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LifePro LP-RMXPLS-BLU

Lifepro Rumblex Plus Vibration Plate Instruction Manual

Brand: LifePro | Model: LP-RMXPLS-BLU

Introduction

The Lifepro Rumblex Plus Vibration Plate is designed to enhance your fitness and recovery routine through advanced vibration technology. This manual provides essential information for safe and effective use, setup, operation, and maintenance of your device.
The Rumblex Plus delivers efficient, gentle Whole Body Vibrations (WBV), waking muscles throughout the body and triggering myofascial release. This, in turn, enhances your body's built-in ability to regenerate cells and repair itself. Relief is felt from the first session, and continued, regular use builds up muscle tone, increases bone density, relieves chronic pain, repairs old injuries, and provides a greater range of motion as you improve.
Key features include:

- Vibration platform machine for fast rehabilitation & repair.
- Carefully engineered for joint comfort with a revolutionary surface.
- Improved blood circulation and revitalization.
- Assists in weight management by boosting metabolism.
- Blissfully silent operation for a quiet home workout experience.

Safety Information

Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions. Ensure the device is placed on a stable, level surface. Keep children and pets away from the device during operation. Do not use the device if you are pregnant, have a pacemaker, or any other medical implant without consulting your doctor.
Unplug the power cord immediately after use and before cleaning or maintenance. Do not expose the device to water or excessive moisture. Always use the provided accessories and do not attempt to modify the device.

What's in the Box

Your Lifepro Rumblex Plus Vibration Plate package includes:

- Lifepro Rumblex Plus Vibration Plate
- Resistance Bands (2)
- Power Cord

- Lifepro Mini Bands (4)
- Hands-Free Remote Control
- Exercise Mat



Image: Lifepro Rumblex Plus Vibration Plate shown with its complete set of accessories, including resistance bands, mini bands, remote control, and exercise mat.

Setup

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is enough clear space around the device for safe operation.
3. **Connect Power:** Plug the power cord into the device's power input and then into a grounded electrical outlet. Ensure the power switch on the device is in the OFF position before plugging it in.
4. **Attach Resistance Bands (Optional):** If desired, attach the resistance bands to the designated anchor points on the sides of the plate. These can be used for upper body exercises during your vibration workout.



Image: The Lifepro Rumblex Plus with resistance bands connected to its base, ready for use.

Operating

The Rumblex Plus offers multiple modes and speed levels to customize your workout. You can control the device using the integrated control panel or the hands-free remote control.

Control Panel Overview



Image: Close-up of the Lifepro Rumblex Plus control panel, highlighting the display, buttons, and the accompanying watch-style remote control.

- **Power Button:** Turns the device on/off.
- **Time/Speed Display:** Shows remaining workout time and current speed level.
- **Mode Button:** Cycles through different vibration modes (Oscillation, Pulsation, Lateral, or combinations).
- **Speed +/- Buttons:** Adjusts the vibration intensity (levels 1-60).
- **Time +/- Buttons:** Adjusts the workout duration (up to 10 minutes).
- **Play/Pause Button:** Starts or pauses the vibration.
- **Program (P) Button:** Selects pre-set workout programs.

Getting Started

1. **Power On:** Flip the main power switch located on the side of the unit to the ON position. The control panel will light up.
2. **Select Mode:** Press the 'Mode' button to cycle through the desired vibration patterns. For a full 4D effect, ensure all three vibration indicators are lit on the display.
3. **Adjust Time & Speed:** Use the 'Time +/-' buttons to set your desired workout duration. Use the 'Speed +/-' buttons to

adjust the intensity of the vibrations.
4. **Start Workout:** Press the 'Play/Pause' button to begin your session. The device will start vibrating according to your selected settings.
5. **Positioning:** Adjust your foot placement on the plate to vary intensity. Wider stance increases intensity, while closer stance reduces it.



Image: The Lifepro Rumblex Plus demonstrating various foot placements on the platform to achieve different vibration intensities, from oscillation to lateral and pulsation.

Using the Remote Control

The hands-free remote control allows for convenient adjustment of settings during your workout without needing to bend down. It mirrors the functions of the main control panel.

Maintenance

To ensure the longevity and optimal performance of your Lifepro Rumblex Plus, follow these maintenance guidelines:

- **Cleaning:** Wipe down the surface of the vibration plate with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design and built-in wheels make it easy to move and store under furniture.
- **Inspection:** Periodically check the power cord for any signs of damage. Ensure all connections are secure.



Image: A man demonstrates the ease of storage for the Lifepro Rumblex Plus, sliding it neatly under a couch, highlighting its compact design and portability.

Troubleshooting

If you encounter any issues with your Lifepro Rumblex Plus, please refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Device does not power on.	Power cord not properly connected; Main power switch off.	Ensure power cord is securely plugged in. Flip the main power switch to ON.
No vibration.	Device is paused; Incorrect mode selected.	Press the 'Play/Pause' button. Ensure a vibration mode is active on the display.
Vibration is too weak/strong.	Speed level too low/high; Foot placement.	Adjust speed using '+/-' buttons. Adjust foot placement (wider for stronger, closer for weaker).
Remote control not working.	Battery low/dead; Obstruction between remote and device.	Replace remote control battery. Ensure clear line of sight to the device's sensor.

Specifications

Feature	Specification
Brand	LifePro
Model Name	Lifepro Rumblex Plus Vibration Plate
Model Number	LP-RMXPLS-BLU
Product Dimensions	15"D x 25"W x 6.3"H
Item Weight	38.5 Pounds
Maximum Weight Recommendation	500 Pounds
Number of Resistance Levels	60
Controls Type	Remote
Power Source	Corded Electric
Included Components	Resistance Bands (2), Power Cord, Lifepro Mini Bands (4), Hands-Free Remote Control, Exercise Mat

Warranty & Support

LifePro is committed to developing premium and safe home exercise equipment. The Lifepro Rumblex Plus comes with a **Lifetime Warranty**. To activate your warranty, please register your product within 14 days of purchase on the LifePro Fitness website.
For detailed instructions, additional exercises, and customer support, please refer to the official User Manual (PDF) available for download or visit the LifePro Store on Amazon.

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