

READY, SET, PRO

USER MANUAL

VITALIZE FOOT & HAND MASSAGER





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 Vitalize Foot & Hand Massager helps you improve mobility and physical fitness from the comfort of your home or office. The Vitalize creates constant movement for your legs, mimicing the natural muscle activity that occurs when you walk. Soothe tired feet after a long day of standing or walking. Prevent muscle cramps and improve circulation while sitting at your desk. It's small and portable enough to take with you to work and fits right under your desk!

The two acupressure roller balls help loosen tight muscles and aid in pain relief. Use the Vitalize to massage your feet, calves, and thighs. It's also great for massaging your hands, forearms, waist, and back.

The Vitalize improves blood circulation, muscle tone, and flexibility. 20 speed levels help you choose the right intensity every time. Just sit back, relax, and see results in just 20 minutes a day.

Redefine your workouts and experience the transformative power of the LifePro Vitalize:

- **Relax your muscles:** loosens tight muscles and improves mobility
- **Increase blood flow:** improves circulation and decreases inflammation
- **Relieve stress:** increases serotonin and decrease cortisol
- **Find pain relief:** decreases neuropathy and symptoms of plantar fasciitis, prevents leg cramps

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

RECOVERY + FITNESS

VITALIZE

FOOT & HAND MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro Vitalize Foot & Hand Massager
- AC Power Adapter
- Remote Control
- User Guide



FIRST STEPS

1. Remove your Vitalize from the shipping box and remove all packaging from the unit and each accessory.
2. Read carefully through this user manual and all safety instructions before using the Vitalize.
3. Remove the back of the remote. Pull on the plastic tab covering the battery terminals to remove it. Replace the back of the remote.
4. Go to vitalize.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
5. Connect the AC power adapter to the power socket on the front of the Vitalize. Plug the adapter into a wall outlet.

That's it. Your Lifepro Vitalize is now ready to use. See OPERATING INSTRUCTIONS and CHOOSING A PROGRAM on the next pages for details about how to use your Vitalize.

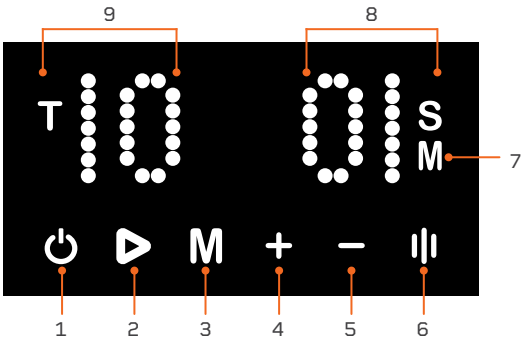
CUSTOMER SUPPORT

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

OPERATING INSTRUCTIONS

USING THE DISPLAY PANEL TO OPERATE THE VITALIZE

- 1. **Power Button:** Power the Vitalize on and off. NOTE: Unit will auto power-off after 3 minutes of inactivity.
- 2. **Start/Stop Button:** Start/stop the selected preset program or custom workout.
- 3. **Roller Button:** Toggle the acupressure roller on and off.
- 4. **Increase Speed Button*:** Increase the speed after the custom workout begins. Speed automatically starts at 1.
- 5. **Decrease Speed Button*:** Decrease the speed after the custom workout begins. Speed automatically starts at 1.
- 6. **Auto Mode Button:** Toggle through preset programs: P1, P2, P3, P4, P5.
- 7. **Roller Indicator:** When the acupressure roller is turned on, “M” will display. When the roller is turned off, the indicator icon will disappear.
- 8. **Speed Indicator:** Shows the current speed.
- 9. **Time Indicator:** Shows the remaining time in the current preset program or custom workout. Time shows in one-minute increments until the last minute, which will count down the remaining seconds.

