LifePro LP-RMXPLS-BLU

LifePro Rumblex Plus 4D Vibration Plate Exercise Machine User Manual

Model: LP-RMXPLS-BLU

Introduction

Thank you for choosing the LifePro Rumblex Plus 4D Vibration Plate Exercise Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before operation and retain this manual for future reference.



Image: The LifePro Rumblex Plus 4D Vibration Plate Exercise Machine, shown with its remote control, resistance bands, and exercise mat.

Important Safety Information

To reduce the risk of serious injury, always read and follow all warnings and instructions before using the Rumblex Plus. Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.

- Ensure the machine is placed on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Do not use if you are pregnant, have a pacemaker, or any other medical implant without consulting a doctor.
- Maximum user weight: 500 pounds.
- Always wear appropriate athletic footwear.
- Unplug the machine when not in use or before cleaning.

Package Contents

Verify that all items are present in the package:

- LifePro Rumblex Plus 4D Vibration Plate
- Hands-Free Remote Control
- Power Cord
- 2 Resistance Bands with Handles
- 4 Lifepro Mini Bands

- Exercise Mat

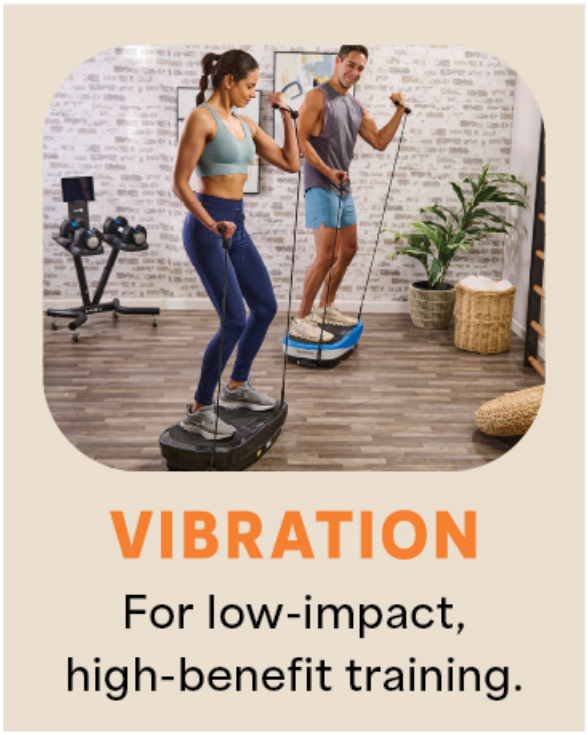


Image: A visual representation of the accessories included with the Rumblex Plus: an exercise mat, a wrist remote control, four mini resistance bands, and two resistance bands with handles.

Product Overview

The LifePro Rumblex Plus is a 4D vibration plate designed to provide a comprehensive workout experience. It features triple motors for oscillation, linear, and pulsation movements, which can also be combined for 3D/4D motion. The unit includes an LED display panel, Bluetooth speaker, and a hands-free remote control for convenient operation.



Image: A detailed view of the Rumblex Plus control panel, showing the LED display and various buttons, along with the wrist-worn remote control.

Setup

1. **Unpacking:** Carefully remove all components from the packaging. Inspect for any damage.
2. **Placement:** Place the Rumblex Plus on a firm, level surface. Ensure there is adequate space around the machine for safe movement. The included exercise mat can be placed underneath for added stability and floor protection.
3. **Power Connection:** Connect the power cord to the machine's power input and then plug it into a grounded electrical outlet. Ensure the power switch is in the OFF position before plugging in.
4. **Remote Control:** Insert 1 AAA battery into the hands-free remote control.

Operating Instructions

Powering On/Off

Flip the main power switch located on the side of the machine to the 'ON' position. The LED display will illuminate. To turn

off, flip the switch back to 'OFF'.

Understanding Vibration Modes

The Rumblex Plus offers three distinct vibration types and their combinations:

- **Oscillation:** Mimics a seesaw motion, primarily targeting lower body muscles.
- **Linear:** Moves up and down, engaging muscles throughout the body.
- **Pulsation:** High-frequency, low-amplitude vibration for muscle relaxation and circulation.
- **3D/4D Motion:** Combinations of the above modes for a multi-directional experience.



Image: A collage illustrating the four primary motion types of the Rumblex Plus: Oscillation (person squatting), Pulsation (person in plank position), Lateral (person using resistance bands), and Combination (person performing a lunge).

Using the Control Panel and Remote

The machine can be controlled via the integrated LED panel or the hands-free wrist remote control.

- **MODE Button:** Cycles through manual modes (Oscillation, Linear, Pulsation, 3D/4D combinations) and preset programs.
- **+/- Buttons:** Adjust the speed/intensity level (1-60) for manual modes.

- **START/STOP Button:** Begins or pauses the current program/mode.
- **TIME Button:** Adjusts the duration of your workout in manual mode.

Preset Programs

The Rumblex Plus features 3 pre-programmed workouts. Select a program using the MODE button and press START to begin. These programs automatically adjust vibration type, speed, and duration.

Bluetooth Speaker

To connect your device to the built-in Bluetooth speaker, activate Bluetooth on your smartphone or tablet and select 'Rumblex Plus' from the available devices. You can then play audio through the machine's speakers.



Image: A user demonstrating a squat exercise on the Rumblex Plus, highlighting its use for lower body engagement.



Image: A user performing crunches while seated on the Rumblex Plus, illustrating its versatility for core exercises.

Maintenance

Cleaning

Wipe down the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.

Storage

Store the Rumblex Plus in a cool, dry place away from direct sunlight. Its compact design and built-in wheels allow for easy movement and storage under furniture.



Image: A user demonstrating how the compact design and wheels of the Rumblex Plus allow it to be easily rolled and stored under a couch.

Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power switch off; No power from outlet.	Ensure power cord is securely plugged in. Check if the main power switch is ON. Test the outlet with another device.
Remote control not working.	Battery depleted; Remote out of range; Obstruction.	Replace AAA battery. Ensure remote is pointed towards the machine's sensor. Remove any obstructions.
Vibrations feel weak or inconsistent.	Incorrect mode selected; Machine on uneven surface.	Verify the selected mode and speed. Ensure the machine is on a flat, stable surface.

Problem	Possible Cause	Solution
Bluetooth not connecting.	Bluetooth not enabled on device; Incorrect device selected.	Ensure Bluetooth is active on your device. Select 'Rumblex Plus' from the list of available devices.

Specifications

Feature	Detail
Model Number	LP-RMXPLS-BLU
Product Dimensions	73.7D x 44.5W x 14.5H Centimetres (29.5 x 18 x 6 inches)
Item Weight	17.46 kg (38.5 lbs)
Maximum Weight Recommendation	500 Pounds
Controls Type	Push Button, Remote Control
Display Type	LED
Number of Resistance Levels	60
Operation Mode	Automatic, Manual
Power Source	AC Power (110V)
Material	Plastic
UPC	810090930794



Image: The Rumblex Plus with overlaid dimensions (29.5 inches length, 18 inches width, 6 inches height) and a text indicating a 500lb weight capacity, emphasizing its stability.

Warranty Information

LifePro products are designed for durability and performance. For specific warranty details regarding your Rumblex Plus 4D Vibration Plate, please refer to the warranty card included in your package or visit the official LifePro website. Keep your proof of purchase for warranty claims.

Customer Support

If you have any questions, require assistance with setup, operation, or troubleshooting, please contact LifePro customer support. Contact information can be found on the official LifePro website or on the product packaging.