

READY, SET, PRO

USER MANUAL

RUMBLEMAX 4D VIBRATION PLATE





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



Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

The Lifepro RumblexMax boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The RumblexMax has three powerful, ultra-quiet motors: lateral, oscillating, and pulsating. Each motor can be used separately or in combination, giving you an abundance of workout options. When used together, the three motors create a unique 4D motion which means you can work all of your muscles in far less time than a typical workout. 10 minutes is all it takes to complete a full workout with your RumblexMax.

If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the RumblexMax 4D vibration plate to your rehab routine. Vibration plates are used by professional athletes, physical therapists, and rehabilitation centers everywhere.

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

- ◆ **Experience joint- and back-pain relief:** improves core strength & circulation
- ◆ **Boost your metabolism:** encourages your body to burn fat faster
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol
- ◆ **Improve circulation:** decreases blood pressure
- ◆ **Increase strength & flexibility:** improves stability
- ◆ **Develop stronger bones:** increases bone density

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

RUMBLEXMAX

4D VIBRATION PLATE

GET STARTED

WHAT'S IN THE BOX

- Lifepro RumblexMax 4D Vibration Plate
- Power Cord
- Remote Control
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- Exercise Mat
- User Guide

FIRST STEPS

1. Remove your RumblexMax from the shipping box and remove all packaging from the unit and accessories.
2. Remove the plastic screen protector from the control panel.
3. Inspect all items for shipping damage.
4. Read carefully through this user manual and all safety instructions before using the RumblexMax.
5. Go to rumblexmax.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 8 to begin using your RumblexMax.

CUSTOMER SUPPORT

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

GET ACQUAINTED



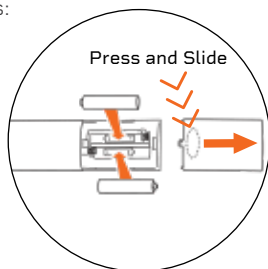
EASY-START SETUP GUIDE

Setup your Lifepro RumblexMax in just 4 easy steps:

1

ACTIVATE THE REMOTE CONTROL

- Press and slide the back of the remote control off to remove it.
- Insert two AAA batteries into the battery compartment. Battery terminals are polarized, so make sure to insert the batteries facing the correct direction.
- Replace the back of the remote control.

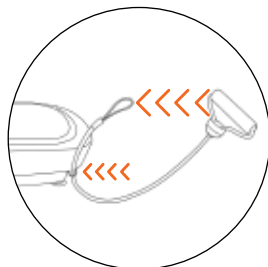


2

ATTACH THE TWO RESISTANCE BANDS

The resistance bands let you incorporate strength training into your workout.

- Loop the end of a resistance band through one of the metal rings under the front edge of the RumblexMax.
- Thread the resistance band handle through the loop and pull tight.
- Attach the second resistance band to the metal ring on the opposite side in the same manner.



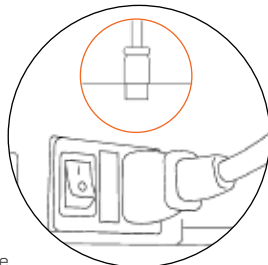
3

CONNECT TO POWER

- Insert the power cord firmly into the power jack on the front of unit.

NOTE: Press forcefully until you feel a click, which indicates that the power cord is securely connected. The power cord fits tightly so it will not loosen during exercise.

- Plug the power cord into an AC wall outlet.



4

POWER ON THE RUMBLEXMAX

- Flip the Power switch on the front of the machine to the ON position.
- Press the Power button on the remote control.

That's it. Your Lifepro RumblexMax is now ready to use. See OPERATING INSTRUCTIONS, PRESET PROGRAMS, and MANUAL MODE WORKOUTS on the next pages for details about how to use your RumblexMax.

HOW IT WORKS

The RumblexMax has three powerful, ultra-quiet motors: a lateral motor, a horizontal/oscillating motor, and a pulsating (micro-oscillation) motor. The three motors combine to create a unique 4D motion which activates all of your muscle fibers more efficiently than other exercise products. Create unlimited workout combination with seven vibration training modes and 99 speed levels.

