



**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 DynaFlex Vibrating Massage Gun is your new fitness go-to: use the DynaFlex post-workout to speed up your workout recovery or pre-workout to enhance your performance.

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

The DynaFlex is highly portable and the high capacity lithium-ion battery provides 4–5 hours of use-time per charge at high speed and up to 25 hours of use-time at low speed. Sixteen massage speeds and ten interchangeable massage attachments allow you to choose the right intensity for all your massage needs.

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

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



ACTIVE RECOVERY

DYNAFLEX

PERCUSSION MASSAGE GUN

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro DynaFlex Vibrating Massage Gun
- AC Charging Adapter
- 10 Interchangeable Massage Attachments
- Carrying Case

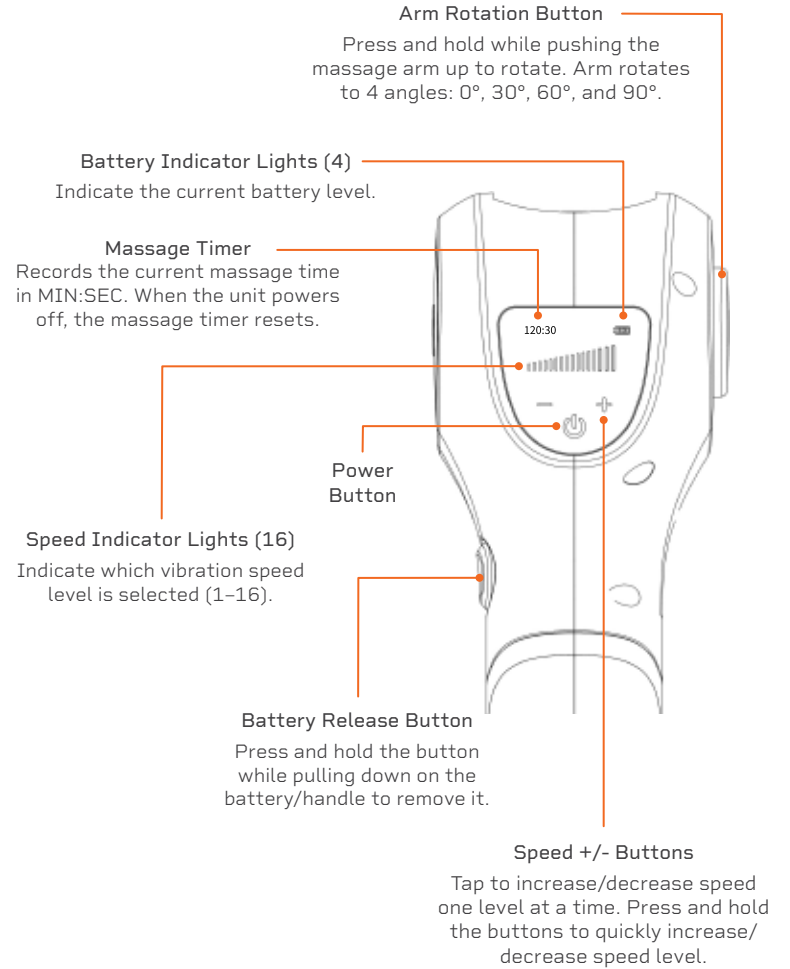
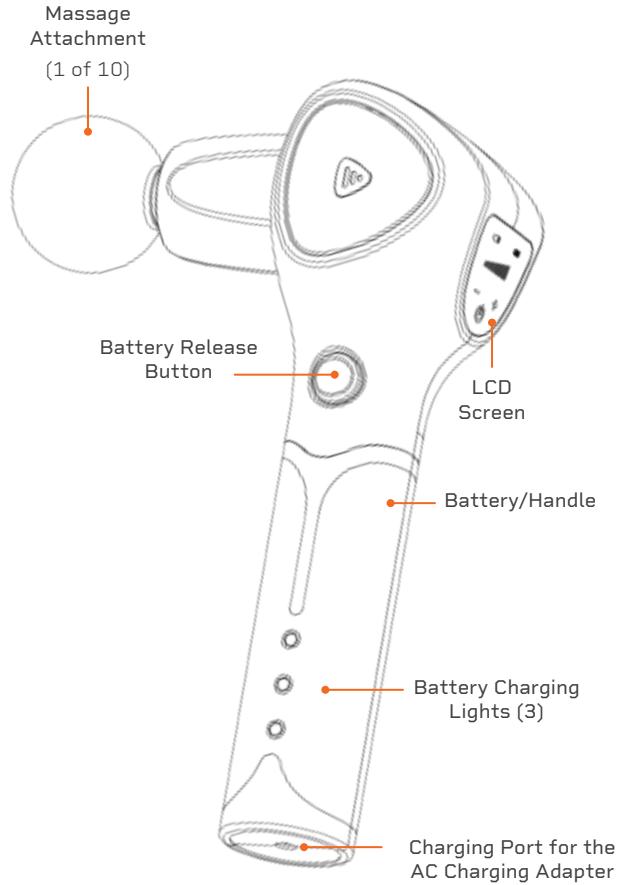
UNPACKING YOUR DYNAFLEX

