



**READY,  
SET, PRO**

USER MANUAL

Clinicians use red light therapy to improve blood flow, relieve pain, and rejuvenate skin.

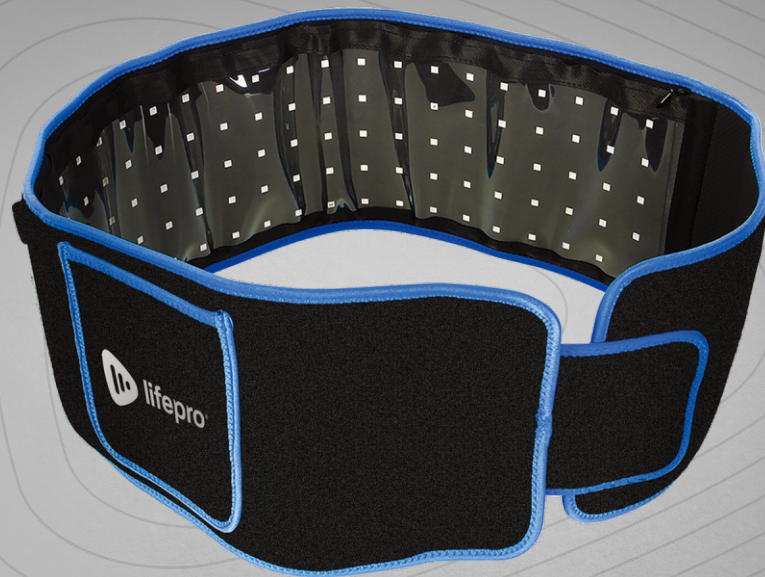
Light therapy is perfect for everyone from professional athletes, to people who experience stiffness, pain, and inflammation, to people looking to boost their skincare regimen. Everyone can enjoy the benefits of red light therapy from the comfort of their own home.

### HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices 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 Wellness 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*



Red light therapy has a wide variety of applications and health benefits. Physical therapists and doctors use red light therapy to help athletes safely recover from injury, decrease pain, and improve performance. Experts believe it helps cells make additional energy to repair themselves and has anti-aging and fat loss benefits.

With the Lifepro AllevaRed Light Therapy Belt, you can experience myriad therapeutic benefits from the comfort of your own home. No need for expensive trips to the spa or doctor's office. The AllevaRed has 105 LEDs and provides full coverage for your lower back, waist, and other crucial areas. It's perfect for performance recovery, gaining muscle, or even fat loss. Just a few sessions a week can help you achieve improved wellness. The AllevaRed is not just for athletes; it's perfect for anyone who experiences stiffness or pain in their lower back or those who wish to experience waist-slimming and fat-loss benefits. The AllevaRed can also be used on your upper back, arms, legs, and feet.

The AllevaRed offers a customizable treatment session, including pulsed red light therapy, for your wellness recovery. Five intensity levels and three modes (red, near infrared, and red + infrared) allow you to choose the perfect settings for each therapy session.

- **Red light therapy mode:** 660nm red light is absorbed by the skin at a high rate making it especially effective for improving blood circulation and stimulating collagen and elastin production, which reduces the appearance of fine lines and wrinkles. Red light therapy tightens pores, smooths skin tone, and reduces symptoms of eczema and psoriasis, such as redness, itching, flaking, and swelling.
- **Near infrared therapy mode:** 850nm infrared (IR) light penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells.
- **Red + near infrared therapy mode:** This mode uses both 660nm and 850nm light. It provides the combined benefits of the first two modes.

Use the AllevaRed every day for 15–20 minutes and see results within three weeks. The AllevaRed is lightweight, folds up small, and supports multiple power options, making it perfect to take with you on the go. Enjoy performance recovery and pain relief anytime, anywhere!

### Redefine wellness and beauty and experience the transformative power of the Lifepro AllevaRed:

- ▶ **Alleviate pain:** reduces muscle, joint, and chronic arthritis pain.
- ▶ **Reduce inflammation:** promotes healing and boosts circulation
- ▶ **Rejuvenate skin:** stimulates cells to create new proteins and regenerate cells.
- ▶ **Lose fat:** helps get breakdown and eliminate stubborn fat cells.

