



**READY,
SET, PRO**

USER MANUAL

SOAR FX

COLLECTION





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 all that 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 SoarFX 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 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

Foam rolling
has become an
essential aspect of
training for people
of all fitness levels.

Now you can enjoy all of the benefits of foam rolling and vibration technology together with the LifePro Surger™ vibrating foam roller. Use your Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and 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.

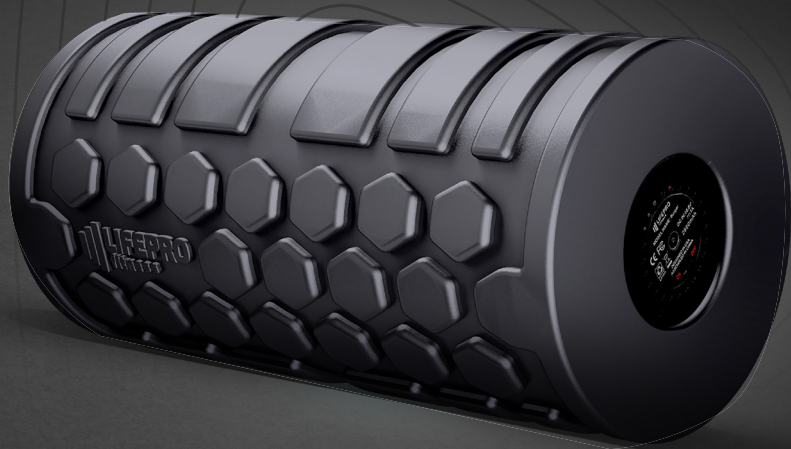
If you are recovering from an injury, the Surger is a great tool for at-home rehabilitation, helping to reduce pain, improve circulation, and increase blood flow. It's like having your own personal deep-tissue masseuse.

Easily take your workout on the go: the Surger is highly portable and the lithium-ion battery provides 2 or more hours of use-time per charge.

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

- ✦ **Increase workout effectiveness:** reduce soreness and speed up recovery, prevent injury, improve muscle flexibility and performance.
- ✦ **Recover from injury:** decrease pain and inflammation, boost circulation.
- ✦ **Find pain relief:** loosen knots, trigger points, and tightness in your muscles and fascia.

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



DEEPLY
PENETRATING
MUSCLE RELIEF

ACTIVE RECOVERY

SURGER™

VIBRATING ROLLER

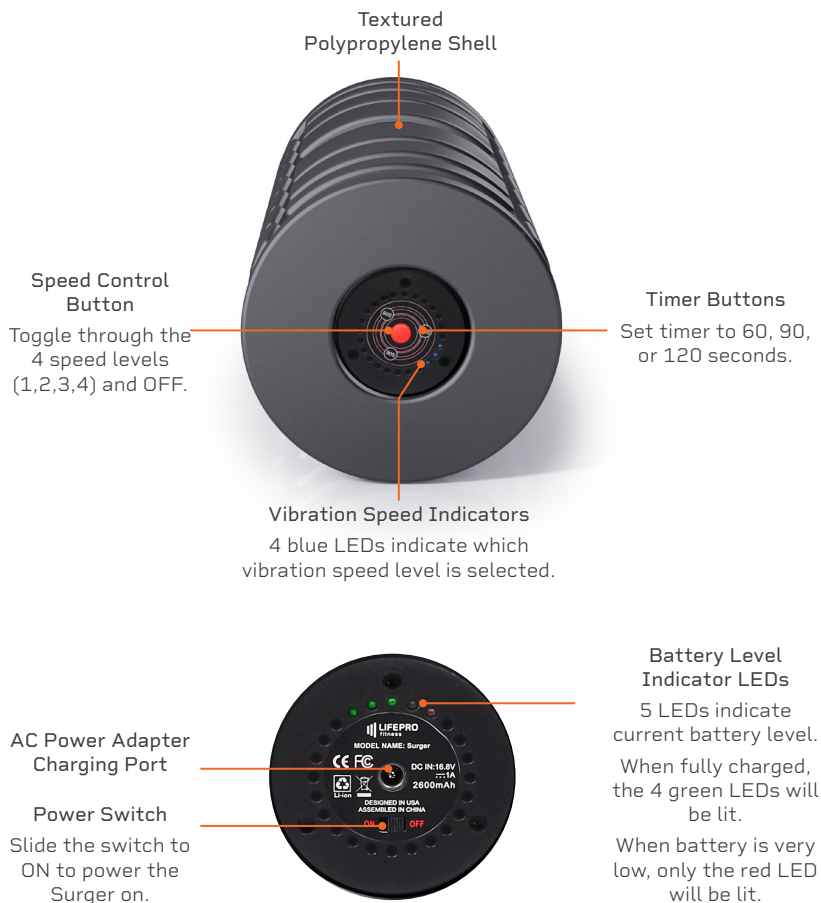
WHAT'S IN THE BOX

- LifePro Surger™ Vibrating Foam Roller
- AC charging adapter
- Custom Carry Bag
- Ready, Set, Pro Easy-Start Guide

