



# READY, SET, PRO

USER MANUAL

LED phototherapy has a wide variety of applications and health benefits. Physical therapists and doctors use light therapy to help athletes safely recover from injury, decrease pain, and improve performance.

With the Lifepro LumiCure Light Therapy Torch, you can experience myriad therapeutic benefits from the comfort of your own home. It's perfect for performance recovery, as well as alleviating joint stiffness and pain and reducing inflammation. Just a 2–3 minute session each day can provide pain relief and help you achieve improved wellness. The LumiCure is not just for athletes; it's perfect for anyone who experiences stiffness or pain in their muscles or joints. It can be used almost anywhere, including on your fingers, wrists, arms, face, knees, back, legs, and feet.

Three safe, non-UV light wavelengths provide a wide spectrum of healing:

- **630nm red light** is best for healing wounds and repairing skin.
- **660nm red light** is absorbed by the skin at a high rate making it especially effective for improving blood circulation and stimulating collagen and elastin production.
- **850nm infrared (IR) light** penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells.

Use the LumiCure for 1–3 minutes per area, up to 3 times per day, and see results within 3 weeks. The LumiCure is small and portable, and the included rechargeable batteries each provide up to 3 hours of use-time per charge. Enjoy performance recovery and pain relief anytime, anywhere!

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

- **Alleviate pain:** reduces muscle and joint pain and pain from chronic arthritis and repetitive stress disorders
- **Reduce inflammation:** promotes healing and boosts circulation
- **Increase workout effectiveness:** reduces muscle soreness and speeds up recovery
- **Recover from injury:** decreases pain and inflammation; breaks down scar tissue; loosens stiff joints

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

WELLNESS RECOVERY

# LUMICURE

LIGHT THERAPY TORCH

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro LumiCure Light Therapy Torch
- Torch Pouch
- Rechargeable 18650 Batteries (2)
- Battery Charger
- Zippered Carrying Case
- Wrist Strap
- Protective Glasses
- Cleaning Cloth
- User Manual

### FIRST STEPS

1. Remove the LumiCure 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 LumiCure.
4. Go to [lumicure.lifeprofitness.com](https://lumicure.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 LumiCure.

### CUSTOMER SUPPORT

If you have any questions about setting up the LumiCure, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (732) 456-6063 or [support@lifeprofitness.com](mailto:support@lifeprofitness.com).

## EASY-START SETUP GUIDE

1

### FULLY CHARGE A BATTERY

- Insert the battery to be charged into the included battery charger.
- Plug the battery charger into a standard wall outlet.
- Charge the battery fully (for up to 5 hours) before using the LumiCure for the first time.
- When fully charged, the light on the charger will turn green.

2

### INSERT THE CHARGED BATTERY INTO THE LUMICURE

- Unplug the battery charger and remove the battery.
- Unscrew the top of the LumiCure.
- Insert the charged battery into the LumiCure with the positive (+) end pointing up.
- Screw the top of the LumiCure back on.

3

### POWER ON THE LUMICURE

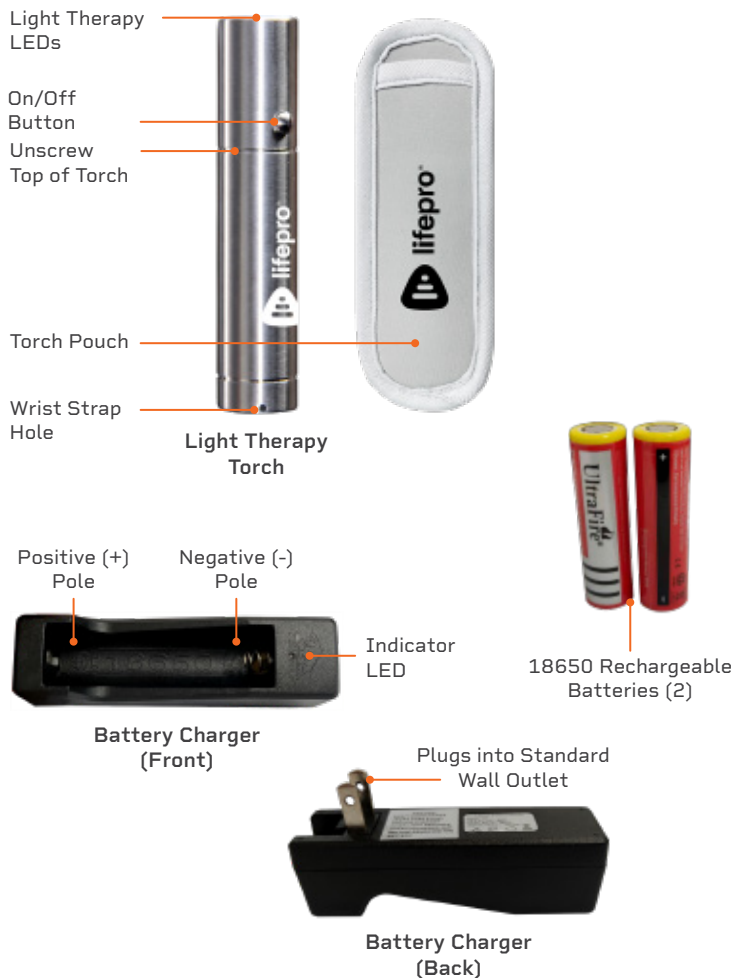
- Put on the protective glasses
- Press and hold the On/Off button to turn on the LumiCure.

