

READY, SET, PRO

USER MANUAL



LIFEPRO HORIZON BALANCE BALL TRAINER



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 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 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

Balance ball trainers are an indispensable part of sports performance training. Everyone from professional athletes to weightlifters and endurance athletes use ball trainers to build core strength and improve balance and stability.

Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

Lifepro Horizon Balance Ball Trainer provides core strengthening and balance training for people of all fitness levels. Balance training offers immense benefits, particularly for older adults who are at greater risk for instability and falling. The dynamic surface of Horizon Balance Ball Trainer means that your body is forced to work harder to perform simple balance tasks, such as standing on one leg, and simple body-weight exercises, such as sit-ups, push-ups, planks, and bicep curls. Build muscle, improve balance and flexibility, boost metabolism, control your weight, and experience relief from chronic pain with your Horizon.

Use the Horizon on its own for easy, versatile fitness training, or as a valuable addition to your home gym. Build a highly-effective fitness routine around the Horizon, with the optional additions of strength training equipment, such as dumbbells or resistance bands. You can also use the Horizon as part of your warm-up or recovery routine. The Horizon is highly portable, so you can create a workout anytime, anywhere.

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

- **Increase strength and flexibility:** builds muscle mass
- **Improves balance and stability:** reduces fall risk
- **Boost your metabolism:** encourages your body to burn fat faster
- **Develop stronger bones:** increases bone density
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Find relief from back pain:** improves core strength
- **Reduce joint-pain:** improves joint flexibility and reduces symptoms of arthritis, repetitive strain injury, and other chronic joint pain.

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

RECOVERY + FITNESS

HORIZON

BALANCE BALL TRAINER

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro Horizon Balance Ball Trainer
- Air Pump
- 10" Pilates Ball
- Portable Inflation Straw
- Plugs (2)
- Plug Remover Tool
- Tape Measure
- User Manual

UNPACKING YOUR HORIZON

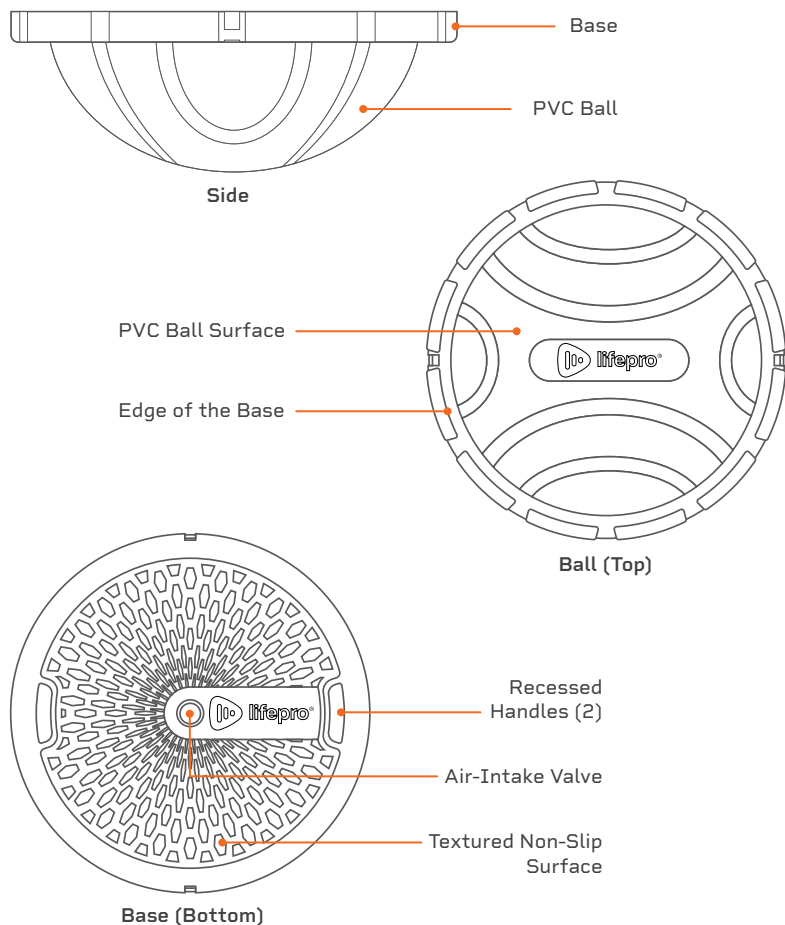
1. Remove your Horizon from the shipping box and remove all packaging from the unit and accessories.
2. Read carefully through this user manual and all safety instructions before using the Horizon.
3. Go to horizon.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
4. See **INFLATION INSTRUCTIONS** on page 9 for set up instructions, **INSTRUCTIONS FOR USE** on page 11, **EXERCISE SAFETY AND TIPS** on page 14, and **HOW TO USE THE HORIZON** on page 16 for information about how to use your Horizon.

