

READY, SET, PRO

USER MANUAL

RELAXAVIBE VIBRATION PLATFORM



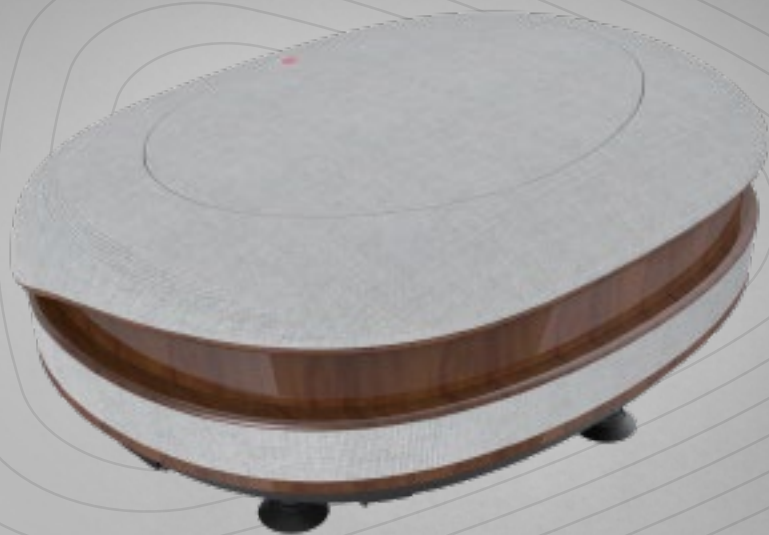


HELLO THERE.

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



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.

The Lifepro RelaxaVibe 4D Vibration Platform boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The RelaxaVibe has three powerful, ultra-quiet motors: lateral, horizontal/oscillating, and pulsating. Each motor can be used separately or in combination, giving you an abundance of workout options. When used together, the three motors create a unique 4D motion which means you can work all of your muscles in far less time than a typical workout. Ten minutes is all it takes to complete a full workout with your RelaxaVibe. The RelaxaVibe has built-in Bluetooth speakers so you can play your favorite workout playlist via your connected smartphone or tablet. See **USING THE BUILT-IN BLUETOOTH SPEAKERS** on page 11 for instructions.

If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the vibration plate to your rehab routine. Vibration plates are used by professional athletes, physical therapists, and rehabilitation centers everywhere.

Boost relaxation and pain-relief benefits with the RelaxaVibe's built-in heating pad feature. Simply plug the unit into a standard wall outlet and press the heat button on the top of the upholstered cover. Then, sit on the heated cover, or rest your feet or legs on the cover while you relax on the couch. See **USING THE HEATING PAD FEATURE** on the bottom of page 13 for detailed instructions.

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

- **Experience joint- and back-pain relief:** improves core strength & circulation
- **Boost your metabolism:** encourages your body to burn fat faster
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Improve circulation:** decreases blood pressure
- **Increase strength & flexibility:** improves stability
- **Develop stronger bones:** increases bone density

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

RELAXAVIBE

4D VIBRATION PLATFORM

GET STARTED

WHAT'S IN THE BOX

- Lifepro RelaxaVibe Vibration Platform
- Power Cord
- Hardware Bag:
 - Hex Key
 - M6×10mm Socket-Head Screws (2)
- Hands-Free Remote Control
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- Floor Mat
- Exercise Mat
- User Guide

FIRST STEPS

1. Remove your RelaxaVibe from the shipping box and remove all packaging from the unit and accessories.
2. Read carefully through this user manual and all safety instructions before using the RelaxaVibe.
3. Go to relaxavibe.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the **EASY-START SETUP GUIDE** on page 10 to begin using your RelaxaVibe.