1. Read carefully through this user manual before using the DynaFlex.
2. Go to dynaflex.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 10 to assemble and charge your DynaFlex.

CUSTOMER SUPPORT

If you have any questions about setting up your DynaFlex, 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 DYNAFLEX



EASY-START SETUP GUIDE

1

FULLY CHARGE THE BATTERY

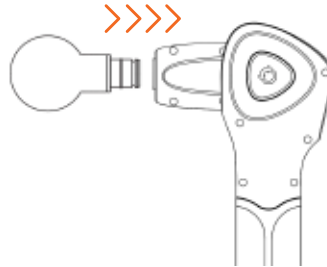
- Ensure the DynaFlex is OFF before charging.
- Charge the battery fully before using your DynaFlex for the first time.
- Connect the AC charging adapter to the charging port on the bottom of the handle.
- Plug the adapter into a wall outlet.



2

INSERT A MESSAGE ATTACHMENT

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



TIPS FOR USING YOUR DYNAFLEX

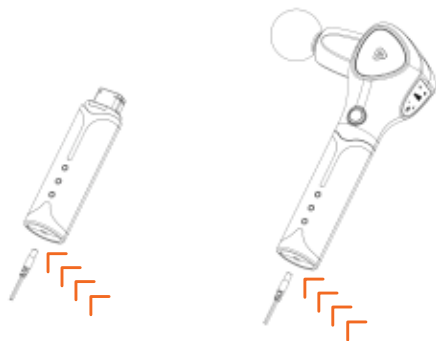
- Move the DynaFlex over the desired muscle groups, about 60 seconds per region.
- Apply pressure as needed; however, there should never be a need to press very hard. The vibration pulses do all the hard work.
- Use the DynaFlex for 15–20 minutes, up to 3 times per day.
- Do not use continuously for more than 30 minutes.
- Avoid keeping the massage head in one area for more than 3 minutes.
- Prolonged application can traumatize tissues.
- Use only on dry, clean clothing or skin.
- We recommend using the DynaFlex over clothing (e.g. form-fitting athletic wear, leggings, etc.).

OPERATING INSTRUCTIONS

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

CHARGING THE BATTERY

- Always power off the DynaFlex before charging.
- To charge: plug the charging adapter into the port on the base of the battery/handle. Plug the other end of the adapter into a wall outlet.
- Fully charge your DynaFlex before using it for the first time.
- Your DynaFlex should take 3–5 hours to charge.
- You may charge the battery separately, or while it is attached to the body of the massage gun.
- The 3 Battery Charging Lights on the handle flash during charging. When the battery is fully charged, the 3 lights will be green and remain lit.
- During use, 4 Battery Indicator Lights on the LCD screen indicate the following battery levels:
 - 4 Lights lit = 60–100%
 - 3 Lights lit = 30–60%
 - 2 Lights lit = 10–30%
 - 1 Light lit = <10%
- Average run-time is 4–5 hours per charge at high speed and up to 25 hours at low speed.



