

READY, SET, PRO

USER MANUAL



LIFEPRO INFINITYBOX PLUS HOME GYM SET



Strength training is an indispensable part of sports-performance training. Everyone from professional athletes, to weightlifters and endurance athletes can use home gym sets to build muscle, blast fat, and boost metabolism.

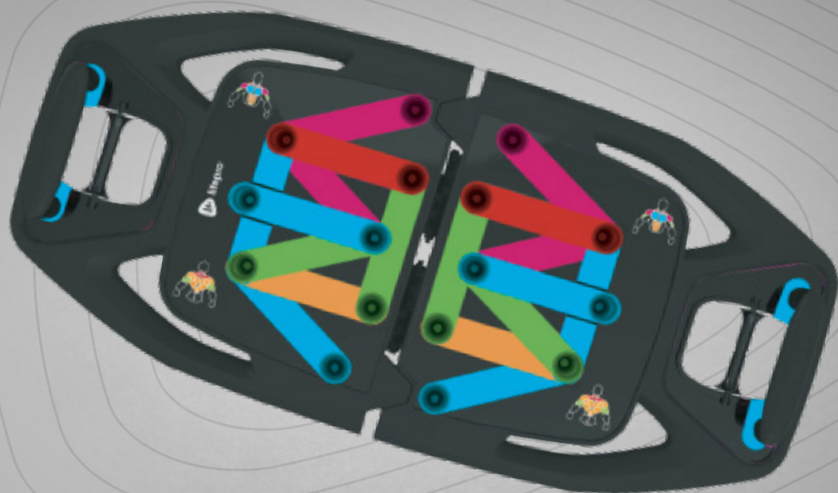


HELLO THERE.

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 Strength Training 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



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.

With the Lifepro InfinityBox Plus Home Gym Set, there's no need to pay for an expensive gym membership or personal trainer. With the InfinityBox Plus you've got an entire, versatile home gym at your fingertips. With weightlifting, you'll get stronger, leaner, healthier. Build muscle and bone density, boost metabolism, improve heart health, reduce stress, and lose weight—right from the comfort of your own home. Weightlifting also helps manage chronic conditions such as high blood pressure, back and joint pain, diabetes, and depression.

The InfinityBox Plus comes with a training base and tons of accessories, providing full-body strength training for people of all ages and fitness levels. Sculpt your upper body with ten built-in push-up options, work your lower body with the heavy-duty collapsible barbell, blast your core with the ab wheel, and more. Whether you're getting back into weightlifting after starting a family or career, a die-hard gym enthusiast, or someone who has never lifted before, InfinityBox Plus has everything you'll need to build muscle. The training base has convenient carry handles and all of the accessories fit in the included carry bag, making the InfinityBox Plus highly portable. Take the InfinityBox Plus with you on the go, so you can get in a full-body workout anytime, anywhere.

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

- **Increase strength and flexibility:** builds muscle mass
- **Boost your metabolism:** encourages your body to burn fat faster
- **Develop stronger bones:** increases bone density
- **Decrease stress:** increases serotonin and decreases cortisol
- **Improve stability:** 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 InfinityBox Plus. Next, be sure to visit our website infinityboxplus.lifeprofittness.com to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the InfinityBox Plus into your fitness routine.

INFINITYBOX PLUS

HOME GYM SET

GET STARTED

WHAT'S IN THE BOX

- A. Lifepro InfinityBox Plus Training Base
- B. Collapsible Barbell
- C. Ab Wheel
- D. Resistance Bands (4):
 - 46" Red Resistance Bands (2)
 - 28" Blue Resistance Bands (2)
- E. Workout Handles (2)
- F. Padded Velcro® Ankle/Wrist Straps (2)
- G. Push-Up Handles (2)
- H. Door Anchor
- I. Carabiners (4)
- J. Clamps (2)
- K. Rubber Feet (12)
- L. Exercise Mat
- M. Carry Bag
- N. User Manual

FIRST STEPS

1. Remove your InfinityBox Plus from the shipping box and remove all packaging from the training base and accessories.
2. Read carefully through this user manual and all safety instructions before using the InfinityBox Plus. See **SAFETY INSTRUCTIONS** on page 34.
3. Go to **infinityboxplus.lifeprofitness.com** and register your product within 14 days of purchase to activate your lifetime warranty.
4. Go to **USING THE ACCESSORIES** on page 8 to get acquainted with all of the accessories included with your InfinityBox Plus.
5. Go to **TRAINING BASE ASSEMBLY GUIDE** on page 10 for easy instructions for setting up your training base.
6. Go to **SETTING UP THE RESISTANCE BANDS** on page 12 and **CHOOSING A RESISTANCE BAND SETUP** on page 14 to learn about how to attach resistance bands to the training base in order to do exercises, such as chest fly, upright row, squat, ab wheel roll-out, and more.
7. Go to **INFINITYBOX PLUS EXERCISES** on page 27 for detailed exercise instructions and illustrations to get you started using your InfinityBox Plus.

CUSTOMER SUPPORT

If you have any questions about setting up your InfinityBox 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.

USING THE ACCESSORIES

x1



The training base (A) is a sturdy platform with a soft foam surface. It is designed to offer a multitude of strength training options when used with the included accessories.

The surface of the base has ten different push-up configurations, each targeting different muscle groups.

x1



The collapsible barbell (B) is durable but ultra-light with ergonomic and comfortable handles on either side.

Use barbell with the ab wheel (C) and resistance bands (D).

To assemble: Screw the threaded end of one half of the barbell into the threaded end on the other half.

x1

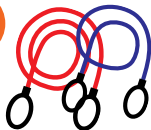


The surface of the ab wheel (C) has a non-slip rubber surface, ensuring stable, fluid movements.

Use the ab wheel with the barbell (B) for core exercises.

To assemble: Insert the threaded end of one half of the barbell through the center of the ab wheel. Screw the other half of the barbell into the first half.

x4



Customize the difficulty of each exercise depending on the resistance bands (D) you choose. There are two 28" blue resistance bands and two 46" red bands.

Clip the resistance bands to the barbell (B), workout handles (E), ankle/wrist straps (F), or door anchor (H).

x2



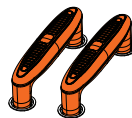
Use the workout handles (E) with the resistance bands (D) to perform upper body exercises.

x2



Use the padded Velcro® straps (F) on your ankles or wrists to perform lower or upper body exercises with the resistance bands (C).

x2



The push-up handles (G) are durable and ergonomic. They provide stability and symmetry during exercises.

Use the push-up handles to perform a variety of push-ups with the training base (A).

x1



Use the door anchor (H) to secure resistance bands (D) to a door frame while doing standing exercises.

To use, lay the fabric loop over the top edge of the door with the large rounded anchor hanging over the opposite edge of the door. Close the door and thread a resistance band through the anchor's fabric loop or D-rings.

x4



The carabiners (I) are made of ultra-durable steel. You will need them for most exercises.

Use the carabiners to secure the resistance bands (D) to the workout handles (E), ankle/wrist straps (F), barbell (B), and door anchor (H).

x2



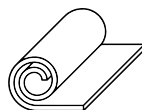
Use the two plastic clamps (J) secure the resistance bands (D) to the bottom of the training base (A).

x12



Use the twelve rubber feet (K) on the underside of the training base (A) to help make it stable and secure.

x1

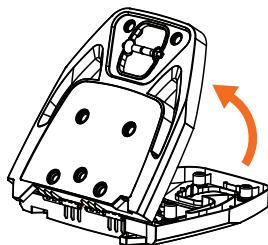


Use the exercise mat (L) under the training base (A), an alternative to the rubber feet, to help make it stable and secure. The exercise mat can also be used as a cushion when doing exercises requiring you to sit or lie on the floor.

SETTING UP THE TRAINING BASE

1 UNFOLD THE TRAINING BASE

1. Unfold the training base (A) and place it face down on a flat, clear floor.



2 STABILIZE THE TRAINING BASE

There are two options for stabilizing the training base:

1. Place the exercise mat (L) under the training base.

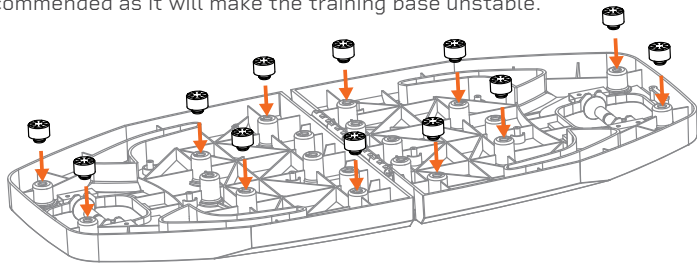
OR

2. Insert the twelve rubber feet (K) into the pegs on the bottom side of the training base (A), as shown below.

NOTE: This is the best option when you would like to use the exercise mat in other ways during your workout (for example, to place under your knees or hips).

