 30 minutes. Do not use continuously for more than 90 minutes.

IMPORTANT SAFETY INFORMATION

- Never use the Axis under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the unit, charging adapter, and remote control away from heat sources and fire.
- The unit is not waterproof. Keep the unit, charging adapter, and remote control away from liquids and do not immerse in water.
- Never use the unit or plug/unplug the charging adapter with wet hands.
- Always power off the unit after each use and unplug the charging cable immediately after charging.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your Axis Air Compression Massager using the table below.

Please contact a customer support representative for additional assistance at: (732) 456-6063 or support@lifeprofitness.com. Please do not attempt to repair the Axis on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER IS NOT WORKING	The battery needs to be charged.	Power off the massager. Then, plug the charging adapter into the port on the bottom of the remote control and plug into a wall outlet.
	Massager is not turned on.	Press and hold the Power button for 3 seconds to turn on the massager.
MASSAGER STOPPED WORKING SUDDENLY	Massager automatically stops after the set work time (5–90 minutes).	Select and start a new massage program to continue to use.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Allow massager to cool down before using again.
MESSAGE INTENSITY IS TOO HIGH	Air pressure intensity is too high.	Select a lower air pressure intensity level.
MASSAGER MAKES A FAINT SOUND	Air compression motor is working	This is a normal sound made by the motor.



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

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce risk of burns, fire, electric shock, injury to persons, or damage to equipment or property, read the following warnings carefully.

DISCLAIMER

- The health benefits suggested or implied in this user manual, our other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this air compress massager 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.

RESPONSIBILITIES

- Use the Axis only as instructed in this manual.
- It is the responsibility of the owner to ensure that all users of the Axis are adequately informed of all warnings and precautions.
- Check the unit, charging adapter, and remote control for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
- Only use the unit while comfortably seated or lying down. Never walk, sleep, or drive while wearing the compression boots.
- Keep children and pets away from the Axis at all times. Never allow children to play with or on the machine.
- Adults with diminished mental or physical capacity or balance disorders may only use the Axis while supervised by a responsible adult.
- The Axis is intended for in-home use only. Do not use the unit in any commercial, rental, institutional, or therapeutic setting.
- The unit will automatically power off after the set working time. For best results, do not use continuously for more than 1 hour.
- Dispose of the device and parts according to all local and federal regulations.

BATTERY/ELECTRICAL SAFETY

- **WARNING:** ONLY use the charging adapter provided with this appliance.
- Unplug the unit after charging and prior to use, cleaning, moving, or storing.
- The unit is not waterproof. Keep away from liquids. Do not use or store in a place where the unit may become wet or damp, or in high-moisture environments. If the unit accidentally becomes wet, do not use.
- Never plug/unplug the device with wet hands.
- Unplug the charging adapter by holding and pulling the plug itself, not the cord.
- Never drag, carry, or hang the unit by its charging cable.
- Never bend or fold the charging cable. Never place heavy objects on the charging cable or place it where it might be stepped on or tripped over.

- Do not insert any foreign objects or food into the ports on the remote control.
- Do not crush or hit the remote control.
- Keep away from sharp objects such as nails, needles, staples, knives, or other metal. Never use pins or other metallic fasteners with this unit. Never wear pant with zippers, buttons, or snaps on the legs while using the unit.
- Keep ventilation ports free from dust and debris.
- Do not place or use outdoors. Do not use during lightning and thunder storms.
- Unplug the device immediately in the event of a power failure.
- Keep away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens. Do not operate under a blanket or pillow. Do use or store high temperatures or in direct sunshine. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Do not operate in the presence of aerosol (spray) products or where concentrated oxygen is being administered.

PERSONAL SAFETY INSTRUCTIONS

- Consult your physician before using this product, especially if you have malignant tumors or heart disorders.
- Do not use this device if you have medical conditions such as: sensory deficiencies affecting their legs, ankles, or feet; acute inflammatory skin disorders, arrhythmia, erysipelas, pulmonary edema, osteoporosis, a skin injury or disorder, poor blood circulation, heart disease or vascular disease, controlled or uncontrolled hypertension, cancer, a pacemaker or other medical implant, acute venous thrombosis, deep thrombophlebitis; or if you are pregnant, recently gave birth, or recently had surgery. Do not use if injured. Never use the unit directly on swollen or inflamed areas of skin or open wounds.
- This appliance is not intended for use by persons (including infants and children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision and instruction concerning use of the unit by an adult responsible for their safety.
- Stop using immediately if you feel light headed, dizzy, or have discomfort or pain.
- To avoid damaging the unit, do not wrap the air compression hoses or charging cable around the device. Do not crush the unit. Avoid sharply folding it.
- Always wear clothes while using, including underwear and pants such as leggings or sweat pants.
- Do not insert objects into the air compression hoses or the air hose connector ports.