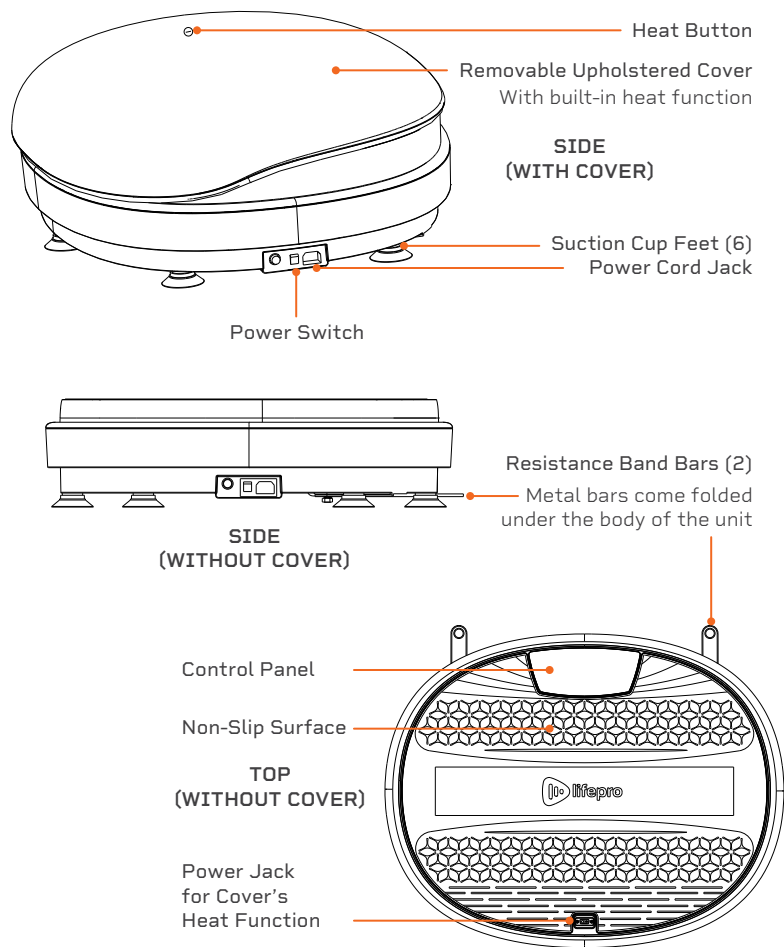
CUSTOMER SUPPORT

If you have any questions about setting up your RelaxaVibe, 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.

GET ACQUAINTED



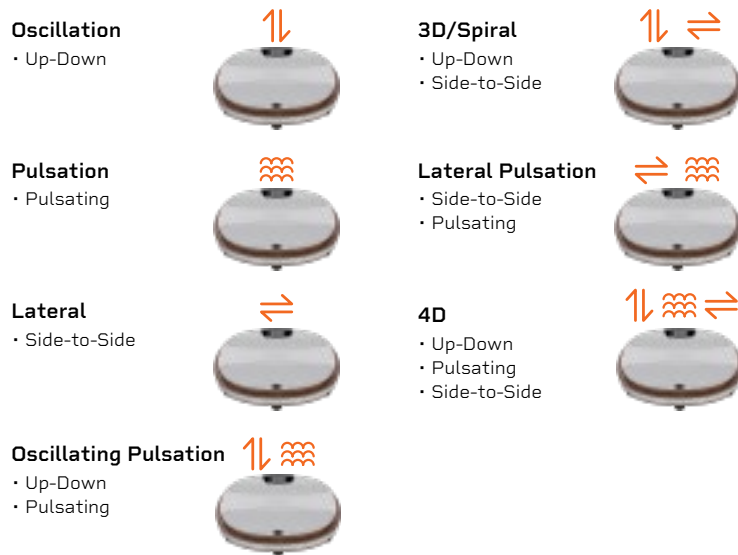
PARTS OF THE RELAXAVIBE



HOW IT WORKS

The RelaxaVibe has three powerful, ultra-quiet motors: a lateral motor, a horizontal/oscillating motor, and a pulsating motor. The three motors combine to create a unique 4D motion which activates all of your muscle fibers more efficiently than other exercise products. Create unlimited workout combination with 7 training modes, 3 workout intensities, and 60 speed levels.

TRAINING MODES



WORKOUT INTENSITIES AND SPEED LEVELS



EASY-START SETUP GUIDE

Setup your Lifepro RelaxaVibe in just five easy steps:

1 SETUP THE RESISTANCE BAND BARS

The included resistance bands allow you to incorporate strength training into your workouts. They attach to the RelaxaVibe via two metal bars which come pre-installed to the underside of the unit. To setup the metal bars for the resistance bands:

1. Locate the hex key and two socket-head screws in the hardware bag.
2. Turn the RelaxaVibe upside-down and locate the two metal bars toward the front of the unit. See *Figure 1*.
3. Rotate each metal bar so it is hanging over the front edge of the unit. See *Figure 2*.
4. Insert one socket-head screw through the screw hole in the center of each bar.
5. Use the hex key to tighten the screws.
6. Turn the unit right-side up.