**WARNING:** Always wear the protective glasses to protect your eyes from the torch LEDs.

**WARNING:** Do not use on or near your eyes or eyelids.

**NOTE:** Be sure to remove any jewelry and accessories from the area to be treated, including rings, belts, necklaces, and bracelets, before using the LumiCure.

## PARTS OF THE LUMICURE



# OPERATING INSTRUCTIONS

Please read the operating instructions before using the LumiCure Light Therapy Torch. Keep this manual for reference.

## ATTACHING THE WRIST STRAP

1. Find the end of the wrist strap with the thin cord.
2. Insert the thin cord into the small wrist strap hole at the base of the torch, and pull it through.
3. Insert the thicker end of the wrist strap through the thin strap loop.
4. Pull the thicker end of the wrist strap through the loop until the strap is secured to the LumiCure.



## CHARGING THE BATTERY



1. Insert a battery into battery charger according to the polarity markings on the inside of the charger (positive, +, end at the top).
2. Plug the charger into a standard wall outlet.
3. Allow the battery to charge completely, for up to 5 hours. The Indicator LED on the front of the charger turns solid green when fully charged.
4. Unplug the charger.
5. Remove the battery from the charger.

**WARNING:** Do not charge the battery for more than 24 hours.



## POWERING THE LUMICURE WITH THE CHARGED BATTERY

1. Hold the base of the LumiCure and unscrew the top section of the torch with your other hand.
2. Insert the battery into the battery compartment with the positive (+) end at the top as shown.
3. Replace top section of the LumiCure and screw it back on.

**NOTE:** The average run-time is 3 hour of use-time per charge.

## USING THE LUMICURE LIGHT THERAPY TORCH

1. Put on the protective glasses.
2. Place the therapy torch in position over the area to be treated, ensuring that the side with the LED lights is touching or within 1 inch of your skin or clothing.
3. Press the **On/Off button** to turn on the device. The lights will turn on. Two of the three lights will be visible to the human eye, but do not stare directly at them.
4. Treatment time will vary depending on your pain level. The default duration is 5 minutes. Refer to the chart below to determine your treatment time and frequency.
5. Press the **On/Off button** to stop the therapy session at any time.

Pain Level	LIGHT PAIN	AVERAGE PAIN	SEVERE PAIN
Frequency	Once a day	Twice a day*	Three times a day*
Duration	1-minute treatment time	2-minute treatment time	3-minute treatment time

The LumiCure will automatically shut down after 5 minutes. Press the

**On/Off button** again after a 2-minute break if you wish to continue using the device.

**NOTE:** Do not operate the device for longer than 5 minutes. If you wish to treat multiple body parts consecutively, turn off the LumiCure for at least 2 minutes between treatment sessions to prevent it from overheating.

6. Always power off the LumiCure after each use.

\* Be sure to wait at least 5 hours between treatment sessions on the same area of the body.