CUSTOMER SUPPORT

If you have any questions about setting up your Horizon, 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 HORIZON



INFLATION INSTRUCTIONS

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

INFLATING THE HORIZON BALANCE BALL TRAINER

1. Place your Horizon flat on the floor with the base facing up.
2. Use the included plug remover tool to remove the small plug in the air-intake valve at the center of the base.

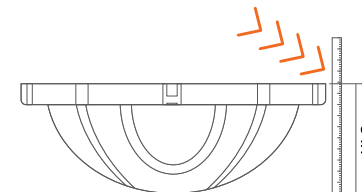
NOTE: Your Horizon comes with three plugs, one of which is pre-inserted in the Horizon's air-intake valve. The two additional plugs, one for the Pilates ball and one spare plug, can be found in the accessories bag.

3. Set the plug and plug remover tool aside.
4. Insert the nozzle of the air pump firmly into the air-intake valve.

NOTE: When the Horizon is packaged for shipping, the top and bottom halves of the rubber ball can get stuck together, blocking the air-intake valve. You may need to wiggle the nozzle of the air pump side-to-side to make room for air to freely enter the ball.

5. Hold the nozzle in place with one hand while you use the other hand to slide the base of the pump up and down to pump air into the ball.

NOTE: To check for proper inflation, hold the included tape measure or a ruler vertically along the side of the Horizon and inflate the ball until the base clears about 7.75" to 8" high on the tape measure. Do not overinflate; do not exceed 8.5".



6. When the ball is properly inflated, remove the pump and place your finger over the air-intake valve to prevent air from escaping.
7. Remove your finger and firmly re-insert the plug into the valve opening. The plug should be flush with the surface of the intake valve.
8. Make sure to store your pump, the plug removal tool, tape measure, and extra plugs in a safe place.

DEFLATING THE HORIZON BALANCE BALL TRAINER

1. Use the plug remover tool to pry the plug from the air-intake valve.
2. Allow the ball to deflate. You may press on the surface of the ball to deflate it more quickly, if desired.

NOTE: Do not use abrasive or sharp objects to help deflate the ball as the PVC surface could be damaged or punctured.

3. Once the ball is completely deflated, re-insert the plug to avoid losing it. Make sure to store the plug removal tool in a safe place.

INFLATING THE PILATES BALL WITH THE AIR PUMP

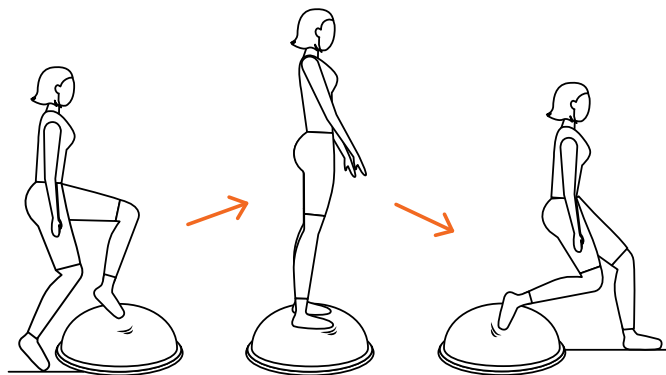
1. Insert the nozzle of the air pump into the air-intake valve in the Pilates ball.
2. Hold the nozzle in place with one hand while you use the other hand to slide the base of the pump up and down to pump air into the ball.
3. When the ball is fully inflated, remove the pump and place your finger over the air-intake valve to prevent air from escaping.
4. Remove your finger and insert one of the included plugs.
5. Make sure to store the pump in a safe place.

INFLATING THE PILATES BALL WITH THE INFLATION STRAW

A portable inflation straw is included so you can inflate the Pilates ball on the go.

