



**READY,
SET, PRO**

USER MANUAL

SOAR FX

COLLECTION



HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by all that fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Sports 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 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

Massage guns have become an indispensable part of sports performance training, used by everyone from professional athletes to weightlifters and endurance athletes.

Physical therapists, chiropractors, and athletic trainers are turning to percussive therapy to help athletes recover from injury and improve performance. The SonicLX Vibrating Massage Gun is your new fitness go-to: use the SonicLX post-workout to speed up your workout recovery or pre-workout to enhance your performance.

The SonicLX's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations allow the SonicLX to massage deeply without causing pain. The high-frequency pulses loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The SonicLX is highly portable and the lithium-ion battery provides an average of 3 hours of use-time per charge. Nine massage speeds allow you to choose the right intensity for all your massage needs.

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

- ✦ **Increase workout effectiveness:** reduce muscle soreness and speed up recovery; prevent injury; improve muscle flexibility and performance.
- ✦ **Recover from injury:** decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- ✦ **Find pain relief:** loosen knots, trigger points, and tightness in your muscles and fascia; boost circulation; manage chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- ✦ **Boost immune system:** improve sleep; reduce stress; increase serotonin and decrease cortisol.

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



SPORTS RECOVERY
SONICLX
PERCUSSION MASSAGE GUN

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro SonicLX Vibrating Massage Gun
- AC Charging Adapter
- 10 Interchangeable Massage Attachments
- USB-C Charging Cable for Heated Tip Massage Attachment

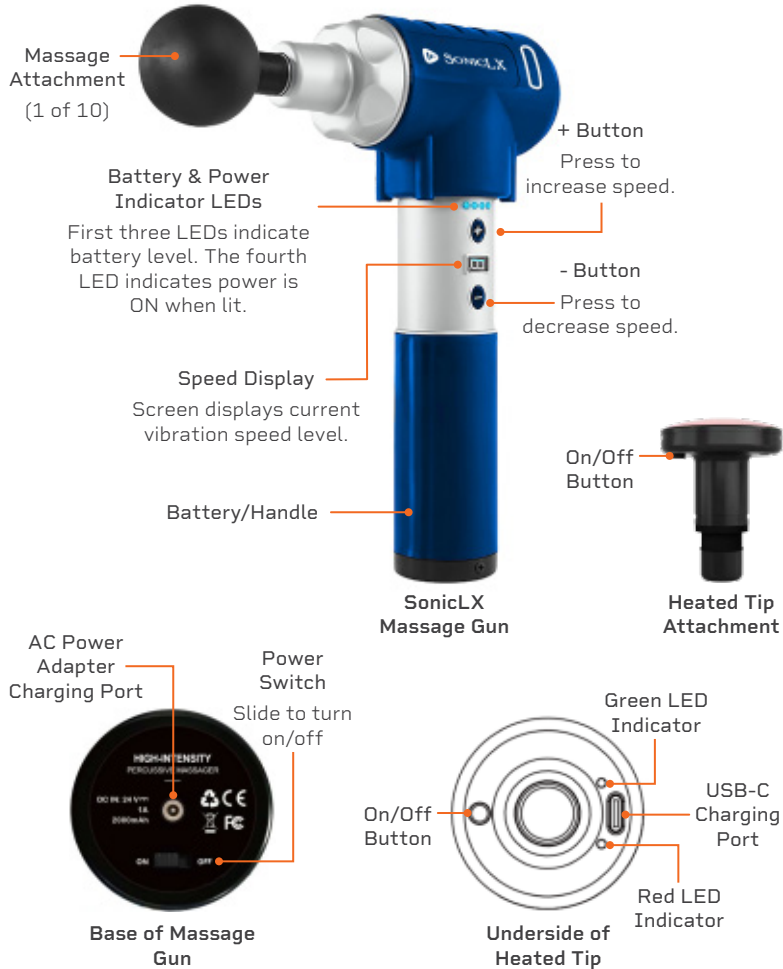
UNPACKING YOUR SONICLX

1. Read carefully through this user manual before using the SonicLX.
2. Go to soniclx.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
3. Complete the steps in the EASY-START SETUP GUIDE on page 9 to assemble and charge your SonicLX.

CUSTOMER SUPPORT


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


PARTS OF THE SONICLX



EASY-START SETUP GUIDE

- ### FULLY CHARGE THE BATTERY


 - Ensure the SonicLX is OFF before charging.
 - Charge the battery fully (for up to 3 hours) before using your SonicLX for the first time.
 - Connect the AC adapter to the charging port at the base of the battery.
 - Plug the adapter into a wall outlet.
- ### CHARGE THE HEATED TIP ATTACHMENT

 - Ensure the heated tip is powered off before charging.
 - Plug the USB-C end of the charging cable into the USB-C port on the underside of the massage head.
 - Plug the input end of the cable into a 5V 2A or 1A charging adapter such as a cell phone charger, OR into a USB port on a laptop or computer.
 - When fully charged, the green LED indicator will light up.
- ### INSERT A MESSAGE ATTACHMENT

 - Make sure the SonicLX is fully charged and powered OFF.
 - Select the desired message attachment.
 - Insert the stem of the attachment into the nozzle of the SonicLX.