MAINTENANCE, CLEANING, AND STORAGE

- Power off, unplug, and allow the unit to cool before cleaning or storing.
- Use a soft, dry cloth to gently wipe any dirt or moisture from remote control.
- Use a soft, slightly damp cloth to gently wipe any dirt or moisture from compression boots. Compression boots are NOT machine washable.
- Never allow water or other liquids to come into contact with any part of the unit. Do not use oil, benzene, alcohol, gasoline, solvents or other chemicals to clean the unit.
- Store in a cool, dry place.
- Do not attempt to disassemble; there are no user-serviceable parts.

WHERE TO USE THE AXIS



ON THE COUCH



AT WORK



IN A CHAIR

PRODUCT SPECIFICATIONS

UNIT SPECS

Net Weight: 3.1 lbs.

Dimensions: 8.8" × 5.9" × 3.3"

Power Consumption: 35 W

Decibel Rating: <49-60 dB

Size (Foot, Calf, Thigh, Hip):

Foot Circumference: 16.5"

Calf Circumference: 19.7"

Thigh Circumference: 23.6"

Hip Circumference: 27.6"

Foot Length (Toe to Heel): 11.8"

Leg Length (Ankle to Hip): 31.5"

Massage Intensity: Low: 30 mmHg ;

Med: 105 mmHg ; High: 240 mmHg

Massage Time: 5-90 minutes

CHARGING CABLE

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

Rated Output: 12.6 V - 2 A

BATTERY

Rated Voltage: 11.1 V

Battery Capacity: 2500 mAh

Use-Time: 3-6 hrs (varies by settings)

Charging-Time: 3-4 hrs

MADE IN CHINA

ACTIVE RECOVERY

AXIS

AIR COMPRESSION MASSAGER

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.

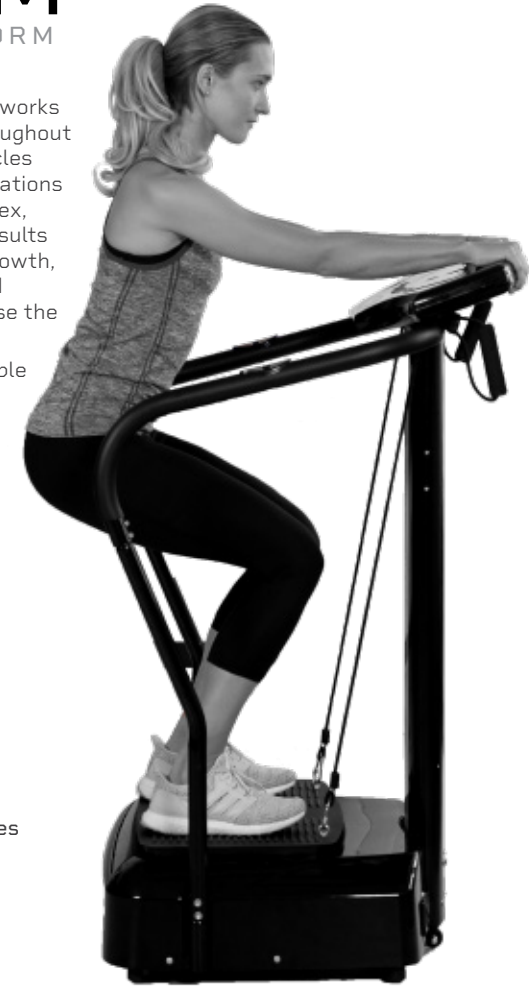
The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

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

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 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 axis.lifeprofitness.com to learn how to get the most out of your Lifepro® Axis and achieve the results you want.



**GROW
SOME
WINGS**

 Lifeprousa  Lifeprousa support@lifeprofitness.com