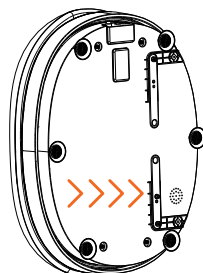


Figure 1

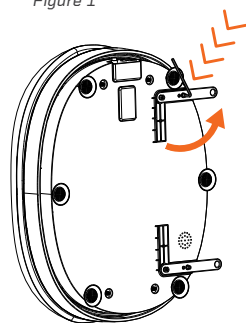


Figure 2

2 ATTACH THE TWO RESISTANCE BANDS

1. Insert the end of a resistance band through one of the metal bars.
2. Thread the resistance band handle through the loop in the band and pull tight. See *Figure 3*.
3. Attach the second resistance band to the second metal bar.



Figure 3

3 ACTIVATE THE REMOTE CONTROL

1. Remove the remote control from the silicone shell holding it to the wristband. See *Figure 4*.
2. Remove the back of the remote.
3. Remove the round plastic insert under the CR2032 3V battery.
4. Replace the battery and the back of the remote.
5. Re-insert the remote into the silicone shell.

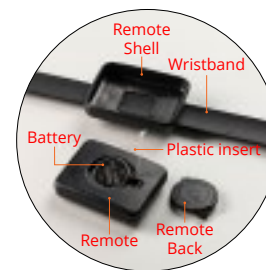


Figure 4

4 CONNECT TO POWER

1. Insert the power cord firmly into the power jack on the side of the unit.
- NOTE:** Press forcefully until you feel a click, which indicates that the cord is securely connected. The power cord fits tightly so it will not loosen during use.
2. Plug the power cord into an AC outlet.

5 POWER ON THE RELAXAVIBE

1. Flip the power switch on the front of the unit to the ON position.
2. Press the power button on the control panel or the remote control.

That's it. Your Lifepro RelaxaVibe is now ready to use.

See **OPERATING INSTRUCTIONS** on page 12 and **CHOOSING A PROGRAM** on page 14 for details.

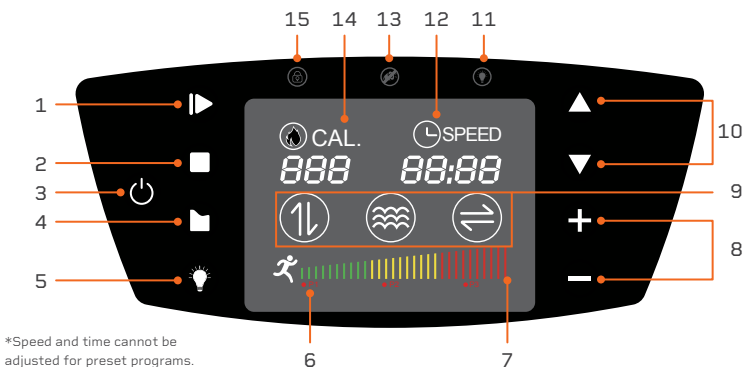
USING THE BUILT-IN BLUETOOTH SPEAKERS

1. Go to **Settings**, then **Bluetooth** on your smartphone or tablet.
2. Turn on Bluetooth.
3. In the Device List, select the device called **lifepro**.
4. Enter the password **8888** to connect to the RelaxaVibe's speakers.

OPERATING INSTRUCTIONS

USING THE CONTROL PANEL

1. **Start/Stop Button:** Start/stop the selected preset program or manual workout.
2. **Manual Mode Button:** Toggle through the seven training modes to create a custom workout.
3. **Power Button:** Power the RelaxaVibe on and off. NOTE: Unit will auto power-off after three minutes of inactivity.
4. **Program Mode Button:** Toggle through the three preset programs: P1, P2, P3.
5. **Light Button:** Turn on and off the LED lights on the underside of the unit.
6. **Program Indicators:** Shows which preset program is selected, P1, P2, or P3.
7. **Workout Intensity Graph:** Shows current workout intensity.
8. **Set Time Buttons*:** Set time duration for manual mode workout.
9. **Training Mode Indicators:** Show which training mode is selected.
10. **Set Speed Buttons*:** Adjust workout speed, from 1–60, after manual mode workout begins. Speed automatically starts at level 1.
11. **Light Indicator:** When icon is lit, it indicates that the LED lights on the underside of the unit are on. When icon is not lit, the lights are off.
12. **Time/Speed Indicator:** Alternates between time remaining and current speed.
13. **Mute Indicator:** When icon is lit, it indicates that the system sounds have been muted via the remote control. When icon is not lit, the sound is on.
14. **Calorie Indicator:** Shows number of calories burned in the current workout.
15. **Lock Indicator:** When icon is lit, it indicates that the control panel buttons have been locked via the remote control. When icon is not lit, buttons are unlocked.



