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LifePro LP-WVRM

Lifepro Waver Mini Vibration Plate

User Instruction Manual

1. INTRODUCTION

The Lifepro Waver Mini Vibration Plate is a compact and effective exercise machine designed to provide full-body vibrations, enhancing muscle contraction and activation. This manual provides essential information for the safe and efficient use of your device, including setup, operation, maintenance, and troubleshooting.

Regular use of the Waver Mini can contribute to improved muscle strength, better balance, increased flexibility, enhanced circulation, and faster muscle recovery. Please read this manual thoroughly before operating the device.

2. SAFETY INFORMATION

To ensure safe operation and prevent injury, please adhere to the following safety guidelines:

- Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions or are pregnant.
- Do not use the device if you are experiencing pain or discomfort. Stop immediately and consult a doctor.
- Ensure the device is placed on a stable, level surface before use.
- Keep children and pets away from the device during operation.
- Do not exceed the maximum weight recommendation of 260 lbs (118 kg).
- Keep hands and feet clear of moving parts.
- Unplug the device from the power outlet when not in use or before cleaning.
- Do not expose the device to water or excessive moisture.
- Use only the power adapter supplied with the device.

3. PACKAGE CONTENTS

Upon unpacking your Lifepro Waver Mini, please verify that all components are present and in good condition:

- Lifepro Waver Mini Vibration Plate
- Remote Control (requires 2 AAA batteries, not included)

- 2 Resistance Bands with Handles
- 4 Loop Bands
- Power Cable
- User Manual (this document)



Image: The total package, showing the Lifepro Waver Mini, remote control, two resistance bands, and four loop bands.

4. PRODUCT OVERVIEW

The Lifepro Waver Mini features a user-friendly design with an intuitive control panel and a convenient remote control for easy operation.

Control Panel and Features



99 Speed Levels



9 Preset Programs



LED Panel



Remote Control

Image: Detailed view of the Waver Mini's control panel and remote, highlighting its features.

- **LED Display:** Shows current speed level, time, and program.
- **Power Button:** Turns the device on or off.
- **Speed Adjustment Buttons:** Increase or decrease vibration speed (1 to 99 levels).
- **Program Selection Buttons:** Cycle through 9 preset programs.
- **Remote Control:** Allows for convenient adjustment of settings during your workout.

5. SETUP

Follow these steps to set up your Lifepro Waver Mini for first use:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the Waver Mini on a firm, level, and non-slip surface. Ensure there is enough clear space around the device for safe movement.
3. **Power Connection:** Insert the power cable into the power port on the side of the Waver Mini, then plug the other end into a standard electrical outlet.

4. **Remote Batteries:** Open the battery compartment on the remote control and insert 2 AAA batteries, ensuring correct polarity.

6. OPERATING INSTRUCTIONS

Powering On/Off

- To turn on the device, press the Power button on the control panel or remote. The LED display will illuminate.
- To turn off the device, press the Power button again.

Adjusting Speed and Programs

- **Manual Mode:** Use the speed adjustment buttons (+/-) on the control panel or remote to select a desired vibration speed from 1 to 99.
- **Preset Programs:** Press the program selection button (P) to cycle through the 9 pre-programmed workout routines. Each program has a unique combination of speed and time variations.

Understanding Oscillation

The Waver Mini utilizes oscillation movement, where the platform pivots like a seesaw. This movement stimulates muscles to contract and relax rapidly, mimicking natural body movements and engaging stabilizing muscles. This contributes to improved balance, circulation, and overall muscle activation.

THE BENEFITS OF OSCILLATION

Rapid movements that require coordination and engage your muscles.



Image: Illustration of the oscillation movement during exercise on the Waver Mini.

Using Resistance and Loop Bands

The included resistance bands and loop bands can be attached to the Waver Mini to enhance your workout by adding upper body and lower body resistance exercises.

