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## LifePro LP-HXPLTL-BLK

# LifePro HexaPlate Lite Vibration Plate Exercise Machine User Manual

Model: LP-HXPLTL-BLK | Brand: LifePro

## INTRODUCTION

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The LifePro HexaPlate Lite Vibration Plate is designed to enhance your fitness routine by stimulating muscle contractions through repetitive motion. This technique aims to engage more muscle fibers, potentially leading to improved circulation, metabolism boost, and relief from joint and back pain. The integrated magnetic acupoints offer additional relaxation and circulation benefits, particularly for the feet and lower extremities. This compact and portable device is suitable for various fitness levels and can be incorporated into rehabilitation routines.

## INTRODUCING HEXAPLATE LITE STRENGTH. BALANCE. FLEXIBILITY.

It's time to power-up your wellness.



The LifePro HexaPlate Lite promotes strength, balance, and flexibility.

## WHAT'S IN THE BOX

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Upon unboxing your LifePro HexaPlate Lite, please ensure all the following components are present:

- HexaPlate Vibration Plate
- Remote Control
- Resistance Bands (2)



All components included with the Lifepro HexaPlate Lite Vibration Plate.

## SETUP

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Follow these steps for the initial setup of your vibration plate:

1. Carefully remove all components from the packaging.
2. Place the HexaPlate Lite on a flat, stable surface. Ensure there is enough space around the device for safe operation.
3. Connect the power cord to the device and then to a suitable electrical outlet.
4. Insert the required AAA batteries into the remote control (3 AAA batteries required, not included).
5. Attach the resistance bands to the designated points on the side of the vibration plate if you plan to use them.

Your browser does not support the video tag.

Video demonstrating the unboxing and initial setup of the Lifepro HexaPlate Lite Vibration Plate.

## OPERATING INSTRUCTIONS

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The Lifepro HexaPlate Lite offers various settings to customize your workout. Always ensure you are standing or sitting securely on the plate before starting.

### Powering On/Off

- To power on the device, press the power button on the control panel or the remote control.
- To power off, press the power button again.

### Using the Control Panel and Remote

The device can be operated directly from the integrated LED control panel or via the included remote control.

- **Speed Adjustment:** Use the 'Speed' buttons on the control panel or remote to increase or decrease the vibration intensity (1-99 levels).
- **Time Setting:** Adjust the workout duration using the 'Time' buttons. The default workout time is 15 minutes.
- **Mode Selection:** Cycle through different pre-set programs (P1-P10) using the 'Mode' button. Each program offers a unique combination of speed and time variations.
- **Manual Mode:** Select 'M' mode to manually control speed and time.



99 Speed  
Levels



10 Preset  
Programs



LED  
Panel



Remote  
Control

The control panel and remote allow for easy adjustment of settings.

## EXERCISE GUIDE

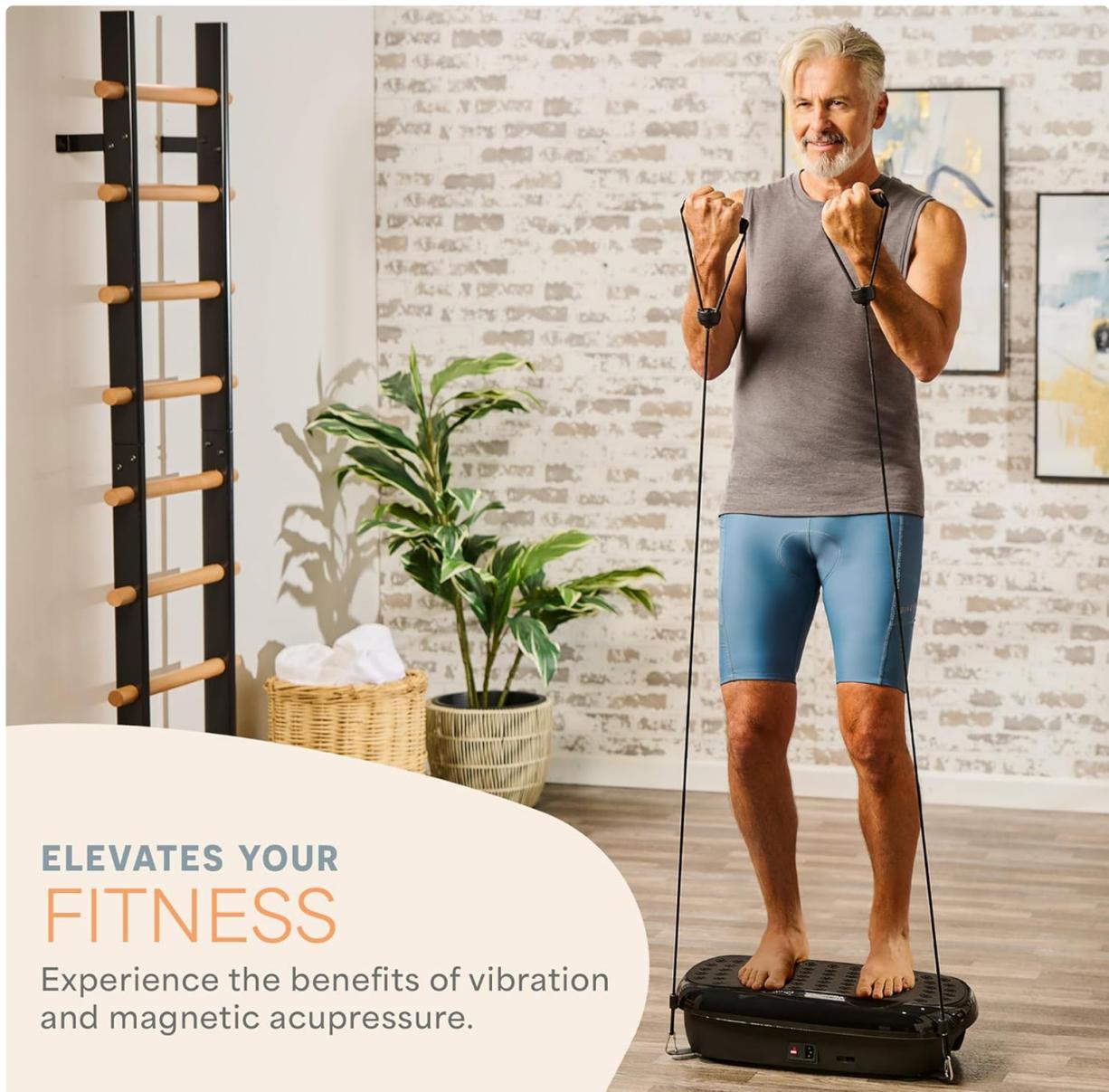
The HexaPlate Lite can be used for various exercises to target different muscle groups and achieve specific fitness goals. Always consult with a healthcare professional before starting any new exercise regimen.

