LifePro LP-WVR-WHT

LifePro Waver Vibration Plate Exercise Machine User Manual

Model: LP-WVR-WHT
Brand: LifePro

1. Product Overview

The LifePro Waver Vibration Plate Exercise Machine is designed to provide a full-body vibration experience, promoting muscle contraction and activation. This device is intended to support various fitness goals, including muscle toning, improved circulation, and enhanced bone density.



The LifePro Waver Vibration Plate Exercise Machine, shown with its remote control, resistance bands, and loop bands.

Key features include:

- **Full-Body Vibrations:** Designed to engage muscles throughout the body.
- **Multiple Benefits:** Aims to improve muscle tone, metabolism, circulation, and bone density, while reducing joint stress.
- **Adjustable Speed:** Offers 99 speed settings for customized workout intensity.
- **Preset Programs:** Includes 9 pre-programmed workout routines.
- **Convenient Controls:** Features an easy-to-read display and a remote control for ease of use.
- **Included Accessories:** Comes with yoga straps and resistance bands to enhance workouts.

2. Setup Guide

Follow these steps to set up your LifePro Waver Vibration Plate Exercise Machine:

1. **Unboxing:** Carefully remove all components from the packaging. Ensure you have the vibration plate, remote control, two loop bands, and four resistance bands.
2. **Placement:** Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is enough clear space around the machine for safe operation.
3. **Power Connection:** Plug the power cord into a standard electrical outlet.
4. **Remote Batteries:** Insert 2 AAA batteries into the remote control.



The complete package includes the vibration plate, remote control, two loop bands, and four resistance bands.

3. Operating Instructions

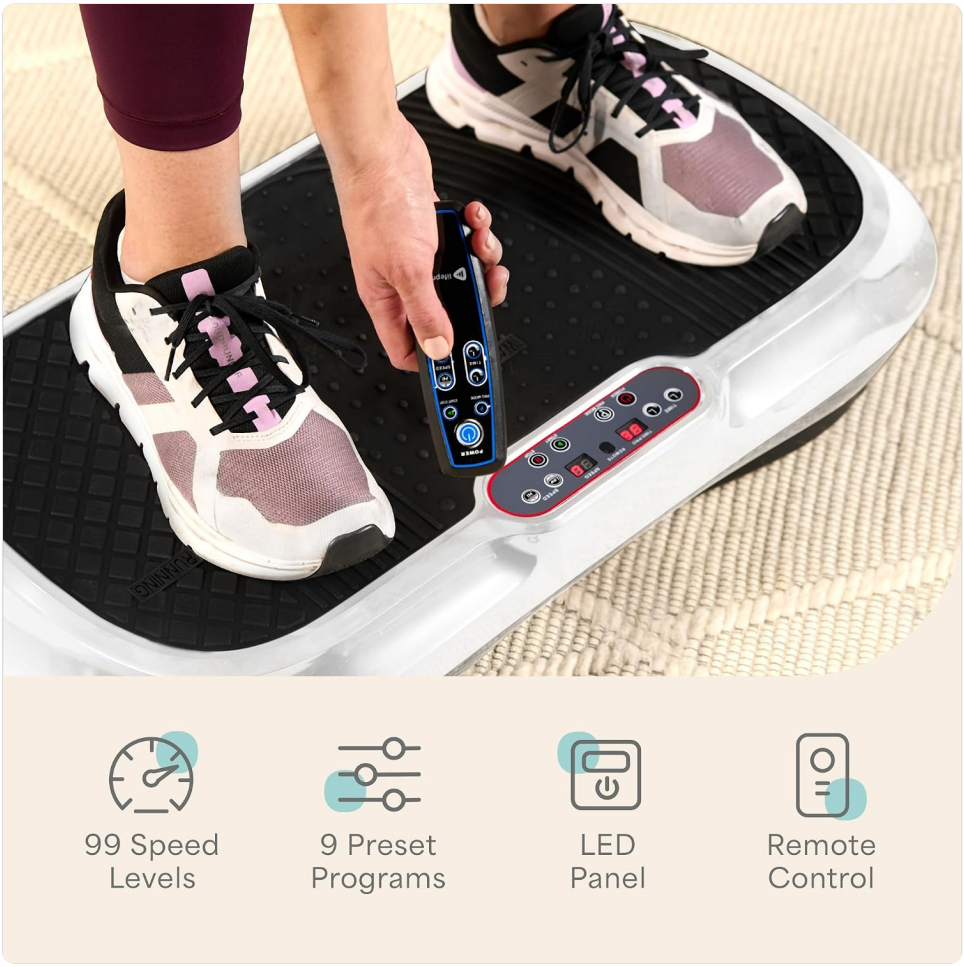
The LifePro Waver Vibration Plate is designed for user-friendly operation. Familiarize yourself with the control panel

and remote control for optimal use.