NOTE: You will need to remove the rubber pads any time you need to fold the training base for storage or travel.

NOTE: Using the rubber feet and exercise mat at the same time is not recommended as it will make the training base unstable.



ASSEMBLING THE ACCESSORIES

1 ASSEMBLE THE COLLAPSIBLE BARBELL

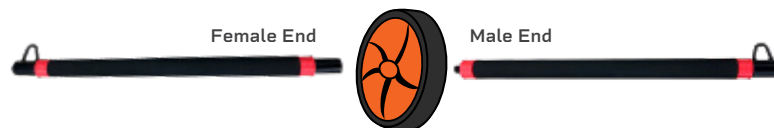
1. Screw the two threaded ends of the collapsible barbell (B) together. The two metal loops will be on the outer ends of the assembled barbell.

NOTE: Clip resistance bands (D) to the metal loops on the ends of the barbell with two carabiners (I).



2 ASSEMBLE THE AB WHEEL

1. Insert the female end of the collapsible barbell (B) through the center of the ab wheel (C).
2. Screw the male end of the barbell into the female end extending through the ab wheel.



SETTING UP THE RESISTANCE BANDS

Your InfinityBox Plus Home Gym Set comes with four resistance bands.

RED RESISTANCE BANDS (2)

- Length: 46 inches
- Approximate Weight Equivalent: 22.5 pounds

BLUE RESISTANCE BANDS (2)

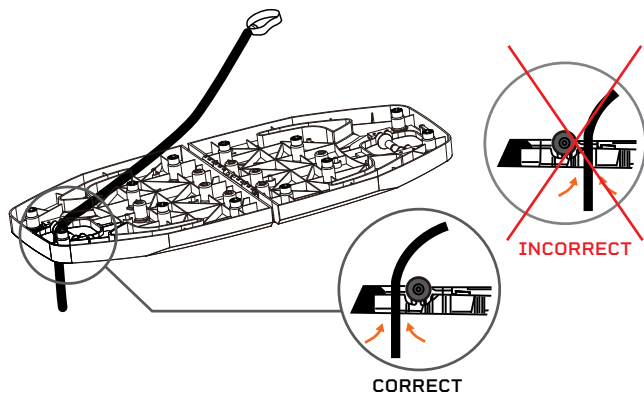
- Length: 28 inches
- Approximate Weight Equivalent: 29.0 pounds

1 THREAD A RESISTANCE BAND THROUGH THE SLOT IN THE TRAINING BASE

1. Put one end of a resistance band (D) through one of the large openings on either side of the training base (A). The resistance band goes to the OUTSIDE of the black pulley.

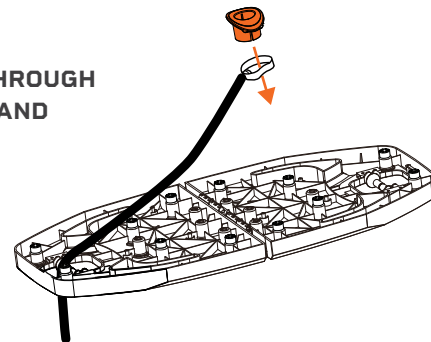
NOTE: The resistance band will slide along the black pulley during use.

NOTE: The black pulleys on either side of the training base can be used as handles when the training base is folded.



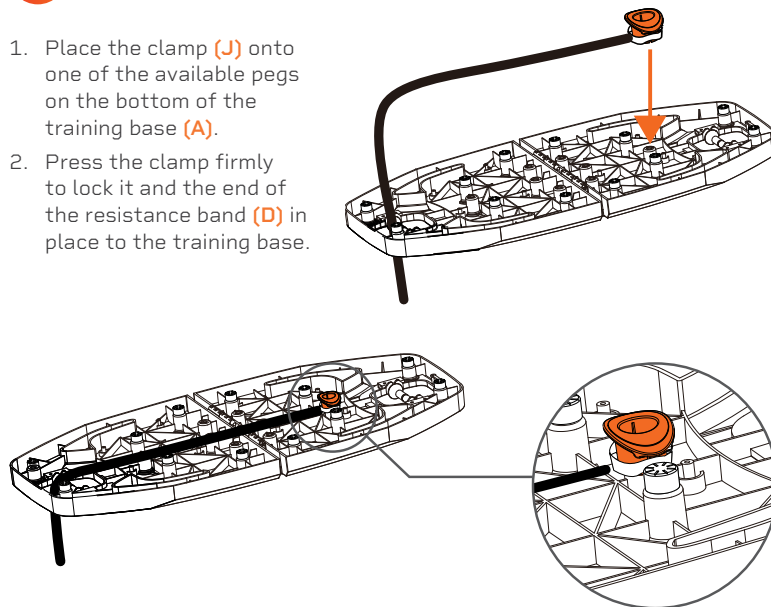
2 INSERT A CLAMP THROUGH THE RESISTANCE BAND

1. Insert a clamp (J) through the loop in the end of the resistance band (D).



3 LOCK THE CLAMP AND RESISTANCE BAND IN PLACE

1. Place the clamp (J) onto one of the available pegs on the bottom of the training base (A).
2. Press the clamp firmly to lock it and the end of the resistance band (D) in place to the training base.

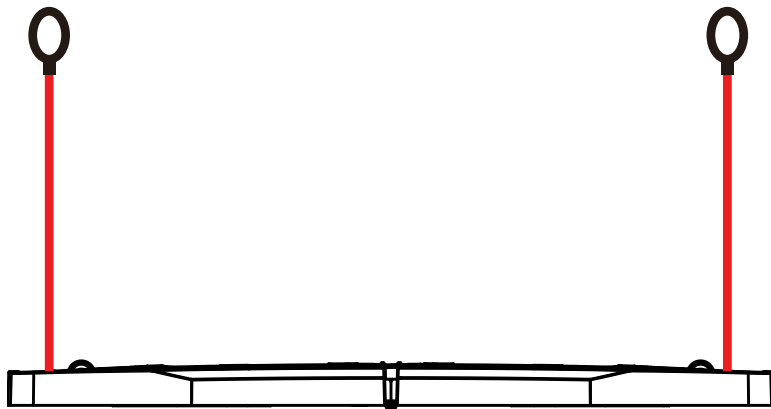


CHOOSING A RESISTANCE BAND SETUP

When securing the resistance bands to the training base, there are two setup categories, red and blue, which correspond to the two sets of resistance bands.

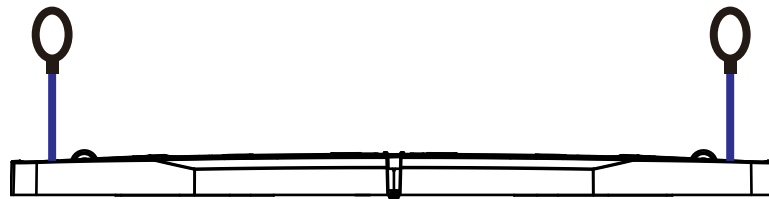
RED RESISTANCE BAND SETUPS

Best for: Full extension exercises that must be done standing up, such as barbell squat, shoulder press, and upright row.



BLUE RESISTANCE BAND SETUPS

Best for: Medium or minimal extension exercises that must be done while sitting or lying on the floor, such as mermaid sit-up and donkey kick.



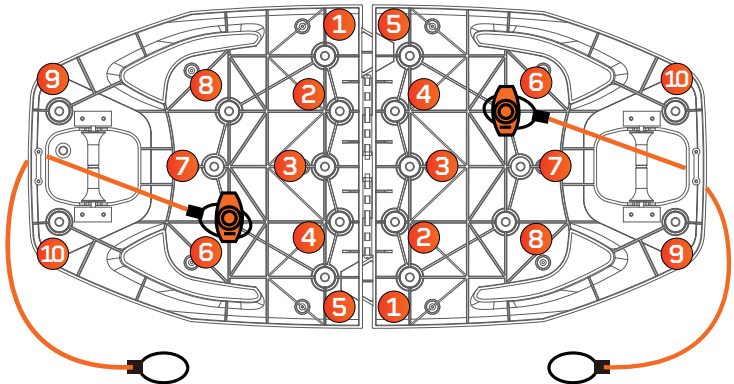
The ideal resistance band setup will vary from exercise to exercise and from person to person. The length of the resistance bands may be adjusted according to your height and/or desired exercise.

