

READY, SET, PRO

USER MANUAL

MARVALAX FOOT MASSAGER



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

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of foot massagers.

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Recovery + Fitness active recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel



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

With the Lifepro Marvalax Foot and Calf Massager, you can experience myriad therapeutic benefits from the comfort of your own home. The Marvalax's massage rollers provide a 3D massage that efficiently reaches all of the acupuncture points in your feet and legs. Optional heat and vibration functions help loosen tight muscles and enhance relaxation and pain relief. Large massage chambers allow you to massage your feet and calves at the same time. The Marvalax is perfect for anyone who experiences stiffness, pain, or numbness in their feet or lower legs from long hours of standing or walking.

The Marvalax offers a customizable foot and/or calf massage. Three massage intensities, an adjustable timer, and optional heat and vibration settings allow you to choose the perfect settings for all of your massage needs. The Marvalax comes with a fully-functional remote control which allows you to adjust the massage settings while remaining comfortably seated. The Marvalax's small size and convenient carrying handles make it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

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

- ◆ **Alleviate chronic pain:** reduces pain from arthritis and plantar fasciitis
- ◆ **Improve joint flexibility:** loosens tight muscles and tendons
- ◆ **Reduce numbness in feet and lower legs:** improves blood circulation
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol
- ◆ **Reinvigorate tired feet and legs:** provides a relaxing massage

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

MARVALAX

FOOT AND CALF MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro Marvalax Foot and Calf Massager
- Power cord
- User Manual

FIRST STEPS

1. Remove your Marvalax from the shipping box and remove all packaging from the unit and accessories.
2. Inspect the device and accessories for shipping damage.
3. Remove the transparent protective sticker from the control panel.
4. Read carefully through this user manual and all safety instructions before using the Marvalax.
5. Go to marvalax.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
6. Complete the steps in the EASY-START SETUP GUIDE on page 7 to begin using your Marvalax.

CUSTOMER SUPPORT

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

EASY-START SETUP GUIDE

Set up your Lifepro Marvalax in just 3 easy steps:

1

SET UP THE MARVALAX

- Place the Marvalax on a flat, level, non-slip floor in front of a chair with a back.

2

CONNECT THE MARVALAX TO POWER

- Connect the power cord to the power cord jack on the back of the Marvalax.
- Plug the power cord into a wall outlet.

3

BEGIN USING THE MARVALAX

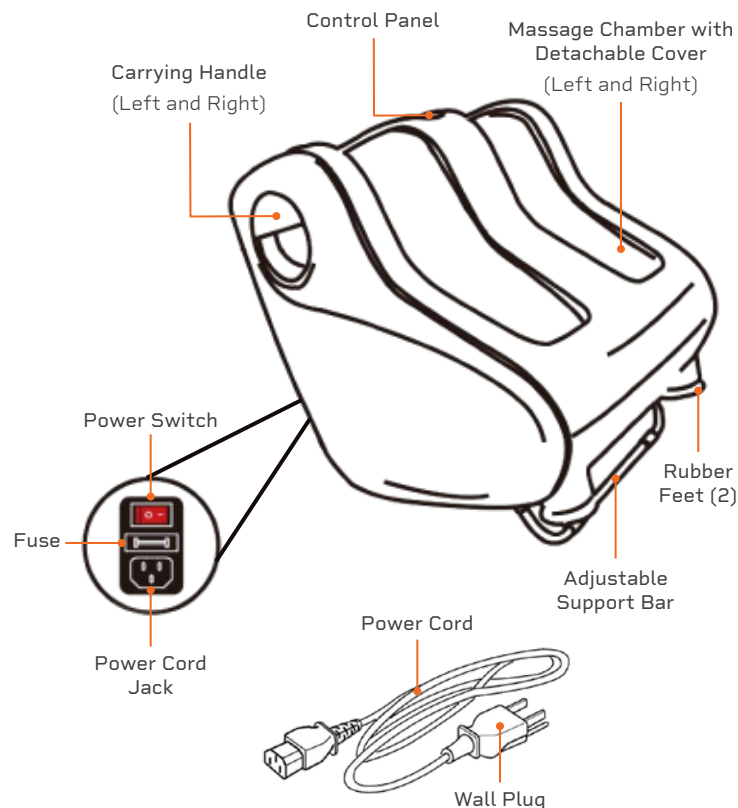
- Wash and dry your feet thoroughly.
- Press the red Power switch just above the power cord jack to turn on the Marvalax.
- Sit down in the chair and place your clean feet and calves in the massage chambers. Sit back until your calves come in contact with the back of the massage chambers.
- If you are shorter, or wish for a deeper calf massage, you may wish to adjust the support bar located on the bottom of the Marvalax by pulling it outwards. This ensures that your feet reach all the way down into the massage chamber.
- Press the flashing blue **Power button** on the control panel to turn on the Marvalax. The display screen will turn on and your massage will begin automatically.