Check out the information in this manual for ways to get started using the AllevaRed. Next, be sure to visit our website [allevarred.lifeprofitness.com](http://allevarred.lifeprofitness.com) for access to our **FREE library of videos** which demonstrate how to easily incorporate the AllevaRed into your health and wellness routine.

WELLNESS RECOVERY

# ALLEVARED

LIGHT THERAPY BELT

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro AllevaRed Light Therapy Belt
- Remote Control and Cable
- AC Power Adapter
- DC USB Power Adapter Cable
- Travel Case
- Velcro® Extension Belt
- User Manual

### FIRST STEPS

1. Remove the AllevaRed from the shipping box and remove all packaging from the unit and accessories.
2. Inspect the device and accessories for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the AllevaRed.
4. Go to [allevared.lifeprofitness.com](http://allevared.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the EASY-START SETUP GUIDE on page 7 to begin using the AllevaRed.

### CUSTOMER SUPPORT

If you have any questions about setting up the AllevaRed, 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](mailto:support@lifeprofitness.com).

## EASY-START SETUP GUIDE

### PREPARING TO USE THE ALLEVARED

1

- Place the therapy belt in position around your waist, or other area to be treated, with the adjustment strap in the front.
- Use the Velcro® adjustment strap to secure the belt. It should be snug, but not too tight.
- Attach the Velcro® extension belt to the AllevaRed if you need more length, such as when treating your shoulder, chest, or upper back.

### CONNECT THE ALLEVARED TO POWER

2

- Connect the remote control cable to the DC power port exiting the belt near the pocket.
- Connect the power adapter to the female DC input at the end of the remote control cable.
- Plug the power adapter into a wall outlet.

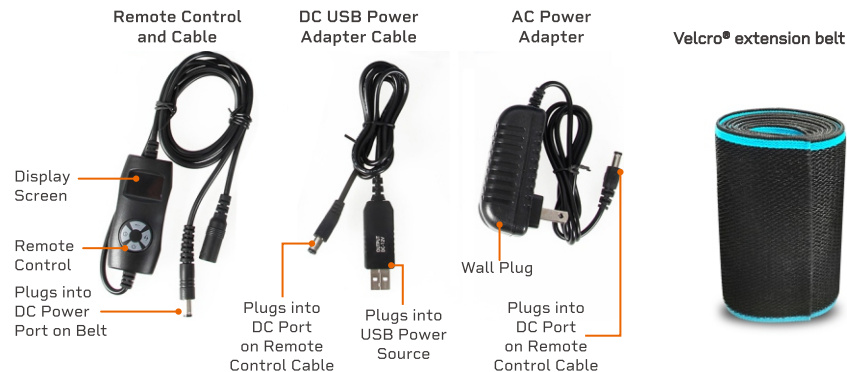
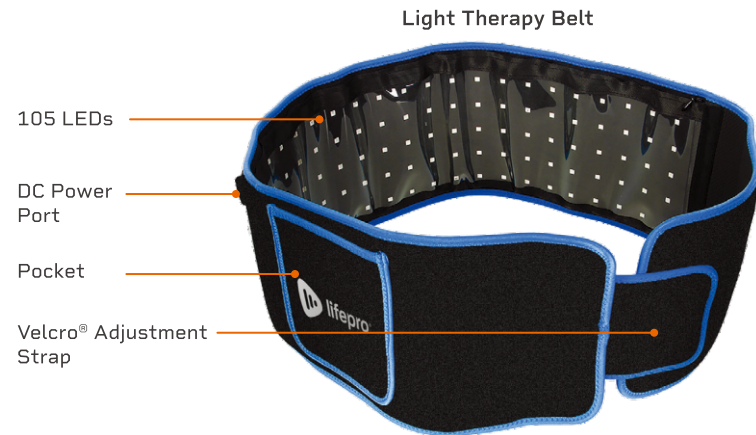
### POWER ON THE ALLEVARED

3

- Press the On/Off button to turn on the AllevaRed.
- Adjust intensity level, time, and mode as needed.