The exercises in this manual (see INFINITYBOX PLUS EXERCISES on pages 27–32) that require resistance bands be secured to the training base will indicate whether a red or blue resistance band setup is recommended. Both red and blue setups have several variations. See pages 16 and 18–19 for setup diagrams. Which setup variation you choose is completely up to you.

CHOOSING A RESISTANCE BAND SETUP

PAIRED PEGS ON THE BOTTOM OF THE TRAINING BASE

IMPORTANT: In order to have your resistance band be the same length on both sides, the same color resistance bands must be used on both sides, AND you must secure the resistance bands to the pegs labeled with the same number on **both** sides of the training base, see the figure below.

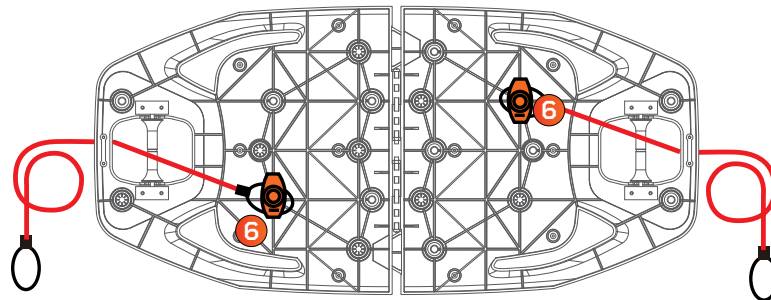


RED RESISTANCE BAND SETUP VARIATIONS

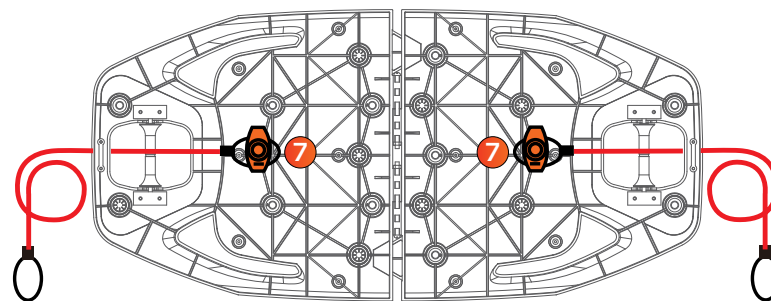
Best for standing or full extension exercises.

EASY TO ADVANCED SETUPS

Fitness Level: Good for any fitness level.



2 Red Resistance Bands



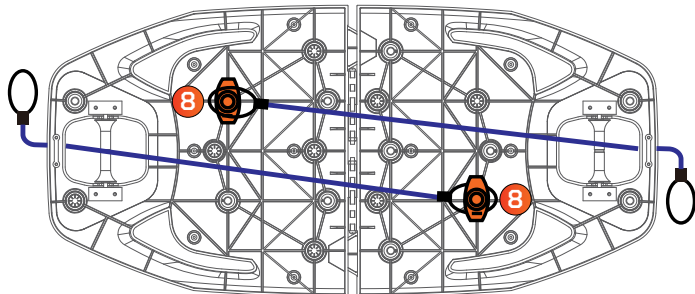
2 Red Resistance Bands

BLUE RESISTANCE BAND SETUP VARIATIONS

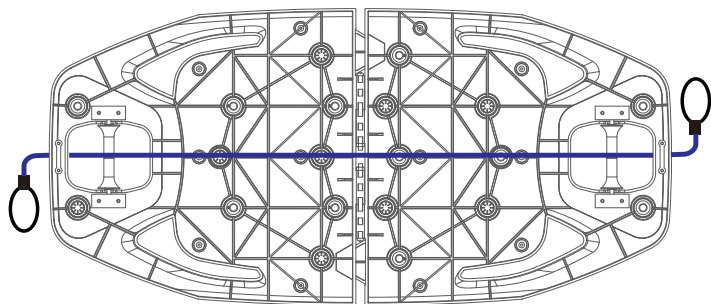
Best for sitting, lying, or medium/minimal extension exercises.

EASY TO INTERMEDIATE SETUPS

Fitness Level: Best for beginner and intermediate users.



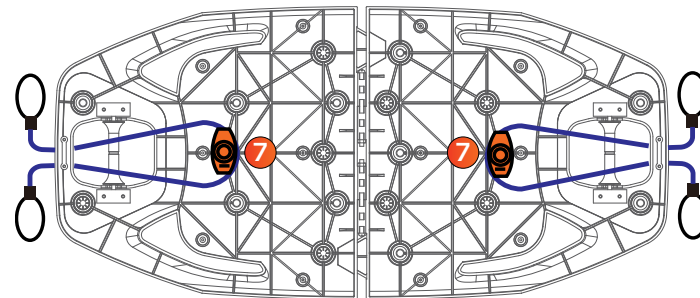
2 Blue Resistance Bands



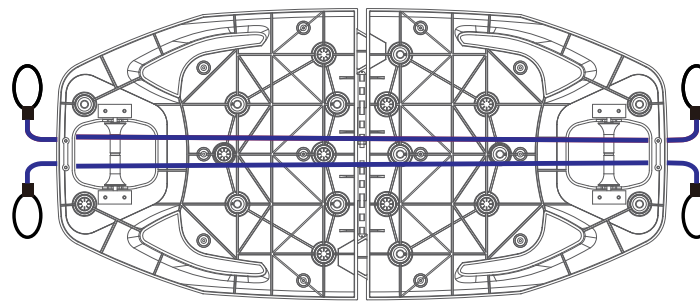
1 Blue Resistance Band

ADVANCED SETUPS

Fitness Level: Best for more advanced users.



2 Blue Resistance Bands

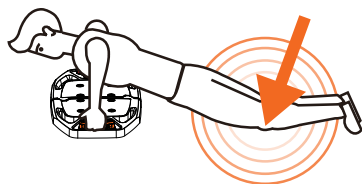


2 Blue Resistance Bands

HOW TO USE THE PUSH-UP HANDLES

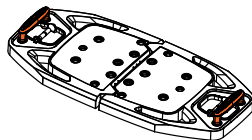
The push-up handles can be placed in ten push-up configurations, each of which works different muscle groups in your upper body.

NOTE: For those are not used to doing push-ups, we recommend starting by doing push-ups with your knees on the floor. After building strength and stamina, you can progress to doing push-ups with your legs straight and body parallel to the training base.



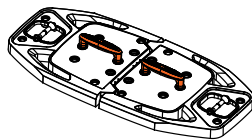
1 Wide push-up

Muscle Groups Targeted: Chest (pectorals)



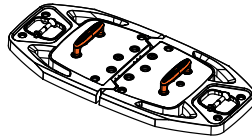
2 Standard push-up

Muscle Groups Targeted: Chest (pectorals)



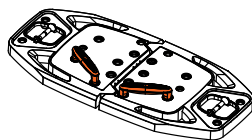
3 Vertical standard push-up

Muscle Groups Targeted: Chest (pectorals)



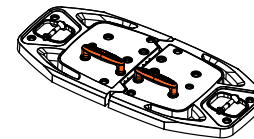
4 Low chest filler push-up

Muscle Groups Targeted: Chest (pectorals)



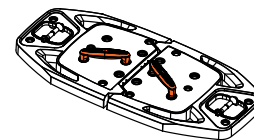
5 Back-ab blaster

Muscle Groups Targeted: Abdominals, Back (rhomboids, latissimus dorsi)



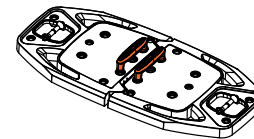
6 Diamond push-up

Muscle Groups Targeted: Arms (triceps)



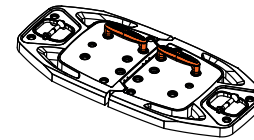
7 Narrow push-up

Muscle Groups Targeted: Arms (triceps)