1. Insert the inflation straw into the air-intake valve in the Pilates ball.
2. Blow into the straw to inflate the ball.
3. When the ball is fully inflated, remove the straw and place your finger over the air-intake valve to prevent air from escaping.
4. Remove your finger and insert one of the included plugs.
5. Make sure to store the portable inflation straw in a safe place.

INSTRUCTIONS FOR USE



STEP 1: GETTING COMFORTABLE STEPPING ON AND OFF THE BALL

Before you begin using the Horizon Balance Ball Trainer in your fitness routine, it is very important to get comfortable stepping on and off the surface of the trainer.

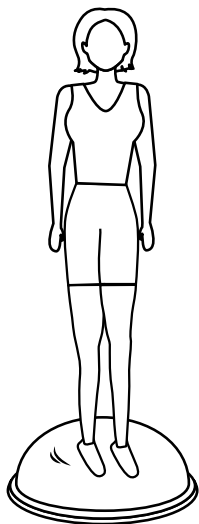
1. Place the Horizon flat on the ground with the ball up.
2. Step slowly onto the ball. Always move slowly, with controlled movements.
3. Then, walk forward and off the ball, to the floor. See image above.
4. Repeat several times to get comfortable with the way the ball moves under your feet. Make sure to alternate which foot you step onto the ball with first.
5. After you become comfortable walking forward on the ball, trying standing to the side of the Horizon and stepping up and down from the side of the ball.
6. After practicing mounting the ball from each side several times, try stepping up and down off the ball backwards (the ball will be behind you). Remember to always move slowly and with control.

CAUTION: If you feel like you are beginning to lose your balance while standing on the ball, simply step off the Horizon and onto the floor.

STEP 2: GETTING COMFORTABLE STANDING ON THE BALL

When you are comfortable stepping on and off the ball from all directions, you're ready to practice standing on the ball:

1. Step onto the ball with both feet.
2. Stand with your feet in the center of the ball, about hip-width apart.
3. Put your arms up and out to the sides if you need help with balancing. Alternately, you can place your hands on your hips to make balancing more challenging.
4. Do the best you can to maintain good posture:
 - a. Keep your knees slightly bent. Don't lock your knees.
 - b. Keep your feet as flat as possible.
 - c. Keep your head up, your back straight, and your shoulders back.
4. You should feel the muscles in your abs and back—your core muscles—engaging to help you maintain your balance. You should also feel the muscles in your lower legs and feet working.
5. Relax while still maintaining proper posture. You will notice that it is impossible to maintain your balance while standing completely still. This is completely normal. As you get more and more used to using the Horizon and your core strength increases, you will find it easier to maintain your balance with just small adjustments.
6. To increase the challenge: turn or tilt your head from side to side, or close your eyes for a few seconds. These variations are more challenging and it may take some time and effort to master them.



STEP 3: PERFORMING EXERCISES WITH YOUR HORIZON

1. Place the Horizon flat on the floor with the ball facing up.
2. While sitting, standing, or lying on the ball, perform body-weight training exercises. See **HOW TO USE THE HORIZON** on pages 16–17 for exercise instructions. Start with the easy exercises. Once you have mastered these, progress to the medium and hard exercises.

STEP 4: INCREASING EXERCISE DIFFICULTY

You can increase the difficulty of your workouts gradually over time:

- Slowly increase the time you hold each exercise. Start by holding each exercise for 5–10 seconds. Once you've mastered that, try holding each for 15 seconds, then 30 seconds. Continue to slowly increase.
- Slowly increase the number of repetitions you perform of each exercise. Start with 5–10 repetitions. Then, try increasing the number of repetitions to 15–20, then 25–30. Continue to slowly increase.
- Try incorporating additional body-weight exercises into your workouts with the Horizon, such as mountain climbers, burpees, lunges, dips, calf raises, arm circles, leg circles, donkey kicks, supermans, and hip bridges.

STEP 5: INCORPORATE STRENGTH TRAINING AND OTHER EQUIPMENT

To continue improving your strength and stamina, you can incorporate other exercise equipment into your workouts, such as the included Pilates ball. You can also add strength training equipment such as dumbbells or resistance/yoga bands (not included). Start with a low weight, such as 2 lb. dumbbells or resistance bands, and increase the amount of weight you use slowly. Example exercise variations:

- Hold the Pilates ball between your knees as you do hip bridges on the ball.
- Hold a dumbbell in each hand when performing exercises that work your arms, shoulders, chest, and upper back.
- Use ankle weights when performing exercises that work your legs, hips, and glutes.
- Use resistance bands or elastic yoga bands to increase the challenge when performing a wide range of body-weight exercises.

