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Lifepro LP-RMXPLS-BLK

LifePro Rumblex Plus Vibration Plate User Manual

Model: LP-RMXPLS-BLK

1. Introduction

The LifePro Rumblex Plus Vibration Plate is an advanced fitness device designed to activate muscles throughout the body, including legs, abdomen, and shoulders, through high-frequency vibrations. It offers a low-impact, high-benefit workout suitable for full-body toning and improving overall wellness from the comfort of your home.



The LifePro Rumblex Plus Vibration Plate is your all-in-one solution for muscle activation, improved circulation, and total body wellness.

2. Safety Information

Please read all safety instructions before using the LifePro Rumblex Plus Vibration Plate.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use if pregnant, have a pacemaker, or other medical conditions without prior medical advice.
- Ensure the device is placed on a stable, level, and non-slip surface during operation.
- Keep children and pets away from the device while it is in use.
- Do not exceed the maximum weight capacity of 227 kg (500 lbs).
- Unplug the device from the power outlet when not in use or before cleaning.
- Avoid placing hands or feet directly under the plate during operation.

3. Package Contents

Verify that all items are present in the package:

- LifePro Rumblex Plus Vibration Plate
- Resistance Bands (2)
- Power Cable
- Hands-free Remote Control
- Exercise Mat
- Lifepro Mini Bands (4)



All essential accessories are included to start your workout immediately.

4. Product Overview

The LifePro Rumblex Plus is engineered for effective and convenient home fitness.

- **Three Motors:** Provides oscillation, pulsation, and lateral movement for comprehensive vibration therapy.
- **Adjustable Intensity:** Features multiple speed levels (up to 60 RPM) and pre-configured automatic programs to suit various fitness levels.
- **Sturdy Construction:** Reinforced chassis supports up to 227 kg (500 lbs) for maximum stability and safety.
- **Compact Design:** Slim profile allows for easy storage under furniture.
- **Quiet Operation:** Silent motor enables use at any time without disturbance.
- **Integrated Controls:** LED display panel and a hands-free remote control for easy adjustments.
- **Bluetooth Speaker:** For an enhanced workout experience.



The control panel and wrist remote offer convenient access to all functions.



Its compact design allows for easy storage, optimizing your home space.

5. Setup

Follow these steps to set up your LifePro Rumblex Plus Vibration Plate:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is ample clear space around the device for safe movement during exercises.
3. **Power Connection:** Connect the power cable to the designated port on the plate, then plug it into a standard electrical outlet.
4. **Remote Battery:** Insert the included AAA battery into the hands-free remote control.
5. **Attach Accessories (Optional):** If desired, attach the resistance bands to the designated attachment points on the plate for upper body workouts.

6. Operating Instructions

Operating your Rumblex Plus is straightforward:

1. **Power On/Off:** Press the power button on the LED panel or the remote control to turn the device on or off.
2. **Select Mode:** Use the 'MODE' button on the remote or panel to cycle through the different vibration modes: Oscillation, Pulsation, Lateral, or a combination of these.
3. **Adjust Speed/Intensity:** Use the '+' and '-' buttons on the remote or panel to increase or decrease the vibration speed. There are 60 levels of intensity.
4. **Choose Programs:** Select from the 3 pre-set automatic programs for varied workout routines. These programs are typically set for 10-minute sessions.
5. **Bluetooth Connection:** To use the integrated speaker, activate Bluetooth on your mobile device and pair with "LifePro Rumblex Plus".

7. Exercise Guide

The Rumblex Plus offers various vibration types to target different muscle groups and achieve specific fitness goals. Experiment with different postures and settings to find what works best for you.

- **Oscillation:** Mimics a seesaw motion, engaging core and leg muscles.
- **Pulsation:** Up-and-down motion for deep muscle activation and relaxation.
- **Lateral:** Side-to-side movement for hip and glute engagement.
- **Combination:** Utilizes multiple vibration types simultaneously for a comprehensive workout.