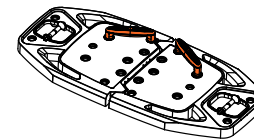
8 Trapz push-up

Muscle Groups Targeted: Shoulders (trapezius)



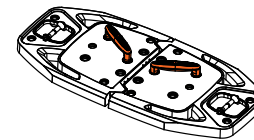
9 Shoulder push-up

Muscle Groups Targeted: Shoulders (deltoids)

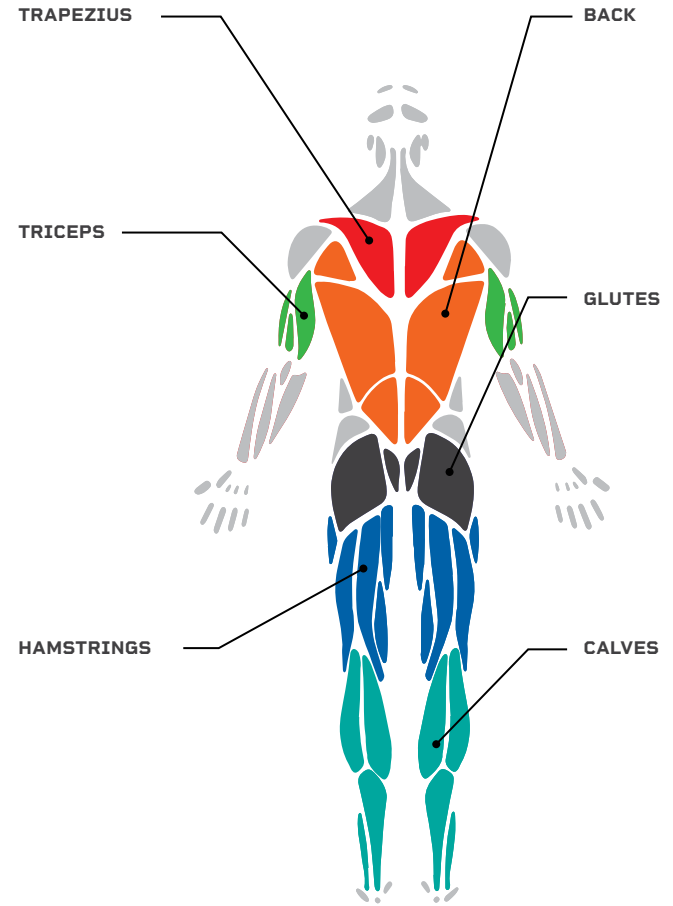
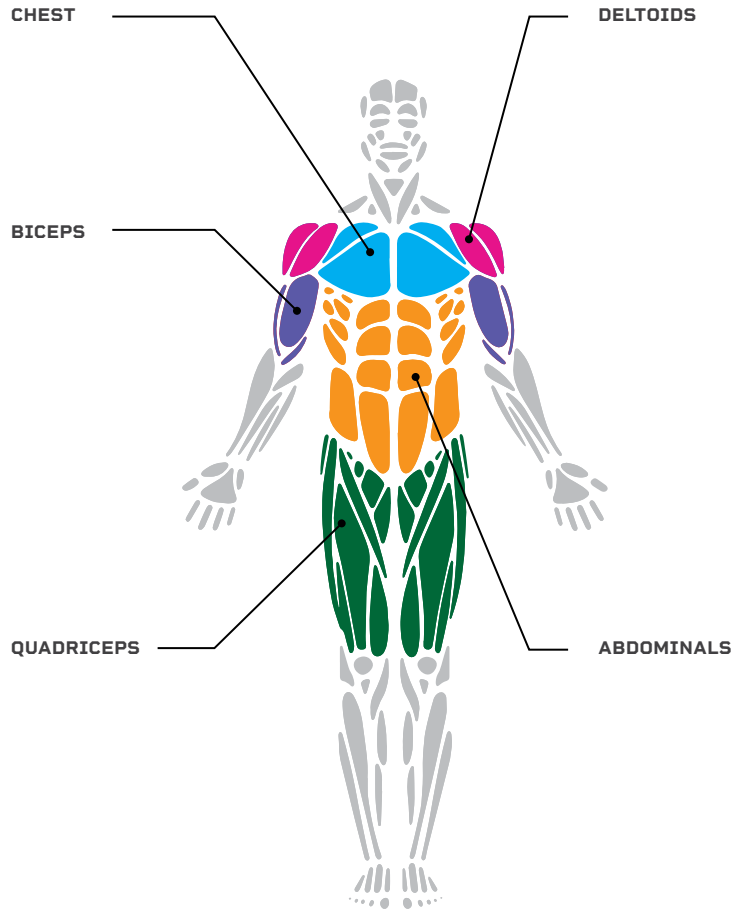


10 Upper shoulder push-up

Muscle Groups Targeted: Shoulders (deltoids)



TARGETING MUSCLE GROUPS



HOW TO READ THE EXERCISE INSTRUCTIONS

Now you're ready to perform your first exercise, the biceps curl.

EXERCISE INSTRUCTION BREAKDOWN

The biceps curl exercise instructions on the next page and the instructions in the **INFINITYBOX PLUS EXERCISES** section on the pages 27–32 each contain detailed information you need to know in order to properly perform the exercise. See items 1–9 below and on the next page and the corresponding items 1–9 in the **SAMPLE EXERCISE INSTRUCTIONS** on the next page.

- 1 Exercise name.
- 2 Difficulty level of the exercise.
- 3 Recommended resistance band setup, blue or red, for exercises that require connecting resistance bands to the training base. Refer back to **CHOOSING A RESISTANCE BAND SETUP** on page 14 for details. Which setup variation you choose is completely up to you.

NOTE: This item, 3, is not listed for exercises where connecting resistance bands to the training base is NOT required. For those exercises that do require resistance bands: you may choose either the blue or red resistance band(s), depending on your height and/or the desired intensity.

- 4 Muscle group(s) worked by the exercise.
- 5 Required accessories and how to set them up to perform the exercise. For this exercise, “barbell + carabiners (2) + red resistance bands (2) + training base” means connect the barbell to the two long red resistance bands with the two carabiners, and connect the resistance bands to the training base.
- 6 Step-by-step instructions for performing the exercise.

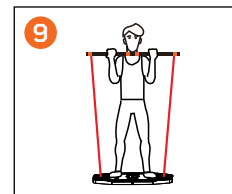
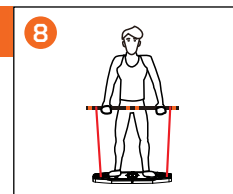
- 7 Important notes for performing the exercise properly.
- 8 Illustration for the starting position for the exercise.
- 9 Illustration for the ending position for the exercise.

NOTE: Exercise illustrations show red, blue, or orange resistance bands. Orange bands indicate that you may choose *either* red or blue resistance bands, depending on your height and desired intensity.

SAMPLE EXERCISE INSTRUCTIONS

1 Biceps Curl

- 2 **Difficulty:** Easy
- 3 **Resistance Band Setup:** Red
- 4 **Muscle Groups Targeted:**
 - Biceps



- 5 **ACCESSORY SETUP:** barbell + carabiners (2) + red resistance bands (2) + training base
- 6 **INSTRUCTIONS:** Stand on the training base and hold the barbell down at your thighs. Curl the barbell up until your hands are at shoulder height. Slowly return to the starting position. Repeat.
- 7 **IMPORTANT:** Keep your core engaged and your back straight. Keep your knees slightly bent. Don't lock your arms when they are extended down in the starting position.

PERFORMING EXERCISES WITH THE INFINITYBOX PLUS

To begin doing exercises with your InfinityBox Plus, see **INFINITYBOX PLUS EXERCISES** on pages 27–32 for exercise instructions. See also **HOW TO READ THE EXERCISE INSTRUCTIONS** on page 24–25 for details about each part of the exercise instructions.

STEP 1: BEGIN SLOW AND EASY

- Begin with the exercises marked **EASY**.
- Start with 10 repetitions of each exercise.
- For exercises that use resistance bands NOT connected to the training base (for example, triceps extension on page 27), **you can begin with the blue resistance bands to make the exercise easier**.