PERFORMING EXERCISES WITH THE BASE FACING UP (OPTIONAL)

After mastering all of the exercises and variations discussed thus far, you can try performing exercises while sitting, standing, or lying on the Horizon with the base facing up.

WARNING: Use extra caution; standing on the base of the Horizon increases the risk of falling which can cause serious injury and even death.

EXERCISE SAFETY AND TIPS

EXERCISE SAFETY

- Consult with your physician before beginning a new exercise program.
- Incorrect or excessive exercise or overexertion can be damaging to your health. Always exercise within the heart-beat intensity level and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel faint, dizzy, nauseous, or experience pain, irregular heartbeat, or shortness of breath.
- The surface is highly unstable because the Horizon is designed to challenge your balance. Be aware, you may fall off the Horizon, which could result in injury.
- Always maintain control and move slowly while exercising with the Horizon to prevent falling.
- Wear comfortable athletic shoes with non-slip soles. Never use the Horizon when wearing only socks or stockings as the slick material could cause falling.
- Use a dry towel to wipe sweat off the surface of the ball before use and during the workout. Sweat can make the surface of the ball very slippery.
- Never use the Horizon while intoxicated. Do not use the Horizon during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- Do not perform other activities while using the Horizon to avoid accidents or injury.
- Always inspect the Horizon for damage before use.

SAFE PLACEMENT OF YOUR HORIZON

- Ensure you have adequate clear space around you (at least seven feet on all sides) in case you fall. Remove all objects from the surrounding area in case you fall.
- To reduce the risk of injury in the event of a fall, place an exercise mat or pad over hard flooring, such as wood, tile, and linoleum.
- Use the Horizon only on a flat, non-slip floor.

STANDING ON THE BASE OF THE HORIZON

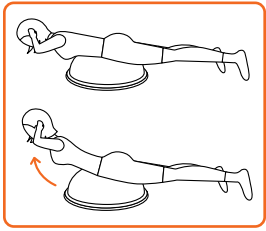
WARNING: Standing on the base of the Horizon has increased risk of falling because the base can tip rapidly.

- If you choose to stand on the base, take extra precautions against falling, such as:
 - Do hold onto an appropriately-secured hand-hold.
 - Do place mats on the floor.
 - Do NOT hold weights or other objects in your hands.
- Be prepared to fall. Even with precautions, standing on the base is a very advanced activity which could result in serious injury or death.

EXERCISE TIPS

- Start slow and easy with 5–10 minute workouts. Work your way up to longer, more challenging workouts over a period of several weeks.
- Breathe naturally during exercise. Never hold your breath. Exhale during exertion and inhale after exertion. For example, during a push-up, inhale as you lower your body to the floor, exhale as you push yourself up.
- Drink plenty of water before and after exercise.
- Spend at least five minutes warming up, including stretching, before exercise and at least five minutes cooling down after exercise to prevent pulled muscles and other sports injuries.
- Make sure to take sufficient breaks between exercises. Also, take sufficient time off between workout sessions.
- Always wear appropriate athletic clothing. Appropriate clothing should be comfortable, loose, and allow you to move freely.
- Remove items, especially sharp objects, from your pockets before using the Horizon.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.

HOW TO USE THE HORIZON

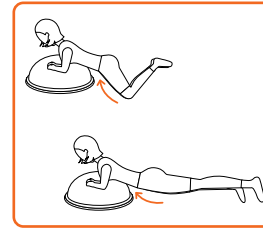


Back Extensions

Difficulty: Easy

Strengthens: Upper and lower back and ab muscles

1. Lie on your stomach on the ball. Make sure your legs are extended straight.
2. Place your hands on your head.
3. Lift your upper body up off the ball.
4. Hold for 5-10 seconds.
5. Return to the starting position.
6. Repeat 5-10 times.



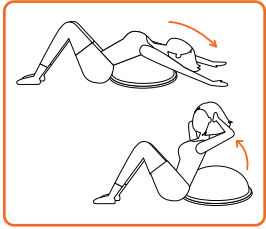
Plank

Difficulty: Medium

Strengthens: Abdominal, back, and upper body muscles

1. Place your forearms on the ball and rest the weight of your upper body on your forearms.
2. Extend your legs out straight behind you.
3. Keep your back straight and try not to drop your hips.
4. Hold for 5-10 seconds.
5. Return to the starting position.
6. Repeat 5-10 times.