*Speed and time cannot be adjusted for preset programs.

USING THE REMOTE CONTROL

1. **Program Mode Button:** Toggle through the three preset programs: P1, P2, P3.
2. **Power Button:** Power the unit on and off.
3. **Set Time Buttons*:** In standby, with Manual Mode selected: use the buttons to set a time duration for your custom workout.
4. **Manual Mode Button:** Toggle through the seven training modes to create a custom workout.
5. **Lock Button:** Lock/unlock the control panel buttons.
6. **Sound Button:** Turn system sounds on/off.
7. **Set Speed Buttons*:** Once the custom workout has begun, press the buttons to adjust the speed, from 1–60.
8. **Start/Stop Button:** Start/stop the selected preset program in program mode or a custom workout in manual mode.

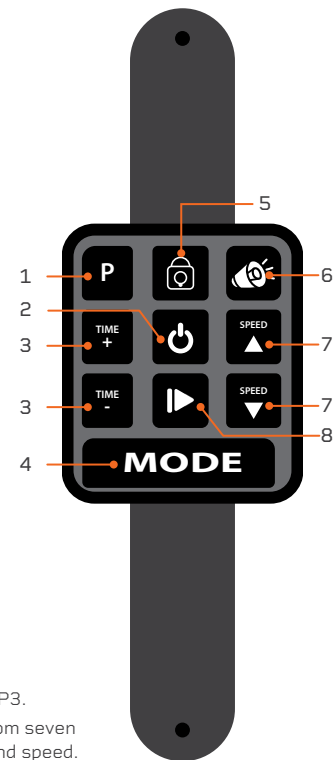
*Speed and time cannot be adjusted for preset programs.

MODES

Program Mode: Choose from preset programs: P1–P3.

Manual Mode: Create a custom workout: choose from seven training modes, then set a workout time duration and speed.

Standby Mode: The RelaxaVibe is powered on, but no program is selected.



USING THE HEATING PAD FEATURE

1. Ensure the RelaxaVibe's upholstered cover is in place.
2. Plug the unit into a standard wall outlet.
3. Press the **Heat button** on the top of the cover to turn on the heat feature.
4. Sit on the upholstered cover, or rest your feet or legs on the cover while you relax on the couch to enjoy the heat feature.
5. Press the **Heat button** to power off and unplug the RelaxaVibe after use.

CHOOSING A PROGRAM

You can use the RelaxaVibe in program or manual mode. To get the best results, alternate between the preset programs and custom workouts created in manual mode to keep your body guessing. Your body tends to adapt to a workout routine over time, so you want to change up your workouts to keep improving your fitness.

PROGRAM MODE

In program mode, you can select from three preset programs: P1, P2, P3. Each preset program is 10 minutes long and uses a different training mode to challenge your body. All three preset programs vary speed and intensity throughout to help keep you on your toes.

CHOOSING A PROGRAM IN PROGRAM MODE

1. Press the **Power button** to turn the system ON.
2. Press the **Program Mode button** to toggle between the three programs: P1–P3.
3. Press the **Start/Stop button** on the remote control to activate the selected program.

NOTE: Workout time and speed cannot be adjusted for preset programs.

MANUAL MODE

In manual mode, you can create your own custom workout by choosing from seven training modes (see CHOOSING A TRAINING MODE on the next page) and then setting a workout time and speed.

CREATING A CUSTOM WORKOUT IN MANUAL MODE

1. Press the **Power button** to turn the system ON.
2. Choose a training mode by pressing the **Manual Mode button** to toggle through the seven training modes.
3. Set a time duration for your workout:
 - a. Use the **Set Time buttons** on the control panel or the hands-free remote control.
2. Press the **Start/Stop button** on the remote control to begin the manual workout.
3. The speed will automatically begin at level 1. To adjust the speed, use the **Set Speed buttons** on the hands-free remote control.

CHOOSING A TRAINING MODE

TRAINING MODES*	MOTOR MOVEMENT	ACTIVE MOTOR
Oscillation	Up-Down	Oscillating Motor
Pulsation	Pulsating	Pulsating Motor
Lateral	Side-to-Side	Lateral Motor
Oscillating Pulsation	Up-Down + Pulsating	Oscillating Motor + Pulsating Motor
3D/Spiral	Up-Down + Side-to-Side	Oscillating Motor + Lateral Motor
Lateral Pulsation	Pulsating + Side-to-Side	Pulsating Motor + Lateral Motor
4D	Up-Down + Pulsating + Side-to-Side	Oscillating Motor + Pulsating Motor + Lateral Motor

*Each training mode is listed in the order that they are toggled through when you press the Mode button (e.g., press the Mode button once to select the Oscillation training mode, press twice to select Pulsation, press three times to select Lateral, etc.).

