

READY, SET, PRO

USER MANUAL

EMBRACE NECK MASSAGER



Clinicians use heat and acupressure therapy to help improve blood flow and relieve pain in the extremities.

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time using computers or cell phones can experience the benefits of neck massagers.

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 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 Recovery + Fitness 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 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



Heat therapy and acupressure therapy have a wide variety of applications and health benefits. Physical therapists and athletic trainers use heat therapy to help athletes recover from injury and improve performance. Massage therapists use acupressure therapy to relieve pain and improve blood circulation.

With the Lifepro Embrace Neck Massager, you can experience myriad therapeutic benefits from the comfort of your own home. Two compact massage heads position on the back of your neck while eight internal massage rollers provide a deep relaxing neck or shoulder massage. The heated massage option helps loosen tight joints and enhances relaxation and pain relief. The Embrace's ergonomic design efficiently reaches all of your acupuncture points at once. It's perfect for anyone who experiences chronic headaches or stiffness or pain in their neck and shoulders such as office workers, construction workers, athletes, dancers, surgeons, knitters, cashiers, gardeners, waitstaff, photographers, videographers, and more.

The Embrace's adjustable straps allow you to adjust the position or the intensity of the massage rollers simply by pulling on the handles. Three massage speeds, two massage directions, and a heat option allow you to choose the perfect settings for all of your massage needs. The included 12V car adapter lets you take the Embrace Neck Massager with you on the go. Enjoy relaxation and pain relief anytime, anywhere!

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

- ◆ **Alleviate chronic pain:** reduces pain from arthritis and electronics use
- ◆ **Improve joint flexibility:** loosens tight muscles and tendons
- ◆ **Reduce stiffness in the neck and shoulders:** improves blood circulation
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol
- ◆ **Reinvigorate tired neck and shoulders:** provides a relaxing massage

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

EMBRACE

NECK MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro Embrace Neck Massager
- Power Adapter
- 12V Car Adapter
- Hand-held Neck Massager
- Carrying Bag
- User Manual

FIRST STEPS

1. Remove the Embrace 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 Embrace.
4. Go to embrace.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 Embrace.

CUSTOMER SUPPORT

If you have any questions about setting up the Embrace, 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.

EASY-START SETUP GUIDE

1

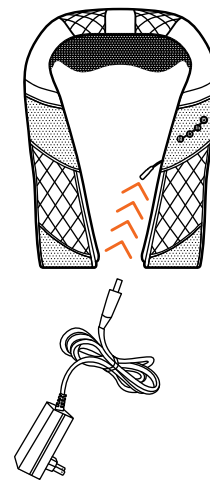
CONNECT THE EMBRACE TO POWER

- Plug the power adapter into the DC power line exiting the left adjustment strap near the control panel.
- Plug the power adapter into a wall outlet.

2

PREPARING TO USE THE EMBRACE

- Place the neck massager in position on the back of your neck.
- Hold the massager in position with the adjustment straps.
- Press the Power button to turn on the Embrace. Your massage will begin immediately.



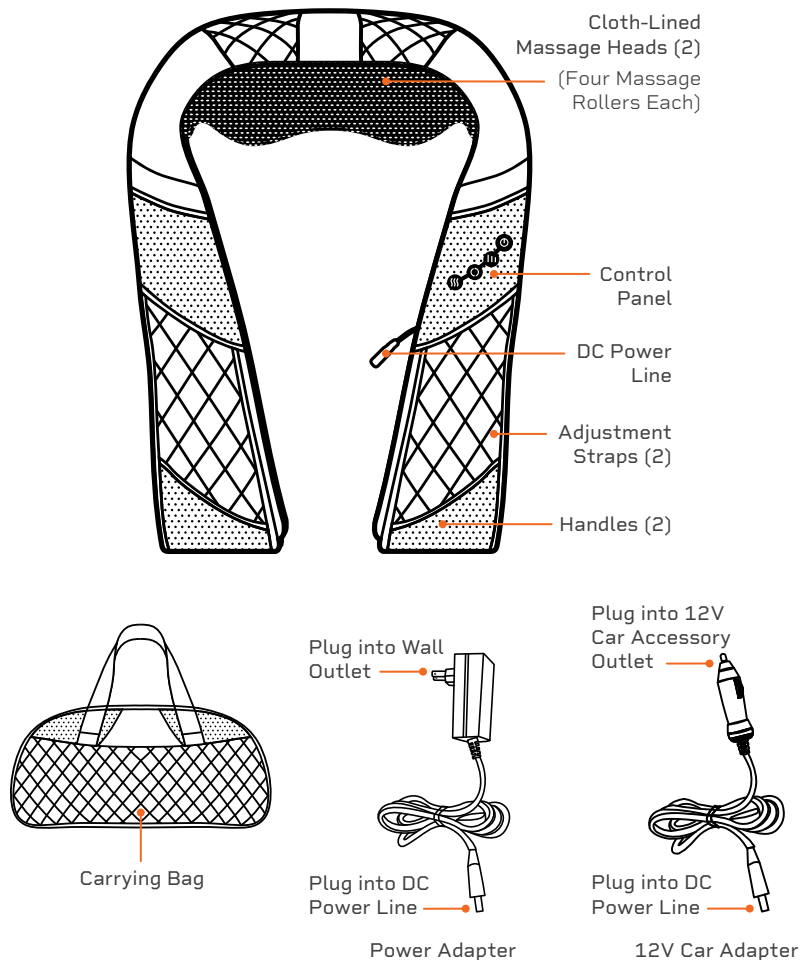
WARNING: Be sure to remove any jewelry and accessories, including necklaces and long or dangling earrings before using.

