LifePro LP-RYM-BLK

Lifepro Rhythm Vibration Plate Exercise Machine User Manual

Model: LP-RYM-BLK | Brand: LifePro

1. Product Overview

The Lifepro Rhythm Vibration Plate is designed to provide gentle, therapeutic vibrations that engage muscles throughout your body. This machine aims to improve balance, circulation, and increase blood flow and oxygen delivery to muscles, supporting natural cell regeneration and recovery. It is equipped with handles for balance support, a heart rate sensor, and a phone holder for convenience during your sessions.



Figure 1: Lifepro Rhythm Vibration Plate Exercise Machine

2. Safety Information

Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions. Ensure the machine is placed on a stable, level surface. Keep children and pets away from the machine during operation. Do not exceed the maximum weight recommendation of 330 Kilograms (approximately 727 lbs). Always hold onto the handles for balance, especially when starting or changing settings.

3. Setup & Assembly

The Lifepro Rhythm Vibration Plate is designed for straightforward assembly. Most components are pre-fitted with screws to simplify the process. Carefully unpack all components and ensure all parts are present before beginning assembly.

- **Base Unit:** The main vibration platform comes pre-assembled.

- **Vertical Column:** Attach the main vertical column to the base unit using the provided screws. Ensure all connections are secure but do not fully tighten until all components are in place.
- **Handles:** Secure the curved handles to the vertical column. These handles provide stability and house the heart rate sensors.
- **Control Panel:** Mount the control panel onto the top of the vertical column, connecting any necessary wires as per the detailed instructions in the included user manual (PDF).
- **Accessories:** Attach the cup holder and phone holder to the designated spots on the handles.
- **Final Tightening:** Once all components are in place, systematically tighten all screws to ensure the machine is stable and safe for use.



Figure 2: Product Dimensions for placement consideration.

The machine features built-in wheels for easy movement and storage. Simply tilt the machine and roll it to your desired location.



Figure 3: Easy mobility with built-in wheels.

4. Operating Instructions

The Lifepro Rhythm Vibration Plate offers intuitive controls for a personalized workout experience.

Control Panel



Figure 4: Control Panel with various settings.

- **Start/Stop:** Press to begin or end a session.
- **Program Select:** Choose from 3 pre-set programs (P1, P2, P3) designed for different workout intensities and durations.
- **Time:** Adjust the duration of your session.
- **Pulse:** Use the heart rate sensors on the handles to monitor your pulse during your workout.
- **Speed +/-:** Manually adjust the vibration speed from 1 to 99 levels.

Recommended Positions

Varying your standing position on the plate can target different muscle groups and adjust the intensity of the vibration. The control panel provides visual guides for:

- **Standing Position:** Feet shoulder-width apart, holding handles. Exercises back, hips, and legs.
- **Single-Leg Position:** Stand on one foot while holding handles. Exercises back, abs, glutes, hips, legs, ankles, and feet.

- **Squat Position:** Feet shoulder-width apart, squatting while holding handles. Exercises legs, hips, glutes, and back.
- **Sprint Position:** One foot in front of the unit, crouch, and place hands on the plate. Exercises abs, shoulders, chest, arms, and back.



Figure 5: Woman demonstrating proper use with handles.

Using Resistance Bands

The Lifepro Rhythm comes with resistance bands that can be attached to the base unit. These bands allow you to incorporate upper body exercises and further engage your muscles during vibration sessions.



Figure 6: Incorporating resistance bands for a full-body workout.



Figure 7: The machine helps engage more muscles, improve circulation, and increase strength and flexibility.

5. Maintenance

To ensure the longevity and optimal performance of your Lifepro Rhythm Vibration Plate, regular maintenance is recommended:

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight and secure.

6. Troubleshooting

If you encounter any issues with your Lifepro Rhythm Vibration Plate, please 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 the power switch on the machine's base.

- **No Vibration:** Verify the machine is powered on and a program or manual speed is selected. Ensure you are standing correctly on the platform.
- **Unusual Noises:** Check for any loose parts or obstructions around the vibration plate. Tighten any loose screws.

For further assistance, please contact Lifepro customer support.

7. Specifications

Feature	Specification
Brand	LifePro
Model Name	LP-RYM-BLK
Product Dimensions	29"D x 27"W x 48"H
Item Weight	60.4 Pounds
Maximum Weight Recommendation	330 Kilograms
Number of Speed Levels	99
Number of Programs	3
Controls Type	Remote (via control panel)
Display Type	LED
Power Source	Corded Electric
Material	Plastic

8. Warranty & Support

Every Lifepro Rhythm Vibration Plate is backed by a**100% lifetime warranty**, ensuring long-lasting performance and peace of mind. Lifepro stands by the quality of its products and offers fast replacements or repairs if anything goes wrong, without the need for registration or hassle.

For any questions, support, or exercise ideas, Lifepro provides access to their**Guiding Angels** – real, live wellness coaches available by phone, email, or chat. Additionally, you can enjoy full access to their online video library packed with recovery routines, fitness tips, and step-by-step workouts designed specifically for your Lifepro Rhythm Plate.

For more information, visit the official Lifepro website or refer to the user manual PDF available online.

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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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