**WARNING:** Do not wear accessories, such as belts or jewelry, under the AllevaRed Light Therapy Belt.

## PARTS OF THE ALLEVARED



## TIPS FOR USING THE ALLEVARED

### USING THE ALLEVARED

- Place the AllevaRed in position on your waist, or other area to be treated, before powering on the device.
- Turn off the AllevaRed before removing it from the treatment area.
- Do not use continuously for more than 30 minutes, and wait at least 2 hours between 30-minute sessions.
- Use the AllevaRed daily for optimal results.
- We recommend washing and drying your hands thoroughly and only using over clean clothing and skin to keep the therapy surface clean.
- While the AllevaRed is primarily designed for use on the waist and lower back, it may also be used on the upper back, shoulders, arms, legs, hips, or feet.
- Attach the Velcro® extension belt to the AllevaRed if you need more length, such as when treating your shoulder, chest, or upper back.
- Do not use the AllevaRed around the head or neck.
- Do not wear accessories, such as belts or jewelry, under the AllevaRed.
- The remote control cable and power adapter or USB adapter should be disconnected from the belt for storage or travel.

### IMPORTANT SAFETY INFORMATION

- Never use the AllevaRed under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the AllevaRed, remote control, and power cables away from heat sources and fire.
- The device is not waterproof. Keep away from liquids. Do not immerse in water.
- Never use the device or plug/unplug the power cables with wet hands.
- Always power off the device after each use.
- Do not use or wrap the AllevaRed or cables around your head or neck.

## OPERATING INSTRUCTIONS

Please read the operating instructions before using the AllevaRed Light Therapy Belt. Keep this manual for reference.

### POWERING THE ALLEVARED WITH THE WALL ADAPTER

1. Connect the male end of the remote control cable to the DC power port exiting the AllevaRed belt.
2. Connect the wall power adapter to the female end of the remote control cable.
3. Plug the power adapter into a standard wall outlet.

### POWERING THE ALLEVARED WITH THE USB ADAPTER

1. Connect the male end of the remote control cable to the DC power port exiting the AllevaRed belt.
2. Connect the USB adapter to the female end of the remote control cable.
3. Insert the other end of the USB adapter into a USB device, such as a laptop or computer. Alternately, you may insert the USB connector into a standard mobile phone 5V-1A or 5V-2A USB charging adapter and then plug the adapter into a wall outlet.

**WARNING:** The AllevaRed cannot be used with a 12V USB charging adapter.

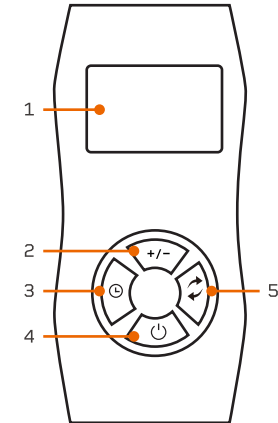
### POWERING THE ALLEVARED WITH AN EXTERNAL BATTERY

The AllevaRed supports the use of a 5V external battery, also called a power bank. The external battery is not included and must be purchased separately from other retailers. To power the AllevaRed with an external battery:

1. Connect the male end of the remote control cable to the DC power port exiting the AllevaRed belt.
2. Connect the external battery pack to the female end of the remote control cable, via the cable included with the battery pack.
3. Place the battery in the pocket at the front of the belt.

### USING THE CONTROL PANEL

1. **Display Window:** Shows the current working time, intensity, or mode.
2. **Intensity Button:** Press to adjust the light intensity level from L0-L4.
3. **Time Button:** Press to set the time duration from 5-30 minutes, in 5-minute increments. The default time is 5 minutes.
4. **On/Pulse/Off Button:** Press the button once to turn on the device, press a second time to turn on the pulse function, press a third time to turn off the device.
5. **Mode Button:** Press to toggle through the three modes: red mode (660nm), infrared mode (850nm), and red + infrared mode (660+850nm).