SETTING A WORKOUT TIME AND SPEED

The default time for manual workouts is 10 minutes. You can set a custom workout duration of 1–10 minutes, in one-minute increments, while in standby mode. Once you start the manual workout, you cannot adjust the workout time.

You may adjust the speed of your manual workout after your workout has started. The speed for your manual workout will begin automatically at level 1. Once your workout has begun, you can change your speed at any time, from 1–60.

WORKOUT INTENSITY AND SPEED

During your workout, you can quickly see your current workout intensity by checking the LED lights on the sides of the RelaxaVibe or the Workout Intensity Graph on the control panel. Workout intensities correspond to the following speeds and colors.

INTENSITY	SPEED	COLOR
Low	1-20	Green
Medium	21-40	Orange
High	41-60	Red

STANDING POSITIONS

Where you stand on the Lifepro RelaxaVibe will impact how challenging the vibrations are for your body. Stand with your feet close together for an “easy” workout and stand with your feet further apart for “medium” and “intense” workouts.



LIFEPRO MINI BANDS

MINI BANDS HAVE REVOLUTIONIZED THE FITNESS INDUSTRY

Mini bands have become the new go-to for sculpting a stronger, leaner physique. You’ve definitely seen your favorite fitness Instagrammers and Youtubers using these versatile, colored resistance bands in conjunction with their workout routines. They add resistance to cardio workouts and power to strength training sessions, allowing you to train both simultaneously. The number of creative workout possibilities are endless. Unlike the inconvenience of a full gym, these mini bands are well-known for their ability to train all aspects of fitness and performance at any intensity—anywhere, anytime. No more excuses.

The Lifepro mini bands are made from 100% latex. Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly. Use the mini bands in conjunction with your Lifepro RelaxaVibe to exponentially improve your fitness results.

AMPLIFY YOUR WORKOUTS

Experience the unique benefits of the Lifepro mini bands:

- **Versatile:** add resistance to cardio workouts and power to strength training
- **Joint-friendly:** reduce joint compression; high-intensity, low-impact training
- **Portable:** carry the mini bands in your pocket to work out on the go

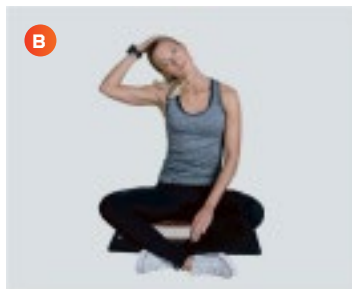
BONUS EXERCISE MATS

The included floor mat can be used as a sound dampener (place it under your RelaxaVibe). The included TPE exercise mat can be used as cushion. Simply place it on top of the RelaxaVibe when doing an exercise that involves sitting or lying on the unit.

