LifePro LP-WVRM-BLK

LifePro Waver Mini Vibration Plate Exercise Machine

User Manual

Product Overview

The LifePro Waver Mini Vibration Plate is a portable full-body vibration platform designed to enhance muscle contraction and activation, leading to stronger muscles, improved balance, and increased flexibility. It supports up to 260 pounds and is ideal for home and travel workouts, weight loss, toning, and overall wellness. The oscillation movement helps improve energy balance, circulation, and reduces joint tension, also aiding in muscle and joint repair for faster recovery and increased bone density.



The LifePro Waver Mini Vibration Plate, a compact and portable exercise machine designed for full-body vibration workouts.



The compact dimensions of the Waver Mini, measuring 13.5"D x 23.5"W x 5.25"H, making it easy to store and transport.



The lightweight and compact design of the Waver Mini allows for effortless storage under beds or furniture when not in use.

Setup Instructions

To set up your LifePro Waver Mini, first ensure the unit is placed on a hard, flat, and stable surface. The bottom of the unit features suction cups to prevent shifting during use. Connect the power cord to the machine and then to a wall outlet. Locate the on/off toggle switch, usually near the power cord input, and turn it on. The display panel should illuminate, indicating the unit is ready for operation.

This video provides a detailed guide on setting up and using the LifePro Waver Mini Vibration Plate, including connecting the power and understanding basic functions.



The Waver Mini comes with essential accessories including resistance bands, loop bands, a remote control, and a power cord for immediate use.

Operating the Waver Mini

The LifePro Waver Mini offers 99 speed settings and 9 preset programs for customizable workouts. You can control the unit using either the user-friendly LED display panel directly on the machine or the included remote control. To begin, power on the unit. You can then select a preset program (P01-P09) or choose manual mode (HA) to adjust speed and time independently. The remote control allows for convenient adjustments during your workout without needing to bend down.



Close-up view of the user-friendly LED control panel and remote control, allowing for easy adjustment of speed settings and program selection.

A review video demonstrating the operation of the LifePro Waver Mini, highlighting its various speed settings and ease of use.

Benefits and Exercise Guide

The Waver Mini delivers full-body vibrations that enhance muscle contraction and activation, leading to stronger muscles, improved balance, and increased flexibility. Through oscillation movement, it improves energy balance, circulation, and reduces joint tension. It also aids in muscle and joint repair for faster recovery and increased bone density. The included loop bands and resistance bands allow for a variety of exercises to target different muscle groups and enhance your workout.



A woman demonstrating a squat exercise on the vibration plate, showcasing how the machine enhances muscle contraction.



A man performing exercises with resistance bands while standing on the Waver Mini, illustrating full-body workout possibilities.



The oscillation movement of the Waver Mini is depicted, which helps improve energy balance and reduce joint tension.



A collage of different exercises that can be performed on the Waver Mini, including planks, squats, Russian twists, and lateral raises.

Maintenance and Care

To ensure the longevity and optimal performance of your LifePro Waver Mini, regular maintenance is recommended. Keep the unit clean by wiping it down with a soft, damp cloth after each use. Avoid using abrasive cleaners or harsh chemicals, as these can damage the surface. Store the vibration plate in a cool, dry place away from direct sunlight and extreme temperatures. Periodically check the power cord for any signs of wear or damage.

Troubleshooting Common Issues

If you encounter any issues with your LifePro Waver Mini, please refer to the following basic troubleshooting steps. If the unit does not power on, ensure the power cord is securely plugged into both the machine and a working electrical outlet. Check the on/off switch on the unit. If the vibration seems inconsistent or weak, ensure the unit is placed on a completely flat and stable surface, as uneven surfaces can affect performance. For specific error codes or persistent issues, consult the detailed troubleshooting section in the official user manual or contact customer support.

Product Specifications

Specification	Detail
Brand	LifePro
Model Name	Lifepro Waver Mini Vibration Plate
Product Dimensions	13.5"D x 23.5"W x 5.25"H
Item Weight	22 Pounds
Maximum Weight Recommendation	260 Pounds
Controls Type	Remote
Display Type	LED
Motor Horsepower	0.268 horsepower
Power Source	Corded Electric
Included Components	Resistance Bands (2), Power Cord, Remote Control, Lifepro Mini Bands (4)

Warranty and Customer Support

LifePro offers Lifetime Customer Support for the Waver Mini Vibration Plate. If you have any questions, concerns, or require assistance with your product, please reach out to their dedicated support team. They are committed to ensuring your satisfaction and helping you achieve your fitness goals.

For detailed warranty information and terms, please refer to the official user manual available for download. Additionally, protection plans are available for purchase to provide extended coverage for your device.

- Official User Manual (PDF): Download Here
- Visit the LifePro Store: LifePro Store on Amazon
- Protection Plans: 2-Year Protection Plan, Complete Protect (monthly subscription)

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.

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Question

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

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