

READY, SET, PRO

USER MANUAL



POWERFLOW PLUS ADJUSTABLE DUMBBELLS



Strength training
has enormous
benefits for your
body, brain, and
mental health.

2-3 strength
training sessions
per week are
recommended for
optimal health.



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



Physical therapists, chiropractors, and athletic trainers use to strength training to help individuals and athletes reach fitness goals and improve performance. The PowerFlow Plus Adjustable Dumbbells are your new fitness go-to; use the PowerFlow Plus two to three times per week to gradually build muscle and tone your body while boosting your heart rate and burning calories.

The PowerFlow Plus adjustable weight system is ideal for people at any fitness level who want to begin with lower weights and slowly work up to higher loads. The PowerFlow Plus Adjustable Dumbbells have been selectively engineered to provide the optimal variety of weight options, starting at 5 pounds and going up to 25 pounds.

The PowerFlow Plus dumbbells save space and allow you to choose exactly the right intensity for all your workout needs.

Redefine your workouts and experience the transformative power of the Lifepro PowerFlow Plus:

- ▶ **Increase strength & stamina:** improves stability and muscle tone
- ▶ **Regulate weight:** boost your heart rate and burn calories.
- ▶ **Boost your metabolism:** encourages your body to burn fat faster
- ▶ **Decrease your stress:** increases serotonin and decreases cortisol
- ▶ **Lower blood pressure:** improves circulation
- ▶ **Develop stronger bones:** increase bone density

Check out the information in this manual for ways to get started using your PowerFlow Plus Adjustable Dumbbells. Next, be sure to visit our website pflowpls2.lifeprofittness.com to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the PowerFlow Plus into your fitness routine.

RECOVERY + FITNESS

POWERFLOW PLUS

ADJUSTABLE DUMBBELLS

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro PowerFlow Plus Adjustable Dumbbells (Set of 2 Dumbbells)
- Dumbbell Rack (2)

UNPACKING YOUR DUMBBELLS

1. Remove your Lifepro PowerFlow Plus dumbbells and accessories from the shipping box.
2. Inspect all items for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the PowerFlow Plus dumbbells.
4. Go to pflowpls2.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 PowerFlow Plus, 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 POWERFLOW PLUS DUMBBELLS (SET OF 2)



INSTRUCTIONS FOR USE

Please read the instructions before using the PowerFlow Plus Adjustable Dumbbells. Keep this manual for reference.

USING YOUR POWERFLOW PLUS DUMBBELLS

1. Place each dumbbell into its carrying rack, ensuring correct placement by pushing down on the handles to ensure both are completely seated in the rack.
2. Adjust the black adjustment slider by pulling it up and sliding it towards the center of the dumbbell. When the slider is on the lowest weight setting, 5 pounds, push it down to lock it into place.
3. Hold the dumbbell by the center handle, and pull up firmly to remove it from the rack. Some weight plates will be left in the rack.
4. Repeat steps 1–3 for the second dumbbell, if desired.
5. Perform desired strength training exercise(s).
6. To adjust weight level, replace the dumbbell in the rack and move the black slider to your desired weight setting, from 5–25 pounds, in 5-pound increments.
7. When your workout is complete, return the dumbbells to their racks and adjust the black sliders to the lightest settings, 5 pounds, to avoid future injury.



TIPS FOR USING YOUR DUMBBELLS

EXERCISE TIPS

- We recommend beginning with the lowest weight, 5 pounds.
- Increase the amount you lift slowly over a few weeks.
- Use the PowerFlow Plus dumbbells every other day to allow your muscles sufficient time to recover from your workout.
- Always warm up before beginning a workout. It is especially important to warm up the specific muscle groups you will be working during your strength training session.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are performing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.
- Breathe properly. Exhale as you are lifting, inhale as you return to the starting position. Never hold your breath during any part of an exercise.
- Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.

