

# READY, SET, PRO

USER MANUAL

LEGRA HAND MASSAGER



Clinicians use compression therapy, heat, and acupuncture 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 using their hands can experience the benefits of hand 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 Wellness 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 therapy 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 Lifepro Legra Hand Massager, you can experience a myriad of therapeutic benefits from the comfort of your own home. The Legra's large massage chamber provides a full hand and wrist massage, which relaxes tired, sore hands and eases arthritis and carpal tunnel pain. The heated massage option helps loosen tight joints and enhances relaxation and pain relief. The Legra's ergonomic design efficiently reaches all of your acupuncture points. It's perfect for anyone who experiences stiffness, pain, or numbness in their hands or wrists from overuse, such as office workers, musicians, construction workers, athletes, surgeons, knitters, cashiers, gardeners, bakers, waitstaff, and more.

The Legra offers completely customizable hand and wrist massage. Five massage modes, five intensity levels, two vibration options, and a heat option allow you to choose the perfect settings for all of your massage needs. The Legra's high-capacity lithium-ion battery provides 2-4 hours of use-time per charge. The Legra's cordless design and small size make it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

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

- **Alleviate chronic pain:** reduces pain from arthritis and carpal tunnel
- **Improve joint flexibility:** loosens tight muscles and tendons
- **Reduce numbness in fingers and wrist:** improves blood circulation
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Reinvigorate tired hands:** provides a relaxing massage

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

# LEGRA

HAND MASSAGER

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro Legra Hand Massager
- USB-C Charging Adapter
- Carrying Bag
- User Manual

### FIRST STEPS

1. Remove your Legra from the shipping box and remove all packaging from the unit and accessories.
2. Remove the transparent sticker from the control panel.
3. Inspect the device and accessories for shipping damage.
4. Read carefully through this user manual and all safety instructions before using the Legra.
5. Go to [legra.lifeprofitness.com](https://legra.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
6. Complete the steps in the EASY-START SETUP GUIDE on page 7 to begin using your Legra.

### CUSTOMER SUPPORT

If you have any questions about setting up your Legra, 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

1

### FULLY CHARGE THE BATTERY

- Ensure the Legra is OFF before charging.
- Charge the battery fully (for up to 4 hours) before using your Legra for the first time.
- Connect the USB-C charging adapter to the charging port on the side of the Legra.
- Plug the adapter into a wall outlet
- When fully charged, all four Battery LEDs will stay lit for five minutes and then turn off.



2

### PREPARING TO USE THE LEGRA

- Make sure the Legra is fully charged and powered OFF.
- Place the Legra on a flat, level surface.
- Wash and dry your hands thoroughly.
- Place a hand, palm down, into the cloth-lined massage chamber.
- Press the Power button to turn on the Legra.

**WARNING:** Be sure to remove any jewelry, including bracelets and rings, before using the Legra.

**WARNING:** Do not remove your hand from the Legra during operation. Always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.

## PARTS OF THE LEGRA



## TIPS FOR USING YOUR LEGRA

### USING THE LEGRA

- Always thoroughly wash and dry your hands before using the Legra to keep the cloth-lined massage chamber clean.
- Place the Legra on a flat, level surface during use.
- Make sure to only insert your bare hand and wrist into the device. Ensure the sleeve of your shirt is rolled up and out of the way.
- Do not wear jewelry while using the Legra.
- Do not remove your hand from the Legra 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 hands, we recommend you use the lowest air pressure intensity level (L1) to avoid discomfort.
- The Legra's air compression function results in a grid of dimples on your hand. This is normal; the dimples will disappear after about 30 minutes.
- The default massage time is 15 minutes. Do not use continuously for more than 30 minutes.
- See the **TROUBLESHOOTING GUIDE** on pages 14–15 for common questions you may have while using your Legra.

### USING HEAT FUNCTION

- When the heat function is turned on, it will take about 5–7 minutes for the unit to heat up.
- The heat function's temperature is set to a gentle warmth of 104°–107.6° F, enough to help relax your muscles and enhance the massage benefits.
- If you want to increase the level of warmth, wear a pair of thin gloves.