WARNING: The Marvalax is to be used ONLY on the feet and calves. Do not use on the abdomen, neck, or other body parts not described in this manual.

WARNING: Do not sit or stand on the Marvalax.

NOTE: If you do not press the Power button within 10 minutes of pressing the red Power switch, the massager will automatically shut off.

PARTS OF THE MARVALAX



NOTE: You may wish to use the Marvalax in a dimly lit room so that you can see the display window LEDs.

TIPS FOR USING YOUR MARVALAX

USING THE MARVALAX

- Always wash and dry your feet thoroughly before using the Marvalax to keep the massage chambers clean. Do not use on wet, sweaty, or dirty skin.
- Only insert your bare feet and calves into the device. Ensure any clothing is pulled or rolled up and out of the way. Do not wear jewelry while using the massager.
- Place the Marvalax on a flat, level surface during use. Do not use on slippery or uneven surfaces.
- Start at the lowest intensity (L1 and/or F1) and increase the intensity gradually.
- If you have sensitive feet, use the lowest intensity to avoid discomfort. Additionally, you may choose to wear socks during use.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the Marvalax right before bedtime.
- Drink plenty of water before and after use.
- Some users may experience itchy feet during or after the massage. This is the result of improved blood circulation.
- The recommended massage time is 15 minutes. Do not use continuously for more than 60 minutes.
- Use the carrying handles, not the support bar, to carry the massager.
- Unzip the detachable covers from the massage chambers to clean them. Wash covers by hand ONLY. Hang to dry. Dry thoroughly before re-inserting into the massage chambers.

USING THE HEAT FUNCTION

- The temperature of the heat function is 122° F.
- When the heat function is turned on, it will take about 3–4 minutes for the heat to get up to temperature.

IMPORTANT SAFETY INFORMATION

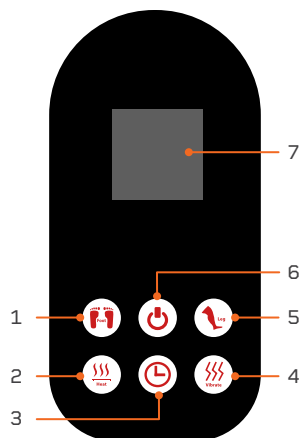
- Never use the Marvalax under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the unit and power cord away from heat sources and fire.
- The Marvalax is not waterproof. Keep the unit and power cord away from liquids and do not immerse in water.
- Never use the Marvalax or plug/unplug the power cord with wet hands.
- Always power off and unplug the unit after each use.
- Do not sit or stand on the Marvalax. Do not exert excessive downward force on the massage chambers.

OPERATING INSTRUCTIONS

USING THE CONTROL PANEL

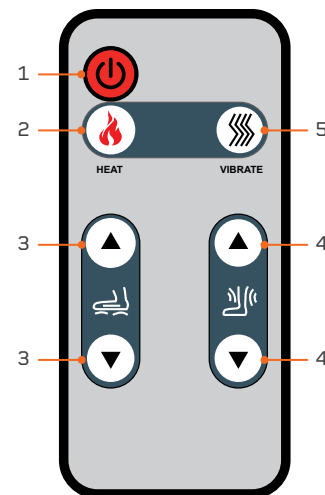
1. **Foot Massage Button:** Toggle through the three foot massage intensity levels, F1–F3. F0 indicates the foot massage is off. The default intensity is F1.
2. **Heat Button:** Turn the heat on or off. The default heat setting is off.
3. **Time Button:** Adjust the massage program duration from 1–59 minutes in one-minute increments. The default time is 15 minutes.
4. **Vibrate Button:** Turn vibration on or off. The default vibration setting is off.
5. **Leg Massage Button:** Toggle through the three leg massage intensity levels, L1–L3. L0 indicates the leg massage is off. The default intensity is L1.
6. **Power Button:** Power the Marvalax on and off. The massage will begin automatically when the device is powered on.
7. **Display Window:** Shows the current massage settings: foot massage intensity level, leg massage intensity level, and remaining massage time. The speed at which the blue LEDs move around the edge of the display window indicates the speed of the massage rollers.

