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LifePro LifePro

Lifepro Waver Mini Vibration Plate Instruction Manual

Brand: LifePro | Model: LifePro

General Information

The Lifepro Waver Mini Vibration Plate is a versatile whole body vibration platform designed to enhance your fitness and well-being. Its compact size makes it ideal for use at home or while traveling. This machine utilizes therapeutic vibrations to stimulate muscles, improve circulation, and promote overall physical health.
Key benefits include:

- Increased blood circulation and flow
- Lymphatic system drainage
- Improved joint lubrication and flexibility
- Muscle stimulation and strengthening
- Enhanced balance and stability
- Support for pre-workout warm-up and post-workout recovery



Image: The Lifepro Waver Mini Vibration Plate in use, highlighting its compact design and therapeutic benefits.

Setup

Follow these steps to set up your Lifepro Waver Mini Vibration Plate:

1. **Unboxing:** Carefully remove the vibration plate and all accessories from the packaging. Ensure all components listed in the user guide are present.
2. **Placement:** Place the unit on a hard, flat, and stable surface. The non-slip suction cup feet will help secure it during use. Ensure the flooring is free of any liquids or wet areas to prevent electrical problems.
3. **Power Connection:** Locate the power input on the unit and firmly insert the power cord. Ensure the breaker switch is in the 'on' position.
4. **Resistance Band Attachment:** If using the included resistance bands, swing out the small bars located on the

underside of the unit. Squeeze the tip of the resistance band and insert it into the designated slot on the bar. You can insert it from the top or bottom.

Video: Unboxing and initial setup of the Lifepro Waver Mini Vibration Plate, demonstrating how to connect the power and attach resistance bands.



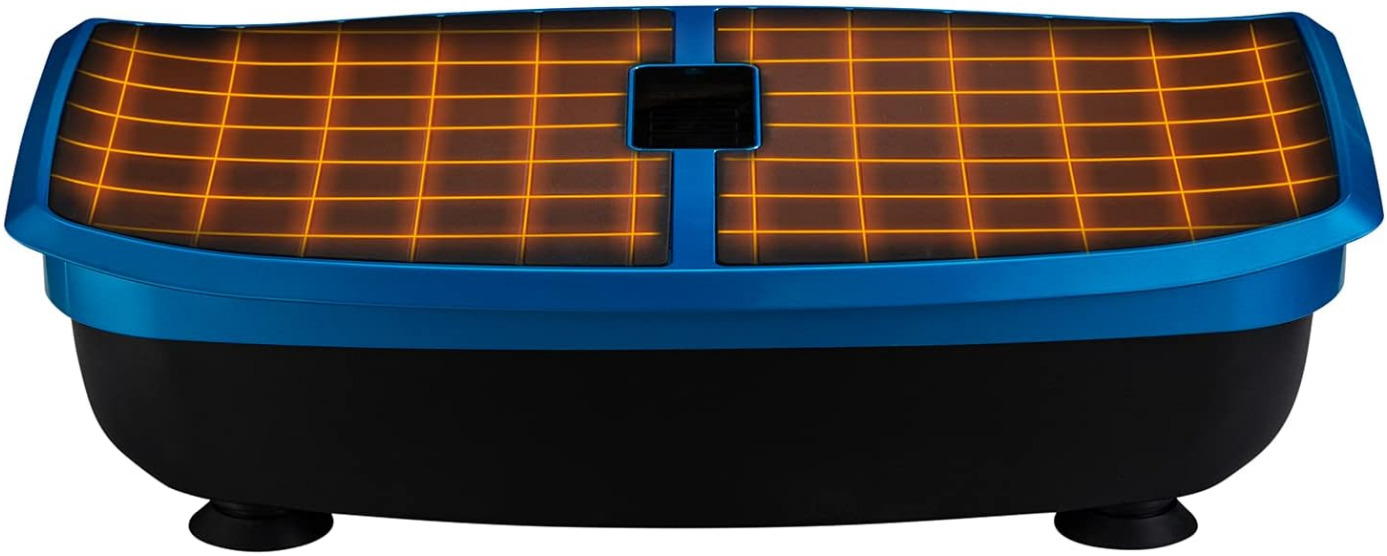


Image: The Lifepro Waver Mini Vibration Plate and its accessories, including the remote control and resistance bands.