STEP 2: INCREASE EXERCISE DIFFICULTY

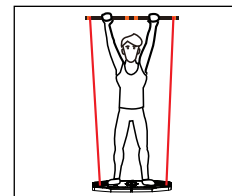
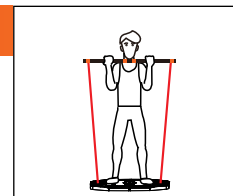
You can increase the difficulty of your strength training workouts gradually over time to continue building muscle mass and stamina. To increase the difficulty:

- Increase the number of repetitions you perform of each exercise. Try 15–25 reps, then 25–35. Keep slowly increasing the number of repetitions as your strength increases.
- Progress to the exercises marked **MEDIUM**.
- Progress to the exercises marked **HARD**.
- For exercises that use resistance bands NOT connected to the training base: **use the red resistance bands to increase the difficulty of each exercise exercises**.
- For exercises that use resistance bands CONNECTED to the training base: try doubling up the resistance bands on each side of the training base. See **ADVANCED SETUPS** on page 19 for examples.

INFINITYBOX PLUS EXERCISES

Shoulder Press

- Difficulty:** Easy
Resistance Band Setup: Red
Muscle Groups Targeted:
- Triceps, Deltoids, Trapezius



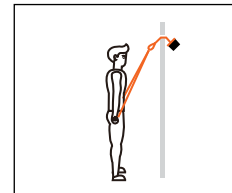
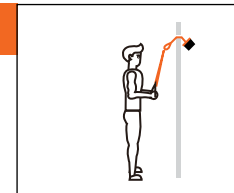
ACCESSORY SETUP: barbell + carabiners (2) + red resistance bands (2) + training base

INSTRUCTIONS: Stand on the training base and hold the barbell at chest level. Press the barbell above your head until your arms are almost straight. Slowly return to the starting position. Repeat.

IMPORTANT: Keep your core engaged and your back straight. Keep your knees slightly bent. Don't fully straighten or lock your arms when they are extended above your head.

Triceps Extension

- Difficulty:** Easy
Muscle Groups Targeted:
- Triceps



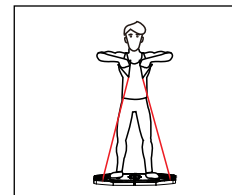
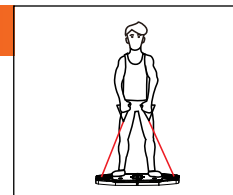
ACCESSORY SETUP: workout handles (2) + carabiners (2) + resistance band + door anchor

INSTRUCTIONS: Stand facing the door where the resistance band is looped through the secured door anchor. Hold the workout handles in front of you with your forearms parallel to the floor, at abdomen level. Press your forearms down until they are straight down along your legs. Slowly return to the starting position. Repeat.

IMPORTANT: Keep your core engaged and back straight. Keep your upper arms firmly at your sides.

Upright Row

- Difficulty:** Easy
Resistance Band Setup: Red
Muscle Groups Targeted:
- Deltoids, Trapezius



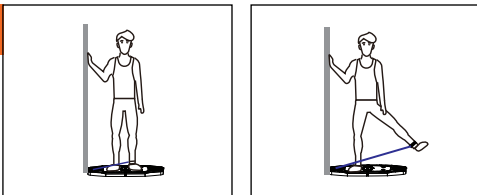
ACCESSORY SETUP: workout handles (2) + carabiners (2) + red resistance bands (2) + training base

INSTRUCTIONS: Stand on the training base and hold the workout handles with your arms straight down in front of you. Raise the handles up until your forearms are level with your shoulders, with your elbows pointing out. Slowly return to the starting position. Repeat.

IMPORTANT: Keep your core engaged and your back straight. Hold the workout handles firmly.

Hip Abduction Against a Wall

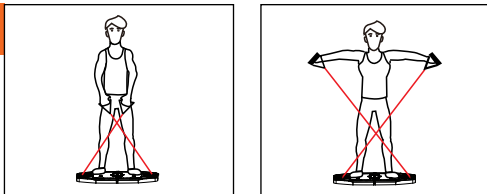
- Difficulty:** Easy
Resistance Band Setup: Blue
Muscle Groups Targeted:
- Glutes



ACCESSORY SETUP: ankle strap + carabiner + blue resistance band + training base
INSTRUCTIONS: Stand on the training base with one hand braced on the wall next to you. Extend your outside leg out as far as possible. Slowly return to the starting position. Repeat. Switch legs.
IMPORTANT: Hold on to the wall to help with your balance. Keep your core firmly engaged, your back straight, and your chest up. Keep both legs straight but do not lock your knees.

Crossed Fly

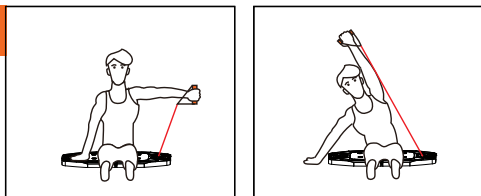
- Difficulty:** Easy
Resistance Band Setup: Red
Muscle Groups Targeted:
- Deltoids, Triceps



ACCESSORY SETUP: workout handles (2) + carabiners (2) + red resistance bands (2) + training base
INSTRUCTIONS: Stand on the training base. Hold the workout handles with your arms straight down in front of you, with the resistance bands crossed. Raise your arms out to your sides until your arms are parallel to the floor, elbows pointing out. Slowly return to the starting position. Repeat.
IMPORTANT: Keep your core engaged and your back straight. Hold the workout handles firmly. Do not lock your elbows.

“Mermaid” Sit-Up

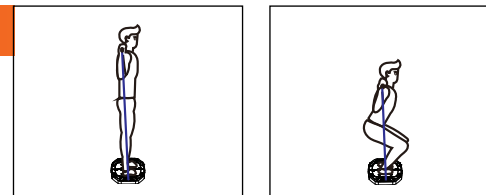
- Difficulty:** Medium
Resistance Band Setup: Red
Muscle Groups Targeted:
- Abdominals, Deltoids



ACCESSORY SETUP: workout handle + carabiner + red resistance band + training base
INSTRUCTIONS: Sit on the training base. Hold the workout handle with your arm straight out from your shoulder. Extend your arm above your head and bend your upper body to the side opposite of the resistance band. Slowly return to the starting position. Repeat. Switch arms.
IMPORTANT: Begin the exercise with your back straight and chest up.

Barbell Squat

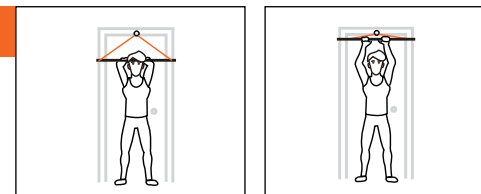
- Difficulty:** Medium
Resistance Band Setup: Blue
Muscle Groups Targeted:
- Quads, Hamstrings, Calves, Glutes, Back



ACCESSORY SETUP: barbell + carabiners (2) + blue resistance bands (2) + training base
INSTRUCTIONS: Stand on the training base with your feet hip-width apart. Put the barbell, with the resistance bands attached, over your shoulders. Lower your hips as though you are sitting back into a chair. Press through your heels to stand back up to the starting position. Repeat.
IMPORTANT: Keep your feet pointed forward and heels firmly planted. Keep your chest up and your lower back neutral. Keep your core engaged and your movements slow and controlled.

Barbell Triceps Extension

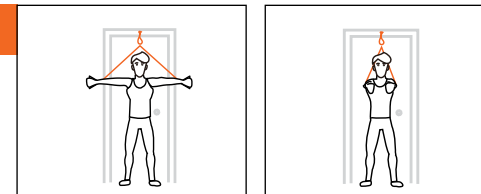
- Difficulty:** Medium
Muscle Groups Targeted:
- Triceps



ACCESSORY SETUP: barbell + carabiners (2) + resistance band + door anchor
INSTRUCTIONS: Stand with your back to the door where the resistance band is secured, with one foot forward and one foot back. Hold the barbell behind your head, arms bent at the elbows. Press forward, moving your forearms only. Slowly return to the starting position. Repeat.
IMPORTANT: Keep your core engaged and back straight. Keep your shoulder muscles engaged as you bend your arms at the elbows. Keep both feet flat as you press them firmly into the ground.

