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**LifePro LP-SNCUPLX**

# LifePro Sonic LX Heated Massage Gun User Manual

Brand: LifePro | Model: LP-SNCUPLX

## 1. Introduction

This manual provides essential instructions for the safe and effective use of your LifePro Sonic LX Heated Massage Gun. Please read this manual thoroughly before operation and retain it for future reference. The LifePro Sonic LX is designed to provide targeted percussion massage with optional heat therapy for muscle recovery and relaxation.

## 2. Safety Information

**WARNING: To reduce the risk of electric shock, fire, and personal injury, read all instructions before using this appliance.**

- Consult your physician before using this device, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, inflamed areas, or areas with skin damage.
- Avoid using the device on your head, face, neck, or directly over bones and joints.
- Keep the device away from water and do not operate with wet hands.
- This device is not intended for use by children. Keep out of reach of children and pets.
- Do not modify or attempt to repair the device yourself. Contact customer support for assistance.
- Use only the provided charging cable and power adapter.
- Discontinue use immediately if you experience pain or discomfort.

## 3. Package Contents

Verify that all items are present in your package:

- LifePro Sonic LX Heated Massage Gun
- 10 Interchangeable Massage Heads
- Carrying Case
- USB-C Charging Cable
- User Manual (this document)




Image: The LifePro Sonic LX massage gun, its 10 interchangeable heads, and the included carrying case.

## 4. Product Features

- **Precision Heat Therapy:** The heated massage head provides soothing warmth up to 130°F (54°C) to aid muscle relaxation and recovery.
- **Customized Percussion Massage:** Features 9 intensity levels and 10 interchangeable massage heads for versatile targeting of muscle stiffness and soreness.
- **Long-Lasting Battery:** Rechargeable battery offers up to 4 hours of use per charge, powered conveniently via USB-C.
- **Quiet Operation:** Engineered for quiet performance, operating at approximately 55 dB for discreet use.
- **Ergonomic Design:** Designed with an ergonomic grip and intuitive controls to minimize hand fatigue during extended use.

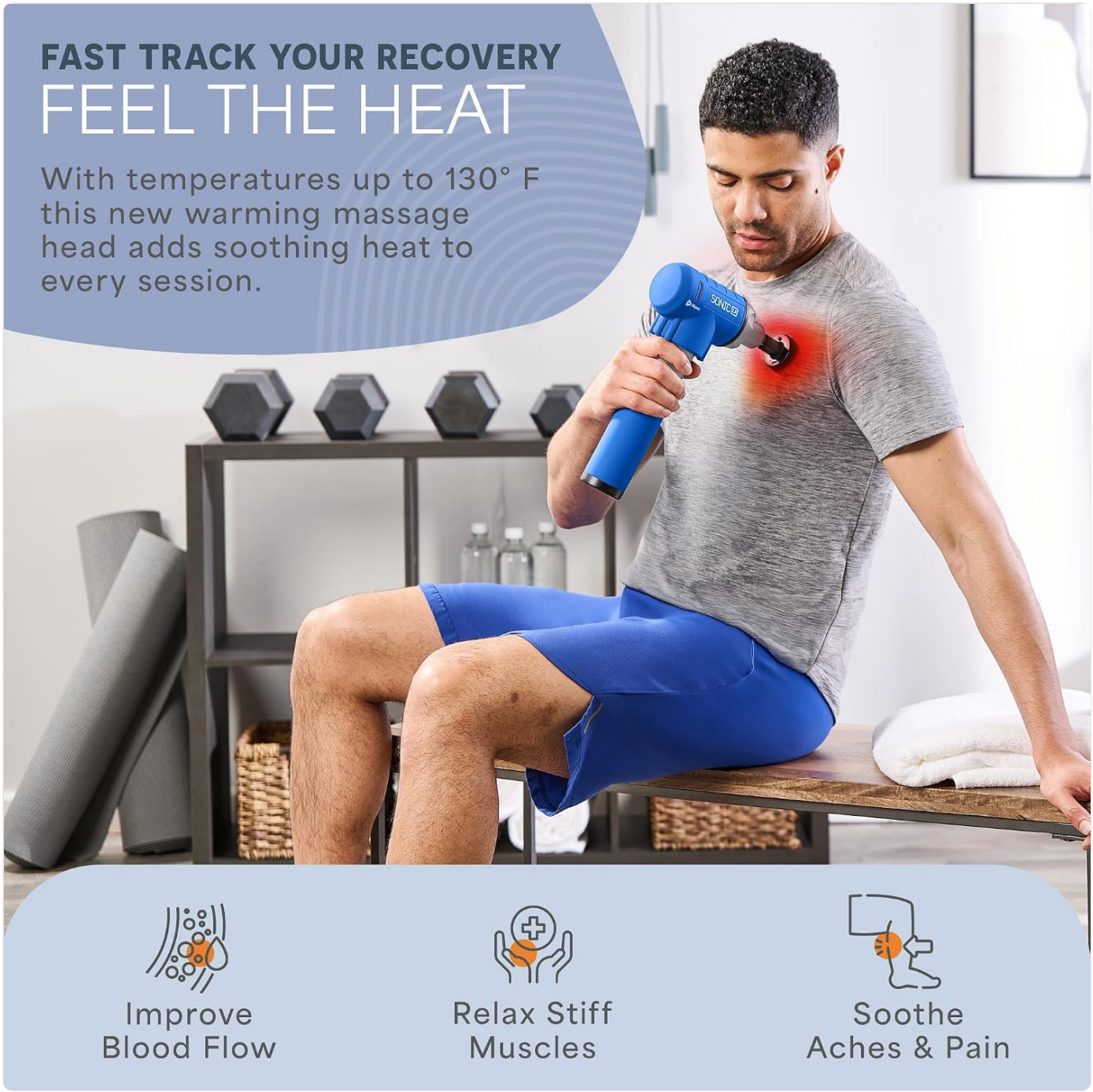



Image: A man demonstrating the use of the heated massage head on his chest, highlighting the heat therapy feature.




