



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 SoarFX 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 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

Clinicians use compression therapy to help improve blood flow and circulation 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 compression therapy.

Compression therapy has a wide variety of applications and health benefits. Physical therapists, chiropractors, and athletic trainers use compression therapy to help athletes recover from injury and improve performance. The Thrive Air Compression Leg Massager is your new fitness go-to. Use the Thrive post-workout to speed up your workout recovery or pre-workout to enhance your performance.

Compression therapy helps strengthen vein support which improves blood flow activity in the legs and feet. Use the Thrive to soothe tired, sore feet and legs after a long day of standing or walking. Heat and compression provide a deeply penetrating massage for your muscles and fascia, which improves blood circulation and lymphatic drainage, promotes healing, and reduces inflammation.

Use the Thrive while sitting comfortably on the couch watching TV, reading a book, or working at your desk. The Thrive is highly portable and the lithium-ion battery provides 1.5-2 hours of use-time per charge. Six compression modes, three intensity levels, and three heat levels allow you to choose the right settings for all of your massage needs.

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

- ✣ **Increase workout effectiveness:** reduce muscle soreness and speed up recovery; prevent injury; improve muscle flexibility and athletic performance.
- ✣ **Recover from injury:** decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- ✣ **Find pain relief:** soothe sore feet and legs; relieve fatigue; loosen muscles and fascia; boost circulation; manage chronic pain caused by tendinitis, arthritis, fibromyalgia, and more.
- ✣ **Boost immune system:** improve sleep; reduce stress; increase serotonin and decrease cortisol.

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



ACTIVE RECOVERY

THRIVE

AIR COMPRESSION LEG MASSAGER

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro Thrive Air Compression Leg Massager (Left and Right Legs)
- Remote Control
- DC Charging Adapter
- Carrying Bag
- User Manual

UNPACKING YOUR THRIVE

1. Read carefully through this user manual before using the Thrive.
2. Go to thrive.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 Thrive.

CUSTOMER SUPPORT

If you have any questions about setting up your Thrive, 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 THRIVE



EASY-START SETUP GUIDE

1

FULLY CHARGE THE BATTERY

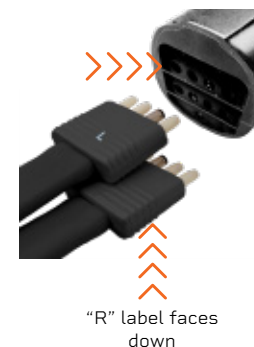
- Ensure the Thrive is powered OFF before charging.
- Charge the battery fully (for up to 3 hours) before using your Thrive for the first time.
- Connect the DC adapter to the charging port on the bottom of the remote control.
- Plug the charging adapter into a wall outlet.



2

SECURE THE THRIVE TO YOUR LEGS

- Make sure the Thrive is fully charged and powered OFF.
- Pull each velcro strap to open it.
- While sitting in a chair, place one air compression boot on each leg. Your feet should rest flat in the bottom of the boots. The boots are marked L (left) and R (right) to ensure correct placement.
- Use the velcro straps to secure the boots tightly to your feet and then to your calves.
- Insert the air pressure connector labeled "L" (with the "L" facing up) into the top port in the base of the remote. Insert the connector labeled "R" (with the "R" facing down) into the other port.
- See OPERATING INSTRUCTIONS on the next page for usage instructions.

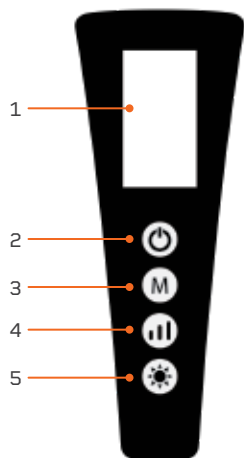


OPERATING INSTRUCTIONS

Please read the charging and operating instructions before using the Thrive. Keep this manual for reference.