- **Resistance Bands:** Attach the carabiners of the resistance bands to the designated attachment points on the base of the Waver Mini. Hold the handles and perform exercises like bicep curls, rows, or shoulder presses while standing on the platform.
- **Loop Bands:** Place the loop bands around your thighs or ankles to add resistance to lower body exercises such as squats or glute bridges.

7. EXERCISE GUIDELINES

Incorporate the Waver Mini into your fitness routine to target various muscle groups and achieve your wellness goals. Start with shorter sessions (e.g., 10-15 minutes) and gradually increase duration and intensity as your body adapts.

Recommended Exercises



Image: Examples of various exercises that can be performed using the Waver Mini.

- **Squats:** Stand on the platform with feet shoulder-width apart, lower into a squat position.
- **Planks:** Place hands or forearms on the platform and hold a plank position.
- **Calf Raises:** Stand on the platform and raise onto your toes.
- **Lunges/Split Squats:** Place one foot on the platform and perform lunges.
- **Upper Body Exercises:** Use resistance bands for bicep curls, tricep extensions, or shoulder presses.

Benefits of Use



Image: Visual representation of the health benefits associated with using the Waver Mini.

- **Increase Bone Density:** The vibrations can stimulate bone growth and improve bone mineral density.
- **Improve Circulation:** Enhanced blood flow throughout the body.
- **Energy Balance:** Contributes to overall vitality and well-being.
- **Muscle Recovery:** Aids in faster recovery and reduced muscle soreness after workouts.

8. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Lifepro Waver Mini.

Cleaning

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

Storage

The Waver Mini is designed to be compact and easy to store.



Image: The Waver Mini being stored under furniture, highlighting its compact design.

- Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- Keep the device covered to protect it from dust.
- Ensure the power cable is neatly coiled and not kinked.

9. TROUBLESHOOTING

If you encounter any issues with your LifePro Waver Mini, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not power on.	Power cable not properly connected or no power from outlet.	Check if the power cable is securely plugged into both the device and the wall outlet. Test the outlet with another appliance.
Remote control not working.	Batteries are dead or incorrectly inserted.	Replace the AAA batteries in the remote control. Ensure they are inserted with correct polarity.
Vibrations are weak or inconsistent.	Device overloaded or placed on an uneven surface.	Ensure the user's weight does not exceed 260 lbs. Place the device on a flat, stable surface.
Unusual noise during operation.	Foreign object under the device or internal issue.	Turn off and unplug the device. Check underneath for any obstructions. If the noise persists, contact customer support.

If the problem persists after trying these solutions, please contact Lifepro customer support for assistance.

10. SPECIFICATIONS

Technical specifications for the Lifepro Waver Mini Vibration Plate:

SMALL ON SIZE

BIG ON WELLNESS

The Waver Mini supports up to 260 lbs to meet all your wellness & fitness goals.



Image: Dimensions and weight specifications of the Waver Mini.

Feature	Specification
Model Number	LP-WVRM
Maximum Weight Recommendation	260 lbs (118 kg)
Control Type	Push-button
Display Type	LED or LCD
Maximum Speed	99 levels
Minimum Speed	1 level
Motor Power	0.2682 horsepower
Power Source	Electric Cable

Feature	Specification
Dimensions (L x W x H)	59.94 x 35.05 x 11.94 cm (23.6 x 13.8 x 4.7 inches)
Product Weight	9.98 kg (22 lbs)
Material	Plastic
Color	Blue
Remote Control Batteries	2 x AAA (not included)

11. WARRANTY AND SUPPORT

Lifepro products are designed for durability and performance. While specific warranty details may vary by region and purchase point, Lifepro typically offers a satisfaction guarantee and support for their products. Please refer to the warranty card included with your product or visit the official Lifepro website for the most up-to-date warranty information.

Customer Support

For any questions, technical assistance, or support needs, please contact Lifepro customer service. Contact information can typically be found on the Lifepro website or on the product packaging.

We recommend registering your product on the Lifepro website to receive updates and access to additional resources.