

# READY, SET, PRO

USER MANUAL

VIBRACARE FOOT MASSAGER



Clinicians use vibration therapy and acupressure to help improve blood flow and relieve pain in the extremities.

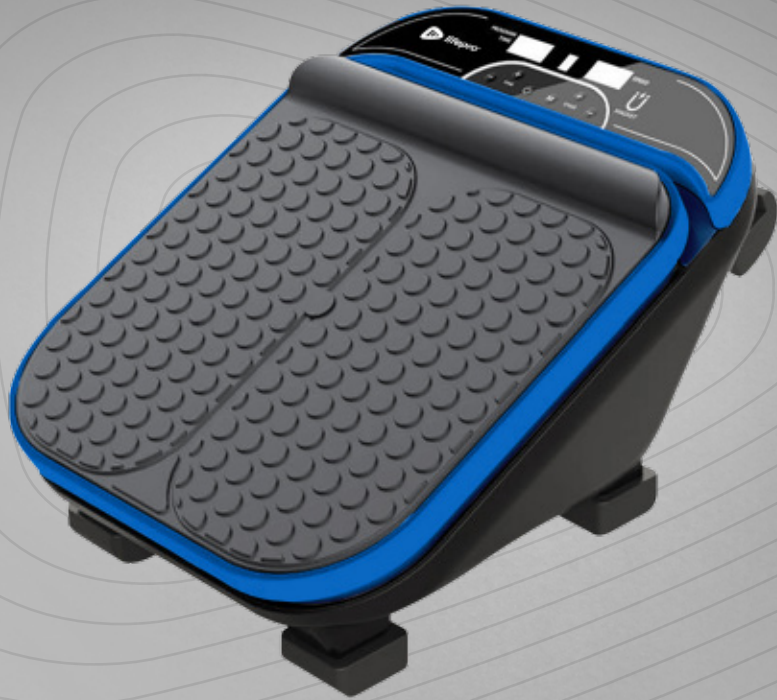
Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of foot massagers.

## 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*



Vibration therapy and acupressure therapy have a wide variety of applications and health benefits. Massage therapists use acupressure to relieve pain, improve blood circulation, and reduce stress. Vibration therapy is used by professional athletes, physical therapists, and rehabilitation centers to improve performance, increase bone and muscle mass, boost metabolism, and reduce joint pain.

With the Lifepro VibraCare Foot Massager, you can experience myriad therapeutic benefits from the comfort of your own home. The VibraCare's large massage pads provide a full foot and lower leg massage. The arch massager loosens up hard to reach areas of the foot and enhances relaxation and pain relief. The VibraCare's ergonomic design efficiently reaches all of your acupuncture points. It's perfect for anyone who experiences stiffness, pain, or numbness in their feet or lower legs from long hours of standing or walking.

The VibraCare offers a customizable foot massage. Ten preset programs, a manual massage program, 30 intensity levels, and three massage positions allow you to choose the perfect settings for all of your massage needs. The VibraCare plugs directly into the wall outlet, so there's no need to worry about keeping a battery charged. It also comes with a fully functional remote control so you can easily change the massage settings without getting up. The VibraCare's small size makes it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

## Redefine your wellness and experience the transformative power of the Lifepro VibraCare:

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

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

# VIBRACARE

FOOT MASSAGER

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro VibraCare Foot Massager
- AC Power Adapter
- Remote Control
- 3V 2025 Battery
- User Manual

### FIRST STEPS

1. Remove your VibraCare 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 VibraCare.
4. Go to [vibracare.lifeprofitness.com](http://vibracare.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 VibraCare.

### CUSTOMER SUPPORT

If you have any questions about setting up your VibraCare, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (732) 456-6063.