### IMPORTANT SAFETY INFORMATION

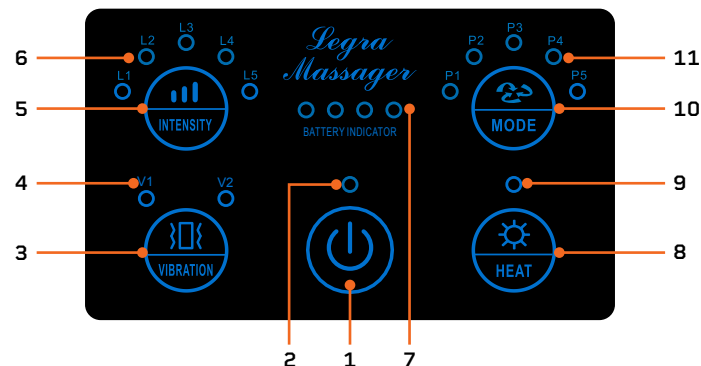
- Never use the Legra under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep away from heat sources and fire.
- The Legra is not waterproof. Keep away from liquids and do not immerse in water.

## OPERATING INSTRUCTIONS

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

### CHARGING THE BATTERY

- Charge your Legra for up to 4 hours before using it for the first time.
- To charge:
  1. Plug the USB-C end of the included charging adapter into the USB-C charging port on the side of the massager.
  2. Plug the adapter into a wall outlet.
- The four Battery LEDs will flash during charging to indicate battery charge level:
  - 4 LEDs flash = 75-100%
  - 3 LEDs flash = 50-75%
  - 2 LEDs flash = 25-50%
  - 1 LED flashes = <25%
- The Battery LEDs will stop flashing and all four will remain lit for five minutes and then turn off, when the battery is fully charged.
- Always unplug the charging adapter as soon as the device is fully charged.
- During use, the four Battery LEDs indicate the current battery level:
  - 4 LEDs lit = 75-100%
  - 3 LEDs lit = 50-75%
  - 2 LEDs lit = 25-50%
  - 1 LED lit = <25%
- For best results, charge the battery before it reaches 25%.
- When the battery is very low, all of the lights on the screen will turn on, flash three times, and then the device will shut down automatically. Charge the device before trying to use it again.
- Average run-time varies depending on the settings used (heat, vibration, low/high intensity, etc.). Average run-time is 2–3 hours per charge when using heat and/or operating at higher intensities. Average run-time is 3–4 hours when not using heat and/or operating at lower intensities.



### USING THE CONTROL PANEL

1. **Power Button:** Turn on/off the Legra.
2. **Power Button LED:** When lit, power is on.
3. **Vibration Button:** Press once to turn on pulse vibration. Press a second time to switch to continuous vibration. Press a third time to turn off vibration. Vibration is off by default.
4. **Vibration LEDs (2):** When V1 LED is lit, pulse vibration is on. When V2 LED is lit, continuous vibration is on.
5. **Intensity Button:** Toggle through the five air pressure intensity levels (L1–L5). The default intensity is L3.
6. **Intensity LEDs (5):** LEDs indicate which intensity level is selected.
7. **Battery LEDs (4):** LEDs indicate remaining battery level during use and flash during charging to indicate charging progress.
8. **Heat Button:** Turn on/off the heat function. Heat is off by default.
9. **Heat LED:** When lit, heat is on.
10. **Mode Button:** Toggle through the five massage modes (P1–P5). The default mode is P1.
11. **Mode LEDs (5):** LEDs indicate which mode is selected.

