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› Lifepro VibraRed Vibration Plate with Red Light Therapy & Resistance Bands User Manual

Lifepro LP-VBRRD-BLK

Lifepro VibraRed Vibration Plate with Red Light Therapy & Resistance Bands User Manual

Model: LP-VBRRD-BLK

1. PRODUCT OVERVIEW

The Lifepro VibraRed is a whole-body oscillation vibration plate designed for low-impact full-body workouts. It integrates red light therapy with vibration to support various wellness goals. The device features adjustable speed levels, preset programs, and a manual mode, allowing users to customize their sessions. Its quiet motor ensures minimal disturbance during use.



Image 1: The Lifepro VibraRed Vibration Plate in black, showcasing its compact design.

Key Features:

- **Dual-Chip Red Light LEDs:** 50 built-in LEDs provide 660nm red and 850nm near-infrared light, covering both foot zones. Red light can be used independently or simultaneously with vibration.
- **Adjustable Speed and Programs:** Offers 99 speed levels (Easy: 1–33, Medium: 34–66, Intense: 67–99) and 9 preset programs, plus a fully manual mode.
- **Integrated Resistance Bands:** Includes two resistance bands that attach to underside bars, enabling arm, shoulder, and core exercises during vibration sessions.
- **Large Non-Slip Surface:** A spacious 22.8 x 13.2 inch platform accommodates both feet comfortably, with four suction-cup feet for stability.
- **Quiet Operation:** The oscillation motor operates under 70 dB.
- **User-Friendly Controls:** Features a 1-15 minute timer, an easy-read display, and a wireless remote control.

2. WHAT'S IN THE BOX

Upon unboxing, ensure all the following components are present:

- Lifepro VibraRed Vibration Plate
- Remote Control
- Power Cable
- User Manual (this document)
- Resistance Bands (2)

3. SETUP AND ASSEMBLY

The Lifepro VibraRed requires minimal setup. Follow these steps to prepare your device for use:

1. Place the vibration plate on a flat, stable surface. Ensure there is enough clear space around the unit for safe operation.
2. Connect the power cable to the power input port on the device and then plug it into a standard electrical outlet.
3. If using the resistance bands, attach them to the designated underside bars on the plate.

For a visual guide on setup, refer to the unboxing video:

Your browser does not support the video tag.

Video 1: A brief unboxing and setup guide for the Lifepro VibraRed. Note: This is a short preview video.



Utility and Design
Patents Pending



SIMPLE CONTROLS. SMART FEATURES.



Adjustable
Speed (0-99)



640nm Red +
850nm NIR



LED Control
Panel



Non Slip
Design



15-Minute
Light Session

Image 2: Top view of the VibraRed plate with its control panel and remote.

4. OPERATING INSTRUCTIONS

Powering On/Off

Press the power button on the control panel or the remote control to turn the device on or off. The LED display will illuminate when the device is active.

Using the Remote Control

The wireless remote control allows you to adjust all settings without stepping off the plate. Functions include power, speed adjustment, program selection, and timer settings.

Adjusting Speed and Programs

The VibraRed offers 99 adjustable speed levels. Use the '+' and '-' buttons on the control panel or remote to increase or decrease the vibration intensity. You can also select from 9 preset programs or operate in manual mode to customize your session duration from 1 to 15 minutes.

Red Light Therapy

The integrated 660nm red and 850nm near-infrared LEDs can be activated independently of the vibration function or used simultaneously. For optimal light contact, stand barefoot directly on the LED surface. The red light therapy session duration is typically 15 minutes.



Image 3: A user demonstrating the red light therapy feature while seated.

Using Resistance Bands

Attach the included resistance bands to the hooks located on the underside of the plate. These bands allow for simultaneous arm, shoulder, and core training while the plate engages the lower body, expanding your workout options.

Intensity Zones

The platform features marked intensity zones to guide your foot placement for different workout effects:

- **Walk Zone:** For gentle vibration and circulation support.
- **Jog Zone:** For moderate intensity and muscle activation.
- **Run Zone:** For higher intensity and more vigorous workouts.



Image 4: Visual representation of the Walk, Jog, and Run intensity zones on the VibraRed plate.

Watch these videos for demonstrations on using the Lifepro VibraRed:

Your browser does not support the video tag.

Video 2: Overview of the Lifepro VibraRed Vibration Plate with Red Light Therapy.

Your browser does not support the video tag.

Video 3: Demonstrating how to boost your home fitness routine with the Lifepro VibraRed.

Your browser does not support the video tag.

Video 4: Examples of full-body workouts using the Lifepro VibraRed Vibration Platform.

5. USAGE GUIDELINES

Recommended Usage

Sessions can be set from 1 to 15 minutes. It is recommended to start with shorter durations and lower speeds, gradually increasing as your body adapts. The device supports users up to 220 lbs.

Positioning

The VibraRed features a non-slip surface and four suction-cup feet to ensure it remains stable on any floor type during use. Ensure the device is placed on a level surface before starting your session.



Image 5: A user performing a squat on the VibraRed, illustrating active use.



Image 6: A user seated with feet on the VibraRed, highlighting comfortable, low-impact use.

6. SPECIFICATIONS

Brand	Lifepro
Model Number	LP-VBRRD-BLK
Item Weight	19.8 pounds
Product Dimensions (D x W x H)	22.8" x 13.2" x 5"
Color	Black
Material	Plastic
Controls Type	Remote

Display	LED
Maximum Speed	120 rpm
Number of Resistance Levels	120 (implied by speed levels)
Operation Mode	Automatic, Manual
Power Source	Corded Electric
Wattage	200
Number of Programs	9
Maximum Weight Recommendation	220 pounds
UPC	810161333431



Image 7: Dimensions and weight capacity of the LifePro VibraRed.

7. WARRANTY AND SUPPORT

The Lifepro VibraRed Vibration Plate comes with a Lifetime Support warranty. For any questions, technical assistance, or warranty claims, please contact Lifepro customer support.

You can find more information and support resources by visiting the official Lifepro Store [Lifepro Store on Amazon](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question