USING THE REMOTE TO OPERATE THE THRIVE

1. **LCD Screen:** Screen shows current mode, intensity level, heat level, and battery level.
2. **Power Button:** Press and hold the button to power the Thrive on and off.
3. **Mode Button:** Toggle through the six modes, M1-M6.
4. **Intensity Button:** Toggle through the three intensity levels: low, medium, and high.
5. **Heat Button:** Toggle through the three heat levels: low, medium, high.



TIPS FOR USING YOUR THRIVE

- Sit, or lie, comfortably. Do not stand while using the unit. Do not cross your legs.
- We recommend beginning with the lowest intensity and increasing intensity once your feet and legs get used to the intensity.
- The unit will automatically power off after 20 minutes of use. For best results, do not use continuously for more than one hour.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.
- Use only on dry, clean clothing or skin. If you wish to wear pants and/or socks, we recommend thin, form-fitting leggings and thin socks). Do not wear pants with zippers or buttons on the legs.

USING YOUR THRIVE

1. Press and hold the Power button to power on the Thrive. Compression will automatically begin in Mode 1, at low intensity and low heat. To adjust the intensity, mode, and heat:
2. Press the Mode button to toggle through the six modes:
 - a. Mode 1: Cycles through calf massage, foot massage, then simultaneous calf and foot massage. The intensity level gradually increases.
 - b. Mode 2: Massages the calf only.
 - c. Mode 3: Massages the entire foot, from toe to ankle.
 - d. Mode 4: Massages calf to toe to calf in a circular motion. The intensity level gradually increases.
 - e. Mode 5: Cycles through calf massage, then foot massage.
 - f. Mode 6: Provides a relaxing foot massage.
3. Press the Intensity button to toggle through the three air compression intensity levels: low, medium, and high.
4. Press the Heat button to toggle through the three heat levels: low (95°), medium (113°), and high (131°).
5. Press and hold the Power button to power off the unit. Always power off the unit after each use.

The ThrivePlus will automatically power off after 20 minutes of use. For best results, do not use continuously for more than 1 hour.

CHARGING THE BATTERY

- Fully charge your Thrive for up to 3 hours before using it for the first time.
- The Battery Indicator on the remote screen indicates the current battery level.
- Average run-time is 1.5-2 hours per charge.

SAFETY, CARE, AND STORAGE INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

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

ELECTRICAL/BATTERY SAFETY

- **WARNING:** For the purposes of recharging the battery, only use the detachable charging unit provided with this appliance.
- Never use the Thrive while it is charging. Unplug the unit after charging and prior to using, cleaning, or storing.
- Do not use outdoors. Do not use the unit in high-temperature or high-moisture environments.
- Keep away from liquids. Do not use in a place where the unit may become wet or damp. If the unit accidentally becomes wet, do not use.
- Keep 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 under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
- Do not operate in the presence of aerosol (spray) products or where concentrated oxygen is being administered.

PERSONAL SAFETY INSTRUCTIONS

- Use the Thrive only as instructed in this manual.
- It is the responsibility of the owner to ensure that all users of the Thrive are adequately informed of all warnings and precautions.
- Consult your physician before using this product, especially if you have malignant tumors, heart disorders, have impaired ability to sense temperature, or elevated body temperature.
- Do not use this device if you have medical conditions such as: osteoporosis, a skin injury or disorder, poor blood circulation, cancer, a pacemaker or other medical implant, deep-vein thrombosis, or if you are pregnant, recently gave birth, or recently had surgery. Do not use this device if you suffer from heart disease or vascular disease, abnormal blood pressure or receiving blood pressure treatment.

- This device should never be used on persons who have sensory deficiencies affecting their legs, ankles, or feet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision and instruction concerning use of the unit by an adult responsible for their safety.
- Do not use this device on infants or unconscious persons.
- Do not use if injured. Never use the unit directly on swollen or inflamed areas of skin or open wounds.
- Stop using immediately if you feel discomfort or pain.
- Children should be supervised to ensure that they do not play with the appliance.
- Keep away from pets.
- Inspect for the unit and battery for visible damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
- To avoid damaging the unit, do not wrap the air compression hoses or charging cable around the device.
- Do not crush the unit. Avoid sharply folding it.
- Keep away from sharp objects. Never use pins or other metallic fasteners with this unit. Never wear pant with zippers, buttons, or snaps on the legs while using the unit.
- Do not insert objects into the air compression hoses or the air compression connector ports.
- The Thrive is intended for in-home use only. Do not use the unit in any commercial, rental, institutional, or therapeutic setting.
- The unit will automatically power off after 20 minutes of use. For best results, do not use continuously for more than 1 hour.