VIBRATION TRAINING MODES

Oscillation

- Up-Down



3D/Spiral

- Up-Down
- Side-to-Side



Pulsation

- Pulsating



Lateral Pulsation

- Side-to-Side
- Pulsating



Lateral

- Side-to-Side



4D

- Up-Down
- Pulsating
- Side-to-Side

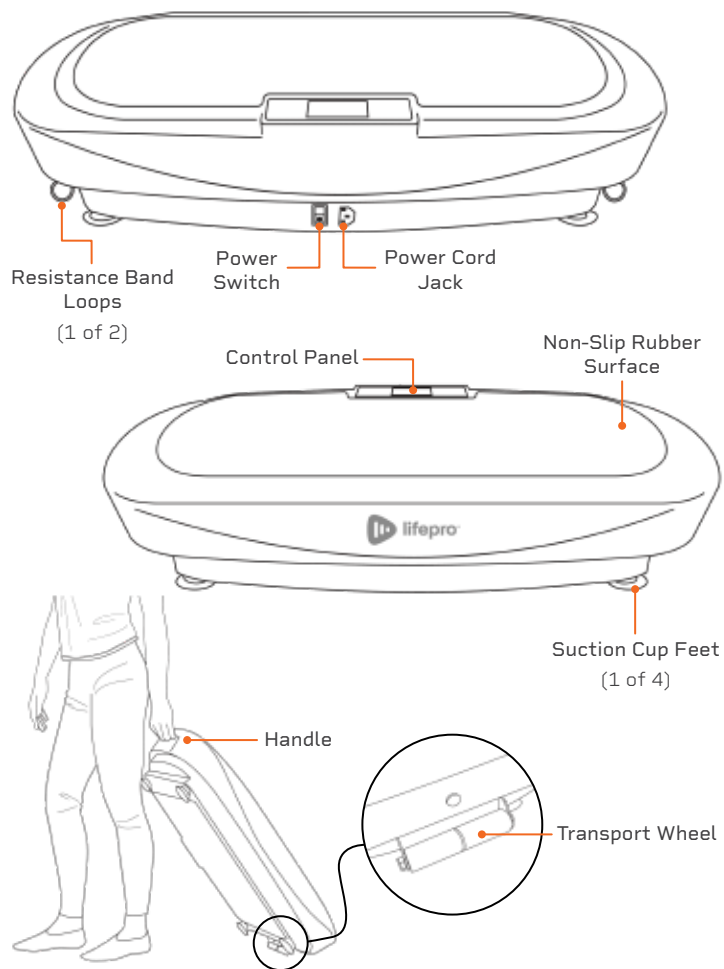


Oscillating Pulsation

- Up-Down
- Pulsating



PARTS OF THE RUMBLEXMAX



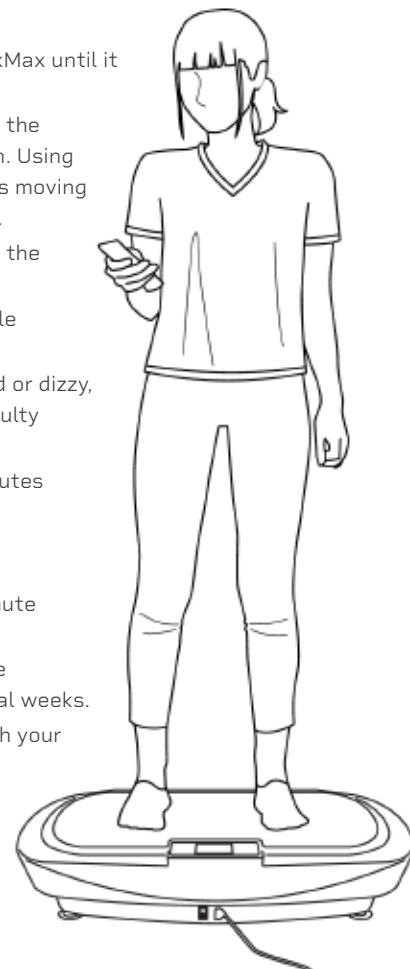
TIPS FOR USING THE RUMBLEXMAX

SAFETY TIPS

- Do not get on or off the RumblexMax until it is completely stopped.
- Use the remote control to adjust the workout once exercise has begun. Using the control panel while the unit is moving could cause an accident or injury.
- Never attempt to turn around on the unit while it is in motion.
- Be careful changing position while the RumblexMax is in motion.
- Stop immediately if you feel tired or dizzy, or if you experience pain or difficulty breathing.
- Do not use for more than 30 minutes per day.