SAFETY TIPS

- Before lifting a dumbbell, always ensure the weight is set to the desired weight load.
- Exercise sensibly, and do not overload, especially on your initial workouts.
- Always ensure that you use the same weight settings on both sides of the dumbbell.
- Only adjust the weight of the dumbbell when it is in the rack. Never adjust the weight while the dumbbell is in use.
- Do not force the black adjustment sliders to move.
- Always return the weights to the lightest settings after each workout to avoid future injury.
- You may wish to place the rack and PowerFlow Plus dumbbells on a sturdy table or shelf instead of on the ground to avoid repetitive bending.
- You may wish to wear weight lifting gloves to prevent hand chafing, blistering, and callouses.

MAINTENANCE, SAFETY & USAGE NOTES

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

SAFETY INSTRUCTIONS

1. **WARNING:** If the dumbbell fails to perform correctly, discontinue use of the product immediately. Do not attempt to repair or service it yourself.
2. **WARNING:** Stop exercising immediately if you feel dizzy, light headed, or nauseous, or if you experience pain, tightness in your chest, irregular heartbeat, or extreme shortness of breath. If you experience any of these symptoms, consult your physician before continuing your exercise program.
3. It is highly recommended that you consult with your doctor before beginning any new exercise program, including using the PowerFlow Plus dumbbells. This is especially important for those over the age of 35 or with existing health conditions. Do not use if injured or ill.
4. Use the PowerFlow Plus dumbbells only as instructed in this manual.
5. Always inspect the dumbbells for damaged, loose, or worn parts before each use. Do not use if damaged, worn, or malfunctioning. Do not use dumbbells again until the problem has been fixed.
6. For adult use only. Keep away from children and pets.
7. This product is not intended for use by persons 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 PowerFlow Plus by an adult responsible for their safety.
8. It is the responsibility of the owner to ensure that all users of the dumbbells are adequately informed of all warnings and precautions.
9. Keep the dumbbells and carrying rack away from liquids and heat sources, e.g., open flame, central heating, ovens.
10. Only adjust the weight setting when the dumbbell is in the rack. Never attempt to adjust the weight setting during use.
11. Do not remove screws or attempt to disassemble.
12. Dispose of product properly according to local and federal laws.

IMPORTANT USAGE NOTES

13. Always warm up before beginning a workout. It is especially important to warm up the specific muscle groups you will be working during your strength training session.
14. Use proper form. Focus on only working the muscle groups intended for the exercise you are performing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.
15. Breathe properly. Exhale as you are lifting, inhale as you return to the starting position. Never hold your breath during any part of an exercise.
16. Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
17. Hold the PowerFlow Plus dumbbells in your hands only. Do not balance dumbbells on your head, neck, feet, or other parts of the body.
18. Periodically inspect and test the adjustment sliders to ensure proper functionality.
19. Do not force the adjustment sliders to move. If stuck, lightly wiggle them while gently moving the dumbbell while in the rack.
20. Do not drop the PowerFlow Plus dumbbells on the ground. Do not drop the dumbbells on the rack, as this could damage it.
21. Do not allow the PowerFlow Plus dumbbells to forcefully bump together. Damage or injury may occur.
22. Before beginning a workout, ensure that the workout area is free from objects, people, or pets that may cause interference or injury.
23. Keep hair, fingers, and clothing away from the adjustment sliders, as pinching may occur.

MAINTENANCE, CLEANING, AND STORAGE

1. Use a slightly damp cloth or soft towel to wipe any dirt or moisture from the dumbbells. Do not use solvents or chemical or abrasive cleaners.
2. Store the dumbbells in a cool, dry place.
3. During transportation, the dumbbells should be secured to prevent rolling or falling, which may cause damage or injury.

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions: 20.5 x 16.2 x 8.7 in.

Net Weight: 50.6 lbs.

Weight Levels: 5–25 lbs.

MADE IN CHINA

RECOVERY + FITNESS
POWERFLOW PLUS
ADJUSTABLE DUMBBELLS



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 PowerFlow Plus ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your PowerFlow Plus cannot be repaired, we'll replace it—free of charge. Register your PowerFlow Plus at pflowpls2.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 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 pflowpls2.lifeprofitness.com to learn how to get the most out of your Lifepro® PowerFlow Plus and achieve the results you want.



**GROW
SOME
WINGS**

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