



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 SonicPlus Vibrating Massage Gun is your new fitness go-to: use the SonicPlus post-workout to speed up your workout recovery or pre-workout to enhance your performance.

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

The SonicPlus is light and portable, and the high-capacity lithium-ion battery provides an average of 3-4 hours of use-time per charge at high speed and 6-7 hours of use-time at low speed. Five massage speeds and sixteen massage heads allow you to get the right intensity for all your massage needs.

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

- ⚡ **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 SonicPlus. Next, be sure to visit our website sonicplus.lifeprofitness.com to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the SonicPlus into your fitness routine.



SPORTS RECOVERY

SONICPLUS

PERCUSSION MESSAGE GUN

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro SonicPlus Vibrating Massage Gun
- AC Charging Adapter
- 16 Interchangeable Massage Attachments
- USB-C Charging Cable for Heated Tip Massage Attachment
- Carrying Case

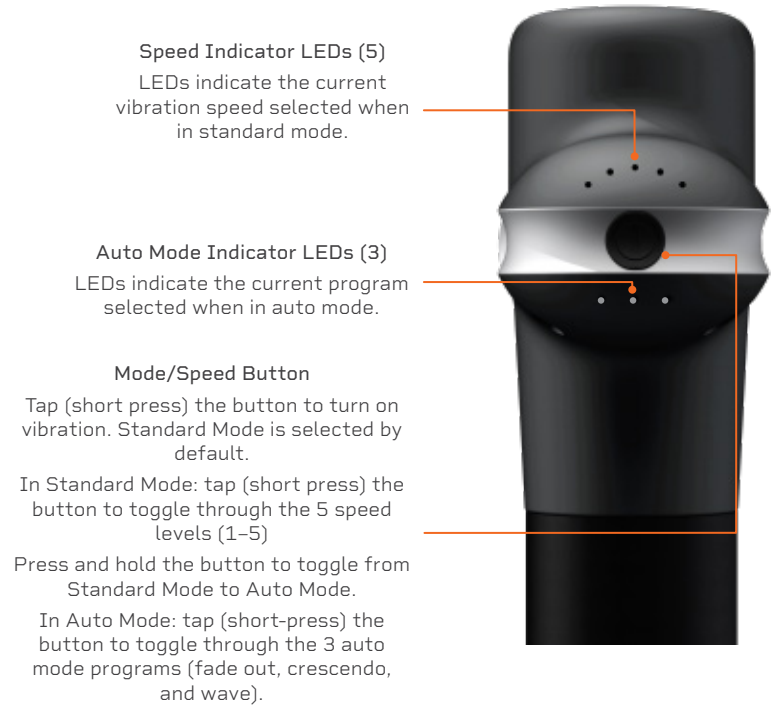
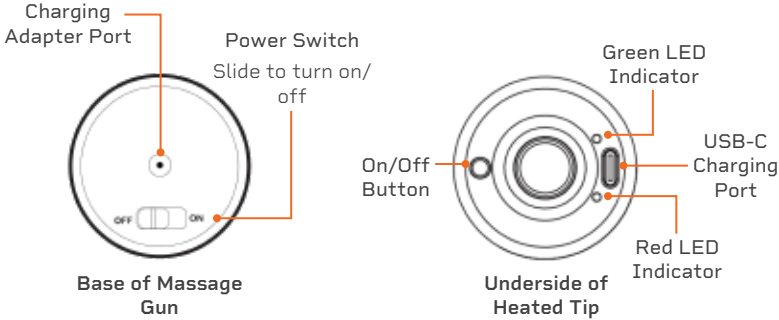
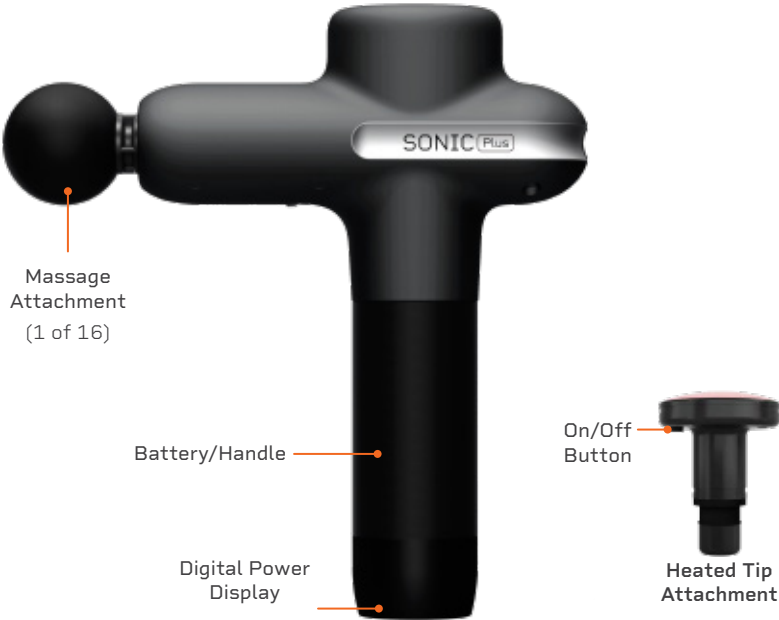
UNPACKING YOUR SONICPLUS