EXERCISE TIPS

- Start slow and easy, with 10-minute workouts.
- Work your way up to longer, more challenging workouts over several weeks.
- Long-term use will help you reach your fitness goals.
- Drink plenty of water before and after exercise.
- Do not use on a full stomach; wait at least a half hour after eating to begin exercise.



OPERATING INSTRUCTIONS

USING THE DISPLAY PANEL TO OPERATE THE RUMBLEXMAX

- Power Button:** Power the RumblexMax on and off. The control panel will light up and the RumblexMax will enter standby mode.
- Prg/Mode Button:** In standby mode, choose from 16 preset programs (P01-P16), or choose from 7 vibration (manual workout) modes (H, L, U, HL, HU, LU, AL). During a manual mode workout, use the button to change the current vibration mode.
- Start Button:** Start the selected preset program or manual mode workout.
- Stop Button:** Stop the selected preset program or manual mode workout at any time during exercise.
- Speed +/- Buttons*:** Adjust workout speed after a manual mode workout has begun, from level 1-99. Speed automatically starts at 1.
- Speed Window:** Shows the current workout speed.
- Remote:** Infrared receiver for the remote control. For best results point the remote control directly at the receiver from no more than 6 feet away.
- Time/Program Window:** In standby mode, the window shows the selected preset program or vibration mode. During exercise, the window shows the remaining workout time.
- Time +/- Buttons*:** Set a time duration for a manual mode workout, from 1-30 minutes, in one-minute increments.



*Speed, time, and vibration mode cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE RUMBLEXMAX

- Power Button:** Power the RumblexMax on and off.
- Start Button:** Start the selected preset program or manual mode workout.
- Speed ^/v Buttons*:** Once the custom workout has begun, press the buttons to adjust the speed, from 1-99.
- Time +/- Buttons*:** In standby, with one of the 7 vibration modes selected: use the buttons to set a time duration for the manual mode workout, from 1-30 minutes, in one-minute increments.
- Set Button:** Toggle through the 16 preset programs (P01-P16) and the 7 vibration training modes (H, L, U, HL, HU, LU, AL).
- Stop Button:** Stop the selected preset program or manual mode workout at any time during exercise.
- Hotkey Button:** Toggle through the speed levels in increments of ten: 10, 20, 30, 40, 50, 60, 70, 80, 90, 10, etc.
- Quick Speed Buttons:** **LOW:** Set speed to 30. **MID:** Set speed to 60. **HIGH:** Set speed to 90.

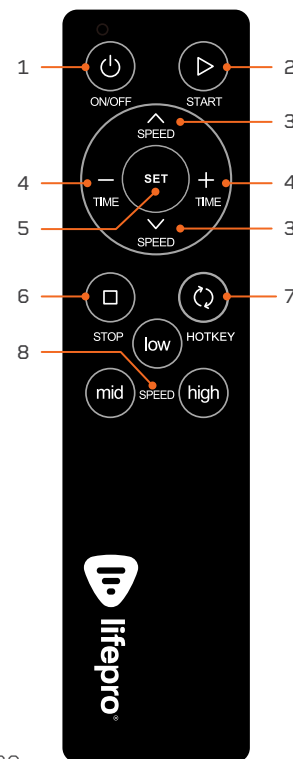
*Speed, time, and vibration mode cannot be adjusted for preset programs.

MODES

Standby Mode: The RumblexMax is powered on, but no program is selected.

Program Mode: Choose from 16 preset programs: P1-P16.

Manual Mode: Create a custom workout. Choose from 7 vibration training modes, then set a workout time duration and speed.



