

# READY, SET, PRO

USER MANUAL

ACUCARE TILT FOOT MASSAGER



Clinicians use heat and acupressure 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 foot 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 and acupressure therapy 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. Massage therapists use acupressure therapy to relieve pain and improve blood circulation.

With the AcuCare Tilt Foot Massager, you can experience myriad therapeutic benefits in the comfort of your own home. The AcuCare Tilt provides a soothing massage, rejuvenating tired feet and legs to ease pain, swelling, and arthritis symptoms. The AcuCare Tilt is perfect for anyone who experiences stiffness, pain, or numbness in their feet or ankles from long hours of standing or walking.

The AcuCare Tilt offers a completely customizable massage. Three massage modes, three air pressure intensities, and three heat levels allow you to choose the perfect settings for all of your massage needs. The included remote control allows you to easily adjust the massage settings while remaining comfortably seated. The AcuCare Tilt has a swing function which moves the body of the massager forward and backward during your massage. You can turn off the swing function at any time, leaving the massager tilted to your preferred angle. The AcuCare Tilt's lightweight design and small size let you take it with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

## Redefine your workouts and experience the transformative power of the Lifepro AcuCare Tilt:

- ◆ **Alleviate chronic pain:** reduces pain from arthritis and plantar fasciitis
- ◆ **Improve joint flexibility:** loosens tight muscles and tendons
- ◆ **Reduce numbness in feet and lower legs:** improves blood circulation
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol
- ◆ **Reinvigorate tired feet and ankles:** provides a relaxing massage

Check out the information in this manual for ways to get started using your AcuCare Tilt. Next, be sure to visit our website [acucaretilt.lifeprofitness.com](http://acucaretilt.lifeprofitness.com) for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the AcuCare Tilt into your health and wellness routine.

# ACUCARE TILT

## FOOT MASSAGER

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro AcuCare Tilt Foot Massager
- Remote Control
- Power Adapter
- User Manual

### FIRST STEPS

1. Remove your AcuCare Tilt 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 AcuCare Tilt.
4. Go to [acucaretilt.lifeprofitness.com](http://acucaretilt.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 AcuCare Tilt.

### CUSTOMER SUPPORT

If you have any questions about setting up your AcuCare Tilt, 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](mailto:support@lifeprofitness.com).

## EASY-START SETUP GUIDE

Set up your Lifepro AcuCare Tilt in just 3 easy steps:

**1**

### SET UP THE ACUCARE TILT

- Place the AcuCare Tilt on a flat, level, non-slip floor in front of a chair.

**2**

### CONNECT THE ACUCARE TILT TO POWER

- Connect the power adapter cord to the power cord jack exiting the bottom of the AcuCare Tilt.
- Plug the power adapter into a wall outlet.
- Flip the Power Switch on the back of the unit to the ON position.

**3**

### BEGIN USING THE ACUCARE TILT

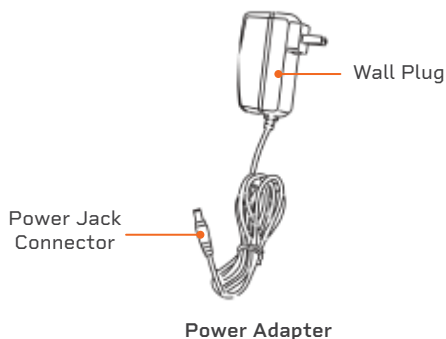
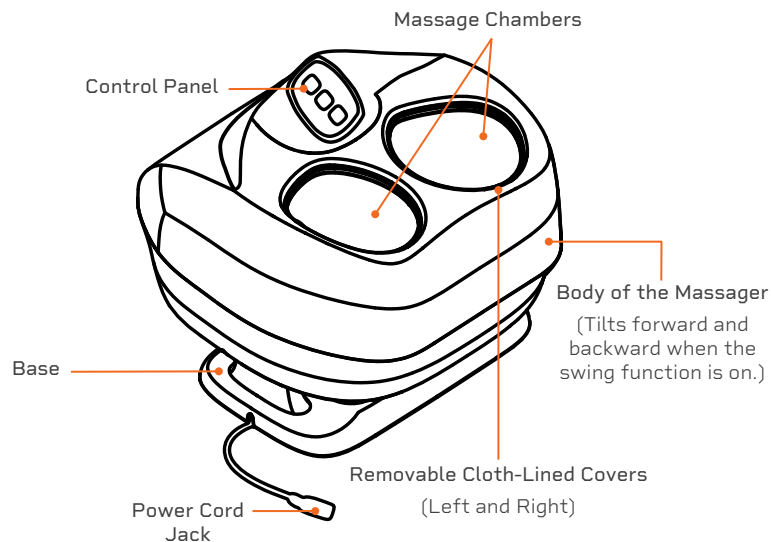
- Wash and dry your feet thoroughly.
- Roll your pant legs up so they will not enter the massage chambers.
- Sit down in the chair and place your feet in the cloth-lined massage chambers.
- Press the Power button to turn on the AcuCare Tilt.
- For best results, use the remote control to control the foot massager during your massage.