1. Read carefully through this user manual before using the SonicPlus.
2. Go to sonicplus.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 SonicPlus.

CUSTOMER SUPPORT

If you have any questions about setting up your SonicPlus, 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 SONICPLUS



Auto Mode Programs	Fade-Out Vibration Decreasing vibration intensity. Great for muscle relaxation and workout recovery.
	Crescendo Vibration Increasing vibration intensity. Great for muscle activation prior to exercise.
	Wave Vibration Alternating vibration intensity. This rolling vibration is great for relaxation.

EASY-START SETUP GUIDE

1

FULLY CHARGE THE BATTERY

- Ensure the SonicPlus is powered OFF.
- Charge the battery fully (for up to 3 hours) before using the unit for the first time.
- Connect the AC adapter to the charging port at the bottom of the battery/handle.
- Plug the adapter into a wall outlet.



2

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.



3

INSERT A MESSAGE ATTACHMENT

- Make sure the SonicPlus is fully charged and powered OFF.
- Select the desired massage attachment.
- Insert the stem of the attachment into the nozzle of the SonicPlus.
- Press the attachment in firmly to secure it.
- See MESSAGE ATTACHMENT & SPEED OPTIONS on page 14–15.



TIPS FOR USING YOUR SONICPLUS

- Move the SonicPlus 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 SonicPlus for 15–20 minutes, 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 SonicPlus (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.
- Avoid keeping the massage head in one area for more than 3 minutes. Prolonged application can traumatize tissues.
- The unit automatically shuts off after 10 minutes of use.
- Use only on dry, clean clothing or skin.
- We recommend using the SonicPlus over clothing (e.g. form-fitting athletic wear, leggings, etc.).

OPERATING INSTRUCTIONS

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

CHARGING THE SONICPLUS

- Always power off the SonicPlus before charging.
- Fully charge the SonicPlus for up to 3 hours before using for the first time.
- After the first charge, your SonicPlus should take 2–3 hours to charge.
- The digital Power Display at the base of the handle indicates current battery level.
- Full charge is indicated when the digital Power Display shows “100%.”
- For best results, charge the battery before it gets down to 25%.
- When the battery is very low, the unit will stop running and enter battery protection mode. If this occurs, power off and fully charge unit before using again.
- Average run-time is 3–4 hours per charge at high speed and 6–7 hours at low speed.

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 message 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 message head should be charged to continue using.

USING YOUR SONICPLUS

1. Slide the **Power switch** on the bottom of the handle to the ON position to power on the SonicPlus faceplate.
2. Tap (short press) the **Mode/Speed button** to turn on vibration. Standard mode, at speed level 1 is automatically selected. To choose a vibration speed in standard mode:
 - a. Tap (short-press) the **Mode/Speed button** to toggle through the 5 speed levels. Tap once for speed level 2, twice for level 3, three times for level 4, four times for level 5, five times to return to level 1.
 - b. The speed selected is indicated by the 5 Speed Indicator LEDs.

