LifePro LP-TRB-BLK

Lifepro Turbo 3D Vibration Plate Instruction Manual

Brand: LifePro

1. Setup

Before first use, ensure all components are present and the device is placed on a flat, stable surface. Connect the power cord to the machine and a suitable power outlet.



Image: Lifepro Turbo 3D Vibration Plate shown with its power cord, remote control, two resistance bands with handles, and four mini loop bands.

Included Components:

- Lifepro Turbo 3D Vibration Plate
- Power Cord
- Remote Control
- 2X Resistance Bands (with handles)
- 4X Lifepro Mini Bands
- User Guide

2. Operating Instructions

The Lifepro Turbo 3D Vibration Plate offers various modes and intensity levels to customize your workout. Use the remote control for convenient adjustments during your session.

Controls and Display:



Image: The LED control panel displays speed/levels and program information. The remote allows for easy control of settings.

- **Power:** Turn the unit on/off using the power button on the machine or remote.
- **Modes:** Select from Oscillation, Pulsation, or Combination modes. These modes provide different vibration patterns for varied benefits.
- **Speed/Levels:** Adjust the intensity from 1 to 99 RPM.
- **Preset Programs:** The unit includes 8 pre-programmed routines for guided workouts.

Using the Vibration Plate:

The vibration plate stimulates muscles and promotes lymphatic drainage. You can perform various exercises on the platform to enhance your fitness routine.



Image: A user relaxing with their feet on the vibration plate, demonstrating its use for lymphatic drainage and relaxation.



Image: A woman performing a yoga pose on the vibration plate, illustrating how it can promote muscle tone, improve circulation, and increase strength and flexibility.



Image: A man demonstrating the 3D vibration capabilities of the plate, highlighting oscillation, pulsation, and combination movements for maximum impact.

Example Workout Routine:

This 10-minute routine focuses on lower body exercises using the vibration plate and resistance bands. Ensure you have a stable chair nearby for support if needed.

Video: A detailed workout demonstration using the Lifepro vibration platform, including various exercises and proper form.

1. **Power On:** Turn on the unit using the power button or remote. Select Program 2 (P2) for an automated 10-minute routine.
2. **Seated Relaxation:** Begin by sitting on a stable chair with your feet on the platform. Relax and allow your body to adjust to the vibrations. Observe the different sensations as the mode changes.
3. **Standing Squats:** Carefully stand up from the chair, maintaining balance. Perform 10 squats, ensuring your knees are unlocked and relaxed. Adjust foot placement (closer for easier, wider for more difficulty) as needed.
4. **Deadlifts (Hinge):** From a standing position, hinge at your hips, tracing your hands down your legs while keeping your head and chest high. This targets the hamstrings and glutes.
5. **Resistance Band Squats:** Place a mini loop band around your ankles. From a seated position, lift yourself up, maintaining tension on the band. Slowly lower back down. Repeat for 10 repetitions.
6. **Side Leg Taps:** While standing on the platform with the band around your ankles, gently tap one foot

out to the side, then return. Repeat for 10 taps per side.

3. Maintenance

To ensure the longevity and optimal performance of your Lifepro Turbo 3D Vibration Plate, follow these simple 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 vibration plate in a cool, dry place away from direct sunlight and extreme temperatures.



Image: The compact design of the vibration plate allows for easy storage under furniture when not in use.

4. Troubleshooting

If you encounter any issues with your Lifepro Turbo 3D Vibration Plate, please refer to the following common solutions:

- **Unit Not Powering On:** Ensure the power cord is securely plugged into both the machine and a working electrical outlet. Check the power switch on the unit.

- **No Vibration:** Verify that the correct program or manual settings are selected. Ensure your feet are properly placed on the platform.
- **Unusual Noises:** Check for any loose components or obstructions around the base of the machine. If noises persist, discontinue use and contact customer support.
- **Over-training Symptoms:** If you experience nausea, excessive fatigue, or flu-like symptoms after a session, you may be over-training. Reduce session duration or frequency, and allow your body to recover.

5. Specifications

Feature	Detail
Model Name	Turbo 3D Black
Model Number	LP-TRB-BLK
Maximum Weight Recommendation	330 Pounds
Controls Type	Remote
Display Type	LED
Maximum Speed	99 RPM
Number of Programs	8
Number of Resistance Levels	2
Power Source	Corded Electric
Product Dimensions (LxWxH)	18"D x 31"W x 7"H
Item Weight	37.5 Pounds
Material	Plastic

6. Warranty & Support

Your Lifepro Turbo 3D Vibration Plate comes with lifetime support. For any questions, assistance, or to learn more about our products, please visit the official LifePro Store or refer to the user manual.

- **Official Store:** Visit the LifePro Store
- **User Manual (PDF):** Download User Manual