PRESET PROGRAMS

You can use the RumblexMax in program or manual mode. To get the best results, alternate between the preset programs and custom workouts created in manual mode to keep your body guessing. Your body tends to adapt to a workout routine over time, so you want to change up your workouts to keep improving your fitness.

PROGRAM MODE

In program mode, you can select from 16 preset programs: P01-P16. Each preset program is 10 minutes long and changes the workout speed every minute. See PRESET PROGRAM SPEEDS AND VIBRATION MODES on the next page for a breakdown of each preset program.

Each preset program uses a different vibration training mode to challenge your body: Oscillation (H), Lateral (L), Pulsation (U), 3D/Spiral (HL), Oscillating Pulsation (HU), Lateral Pulsation (LU), or 4D Pulsation (AL). See CHOOSING A VIBRATION MODE on page 17 for more information about the seven vibration training modes.

CHOOSING A PROGRAM IN PROGRAM MODE

1. Press the Power button on the remote control or the control panel to turn the machine ON.
2. Press the Set button on the remote control, or the Prg/Mode button on the control panel, to toggle through and choose one of the 16 preset programs, P01-P16.
3. Press the Start button on the remote control to begin the selected program.
4. Press the Stop button on the remote control, at any time, to stop the workout program.

NOTE: You cannot adjust the workout time, speed, or vibration mode for preset programs.

PRESET PROGRAM SPEEDS AND VIBRATION MODES

MODE	PRG	MINUTES									
		10	9	8	7	6	5	4	3	2	1
H	P1	2	4	6	8	12	15	10	8	6	4
	P2	5	10	20	10	20	10	20	10	20	10
L	P3	10	20	60	20	60	20	60	20	60	20
	P4	40	85	75	65	25	95	75	60	70	80
U	P5	2	4	6	8	12	15	10	8	6	4
	P6	5	10	20	10	20	10	20	10	20	10
HL	P7	10	20	60	20	60	20	60	20	60	20
	P8	40	85	75	65	25	95	75	60	70	80
HU	P9	2	4	6	8	12	15	10	8	6	4
	P10	5	10	20	10	20	10	20	10	20	10
LU	P11	10	20	60	20	60	20	60	20	60	20
	P12	40	85	75	65	25	95	75	60	70	80
AL	P13	2	4	6	8	12	15	10	8	6	4
	P14	5	10	20	10	20	10	20	10	20	10
	P15	10	20	60	20	60	20	60	20	60	20
	P16	40	85	75	65	25	95	75	60	70	80

MANUAL MODE WORKOUTS

MANUAL MODE

In manual mode, you can create your own custom workout by choosing from seven available vibration training modes and then setting a custom workout speed and time duration. See CHOOSING A VIBRATION MODE on the next page for details about each vibration mode.

CREATING A CUSTOM WORKOUT IN MANUAL MODE

1. Press the Power button on the remote control to turn the system ON.
2. Press the Set button on the remote control, or the Prg/Mode button on the control panel, to choose one of 7 vibration modes, H, L, U, HL, HU, LU, and AL.
3. Use the Time +/- buttons on the remote control or the control panel to set a time duration for your workout.
4. Press the Start button on the remote control to begin the manual workout.
5. The speed will automatically begin at level 1. To adjust the speed, use the Speed ^/v buttons on the remote control.
4. Press the Stop button on the remote, at any time, to stop the workout.

SETTING A WORKOUT TIME AND SPEED

You can set a custom workout duration of 1-30 minutes, in one-minute increments, while in standby mode. Once you begin the manual workout, you cannot adjust the workout time.

You may adjust the speed of your manual workout after your workout has started. The speed for your manual workout will begin automatically at level 1. Once your workout has begun, you may adjust the speed, at any time, from levels 1-99.

WORKOUT INTENSITY AND SPEED

Workout intensity corresponds to the following speeds.