3.1 Powering On/Off

- Press the **Power** button on the control panel or remote to turn the machine on or off.

3.2 Using the Display and Remote



The easy-to-read display and remote control provide full control over the machine's functions.

- The **LCD display** shows current speed, time, and program information.
- Use the **Speed +/-** buttons on the control panel or remote to adjust the vibration intensity from 1 to 99.
- Press the **Program** button to cycle through the 9 preset vibration programs. Each program offers a unique sequence of speed changes.
- The remote control allows for convenient adjustments during your workout without needing to bend down.

4. Usage and Exercises

The LifePro Waver Vibration Plate can be used for a variety of exercises to target different muscle groups and achieve various fitness benefits. Adjust your stance on the plate to modify the intensity of the vibration.

- **Walking Stance:** Feet closer together for a milder vibration, suitable for warm-ups or cool-downs.
- **Jogging Stance:** Feet slightly wider apart for moderate intensity, engaging more muscles.
- **Running Stance:** Feet at the widest points of the plate for maximum intensity, ideal for advanced users and muscle activation.

4.1 Recommended Exercises

Incorporate the included resistance bands and loop bands to enhance your workouts.



Performing squats on the vibration plate can help tone muscles and encourage lymphatic drainage.



Using resistance bands with the vibration plate can improve circulation, energy balance, and muscle recovery.



Oscillation movements on the plate require coordination and engage muscles, enhanced by resistance bands.



The included loop bands and resistance bands allow for a variety of dynamic exercises.

5. Maintenance

Proper maintenance ensures the longevity and optimal performance of your LifePro Waver Vibration Plate.

- **Cleaning:** Wipe down the surface of the machine with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact design allows for easy storage under beds or furniture.
- **Inspection:** Periodically check the power cord and all connections for any signs of wear or damage.



The compact design of the Waver allows for convenient storage when not in use.

6. Troubleshooting

If you encounter any issues with your LifePro Waver Vibration Plate, refer to the following common troubleshooting tips:

- **Machine Not Turning On:** Ensure the power cord is securely plugged into both the machine and a working electrical outlet. Check if the power switch is in the 'On' position.
- **Remote Not Responding:** Verify that the batteries in the remote control are correctly inserted and are not depleted. Replace batteries if necessary. Ensure there are no obstructions between the remote and the machine's sensor.
- **Unusual Noises or Vibrations:** Stop using the machine immediately. Check for any loose parts or foreign objects. If the issue persists, contact customer support.
- **Display Not Working:** If the display is blank or flickering, try unplugging the machine for a few minutes and then plugging it back in. If the problem continues, it may indicate an internal issue.

For issues not covered here, please refer to the support section.

7. Specifications

Detailed specifications for the LifePro Waver Vibration Plate Exercise Machine:



Dimensions and weight capacity of the LifePro Waver Vibration Plate.

Feature	Specification
Model Number	LP-WVR-WHT
Maximum Weight Recommendation	149.69 kg (330 Pounds)
Product Dimensions	40.64 x 69.6 x 14.22 cm (16 x 27.4 x 5.6 inches)
Item Weight	12.2 kg (27 Pounds)
Controls Type	Remote
Display Type	LCD
Maximum Speed	99 RPM (Levels)
Minimum Speed	1 RPM (Level)
Number of Programs	9
Power Source	Corded Electric
Wattage	200 watts

Feature	Specification
Batteries Required for Remote	2 AAA batteries
Material	Plastic

8. Warranty and Support

LifePro is committed to customer satisfaction and product quality.

- **Warranty:** The LifePro Waver Vibration Plate Exercise Machine comes with a Lifetime Warranty. Please refer to the warranty card included with your product for full details and registration instructions.
- **Customer Support:** For any questions, technical assistance, or support, please contact LifePro customer service.
- **Online Resources:** Access free professional online workout videos and join the LifePro community for additional guidance and motivation. Details on how to access these resources are typically provided with your purchase or can be found on the official LifePro website.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question