MAINTENANCE, CLEANING, AND STORAGE

- Power off and allow the unit to cool before cleaning or storing.
- Use a soft, slightly damp sponge or soft cloth to gently wipe any dirt or moisture from unit. Never allow water or other liquids to come into contact with the unit. Do not use solvents or other chemicals to clean the unit.
- If debris or hair gets caught in the velcro's hook and loop fasteners, use a toothpick to remove it.
- Store in a cool, dry place.
- Do not attempt to disassemble; there are no user-serviceable parts. The battery is not removeable.

WHERE TO USE THE THRIVE



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

PRODUCT SPECIFICATIONS

UNIT SPECS

Net Weight: 2.7 lbs
Dimensions: 26.4"x 9.8" x 7.1"
Power Consumption: 7W
Decibel Rating: <60 dB
Auto Shut-off Time: 20 minutes
Size Range (Foot and Calf):
Foot: 7.9" - 11.8"
Calf Circumference: 15.7" - 20.5"
Foot Temperature:
Low: 95°F Med: 113°F High: 131°F
Massage Intensity:
FOOT: Low: 30kPa Med: 35kPa High: 40kPa
CALF: Low: 25kPa Med: 30kPa High: 35kPa

DC CHARGER

Rated Input: AC 100-240V ~50/60 Hz
Rated Output: 5V 2A

BATTERY

Rated Voltage: 5V DC
Type: Lithium-ion
Capacity: 2500 mAh
Usage Time: 1.5-2 hours (varies by settings)
Charging Time: 2-3 hours

MADE IN CHINA

ACTIVE RECOVERY

THRIVE

AIR COMPRESSION LEG MASSAGER

FROM OUR RECOVERY + FITNESS COLLECTION

RHYTHM

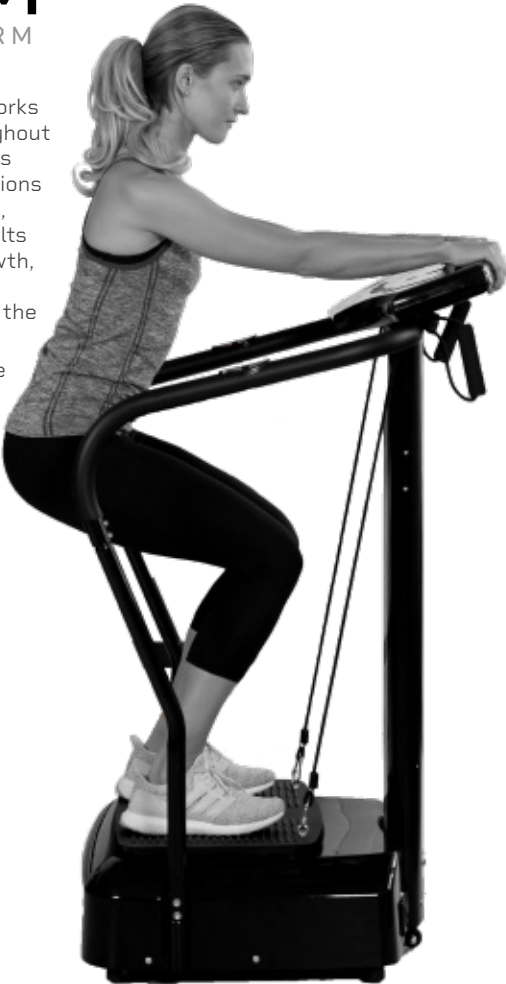
VIBRATION PLATFORM

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



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



**GROW
SOME
WINGS**