INTENSITY	SPEED
Low	1-33
Medium	34-66
High	67-99

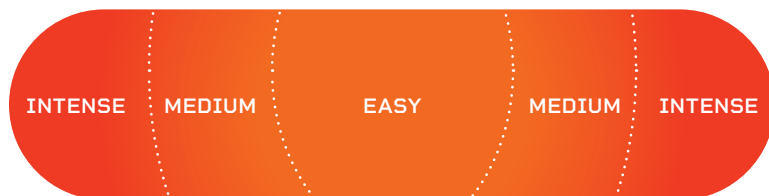
CHOOSING A VIBRATION MODE

VIBRATION MODES*	MOTOR MOVEMENT	ACTIVE MOTOR
Oscillation [H]	Up-Down	Oscillating Motor
Lateral [L]	Side-to-Side	Lateral Motor
Pulsation [U]	Pulsating	Pulsating Motor
3D/Spiral [HL]	Up-Down + Side-to-Side	Oscillating Motor + Lateral Motor
Oscillating Pulsation [HU]	Up-Down + Pulsating	Oscillating Motor + Pulsating Motor
Lateral Pulsation [LU]	Pulsating + Side-to-Side	Pulsating Motor + Lateral Motor
4D Vibration [AL]	Up-Down + Pulsating + Side-to-Side	Oscillating Motor + Pulsating Motor + Lateral Motor

*Vibration modes are listed in the chart in the order that they are shown on the control panel when you press the Set button on the remote control (or the Prg/Mode button on the control panel). When toggling through the preset programs and vibration modes, the 16 preset programs appear first, followed by the 7 vibration training modes. Programs and modes are displayed onscreen in the following order: P01, P02, P03, P04, P05, P06, P07, P08, P09, P10, P11, P12, P13, P14, P15, P16, H, L, U, HL, HU, LU, AL, P01, P02, etc. For example, press the Set button on the remote control seventeen times to select the Oscillation [H] vibration mode. Press eighteen times to select Lateral mode [L], press nineteen times to select Pulsation mode [U], etc.

STANDING POSITIONS

Where you stand on the Lifepro RumblexMax will impact how challenging the vibrations are for your body. Stand with your feet close together for an “easy” workout and stand with your feet further apart for “medium” and “intense” workouts.



LIFEPRO MINI BANDS

MINI BANDS HAVE REVOLUTIONIZED THE FITNESS INDUSTRY

Mini bands have become the new go-to for sculpting a stronger, leaner physique. You’ve definitely seen your favorite fitness Instagrammers and Youtubers using these versatile, colored resistance bands in conjunction with their workout routines. They add resistance to cardio workouts and power to strength training sessions, allowing you to train both simultaneously. The number of creative workout possibilities are endless. Unlike the inconvenience of a full gym, these mini bands are well-known for their ability to train all aspects of fitness and performance at any intensity—anywhere, anytime. No more excuses.

The Lifepro mini bands are made from 100% latex. Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly. Use the mini bands in conjunction with your Lifepro RumblexMax to exponentially improve your fitness results.

AMPLIFY YOUR WORKOUTS

Experience the unique benefits of the Lifepro mini bands:

- **Versatile:** add resistance to cardio workouts and power to strength training.
- **Joint-friendly:** reduce joint compression; high-intensity, low-impact training.
- **Portable:** carry the mini bands in your pocket to work out on the go

BONUS EXERCISE MAT

The included exercise mat can be used as a sound dampener (place it under your RumblexMax) or a cushion (place it on top of the RumblexMax when doing an exercise that involves sitting or lying on the unit).

HOW TO USE THE RUMBLEXMAX

A



BASIC UPRIGHT POSE

B



ARM TRAINING

C



UPRIGHT ROW

D



ONE-LEG SQUAT

E



TRICEP BLASTER

F



ONE-LEG BALANCE

G



SHOULDER STRETCH

H



BICEP CURL

I



SQUAT

J



CORE TRAINING

K



HAMSTRING STRETCH

L



WHOLE-BODY TRAINING

EXERCISE QUICK START GUIDE

HOW TO BEGIN

It's a good idea to start off slow and easy with your RumblexMax as it can take time to get use to how vibration plates move and feel. We recommend you follow the workout guide below—building from beginner to advanced over a period of several weeks.