## LIGHT THERAPY BENEFITS AND OPTIONS

### BENEFITS OF LIGHT THERAPY

The LumiCure offers advanced healing powers, using three, safe non-UV wavelengths of light all at once:

#### 630nm (red) wavelength:

- Heals wounds
- Repairs skin

#### 850nm (near infrared) wavelength:

- Decreases inflammation
- Relieves muscle and joint pain
- Repairs deep tissues such as muscles, joints, and organs

#### 660nm (red) wavelength:

- Improves skin health
- Boosts blood circulation
- Stimulates collagen and elastin production

### CHOOSING THE RIGHT TREATMENT INTENSITY/DEPTH

To adjust the depth and intensity of the treatment, hold the LumiCure at different distances from the treatment area:

- **To treat deep tissues such as muscles, joints (knees, shoulders, elbows, ankles), and organs**, hold the LumiCure directly against the skin.
- **To treat small joints, like fingers**, hold the LumiCure about a ½ inch away from the area to be treated.
- **To treat superficial pain or skin wounds**, hold the LumiCure about 1 inch away from the area to be treated.

### 3-3-3 TREATMENT PLAN

Commit to a 3-week treatment plan with the LumiCure. You could see pain-relief results sooner, or even immediately, but full benefits may not be achieved until you have completed three weeks of treatment. Be patient and consistent, using the LumiCure for 3 minutes per area, up to 3 times a day, for a full 3 weeks.

Do not stop your other pain-relief treatments (especially any prescribed medication) abruptly when you begin light therapy treatment, even when you begin to feel results. If you feel significant improvement after 3–4 weeks of treatment, discuss future pain management options with your doctor or therapist.

## TIPS FOR USING THE LUMICURE

### USING THE LUMICURE

- The recommended treatment time is 1–3 minutes per area. To avoid overheating, do not use the LumiCure continuously for more than 5 minutes, and wait at least 2 minutes after 5 minutes of continuous use before using the LumiCure again on another body part.
- Wait at least 5 hours between treatment sessions over the same body part.
- Hold the LumiCure in position over the area being treated for 1–3 minutes.
- While the LumiCure may be used over clothing, use over clean, bare skin for best results.
- Hold the LumiCure on the skin to treat deep pain and up to 1 inch away to treat superficial pain.
- For best results, do not use the LumiCure after applying lotions or creams to your skin.
- Be sure to remove any jewelry and accessories from the area to be treated, including rings, belts, necklaces, and bracelets, before using the LumiCure.
- Turn off the LumiCure before removing it from the treatment area to avoid accidental light contact with the eyes.
- The battery should be removed for storage or travel.
- Use the LumiCure daily for optimal results.

### IMPORTANT SAFETY INFORMATION

- Always wear the protective glasses to protect your eyes from the torch LEDs.
- Do not use on or near the eyes or eyelids.
- Never use the LumiCure under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the LumiCure and accessories away from heat sources and fire.
- The LumiCure and accessories are not waterproof. Keep away from liquids, and do not immerse in water.
- Never use the device or plug/unplug the battery charger with wet hands.
- Always power off the LumiCure after each use.

# TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the LumiCure Light Therapy Torch using the table below.

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

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
THE LUMICURE IS NOT WORKING	The battery is not charged.	Remove the battery from the LumiCure and insert it into the battery charger.
	The battery is incorrectly installed.	Remove the battery and reposition it so the positive (+) pole is pointing towards the top of the device.
	Device is not turned on.	Press the On/Off button to turn on the LumiCure.
THE LUMICURE STOPPED WORKING SUDDENLY	Device automatically shuts off after 5 minutes.	Waiting at least two minutes to allow the device to cool. Then, press the On/Off button to turn on the device again.
	The device has overheating protection and will automatically shut off if it gets too hot.	Allow the device to cool for at least two minutes before using again.
	Battery has run out.	Remove the battery and charge it with the battery charger.
NO BENEFITS SEEN	Treatment time needs to be increased.	It may take up to 3 weeks of treatment to see results. After 3 weeks of treatment, you may also try increasing treatment time to 3–5 minutes per area, up to 3 times per day.
PAIN "FLARE UP" AFTER EXPERIENCING PAIN-RELIEF RESULTS	May have stopped treatment abruptly.	Do not stop your traditional pain treatment without first discussing with your physician (some medications may have withdrawal side effects) and experiencing long-term relief. Do not stop your LumiCure treatments abruptly either. Continued results will help you find longer-term relief and recovery.
	May have re-injured the area or aggravated your chronic pain condition.	Take care not to re-injure or aggravate the treated area. Only slowly reinstate activities that could cause pain/re-injury.



