LifePro Turbo-Black

LifePro 3D Vibration Plate Exercise Machine - User Manual

Model: Turbo-Black

1. Important Safety Instructions

Please read all instructions carefully before using the LifePro 3D Vibration Plate Exercise Machine. Retain this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- This machine is designed for adult use only. Keep children and pets away from the machine during operation.
- Place the machine on a flat, stable surface. Ensure adequate space around the machine for safe operation.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Always wear appropriate athletic footwear when using the machine.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.

2. Product Overview

The LifePro 3D Vibration Plate Exercise Machine is designed to provide a full-body workout through advanced vibration technology. It features dual motors for lateral and 3D motion, promoting muscle performance, circulation, and flexibility.

2.1 Components

- LifePro 3D Vibration Plate Unit
- Remote Control
- Resistance Bands (Loop & Handle)
- Power Cord
- User Manual (this document)



Figure 2.1: LifePro 3D Vibration Plate Exercise Machine with all included accessories, including the main unit, remote control, and various resistance bands.

3. Setup

3.1 Unpacking

1. Carefully remove all components from the packaging.
2. Inspect all parts for any damage. If any damage is found, do not use the machine and contact customer support.
3. Retain packaging materials for future storage or transport.

3.2 Placement

- Place the vibration plate on a firm, level surface. Avoid placing it on thick carpets or uneven floors.
- Ensure there is at least 2 feet (60 cm) of clear space around the machine for safe movement.
- Keep the machine away from water or damp environments.

3.3 Initial Connection

1. Insert the power cord into the power input port on the machine.
2. Plug the other end of the power cord into a grounded electrical outlet.
3. Flip the main power switch (usually located near the power cord input) to the 'ON' position. The control panel should illuminate.

4. Operating Instructions

4.1 Control Panel and Remote Control

The machine can be operated using the integrated control panel on the unit or the included remote control. The remote control offers convenience for adjusting settings during your workout.



Figure 4.1: The LED control panel on the machine and the handheld remote control, both used for adjusting settings like speed and programs.

4.2 Understanding Vibration Modes

The LifePro 3D Vibration Plate offers multiple vibration modes:

- **Oscillation:** Mimics a seesaw motion, primarily engaging lower body muscles.
- **Pulsation (Linear):** Moves up and down, providing a direct vertical vibration.
- **Combination (3D):** Combines oscillation and pulsation for a multi-directional vibration experience.



Figure 4.2: Visual representation of the three distinct vibration modes: Oscillation, Pulsation, and their Combination (3D), demonstrating how the machine moves.

4.3 Starting a Workout

1. Step onto the platform with both feet, maintaining balance. You may hold onto a stable object if needed.
2. Press the 'POWER' button on the control panel or remote to turn on the machine.
3. Select your desired vibration mode (Oscillation, Pulsation, or 3D) using the corresponding buttons.
4. Adjust the speed/intensity level using the '+' and '-' buttons. The machine offers up to 99 speed levels.
5. Alternatively, select one of the 8 preset programs (P1-P8) for a guided workout.
6. The timer will automatically start. Most programs run for 10 minutes.

4.4 Using Resistance Bands

Attach the resistance bands to the designated anchor points on the machine. These bands can be used to enhance upper body and core workouts while vibrating.



Figure 4.3: Two users demonstrating the use of resistance bands attached to the vibration plate for a more comprehensive full-body workout.

5. Maintenance

5.1 Cleaning

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

5.2 Storage

- Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- If storing for an extended period, cover the machine to protect it from dust.

- The machine features built-in wheels for easy movement and compact storage under furniture.



Figure 5.1: The compact design and built-in wheels allow for convenient storage of the vibration plate under furniture when not in use.

6. Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Main power switch off; Power outlet issue.	Ensure power cord is securely plugged in. Check main power switch is 'ON'. Test outlet with another device.
No vibration or weak vibration.	Incorrect mode selected; Speed level too low; Overload.	Select appropriate vibration mode. Increase speed level. Ensure user weight is within limits.

Problem	Possible Cause	Solution
Remote control not working.	Batteries dead or incorrectly inserted; Remote out of range.	Replace batteries. Ensure batteries are inserted correctly. Use remote within close proximity to the machine.
Unusual noise during operation.	Machine not on a level surface; Loose components.	Ensure machine is on a flat, stable surface. Check for any loose parts and tighten if possible. If noise persists, contact support.

7. Specifications

Feature	Detail
Brand	LifePro
Model	Turbo-Black
Vibration Type	Dual Motor (Oscillation, Pulsation, 3D Combination)
Speed Levels	99
Preset Programs	8
Item Weight	17.01 kg
Product Dimensions (L x W x H)	78.7 cm x 45.7 cm x 17.8 cm
Material	Plastic

8. Warranty and Support

LifePro products are built with quality and durability in mind. For specific warranty details, please refer to the warranty card included with your product or visit the official LifePro website.

If you have any questions, require technical assistance, or need to claim warranty service, please contact LifePro customer support:

- **Website:** www.lifeprofitness.com
- **Email:** support@lifeprofitness.com (example, actual email may vary)
- **Phone:** (Example: 1-800-XXX-XXXX, actual number may vary)

© 2023 LifePro. All rights reserved.

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

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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