### General Usage Tips

- Start with lower speeds and shorter durations, gradually increasing as your body adapts.
- Maintain a slight bend in your knees to absorb vibrations effectively.
- Engage your core muscles throughout your workout.
- Use the resistance bands for upper body exercises.

### Recommended Positions and Benefits

- **Standing:** Improves core strength, balance, and overall circulation.
- **Squats:** Strengthens legs and glutes while benefiting from vibration.
- **Sitting:** Ideal for lymphatic drainage and relaxation, especially for lower extremities.
- **Planks:** Enhances core stability and muscle engagement.



## ELEVATES YOUR FITNESS

Experience the benefits of vibration and magnetic acupressure.

Standing on the vibration plate while using resistance bands.

# VIBRATE YOUR WAY TO A HEALTHIER YOU

Get your daily dose of wellness  
with Hexaplate Lite.



Boost Circulation



Relieve Inflammation



Enhance Relaxation



Performing squats on the vibration plate to engage leg and glute muscles.



## MAGNETIC ACUPRESSURE

Deeper relaxation and  
pain alleviation.



Magnetic acupressure points on the plate surface for deeper relaxation and pain alleviation.



## IMPROVES CIRCULATION

For optimal oxygen and nutrient delivery.

Using the vibration plate while seated can improve circulation.

### MAINTENANCE

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Proper maintenance ensures the longevity and optimal performance of your Lifepro HexaPlate Lite.

- **Cleaning:** Wipe the surface of the vibration plate with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage.
- **Inspection:** Periodically check the power cord and resistance bands for any signs of wear or damage. Discontinue use if any damage is found and contact customer support.



## TAKE YOUR WELLNESS ANYWHERE

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

The compact design of the HexaPlate Lite makes it easy to store or transport.

### TROUBLESHOOTING

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

- **Device Not Powering On:** Ensure the power cord is securely plugged into both the device and a working electrical outlet. Check if the main power switch on the device is in the 'ON' position.
- **Remote Control Not Responding:** Verify that the batteries in the remote control are correctly inserted and not depleted. Replace batteries if necessary. Ensure there are no obstructions between the remote and the device's sensor.
- **Unusual Noises or Vibrations:** Turn off the device immediately and inspect it for any loose parts or foreign objects. If the issue persists, discontinue use and contact customer support.

### SPECIFICATIONS

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Feature	Specification
Maximum Weight Recommendation	265 Pounds

Controls Type	Remote
Display Type	LED
Handle Type	Strap (for resistance bands)
Maximum Speed	99 RPM
Minimum Speed	1 RPM
Motor Horsepower	440 Horsepower (internal rating) / 0.27 Horsepower (output)
Number of Batteries	3 AAA batteries required (for remote)
Number of Resistance Levels	46
Operation Mode	Automatic
Power Source	Corded Electric
Wattage	200
Item Dimensions (LxWxH)	21.65 x 13.39 x 6.1 inches
Product Dimensions	21.3"D x 13"W x 5.9"H
Item Weight	5.85 Kilograms (12.9 lbs)
Material	Plastic
Model Year	2023

## SPECIFICATIONS & DIMENSIONS

Weight Capacity: 265 lbs  
Lightweight & Portable: 12.56 lbs



Dimensions of the Lifepro HexaPlate Lite Vibration Plate.

### WARRANTY & SUPPORT

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The Lifepro HexaPlate Lite Vibration Plate comes with Lifetime Support from the manufacturer. For any inquiries, technical assistance, or warranty claims, please refer to the contact information provided in your User Guide or visit the official LifePro website.