NOTE: For an easier option, keep your knees on the floor.

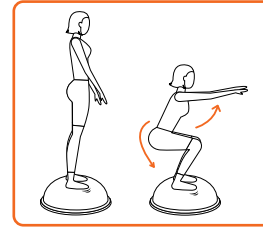


Sit-Ups

Difficulty: Easy

Strengthens: Abdominal and back muscles

1. While sitting on the floor, lay back over the ball with your arms stretched over your head.
2. Place your hands on your head and use your abdominal and back muscles to curl your upper body up and off the ball.
3. Hold for 5-10 seconds.
4. Return to the starting position.
5. Repeat 5-10 times.

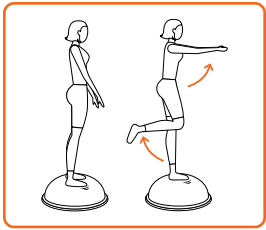


Squats

Difficulty: Hard

Strengthens: Thigh, hip, and glute muscles

1. Stand up straight with your feet hip-width apart.
2. Bend your knees to about a 90° angle. Keep your chest up, shoulders back, and your feet flat.
3. At the same time, raise your arms up so they extend straight out in front of you.
4. Hold for 5-10 seconds.
5. Return to the starting position.
6. Repeat 5-10 times.

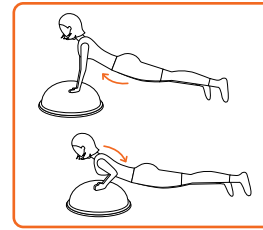


Single-Leg Balance

Difficulty: Medium

Strengthens: Abdominal, arm, and leg muscles

1. Stand in the center of the ball with your arms at your sides.
2. Lift one leg behind you.
3. At the same time, raise your arms up so they extend straight out in front of you.
4. Hold for 5-10 seconds.
5. Return to the starting position.
6. Repeat 5-10 times.

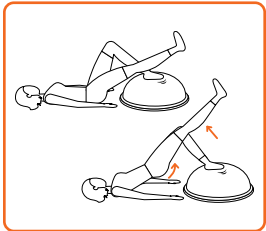


Push-Ups

Difficulty: Hard

Strengthens: Upper body, abdominal, and back muscles

1. Place your palms flat on the ball, about shoulder-width apart, directly beneath your shoulders.
2. Get into a push-up position; arms and legs straight.
3. Lower your upper body until your chest almost touches the ball. Keep your back straight.
4. Hold for 5-10 seconds.
5. Push yourself up to return to the starting position.
6. Repeat 5-10 times.

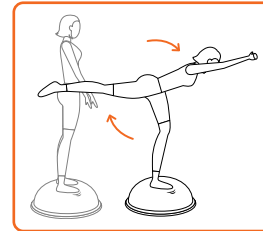


Single-Leg Bridge

Difficulty: Medium

Strengthens: Hip, glute, thigh, and core muscles

1. Lie on your back with one knee bent and your foot on the ball. Extend your other leg straight out.
2. Raise your hips up to create a straight line from your shoulders to the ankle of your extended leg.
3. Press your arms firmly into the floor and squeeze your core muscles for support.
4. Hold for 5-10 seconds.
5. Repeat 5-10 times.



Single-Leg Lifts

Difficulty: Very Hard

Strengthens: Hip, glute, thigh, and upper back muscles

1. Stand in the center of the ball.
2. Slowly lift one leg back, reaching your heel to the sky. Squeeze your glutes.
3. At the same time, reach forward with your arms.
4. Hold for 5-10 seconds.
5. Return to the starting position. Repeat 5-10 times.

WARNING: Use extreme caution when performing this exercise.

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce risk of serious injury or death read all equipment safety labels and the following warnings carefully.

DISCLAIMER

- 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.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using these products. We assume no responsibility for personal injury or property damage sustained by or through using these products.