NOTE: If you have long hair, you may wish to put your hair up and out of the way of the neck massager.

NOTE: While the massager was designed primarily for use on the neck and shoulders, it may also be used on calves, thighs, arms, hands, feet, lower and upper back, and abdomen.

NOTE: To keep the device clean, we recommend using it only over clean clothing or skin.

PARTS OF THE EMBRACE



TIPS FOR USING THE EMBRACE

USING THE EMBRACE

- Place the Embrace in position on the back of your neck before turning it on.
- Use the adjustment straps to adjust the position of the massager on your neck or shoulders.
- Control the massage pressure by how hard you pull on the straps. If the intensity is too strong, place a towel between your skin and the massager.
- If you have long hair, you may wish to put your hair up and out of the way of the neck massager.
- Do not wear jewelry or other accessories, such as necklaces and long or dangling earrings, while using the Embrace.
- Stop use if you feel tired or dizzy, or if you experience chest pain or shortness of breath.
- The set massage time is 15 minutes. Do not use continuously for more than 60 minutes.
- We recommend starting with 3- to 15-minute sessions and working your way up to longer sessions over several days to avoid muscle soreness.
- While the massager was designed primarily for use on the neck and shoulders, it may also be used on calves, thighs, arms, hands, feet, lower and upper back, and abdomen. To keep the device clean, we recommend using it only over clean clothing or skin.

USING THE HEAT FUNCTION

- The heat function will take about 2-3 minutes to heat up.
- The heat function's temperature ranges from 122-140° F to help relax your muscles and enhance the massage benefits.

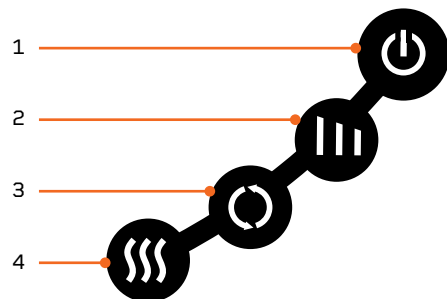
IMPORTANT SAFETY INFORMATION

- Never use the Embrace under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the device and power adapter away from heat sources and fire.
- The device is not waterproof. Keep away from liquids. Do not immerse in water.
- Never use the massager, or plug/unplug the power adapter with wet hands.
- Always power off and unplug the device after each use.
- Do not exert excessive downward force, sit, or stand on the massager.
- Do not wrap the adjustment straps around your neck.

OPERATING INSTRUCTIONS

Please read the operating instructions before using the Embrace Neck Massager. Keep this manual for reference.

USING THE CONTROL PANEL



1. **Power Button:** Press to turn on/off the massager. Massage will begin automatically.
2. **Speed Button:** Press to adjust the massage speed from high, to medium, to low. High speed is the default.
3. **Direction Button:** Press to change the massage direction from clockwise to counterclockwise. Clockwise is the default massage direction.
4. **Heat Button:** Press to turn on/off the heat function. Heat is on by default.

USING THE EMBRACE NECK MASSAGER

1. Place the massager in position on the back of your neck. Hold the massager in position with the adjustment straps.
2. Press the **Power button** to turn on the massager. The default massage, high speed, clockwise massage with heat, will begin automatically.
3. Press the **Heat button** to turn off the heat. Press again to turn on heat again.
4. To change the speed, press the **Speed button** to change to medium speed. Press a second time to change to low speed, press a third time to return to high speed.
5. To change the massage direction, press the **Direction button** to change to counterclockwise massage. Press again to return to clockwise massage.
6. Pull on the adjustment straps to increase the massage pressure, as desired.
7. The Embrace will automatically shut down after 15 minutes of use. Press the **Power button** again if you wish to continue using the massager.
8. Always power off and unplug the massager after each use.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the Embrace Neck Massager using the table below.