## EASY-START SETUP GUIDE

Set up your Lifepro VibraCare in just four easy steps:

- ### 1 ACTIVATE THE REMOTE CONTROL

  - Remove the back of the remote control.
  - Install the 3V CR2025 battery using the polarity marks as a guide.
  - Securely replace the back of the remote control.
- ### 2 SET UP THE VIBRACARE

  - Place the VibraCare on a flat, level, non-slip surface in front of a chair with a back.
- ### 3 CONNECT THE VIBRACARE TO POWER

  - Connect the AC power adapter connector to the power jack on the back of the VibraCare.
  - Plug the power adapter into a wall outlet.
- ### 4 BEGIN USING THE VIBRACARE

  - Sit down in the chair and place your clean feet on the foot pads.
  - Press the **Power button** on the remote control to turn on the VibraCare.

**WARNING:** The VibraCare is to be used on the feet and calves only. Do not use it on the abdomen, neck, or other body parts not described in this manual.

**WARNING:** Do not sit or stand on the VibraCare. Do not exert excessive downward force on the foot pads.

## PARTS OF THE VIBRACARE



## TIPS FOR USING YOUR VIBRACARE

### USING THE VIBRACARE

- Place the VibraCare on a flat, level surface during use.
- The back of the remote control is magnetized and can be placed on the magnet symbol on the control panel for safekeeping.
- Start at the lowest speed and increase level slowly.
- If you have sensitive feet, use the lowest intensity level to avoid discomfort.
- You may wish to wear socks during use to further prevent discomfort.
- Do not use on wet, dirty, or sweaty feet.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the VibraCare just before bedtime.
- Drink plenty of water before and after use.
- Daily use will help you reach your wellness and pain-reduction goals.
- The default massage time is 15 minutes. Do not use continuously for more than 20 minutes.

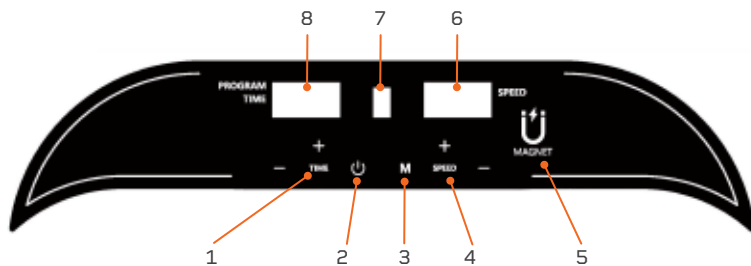
### IMPORTANT SAFETY INFORMATION

- Never use the VibraCare under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the unit, power cord, and remote away from heat sources and fire.
- The VibraCare is not waterproof. Keep away from liquids, and do not immerse in water.
- Never use the VibraCare 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 VibraCare. Do not exert excessive downward force on the foot pads.
- Use the remote control to adjust or stop the massage once the massage program has begun. Using the control panel while the unit is moving could result in an accident or injury.

# OPERATING INSTRUCTIONS

## USING THE CONTROL PANEL TO OPERATE THE VIBRACARE

1. **Time +/- Buttons:** Increase or decrease the program duration, from 1–15 minutes in one-minute increments.
2. **Power Button:** Power the VibraCare on and off.
3. **Program Button:** Toggle through the ten preset massage programs, P0–P9, or select the manual program (HR).
4. **Speed +/- Buttons:** Increase or decrease the massage speed from level 1–30. Speed automatically starts at level 1.
5. **Magnet:** Place the remote control on the magnet to avoid losing it.
6. **Speed Window:** Shows the current massage speed. Speed ranges from level 1–30.
7. **Remote Control Sensor:** Infrared receiver for the remote control. For best results, point the remote control directly at the receiver from no more than 6 feet away.
8. **Program/Time Window:** During standby mode, the window shows the selected preset program (P0–P9) or manual mode (HR). During the massage, the window shows the remaining massage time in one-minute increments.



## USING THE REMOTE TO OPERATE THE VIBRACARE

1. **Program Readout:** Shows the current selected preset massage program (P0–P9) or manual program (HR).
2. **Time Readout:** Shows the remaining massage time in one-minute increments.
3. **Speed Readout:** Shows the current massage speed. Speed ranges from 1–30.
4. **Power Button:** Power the VibraCare on and off.
5. **Readout Select Buttons:** Toggle up or down through the Program, Time, and Speed options on the readout screen.
6. **Decrease Button:** Decrease the massage program duration or speed. Change the preferred massage program.
7. **Increase Button:** Increase the massage program duration or speed. Change the preferred massage program.