Operating Instructions

The Lifepro Waver Mini offers various modes and speed settings to customize your workout experience. You can control the unit using either the touch control panel on the device or the included remote control.

Control Panel & Remote Functions:

- **Power Button:** Turns the unit on/off and puts it into standby mode.
- **Program Mode (PRG MODE):** Cycles through the pre-programmed automatic settings (P0-P9).
- **Start/Stop Button:** Begins or pauses the vibration.
- **Speed Buttons (HI/LOW):** Adjusts the vibration intensity. In manual mode, you have full control over 99 speed levels. In automatic programs, the speed is pre-set.
- **Time Buttons:** Adjusts the duration of your workout. Max time is 25 minutes.



Image: The intuitive control panel and remote for easy operation.

Workout Modes & Intensity Levels:

The Waver Mini offers 3 preset programs and 100 speed modes. The intensity levels are generally categorized as:

- **Low Intensity (Speed 1-33):** Ideal for beginners, detoxification, improving bone density, balance, and lymphatic drainage.
- **Moderate Intensity (Speed 34-66):** Suitable for individuals with fibromyalgia or arthritis, and for general joint maintenance.
- **High Intensity (Speed 67-99):** Recommended for advanced users focusing on fat loss, muscle growth, increased bone density, and human growth hormone release through high-intensity interval training (HIIT).

You can perform various exercises on the plate, including squats, push-ups, and stretches, utilizing the resistance bands for added challenge.

Video: Detailed guide on how to use the Lifepro Waver Mini Vibration Plate, including various exercises and intensity explanations.



Image: Dynamic workouts can be performed on the plate, incorporating resistance bands for strength training.

Maintenance

To ensure the longevity and optimal performance of your Lifepro Waver Mini Vibration Plate, follow these simple maintenance guidelines:

- **Cleaning:** Regularly wipe down the surface of the vibration plate with a damp cloth. Avoid using abrasive cleaners or harsh chemicals.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design

and lightweight nature (16.3 lbs) make it easy to store under furniture or in small spaces.

- **Inspection:** Periodically inspect the power cord and resistance bands for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.



Image: The compact design of the Waver Mini allows for enhanced portability and easy storage.

Troubleshooting

If you encounter any issues with your Lifepro Waver Mini Vibration Plate, please consider the following general troubleshooting tips:

- **No Power:** Ensure the power cord is securely plugged into both the unit and a working electrical outlet. Check the breaker switch on the unit to ensure it is in the 'on' position.
- **Unit Not Responding:** If the unit is powered on but not responding to controls, try turning it off and on again. Ensure

the remote control has fresh batteries and is pointed directly at the unit.

- **Unusual Noises/Vibrations:** Discontinue use immediately and inspect the unit for any visible damage or loose parts. Contact customer support for assistance.

For detailed troubleshooting or issues not covered here, please refer to the comprehensive user manual (PDF) available on the product page or contact Lifepro customer support.

Specifications

Feature	Specification
Maximum Speed	99 RPM
Number of Programs	3
Number of Resistance Levels	100
Operation Mode	Automatic
Power Source	Corded Electric
Item Package Dimensions (L x W x H)	22.7 x 14.6 x 7 inches
Package Weight	9.73 Kilograms
Maximum Weight Recommendation	260 Pounds

Warranty & Support

Lifepro stands behind the quality and efficacy of its products. The Lifepro Waver Mini Vibration Plate comes with a **built-in lifetime warranty**, ensuring continuous support from our dedicated team.
If you have any questions, concerns, or require assistance with your product, please do not hesitate to reach out to Lifepro customer support. Contact information is typically provided within your product packaging or on the official Lifepro website.

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