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

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER IS NOT WORKING	Massager is not plugged in.	Plug the power adapter into a wall outlet.
	Massager is not turned on.	Press the Power button to turn on the massager.
DEVICE STOPPED WORKING SUDDENLY	Massager automatically shuts off after 15 minutes.	Turn the massager back on to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Allow the massager to cool down for at least 60 minutes before using again.
MESSAGE INTENSITY IS TOO WEAK	Massager is not correctly positioned on the neck.	Adjust the position of the massager on your neck. Use the straps to apply pressure against your neck.
MESSAGE INTENSITY IS TOO STRONG	Massager is not correctly positioned on the neck.	Adjust the position of the massager on your neck.
HEAT FUNCTION IS TOO HOT	Skin may be sensitive.	Turn off the heat function.
FAINT SOUND HEARD WHILE USING MASSAGER	Massage rollers are working.	This is a normal sound made by the massage rollers.



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

SAFETY

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 Embrace Neck Massager.

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 Embrace are adequately informed of all warnings and precautions.
4. Use this neck massager only as instructed in this manual.
5. Always inspect the device and power adapter 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 15 minutes of use. Do not use continuously for more than 60 minutes.
7. This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.

ELECTRICAL SAFETY

8. **WARNING:** Only use the included power adapter at the specified voltage to power the device.
9. Always unplug the unit after use, and prior to cleaning, storing, or transporting.
10. Do not place or use outdoors. Do not use during lightning and thunder storms.
11. Unplug the device immediately in the event of a power failure.
12. Keep ventilation ports free from dust and debris.
13. 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.
14. Keep the unit away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
15. 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.
16. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
17. Never drag or hang the Embrace by the power adapter cable. Do not destroy, bend,

stretch, twist, or tie the power adapter cable.

18. Keep sharp objects such as pins, knives, needles away from the massager and power adapter. Never plug/unplug the power adapter with wet hands.
19. If the device begins to make unusual noises, turn off and unplug immediately.

SAFETY

20. Never leave the Embrace unattended while it is plugged in or running.
21. Consult with a medical professional before using the device if you have a medical condition such as cancer, diabetes, high fever, gout, epilepsy, malignant tumors, active tuberculosis, severe cardiac dysfunction, blood clots, high blood pressure, bleeding disorders, sensory problems or advanced peripheral circulatory disturbance, blood clots, or osteoporosis; if you have abnormalities or deformities of the neck or spinal column; if you have a pacemaker or similar implant; if you recently had surgery; if you are or may be pregnant. Do not use if injured. Never use directly on infected, swollen, bruised, or inflamed skin, open wounds, or scars.
22. Stop using immediately if you feel discomfort, pain, dizziness, nausea, or shortness of breath. If the heat feels too hot on your skin, turn the heat function off immediately.
23. Do not operate the Embrace while driving, sleeping, smoking, or intoxicated. Do not use within one hour of eating.
24. Do not wrap the adjustment straps around your neck.
25. Do not sit or stand on the massager. Do not exert excessive downward force on the device or power adapter.
26. Only use this device on your neck, shoulders, calves, thighs, arms, lower and upper back, and feet. Do not use on abdomen, head, or any body part not described in this manual.
27. Do not wear accessories or jewelry such as necklaces and long or dangling earrings during use. If you have long hair, ensure your hair is up in a high ponytail, bun, braid, and out of the way of the neck massager.
28. Do not apply medical or cosmetic lotions or creams to your skin or to the device before or during use.
29. 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.
30. Keep children and pets away from the Embrace at all times.

CLEANING, STORAGE & MAINTENANCE

31. We recommend using the device only on clean clothing and skin to keep the massager clean.
32. Turn off the device, unplug the power adapter, and allow the Embrace to cool down before cleaning or storing.
33. Wipe down the device with a soft, slightly damp cloth after each use. Make sure the device is completely dry before using again. Never allow water or other liquids to come into contact with the unit.
34. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents.
35. Store the device in a cool, dry location. Do not store close to the ground, walls, or roof. Do not store with heavy objects on top of the unit.
36. Do not attempt to disassemble the massager.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 19.0" L × 8.3" W × 5.9" H

Net Weight: 3.1 lbs.

Power: 24 W

Input Voltage: DC 12 V-2 A

Decibel Rating: 50 dB

Heat Function: 122-140° F

Operating Temperature: -4-149° F

Auto Timer: 15 minutes

POWER ADAPTER

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

Rated Output: 12 V-2 A

CAR ADAPTER

Rated Input: DC 12 V

Rated Output: 12 V-2 A

RECOVERY + FITNESS

EMBRACE

NECK MASSAGER

MADE IN CHINA

FROM OUR **SOAR FX™** COLLECTION

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



SONIC

VIBRATING MESSAGE 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





Access Lifepro TV, our library of free personal training videos on the web at embrace.lifeprofitness.com to learn how to get the most out of your Lifepro® Embrace and achieve the results you want.



**YOU'VE
GOT
THIS**