### MODES

Red mode (660nm) is best for skin health and has anti-aging properties. Infrared mode (850nm) is stronger and is best for decreasing inflammation and repairing deeper tissues, such as muscles and joints. Red + infrared mode combines the benefits of the first two modes.

### INTENSITY OPTIONS

Five different intensity settings allow you to choose the right setting for your particular need. Each of the five settings offers a different power (in Watts) to help reduce inflammation, increase blood flow, relieve pain, and lose fat.

INTENSITY LEVEL	POWER (IN WATTS)
L0	0.9W
L1	4.9W
L2	8.5W
L3	12.3W
L4	16.0W

## OPERATING INSTRUCTIONS

### USING THE ALLEVARED LIGHT THERAPY BELT

1. Place the AllevaRed therapy belt in position around your waist, or other area to be treated, with the adjustment strap in the front, ensuring that the LED side of the belt is touching your body or clothing.
2. Use the Velcro® adjustment strap to secure the belt. It should be snug, but not too tight. Use the Velcro® extension belt if you need more length, for example, when treating your shoulder, chest, or upper back.
3. Connect the AllevaRed to a power source (see page 10).
4. Press the **On/Off button** on the remote control to turn on the device. The display screen will light up and the display will show "OFF".
5. Press the **Intensity button** to choose from the 5 light intensity levels L0–L4. Your selection appears in the display window. L0, the lowest setting, is the default. You can adjust intensity at any time.
6. Press the **Time button** to adjust the therapy session duration from 5–30 minutes, in five-minute increments. The default duration is five minutes. Each time you press the Time button, the duration increases by five minutes. To decrease the duration, press the Time button until the number is 30. Continue to press the Time button, and the timer will start over again at 5 minutes. Keep pressing to reach your desired session duration. Your selection appears in the display window and can be adjusted at any time.
7. Press the **Mode button** to select from the three modes. Press once to select red mode (660nm), press twice for infrared mode (850nm), and press three times for red + infrared mode (660+850nm). You can change the mode at any time.
8. Press the **On/Off button** a second time to turn on the pulse function. The LEDs will pulse, or flash, on and off in a cycle.
9. Press the **On/Off button** a third time to stop the therapy session at any time. The AllevaRed will automatically shut down when the set time duration is complete. Press the On/Off button again if you wish to continue using the device.
10. Always power off and unplug the unit after each use.

## CHOOSING A LIGHT THERAPY TREATMENT OPTION

### TREAT YOUR UPPER BACK - WHILE SITTING IN A CHAIR

1. Sit down on a sofa or chair.
2. Place the AllevaRed behind your upper back with the LEDs toward you.
3. Turn on the AllevaRed and treat while seated.

### TREAT YOUR UPPER BACK - WHILE LYING DOWN

1. Place the AllevaRed on the floor with the LEDs facing up.
2. Lie on the floor with your upper back positioned over the belt.
3. Turn on the AllevaRed and begin your treatment.

### TREAT YOUR QUADS (FRONT OF THIGHS)

1. Sit down on a sofa or chair.
2. Wrap the belt around your thigh. Adjust the Velcro® strap until the belt is snug.
3. Turn on the AllevaRed and treat one thigh at a time.

### TREAT YOUR HAMSTRINGS (BACK OF THIGHS)

1. Sit down on a sofa or chair.
2. Wrap the belt around your thigh. Adjust the Velcro® strap until the belt is snug.
3. Turn on the AllevaRed and treat one thigh at a time.

### TREAT YOUR IT BANDS (OUTER THIGHS)

1. Sit down on a sofa or chair next to the padded arm.
2. Wrap the belt around your thigh OR place the AllevaRed between the sofa arm and your outer thigh with the LEDs facing toward you.
3. Turn on the AllevaRed and treat one thigh at a time.

## OPERATING INSTRUCTIONS

### TREAT YOUR CALVES

1. Sit on a sofa with your legs up or sit on the floor.
2. Wrap the belt around your calf. Adjust the Velcro® strap until the belt is snug.
3. Turn on the AllevaRed and treat one calf at a time.