**WARNING:** Only insert your feet and ankles into the massage chambers. Do not insert your hands or other body parts.

**WARNING:** Do not sit or stand on the AcuCare Tilt.

**WARNING:** Remove any jewelry or accessories from your feet and ankles before using the AcuCare Tilt.

## PARTS OF THE ACUCARE TILT



## TIPS FOR USING YOUR ACUCARE TILT

### USING THE ACUCARE TILT

- Always wash and dry your feet thoroughly before using the AcuCare Tilt to keep the cloth-lined massage chambers clean. Do not use on wet, sweaty, or dirty feet.
- Only insert your bare feet and ankles into the device. Ensure any clothing is pulled or rolled up and out of the way.
- Do not wear jewelry on your feet or ankles while using the AcuCare Tilt.
- Place the AcuCare Tilt on a flat, level surface during use. Do not use on slippery or uneven surfaces.
- Do not remove your feet from the AcuCare Tilt during operation. Always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
- If you have sensitive feet, we recommend you use the low air pressure intensity level to avoid discomfort.
- Stop using immediately if you feel tired or dizzy, or if you experience pain or shortness of breath.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the AcuCare Tilt 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 86° F, medium heat is 95° F, and high heat is 104° F.
- When the heat function is turned on, it will take 2–5 minutes for the heat to get up to temperature.

### IMPORTANT SAFETY INFORMATION

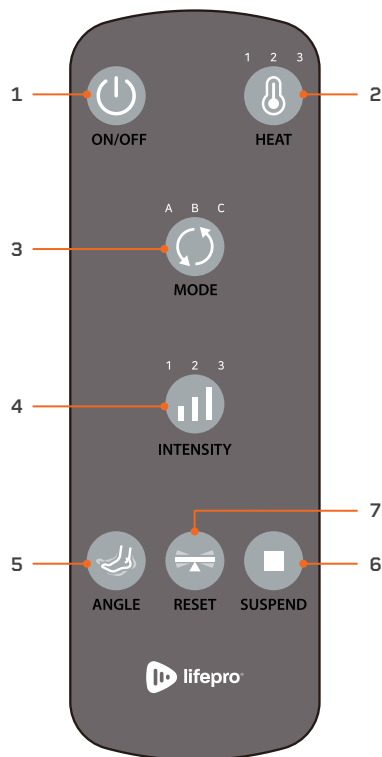
- Never use the AcuCare Tilt under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, injury to people, or damage to property.
- Keep the unit, power cord, and remote control away from heat sources and fire.
- The AcuCare Tilt is not waterproof. Keep the unit and power cord away from liquids and do not immerse in water.
- Never use the AcuCare Tilt or plug/unplug the power cord with wet hands.
- Always power off and unplug the unit after each use.
- Do not sit or stand on the AcuCare Tilt.

# OPERATING INSTRUCTIONS

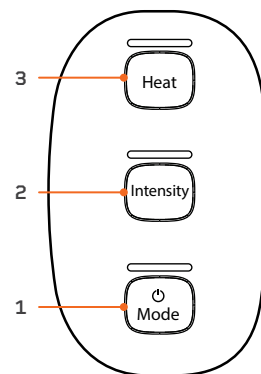
Please read the operating instructions before using the AcuCare Tilt. Keep this manual for reference.

## USING THE REMOTE CONTROL TO OPERATE THE ACUCARE TILT

1. **ON/OFF Button:** Power the AcuCare Tilt on and off. The default massage program will begin automatically: Mode A is selected, along with medium heat, and medium air pressure intensity.
2. **Heat Button:** Toggle through the four heat settings: low, medium, high, and off. Medium is the default heat setting.
3. **Mode Button:** Toggle through the three modes: A, B, C. Mode A is the default mode.
4. **Intensity Button:** Toggle through the four air pressure intensity settings: low, medium, high, and off. Medium is the default intensity level.
5. **Angle Button:** Activate the swing function. The swing function is on by default and moves the body of the massager forward and back during the massage.
6. **Suspend Button:** Turn the swing function off. This stops the massager mid-swing at your desired angle.
7. **Reset Button:** Reset the angle of the massager to its fully upright position.



