

READY, SET, PRO

USER MANUAL



MOBILITY+ AIR COMPRESSION LEG MASSAGER



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

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of leg 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, heat, and vibration therapies each 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. Clinicians use vibration and heat therapies to relieve pain and improve blood circulation.

With the Mobility+ Air Compression Leg Massager, you can experience myriad therapeutic benefits in the comfort of your own home. The Mobility+ provides a soothing massage, rejuvenating tired legs and knees and easing pain, swelling, and arthritis symptoms. Compression therapy helps strengthen vein support which improves blood flow activity in the legs and feet. Compression therapy combined with heat improves blood circulation and lymphatic drainage, promoting healing and reducing inflammation. The Mobility+ is perfect for anyone who experiences stiffness, pain, or numbness in their legs or knees.

Four vibration settings, four compression intensity levels, and four heat settings allow you to choose the right settings for all of your massage needs. Use the Mobility+ while sitting comfortably on the couch watching TV, sitting in a chair while reading a book, or working at your desk. The Mobility+ is highly portable, and the battery provides two hours of use-time per charge. Enjoy relaxation and pain relief anytime, anywhere!

Redefine your workouts and experience the transformative power of the Lifepro Mobility+:

- **Find pain relief:** soothe sore legs and knees; relieve fatigue; loosen muscles and fascia; manage chronic pain caused by tendinitis, arthritis, fibromyalgia, and more.
- **Recover from injury:** decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- **Reduce numbness in legs and feet:** boost blood circulation
- **Decrease stress:** increase serotonin and decreases cortisol

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

MOBILITY+

AIR COMPRESSION LEG MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro Mobility+ Air Compression Leg Massager
- AC Charging Adapter
- User Manual

FIRST STEPS

1. Remove your Mobility+ 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 Mobility+.
4. Go to mobilityplus.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 your Mobility+.

CUSTOMER SUPPORT

If you have any questions about setting up your Mobility+, 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 Mobility+ in just three easy steps:

1

CHARGE THE MOBILITY+

- Ensure the Mobility+ is powered OFF.
- Charge the battery fully (for up to 3.5 hours) before using your Mobility+ for the first time.
- Connect the AC charging adapter to the charging port on the side of the device, next to the Power button.
- Plug the charging adapter into a wall outlet.
- Unplug the charging adapter as soon as charging is complete.

2

SET UP THE MOBILITY+

- Unfold or fold the Mobility+, depending on how you wish to use it. See FOLDING/UNFOLDING THE MOBILITY+ on page 10 and POSITIONING THE MOBILITY+ on page 11 for details.

3

BEGIN USING THE MOBILITY+

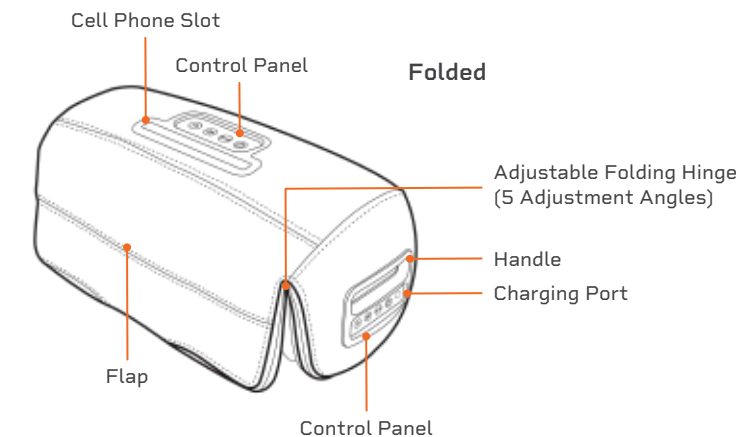
- Sit on a flat, non-slip surface.
- Place your calves, thighs, or knees in the massage chambers.
- Press and hold the Power button on the control panel to turn on the Mobility+.

WARNING: Never block the massager's ventilation ports with furniture cushions, pillows, blankets, clothing, etc.

