



[Manuals.plus](#) /

› [LifePro](#) /

› Lifepro Hovert 3D Vibration Plate Exercise Machine User Manual

LifePro LP-HVT-SLV

Lifepro Hovert 3D Vibration Plate Exercise Machine User Manual

Model: LP-HVT-SLV

1. INTRODUCTION

The Lifepro Hovert 3D Vibration Plate Exercise Machine is designed to provide a comprehensive whole-body workout experience. Featuring dual motors for 3D movement, 99 speed levels, and various auto programs, this platform supports lymphatic drainage, circulation, muscle toning, and overall wellness. This manual provides essential information for the safe and effective operation and maintenance of your device.



Image 1.1: The Lifepro Hover 3D Vibration Plate Exercise Machine with included accessories.

2. IMPORTANT SAFETY INSTRUCTIONS

Before using the Lifepro Hover 3D, please read and understand all instructions and warnings in this manual. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not exceed the maximum user weight of 330 pounds (150 kg).
- Ensure the machine is placed on a stable, level surface with adequate clear space around it.
- Keep children and pets away from the machine during operation.
- Do not use the machine if you are pregnant, have a pacemaker, or have any metal implants.
- Always hold onto a stable support if you feel unsteady during use.
- Unplug the machine from the power outlet when not in use or before cleaning.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Lifepro Hovert 3D Vibration Plate Exercise Machine
- Remote Control
- Power Cord
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- User Guide
- User Manual (this document)



Image 3.1: Key components and included accessories of the Hovert 3D.

4. PRODUCT OVERVIEW

The Lifepro Hovert 3D features a robust design with a large non-slip surface and an intuitive control panel. It is equipped with dual motors to provide oscillating, lateral, and 3D vibration movements.

Control Panel and Display

The integrated control panel on the platform allows for direct adjustment of settings. The digital display shows speed levels, program modes, and time.



Image 4.1: Top view of the Hovert 3D platform, highlighting the control panel.

Remote Control

The included remote control provides convenient access to all functions, allowing you to adjust settings without bending down during your workout.

5. SETUP

5.1 Unpacking

Carefully remove all components from the packaging. Retain packaging for future storage or transport.

5.2 Placement

Place the vibration plate on a firm, level surface. Ensure there is at least 2 feet (60 cm) of clear space around the machine for safe operation and movement. Avoid placing it on thick carpets that might obstruct airflow or stability.

5.3 Power Connection

Connect the power cord to the machine's power inlet and then plug it into a standard electrical outlet. Ensure the power switch on the machine is in the 'OFF' position before plugging it in.

5.4 Remote Control Battery Installation

The remote control requires 2 AAA batteries (not included). Open the battery compartment on the back of the remote and insert the batteries, observing the correct polarity.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

Press the 'ON/OFF' button on the control panel or remote to turn the machine on or off. The display will illuminate when powered on.

6.2 Selecting Movement Modes

The Hovert 3D offers three primary movement modes:

- **Lateral (Side-to-Side):** Ideal for balance and rehabilitation.
- **Oscillating (Up & Down):** Focuses on strength and core activation.
- **3D (Total Motion):** Combines both lateral and oscillating movements for full-body activation.

Use the 'MODE' button on the control panel or remote to cycle through these options.

MULTIPLE MOTION MODES FOR TOTAL BODY TRAINING

LATERAL
(Side to Side)



OSCILLATES
(Up & Down)



3D
Total Motion



HOW TO CHOOSE A MODE:



LATERAL
Balance & Rehab



OSCILLATES
Strength & Core



3D
Full-Body Activation

Image 6.1: Multiple motion modes for total body training.

6.3 Adjusting Speed Levels

The machine features 99 adjustable speed levels. Use the 'SPEED +' and 'SPEED -' buttons on the control panel or remote to increase or decrease the intensity. Lower speeds (1-33) are beginner-friendly, medium speeds (34-66) offer balanced vibration, and high speeds (67-99) provide strong rhythmic sweating.

99 SPEEDS TO MATCH YOUR FITNESS



Image 6.2: 99 speed levels to match your fitness needs.

6.4 Using Auto Programs

The Hovort 3D includes 8 pre-set auto programs. These programs automatically adjust the speed and mode for a varied workout. Refer to the user guide for details on each program.