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

# SAFETY INSTRUCTIONS

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

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

### 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 LumiCure are adequately informed of all warnings and precautions.
4. Use this light therapy torch only as instructed in this manual.
5. Always inspect the device, battery charger, and accessories 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 5 minutes. Do not use continuously for more than 5 minutes or the device could overheat.
7. For adult-use only. Keep away from children and pets at all times.
8. This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.
9. This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.

### ELECTRICAL SAFETY

10. **WARNING:** Only use included 18650 batteries to power the device. Only replace the included batteries with rechargeable 18650Li-ion 2500mAh 3.7V batteries.
11. Always unplug the unit after using, and prior to cleaning, storing, or moving.
12. Do not store or use the device or charger outdoors. Do not charge during lightning and thunder storms. Unplug charger immediately in the event of a power failure.
13. The unit and accessories are 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, unplug it, and do not use.
14. Keep the device and accessories 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. Keep sharp objects such as pins, knives, and needles away from device and battery charger.
18. Never plug/unplug the battery charger or operate the device with wet hands.
19. If the device begins to make unusual noises, turn off immediately.

### SAFETY

20. Consult with a medical professional before using the device if you have a medical condition such as cancer, epilepsy, malignant tumors, active tuberculosis, sensory problems or advanced peripheral circulatory disturbance; if you are or may be pregnant. Do not use to treat severe wounds.
21. Do not stop your traditional pain treatment without first discussing with your physician (some medications may have withdrawal side effects) and experiencing long-term relief. Do not stop your LumiCure treatments abruptly either. Continued results will help you find longer-term relief and recovery.
22. Do not use this device on, near, or around the eye area.
23. Always wear the included protective eyeglasses when using the LumiCure.
24. Take care not to shine device into the eyes of other people or pets.
25. Never leave the LumiCure unattended while it is plugged in or running.
26. Do not operate the LumiCure while sleeping, driving, smoking, or intoxicated.
27. Do not sit or stand on the LumiCure. Do not exert excessive downward force on the device, accessories, or charger.
28. Only use this device on your waist, back, arms, legs, and feet. Do not use on any body part not described in this manual.
29. Do not wear jewelry or accessories on the area to be treated with the LumiCure.

### CLEANING, STORAGE, AND MAINTENANCE

30. We recommend using the torch over clean clothing or skin to keep the torch clean.
31. Turn off, unplug, and allow the LumiCure to cool down before cleaning or storing.
32. Wipe down the device and protective glasses with the included soft, dry cloth after each use.
33. Never allow water or other liquids to come into contact with the unit or battery charger.
34. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents.
35. Store the LumiCure in its box to prevent damage to the torch. Remove the remote control and power cable before storing.
36. Store the device inside the carrying case in a cool, dry location. Do not store close to the ground, walls, or roof. Do not store other objects on top of the torch.
37. If the device will not be used for over a month, remove the battery before storing.
38. Do not attempt to disassemble the device.

# PRODUCT SPECIFICATIONS

## UNIT SPECS

Size: 4.9" L × 0.9" W
Net Weight: 0.4 lbs.
Power: 9W
Input Voltage: 3.7V
LED Wavelengths:
Red: 630nm and 660 nm
Infrared: 850nm
Irradiance: 217 mW/cm2 at surface
At surface: 217 mW/cm²
At 3 inches: 51 mW/cm²
Illuminance: 180 lux at 0.5 inches
LED Life Expectancy: 50,000 hrs
Operating Temperature: 32–113° F
Auto Timer: 5 minutes

## BATTERY CHARGER

Rated Input: AC 100–240 V ~50/60 Hz
Rated Output: 4.2V 350 mA DC

## 18650 RECHARGEABLE BATTERY

Rated Voltage: 3.7V DC
Type: Lithium-ion
Capacity: 3000 mAh
Usage Time: about 3 hrs
Charging Time: up to 5 hours
Included: 2 batteries

## FROM OUR SPORTS RECOVERY COLLECTION

# SONIC

## VIBRATING MASSAGE GUN

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

The Sonic's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

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

## SONIC BENEFITS

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



WELLNESS RECOVERY  
**LUMICURE**  
LIGHT THERAPY TORCH

MADE IN CHINA





Access Lifepro TV, our library of free personal training videos on the web at [lumicure.lifeprofitness.com](http://lumicure.lifeprofitness.com) to learn how to get the most out of your Lifepro® LumiCure and achieve the results you want.



**YOU'VE  
GOT  
THIS**