EXERCISE GUIDE

Hold the stretches and exercises on pages 16-17 for the number of seconds shown in the chart below. You will build strength and stamina as you progress through the levels.

LEVEL	SPEED	SECONDS
Beginner	Speed 1	15
		30
		45
	Speed 16	15
		30
		45
	Speed 33	15
		30
		45
Intermediate	Speed 34	60
		75
		90
	Speed 50	60
		75
		90
	Speed 66	60
		75
		90
Advanced	Speed 67	105
		120
		135
	Speed 83	105
		120
		135
	Speed 99	105
		120
		135

Visit our FREE library of personal training videos at rumblexmaxmax.lifeprofitfitness.com



SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Lifepro RumblexMax.

DISCLAIMER

1. The health benefits suggested or implied in this user manual, our other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this vibration machine 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 RumblexMax are adequately informed of all warnings and precautions.
4. Use the RumblexMax only as instructed in this manual.
5. Check the unit, power cord, and remote for damage or loosened screws prior to each use. Tighten any loosened screws before use. Do not use if damaged, faulty, or defective.
6. Keep infants, children, and pets away from the RumblexMax at all times.
7. Adults with diminished mental or physical capacity may only use the RumblexMax while supervised by a responsible adult.
8. The RumblexMax should not be used by persons weighing more than 500 lbs.
9. Never allow more than one person on the RumblexMax at a time.
10. Place the unit on a level surface, with at least eight feet of clearance behind it. Do not place on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the unit. Using with a mat will also decrease noise.

ELECTRICAL SAFETY

11. Only power the RumblexMax using the included power cord. Do not use included power cord to power other machines.
12. Do not plug power cord into a power strip. Use of an extension cable is not recommended.
13. Do not connect other appliances to the same outlet as the RumblexMax.
14. Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
15. Never operate the unit or plug/unplug the power cord with wet hands.
16. Always place the power cable where it won't be stepped on or create a tripping hazard. Do not wrap the power cord around the unit. Do not squeeze, place heavy objects on top of, or damage the power cord.

17. Keep the power cord and the surge suppressor away from all heat sources.
18. Always unplug the power cord when the RumblexMax is not in use.
19. Use and store indoors, away from moisture, dust, dirt, and heat sources. Do not use or store in high-temperature or high-humidity environments. Keep out of direct sunlight.
20. Do not operate where aerosol products are used or where oxygen is being administered.
21. Never leave the RumblexMax unattended while it is running.

EXERCISE SAFETY

22. Users should consult with a medical professional before beginning a new exercise program, especially those who are or may be pregnant, or have recently given birth; people who experience dizziness; people taking drugs that affect balance; people who have medical devices such as pacemakers; people with malignant tumors, heart problems, blood circulation disorders, osteoporosis, arrhythmia, or diabetes; people who with spinal injuries, fractures, or herniated discs.
23. Stop exercising immediately and consult your physician if you begin to feel faint, dizzy, or experience pain or difficulty breathing.
24. Do not perform other activities while using, as this could cause accidents or injury.
25. Always wear appropriate clothing and athletic shoes when using the RumblexMax. Do not use while wearing socks or slippers as this may cause slipping. Do not wear jewelry or belts while using the RumblexMax.
26. Do not use immediately after eating. Do not use after drinking alcohol or taking medicine.
27. Do not get on or off the machine until it is completely stopped. Do not jump on the unit.
28. The RumblexMax is intended for in-home use only. Do not use in any commercial, rental, or institutional setting.
29. Do not use more than 30 minutes per day.

CLEANING, STORAGE, AND MAINTENANCE

30. **DANGER:** Always unplug the power cord immediately after use, before cleaning, moving, storing, or performing the maintenance and adjustment procedures described in this manual. Allow to cool before cleaning, moving, storing, or doing maintenance.
31. Use a slightly damp cloth or soft towel to wipe away dirt or moisture. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
32. Store in a well-ventilated area free of dust, with low humidity and out direct sunlight.
33. When storing for a long time, remove the batteries from the remote control and cover the RumblexMax with vinyl or other covering to keep out dust and dirt.
34. Inspect the unit for dust or dirt buildup and vacuum regularly to prevent overheating.
35. Never insert or drop any object into any opening.
36. Inspect and tighten all external screws periodically (do not remove the motor hood).
37. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 30.7" L x 15.7" W x 5.5" H

Net Weight: 46.3 lbs

Power: 300W + 30W + 300W

Voltage: 110V

Amplitude: 0-10mm

Max User Weight: 500 lbs.