**NOTE:** For best results, point the remote control directly at the receiver from no more than 6 feet away.

## CHOOSING A MASSAGE POSITION

### MASSAGING YOUR FEET AND ARCHES

To use the VibraCare to massage your feet and arches:

1. Sit on a sofa or sturdy chair with a back.
2. Place the VibraCare in front of you.
3. Ensure that the VibraCare is positioned so that the foot pads are facing your legs and the control panel points up.
4. Place your feet on the foot pads in one of the two positions shown below:



**FOOT MASSAGE**



**ARCH MASSAGE**

5. You may wish to alternate between these two positions or move your feet slowly and rhythmically up to the arch massage position until your feet completely relax.

### CHANGING THE ANGLE OF THE VIBRACARE

The VibraCare has six position adjustment legs which allow you to tilt the massager forward and backward to reach different areas of your feet and calves. To adjust the angle of the VibraCare:

1. Sit on a sofa or sturdy chair with a back.
2. Place the VibraCare in front of you.
3. Ensure that the VibraCare is positioned so that the foot pads are facing your legs and the control panel points up.
4. Place your feet on the footpads.
5. Push the massager forward with your feet until it is at an angle that allows the vibrations of the massager to reach the sore areas of your feet or legs. You may need to move the massager closer to your chair.



### MASSAGING YOUR CALVES

To use the VibraCare to massage your calf muscles:

1. Sit on a sofa or sturdy chair with a back, with the VibraCare in front of you.
2. Tip the VibraCare up on the four position adjustment legs at the top of the device, so that the control panel points down towards the floor.
3. Place your calves on the foot pads as shown.



## CHOOSING A MESSAGE PROGRAM

You can select from ten programs, P0–P9, or select the manual program (HR). Each of the ten preset message program is 15 minutes long and uses varying massage speeds, from level 1–30, to soothe your feet or calves. The programs are:

- **Manual (HR):** Create your own message program from 1–15 minutes. You may adjust the massage speed from levels 1–30 at any time during the massage.
- **P0:** Low speed program with a burst of medium speed at the end.
- **P1:** Starts at low speed, gradually increasing to medium speed over the course of 8 minutes, then repeats that sequence.
- **P2:** Alternates between low (8) and medium (14) speeds every minute.
- **P3:** Alternates between low (6) and medium (18) speeds every minute.
- **P4:** Alternates between low (1) and high (20) speed every minute.
- **P5:** Alternates between low (3), medium (9), and high (27) speed every minute.
- **P6:** Alternates between medium (15) and high (26) speed every minute.
- **P7:** Alternates between 3 high speeds (20, 25, 30) every minute.
- **P8:** Alternates between 3 high speeds (20, 23, 26) every minute.
- **P9:** Alternates between low (1), medium (10), and high (30) speed every minute.

## CHOOSE A PRESET MESSAGE PROGRAM

### USING THE CONTROL PANEL

To begin a preset program using the control panel:

1. Press the **Power button** on the remote control to turn on the display panel. Manual mode is automatically selected (you will see HR in the program/time window).
2. Press the **Program button** to toggle through preset programs, P0–P9,

to select one. Your selected program begins immediately and can be changed at any time.

3. Press the **Power button** to turn the system ON.
4. Each preset program is 15 minutes long; however, you may adjust the time, if desired. Use the **Time +/- buttons** to adjust the massage duration from 1–15 minutes, in one-minute increments. Your adjusted time will show in the program/time window.
5. The VibraCare will stop automatically when the set working time is complete. Simply press the **Power button** to turn the system ON again.
6. Always unplug the VibraCare after each use.