6.5 Stance and Intensity Zones

Your foot placement on the platform determines the intensity of the vibration:

- **Walk (Center):** Lowest intensity.
- **Jog (Middle):** Medium intensity.
- **Run (Outer Edges):** Highest intensity.

MULTIPLE MOTION MODES FOR TOTAL BODY TRAINING

LATERAL
(Side to Side)



OSCILLATES
(Up & Down)



3D
Total Motion



HOW TO CHOOSE A MODE:



LATERAL
Balance & Rehab



OSCILLATES
Strength & Core



3D
Full-Body Activation

Image 6.3: 3-in-1 Intensity Zones based on foot placement.

6.6 Using Resistance Bands

Attach the handled resistance bands to the designated anchor points on the base of the machine. The mini bands can be used around your legs for added resistance during exercises like squats or lunges.

6.7 Exercise Examples

The Hovert 3D can be used for various exercises. Here are a few examples:

- **Squats:** Stand on the platform with feet shoulder-width apart, lower into a squat position.
- **Push-ups:** Place hands on the platform, perform push-ups.
- **Lunges:** Place one foot on the platform, step back with the other, and lower into a lunge.
- **Calf Raises:** Stand on the platform and raise onto the balls of your feet.

USE HOVERT FOR WHOLE-BODY BENEFITS



Support Overall Wellness



Ease Muscle Tension



Enhance Relaxation



Image 6.4: Demonstrating exercises for whole-body benefits.

6.8 Usage Demonstration Video

Your browser does not support the video tag.

Video 6.1: Official demonstration of various exercises and features of the Lifepro Hovert 3D Vibration Plate.

7. MAINTENANCE

7.1 Cleaning

Wipe the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.

7.2 Storage

Store the machine in a cool, dry place away from direct sunlight and moisture. The built-in transport wheel allows for easy repositioning.

7.3 Inspection

Periodically inspect the power cord and all components for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

8. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|----------------------------------|--|--|
| Machine does not power on. | Power cord not properly connected; Power switch off; Outlet malfunction. | Ensure power cord is securely plugged in. Check if the power switch is 'ON'. Test the outlet with another device. |
| Remote control not working. | Dead batteries; Incorrect battery installation; Remote not paired (if applicable). | Replace batteries with new AAA batteries. Check battery polarity. Ensure no obstructions between remote and machine. |
| Unusual noise or vibration. | Machine not on a level surface; Loose components. | Ensure the machine is on a flat, stable surface. Check for any loose screws or parts. Discontinue use if noise persists and contact support. |
| Display not showing information. | Power issue; Display malfunction. | Check power connection. If power is on but display is blank, contact customer support. |

If you encounter issues not listed here or if solutions do not resolve the problem, please contact LifePro customer support.

9. SPECIFICATIONS

| Feature | Detail |
|--------------------------------|--|
| Brand | LifePro |
| Model Number | LP-HVT-SLV |
| Item Weight | 35 Pounds (15.88 kg) |
| Color | Silver |
| Material | Metal |
| Product Dimensions (D x W x H) | 31" x 18" x 7" (78.7 cm x 45.7 cm x 17.8 cm) |
| Controls Type | Remote, Integrated Panel |
| Display | Digital |
| Maximum Speed | 99 RPM |
| Minimum Speed | 1 RPM |
| Number of Resistance Levels | 99 |

| Feature | Detail |
|-------------------------------|---|
| Operation Mode | Automatic, Manual |
| Power Source | Corded Electric |
| Wattage | 400W |
| Maximum Weight Recommendation | 330 Pounds (150 kg) |
| UPC | 810161332687 |
| Included Components | Lifepro Mini Bands (4), Power Cord, Resistance Bands (2), User Guide, User Manual |

10. WARRANTY & SUPPORT

Warranty Information

The Lifepro Hovert 3D Vibration Plate Exercise Machine comes with Lifetime Support. For specific details regarding your warranty coverage, please refer to the warranty card included with your product or visit the official LifePro website.

Customer Support

For technical assistance, troubleshooting, or any questions regarding your Lifepro Hovert 3D, please contact LifePro customer support. Contact details can typically be found on the manufacturer's website or in the included user guide.