NOTE: You may wish to use the Marvalax in a dimly lit room so that you can see the display window LEDs.



USING THE REMOTE CONTROL

1. **ON/OFF Button:** Power the Marvalax on and off.
2. **Heat Button:** Turn the heat on or off. The default heat setting is off.
3. **Foot Massage Buttons:** Increase or decrease the foot massage intensity level, from F1–F3. F0 indicates the foot massage is off. The default intensity is F1.
4. **Leg Massage Buttons:** Increase or decrease the leg massage intensity level, from L1–L3. L0 indicates the leg massage is off. The default intensity is L1.
5. **Vibrate Button:** Turn vibration on or off. The default vibration setting is off.



OPERATING INSTRUCTIONS

CREATING A MESSAGE

Your message will begin automatically when you press the Power button. The default message is 15 minutes long, uses the lowest intensity for both leg and foot massage, and has vibration and heat turned off. You may adjust the any of these settings at any time during the massage. Use different settings daily for ultimate relaxation and pain relief.

To begin your massage, use the control panel to:

1. Press the **ON/OFF button** to turn the system ON. Massage begins immediately. The display window shows 15, the default massage time, in the center. The window also shows "LEG" and "FOOT" beneath the timer, indicating that the leg and foot massagers are on. The default intensity for both foot and leg massage is level 1 (F1 and L1).
2. Press the **Foot Massage button** to select your desired intensity (F1–F3). Toggle through the intensity levels by pressing the button. F1, the lowest setting, is the default. F0 indicates the foot massager is off. You can adjust the foot massage intensity at any time.
3. Press the **Leg Massage button** to select your desired intensity (L1–L3). Toggle through the intensity levels by pressing the button. L1, the lowest setting, is the default. L0 indicates the foot massager is off. You can adjust the leg massage intensity at any time.
4. Press the **Heat button** to turn the heat on or off. An icon in the display window indicates the heat is on. It takes 3–5 minutes for the heat to reach the full temperature of 112° F. The default setting is no heat, and you can adjust it at any time.
5. Press the **Vibration button** to turn vibration on or off. A small icon in the display window indicates vibration is on. The default setting is no vibration, and you can adjust it at any time.
6. Use the **Time button** to adjust the massage duration from 1–59 minutes, in one-minute increments. Each time you press the Time button the massage duration increases by one minute. To decrease the massage duration, hold down the Time button until the time passes 59 and starts over again at 0, then stop when the time reaches

your desired duration. The default massage time is 15 minutes. Your selection is shown in the display window and can be adjusted at any time.

7. Press the **Power button** to stop the massage at any time.
8. The Marvalax will stop automatically when the set working time is complete. Simply press the Power button to turn the system ON again. If you do not press the Power button within 10 minutes, the device will turn off automatically.
9. When you are finished using the Marvalax, remove your feet and legs from the machine and place them on the floor. Do not stand up until both feet are firmly planted on the floor.
10. Always turn the red **Power switch** off and unplug the Marvalax after each use.

NOTE: You can adjust leg massage, foot massage, heat, vibration, and duration at any time during the massage.

MESSAGE INTENSITY AND SPEED

Massage intensity corresponds to the following:

INTENSITY LEVEL	LEGS	FEET
Off	L0	F0
Low	L1	F1
Medium	L2	F2
High	L3	F3

CHOOSING A MASSAGE POSITION

TILTING THE MARVALAX USING THE SUPPORT BAR

The Marvalax has a support bar which allows you to tilt the massager back slightly, providing a more comfortable seating position during your massage. If you find you have difficulty reaching the bottom of the massage chambers with your feet, tilting the Marvalax will solve the issue.

