LifePro LP/Bundle/PlateBands

LifePro Waver Vibration Plate Exercise Machine User Manual

Model: LP/Bundle/PlateBands

1. Important Safety Instructions

Please read all instructions carefully before using the LifePro Waver Vibration Plate Exercise Machine. Retain this manual for future reference.

- **Power Supply:** This device operates on 110/120V. Ensure your power outlet matches this requirement. Using an incorrect voltage may damage the unit and void the warranty. A voltage converter may be required in regions with 220V power supply.
- **Placement:** Place the machine on a flat, stable surface. Ensure adequate space around the unit for safe operation.
- **Weight Limit:** Do not exceed the maximum user weight of 330 pounds (150 kg).
- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Supervision:** Do not leave the machine unattended while it is operating.
- **Maintenance:** Regularly inspect the power cord and the machine for any damage. Do not use if damaged.
- **Emergency Stop:** Familiarize yourself with the emergency stop function on the control panel.

2. Product Overview and Components

The LifePro Waver Vibration Plate is designed to provide whole-body vibrations for exercise and muscle activation. It includes various accessories to enhance your workout.



Image 2.1: LifePro Waver Vibration Plate with included accessories: remote control, three loop bands, and two resistance bands with handles.

Included Components:

- LifePro Waver Vibration Plate Exercise Machine
- Remote Control
- Resistance Bands (with handles)
- Loop Bands
- User Manual (this document)

3. Setup and Assembly

The LifePro Waver Vibration Plate requires minimal assembly and is designed for quick setup.

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Position the vibration plate on a firm, level surface. The machine features suction cups on the bottom to ensure stability during use.
3. **Power Connection:** Plug the power cord into a compatible 110/120V electrical outlet. Ensure the connection is secure.

4. **Accessory Attachment:** If using the resistance bands, attach them to the designated points on the machine.

4. Operating Instructions

The Waver Vibration Plate offers various settings and programs to customize your workout.

4.1 Control Panel and Remote



Image 4.1: The machine's integrated LCD display and the handheld remote control for convenient operation.

The machine can be operated using the integrated control panel or the included remote control. The LCD display shows current speed, time, and program information.

- **Power Button:** Turns the machine on/off.
- **Start/Stop:** Initiates or pauses the vibration.
- **Speed Adjustment:** Use '+' and '-' buttons to adjust vibration speed from 1 to 99 levels.

- **Program Selection:** Cycle through 9 pre-set programs using the 'P' button. Each program offers a unique sequence of speed and duration.
- **Time Setting:** Adjust workout duration (if applicable, outside of pre-set programs).

4.2 Using the Vibration Plate

The intensity of the vibration can be adjusted by your foot placement on the platform:

- **Center Stance:** Placing your feet closer to the center provides the lowest intensity vibration.
- **Shoulder-Width Stance:** A wider stance, with feet approximately shoulder-width apart, increases the vibration intensity.
- **Widest Stance:** Placing your feet at the edges of the platform provides the highest intensity vibration.



Image 4.2: A user demonstrating a squat exercise on the vibration plate.

4.3 Incorporating Accessories

The included resistance bands and loop bands can be used to target specific muscle groups and add variety to your

workout.



Image 4.3: A user performing bicep curls using the resistance bands while standing on the vibration plate.



Image 4.4: A user performing squats with a loop band for added resistance.

For additional exercise ideas and guidance, refer to the online workout videos provided by LifePro. Information on accessing these resources can be found on the LifePro website or through support channels.



Image 4.5: Examples of exercises that can be performed using the vibration plate, including planks, squats, twists, and lateral raises.

5. Maintenance and Storage

5.1 Cleaning

- Always unplug the machine before cleaning.
- Wipe the surface of the vibration plate with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Ensure no liquid enters the control panel or other electrical components.

5.2 Storage

When not in use, store the machine in a cool, dry place away from direct sunlight and moisture.



Image 5.1: The compact design allows for convenient storage under furniture.

The compact design of the LifePro Waver allows it to be easily stowed under a bed or sofa.

6. Troubleshooting

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not securely plugged in; no power from outlet; power switch off.	Check power cord connection; test outlet with another device; ensure power switch is on.
Vibrations are weak or inconsistent.	Incorrect speed setting; machine overloaded.	Increase speed setting; ensure user weight is within limits.

Problem	Possible Cause	Solution
Remote control not working.	Dead batteries; remote not aimed correctly.	Replace remote batteries; ensure clear line of sight to the machine's receiver.

If the problem persists, please contact LifePro customer support.

7. Specifications



Image 7.1: Dimensions of the LifePro Waver Vibration Plate.

Feature	Detail
Model Number	LP/Bundle/PlateBands
Maximum Weight Recommendation	330 Pounds (150 kg)

Feature	Detail
Product Dimensions (L x W x H)	38.86 x 38.86 x 20.32 cm (15.3 x 15.3 x 8 inches)
Item Weight	12.25 kg (27 lbs)
Controls Type	Remote
Display Type	LCD
Speed Levels	1 to 99 RPM
Number of Programs	9
Power Source	Corded Electric (110/120V)
Material	Plastic

8. Warranty and Support

LifePro offers a **Lifetime Warranty** on the Waver Vibration Plate Exercise Machine. For warranty claims, technical support, or assistance with online workout videos, please contact LifePro customer service.

Contact Information:

- Visit the official LifePro website for support resources.
- Refer to the product packaging or the LifePro website for specific contact details (phone, email).

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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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