### USING THE REMOTE CONTROL

To begin a preset program using the remote control:

1. Press the **Power button** to turn the system ON.
2. The **Readout Select buttons** are used to move through the program, time, and speed options on the readout screen. Your selection flashes in the screen when chosen.
3. Use the **Readout Select buttons** to select **Program**. The default is the manual program (HR). Use the **Increase/Decrease buttons** to select a preset program, from P0–P9. Your selected program begins immediately and can be changed at any time.
4. Each preset program is 15 minutes long; however, you may adjust the time, if desired. Use the **Readout Select buttons** to select **Time**. Use the **Increase/Decrease buttons** to change the massage duration, from 1–15 minutes, in one-minute increments. Your adjusted time will show in the program/time window.
5. Press the **Power button** to stop the massage at any time.
6. The VibraCare will stop automatically when the set working time is complete. Simply press the **Power button** to turn the system ON again.
7. Always unplug the VibraCare after each use.

**NOTE:** Speed cannot be adjusted for preset programs. If you adjust the speed during a preset program, the system will switch automatically to the manual mode program (HR).



## CREATE A MANUAL MESSAGE PROGRAM

### USING THE CONTROL PANEL

To create a manual message program using the control panel:

1. Press the **Power button** to turn the system ON.
2. The manual program (HR) is selected by default and is shown in the program/time window. The selected manual program begins immediately and can be changed at any time.
3. Use the **Time +/- buttons** to adjust the message duration from 1–15 minutes, in one-minute increments. The default message time is 15 minutes. Your selection is shown in the program/time window and can be adjusted at any time.
4. Use the **Speed +/- buttons** to adjust the message speed from levels 1–30. Your selection is shown in the speed window and can be adjusted at any time during the message.
5. Press the **Power button** to stop the message at any time.
6. The VibraCare will stop automatically when the set working time is complete. Simply press the **Power button** to turn the system ON again.
7. Always unplug the VibraCare after each use.

### USING THE REMOTE CONTROL

To create a manual message program using the remote control:

1. Press the **Power button** on the remote control to turn the system ON.
2. The manual program (HR) is selected by default and is shown in the program readout on the remote control. The selected manual program begins immediately and can be changed at any time.
3. The **Readout Select buttons** are used to move through the program, time, and speed options on the readout screen. Your selection flashes on the screen when chosen.
4. Use the **Readout Select buttons** to select **Time**. Use the **Increase/Decrease buttons** to set a message duration, from 1–15 minutes, in one-minute increments. Your selection is shown in the time readout and can be adjusted at any time.

5. Use the **Readout Select buttons** to select **Speed**. Use the **Increase/Decrease buttons** to adjust the message speed, from level 1–30. Your selection is shown in the speed readout and can be adjusted at any time.
6. Press the **Power button** to stop the message at any time.
7. The VibraCare will stop automatically when the set working time is complete. Simply press the **Power button** to turn the system ON again.
8. Always unplug the VibraCare after each use.

**NOTE:** You may adjust speed or time at any time during a manual message program. You may also change your program at any time.

### MESSAGE INTENSITY AND SPEED

Message intensity corresponds to the following speeds:

INTENSITY	SPEED
Low	1–9
Medium	10–19
High	20–30

# 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 VibraCare.

### 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 VibraCare are adequately informed of all warnings and precautions.
4. Use the VibraCare only as instructed in this manual.
5. ONLY use the VibraCare on the feet and calves. Do not use on hands, knees, elbows, or other body parts not described in this manual.
6. Always inspect the device for damage before each use. Do not use if damaged, malfunctioning, or if the unit or cord has been exposed to water.
7. Only operate the VibraCare on a flat, level, non-slip surface.
8. Do not operate the VibraCare while driving.
9. The unit will automatically power off after 15 minutes of use. Do not use continuously for more than 20 minutes.
10. The VibraCare is intended for in-home use only. Do not use the VibraCare in any commercial, rental, institutional, or therapeutic setting.
11. Dispose of the VibraCare, batteries, packaging and all parts according to local and federal regulations.

### ELECTRICAL/BATTERY SAFETY

12. **WARNING:** Use only the included power adapter.
13. Unplug the unit after use and prior to cleaning or storing.
14. Do not use outdoors. Do not use the unit in high-temperature or high-moisture environments.
15. Do not charge the batteries. They must be replaced with the same type.
16. Do not ingest the battery. If the battery has been ingested, seek medical help immediately, as that can cause internal burns or even death.
17. The VibraCare and its remote control are not waterproof. Keep it away from liquids. Do

not use it in a place where the unit may become wet or damp. Do not immerse it in water. If the unit accidentally becomes wet, unplug it, and do not use.