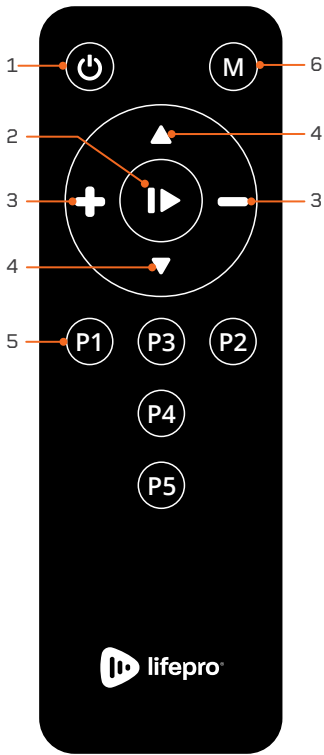


*Speed and time cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE VITALIZE

- 1. **Power Button:** Power the Vitalize on and off.
- 2. **Start/Stop Button:** Start/stop the selected preset program or begin a custom workout.
- 3. **Set Time Buttons*:** In standby mode, press the buttons to increase or decrease the time duration for your custom workout.
- 4. **Set Speed Buttons*:** Once the custom workout has begun, press the buttons to increase or decrease the speed.
- 5. **P1, P2, P3, P4, P5 Buttons:** Press a button to choose one of the five preset programs.
- 6. **Roller Button:** Toggle the acupressure roller on and off.

*Speed and time cannot be adjusted for preset programs.



MODES

Standby Mode: The Vitalize is powered ON, but no program is selected.

Auto Mode: Choose from preset workout programs: P1-P5.

CHOOSING A PROGRAM

To get the best results, alternate between the preset programs and custom workouts 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 and mobility.

CHOOSE A PRESET PROGRAM

You can select from five preset programs: P1-P5. Each preset program is 10 minutes long and uses different training intensities to challenge your body.

To begin a preset program:

1. Press the Power button to turn the system ON.
2. Choose a preset program:
 - a. Press the Auto Mode button on display to toggle between P1-P5, OR
 - b. Press the button corresponding to the desired preset program on the remote.
3. Press the Start/Stop button to activate the selected program.

NOTE: You cannot adjust speed, time, or turn the roller on/off for preset programs.

CREATE A CUSTOM WORKOUT

You can create your own custom workout by setting a workout time and speed. The default time for custom workouts is 10 minutes. You may set a custom workout duration of 1-20 minutes (in one-minute increments) while in standby mode. Once you begin your workout program, you cannot adjust the workout time.

The speed for manual workouts begins automatically at level 1. You may adjust the speed after your custom workout has begun from 1-20. When using the acupressure roller, you may not adjust the speed.

To create a custom workout:

1. Press the Power button to turn the system ON.
2. The default time duration is 10 minutes. To adjust the time, use the + / - buttons on the hands-free remote control.

3. Press the Start/Stop button to begin the manual workout.
4. The speed will automatically begin at level 1. To adjust the speed:
 - a. Use the Up/Down Arrow buttons on the hands-free remote, OR
 - b. Use the + / - buttons on the LCD touch display.
5. You may turn the roller on and off by pressing the M button on the remote or display at any time before or during the custom workout.

TURN THE ROLLER MOVEMENT ON AND OFF

An acupressure massage roller is located in each footwell beneath the black mesh rectangles. You can toggle the roller movement on and off before beginning a workout or at any time during a workout.

To turn the roller on or off:

1. Press the M button on the display or remote control to turn on the roller. Press the button again to turn off the roller.

NOTE: You cannot adjust the speed while the roller is in use.

WORKOUT INTENSITY & SPEED

Workout intensities correspond to the following speeds:

INTENSITY	SPEED
Low	1-6
Medium	7-13
High	14-20

TIPS FOR USING YOUR VITALIZE

- Start at the lowest speed and increase incrementally.
- Long-term use will help you reach your goals.
- Drink plenty of water before and after exercise.
- Stop use if you feel tired or dizzy.
- Do not use on a full stomach.
- Do not use for more than 20 minutes at a time.

HOW TO USE THE VITALIZE



USE WHILE AT YOUR DESK



USE WHILE ON THE COUCH



TOP OF THE FOOT



HEEL OF THE FOOT



BALL OF THE FOOT



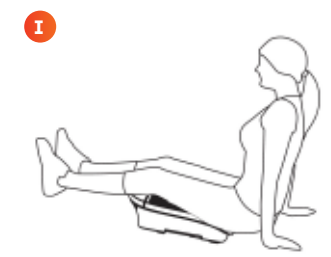
HAND MASSAGE



CALF MASSAGE



ARM MASSAGE



THIGH MASSAGE

WARNING: Do NOT sit or stand on the Vitalize. The unit's maximum weight allowance is 66 lbs.

When using the unit to massage your thighs or calves, make sure to sit on the ground; only your legs should rest on the machine.

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 Vitalize.