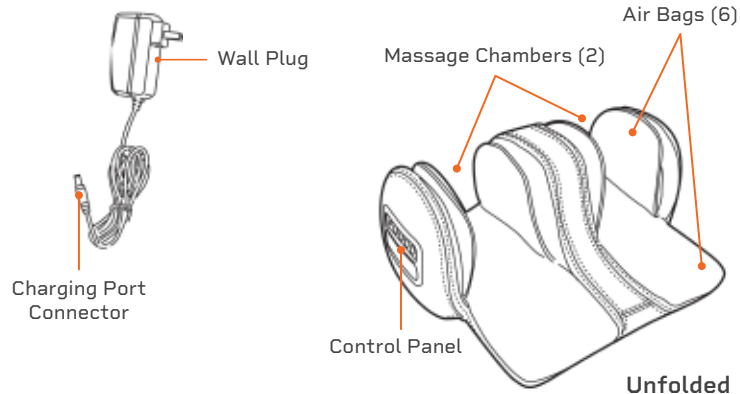
WARNING: The Mobility+ is to be used on the legs, knees, arms, and feet only. Do not use it on the shoulder, abdomen, neck, or other body parts not described in this manual.

WARNING: Do not stand on the Mobility+. Do not exert excessive downward force on the massage chambers.

PARTS OF THE MOBILITY+



AC Charging Adapter



TIPS FOR USING YOUR MOBILITY+

USING THE MOBILITY+

- Place the Mobility+ on a flat, level surface during use. Do not use on slippery or uneven surfaces.
- If you have sensitive skin, we recommend you use the low air pressure intensity level to avoid discomfort.
- You may wish to wear pants or leggings during use to prevent further discomfort.
- Do not use on wet, sweaty, or dirty legs.
- Do not remove your legs from the Mobility+ during operation. Always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Leg massage can have a stimulating effect and prevent sleep, so it's best not to use the Mobility+ right before bedtime.
- Drink plenty of water before and after use.
- The massage time is 15 minutes. Do not use the foot massager continuously for more than 30 minutes.

USING THE HEAT FUNCTION

- Low heat is 113° F, medium heat is 122° F, and high heat is 127.4° F.
- When the heat function is turned on, it will take a several minutes for the heat to get up to temperature.

IMPORTANT SAFETY INFORMATION

- Never block the massager's ventilation ports with furniture, pillows, blankets, etc. Never use the Mobility+ under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, injury to people, or damage to property.
- Keep the massager and charger away from heat sources and fire.
- The Mobility+ is not waterproof. Keep the massager and charger away from liquids and do not immerse in water.
- Never use the Mobility+ or plug/unplug the charger with wet hands.
- Always power off the Mobility+ after each use.
- Do not stand on the Mobility+. Do not exert excessive downward force on the massage chambers.

OPERATING INSTRUCTIONS

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

CHARGING THE BATTERY

The average run-time for the Mobility+ is 2 hours per charge. To charge:

1. Ensure the Mobility+ is powered OFF.
2. Connect the AC charging adapter to the charging port on the side of the device, next to the Power button.
3. Plug the charging adapter into a wall outlet.
4. If the device is fully charged, the Power button LED will be solid green. If not fully charged, the LED will be yellow and the device will begin charging.
5. Unplug the charging adapter from the Mobility+ when you see a green light indicating that charging is complete.

NOTE: Charge the battery fully (for up to 3.5 hours) before using your Mobility+ for the first time.

CAUTION: Always unplug the Mobility+ as soon as charging is complete. Do not charge the battery for longer than 6 hours as this could damage the massager.

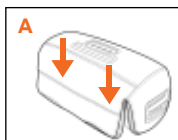
FOLDING/UNFOLDING THE MOBILITY+

The Mobility+ has an adjustable flap and hinge that allows it to be folded or laid flat. Five additional adjustment angles allow you to position the flap to the best angle for your specific massage needs.

To unfold the massager:

1. Press on the outside of the Mobility+ with a bit of force to relax the hinge (A).
2. Unfold the flap until it lays flat (B).
3. Slowly fold the flap upwards to adjust the flap to one of five angles between 90° and 180° (C), if desired.

To fold the massager, simply fold the flap up to the fully closed position (90°).



POSITIONING THE MOBILITY+

The Mobility+ can be used on your calves, hamstrings, quadriceps, or knees. Choose from one of the massage positions described below:

MASSAGING THE BACK OF YOUR LEGS (CALVES OR HAMSTRINGS) OR KNEES

1. Ensure the Mobility+ is unplugged and powered OFF.
2. Sit on a flat non-slip back with your back supported. You may place a pillow behind your back for comfort.
3. Unfold the Mobility+.
4. Position the unfolded Mobility+ under your legs so that the portion of your leg you want to massage is in the massage chambers.