## USING THE CONTROL PANEL TO OPERATE THE ACUCARE TILT



1. **Power/Mode Button:** Press the button to turn the AcuCare Tilt on. Press again to toggle through the three modes: Mode A (1 LED lit), Mode B (2 LEDs lit), and Mode C (3 LEDs lit). The default mode is Mode A. Press and hold for 3 seconds to turn off the unit.
2. **Intensity Button:** Press the button to toggle through the four air pressure intensity settings: low (1 LED lit), medium (2 LEDs lit), high (3 LEDs lit), and off (no LEDs lit). The default intensity is medium.
3. **Heat Button:** Press the button to toggle through the four heat settings: low (1 LED lit), medium (2 LEDs lit), high (3 LEDs lit), and off (no LEDs lit). The default heat setting is medium heat. Low heat is 86° F, medium heat is 95° F, and high heat is 104° F.

**NOTE:** The LEDs above each button on the control panel indicate the current selection by the number of LEDs lit.

# OPERATING INSTRUCTIONS

## CREATING A MESSAGE WITH YOUR ACUCARE TILT

1. Insert clean and dry feet into the foot massage chambers.
2. Press the **ON/OFF button** on the remote control or the **Power/Mode button** on the control panel to turn on the AcuCare Tilt. The default massage program will begin automatically: Mode A is selected, along with medium heat, and medium air pressure intensity.
3. To change the default massage mode, press the **Mode button** to toggle through the three modes: Mode A (1 LED lit), Mode B, (2 LEDs lit), and Mode C (3 LEDs lit).
4. To change the default air pressure intensity, press the **Intensity button** to toggle through the four air pressure intensity settings: low (1 LED), medium (2 LEDs), high (3 LEDs), and off (no LEDs lit).
5. To change the default heat setting, press the **Heat button** to toggle through the four heat settings: low heat (1 LED lit), medium heat (2 LEDs lit), high heat (3 LEDs lit), and no heat (no LEDs lit).
6. Press the **Power button** to stop the massage at any time.
7. The unit will automatically shut down after 15 minutes of use. Press the Power button again if you wish to continue using the device.
8. Always power off, flip the Power switch to the OFF position, and unplug the AcuCare Tilt after each use.

**NOTE:** The massage time is 15 minutes and cannot be adjusted.

## USING THE SWING FUNCTION

The AcuCare Tilt has a swing function which is on by default for all three massage modes. When the swing function is on, the body of the massager will swing forward and backward during your massage. Use the remote control to turn on/off the swing function:

- To turn off the swing function, press the **Suspend button**.
- To turn on the swing function again, press the **Angle button**.
- To return the body of the massager to its fully-upright position, press the **Reset button**.

## CHOOSING A MESSAGE MODE

The swing function is on by default for all three massage modes. The default air pressure intensity and heat for all modes is medium. You may adjust the heat or intensity level at any time. You may change the mode at any time. The default massage mode is Mode A.

- **Mode A:** Uses the massage roller and the air pressure massage.
- **Mode B:** Uses air pressure only. Air pressure increases, holds, then releases.
- **Mode C:** Uses massage roller only. Roller moves forward and backward.

## CLEANING THE REMOVABLE CLOTH COVERS

1. Unzip the two removable covers and remove them from the foot massage chambers.
2. Soak a soft, clean cloth or towel in soapy water. Completely wring the cloth out.
3. Use the cloth to gently clean the removable covers.
4. Allow the removable covers to completely dry.
5. Tuck the covers back into the foot massage chambers and zip each cover into place.

# 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 this device.

### 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 foot 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 AcuCare Tilt are adequately informed of all warnings and precautions.
4. Use the AcuCare Tilt only as instructed in this manual.
5. Always inspect the device, power adapter, and remote for damage before each use. Do not use if damaged, overheating, malfunctioning, or if the unit has been exposed to water.
6. The AcuCare Tilt is intended for in-home use only. Do not use the AcuCare Tilt in any commercial, rental, institutional, or therapeutic setting.
7. Dispose of the AcuCare Tilt and all parts according to local and state regulations.

### ELECTRICAL SAFETY

8. **WARNING:** Only use the included power adapter at the specified voltage to power this device.
9. Do not use outdoors. Do not use the unit in high-temperature, high-moisture, or high-dust environments. Do not use or store in direct sunlight. Do not use during severe storms. Unplug the device immediately in the event of a power failure.
10. Do not insert fingers or objects into the power jack.
11. Keep ventilation ports free from dust and debris.
12. 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.
13. Do not use the unit in environments colder than 60° F, or internal condensation may occur, possibly causing malfunction. When moving the AcuCare Tilt from a cold environment to a warm one, always allow one hour before use so it can warm up.
14. Keep the unit and power 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.
15. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
16. Never drag, carry, or hang the AcuCare Tilt by its power cable. Never wrap the power cord around the device. Never place heavy object on top of the power cord or plug. Never destroy, cut, or bend the power cord. Keep away from pins, needles, staples, and other sharp or metal objects or fasteners.