To tilt the Marvalax:

1. Locate the support bar on the bottom of the Marvalax.
2. Adjust the support bar by pulling it outwards (toward the rubber feet) until it stops.

Return the support bar to its original position, flush with the bottom of the unit, when your massage is complete.

MASSAGING YOUR FEET AND CALVES

To use the Marvalax to massage your feet and calves:

1. Adjust the support bar to tilt the Marvalax, if desired, following the instructions above.
2. Sit on a sofa or sturdy chair with a back.
3. Place the Marvalax in front of you with the Lifepro logo facing away from you and the control panel pointing up.
4. Place your feet in the massage chambers.



WARNING: Do not sit or stand on the Marvalax.

WARNING: The Marvalax is to be used ONLY on the feet and calves. Do not use it on other body parts not described in this manual.



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 your Marvalax ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Marvalax cannot be repaired, we'll replace it—free of charge. Register your Marvalax at marvalax.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 Marvalax.

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 the foot and calf massager 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 Marvalax are adequately informed of all warnings and precautions.
4. Use the Marvalax only as instructed in this manual.
5. ONLY use the Marvalax on the feet and calves. Do not use on neck, abdomen, or other body parts not described in this manual.
6. Always inspect the device and power cord for damage before each use. Do not use if damaged, overheating, malfunctioning, or if the unit has been exposed to water.
7. Only operate the Marvalax on a flat, level, non-slip surface.
8. Do not operate the Marvalax while driving or sleeping.
9. The unit will automatically stop working after the selected massage time. Do not use continuously for more than 60 minutes.
10. The Marvalax is intended for in-home use only. Do not use the Marvalax in any commercial, rental, institutional, or therapeutic setting.
11. Dispose of Marvalax packaging and parts according to local and federal regulations.

ELECTRICAL SAFETY

12. **WARNING:** Only use the included power cord. Do not use any parts not provided by the manufacturer.
13. Do not place or use outdoors. Do not use during lightning and thunder storms.
14. Unplug the device immediately in the event of a power failure.
15. Keep ventilation ports free from dust and debris.
16. The unit is not waterproof. Keep away from liquids. Do not use in high-moisture environments or in any place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet or emits an odor, unplug it, and do not use.
17. Keep the unit away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.

18. Do use or store high temperatures or in direct sunshine. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
19. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
20. Never drag, carry, or hang the unit by its power cable. Use the carrying handles.
21. Unplug the power cord by holding and pulling the plug itself, not the cord wire.
22. Do not plug/unplug the power cord with wet hands.
23. Do not wind power cord around the massager during operation. Do not place heavy objects on the power cord. Do not use the massager if the electrical outlet is loose.
24. Keep sharp objects away from the Marvalax and the power cord.

SAFETY

25. Never leave the Marvalax unattended while it is running.
26. Consult with a medical professional before using the device if you have a medical condition such as cancer, diabetes, high fever, gout, epilepsy, malignant tumors, active tuberculosis, severe cardiac dysfunction, blood clots, bleeding disorders, sensory problems, blood clots, or osteoporosis; if you have a pacemaker or similar implant; if you recently had surgery; if you are or may be pregnant. Do not use if injured. Never use directly on swollen, bruised, or inflamed skin, open wounds or scars.
27. Stop using immediately if you feel discomfort, pain, dizziness, or nausea.
28. If the heat feels too hot on your skin, turn the heat function off immediately.
29. Always use the Marvalax while seated comfortably in a chair.
30. Do not sit or stand on the Marvalax. Do not exert excessive downward force on the massage chambers.
31. Children and adults with diminished mental or physical capacity may only use the Marvalax while closely supervised by a responsible adult.
32. Keep pets away from the Marvalax at all times.
33. Do not insert body parts or objects into any opening other than the massage chambers. Do not insert fingers or toes into the massage changers as they could be pinched by the rollers. Keep hair and clothing away from the zippers.
34. Do not use if the detachable covers are torn or missing.

