

# READY, SET, PRO

USER MANUAL



RUMBLEX PLUS 4D VIBRATION PLATE

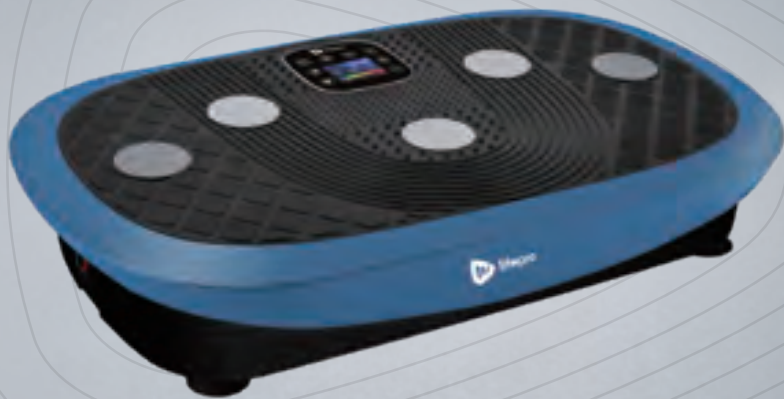




## HELLO THERE.

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.



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 RumblexPlus boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The RumblexPlus has three powerful, ultra-quiet motors: lateral, horizontal/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 creates 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 RumblexPlus.

If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the 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 RumblexPlus:

- ◆ **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 RumblexPlus. Next, be sure to visit our website [rumblexplus.lifeprofitness.com](http://rumblexplus.lifeprofitness.com) for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the RumblexPro into your fitness routine.

# RUMBLEXPLUS

4D VIBRATION PLATE

## GET STARTED

### WHAT'S IN THE BOX

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

### FIRST STEPS

1. Remove your RumblexPlus from the shipping box and remove all packaging from the unit and accessories.
2. Read carefully through this user manual and all safety instructions before using the RumblexPlus.
3. Go to [rumblexplus.lifeprofitness.com](http://rumblexplus.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the EASY-START SETUP GUIDE on page 8 to begin using your RumblexPlus.

### CUSTOMER SUPPORT

If you have any questions about setting up your RumblexPlus, 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).

## GET ACQUAINTED



## EASY-START SETUP GUIDE

Set up your Lifepro RumblexPlus in just 3 easy steps:

1

### ASSEMBLE THE RUMBLEXPLUS

- Open the back of the remote. Pull the plastic tab covering the battery terminals to remove it. Close the back of the remote.
- Rotate the 2 metal bars on the underside of the unit to the front.
- Use the hex key and the 2 included screws to secure each bar in place.
- Loop the resistance bands into the holes in the 2 metal bars now extending from the front of the unit.



2

### CONNECT TO POWER

- Insert the power cord firmly into the front of the RumblexPlus.
- NOTE:** Press forcefully until you feel a click, which indicates that the cord is securely connected. The power cord fits tightly so it will not loosen during use.
- Plug the power cord into an AC outlet.

3

### POWER ON THE RUMBLEXPLUS

- Flip the breaker switch on the front of the RumblexPlus to the ON position.
- Press the power button on the RumblexPlus's display.
- That's it. Your Lifepro RumblexPlus is now ready to use. See OPERATING INSTRUCTIONS and CHOOSING A PROGRAM on the next pages for details about how to use your RumblexPlus.

### BONUS EXERCISE MAT

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

## HOW IT WORKS

The RumblexPlus has three powerful, ultra-quiet motors: a lateral motor, a horizontal/oscillating motor, and a pulsating 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 7 training modes, 3 workout intensities, and 60 speed levels.

### 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



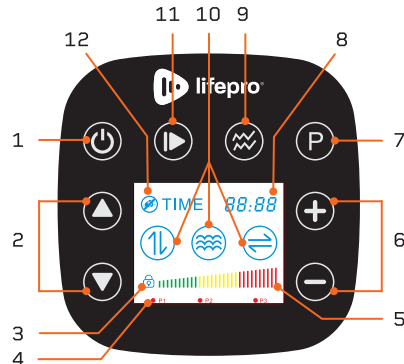
### WORKOUT INTENSITIES AND SPEED LEVELS



# OPERATING INSTRUCTIONS

## USING THE DISPLAY PANEL TO OPERATE THE RUMBLEXPLUS

- Power Button:** Power the RumblexPlus on and off. NOTE: Unit will auto power-off after 3 minutes of inactivity.
- Set Speed Buttons\*:** Adjust workout speed after manual workout begins. Speed automatically starts at 1.
- Lock Screen Indicator:** When icon is lit, it indicates that the on-screen buttons are locked.
- Program Indicator:** Shows which preset program is selected.
- Workout Intensity Graph:** Shows current workout intensity.
- Set Time Buttons\*:** Set time duration for manual mode workout.
- Auto Mode Button:** Toggle through preset programs: P1, P2, P3.
- Time/Speed Indicator:** Alternates between showing the time remaining and the current speed.
- Manual Mode Button:** Toggle through the 7 training modes to create a custom workout.
- Training Mode Indicator:** Shows which training mode is selected.
- Start/Stop Button:** Start/stop the selected preset program or manual mode workout.
- Sound Indicator:** Indicates whether the system interface beeps are turned on or off.