CUSTOMER SUPPORT

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

PARTS OF THE SURGER



EASY-START SETUP GUIDE

1

CHARGE THE SURGER

- Fully charge your Surger for 12 hours before using it for the first time. After the first charge, your Surger should only take about 2 hours to charge (or charge until all four green LED are lit, indicating that the battery is at full capacity).
- To charge, connect the adapter to the charging port and plug into wall outlet. The average run-time is 2 hours at level four and longer at lower levels.
- We recommend that you do not fully deplete the battery to the red LED level.

2

TURN IT ON

- Once your Surger is fully charged, slide the Power switch on bottom of unit to the ON position.

3

CHOOSE YOUR SPEED

- Press the red Speed Control button on top of unit to toggle through 4 vibration speed levels:
- Press the Speed Control button once to set the vibration speed to level 1. Press the button twice to select level 2, three times for level 3, four times for level 4.
- Press the Speed Control button five times to turn off vibration.
- The 4 blue LED lights indicate vibration speed level selected (on level 2, two LEDs will be lit).

OPERATING INSTRUCTIONS

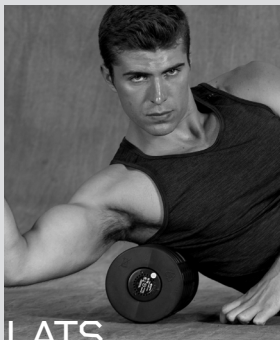
TIMER SETTINGS

- The Surger has 3 timer settings. Press the 60S button to set the timer to 60 seconds, the 90S button to set the timer to 90 seconds, or the 120S button to set 120 seconds. Use this feature to time yourself while rolling out a specific muscle group.
- If no timer is selected, vibration will turn off automatically after 10 minutes of use. To continue use, simply press the red Speed Control button again to choose the desired vibration level.

TIPS FOR USING YOUR SURGER

- Start with level 1 to get your muscles familiar with the Surger.
- Slowly roll your body back and forth along the Surger. Take a few seconds to go forward and then a few seconds to go back. Roll each muscle for several minutes.
- Roll along the long axis of your muscle. For example, if working your triceps, roll from your armpit to your elbow.
- Use a consistent, downward pressure.
- Stay hydrated.

HOW TO USE THE SURGER



MAINTENANCE & SAFETY

MAINTENANCE, CLEANING, AND STORAGE

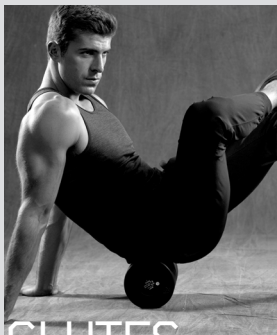
- Use a soft towel or cloth to wipe any dirt or moisture from unit.
- Keep the Surger away from heat sources, liquids, and children.

SAFETY INSTRUCTIONS

1. Consult your doctor before using this product.
2. For adult use only. Keep away from children and pets.
3. Use the Surger only as instructed in this manual.
4. Do not immerse unit in water. Keep liquids away from ventilation ports, buttons, and switches.
5. Unplug the unit after charging or prior to use.
6. Never leave the Surger unattended while it is running.
7. Do not operate continuously for more than one hour. After one hour of use, allow the unit to rest for 30 minutes before re-using.



CALVES



GLUTES



NECK

PRODUCT SPECIFICATIONS

UNIT SPECS

Weight: 3.9 lbs.

Dimensions: 13"L x 5.5"D

Voltage: 110V

Speed levels: 4

Timer settings: 60s, 90s, 120s

Auto-off: 10 minutes

AC CHARGER

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

Rated Output: 16.8V DC-1A

BATTERY

Rated Voltage: 16.8V

Type: Lithium-ion

Capacity: 10,400 mAh

Working Hours: 2-4 (varies by speed)

Charging Time: 120 minutes

MADE IN CHINA

ACTIVE RECOVERY

SURGER

VIBRATING ROLLER



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

OTHER PRODUCTS

SONIC

PERCUSSION MASSAGE GUN

Physical therapists, chiropractors, and athletic trainers are turning to percussive therapy to help athletes recover from injury and improve performance. Use the Sonic Massage Gun post-workout to speed up recovery, or pre-workout to enhance performance.

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

SURGER BENEFITS

- Increase workout effectiveness
- Reduce muscle soreness and speed up recovery
- Improve muscle flexibility and performance
- Boost circulation
- Manage chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- Boost immune system
- Improve sleep and reduce stress
- Increase serotonin and decrease cortisol



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



**GROW
SOME
WINGS**

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