CLEANING, STORAGE & MAINTENANCE

35. Turn off, unplug, and allow unit to cool after use and before cleaning or storing.
36. Wash your feet before each use in order to keep the massage chambers clean.
37. Wipe down the Marvalax with a soft, dry cloth after each use. Never allow water or other liquids to come into contact with the unit. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
38. Wash the detachable covers by hand with a mild soap. Hang to dry. Do not bleach.
39. Store the device in a cool, dry, dust-free location.
40. Do not remove screws or attempt to disassemble or repair the device on your own.

WHERE TO USE THE MARVALAX



TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your Marvalax Foot and Calf Massager using the table below.

Please contact a customer support representative for additional assistance at: (732) 456-6063 or support@lifeprofitfitness.com. Please do not attempt to repair the Marvalax on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER IS NOT WORKING	Massager is not plugged in.	Plug the power cord into the unit and into a wall outlet.
	Massager is not turned on.	Press the Power switch and then the Power button to turn on the massager.
REMOTE CONTROL IS NOT WORKING	Batteries are dead or incorrectly installed.	Remove the battery and install correctly. Or, install new batteries.
	Remote control is too far away from the receiver.	Point the remote directly at the control panel from no more than 6 feet away.
MASSAGER STOPPED WORKING SUDDENLY	Massager automatically stops after the selected working time.	Turn the unit back on to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Turn off massager and allow it to cool for at least an hour before using again.
MESSAGE INTENSITY IS TOO HIGH	Message intensity is too high.	Select the lowest intensity level, L1 or F1.
	Feet may be sensitive.	Put on a pair of thick socks.
MASSAGER IS TOO HOT	Heat is on.	Turn heat off.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 19.6" L x 17.7" W x 17.7" H

Net Weight: 24.2 lbs.

Power: 80 W

Voltage: 110 V

Decibel Rating: 40–60 dB

Ambient Temperature: 32–104° F

Speed Intensity Levels: 3

Massage Programs: P1–P3

Heat Function: 112° F

Maximum Calf Size: 4"

Maximum Foot Size: Men's 13 US

RECOVERY + FITNESS

MARVALAX

FOOT AND CALF MASSAGER

MADE IN CHINA

FROM OUR **SOAR FX™** COLLECTION

SURGER

VIBRATING FOAM ROLLER

Enjoy all of the benefits of foam rolling and vibration technology together with the Surger Vibrating Foam Roller. Use the Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the Surger's vibration technology breaks up muscle knots and relaxes tight muscles and fascia. Choose from 4 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.



SONIC

VIBRATING MESSAGE GUN



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

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

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

SONIC BENEFITS

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

RHYTHM

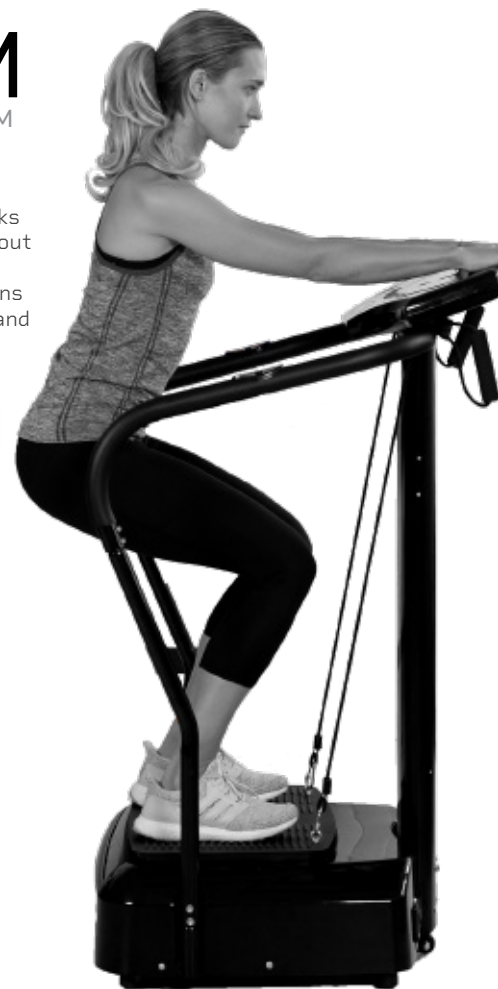
VIBRATION PLATFORM

The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation





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



**YOU'VE
GOT
THIS**