# OPERATING INSTRUCTIONS

## USING YOUR LEGRA

1. Insert a clean, dry hand into the massage chamber.
2. Press the **Power button** on the control panel to turn ON the Legra. The Power LED will light up, the Battery LEDs will light up indicating the current battery level, and the default massage will begin automatically: massage mode P1 with medium intensity (L3) and heat off.
3. To change the mode, press the **Mode button** to toggle through the six massage modes (P1–P5). Each massage mode has a different massage pattern, emphasizing different points in the hand or wrist. See massage mode descriptions on the next page. The Mode LEDs will indicate the current selected mode.
4. To change the air pressure level, press the **Intensity button** to toggle through the five massage intensities (L1–L5). The default intensity is L3. The Intensity LEDs will indicate the current selected intensity level.
5. Press the **Vibration button** to turn ON the vibration function to pulse vibration (the V1 LED will light up). Press the Vibration button again to switch to continuous vibration (the V2 LED will light up). Press a third time to turn OFF the vibration function. Vibration is off by default.
6. Press the **Heat button** to turn ON the heat function. The Heat LED lights up when heat is on. Press a second time to turn OFF the heat function. Heat is off by default.
7. Press the **Power button** to turn off the unit at any time. Always power off the unit after each use and wait for the air pressure to release before removing your hand from the massager.
8. The Legra will automatically shut down after 15 minutes of use. Press the Power button to turn on the massager again to continue using.

## CHOOSING A MESSAGE MODES

The Legra has five message modes. The default mode is P1.

**P1:** Auto program; alternates between each of the other massage modes.

**P2:** Auto program; alternates between each of the other massage modes, similar to Mode 1.

**P3:** Massages the palm and wrist at the same time.

**P4:** Massages the wrist.

**P5:** Alternates between massaging the palm and wrist.

## TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your Legra using the table below. For additional assistance, please do not hesitate to contact a customer support representative: [support@lifeprofitfitness.com](mailto:support@lifeprofitfitness.com) or (732) 456-6063. Please do not attempt to repair the Legra on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
<b>Massager is not working.</b>	Massager is not turned on.	Press the power button to turn on the hand massager.
	Battery is very low or has run out.	Check the battery LEDs to determine current charge remaining. Recharge the battery, if needed.
<b>Massager stopped working suddenly.</b>	Massager automatically shuts off after 15 minutes.	Turn the massager on again to begin a new massage program.
	Battery is very low or has run out.	Check the battery LEDs to determine current charge remaining. Recharge the battery, if needed.
	When the massager has been working for a long time, the motor shuts off for overheating protection.	Allow the massager to cool for at least 30 minutes before using again.
<b>Massager works for several seconds and then stops.</b>	Battery is very low or has run out.	Check the battery LEDs to determine current charge remaining. Recharge the battery, if needed.
<b>Massager is making a noise but is not working.</b>	Battery is very low or has run out.	Check the battery LEDs to determine current charge remaining. Recharge the battery, if needed.
<b>Massager is only massaging the wrist area.</b>	The wrist massage mode, P4, is selected.	Press the mode button to choose another massage mode.

<b>Massage is too weak.</b>	Battery is low.	Check the battery LEDs to determine current charge remaining. Recharge the battery, if needed.
	Intensity level is set too low.	Choose one of the higher air pressure intensity levels, L4–L5.
	<b>NOTE:</b> Massage intensity is very subjective and may feel quite different from person to person.	
<b>Massage is too strong.</b>	Intensity level is set too high.	Choose one of the lower air pressure intensity levels, L1–L2.
	Hand is not correctly positioned in the massage chamber.	Adjust your hand until you find the perfect spot.
	<b>NOTE:</b> Massage intensity is very subjective and may feel quite different from person to person.	
<b>Heat is not hot enough.</b>	Battery is low.	Check the battery LEDs to determine current charge remaining. Recharge the battery, if needed.
	The temperature may feel very different from person to person.	Try wearing a pair of thin gloves to increase the warmth you feel.
<b>Heat is too hot.</b>	Skin may be sensitive.	Turn the heat off for 5 minutes.
	Motor may have been working a long time.	Turn the massager off and allow to cool for at least 15 minutes.
<b>Faint sound heard while using massager.</b>	Massager is using air compression or vibration.	This is a normal sound made by the air compression motor.
<b>Dimples on the hand after massage.</b>	Air-compression bags are working.	This is normal. The dimples will disappear after about 30 minutes.



