LifePro LP-SNCP

LifePro Sonic Pro Handheld Electric Massage Gun User Manual

Introduction

The LifePro Sonic Pro Handheld Electric Massage Gun is designed to provide deep tissue percussion massage, aiding in athletic recovery, muscle relaxation, and overall wellness. Its powerful motor, multiple speed levels, and interchangeable massage heads offer a customizable experience for various muscle groups and needs.

What's Included

Your LifePro Sonic Pro package includes the following components:

- LifePro Sonic Pro Massage Gun
- 9 Interchangeable Massage Heads
- AC Adapter for Charging
- Durable Carry Case
- User Manual



Image: The LifePro Sonic Pro Massage Gun and its complete set of accessories, neatly arranged in its carry case.

Setup

Battery Installation and Charging

The Sonic Pro features a removable battery integrated into the handle. To install or remove the battery, press the button on the front of the device and gently wiggle the handle until it detaches. To charge the battery, you can either plug the AC adapter directly into the charging port on the back of the main unit or into the detached handle. A full charge takes approximately 2 hours and provides 3 to 6 hours of use.

Attaching Massage Heads

Select the desired massage head for your treatment. Align the base of the massage head with the opening at the front of the gun. Push firmly and give it a slight twist to ensure it is securely locked into place. Always ensure the device is off before attaching or removing heads.

Video: This video demonstrates how to unpack the LifePro Sonic Pro, detach and charge the battery, and attach the various massage

heads. (Video segment: 0:44 - 5:58)

Operating Instructions

Powering On/Off and Adjusting Speed

To power on the Sonic Pro, locate the power button (circle with a slash) on the back control panel and press it. The device will kick on. To start the percussion, press the trigger button on the front handle. Each press of the trigger button will increase the speed level. The blue LED indicator on the left of the control panel will show the current speed level, with each LED representing 3 speed levels. The Sonic Pro offers 15 speed levels, ranging from 20Hz (1200 RPM) to 50Hz (3000 RPM).

Timer Function

The Sonic Pro features a timer function, allowing you to set the massage duration from 1 to 20 minutes. Use the timer button on the control panel to adjust the desired time. The timer counter will be displayed on the screen.

Battery Indicator

Monitor the battery level using the red light indicators on the right side of the control panel. It is recommended to recharge the device when the battery level drops below 25% to maintain optimal performance and prolong battery life.

Video: This video demonstrates how to power on the LifePro Sonic Pro, adjust speed levels, use the timer function, and monitor the battery indicator. (Video segment: 6:05 - 8:26)

Massage Head Guide

The LifePro Sonic Pro comes with 9 unique massage heads, each designed for specific applications:

- **Round Head:** Gently impacts sore muscles. Ideal for general use and larger muscle groups.
- **Shovel Head:** Targets back and spinal areas.
- **Flat Head:** Simulates deep tissue massage. Good for dense muscle areas like quads and hamstrings.
- **Air Head:** Soft for sore, sensitive areas. Provides a gentler massage.
- **Wishbone Head:** Designed for joints and hard angles.
- **Bullet Head:** Releases knots and trigger points. Provides targeted, intense pressure.
- **Spinal Head:** Loosens spinal and back tissue.
- **Textured Head:** Features small nubs for deep tissue massage with added texture. Ideal for large muscle groups.
- **Heated Head:** Provides gentle warmth to soothe aches and pains.



Image: A visual guide to the 9 distinct massage heads and their recommended applications.

Maintenance

To ensure the longevity and optimal performance of your LifePro Sonic Pro, follow these maintenance guidelines:

- **Cleaning:** Wipe the device and massage heads with a damp cloth after each use. Do not submerge the device in water.
- **Storage:** Store the massage gun and all accessories in the provided carry case in a cool, dry place away from direct sunlight.
- **Battery Care:** Always recharge the lithium-ion battery when its charge drops below 25%. This helps maintain battery health and efficiency over time.

Troubleshooting

If you encounter any issues with your LifePro Sonic Pro, consider the following common troubleshooting steps:

- **Device Not Turning On:** Ensure the battery is properly installed and sufficiently charged. Check the power button on the back control panel.
- **Weak Percussion:** Verify that the massage head is securely attached. Recharge the battery if the indicator shows a low charge (below 25%).
- **Unusual Noise:** Check for any loose massage heads or debris around the attachment point.

For persistent issues or further assistance, please refer to the Warranty and Support section.

Specifications

Product Dimensions	7.1 x 9.7 x 2.5 inches
Item Weight	3.9 Pounds
Item Model Number	LP-SNCP
Manufacturer	LifePro
Power Source	Battery Powered (Lithium-Ion)
Amplitude	12mm
Decibel Rating	50-70 dB
Battery Life	3-6 hours
Charge Time	2 hours
Material	Aluminum, Plastic, Rubber

Warranty and Support

LifePro offers a **lifetime warranty** on all parts and the massage gun itself. If you encounter any problems or require assistance, please do not hesitate to reach out to LifePro customer service. Contact information can be found in the included user manual or by visiting the official LifePro website.
LifePro also provides a free personalized service to guide you on how to best utilize your massage gun for your specific needs. You can find more information on their chat forums or by contacting their support team directly.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question