\*Speed and time cannot be adjusted for preset programs.

## USING THE REMOTE TO OPERATE THE RUMBLEXPLUS

- Auto Mode Button:** Toggle through preset programs: P1, P2, P3.
- Power Button:** Power the RumblexPlus on and off.
- Set Time Buttons\*:** Set time duration for custom workout in manual mode .
- Manual Mode Button:** Toggle through the 7 training modes to create a custom workout.
- Start/Stop Button:** Start/stop the selected preset program or manual mode workout.
- Set Speed Buttons\*:** Adjust workout speed after manual workout begins. Speed automatically starts at 1.
- Sound Button:** Press the button to silence the beeping sound. Press again to restore sound.
- Lock Screen Button:** Press the button to lock the buttons on the display. Press again to unlock the buttons.

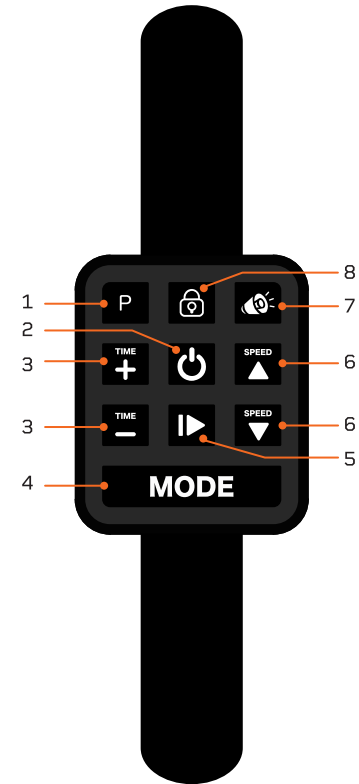
\*Speed and time cannot be adjusted for preset programs.

## MODES

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

**Auto Mode:** Choose from preset workout programs: P1-P3.

**Manual Mode:** Create your own custom workout: choose from 7 training modes, then set a time duration and speed.



## USE THE BUILT-IN SPEAKERS

- Turn ON Bluetooth on your smartphone or other Bluetooth device.
- Select the device called "LIFEPRO."
- Enter the password "8888" to connect to the integrated Bluetooth speakers on the RumblexPlus.

## CHOOSING A PROGRAM

Use the RumblexPlus in auto or function mode. To get the best results, alternate between preset programs in auto mode and custom workouts created in function mode to keep your body guessing. We tend to adapt to a workout routine over time, so you want to change up your workouts to keep improving your fitness.

### AUTO MODE

In auto mode, you can select from three preset programs: P1, P2, P3. Each preset program is 10 minutes long and uses a different training mode to challenge your body. All three preset programs vary speed and intensity throughout to help keep you on your toes.

### CHOOSING A PROGRAM IN AUTO MODE

1. Press the Power button to turn the system ON.
2. Press the Auto Mode button to toggle between the 3 programs: P1, P2, P3.
3. Press the Start/Stop button to activate the selected program.

Note: You cannot adjust the workout time or speed for preset programs.

### MANUAL MODE

In manual mode, you can create your own custom workout by choosing from 7 training modes and then setting a workout time and speed.

### CREATING A CUSTOM WORKOUT IN MANUAL MODE

1. Press the Power button to turn the system ON.
2. Choose a training mode by pressing the Manual Mode button to toggle between the 7 training modes.
3. Set a time duration for your workout:
  - a. Use the - / + buttons on the LCD touch display, OR
  - b. Use the Speed - / Speed + 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 1. To adjust the speed:
  - a. Use the Up/Down Arrow buttons on the LCD touch display, OR
  - b. Use the Speed - / Speed + buttons on the hands-free remote control.

## CHOOSING A TRAINING MODE

| TRAINING MODES*       | MOTOR MOVEMENT                     | ACTIVE MOTOR  |
|-----------------------|------------------------------------|---|
| Oscillation           | Up-Down                            | Oscillating Motor                                   |
| Pulsation             | Pulsating                          | Pulsating Motor                                     |
| Lateral               | Side-to-Side                       | Lateral Motor                                       |
| Oscillating Pulsation | Up-Down + Pulsating                | Oscillating Motor + Pulsating Motor                 |
| 3D/Spiral             | Up-Down + Side-to-Side             | Oscillating Motor + Lateral Motor                   |
| Lateral Pulsation     | Pulsating + Side-to-Side           | Pulsating Motor + Lateral Motor                     |
| 4D                    | Up-Down + Pulsating + Side-to-Side | Oscillating Motor + Pulsating Motor + Lateral Motor |

\*Each training mode is listed in the order that they are toggled through when you press the Manual Mode button (e.g., press the Manual Mode button once to select the Oscillation training mode, press twice to select Pulsation, press three times to select Lateral, etc.).