17. Always unplug this unit from the electrical outlet immediately after use and before cleaning. Always power off and unplug the unit from the wall before removing the connector from the power jack. Hold and pull the plug itself, not the cord wire.

### SAFETY

18. Never leave the AcuCare Tilt unattended while it is running, powered on, or plugged in.
19. 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.
20. Do not use if injured or if you have a fever. Never use directly on swollen, bruised, infected, 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.
21. 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.
22. If the heat setting feels too hot on your skin, choose a lower heat setting or turn off the heat function.
23. 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.
24. Only operate the AcuCare Tilt on a flat, level, non-slip surface.
25. Do not operate the AcuCare Tilt while driving, sleeping, or intoxicated. Do not use within one hour of eating.
26. Only insert feet and ankles into the foot massage chambers. Do not insert hands, other body parts, or clothing into the device. Do not wear jewelry or accessories while using.
27. Never use the AcuCare Tilt if the massage chamber covers are missing or damaged.
28. Do not sit or stand on the device. Always use the unit while seated comfortably in a chair.
29. Do not remove your feet 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.
30. The unit will automatically stop working after 15 minutes of use. Do not use continuously for more than 30 minutes.
31. Children and adults with diminished mental or physical capacity may only use the AcuCare Tilt while closely supervised by a responsible adult. Do not allow children to play with the unit.
32. Keep pets away from the AcuCare Tilt at all times.

### CLEANING, STORAGE & MAINTENANCE

33. Wash and dry feet thoroughly before use in order to keep the massage chambers clean.
34. Turn off device, unplug power adapter, and allow unit to completely cool down before cleaning, storing, or transporting.
35. Wipe down the AcuCare Tilt with a soft, slightly damp cloth after each use. Ensure the device is completely dry before using again. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
36. Store the device in a cool, dry location.
37. Do not remove screws or attempt to disassemble.



# WHERE TO USE THE ACUCARE TILT



## 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 AcuCare Tilt ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your AcuCare Tilt cannot be repaired, we'll replace it—free of charge. Register your AcuCare Tilt at [acucaretilt.lifeprofitness.com](https://acucaretilt.lifeprofitness.com) to activate your warranty within 14 days of purchase.

# PRODUCT SPECIFICATIONS

## UNIT SPECS

Size: 16.1" L x 13.8" W x 11.0" H

Net Weight: 12.0 lbs.

Power: 48 W

Voltage: DC 24V

Decibel Rating: ≤60 dB

Heat Setting Temperatures:

Low Heat: 86° F

Medium Heat: 95° F

High Heat: 104° F

## AC POWER ADAPTER

Rated Input: AC 100-240V ~50/60 Hz 1.5A

Rated Output: DC 24V 2A

Batteries Required for Remote Control:

One 3V CR2032 battery (not included)

RECOVERY + FITNESS

ACUCARE TILT

FOOT MASSAGER

MADE IN CHINA

# TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your AcuCare Tilt Foot Massager using the table below. Please contact a customer support representative for additional assistance at: (732) 456-6063 or [support@lifeprofitfitness.com](mailto:support@lifeprofitfitness.com). Please do not attempt to repair the AcuCare Tilt on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER IS NOT WORKING	Massager is not plugged in.	Plug power adapter into power jack exiting bottom of massager and into a wall outlet.
	Massager is not turned on.	Press the Power button to turn on massager.
REMOTE CONTROL IS NOT WORKING	The battery is dead.	Replace the 3V CR2032 battery with a new one.
	The remote control is too far away from the control panel.	Point the remote directly at the control panel from no more than 6 feet away.
MASSAGER STOPPED WORKING SUDDENLY	Massager automatically stops after the 15-minute work time.	Select and start a new massage program to continue to use.
	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 is too high.	Select low intensity level.
	Selected mode is not optimal.	Select a different mode by pressing the Mode button.
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 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





Access Lifepro TV, our library of free personal training videos on the web at [acucaretilt.lifeprofitness.com](http://acucaretilt.lifeprofitness.com) to learn how to get the most out of your Lifepro® AcuCare Tilt and achieve the results you want.



**YOU'VE  
GOT  
THIS**