HOW TO USE THE RELAXAVIBE



A
STRAIGHT ARM PLANK



B
NECK STRETCH



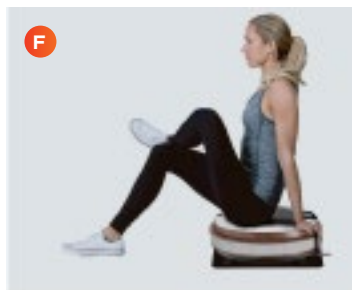
C
BICEP CURL



D
DIP



E
TRICEP BLASTER



F
GLUTE STRETCH



G
SPLIT SQUAT



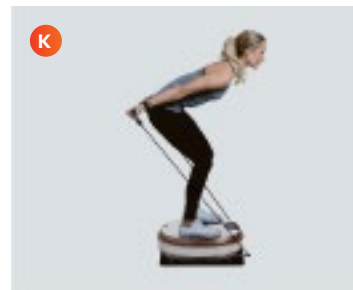
H
SIDE LUNGE



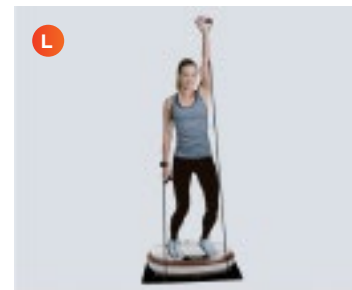
I
QUAD STRETCH



J
SQUAT



K
REVERSE FLY



L
ALTERNATE SHOULDER PRESS

EXERCISE QUICK START GUIDE

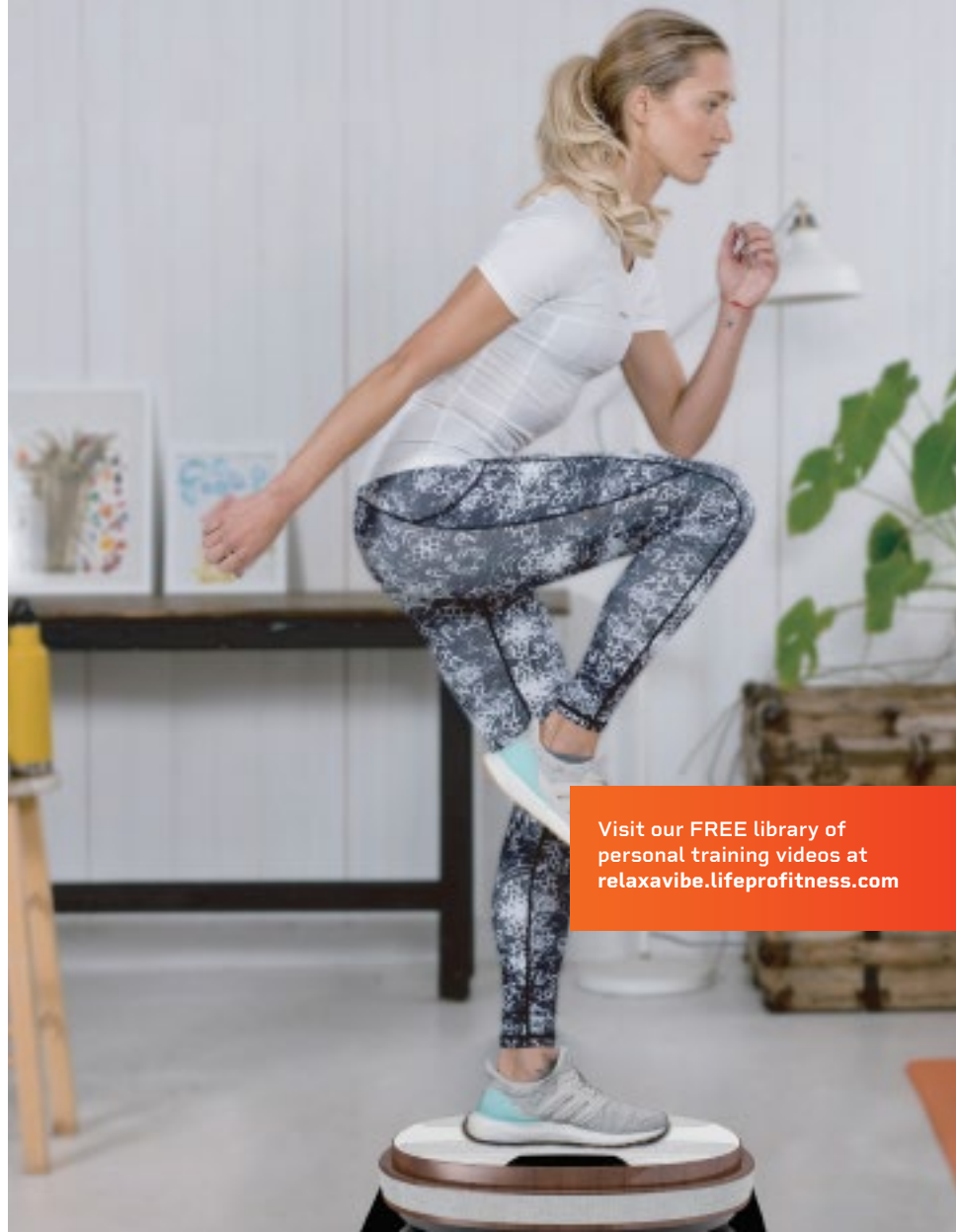
HOW TO BEGIN

It's a good idea to start off slow and easy with your RelaxaVibe as it can take time to get use to how vibration plates move and feel. We recommend you follow the workout guide below—building from beginner to advanced over a period of several weeks.

EXERCISE GUIDE

Hold the stretches and exercises on pages 16–17 for the number of seconds shown in the chart below. You will build strength and stamina as you progress through the levels.