Frequency: 6-14 Hz

Speed Levels: 1-99

Preset Programs: P01-P16

Batteries Required:

Two AAA battery (not included)

RECOVERY + FITNESS

RUMBLEXMAX

4D VIBRATION PLATE

MADE IN CHINA

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below. Please contact us for additional assistance at: support@lifeprofitness.com, or (732) 456-6063.

ISSUE	MACHINE DOES NOT TURN ON
CAUSE	Power cable is not plugged into a wall outlet.
SOLUTION	Connect power cable to an outlet.
CAUSE	Power switch is not flipped to the ON position.
SOLUTION	Flip the Power switch on the front of machine to the ON position.
CAUSE	Power cable is not securely plugged into the front of the unit.
SOLUTION	Remove the power cable and reinsert forcefully until you hear a click indicating it is securely connected.
ISSUE	REMOTE CONTROL DOES NOT WORK
CAUSE	Remote is too far away from the infrared sensor on the display.
SOLUTION	Point remote directly at infrared sensor when in use (effective distance is approximately 6 feet).
CAUSE	Batteries are installed incorrectly.
SOLUTION	Check to see if the batteries are installed in the correct direction.
CAUSE	Batteries are dead.
SOLUTION	Replace dead batteries with two new AAA batteries.
ISSUE	MACHINE STOPPED WORKING SUDDENLY
CAUSE	Program (10 min run-time) or manual workout (30 min run-time max) has ended.
SOLUTION	Begin a new exercise program.
ISSUE	CANNOT TURN OFF MACHINE USING REMOTE CONTROL OR CONTROL PANEL
CAUSE	The RumblexMax must be powered off via the Power switch.
SOLUTION	Flip the Power switch on the front of the unit to the OFF position.



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 RumblexMax ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your RumblexMax cannot be repaired, we'll replace it—free of charge. Register your RumblexMax at rumblexmax.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 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 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

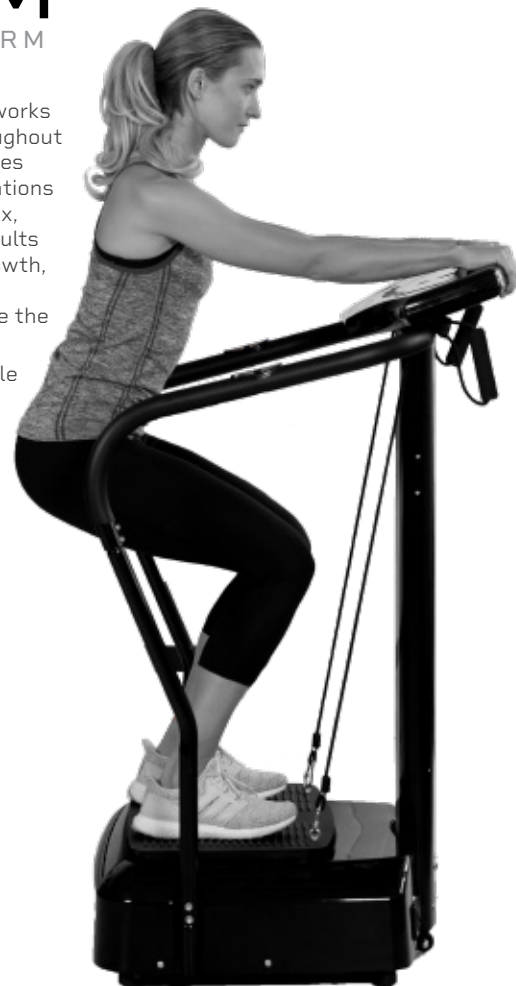
VIBRATION PLATFORM

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



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GOT
THIS**