RESPONSIBILITIES

- Use the Horizon only as instructed in this manual.
- Examine the Horizon and Pilates ball for wear or damage before use. Never use if damaged, worn, malfunctioning, or if parts are missing.
- Before use, ensure the ball is properly inflated. Avoid under- and overinflation. Overinflation can cause the ball to separate from the base
- Do not allow children to use the Horizon. This product is for adult-use only. Keep children and pets away from the Horizon at all times. The Horizon is not a toy.
- Adults with diminished mental or physical capacity may only use the Horizon while supervised by a responsible adult.
- Do not allow more than one person to use the Horizon at a time.
- Do not exceed the maximum weight capacity of 440 lbs.
- This unit is not a medical device and is not recommended for medical use. The Horizon intended for in-home, indoor-use only. Do not use the Horizon in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the unit and all parts according to local and federal regulations.

EXERCISE SAFETY

- Users should consult with a medical professional before beginning a new exercise program. Your physician should assist you in determine the heart rate zone appropriate for your age and physical condition. Your physician can help determine if you have physical limitations that could create a health risk or prevent you from properly using this equipment; some exercise programs or types of fitness equipment may not be appropriate for all people. This is especially important for those who are or may be pregnant; those over the age 35 or with pre-existing health problems; those who experience dizziness or balance impairments or taking

drugs that affect balance; those with heart conditions, hypertension, blood clots, or taking medication that affects heart rate; those with a pacemaker, artificial heart, or similar implant; those who have recently had surgery; those with cancer or malignant tumors; those with orthopedic conditions, spinal injuries, osteoporosis, fractures, herniated or slipped discs. Do not use if injured or if you have a fever.

- Incorrect or excessive exercise or overexertion can be damaging to your health. Always exercise within intensity and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel faint, dizzy, nauseous, or experience pain, irregular heartbeat, or shortness of breath.
- The surface is highly unstable because the Horizon is designed to challenge your balance. You may fall off the Horizon, which could result in injury.
- Ensure you have adequate clear space around you (at least seven feet on all sides) in case you fall. Remove all objects from the surrounding area in case you fall.
- To reduce the risk of injury in the event of a fall, place an exercise mat or pad over hard flooring such as wood, tile, and linoleum.
- Always maintain control and move slowly during your workouts.
- Use a dry towel to wipe sweat off the surface of the ball before use and during the workout. Sweat can make the surface of the ball very slippery.
- Use the Horizon only on a flat, non-slip floor.
- Standing on the base of the Horizon increases the risk of falling because as the base can tip rapidly. If you choose to stand on the base:
 - Take extra precautions against falling, such as: (1) holding a secure hand-hold (such as a door frame, piece of heavy furniture, etc.), (2) not holding weights or other objects in your hands, and (3) placing mats on the floor.
 - Be prepared to fall. Even with precautions, standing on the base is a very advanced activity which could result in serious injury or death.
- Do not perform other activities while using the Horizon to avoid accidents or injury.
- Do not use during or immediately after eating or when you feel tired. Never use the Horizon while intoxicated.
- Wear comfortable athletic shoes with non-slip soles. Never use the Horizon when wearing only socks or stockings as the slick material could cause falling.
- Always wear appropriate athletic clothing. Appropriate clothing should be loose, comfortable, and allow you to move freely.
- Keep hair, fingers, and other body parts out from under the Horizon.
- Breathe naturally during exercise; never hold your breath.
- Warm up before exercise and cool down after exercise to prevent sports injury.

MAINTENANCE, CLEANING, AND STORAGE

- Use a slightly damp cloth or soft towel to wipe any dirt or moisture from Horizon after each use. You may use mild soap, if necessary, to clean the ball or base. Do not use abrasive, solvent, corrosive, or chemical cleaners.
- Store in a cool, dry place.
- Do not attempt to disassemble.
- Keep sharp or abrasive objects away from the Horizon as they can puncture the surface. Always check the soles of your shoes for rocks, glass, etc. before using the Horizon.
- The Horizon can be stored inflated or deflated.
- Do not use or store in direct sunlight, in a high temperature environment, near heat sources or windows.
- When storing, ensure the ball is not in direct contact with other objects as this can cause the PVC surface to sweat (an oily residue will appear on the ball).

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions (Deflated): 23.6 × 23.6 × 3.9 in

Dimensions (Inflated): 23.6 × 23.6 × 8.7 in

Net Weight: 14.3 lbs.

Max User Weight: 440.0 lbs.

Ball Material: PVC

Base Material: PP and TPE

RECOVERY + FITNESS

HORIZON

BALANCE BALL TRAINER

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

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

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.





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



**YOU'VE
GOT
THIS**