### TREAT THE SOLES OF YOUR FEET

1. Sit down on a sofa or chair.
2. Place the AllevaRed on the floor with the LEDs facing up.
3. Place your clean feet on the AllevaRed.
4. Turn on the AllevaRed and treat both feet while seated.

**WARNING:** Do not stand on the belt, as this could damage the LEDs.

### TREAT YOUR ARMS

1. Sit down on a sofa or chair.
2. Wrap the belt around your upper arm or forearm. Adjust the Velcro® strap until the belt is snug. You may need to hold the belt in place to keep the belt from sliding off if your arm is slender.
3. Turn on the AllevaRed and treat one arm at a time.

## TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the AllevaRed Light Therapy Belt using the table below.

Please contact a customer support representative for additional assistance at: [support@lifeprofitfitness.com](mailto:support@lifeprofitfitness.com) or (732) 456-6063. Please do not attempt to repair the therapy belt.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
<b>DEVICE IS NOT WORKING</b>	Device is not plugged in.	Connect the remote control cable to the belt. Connect the power adapter or USB power cable to the remote control cable. Plug the power adapter into a wall outlet or the USB power cable into a USB power source.
	Device is not turned on.	Press the On/Off button to turn on the AllevaRed.
<b>DEVICE STOPPED WORKING SUDDENLY</b>	Device automatically shuts off after the set working time.	Turn the AllevaRed on to begin a new red light therapy session.
<b>INTENSITY IS NOT OPTIMAL</b>	The intensity selected is not optimal.	Choose a different intensity from the five options, L0-L4.



## SAFETY INSTRUCTIONS

### PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

**WARNING:** To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the AllevaRed Light Therapy Belt.

### DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this device 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

3. It is the responsibility of the owner to ensure that all users of the AllevaRed are adequately informed of all warnings and precautions.
4. Use this red light therapy belt only as instructed in this manual.
5. Always inspect the device, remote control, and power cables for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
6. The device will automatically power off after the set working time. Do not use continuously for more than 30 minutes. Wait at least 2 hours between 30-minute therapy sessions.
7. For adult-use only. Keep away from children and pets.
8. This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.
9. This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.

### ELECTRICAL SAFETY

10. **WARNING:** Only use the included power adapter and/or USB power cable at the specified voltage to power the device.
11. Always unplug the unit after using, and prior to cleaning, storing, or moving.
12. Do not store or use outdoors. Do not use during lightning and thunder storms.
13. Unplug the device immediately in the event of a power failure.
14. Keep ventilation ports free from dust and debris.
15. The unit is not waterproof. Keep away from liquids. Do not use in high-moisture environments or in any place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet or emits an odor, unplug it, and do not use.

16. Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
17. Do not use or store in high temperatures or in direct sunlight. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
18. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
19. Never drag or hang the AllevaRed by the power cables. Do not destroy, bend, stretch, twist, or tie the power cable.
20. Keep sharp objects such as pins, knives, and needles away from device and power cable.
21. Never plug/unplug the power cable with wet hands.
22. If the device begins to make unusual noises, turn off and unplug immediately.
23. The device may be used with a 5V external battery power bank (not included; sold separately through other retailers).

### SAFETY

24. Never leave the AllevaRed unattended while it is plugged in or running.
25. You may lie on the belt while treating your upper or lower back. However, do not sit or stand on the AllevaRed. Do not exert excessive downward force on the belt or power cable.
26. Do not operate the AllevaRed while sleeping, driving, smoking, or intoxicated.
27. Only use this device on your waist, back, arms, legs, and feet. Do not use on any body part not described in this manual.
28. Do not wear accessories, such as belts or jewelry, under the AllevaRed.
29. Keep long hair away from the therapy belt to avoid getting it caught in the Velcro®.