Basic Exercises:

- **Squats:** Stand on the plate with feet shoulder-width apart, bend knees as if sitting in a chair.
- **Plank:** Place hands or forearms on the plate, maintaining a straight body line.
- **Lunges:** Place one foot on the plate, step forward with the other, and lower hips.
- **Upper Body (with bands):** Attach resistance bands and perform bicep curls, tricep extensions, or shoulder presses.



Perform squats on the plate to engage lower body muscles.



Engage your core with crunches while seated on the vibration plate.





UNA NUEVA DIMENSIÓN EN EL FITNESS

RUMBLEX PLUS





Explore various exercise modes including oscillation, pulsation, lateral, and combination movements.

EL PODER DE 4D

PRÓXIMA FITNESS DE NIVEL

Elevar tus entrenamientos con oscilación, pulsación, movimiento lateral y más.



The 4D vibration technology elevates your fitness routine.

¡BOMBEALO!

AUMENTAR EL FLUJO SANGUÍNEO

Mejora tu circulación con cada vibración.



Improve circulation with every vibration, enhancing your overall well-being.

SENTE LA QUEMA

AUMENTA EL METABOLISMO

Mueve tu cuerpo y quema más calorías.



Boost your metabolism and burn more calories with dynamic movements on the plate.

¡HOLA COMODIDAD!

ALIVIA LOS DOLORES Y MOLESTIAS

Las vibraciones relajan tu cuerpo y hacen desaparecer las molestias.



Experience comfort as vibrations help relax muscles and alleviate aches and pains.

8. Maintenance

Proper maintenance ensures the longevity and optimal performance of your vibration plate.

- **Cleaning:** Clean the surface of the vibration plate with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish. Ensure the device is unplugged before cleaning.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and moisture. Its compact design allows for convenient storage under beds or sofas.
- **Cable Inspection:** Regularly check the power cable for any signs of damage, fraying, or loose connections. If any damage is found, discontinue use and contact customer support.

9. Troubleshooting

If you encounter any issues with your LifePro Rumblex Plus, refer to the following troubleshooting tips:

- **Device not powering on:**
  - Check if the power cable is securely connected to both the device and a functional electrical outlet.
  - Ensure the power button on the device or remote has been pressed.
- **Remote control not working:**
  - Check and replace the AAA battery in the remote control.
  - Ensure there are no obstructions between the remote and the device's sensor.
- **Vibrations feel weak or inconsistent:**
  - Ensure the device is placed on a flat, stable surface.
  - Adjust the speed/intensity settings using the '+' button.
  - Confirm that the maximum weight capacity is not exceeded.
- **Bluetooth not connecting:**
  - Ensure Bluetooth is enabled on your mobile device.
  - Make sure the vibration plate is in pairing mode.
  - Try restarting both the vibration plate and your mobile device.

10. Specifications

Feature	Specification
Model Number	LP-RMXPLS-BLK
Dimensions (L x W x H)	75.5 cm x 45.5 cm x 15 cm
Weight	18.2 kg
Max Load Capacity	227 kg (500 lbs)
Power	200 Watts
Speed Levels	60

Motors	3 (Oscillation, Pulsation, Lateral)
Control Type	Remote Control
Display Type	LCD
Power Source	Corded Electric
Remote Battery	1 AAA (included)
Material	Plastic



Detailed dimensions and robust weight capacity for safe and effective use.

11. Warranty and Support

LifePro is committed to your satisfaction and offers comprehensive support for your Rumblex Plus Vibration Plate.

- **Lifetime Support:** LifePro provides lifetime support for this product, ensuring assistance whenever you need it.
- **User Manual (PDF):** For more detailed information and guidance, you can download the official user manual in PDF format: Download PDF Manual.
- **Online Community:** Join the LifePro online community to access exclusive training videos, live assistance, and connect with other users.

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