

READY, SET, PRO

USER MANUAL

POWERUP 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 PowerUp Adjustable Dumbbells are your new fitness go-to; use the PowerUp two to three times per week to gradually build muscle and tone your body while boosting your heart rate and burning calories.

The PowerUp adjustable weight system is ideal for beginners who need to start with lower weights and slowly work up to higher loads. The PowerUp Adjustable Dumbbells have been selectively engineered to provide the optimal variety of weight options, starting at 2.5 lbs and going up to 15 lbs.

The PowerUp 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 PowerUp:

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

POWERUP

ADJUSTABLE DUMBBELLS

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro PowerUp Adjustable Dumbbells
- Dumbbell Rack

UNPACKING YOUR DUMBBELLS

1. Remove your Lifepro PowerUp 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 PowerUp dumbbells.
4. Go to powerup.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 PowerUp, 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 POWERUP DUMBBELLS



INSTRUCTIONS FOR USE

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

USING YOUR POWERUP DUMBBELLS

1. Place each of the two dumbbells into the carrying rack, ensuring correct placement by pushing down on the handles to ensure both are completely seated in the rack.
2. Adjust one red adjustment slider by pulling it up and sliding it towards the center of the dumbbell. When the slider is on the lowest weight setting, 2.5 lbs, push it down to lock it into place.
3. Repeat step 2 for the other adjustment slider on the same dumbbell.
4. 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.
5. Repeat steps 1–4 for the second dumbbell, if desired.
6. Perform desired strength training exercise(s).
7. To adjust weight level, replace the dumbbell(s) in the rack and move the red sliders to your desired weight setting, from 2.5–15 lbs in 2.5 lb increments.

NOTE: Always ensure that you use the same weight settings on both sides of the PowerUp dumbbell.

8. When your workout is complete, return the dumbbells to the rack and adjust the red sliders to the lightest settings, 2.5 lbs, to avoid future injury.



TIPS FOR USING YOUR DUMBBELLS

EXERCISE TIPS

- We recommend beginning with the lowest weight, 2.5 lbs.
- Once you get used to lifting weights, increase the amount you lift by a little bit each week.
- Use the PowerUp dumbbells every other day to allow your muscles sufficient time to recover from your workout.

SAFETY TIPS

- Before lifting a dumbbell, always ensure the weight is set to 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 and not in use.
- Do not force the red 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 PowerUp 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. Consult your doctor before using the PowerUp dumbbells. Do not use if injured or ill.
4. Use the PowerUp dumbbells only as instructed in this manual.
5. Always inspect the dumbbells for damage 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 PowerUp 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. Hold the PowerUp dumbbells in your hands only. Do not balance them on your head, neck, feet, or other parts of the body.
14. Periodically inspect and test the adjustment sliders to ensure proper functionality.
15. Do not force the adjustment sliders to move. If stuck, lightly wiggle them while gently moving the dumbbell while in the rack.
16. Do not drop the PowerUp dumbbells on the ground.
17. Do not allow the PowerUp dumbbells to forcefully bump together. Damage or injury may occur.
18. Before beginning a workout, ensure that the workout area is free from objects, people, or pets that may cause interference or injury.
19. 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: 6.8 L x 8.4 H x 2.7 W in.

Weight Levels: 2.5–15 lbs

RECOVERY + FITNESS

POWERUP

ADJUSTABLE DUMBBELLS

MADE IN CHINA



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



**GROW
SOME
WINGS**

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