Chest Fly

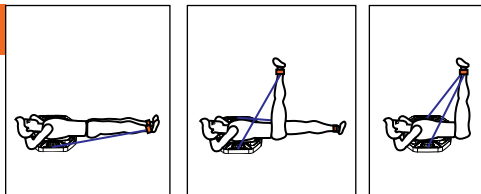
- Difficulty:** Medium
Muscle Groups Targeted:
- Chest, Triceps



ACCESSORY SETUP: workout handles (2) + carabiners (2) + resistance band + door anchor
INSTRUCTIONS: Stand with your back to the door where the resistance band is looped through the secured door anchor. Hold the workout handles firmly with your arms straight out to your sides. Keep your arms straight as you press your hands toward each other until they meet in front of your chest. Slowly return to the starting position. Repeat.
IMPORTANT: Keep your core engaged and your back straight. Keep your feet flat on the floor.

Alternating Leg Lift

- Difficulty:** Medium
Resistance Band Setup: Blue
Muscle Groups Targeted:
- Quadriceps, Abdominals



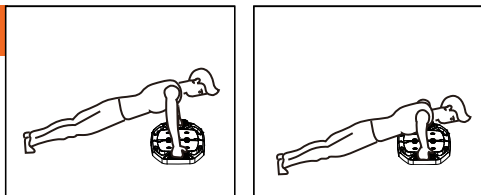
ACCESSORY SETUP: ankle straps (2) + carabiners (2) + blue resistance bands (2) + training base

INSTRUCTIONS: Lie with your upper body on the training base, feet extended in front of you on the floor. Raise one leg until it is extended straight up, at a 90° angle from your other leg on the floor. Raise your other leg. Lower the first leg, then the second one, slowly returning to the starting position. Repeat.

IMPORTANT: Keep your core engaged. Adjust the intensity by changing the angle of your legs.

Wide Push-Up

- Difficulty:** Medium
Muscle Groups Targeted:
- Chest, Triceps



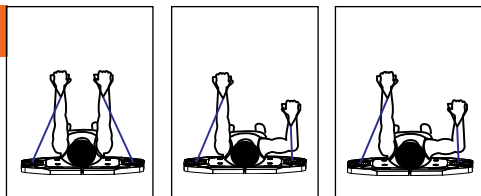
ACCESSORY SETUP: push-up handles (2) + training base

INSTRUCTIONS: Insert the push-up handles into position 1 (wide push-up). Get into a push-up position, with your arms straight as you grip the push-up handles. Lower your upper body toward the training base. At the same time, pull one knee up towards your chest. Slowly return to the starting position. Repeat, alternating which knee you pull up towards your chest.

IMPORTANT: Keep your core engaged and your back straight. Do not let your chest touch the base.

Alternating Bench Press

- Difficulty:** Medium
Resistance Band Setup: Blue
Muscle Groups Targeted:
- Chest, Triceps



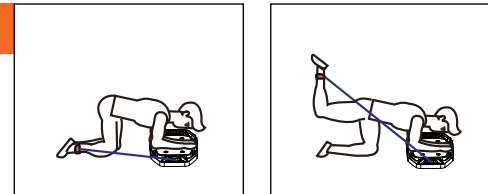
ACCESSORY SETUP: workout handles (2) + carabiners (2) + blue resistance band (2) + training base

INSTRUCTIONS: Lie with your upper body on the training base. Hold the workout handles with your arms bent at a 90° angle, resting on the training base. Press one hand up until your arm is almost straight. Press your other hand up. Slowly lower the first arm, then the second arm to return to the starting position. Repeat.

IMPORTANT: Keep your back straight and core engaged.

Donkey Kick

- Difficulty:** Hard
Resistance Band Setup: Blue
Muscle Groups Targeted:
- Hamstrings, Glutes



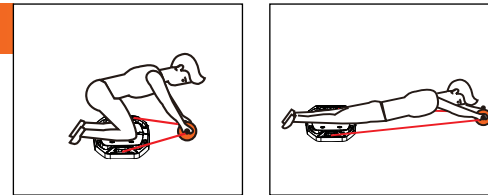
ACCESSORY SETUP: ankle strap + carabiner + blue resistance band + training base

INSTRUCTIONS: Kneel on the floor with your elbows on the training base in front of you. Raise your leg until your thigh is aligned with your trunk and your foot is starting up in the air. Keep both knees bent at 90° throughout the movement. Slowly return to the starting position. Repeat. Switch legs.

IMPORTANT: Keep your core engaged and avoid twisting your trunk. Kneel on the exercise mat to cushion your knees.

Ab Wheel Roll-Out

- Difficulty:** Hard
Resistance Band Setup: Red
Muscle Groups Targeted:
- Abdominals, Triceps, Back



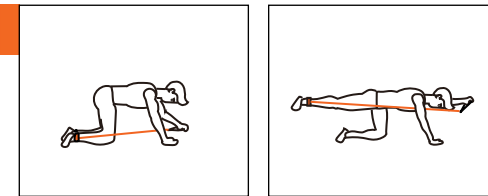
ACCESSORY SETUP: ab wheel + barbell + carabiners (2) + red resistance bands (2) + training base

INSTRUCTIONS: Kneel on the training base and grasp the ab wheel handles (the barbell) firmly. Roll forward, supported only by your hands on the ab wheel handles until your body is fully extended. Slowly roll backward to the starting position. Repeat.

IMPORTANT: Keep your core engaged during the entire movement. Move slowly and with control. This exercise can be performed with and without the resistance bands.

Superman

- Difficulty:** Hard
Muscle Groups Targeted:
- Glutes, Hamstrings, Triceps, Deltoids



ACCESSORY SETUP: workout handle + carabiner + resistance band + carabiner + ankle strap

INSTRUCTIONS: Kneel on the floor or on the training base. Place your hands on the floor in front of you. Hold the resistance band in your right hand, opposite of where its secured to your left ankle. Extend your right arm and left leg until both are fully extended. Slowly return to the starting position. Repeat. Switch legs and arms.

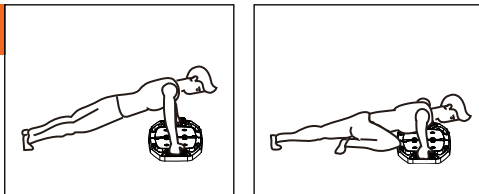
IMPORTANT: Keep your core engaged and back straight. Use the exercise mat as a cushion.

“Spiderman” Push-Up

Difficulty: Hard

Muscle Groups Targeted:

- Chest, Triceps, Abdominals



ACCESSORY SETUP: push-up handles (2) + training base

INSTRUCTIONS: Insert the push-up handles into position 1 (wide push-up). Get into a push-up position, with your arms straight as you grip the push-up handles. Lower your upper body toward the training base. At the same time, pull one knee up towards your chest. Slowly return to the starting position. Repeat, alternating which knee you pull up toward your chest.

IMPORTANT: Keep your core engaged and your back straight. Do not let your chest touch the base.

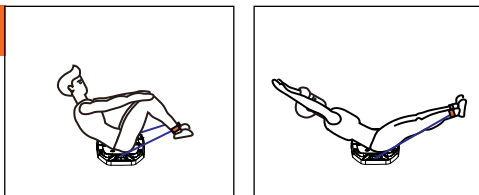
Double-Leg Crunch

Difficulty: Hard

Resistance Band Setup: Blue

Muscle Groups Targeted:

- Abdominals, Quadriceps



ACCESSORY SETUP: ankle straps (2) + carabiners (2) + blue resistance bands (2) + training base

INSTRUCTIONS: Sit, balanced on the training base with your knees up, feet off the floor, and your arms straight out in front of you. Slowly extend your legs out, keeping them in the air. At the same time, extend your arms up and behind you. Return to the starting position. Repeat.

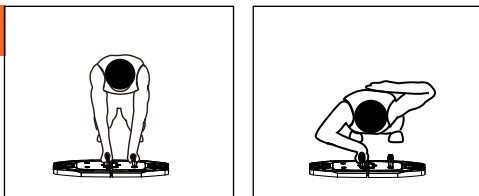
IMPORTANT: Keep your abdomen engaged throughout the exercise. Move slowly and with control. If you need help balancing in the starting position, wrap your arms around your thighs.

One-Arm Push-Up

Difficulty: Hard

Muscle Groups Targeted:

- Chest, Triceps



ACCESSORY SETUP: push-up handles (2) + training base

INSTRUCTIONS: Insert the push-up handles into position 6 (diamond push-up). Get into a push-up position, with your arms straight as you grip the push-up handles. Place one arm behind your back. Lower your upper body toward the training base. Slowly press your upper body back up. Repeat. Switch arms.