# 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 the Legra.

### 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 this product 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 Legra are adequately informed of all warnings and precautions.
4. Use the Legra only as instructed in this manual.
5. Always inspect the device for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water. If the device begins to make unusual noises or odors, turn off and unplug immediately.
6. Only operate the Legra on a flat, level surface.
7. Do not operate the Legra while driving, sleeping, or intoxicated.
8. The unit will automatically power off after 15 minutes of use. Do not use continuously for more than 30 minutes.
9. The Legra is intended for in-home use only. Do not use the Legra in any commercial, rental, institutional, or therapeutic setting.

### ELECTRICAL/BATTERY SAFETY

10. **WARNING:** For the purposes of recharging the battery, only use the included USB-C charging adapter.
11. Never use the Legra while it is charging. Unplug the unit after charging and prior to using, cleaning, or storing.
12. Do not use outdoors. Do not use the unit in high-temperature, high-moisture or high-dust environments. Unplug the device immediately in the event of a thunderstorm.
13. The Legra is not waterproof. Keep away from liquids. Do not use in a place where the unit may become wet or damp. Do not immerse in water. If the unit accidentally becomes wet, do not use.
14. 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 use or store in high temperatures or in direct sunlight. Do not operate under a blanket or

pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.

15. Keep ventilation ports free from dust and debris.
16. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
17. Never drag or hang the Legra by its charging cable. Do not destroy, bend, stretch, twist, or tie the charging cable.
18. Never plug/unplug the charging adapter with wet hands.

### SAFETY

19. Never leave the Legra unattended while it is running or charging.
20. Consult with a medical professional before using the device if you have a medical condition such as cancer, diabetes, high fever, gout, epilepsy, malignant tumors, active tuberculosis, severe cardiac dysfunction, blood clots, bleeding disorders, sensory problems or advanced peripheral circulatory disturbance, blood clots, or osteoporosis; if you have abnormalities or deformities of the hand; if you have a pacemaker or similar implant; if you recently had surgery; if you are or may be pregnant. Do not use if injured. Never use directly on infected, swollen, bruised, or inflamed skin, open wounds, or scars.
21. Stop using immediately if you feel discomfort, pain, or shortness of breath. If the heat function feels too hot on your skin, stop using or turn off the heat function.
22. Do not remove your hand from the Legra during operation; always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
23. This device is for hand and wrist massage only. Do not insert feet or other body parts into the massage chamber.
24. Remove any jewelry and accessories, including bracelets and rings, from your hands and wrists before using the Legra.
25. Children and adults with diminished mental or physical capacity may only use the Legra while closely supervised by a responsible adult.
26. Keep pets away from the Legra at all times.
27. Only insert your hands into the massage chamber.

### CLEANING, STORAGE & MAINTENANCE

28. Turn off the device or unplug the charging adapter and allow the Legra to cool down before cleaning or storing.
29. Wash and dry your hands before each use in order to keep the massage chamber clean.
30. Wipe down the Legra with a soft, slightly damp cloth after each use. Never allow water or other liquids to come into contact with the unit.
31. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
32. Store the device in a cool, dry location.
33. Do not remove screws or attempt to disassemble; the battery is not removable or replaceable.

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Size:** 12.0" L × 6.3" W × 4.7" H

**Net Weight:** 2.4 lbs.

**Power:** 5 W

**Frequency:** 200 Hz

**Voltage:** DC 3.7V

**Decibel Rating:** <50 dB

**Heat Function:** 104°–107.6° F

### USB-C CHARGING ADAPTER

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

**Rated Output:** 5V 1A

### BATTERY

**Rated Voltage:** 3.7V DC

**Type:** Lithium-ion

**Capacity:** 2500 mAh

**Working Hours:** 2–4 hrs (varies by setting)

**Charging Time:** 3–4 hours

**MADE IN CHINA**

WELLNESS RECOVERY  
**LEGRA**  
HAND MASSAGER



## 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 Legra ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Legra cannot be repaired, we'll replace it—free of charge. Register your Legra at [legra.lifeprofitness.com](https://legra.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 MESSAGE 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 [legra.lifeprofitness.com](http://legra.lifeprofitness.com) to learn how to get the most out of your Lifepro® Legra and achieve the results you want.



**YOU'VE  
GOT  
THIS**