### CLEANING, STORAGE & MAINTENANCE

30. We recommend using the belt over clean clothing or skin to keep the belt clean.
31. Turn off, unplug, and allow the AllevaRed to cool down before cleaning or storing.
32. Wipe down the device with a soft, dry cloth after each use. Never allow water or other liquids to come into contact with the unit.
33. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents.
34. Store the AllevaRed in its box to prevent damage to the belt. Remove the remote control and power cable before storing.
35. Store the device in a cool, dry location. Do not store close to the ground, walls, or roof. Do not store other objects on top of the belt.
36. Do not attempt to disassemble the device.

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Size:** 49.6" L × 6.9" W

**Belt Circumference Sizes:** 8–43"

**Net Weight:** 1.1 lbs.

**Power:** 16W

**Voltage:** DC 12V–2A

**Total LEDs:** 105 (660nm+850nm)

**LED Density:** >9W/ft<sup>2</sup>

**LED Wavelength:**

**Red:** 660nm | **Infrared:** 850nm

**LED Life Expectancy:** 50,000 hrs

**Operating Temperature:** 32–113° F

**Auto Timer:** 5–30 minutes

**External Battery:** Supported

### AC WALL POWER ADAPTER

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

**Rated Output:** DC 12V

### DC USB ADAPTER CABLE\*

**Rated Input:** DC 5V–4A

**Rated Output:** DC 12V–2A

\*Can be used with a standard mobile phone 5V–1A or 5V–2A USB charging adapter. CANNOT be used with a 12V USB charging adapter.

### EXTERNAL BATTERY†

**Rated Input:** DC 5V–4A

**Rated Output:** DC 5V

†Not included; sold separately from other retailers.

WELLNESS RECOVERY

# ALLEVARED

LIGHT THERAPY BELT

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

FROM OUR SPORTS RECOVERY COLLECTION

FROM OUR VIBRATION THERAPY COLLECTION

# 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.

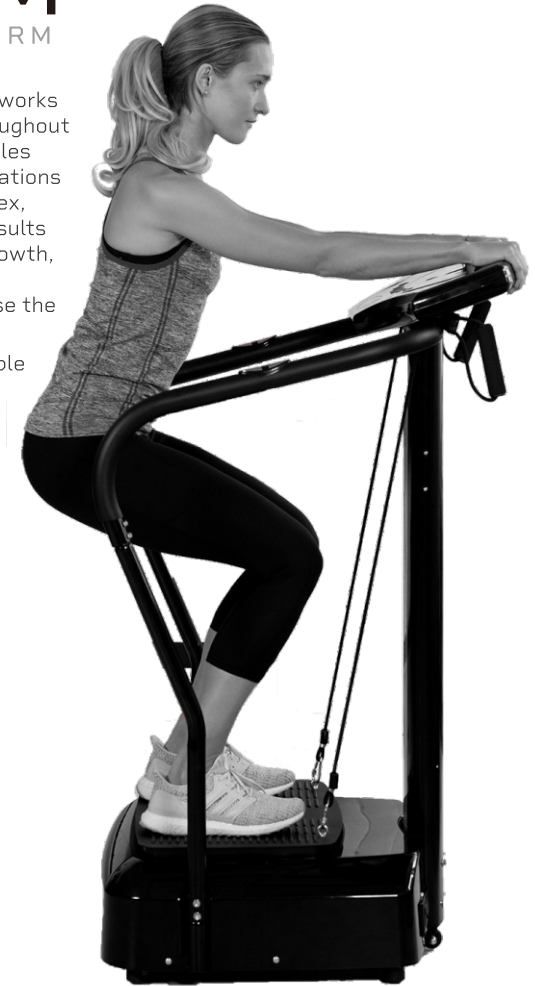
The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

## SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress and muscle tension

# 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

FROM OUR SPORTS RECOVERY COLLECTION

# 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 [allevarred.lifeprofitness.com](http://allevarred.lifeprofitness.com) to learn how to get the most out of your Lifepro® AllevaRed and achieve the results you want.

  
**YOUVE  
GOT  
THIS**

 Lifeprousa  Lifeprousa [support@lifeprofitness.com](mailto:support@lifeprofitness.com)