NOTE: The shovel and spinal attachments have a small raised notch on the stem of the attachment. Ensure the small notch is lined up with the cutout on the nozzle of the unit.

 - Press the attachment in firmly to secure it.
 - See ATTACHMENT & SPEED OPTIONS on page 12.



OPERATING INSTRUCTIONS

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

CHARGING THE SONICLX

- Fully charge your SonicLX for 3 hours before using it for the first time.
- After the first charge, your SonicLX should take about 90 minutes to charge.
- Full charge is indicated when the Battery Indicator LEDs stop flashing and remain illuminated.
- Average run-time is about 3–4 hours (varies by speed level used).

CHARGING THE HEATED TIP MESSAGE ATTACHMENT

Charge the heated tip with the included USB-C charging cable:

1. Plug the USB-C end of the charging cable into the USB-C port on the underside of the massage head.
2. Plug the input end of the cable into a 5V 2A or 1A charging adapter such as a cell phone charger, or into a USB port on a laptop or computer.
 - When charging, the red LED indicator will flash. When fully charged, the green LED indicator will light up.
 - When green LED indicator is lit during use, battery is full and heat is on.
 - When the red LED indicator is lit during use, the battery is low and the massage head should be charged to continue using.

USING YOUR SONICLX

1. Slide the **Power switch** on the bottom of the handle to the ON position to power on the SonicLX.
2. The vibration speed will begin automatically at level 1. Choose from 9 speed levels:
 - a. Press the **+ button** to increase the speed.
 - b. Press the **- button** to decrease the speed.
4. At the desired speed, float the head of the massage attachment along a muscle group. Apply pressure as needed.
5. Slide the **Power switch** to the OFF position to turn off the unit after each use.

REMOVING AND REPLACING A MESSAGE ATTACHMENT

1. Slide the **Power switch** at the bottom of the handle to power OFF the unit.

2. Grab the inserted attachment and firmly pull out to remove it.
3. Insert the stem of a new attachment into the nozzle of the unit.

NOTE: The shovel and spinal massage attachments have a small raised notch on the stem of the attachment. Ensure the small notch is lined up with the cutout on the nozzle of the unit.

4. Press the attachment in firmly to secure it.

USING THE HEATED TIP ATTACHMENT

1. Ensure the SonicLX is powered OFF.
2. Insert the heated tip attachment into the massage gun nozzle.
3. Press and hold the **On/Off button** on the underside of the massage head to turn heat on. The green LED will light up indicating heat is on. It will take a few minutes for the heat to reach full temperature of 131° F.
4. Slide the **Power switch** to the ON position to power on the SonicLX.
5. Select the desired speed.
6. Float the head of the heated tip attachment along a muscle group. Apply pressure as needed.

WARNING: Avoid prolonged use in any one area to avoid burning your skin. If the heated tip begins to feel too hot, place a towel or cloth between the massage head and your skin. Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.

7. Slide the **Power switch** to OFF position to turn off the unit after each use.
8. Press and hold the **On/Off button** on the underside of the massage head to turn heat off.

TIPS FOR USING YOUR SONICLX

- Move the SonicLX over the desired muscle groups, about 60 seconds per region.
- Apply pressure as needed; however, there should never be a need to press very hard. The vibration pulses do all the hard work!
- Use the SonicLX for 15–20 minute sessions, up to 3 times per day.
- When using the heated tip attachment or a metal attachment, avoid prolonged use in any one area to avoid burning your skin.
- If the heated tip attachment or a metal attachment begins to feel too hot during use, place a towel or cloth between your skin and the massage head to reduce the heat. You may also turn off the SonicLX (and the heated tip when using) and allow to cool for at least 5 minutes.
- Avoid keeping the massage head in one area for more than 3 minutes. Prolonged application can traumatize tissues.

MASSAGE ATTACHMENT OPTIONS

Ten interchangeable massage attachments are included with your SonicLX. The massage attachments allow you to target different areas of your body and specific massage therapy needs.



ROUND

Improve recovery and reduce muscle soreness post-workout with gentle oblique impact.



FLAT

For muscles and areas that need a little more help. Simulates a deep-tissue massage.



SHOVEL

For back muscles and areas surrounding the spinal column that need a little more help.



ROUNDED FOAM

The soft foam head relieves muscle pain in tender areas.



METAL CONE

For muscles and areas that need more help. Use with massage oil to simulate the perfect deep-tissue massage.



SPINAL

Loosen up tough back tissue and improve flexibility with the spinal massage head.



BULLET

Designed specifically to target problem areas and release muscle knots.



ABSORBER

For sensitive or sore muscles. The soft air-compression massage head relieves muscle pain in tender areas.



HEATED TIP

Designed to improve blood flow, relax sore or stiff muscles, and relieve pain. This rechargeable massage head heats to 131° F.