IMPORTANT: Keep your core engaged and your back straight. Do not let your chest touch the training base or your hips and legs touch the floor. Place both hands on the push-up handles between repetitions, if needed.

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.
- Never use the InfinityBox Plus while intoxicated. Do not use the during or immediately after eating or when you feel tired. Do not use if injured or ill.
- Do not perform other activities while using the InfinityBox Plus equipment to avoid accidents or injury.
- Always inspect the training base and accessories for damage before use.
- Use a dry towel to wipe sweat off the surface of the equipment before use and during the workout.

SAFE PLACEMENT OF YOUR INFINITYBOX PLUS

- Set up the training base where there will be at least 7 feet of clearance on all sides to prevent injury and/or damage to surrounding objects.
- Use the training base on a flat, non-slip floor.

EXERCISE TIPS

- 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.
- Wear comfortable athletic shoes with non-slip soles. Never use the equipment when wearing only socks or stockings as the slick material could cause falling.

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 equipment 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 equipment only as instructed in this manual.
- Examine the equipment for wear or damage before use. Never use if damaged, worn, malfunctioning, or if parts are missing.
- This product is for adult-use only. Keep children and pets away from the equipment at all times. This equipment is not a toy.
- Adults with diminished mental or physical capacity may only use the InfinityBox Plus while supervised by a responsible adult.
- Do not allow more than one person to use the training base at a time.
- Do not exceed the training base's maximum weight capacity of 265 lbs.
- This equipment is not medical equipment and is not recommended for medical use. This equipment is intended for indoor and outdoor residential use only. Do not use the in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the equipment according to local and federal regulations.

EXERCISE SAFETY

- Consult with a medical professional before beginning a new exercise program. Your physician should assist you in determining 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. This is especially important for those who are or may be pregnant; those over age 35 or with pre-existing health problems; those with cardiovascular conditions, hypertension, blood clots, or taking medication that affects heart rate; those with epilepsy, diabetes, migraines, or acute thrombosis; those with a pacemaker, artificial heart, or similar implant; those who have recently had surgery; those with cancer or tumors; those with orthopedic conditions, spinal/disc injuries or conditions.

- Do not use if injured, ill, 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.
- Use the training base only on a flat, non-slip floor.
- Ensure workout area is adequately sized, free of objects, people, or pets, and has at least 7 feet of clearance on all sides to prevent injury or damage to nearby objects.
- Always warm up before exercise and cool down after exercise to prevent sports injury. It is especially important to warm up the specific muscle groups you will be working during the 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.
- Use a dry towel to wipe sweat off the surface of the equipment before and during use.
- Do not use more than two resistance bands on either side of the barbell.
- Do not perform other activities while using equipment to avoid accidents or injury.
- Do not use during or immediately after eating or when you feel tired. Never use the InfinityBox Plus while smoking or intoxicated.
- Wear comfortable athletic shoes with good support and non-slip soles. Never use when wearing only socks or stockings as the slick material could cause falls.
- Always wear appropriate athletic clothing. Appropriate clothing should be loose, comfortable, and allow you to move freely. Do not wear clothing or accessories with sharp pieces such as metal pins, screws or plates.
- Do not place hair, fingers, or toes under the edge of the training base or near the hinges of the base or carabiners.
- Avoid staying in the same position for more than 10 minutes.

MAINTENANCE, CLEANING, AND STORAGE

- Use a slightly damp cloth or soft towel to wipe any dirt or moisture from the training base and accessories after each use. You may use mild soap, if necessary. Do not use abrasive, solvent, corrosive, or chemical cleaners on equipment.
- Store in a cool, dry place. Do not use or store in direct sunlight, in a high-temperature, high-moisture, or high-dust environments, near heat sources or windows, or in unventilated areas.
- Do not attempt to disassemble training base or accessories.

FREQUENTLY ASKED QUESTIONS

TRAINING BASE

Q: What is the maximum weight the training base can sustain?

A: The base can sustain a maximum of 264.6 pounds.

Q: What are the pulleys on either side of the training base for?

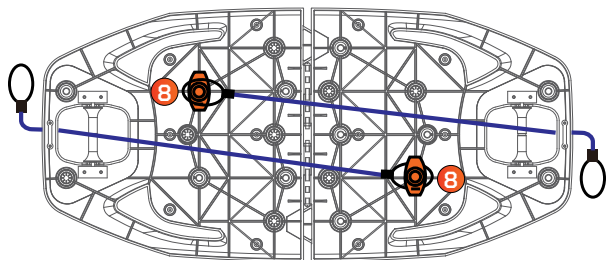
A: The two black pulleys help the resistance bands slide smoothly and reduce stress on the bands during exercise. The pulleys can be used as handles when the training base is folded.

Q: Can I use the training base on carpet?

A: Yes, you can, though very thick or long carpet is not recommended as it may impeded the movement of the resistance bands and pulleys. While you can use the training base on carpet, we do recommend setting up the training base on the included exercise mat or hard flooring because they will provide a more stable workout surface.

Q: What are the numbers on the back of the training base for?

A: Each peg on the back of the training base is labeled with a number to help you identify which pegs are “paired” (labeled with the same number). You always want to attach your resistance bands to paired pegs so that your bands are the same length on both sides of the training base, see sample setup below. In addition, you need to use the same color resistance bands on both sides.



RESISTANCE BANDS

Q: Why do the resistance bands have fabric sleeves on them?

A: The heavy-duty nylon sleeves are designed to protect the resistance bands from overstretching and damage from cuts, abrasions, UV exposure, and skin oils. They also prevent user injury in case a resistance band happens to snap.

Q: What is the weight resistance on the two types of bands?

A: The shorter blue bands are approximately equivalent to 22.5 pounds. The longer red resistance bands are approximately equivalent to 29.0 pounds.

Q: Can I use resistance bands I already own with the training base?

A: Yes, you can use resistance bands you already have with the InfinityBox Plus. Make sure your resistance bands have a loop on one end so that they can be securely connected to the training base. Also, make sure that you always use the same length resistance bands on both sides of the base.

Q: One of my resistance bands snapped, can I get a replacement?

A: Absolutely, email or call our support team, support@lifeprofitness.com or (732) 456-6063, and we'll send you a replacement.

Q: Are the resistance bands latex-free?

A: The resistance bands are not latex-free. If you have low latex sensitivity, the nylon sleeves on the resistance bands may reduce or eliminate latex exposure.

RESISTANCE BAND SETUPS

Q: Why do the exercise instructions not specify a specific resistance band setup to use? How do I choose one?

A: Exercises that require you to attach resistance bands to the training base (such as upright row or squat) will indicate whether you should choose a “red” or “blue” resistance band setup. For example, the shoulder press instructs you to use a red resistance band setup. This means that you can choose either of the two red setup variations on page 16. Either of them will work. Multiple variations are shown for both red and blue setups to give you plenty of options to choose from. **NOTE:** In the beginning we recommend that you stick to the beginner-to-intermediate setup variations.

Q: Am I restricted to the resistance band setup variations shown in this manual (on pages 16 and 18–19)?

A: No, not at all! As you get more familiar with the kinds of exercises you can do with each type of setup (red and blue), you can try creating your own setup variations. You can attach the resistance bands to any paired pegs (each peg is labeled with the same number). There are 10 paired pegs, so the sky is the limit!

Q: I am very tall and the blue resistance bands are too short for me when doing some exercises. / I am quite short and the red resistance bands are too long for me when doing some exercises. What should I do?

A: Generally, exercises in which you will be standing on the training base will instruct you to use the longer red resistance bands and those in which you’ll be sitting on the base instruct you to use the shorter blue resistance bands. However, if you’re quite tall or quite short, you could find that those recommendations are not ideal for you. No problem! Feel free to try using the longer (or shorter) resistance bands to see if that makes doing the exercise more comfortable for you.

Q: Why are there no exercises that feature two resistance bands on each side of the training base?

A: Each exercise shown in this manual is meant to be performed by people of every fitness level, from beginner to advanced users. For this reason, each exercise shows just one resistance band on each side of the training base.