RESPONSIBILITIES

1. It is the responsibility of the owner to ensure that all users of the Vitalize are adequately informed of all warnings and precautions.
2. Use the Vitalize only as instructed in this manual.
3. Place the Vitalize on a sturdy, level surface, with at least eight feet of clearance behind it. Do not place the Vitalize on any surface that blocks air openings. To protect the floor or carpet from damage, place an old cloth or training mat under the Vitalize.
4. Keep the Vitalize indoors, away from moisture and dust. Do not use outdoors. Do not store in a garage or covered patio, or near water.

DOS AND DON'TS

5. Do not sit, stand, or jump on the Vitalize as this may damage the unit. The unit's maximum weight allowance is 66 lbs.
6. Do not use the Vitalize with wet hands, feet, or clothes.
7. Do not operate the Vitalize where aerosol products are used or where oxygen is being administered.
8. Keep children and pets away from the Vitalize at all times.
9. Never allow more than one person to use the Vitalize at a time.
10. Keep the power cord and the surge suppressor away from all heat sources.
11. Never leave the Vitalize unattended while it is running. Always power-

off the unit and unplug the power cord when the Vitalize is not in use.

EXERCISING

12. Consult with a medical professional before beginning a new exercise program.
13. Get into position before powering on the Vitalize.
14. Always wear appropriate clothing and socks when using the Vitalize.
15. Do not use for more than 20 minutes at a time.
16. Stop using the Vitalize if you feel tired or dizzy.
17. The Vitalize is intended for in-home use only. Do not use the Vitalize in any commercial, rental, or institutional setting.

MAINTENANCE

18. **DANGER:** Always power off and unplug the power cord immediately after use, before cleaning the Vitalize, and before performing the maintenance and adjustment procedures described in this manual.
19. Inspect for visible damage before use. If damaged, before or during use, unplug and contact vendor. Do not use if damaged.
20. Inspect and tighten all external screws periodically (do not remove the motor hood).
21. 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.
22. Never insert or drop any object into any opening.

PRODUCT SPECIFICATIONS

RECOVERY + FITNESS
VITALIZE
FOOT & HAND MASSAGER

UNIT SPECS

Size: 15"l x 12.6"w x 5.3"h

Net Weight: 10 lbs

Power: 50W

Voltage: 110V

Amplitude: 0-5mm

Max Weight on Machine: 66 lbs.

Frequency: 9-14 Hz

Speed Levels: 20

Auto Programs: P1-P5

AC Adapter:

Output Voltage: 24V, 2.5A

Batteries Required for Remote:

2 AAA batteries (included)

MADE IN CHINA



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

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

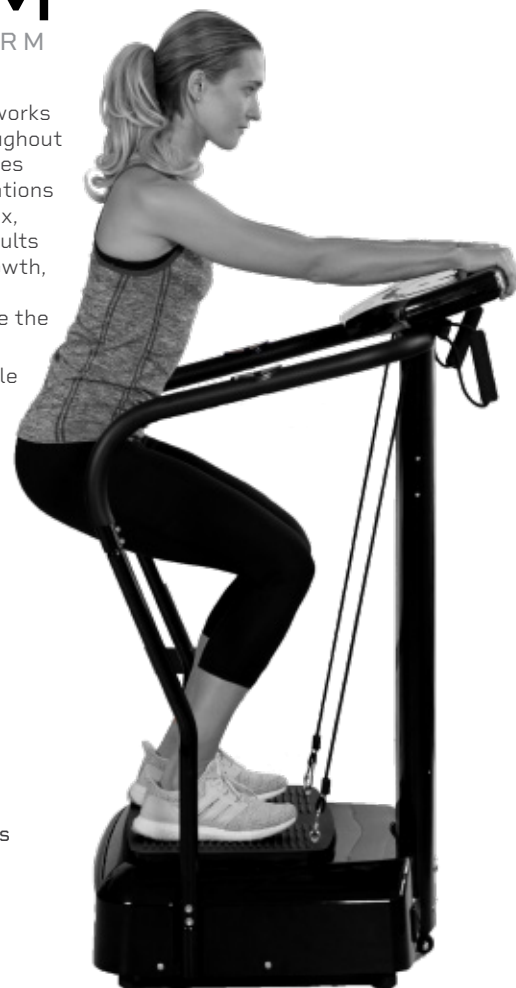
VIBRATION PLATFORM

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



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





Access Lifepro TV, our library of free personal training videos on the web at vitalize.lifeprofitness.com to learn how to get the most out of your Lifepro® Vitalize and achieve the results you want.



**YOU'VE
GOT
THIS**