USING YOUR DYNAFLEX

1. Press the LCD screen for one second to wake the LCD screen.
2. Then, press and hold the **Power/Speed button** for 3 seconds to power on the DynaFlex. Vibration will begin automatically at speed level 1. The first Speed Indicator Light will light up to indicate speed level 1 is selected.

3. Tap the **Power/Speed button** to toggle through the 16 vibration speed levels. Tap once to set the vibration speed to level 2. Tap a second time for speed level 3. Tap a third time for level 4, and so on. Press and hold the **Power/Speed button** to move quickly through the 16 vibration speed levels. The 16 Speed Indicator Lights will indicate the selected speed level.
4. At the desired vibration speed, float the head of the massage attachment along a muscle group. Apply pressure as needed.
5. Press and hold the **Power/Speed button** for 3 seconds to power off the unit.
6. Always power off the unit after each use.

REMOVING AND REPLACING A MASSAGE ATTACHMENT

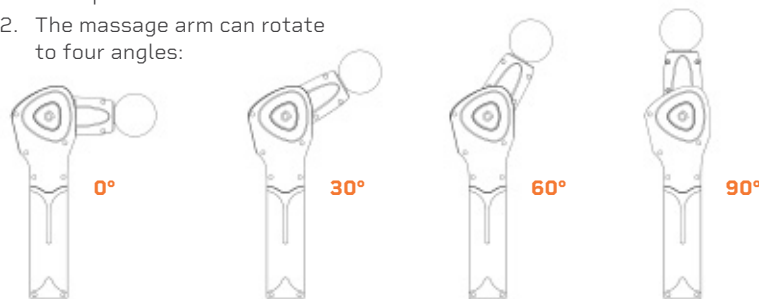
1. Press and hold the **Power/Speed button** for 3 seconds to power off the unit.
2. Grab the inserted attachment and firmly pull out to remove it.
3. Insert the stem of a new attachment into the nozzle of the unit.
4. Press the attachment in firmly to secure it.

REMOVING THE BATTERY

1. Press and hold the **Battery Release button** on the side of the DynaFlex.
2. Firmly pull down on the battery/handle with your other hand to remove it.

ROTATING THE MESSAGE ARM

1. Press and hold the **Arm Rotation button** while pushing the massage arm up.
2. The massage arm can rotate to four angles:



MASSAGE ATTACHMENT OPTIONS

Ten interchangeable massage attachments are included with your DynaFlex. The massage attachments allow you to target different areas of your body and specific massage therapy needs.



LARGE ROUND

Improve recovery and reduce muscle soreness after workouts with gentle oblique impact.



SPINAL

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



FLAT

For large muscle groups and areas that need a little more help. Simulates a deep tissue massage.



BULLET

Designed specifically to target problem areas and release muscle knots and trigger points.



BIG SOFT

This attachment is designed specifically for low-impact treatment around tender or bony areas.



PRECISION POINT

The small point on this massage head allows you to precisely pinpoint problem areas.



KAYAK

The wide curved head glides gently over joints and hard angles, which reduces hand fatigue and awkward angles.



WISHBONE

The wide wishbone design provides a strong massage around joints and hard angles, reducing hand fatigue and awkward angles.



TEXTURED FLAT

The textured surface helps loosen tight muscles. For large muscle areas that need extra attention.



SHOVEL

For back muscles and areas surrounding the spinal column. Great for flushing toxins out.

VIBRATION SPEED OPTIONS

Sixteen different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point.

Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

Speed	Frequency	RPM
1:	25 Hz	1,500 RPM
2:	27 Hz	1,600 RPM
3:	28 Hz	1,700 RPM
4:	30 Hz	1,800 RPM
5:	32 Hz	1,900 RPM
6:	33 Hz	2,000 RPM
7:	35 Hz	2,100 RPM
8:	37 Hz	2,200 RPM
9:	38 Hz	2,300 RPM
10:	40 Hz	2,400 RPM
11:	42 Hz	2,500 RPM
12:	43 Hz	2,600 RPM
13:	45 Hz	2,700 RPM
14:	47 Hz	2,800 RPM
15:	50 Hz	3,000 RPM
16:	55 Hz	3,300 RPM

MAINTENANCE, SAFETY & USAGE NOTES

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

DISCLAIMER

- The health benefits suggested or implied in this manual, in other product literature, and on the website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using it. We assume no responsibility for personal injury or property damage sustained by or through use of this product.