Also, because the four resistance bands included with your InfinityBox Plus are two different lengths (46” red and 28” blue), it is not technically possible to use two resistance bands on each side. However, you can double up the resistance bands which will increase the intensity and difficulty of the exercise performed. Each of the variations in **ADVANCED SETUPS** on page 19 doubles up the two blue bands, making the weight resistance roughly double, or approximately 45 pounds. These setup variations are meant to challenge more advanced users who have already mastered each exercise using easier setup variations.

While there are no red resistance band setup variations featuring doubled up bands in this manual, you’re welcome to create your own! Just keep in mind that doubling up the resistance bands shortens them, which may make it much more difficult, depending on your height, to do standing (full extension) exercises.

Q: Why do exercises that require one or two resistance bands NOT connected to the training base not specify whether to use red or blue resistance bands? How do I know which to choose?

A: When an exercise uses resistance bands attached to the door anchor or your wrists or ankles (but NOT attached to the training base), it is up to you whether you choose to use the red or blue resistance bands. If you look closely, you’ll notice the resistance bands in the illustrations for these exercises are orange, rather than red or blue. Generally, you’ll want to use the red bands when you are performing full-extension exercises that need a lot of band length, such as the superman (one resistance band attached to one wrist and one ankle). And you’ll typically want to use the blue bands

when you are performing medium extension exercises, such as the side-lying hip abduction (one resistance band attached to both ankles). For other exercises, such as the barbell triceps extension, which band(s) you choose will depend on your height and/or your desired exercise intensity.

EXERCISE OPTIONS

Q: Can I do triceps dips with the push-up handles?

A: The push-up handles are designed specifically to provide multiple push-up configurations that work your chest, shoulders, and arms. Depending on your height, you may also be able to use them to do dips. However, because the handles are designed for push-ups, and are thus low to the ground, they won't provide the full range of motion that triceps dips require.

Q: Can I do a full-body workout with the InfinityBox Plus?

A: Yes, you can perform hundreds of strength-training exercises, targeting every major muscle group, with your InfinityBox Plus. The exercises shown on pages 27–32 will help get you started. Next, you can visit our website infinityboxplus.lifeprofitfitness.com to access to our **FREE library of workout videos** which demonstrate additional exercises you can do with your InfinityBox Plus. Each exercise in the manual lists the “Muscle Groups Targeted” so you can easily choose exercises that work the desired muscle group(s). You can also check out the **TARGETING MUSCLE GROUPS** on page 22 for illustrations to help you identify the muscle groups you want to focus on.

EXERCISE TROUBLESHOOTING

Q: The resistance bands are different lengths on either side of the base, what did I do wrong?

A: Make sure you're using the same color resistance band on both sides of the base (the blue bands are shorter and the red bands are longer). Then, make sure you attach the resistance bands to the pegs in the same numbered position on the bottom of the training base. See **CHOOSING A RESISTANCE BAND SETUP** on page 14.

Q: The resistance bands are too long/short for the exercise I'm trying to perform.

A: If you are trying to do standing exercises, such as shoulder press or upright row, you should use the longer red resistance bands. You will also want to set up the resistance bands using one of the **RED RESISTANCE BAND SETUP VARIATIONS**, see page 17. These variations secure the resistance bands to the bottom of the platform in ways that leave more of the band length available.

If you are doing sitting or lying exercises, such as side-lying hip abduction or “mermaid” sit-up, you should use the shorter blue resistance bands. You will also want to set up the resistance bands using one of the **BLUE RESISTANCE BAND SETUP VARIATIONS**, see page 18. These variations secure the resistance bands to the bottom of the platform in ways that shorten the available length of the band.

Also, see **CHOOSING A RESISTANCE BAND SETUP** on page 14.

Q: How do I increase the difficulty of the exercises listed in this manual?

A: Beginners and advanced users alike can easily increase the difficulty of the exercises performed. Start with the exercises listed as Easy; then move on to Medium and Hard as you master those. You can also increase the number of repetitions performed. See **PERFORMING EXERCISES WITH THE INFINITYBOX PLUS** on page 26 for more ideas for making exercises more challenging.

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions: 36.2 × 17.2 × 2.0 in

Net Weight: 13.0 lbs.

Max User Weight: 265 lbs.

Barbell Material: 2mm steel

MADE IN CHINA

STRENGTH TRAINING
INFINITYBOX PLUS
HOME GYM SET



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

SONIC

VIBRATING MESSAGE GUN

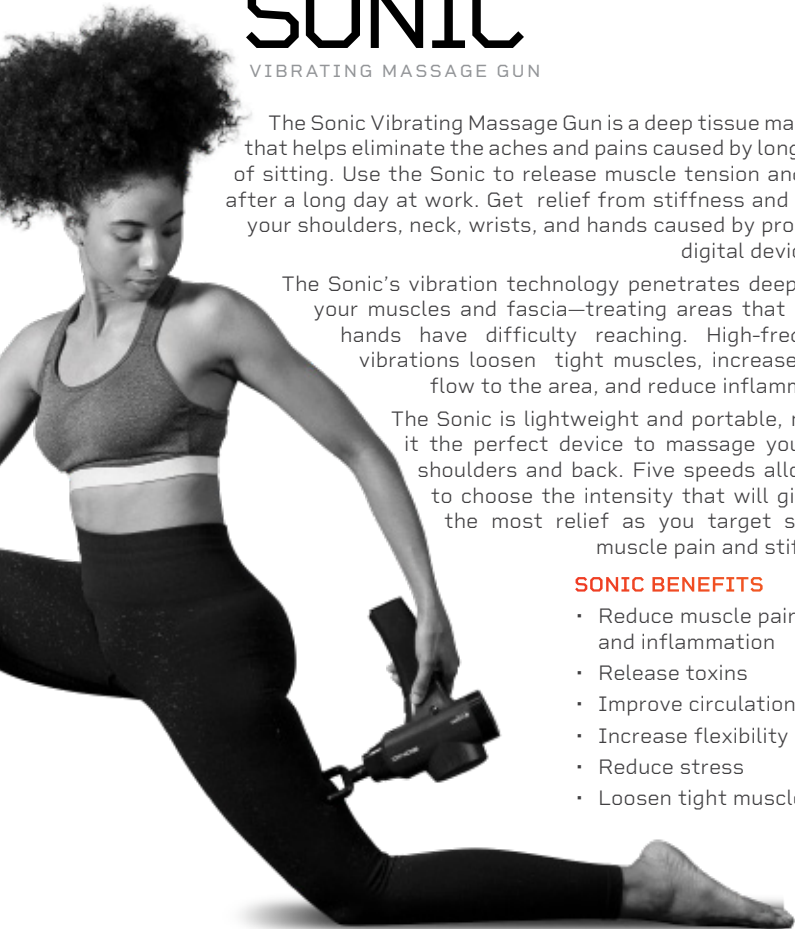
The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged 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
- Loosen tight muscles



RHYTHM

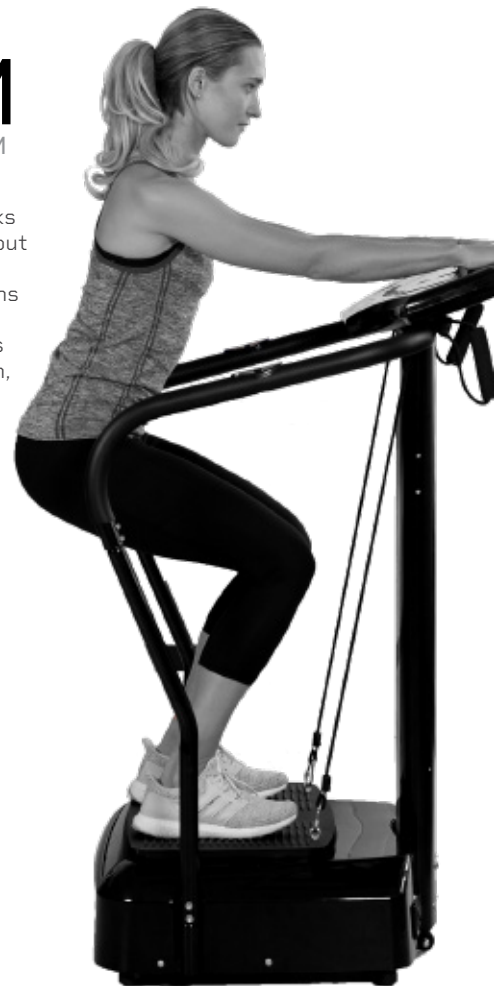
VIBRATION PLATFORM

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



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





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