LEVEL	SPEED	SECONDS
Beginner	Speed 1	15
		30
		45
	Speed 10	15
		30
		45
Intermediate	Speed 20	15
		30
		45
	Speed 21	60
		75
		90
Speed 30	60	
	75	
	90	
Advanced	Speed 40	60
		75
		90
	Speed 41	105
		120
		135
Speed 50	105	
	120	
	135	
Speed 60	105	
	120	
	135	



Visit our FREE library of personal training videos at relaxavibe.lifeprofitfitness.com

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the LifePro RelaxaVibe.

DISCLAIMER

1. The health benefits suggested or implied in this user manual, our other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this vibration platform 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 RelaxaVibe are adequately informed of all warnings and precautions.
4. Use the RelaxaVibe only as instructed in this manual.
5. Check the unit, power cord, and remote for damage or loosened screws prior to each use. Tighten any loosened screws before use. Do not use if damaged, faulty, or defective.
6. Keep children and pets away from the RelaxaVibe at all times. Never allow children to play with or on the machine.
7. Adults with diminished mental or physical capacity or balance disorders may only use the RelaxaVibe while supervised by a responsible adult.
8. The RelaxaVibe should not be used by persons weighing more than 330 lbs.
9. Never allow more than one person on the RelaxaVibe at a time.
10. Place the RelaxaVibe on a level, non-slip surface, with at least eight feet of clearance on all sides of the unit (front, back, left, right).
11. Do not place the RelaxaVibe on any surface that blocks air openings. To protect the floor or carpet from damage, place a non-slip rug or exercise mat under the machine.
12. The RelaxaVibe is intended for in-home use only. Do not use the RelaxaVibe in any commercial, rental, or institutional setting.
13. Dispose of the machine, remote control, and batteries according to local and federal regulations.

ELECTRICAL/BATTERY SAFETY

14. Only use a 3V CR2032 battery to power the remote control.
15. Ensure the battery is inserted into the compartment according to the polarity markings. Incorrect installation of the battery may cause leakage and corrosion, resulting in damage to the remote.
16. Always replace dead or defective batteries immediately and appropriately recycle or dispose of the old batteries; do not dispose of batteries in a fire. Always keep batteries out of reach of children.
17. Only plug the unit into a properly grounded wall outlet, installed by a certified electrician.
18. Only power the unit using the included power cord. Do not use included power cord to power other machines.
19. Never leave the machine unattended while it is running, powered on, or plugged in. Always unplug the power cord when unit is not in use.
20. Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
21. Never operate the unit or remote control, or plug/unplug the power cord with wet hands.
22. Always place the power cable where it will not be stepped on or create a tripping hazard. Do not wrap the power cord around the unit. Do not squeeze, place heavy objects on top of the power cord. Never place the power cord on sharp objects or hot surfaces.
23. Use and store indoors, away from moisture, dust, dirt, and heat sources. Do not use or store in high-temperature or high-humidity environments. Keep out of direct sunlight.
24. Do not operate the RelaxaVibe where aerosol products are used or where oxygen is being administered.
25. Keep the power cord, surge suppressor, remote, and battery away from all heat sources.
26. Do not use in an electrical storm. In case of power failure, unplug the power cord immediately.

EXERCISE SAFETY

27. Never place your head or upper body directly on the RelaxaVibe.
28. Stop exercising immediately and contact your doctor if you feel tired, dizzy, or nauseous, or if you experience pain, difficulty breathing, or abnormal heart rate.
29. Consult with a medical professional before beginning a new exercise program to determine your appropriate fitness intensity and duration.

30. People with the following conditions must get approval from a physician before using the RelaxaVibe: anyone who is or may be pregnant, or has recently given birth; people who experience dizziness or balance disorders or are taking drugs that affect balance; people with implants such as ECG, pacemakers, intrauterine devices, joint implants, and chest stents; people who take painkillers, blood sugar or blood pressure medication; people with open wounds, tumors, heart or vascular disease, blood circulation disorders, hypertension, malignant neoplasm, osteoporosis, diabetes, rheumatoid arthritis, acute joint disease, thrombosis, arrhythmia, severe diabetes, epilepsy, or acute migraines; people with fever or acute inflammation; people with spinal injuries, fractures, herniated discs, spinal canal stenosis, or ankylosing or cervical spondylitis.
31. Do not perform other activities while using, as this could cause accidents or injury.
32. Do not get on or off the machine until it is fully stopped. Do not jump on or over the unit.
33. Do not use more than 30 minutes per day. Overexertion, prolonged or overly-intense exercise can be damaging to your health.
34. Do not use while intoxicated. Do not use immediately after meals.
35. Always wear appropriate clothing and athletic shoes. Do not use while wearing socks or slippers as this may cause slipping. Do not wear jewelry, belts, or loose or baggy clothing as this could get caught in the machine.