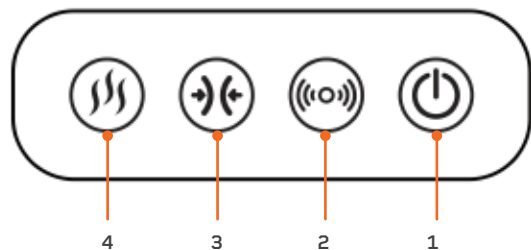


MASSAGING THE FRONT OF YOUR THIGHS (QUADS) OR KNEES

1. Ensure the Mobility+ is unplugged and powered OFF.
2. Sit in a comfortable chair with a back.
3. Fold the Mobility+.
4. Place the folded Mobility+ over the top of your legs.
5. You can insert your mobile phone into the phone slot if you want to listen to music or watch movies.



USING THE CONTROL PANEL



1. **Power Button:** Power the Mobility+ ON and OFF. Press and hold to power ON, and press quickly to power OFF at any time.
2. **Vibration Button:** Press to toggle through the four vibration settings: variable, high, low, and off.
3. **Air Pressure Intensity Button:** Press to toggle through the four air pressure intensity levels: low, medium, high, and off.
4. **Heat Button:** Press to toggle between the four heat settings: low, medium, high, and off.

CREATING A CUSTOM MESSAGE

Once you have positioned the Mobility+ for your desired massage, you can use the control panel to create a custom leg massage. The set message time is 15 minutes.

1. Ensure the battery is charged.
2. Press and hold the **Power button** to turn the system on and begin a massage with the default settings: variable vibration, medium air pressure intensity, and medium heat. See the chart below for all message options. The button LEDs will change color according to the chosen message settings.

BUTTON LED COLOR	POWER & BATTERY CHARGING	VIBRATION SPEED	AIR PRESSURE INTENSITY	HEAT SETTING
Green	Fully Charged	Variable	Low	Low
Yellow	Charging	High	Medium	Medium
Red	Solid = Power On Flashing = Low battery	Low	High	High
None	Off	Off	Off	Off

3. Press the **Vibration button** to toggle between the four vibration speed settings: variable, high, low, and off.
4. Press the **Air Pressure Intensity button** to toggle between the four air pressure intensity settings: low, medium, high, and off.
5. Press the **Heat button** to toggle between the four heat settings: low, medium, high, and off.
6. You may change the vibration speed, air pressure intensity, and heat settings at any time during the massage.
7. Press the **Power button** to stop the massage at any time.
8. After the 15-minute massage time is complete, the Mobility+ will automatically power off. You may start a new massage by pressing the **Power button** again.
9. Power off and unplug the Mobility+ after each use.

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 Mobility+.

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 leg 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 Mobility+ are adequately informed of all warnings and precautions.
4. Use the Mobility+ only as instructed in this manual.
5. ONLY use the Mobility+ on the legs, knees, arms, and feet. Do not use on hands, abdomen, neck, or other body parts not described in this manual.
6. Always inspect the device and charging adapter 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 Mobility+ on a flat, level, non-slip surface, or while seated in a chair.
8. Do not operate the Mobility+ while driving. Do not use while sleeping.
9. The unit will automatically stop working after 15 minutes of use. Do not use continuously for more than 30 minutes.
10. The Mobility+ is intended for in-home use only. Do not use the Mobility+ in any commercial, rental, institutional, or therapeutic setting.
11. Dispose of the Mobility+, charging adapter, packaging and all parts according to local and federal regulations.

ELECTRICAL/BATTERY SAFETY

12. **WARNING:** Only use the included charging adapter to charge this device.
13. Do not charge the battery for more than 6 hours.
14. Unplug the charger immediately after full charge is reached.
15. Always unplug the charging adapter by pulling the plug itself, not the cord wire.
16. Never drag, carry, or hang the Mobility+ by its charging cable.
17. Do not insert fingers or objects into the charging port.
18. Do not use outdoors. Do not use the unit in high-temperature or high-moisture environments. Do not use during severe storms. Unplug the device immediately after power failure.
19. Never block ventilation ports with furniture, pillows, blankets, and the like. Keep

ventilation ports free from dust and debris.