## SETTING A WORKOUT TIME AND SPEED

The default time for manual workouts is 10 minutes. You can set a custom workout duration of 1 to 10 minutes (in 1-minute increments), while in standby mode. Once you start 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 1. Once your workout has begun, you can change your speed, at any time, from 1-30.

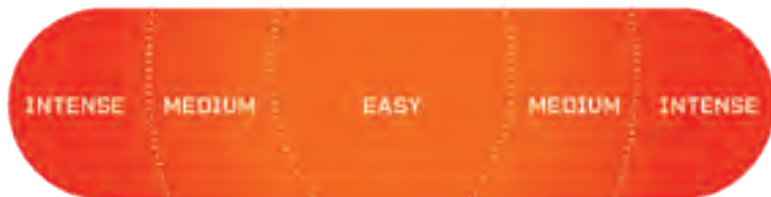
## WORKOUT INTENSITY AND SPEED

During your workout, you can quickly see your current workout intensity by checking the Workout Intensity Graph on the LCD touch display. Workout intensities correspond to the following speeds and colors.

| INTENSITY | SPEED | COLOR  |
|-----------|-------|--------|
| Low       | 1-20  | Green  |
| Medium    | 21-40 | Orange |
| High      | 41-60 | Red    |

## STANDING POSITIONS

Where you stand on the Lifepro RumblexPlus 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 RumblexPlus 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



## HOW TO USE THE RUMBLEXPLUS

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**A**  
STRAIGHT ARM PLANK



**B**  
NECK STRETCH



**C**  
BICEP CURL



**D**  
DIP



**E**  
TRICEP BLASTER



**F**  
GLUTE STRETCH



**G**  
SPLIT SQUAT



**H**  
SIDE LUNGE



**I**  
QUAD STRETCH



**J**  
SQUAT



**K**  
REVERSE FLY



**L**  
ALTERNATE SHOULDER PRESS

# EXERCISE QUICK START GUIDE

## HOW TO BEGIN

It's a good idea to start off slow and easy with your RumblexPlus 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 10 | 15      |
|              |          | 30      |
|              |          | 45      |
| Intermediate | Speed 20 | 15      |
|              |          | 30      |
|              |          | 45      |
|              | Speed 21 | 60      |
|              |          | 75      |
|              |          | 90      |
| Speed 30     | 60       |         |
|              | 75       |         |
|              | 90       |         |
| Advanced     | Speed 40 | 60      |
|              |          | 75      |
|              |          | 90      |
|              | Speed 41 | 105     |
|              |          | 120     |
|              |          | 135     |
| Speed 50     | 105      |         |
|              | 120      |         |
|              | 135      |         |
| Speed 60     | 105      |         |
|              | 120      |         |
|              | 135      |         |



Visit our FREE library of personal training videos at [rumblexplus.lifeprofitfitness.com](http://rumblexplus.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 RumblexPlus.

### RESPONSIBILITIES

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

### DOS AND DON'TS

5. Do not operate the RumblexPlus where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the RumblexPlus at all times.
7. The RumblexPlus should not be used by persons weighing more than 330 lbs.
8. Never allow more than one person on the RumblexPlus at a time.

9. Keep the power cord and the surge suppressor away from all heat sources.
10. Never leave the RumblexPlus unattended while it is running. Always unplug the power cord when the RumblexPlus is not in use.

### EXERCISING

11. Consult with a medical professional before beginning a new exercise program.
12. Get into position before powering on the RumblexPlus.
13. Always wear appropriate clothing and athletic shoes when using the RumblexPlus.
14. The RumblexPlus is intended for in-home use only. Do not use the RumblexPlus in any commercial, rental, or institutional setting.

### MAINTENANCE

15. **DANGER:** Always unplug the power cord immediately after use, before cleaning the RumblexPlus, and before performing the maintenance and adjustment procedures described in this manual.
16. Inspect and tighten all external screws periodically (do not remove the motor hood).
17. 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.
18. Never insert or drop any object into any opening.

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Size:** 29.5"l x 18"w x 6"h

**Net Weight:** 38.5lbs

**Power:** 200W + 40W + 200W

**Voltage:** 110V

**Amplitude:** 0-12mm / 1.5mm / 8mm

**Max User Weight:** 330 lbs.

**Frequency:** 4-40 Hz

**Speed Levels:** 60

**Auto Programs:** P1-P3

**Batteries Required:**

3V CR2032 lithium battery (included)

MADE IN CHINA

# RUMBLEXPLUS

4D VIBRATION PLATE



## 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 RumblexPlus ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your RumblexPlus cannot be repaired, we'll replace it—free of charge. Register your RumblexPlus at [rumblexplus.lifeprofitness.com](http://rumblexplus.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 MASSAGE GUN



The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

## SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress and muscle tension

# RHYTHM

VIBRATION PLATFORM



The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

## RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation



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



**YOU'VE  
GOT  
THIS**