3. Press and hold the **Mode/Speed button** for two seconds to switch to auto mode. Fade-out vibration is automatically selected. To choose a different vibration program in auto mode:
 - a. Tap (short-press) the **Mode/Speed button** to toggle between the 3 vibration programs. Tap once for crescendo vibration, twice times for wave vibration, and three times to return to fade-out vibration.
 - b. Vibration program selected is indicated by the 3 Auto Mode Indicator LEDs.
3. With your desired mode/speed selected, float the head of the message attachment along a muscle group. Apply pressure as needed.
4. Slide the **Power switch** on the bottom of the handle to the OFF position to power off. Always power off the unit after each use.
5. The unit will automatically power off after 10 minutes of use.

REMOVING AND REPLACING A MESSAGE ATTACHMENT

1. Slide the **Power switch** on the bottom of the handle to the OFF position 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.
4. Press the attachment in firmly to secure it.

USING THE HEATED TIP ATTACHMENT

1. Ensure the SonicPlus is powered OFF.
2. Insert the heated tip attachment into the message gun nozzle.
3. Press and hold the **On/Off button** on the underside of the message 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 SonicPlus.
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 message 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 message head to turn heat off.

MASSAGE ATTACHMENT OPTIONS

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



LARGE ROUND
Improve recovery and reduce muscle soreness after workouts with gentle oblique impact.



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



FLAT
For large muscle groups and areas that need a little more help. Simulates a deep tissue massage.



BULLET
Designed specifically to target problem areas and release muscle knots and trigger points.



ABSORBER
The soft air-compression massage head relieves muscle pain in sore or delicate areas.



SMALL ROUND
A smaller option for whole-body muscle relaxation and gentle oblique massage.



CURVED FLAT
Designed to give you more flexibility around smaller muscle groups.



SHOVEL
For back muscles and areas surrounding the spinal column. Great for flushing toxins out.



RIDGE
The tip of the attachment targets small problem areas and the sides offer a unique double-edged massage.



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 use on large muscle groups such as hips and legs. Use with massage oil to simulate the perfect deep-tissue massage.



METAL DOME
The rounded gel tip provides a gentle, therapeutic whole-body massage.



SOFT BULLET
A softer tip specifically designed to target problem areas and release muscle knots and trigger points.



WISHBONE
The wide wishbone design glides over joints and hard angles, which reduces hand fatigue and awkward angles.



TRIDENT
This dual-prong attachment is designed to target hard-to-reach areas.



RAKE
This attachment functions as a circulation scraper, which enhances blood circulation and increasing healing.

VIBRATION SPEED OPTIONS

Five 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:	22 Hz	1,300 RPM
2:	30 Hz	1,800 RPM
3:	37 Hz	2,200 RPM
4:	45 Hz	2,700 RPM
5:	55 Hz	3,300 RPM

MAINTENANCE, SAFETY & USAGE NOTES

WARNING: To reduce risk of burns, fire, electric shock, injury to persons, or equipment damage read the following warnings carefully.

DISCLAIMER

- The health benefits suggested or implied in this manual, in other product literature, and on the website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using it. We assume no responsibility for personal injury or property damage sustained by or through use of this product.

RESPONSIBILITIES

- It is the responsibility of the owner to ensure that all users of the SonicPlus are adequately informed of all warnings and precautions.
- Use the SonicPlus only as instructed in this manual.
- Always inspect the device, battery, and charging adapter for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
- Do not operate the SonicPlus while driving.
- The unit will automatically power off after 10 minutes of use. Do not use continuously for more than 30 minutes.
- This unit is not a medical device and is not recommended for medical use.
- The SonicPlus intended for in-home use only. Do not use the SonicPlus in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the SonicPlus, battery, and all parts according to regulations.

BATTERY/ELECTRICAL SAFETY

- **WARNING:** Use only the included charging adapter to charge the battery.
- Never leave the unit unattended while it is running or charging.
- Never use or attempt to move the SonicPlus while it is charging. Always unplug the unit after charging and prior to use or cleaning.
- The SonicPlus is not waterproof. Keep it away from liquids. Do not use it in a place where the unit may become wet or damp. Do not immerse it in water. If the unit accidentally becomes wet, do not use it and contact the support team immediately.
- Keep the SonicPlus away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
- Do not operate it under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
- Do not operate it in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.