20. The unit is not waterproof. Never allow water or other liquids to come into contact with the unit. Do not use in a 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.
21. Do not use the unit in environments colder than 60° F, or internal condensation may occur, possibly causing malfunction. When moving the Mobility+ from a cold environment to a warm one, always allow one hour before use so it can warm up.
22. Keep the unit and charging adapter away from flammable or explosive items, chemicals, direct sunlight, open flames, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
23. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.

SAFETY

24. Never leave the device unattended while it is running or charging.
25. Consult with a medical professional before using the device if you have a medical condition such as diabetes or severe inflammation; if you suffer from heart disease, hypertension, circulatory problems, neuropathy, blood clots, cancer, spinal disease, or osteoporosis, severe fractures, malignant tumors; if you have a pacemaker, artificial heart, or other similar implant; if you recently had surgery; if you are or may be pregnant.
26. Do not use if injured, ill, or if you have a fever. Never use directly on swollen, bruised, or inflamed skin or on open wounds or scars. Do not use if you have difficulty sensing temperature on the skin or if you have diabetic peripheral neuropathy.
27. Stop using immediately if you feel discomfort, pain, dizziness, nausea, or if the heat function feels too hot on your skin or in the presence of scar tissue. Do not use if you have tendinitis or circulatory disorder.
28. Do not remove your legs from the massage chambers during operation; always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
29. Do not stand on the unit or exert excessive downward force on the massage chambers.
30. The surface of the device may get hot. Those who are sensitive to heat should use caution while using the device to avoid minor burns.
31. Children and adults with diminished mental or physical capacity may only use the Mobility+ while closely supervised by a responsible adult. Do not allow children to play with the unit.
32. Keep pets away from the Mobility+ at all times.

CLEANING, STORAGE & MAINTENANCE

33. Turn off device and allow to cool down before cleaning or storing.
34. Wipe down the Mobility+ with a soft, slightly damp cloth after each use. Then wipe with a dry cloth to thoroughly dry the device. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
35. Store the device in a cool, dry location.
36. Do not remove screws or attempt to disassemble; battery is not removable or replaceable.

WHERE TO USE THE MOBILITY+



ON THE COUCH



AT WORK



IN A CHAIR



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

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 19.7" L x 9.4" W x 9.1" H

Net Weight: 7.3 lbs

Power: 26 W

Voltage: DC 12.8V 2A

Decibel Rating: <60 dB

Heat Function:

Low: 113° F

Medium: 122° F

High: 127.4° F

AC CHARGING ADAPTER

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

Rated Output: DC 12.8V 2A

RECOVERY + FITNESS

MOBILITY+

AIR COMPRESSION LEG MASSAGER

MADE IN CHINA

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your Mobility+ 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 Mobility+ on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER OR BUTTONS ARE NOT WORKING	Massager is not charged.	Plug the charging adapter into the charging port on the side of the massager and into a wall outlet.
	Massager is not turned on.	Press the Power button to turn on massager.
MASSAGER STOPPED WORKING SUDDENLY	Massager automatically stops after the 15-minute work time.	Power on the massager and begin a new massage program to continue to use.
	Massager shuts off after 3 min. of low battery (indicated by flashing red LED).	Charge the massager.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Allow massager to cool down before using again.
MESSAGE INTENSITY IS TOO HIGH	Air pressure intensity level is set too high.	Select the lowest intensity level.
	Skin may be sensitive.	Wear a pair of leggings or pants to reduce discomfort.
MASSAGER IS TOO HOT	Heat setting is too high.	Select the lowest heat level or turn off heat.
	Skin may be sensitive.	Wear a pair of leggings or pants to reduce discomfort.
MASSAGER MAKES A FAINT SOUND	Air compression motor is working.	This is a normal sound made by the motor.

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.



AGILITY

VIBRATING MASSAGE BALL

The Agility Vibrating Massage Ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow



SONIC

VIBRATING MESSAGE GUN



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

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

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

SONIC BENEFITS

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

RHYTHM

VIBRATION PLATFORM

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

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

RHYTHM BENEFITS

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





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



**YOU'VE
GOT
THIS**