

LifePro LP-SQT-INCLN

Lifepro Calf Stretcher Slant Board LP-SQT-INCLN User Manual

1. INTRODUCTION

Thank you for choosing the Lifepro Calf Stretcher Slant Board, Model LP-SQT-INCLN. This device is designed to assist in stretching your calves, ankles, and hamstrings, thereby improving flexibility and range of motion. Regular use can contribute to muscle recovery and injury prevention. Please read this manual thoroughly before initial use to ensure safe and effective operation.

2. SAFETY INFORMATION

Always prioritize your safety when using any exercise equipment. Failure to follow these guidelines may result in injury.

- **Consult a Physician:** Before starting any new exercise program, especially if you have pre-existing medical conditions, injuries, or are pregnant, consult with a healthcare professional.
- **Stable Surface:** Always place the slant board on a flat, stable, non-slip surface. Do not use it on uneven ground or slippery floors.
- **Proper Footwear:** Wear appropriate athletic footwear that provides good grip and support.
- **Listen to Your Body:** Do not force stretches. Stop immediately if you experience pain, dizziness, or discomfort. Stretching should feel like a gentle pull, not sharp pain.
- **Weight Limit:** Do not exceed the maximum weight recommendation of 330 pounds (150 kg).
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Inspect Before Use:** Before each use, inspect the slant board for any signs of damage or wear. Do not use if damaged.

3. SETUP

The Lifepro Calf Stretcher Slant Board (LP-SQT-INCLN) is designed for immediate use with minimal setup.

1. **Unpack:** Carefully remove the slant board from its packaging.
2. **Placement:** Place the slant board on a firm, level, and non-slip surface. Ensure there is ample space

around the board for safe movement.

3. **Adjust Incline:** The board features adjustable incline levels. To change the angle, lift the top platform and reposition the support bar into the desired slot. Start with the lowest incline and gradually increase as your flexibility improves.



This image illustrates the Lifepro Calf Stretcher Slant Board. It shows the robust construction and the angled surface designed for effective calf and ankle stretching. The board is made of powder-coated steel, ensuring stability during exercises.

4. OPERATING INSTRUCTIONS

Follow these steps for effective and safe stretching with your Lifepro Calf Stretcher Slant Board.

4.1 Calf Stretching

1. **Position:** Stand facing the slant board. Place the balls of your feet on the elevated edge of the board, with your heels resting on the lower part or off the edge, depending on the desired stretch intensity.
2. **Balance:** Use a wall or sturdy object for support if needed to maintain balance.
3. **Stretch:** Slowly lean forward, keeping your knees slightly bent or straight (for different calf muscles). You should feel a stretch in your calf muscles.
4. **Hold:** Hold the stretch for 20-30 seconds. Breathe deeply and relax into the stretch.
5. **Repeat:** Perform 2-3 repetitions for each leg.

4.2 Ankle Mobility

The slant board can also aid in improving ankle dorsiflexion.

- Stand on the board as described for calf stretching.
- Gently bend your knees forward, allowing your ankles to flex. This will increase the stretch in your lower calves and Achilles tendon.
- Hold for 15-20 seconds, then release. Repeat as comfortable.

4.3 Hamstring Stretching

While primarily for calves, the board can assist with hamstring stretches.

- Stand with one foot on the board, heel down, and the other foot on the floor.
- Keep the leg on the board straight and gently lean forward from your hips, reaching towards your toes.
- Hold for 20-30 seconds. Repeat for the other leg.

5. MAINTENANCE

Proper care will extend the life of your Lifepro Calf Stretcher Slant Board.

- **Cleaning:** Wipe down the board with a damp cloth after each use. Use mild soap and water if necessary, then dry thoroughly. Avoid abrasive cleaners or solvents.
- **Storage:** Store the slant board in a cool, dry place away from direct sunlight and extreme temperatures.

- **Inspection:** Periodically check all components for tightness and wear. Ensure the support bar engages securely in the adjustment slots.

6. TROUBLESHOOTING

If you encounter any issues with your slant board, refer to the following common solutions.

- **Instability:** Ensure the board is placed on a completely flat and stable surface. Check that the support bar is fully engaged in its slot.
- **Difficulty Adjusting Angle:** Make sure to lift the platform slightly before attempting to move the support bar. Do not force the adjustment.
- **Discomfort During Use:** If you experience pain, reduce the incline angle or decrease the duration of your stretch. Ensure you are wearing appropriate footwear. Consult a healthcare professional if pain persists.

7. SPECIFICATIONS

Feature	Detail
Brand	LifePro
Model Number	LP-SQT-INCLN
Material	Powder Coated Steel
Color	Black
Maximum Weight Recommendation	330 Pounds (150 kg)
Item Package Dimensions L x W x H	16.65 x 13.19 x 2.72 inches (42.3 x 33.5 x 6.9 cm)
Package Weight	4.4 Kilograms (9.7 lbs)
Age Range (Description)	Unisex

8. WARRANTY INFORMATION

LifePro products are designed for durability and performance. For detailed information regarding the warranty coverage for your LP-SQT-INCLN Calf Stretcher Slant Board, please refer to the warranty card included with your product or visit the official LifePro website. Keep your proof of purchase for warranty claims.






9. CUSTOMER SUPPORT

If you have any questions, require assistance, or need to report an issue with your LifePro Calf Stretcher Slant Board, please contact our customer support team:

- **Website:** Visit the official LifePro website for FAQs, support resources, and contact forms.
- **Email:** Refer to your product packaging or the LifePro website for the most current customer service email address.
- **Phone:** Refer to your product packaging or the LifePro website for customer service phone numbers.

Please have your model number (LP-SQT-INCLN) and purchase date available when contacting support.

Related Documents - LP-SQT-INCLN

	<p>Lifepro Rumblex Plus 4D Vibration Plate User Manual: Features, Operation, and Safety</p> <p>Comprehensive user manual for the Lifepro Rumblex Plus 4D Vibration Plate. Learn about setup, operation, safety precautions, troubleshooting, and exercises for this advanced whole-body vibration machine.</p>
	<p>Lifepro Waver Mini Vibration Plate User Manual</p> <p>User manual for the Lifepro Waver Mini Vibration Plate, covering setup, operation, programs, exercises, safety, and specifications. Learn how to use the vibration plate to improve fitness, reduce pain, and boost metabolism.</p>
	<p>Lifepro WaverMini Vibration Plate User Manual</p> <p>User manual for the Lifepro WaverMini Vibration Plate, detailing setup, operation, benefits, safety, and specifications for enhanced home fitness and recovery.</p>
	<p>Lifepro TrimLite Vibration Plate User Manual</p> <p>Comprehensive user manual for the Lifepro TrimLite Vibration Plate, covering setup, operation, benefits, safety instructions, and troubleshooting for this whole-body vibration machine.</p>
	<p>Lifepro Rumblex Pro 4D Vibration Plate User Manual</p> <p>This user manual provides comprehensive instructions for the Lifepro Rumblex Pro 4D Vibration Plate, covering setup, operation, safety guidelines, exercise routines, and product specifications. Learn how to maximize your workouts and recovery with this advanced fitness equipment.</p>



[Lifepro RejuvaWrap Infrared Sauna Blanket User Manual - Benefits, Setup, and Safety](#)

Comprehensive user manual for the Lifepro RejuvaWrap Infrared Sauna Blanket. Learn about its benefits, setup instructions, operating procedures, safety guidelines, troubleshooting, and product specifications.