18. Do not use, plug in, or unplug the unit with wet hands.
19. Keep the VibraCare away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
20. Keep sharp objects away from the VibraCare.
21. Keep ventilation ports free from dust and debris.
22. Do not operate it under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
23. Do not operate it in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
24. Never drag or hang the VibraCare by its power cable.

### SAFETY

25. Never leave the VibraCare unattended while it is running.
26. Consult with a medical professional before using the device if you have a medical condition such as diabetes, inflammation, if you suffer from blood clots, if you have a pacemaker or other similar implant, recently had surgery, are suffering from heart disease, circulatory problems, or osteoporosis, and/or are pregnant.
27. Do not use the VibraCare if you are injured. Never use directly on swollen or inflamed skin or open wounds.
28. Stop using the device immediately if you feel discomfort, pain, dizziness, or nausea.
29. Always use the VibraCare while seated comfortably in a chair.
30. Do not stand on the VibraCare or exert excessive downward force on the foot pads.
31. Do not insert body parts or objects into any opening on the VibraCare.
32. Children and adults with diminished mental or physical capacity may only use the VibraCare while closely supervised by a responsible adult.
33. Keep pets away from the VibraCare at all times.

### CLEANING, STORAGE & MAINTENANCE

34. Turn off, unplug, and allow the VibraCare to cool down before cleaning or storing.
35. Wipe down the VibraCare with a soft, slightly damp cloth after each use. Never allow water or other liquids to come into contact with the unit.
36. Do not use abrasive, solvent, or chemical cleaners or harsh detergents. You may use a mild soap.
37. Remove the batteries if the remote will not be used for a long time, and store in a cool, dry place.
38. Do not store other objects on top of the unit.
39. Do not remove screws or attempt to disassemble.

## TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your VibraCare Foot Massager using the table below.

Please contact a customer support representative for additional assistance at: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (732) 456-6063. Please do not attempt to repair the VibraCare.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
<b>MASSAGER IS NOT WORKING</b>	Massager is not plugged in.	Plug the power cord into the power jack and a wall outlet.
	Massager is not turned on.	Press the Power button to turn on the foot massager.
<b>REMOTE CONTROL IS NOT WORKING</b>	Battery is installed incorrectly.	Remove battery and install correctly.
	Remote control is too far away from the infrared receiver.	Point the remote at the infrared receiver on the control panel, from no more than 6 feet away.
	Battery is dead.	Install a new 3V CR2025 battery.
<b>MASSAGER STOPPED WORKING SUDDENLY</b>	Massager automatically shuts off after the set working time.	Turn the massager back on to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Allow the massager to cool down before using again.
<b>MESSAGE INTENSITY IS TOO HIGH</b>	Speed level is set too high.	Use a lower speed level (1-30).
	Feet may be sensitive.	Put on a pair of thick socks.
<b>FAINT SOUND HEARD WHILE USING MASSAGER</b>	Massager is using vibration.	This is a normal sound made by the motor.



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

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Size:** 15.0" L x 12.0" W x 8.5" H

**Net Weight:** 11 lbs

**Power:** 48 W

**Frequency:** 50-60 Hz

**Voltage:** DC 24 V

**Decibel Rating:** 35-45 dB

**Ambient Temperature:** 32-104° F

**Speed Intensity Levels:** 1-30

**Massage Programs:** P0-P9

### AC POWER ADAPTER

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

**Rated Output:** 24 V 2 A

### BATTERIES REQUIRED

3V CR2025 (included)

RECOVERY + FITNESS

# VIBRACARE

FOOT MASSAGER

MADE IN CHINA

FROM OUR SOAR FX™ COLLECTION

# 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 [vibracare.lifeprofitness.com](http://vibracare.lifeprofitness.com) to learn how to get the most out of your Lifepro® VibraCare and achieve the results you want.



**YOU'VE  
GOT  
THIS**