Image: A woman using the massage gun on her neck, with an overlay illustrating the 9 intensity levels and their corresponding hertz ranges.




Image: A hand holding the LifePro Sonic LX massage gun, with a graphic indicating its quiet operation at 55 dB.

## 5. Setup

### 5.1 Charging the Device

1. Before first use, fully charge the massage gun for approximately 3-4 hours.
2. Connect the USB-C charging cable to the charging port on the device.
3. Plug the other end of the cable into a compatible USB power adapter (not included) or a USB port.
4. The battery indicator on the handle will show the charging status. A full charge provides up to 4 hours of use.

### 5.2 Attaching Massage Heads

1. Ensure the device is turned off before attaching or removing any massage head.

2. Gently push the desired massage head into the opening at the front of the gun. Ensure it is securely seated.
3. To remove, gently pull the massage head straight out. Do not twist.

## 6. Operating Instructions

### 6.1 Power On/Off and Speed Adjustment

1. To power on, press and hold the power button (usually located on the handle) for 2 seconds. The device will start at the lowest intensity level.
2. Press the '+' button to increase the intensity level. There are 9 levels available.
3. Press the '-' button to decrease the intensity level.
4. To power off, press and hold the power button for 2 seconds.

### 6.2 Using the Heat Function

1. Attach the Heated massage head to the device.
2. Power on the device.
3. Press the heat button (usually indicated by a flame icon or 'H') to activate the heat function. The indicator light will illuminate.
4. Allow a few moments for the head to warm up.
5. To turn off the heat, press the heat button again.

### 6.3 General Usage Guidelines

- Start with a low intensity level and gradually increase as comfortable.
- Move the massage gun slowly over the target muscle area. Do not apply excessive pressure.
- Do not hold the device stationary on one spot for more than 60 seconds.
- Focus on large muscle groups. Avoid direct contact with bones, joints, and sensitive areas.
- Recommended session duration per muscle group is 1-3 minutes. Total session time should not exceed 15-20 minutes.




Image: A man using the LifePro Sonic LX massage gun on his upper back and shoulder for muscle recovery.




Image: A woman using the LifePro Sonic LX massage gun on her thigh while seated on a couch.




Image: A man using the LifePro Sonic LX massage gun on his arm, with a clear view of the control buttons on the handle.

## 7. Attachment Guide

The LifePro Sonic LX comes with 10 specialized massage heads, each designed for different muscle groups and massage types:




Image: A visual guide to the 10 interchangeable massage heads, detailing their shapes and recommended applications.

- **Absorber Head:** Ideal for sensitive or sore muscles, providing a gentler impact.
- **Heated Head:** Delivers gentle warmth to soothe aches and promote relaxation.
- **Round Head:** General use for gently impacting sore muscles, suitable for large muscle groups.
- **Shovel Head:** Designed to target back and spinal areas.
- **Flat Head:** Simulates deep tissue massage, suitable for dense muscle areas.
- **Bullet Head:** Used for releasing knots and targeting trigger points.
- **Rounded Foam Head:** Relieves pain in tender areas with a softer touch.
- **Spinal Head:** Loosens spinal and back tissue, designed for areas around the spine.
- **Metal Flat Head:** Suitable for large muscle groups, providing a firm massage.
- **Metal Cone Head:** For areas that require more focused and intense relief.

## 8. Maintenance

### 8.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the device and massage heads with a slightly damp cloth. Do not use abrasive cleaners or immerse in water.
- Dry thoroughly before storage or next use.

### 8.2 Storage

- Store the massage gun and all accessories in the provided carrying case.
- Keep in a cool, dry place, away from direct sunlight and extreme temperatures.

## 9. Troubleshooting

| Problem | Possible Cause | Solution |
|---|---|---|
| Device does not turn on. | Low battery. | Charge the device fully. |
| Device stops during use. | Low battery or overheating protection activated. | Recharge the device. If overheating, turn off and allow to cool for 30 minutes before resuming use. |
| Massage head feels loose. | Head not fully inserted. | Ensure the massage head is pushed firmly into the opening. |
| Heat function not working. | Heated head not attached or heat function not activated. | Ensure the Heated head is attached and the heat button is pressed. |
| Unusual noise or vibration. | Foreign object or internal issue. | Discontinue use and contact customer support. |

## 10. Specifications

| Feature | Detail |
|---|---|
| Model Number | LP-SNCUPLX |
| Product Dimensions | 11.2 x 2.4 x 7.9 inches |
| Item Weight | 2.3 Pounds |
| Power Source | Battery Powered |

| Feature | Detail |
|---|---|
| Material | Metal |
| Intensity Levels | 9 |
| Massage Heads | 10 |
| Battery Life | Up to 4 hours |
| Charging Port | USB-C |

## 11. Warranty and Support

LifePro stands behind the quality of its products. The LifePro Sonic LX Heated Massage Gun comes with a lifetime warranty and dedicated customer support. If you encounter any issues or have questions regarding your device, please contact LifePro customer service for assistance. Refer to the product packaging or the official LifePro website for current contact information.

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