METAL FLAT

For large muscle groups and areas that need more help. Use with massage oil to simulate the perfect deep-tissue massage.

VIBRATION SPEED OPTIONS

Nine different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point.

Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

Speed	Frequency	RPM
1:	15 Hz	1,800 RPM
2:	20 Hz	2,000 RPM
3:	25 Hz	2,200 RPM
4:	30 Hz	2,400 RPM
5:	35 Hz	3,600 RPM
6:	40 Hz	2,800 RPM
7:	45 Hz	3,000 RPM
8:	50 Hz	3,200 RPM
9:	55 Hz	3,400 RPM

MAINTENANCE, SAFETY & USAGE NOTES

MAINTENANCE, CLEANING, AND STORAGE

- Use a soft towel or cloth to wipe any dirt or moisture from unit.
- For storage or travel store in original box.
- If storing long-term, charge the battery every 6 months; holding a charge prevents the battery from becoming damaged.

SAFETY INSTRUCTIONS

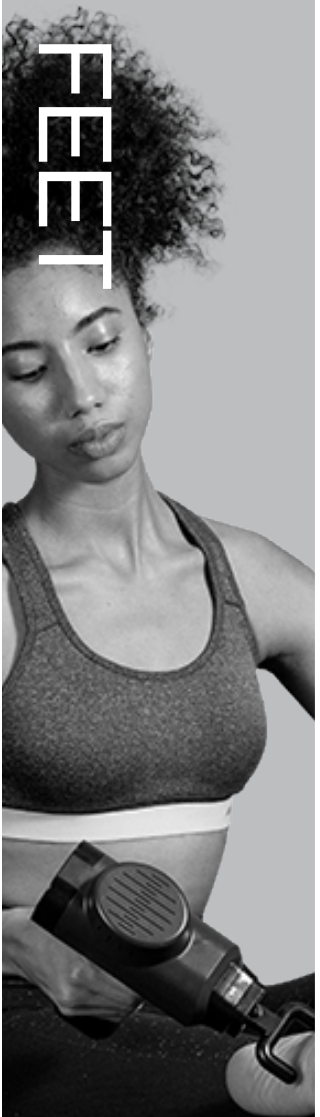
- To reduce risk of burns, fire, electric shock, or injury to persons, read the following warnings carefully.
- Consult your doctor before using this product. Do not use if injured.
- For adult use only. Keep away from children and pets.
- Use the SonicLX only as instructed in this manual.
- Keep away from all liquids, heat sources, open flame, and direct sunshine.
- Keep ventilation ports free from dust and debris.
- Never use the SonicLX while it is charging. Unplug the unit after charging and prior to use or cleaning.
- Never leave the SonicLX unattended while it is running or charging.
- Do not use the massage gun or heated tip attachment while charging.
- Do not remove screws or attempt to disassemble; battery is not removable.
- Do not operate continuously for more than 30 minutes. After 20 minutes of use, allow the unit to rest for 5 minutes before re-using.

IMPORTANT USAGE NOTES

- Use the SonicLX only on soft tissues. Do not use the SonicLX on your head or other bony regions. Do not use on eyes, genitals, heart, or other delicate areas.
- When using the metal massage attachments or heated tip attachment, avoid prolonged use in any one area to avoid burning your skin.
- If the heated tip attachment or a metal attachment begins to feel too hot during use, place a towel or cloth between your skin and the massage head to reduce the heat. You may also turn off the SonicLX (and the heated tip when using) and allow to cool for at least 5 minutes.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.
- Bruising can occur regardless of the vibration speed level selected.
- Use only on dry, clean clothing or skin.
- We recommend using the SonicLX over clothing (e.g. form-fitting athletic wear, leggings, etc.).
- Keep hair, fingers, and other body parts away from stem of massage attachment as pinching may occur.

HOW TO USE
THE SONICLX

FEET



NECK



CALVES



BICEPS



QUADS



PRODUCT SPECIFICATIONS

UNIT SPECS

No-load Speed: 1,800–3,400 RPM

Amplitude: 12 mm

Net Weight: 2.3 lbs.

Dimensions: 11.2" × 2.4" × 7.9"

Decibel Rating: 60–65 dB

BATTERY

Rated Voltage: 24 V DC

Type: Lithium-ion

Capacity: 2000 mAh

Working Hours: 3–4 (varies by speed)

Charging Time: 90 minutes

AC CHARGER

Rated Input: AC 100–240V ~50/60 Hz

Rated Output: 25 V DC–1A

HEATED TIP ATTACHMENT

Rated Input: USB-C, 5V

Rated Voltage: 12V

Temperature: 131° F

Battery Capacity: 300 mAh

Dimensions: 1.8" × 1.8" × 2.5"

Net Weight: 1.4 oz

SPORTS RECOVERY
SONICLX
PERCUSSION MASSAGE GUN

MADE IN CHINA



LIFETIME WARRANTY

Lifepro creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your SonicLX ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your SonicLX cannot be repaired, we'll replace it—free of charge. Register your SonicLX at soniclx.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







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



**GROW
SOME
WINGS**

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