MAINTENANCE, CLEANING, AND STORAGE

36. **DANGER:** Always unplug the power cord immediately after use, before cleaning the RelaxaVibe, and before performing the maintenance and adjustment procedures described in this manual.
37. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
38. Never insert or drop any object into any opening.
39. Use a slightly damp cloth to wipe away dirt or moisture from the machine after each use. Then wipe with a dry cloth. Do not use abrasive, solvent, corrosive, or chemical cleaners or harsh detergents.
40. Only use a dry cloth to wipe down the remote control.
41. Store in a cool, well-ventilated area free of dust, with low humidity and out of direct sunlight.
42. When storing for a long time, remove the battery from the remote control and cover the unit to keep out dust and dirt.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below. Please contact a customer support representative for additional assistance at: support@lifeprofitness.com, (732) 456-6063.

ISSUE	MACHINE DOES NOT TURN ON
CAUSE	Power cable is not plugged into a wall outlet.
SOLUTION	Connect power cable to an outlet.
CAUSE	Power cable is not securely plugged into the front of the unit.
SOLUTION	Remove the power cable and reinsert forcefully until you hear a click indicating it is securely connected.
CAUSE	Breaker switch is not flipped on.
SOLUTION	Flip breaker switch on the front of machine to the ON position.
ISSUE	REMOTE CONTROL DOES NOT WORK
CAUSE	Remote is too far away from the infrared sensor on the control panel.
SOLUTION	Point remote directly at infrared sensor when in use (effective distance is approximately 6 feet).
CAUSE	Battery is dead.
SOLUTION	Insert new 3V 2032 battery.
CAUSE	Battery is not contacting battery terminals.
SOLUTION	Insert a piece of tissue or thin foam on top of battery to press it down.
ISSUE	UNIT STOPPED WORKING SUDDENLY
CAUSE	Program or manual workout ended.
SOLUTION	Begin a new exercise program.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 27.9" L × 21.9" W × 9.1" H

Net Weight: 48.5 lbs.

Power: 200W + 40W + 200W

Voltage: 110V

Amplitude: 0–12mm / 1.5mm / 8mm

Max User Weight: 330 lbs.

Frequency: 4–40 Hz

Speed Levels: 60

Preset Programs: P1–P3

Batteries Required:

3V CR2032 lithium battery (included)

RECOVERY + FITNESS

RELAXAVIBE

VIBRATION PLATFORM

MADE IN CHINA



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

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



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.

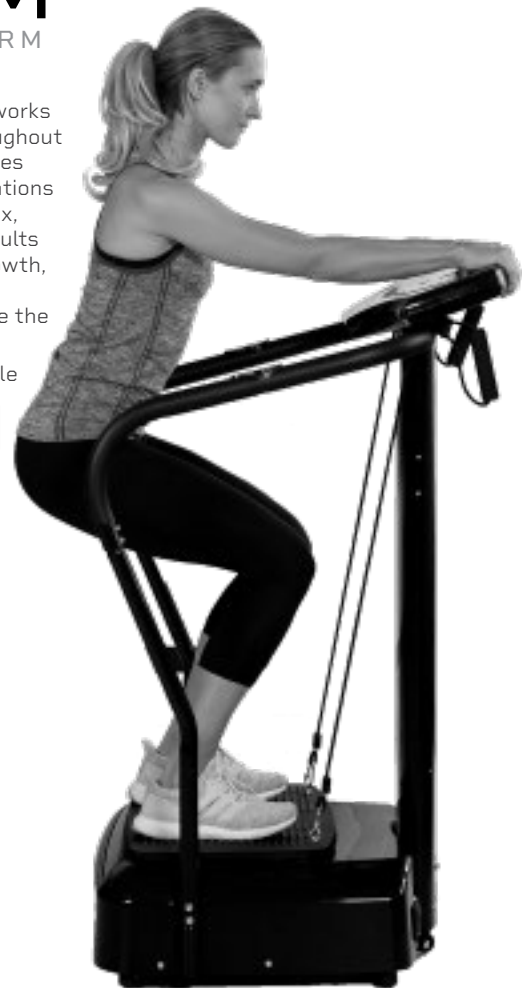
The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

SONIC BENEFITS

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

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



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GOT
THIS**