- Never drag or hang the SonicPlus by its charging cable. Never intentionally drop unit.
- Keep ventilation ports free from dust and debris.

IMPORTANT SAFETY AND USAGE NOTES

- Consult with a medical professional before using the device if you have a medical condition such as diabetes, epilepsy, or diabetic neuropathy; if you suffer from migraines, lumbar disc issues, or spondylolisthesis; if you have a pacemaker or other implant; if you recently had surgery; if you are or may be pregnant.
- Do not use the SonicPlus if you are injured. Never use directly on swollen or inflamed skin or open wounds.
- Stop using the device immediately if you feel discomfort, pain, or shortness of breath.
- Children and adults with diminished mental or physical capacity may only use the SonicPlus while closely supervised by a responsible adult.
- Keep pets away from the SonicPlus at all times.
- Use the unit only on soft tissues. Do not use the unit on your head or other bony regions.
- 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 SonicPlus (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.
- Do not use on sensitive areas such as throat, eyes, ears, teeth, heart, reproductive organs, breast augmentations.
- Bruising can occur regardless of the vibration speed level selected.
- Keep hair, fingers, and other body parts away from the stem of the massage attachment as pinching may occur.
- Do not touch the nozzle of the massage gun or use without a massage head installed.

MAINTENANCE, CLEANING, AND STORAGE

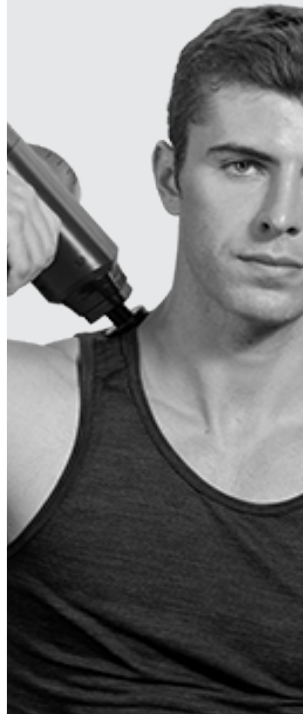
- Turn off, unplug, and allow the SonicPlus to cool down before cleaning or storing.
- Wipe down the unit with a soft cloth after each use. Never allow water or other liquids to come into contact with the unit. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
- For storage, place unit in the carrying case and store in a cool, dry location. Do not store in direct sunlight. Do not store other objects on top of the unit.
- If storing long-term, charge the battery every 6 months; holding a charge prevents the battery from becoming damaged.
- For travel, secure the unit in the carrying case. Protect the unit from rolling, dropping, collision with other objects, and violent vibrations.
- Do not remove screws or attempt to disassemble. Battery is not removable.

HOW TO USE THE SONICPLUS

FEET



NECK



CALVES



BICEPS



QUADS



PRODUCT SPECIFICATIONS

UNIT SPECS

No-load Speed: 1,300 – 3,300 RPM

Amplitude: 12 mm

Power: 126 W

Weight: 1.5 lbs.

Dimensions: 9.8 x 7.2 x 2.4 in.

Decibel Rating: <55 dB

Auto Timer: 10 minutes

BATTERY

Rated Voltage: 16.8V DC

Type: Lithium-ion

Capacity: 2600 mAh

Working Hours: 3–7 hrs. (varies by speed)

Charging Time: 2–3 hrs.

AC CHARGER

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

Rated Output: 16.8V DC–1A

HEATED TIP ATTACHMENT

Rated Input: USB-C, 5V

Rated Voltage: 12V

Temperature: 131° F

Battery Capacity: 300 mAh

Dimensions: 1.8" x 1.8" x 2.5"

Net Weight: 1.4 oz



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

SPORTS RECOVERY

SONICPLUS

PERCUSSION MASSAGE GUN

MADE IN CHINA

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 sonicplus.lifeprofitness.com to learn how to get the most out of your Lifepro® SonicPlus and achieve the results you want.



**GROW
SOME
WINGS**

 Lifeprousa  Lifeprousa support@lifeprofitness.com