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› LifePro 4-Speed Vibrating Foam Roller User Manual

LifePro Surger

LifePro Surger Vibrating Foam Roller

Model: Surger

Brand: LifePro

INTRODUCTION

The LifePro Surger Vibrating Foam Roller is designed to enhance muscle flexibility, performance, and recovery. Its powerful motor delivers high-penetration relief, promoting better blood circulation and alleviating muscle tension. With its compact design and multiple vibration settings, it's a versatile tool for fitness enthusiasts and individuals seeking muscle relaxation.



Image: The Lifepro Surge Vibrating Foam Roller shown with its product packaging.

SETUP AND INITIAL USE

Before first use, fully charge the Surge Vibrating Foam Roller. The charging port is located on one end of the roller. Connect the provided AC charging adapter to the roller and a standard wall outlet. The power indicator lights will illuminate to show charging status.

To power on the device, locate the power button on one end of the roller. Press and hold the button to turn it on. The roller features four vibration frequency levels, which can be cycled through by pressing the power button repeatedly. The indicator lights will show the selected intensity level.

Charging and Power Indicators

Video: A user demonstrates the charging process and power indicators of the Lifepro Vibrating Foam Roller.

OPERATING INSTRUCTIONS

The Lifepro Surge Foam Roller can be used before and after workouts to enhance mobility and flexibility. Its powerful motor and textured surface provide deep tissue relief. Select from four vibration frequency levels to customize your massage intensity.

General Usage

- **Pre-Workout:** Use the roller to activate muscles, increase range of motion, and reduce injury risk.
- **Post-Workout:** Enhance recovery, relieve muscle tension, and maintain flexibility.
- **Targeted Muscle Therapy:** Apply to specific muscle groups for deep pressure massage and myofascial release.

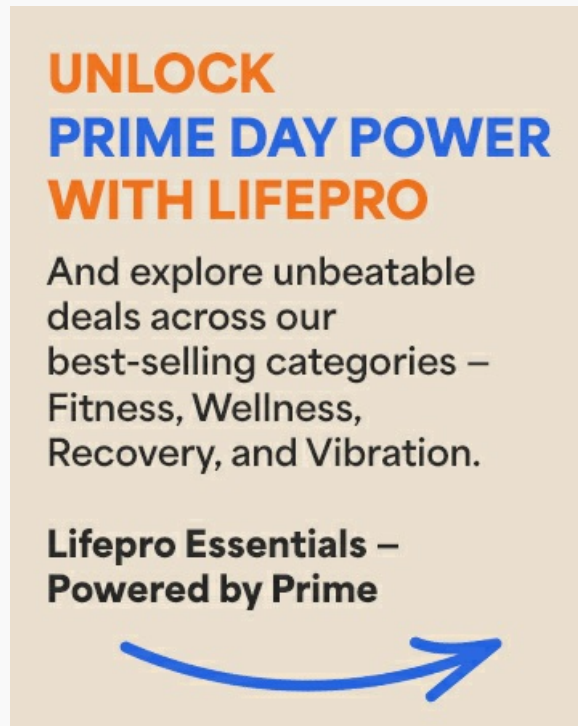


Image: A user demonstrates customizing their roll with various settings and powerful vibrations.

Specific Applications

The roller's design, featuring soft premium foam with firm and raised textures, allows for effective stimulation of muscles. It can be used on various body parts, including the back, legs, glutes, and calves.

Video: A demonstration of the Lifepro Surger Foam Roller in use for various muscle groups.

Plantar Fasciitis Relief

For targeted relief of plantar fasciitis, the vibrating foam roller can be used to improve blood flow and reduce tension in the foot and calf muscles. Position the roller under your foot or calf and apply gentle pressure while rolling.

Video: Detailed instructions on how to use the foam roller for plantar fasciitis relief.

MAINTENANCE

To clean your Lifepro Surger Vibrating Foam Roller, wipe it down with a damp cloth after each use. For deeper cleaning, use a mild soap solution and a soft cloth, then wipe dry. Do not submerge the device in water or use harsh chemicals.

TROUBLESHOOTING

- **Device not turning on:** Ensure the roller is fully charged. Check the charging cable and adapter for any damage.
- **Vibration is weak:** The battery might be low. Recharge the device.
- **Unusual noises:** Discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Item Package Dimensions L x W x H	14.37 x 6.22 x 6.14 inches
Package Weight	1.61 Kilograms
Item Dimensions LxWxH	11.6 x 5.9 x 3 inches
Item Weight	2 Pounds
Brand Name	LifePro
Model Name	Surger
Color	Foam Roller
Material	Foam
Number of Items	1
Manufacturer	LP
Part Number	LP/FoamRoller/Blk
Style	Vibration Foam Roller - Black
Size	One Size

WARRANTY AND SUPPORT

The LifePro Surger Vibrating Foam Roller comes with a **Lifetime Customer Support** warranty. For detailed information and assistance, please refer to the official user manual or visit the LifePro store.

- **User Manual (PDF):** [Download Here](#)
- **LifePro Store:** [Visit Online](#)