RESPONSIBILITIES

- It is the responsibility of the owner to ensure that all users of the DynaFlex are adequately informed of all warnings and precautions.
- Use the DynaFlex only as instructed in this manual.
- Always inspect the device, battery, and charging adapter for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
- Do not operate the DynaFlex while driving.
- Do not use continuously for more than 30 minutes.
- This unit is not a medical device and is not recommended for medical use.
- The DynaFlex intended for in-home use only. Do not use the DynaFlex in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the DynaFlex, battery, and all parts according to regulations.

BATTERY/ELECTRICAL SAFETY

- **WARNING:** Use only the included charging adapter to charge the battery.
- Never leave the unit unattended while it is running or charging.
- Never use or attempt to move the DynaFlex while it is charging. Always unplug the unit after charging and prior to use or cleaning.
- The DynaFlex is not waterproof. Keep it away from liquids. Do not use it in a place where the unit may become wet or damp. Do not immerse it in water. If the unit accidentally becomes wet, do not use it and contact the support team immediately.
- Keep the DynaFlex 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 it under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
- Do not operate it in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.

- Never drag or hang the DynaFlex by its charging cable.
- Keep ventilation ports free from dust and debris.
- Never intentionally drop the unit.

IMPORTANT SAFETY AND USAGE NOTES

- Consult with a medical professional before using the device if you have a medical condition such as diabetes, epilepsy, or diabetic neuropathy; if you suffer from migraines, lumbar disc issues, or spondylolisthesis; if you have a pacemaker or other implant; if you recently had surgery; if you are or may be pregnant.
- Do not use the DynaFlex if you are injured. Never use directly on swollen or inflamed skin or open wounds.
- Stop using the device immediately if you feel discomfort, pain, or shortness of breath.
- Children and adults with diminished mental or physical capacity may only use the DynaFlex while closely supervised by a responsible adult.
- Keep pets away from the DynaFlex at all times.
- Use the unit only on soft tissues. Do not use the unit on your head or other bony regions.
- Do not use on sensitive areas such as throat, eyes, ears, teeth, heart, reproductive organs, breast augmentations.
- 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.
- Keep hair, fingers, and other body parts away from the stem of the massage attachment as pinching may occur.
- Do not touch the nozzle of the massage gun or use the unit without a massage head installed.

MAINTENANCE, CLEANING, AND STORAGE

- Turn off, unplug, and allow the DynaFlex to cool down before cleaning or storing.
- Wipe down the unit with a soft cloth after each use. Never allow water or other liquids to come into contact with the unit. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
- For storage: remove battery, place unit and battery in the carrying case, and store in a cool, dry location. Do not store in direct sunlight. Do not store other objects on top of the unit.
- If storing long-term, charge the battery every 6 months; holding a charge prevents the battery from becoming damaged.
- For travel: remove the battery and secure the unit and battery in the carrying case. Protect the unit from rolling, dropping, collision with other objects, and violent vibrations.
- Do not remove screws or attempt to disassemble.

HOW TO USE THE DYNAFLEX

FEET



NECK



CALVES



BICEPS



QUADS



PRODUCT SPECIFICATIONS

UNIT SPECS

No-load Speed: 1,500–3,300 RPM

Power: 200 W

Amplitude: 13 mm

Net Weight: 2.5 lbs.

Dimensions: 11.1" L x 5.6" W x 3.4" H

Decibel Rating: 40–65 dB

Operational Temperature: 14–104° F

Speed Levels: 1–16

AC CHARGER

Rated Input: AC 100–240V ~50/60 Hz, 0.5A

Rated Output: 27 V

BATTERY

Rated Voltage: 24 V DC

Type: Lithium-ion

Capacity: 2000 mAh

Working Hours: 4–25 (varies by speed)

Charging Time: 3–5 hours



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

ACTIVE RECOVERY

DYNAFLEX

PERCUSSION MASSAGE GUN

MADE IN CHINA

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



**GROW
SOME
WINGS**

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