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**LifePro LP-HXPLTL-BLK**

# Lifepro HexaPlate Lite Vibration Plate Exercise Machine User Manual

Brand: LifePro | Model: LP-HXPLTL-BLK

## INTRODUCTION

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The Lifepro HexaPlate Lite vibration machine is designed to enhance your fitness routine by boosting metabolism, increasing circulation, and stimulating muscle contraction. This technique works more muscle fibers, offering improved results with less effort. It's ideal for beginners and those seeking recovery, providing benefits such as joint and back pain relief, lymphatic drainage, and overall fitness improvement.

The acupoints on the surface of the HexaPlate Lite vibration platform provide increased relaxation and circulation, and can help reduce pain and swelling in the feet and lower extremities. Whether you're recovering from an injury or managing chronic pain, this machine can be a valuable addition to your wellness regimen.



*The Lifepro HexaPlate Lite Vibration Plate Exercise Machine, shown with included resistance bands.*

## SETUP

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Before first use, carefully unpack all components from the box. Ensure you have the following items:

- HexaPlate Lite Vibration Plate
- Remote Control
- Resistance Bands (2)
- Power Cord
- User Guide

Place the HexaPlate Lite on a flat, stable surface. Connect the power cord to the machine and then to a power outlet. Ensure the power switch on the side of the unit is in the 'ON' position.

# VIBRATE YOUR WAY TO A HEALTHIER YOU

Get your daily dose of wellness  
with Hexaplate Lite.



Boost Circulation



Relieve Inflammation



Enhance Relaxation



*All components included with the Lifepro HexaPlate Lite.*

## OPERATING INSTRUCTIONS

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### Control Panel

The control panel on the HexaPlate Lite features several buttons and an LED display:

- **Power Button:** Turns the unit on/off.
- **Mode Button (M):** Toggles between manual mode and preset programs (P1-P3).
- **Program Button (P):** Selects from the 3 preset programs.
- **Speed +/- Buttons:** Adjusts the vibration speed from 1 to 99.
- **Time +/- Buttons:** Adjusts the workout duration.

### Remote Control

The included remote control allows for convenient operation of the HexaPlate Lite from a distance. It mirrors the

functions of the control panel, allowing you to power on/off, select modes, adjust speed, and set time without bending down.

## SPECIFICATIONS & DIMENSIONS

Weight Capacity: 265 lbs

Lightweight & Portable: 12.56 lbs



*The control panel and remote provide full control over your workout.*

### Official Product Video: How to Use

*This video demonstrates the proper way to use the Lifepro HexaPlate Lite Vibration Plate, including how to operate its functions and perform basic exercises.*

### USAGE & EXERCISES

The Lifepro HexaPlate Lite can be used for various exercises and wellness practices. Different foot positions on the plate can alter the intensity of the vibration. Placing your feet closer to the center provides a lower intensity, while moving them further apart increases the intensity.

- **Standing:** Stand with feet shoulder-width apart for a full-body vibration experience.
- **Squats:** Perform squats while standing on the plate to engage more muscle groups.

- **Arm Training:** Attach the resistance bands to the base of the unit and perform various arm exercises like bicep curls or tricep extensions.
- **Core Training:** Sit on the plate or place your hands on it in a plank position to engage your core muscles.

**LIFepro IS NOT ABOUT US.  
IT'S ABOUT YOU.**

We founded Lifepro because no one should have to go on their wellness journey alone. Lifepro is a vibrant community where people striving to achieve their fitness goals can find all the equipment they need, clear workout routines to follow, & support to keep them motivated & on track.

*A man demonstrates using the resistance bands for arm exercises while on the vibration plate.*



**TAKE YOUR**  
**WELLNESS ANYWHERE**

Compact and portable, the Hexaplate Lite is perfect for beginners looking to add wellness to any space, anytime.

*A woman performs squats on the vibration plate to enhance muscle engagement.*



## DE-STRESS YOUR MIND DETOX YOUR BODY

Hexaplate Lite promotes lymphatic drainage and relaxation for a refreshed body and calm mind.

*The compact design allows for easy storage and portability, even fitting into a suitcase.*

### MAINTENANCE

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To ensure the longevity and optimal performance of your Lifepro HexaPlate Lite, follow these maintenance guidelines:

- **Cleaning:** Wipe down the surface of the machine with a soft, damp cloth after each use. Avoid using abrasive cleaners or harsh chemicals.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under furniture or in closets.
- **Inspection:** Periodically check the power cord and resistance bands for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

### TROUBLESHOOTING

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If you encounter any issues with your Lifepro HexaPlate Lite, refer to the following common troubleshooting tips:

- **Unit Not Powering On:** Ensure the power cord is securely plugged into both the machine and the wall outlet. Check if the power switch on the side of the unit is in the 'ON' position. Verify the power outlet is functional.
- **No Vibration:** Ensure the unit is powered on and a program or manual mode is selected. Adjust the speed setting to a higher level.
- **Unusual Noise:** A slight humming sound is normal during operation. If you hear loud or unusual noises, turn off the unit immediately and contact customer support.
- **Remote Not Working:** Check if the AAA batteries in the remote control need to be replaced. Ensure there are no obstructions between the remote and the unit's sensor.

For more detailed troubleshooting or persistent issues, please refer to the full user manual or contact Lifepro customer support.

## SPECIFICATIONS

Feature	Specification
Model Name	Vibration Plate
Model Number	LP-HXPLTL-BLK
Maximum Weight Recommendation	265 Pounds
Product Dimensions (LxWxH)	21.3" x 13" x 5.9"
Item Weight	12.9 Pounds
Speed Levels	99 RPM (Min 1 RPM, Max 99 RPM)
Number of Programs	3
Controls Type	Remote
Display Type	LED
Power Source	Corded Electric
Included Components	User Guide, Resistance Bands (2), Remote Control, HexaPlate Vibration Plate



99 Speed  
Levels



10 Preset  
Programs



LED  
Panel



Remote  
Control

*Key dimensions of the Lifepro HexaPlate Lite.*

## WARRANTY & SUPPORT

The Lifepro HexaPlate Lite Vibration Plate Exercise Machine comes with a 2-Year Manufacturer Warranty. For any warranty claims, product support, or additional information, please refer to the detailed user manual provided with your product or visit the official Lifepro website.

You can access the full User Manual in PDF format for comprehensive details and support [Download User Manual \(PDF\)](#)