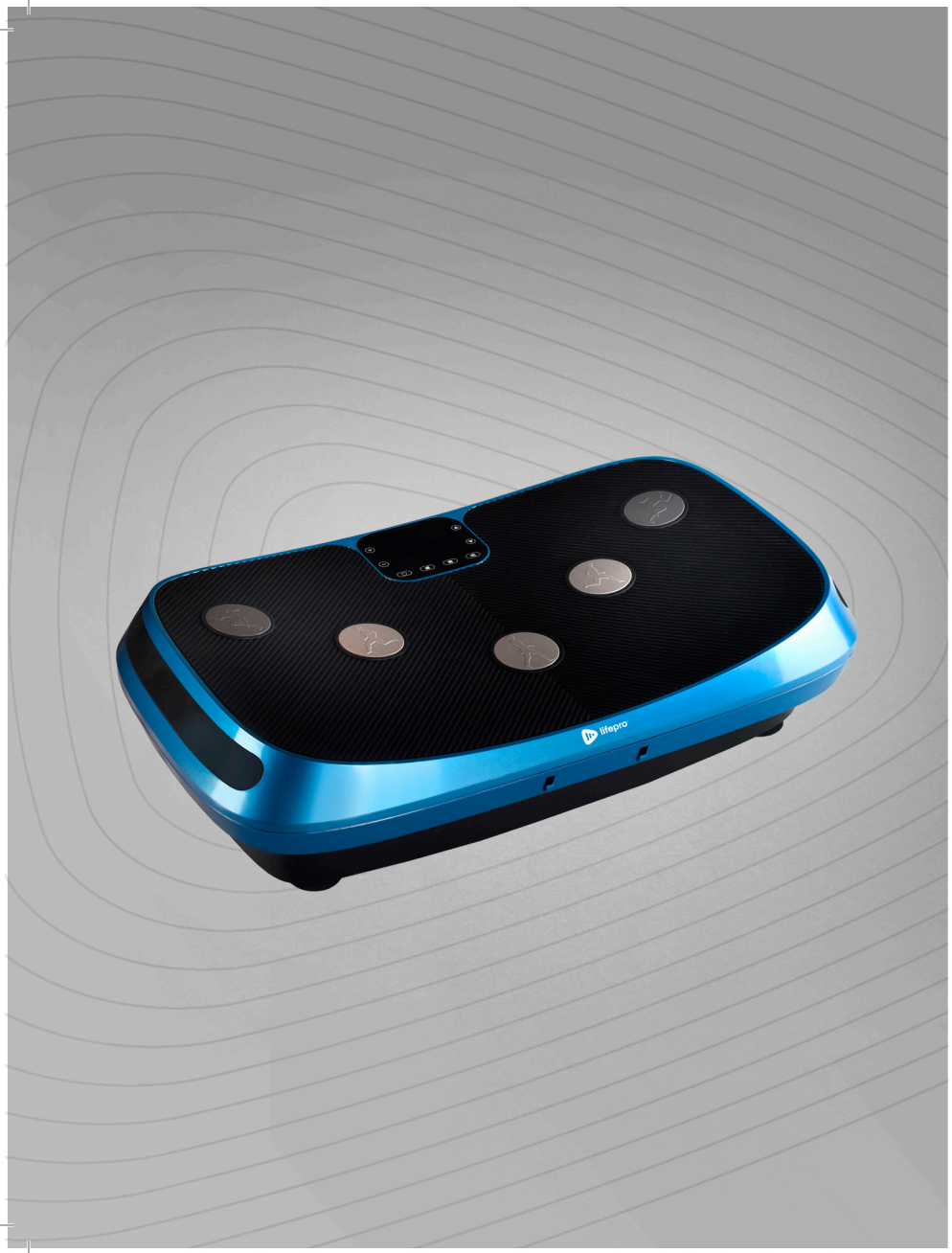
READY, SET, PRO

USER MANUAL

RUMBLEX 4D VIBRATION PLATE

lifepro®



Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

The Lifepro Rumblex boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The Rumblex has three powerful, ultra-quiet motors: lateral, horizontal/oscillating, and pulsating. Each motor can be used separately or in combination, giving you an abundance of workout options. When used together, the three motors create a unique 4D motion which means you can work all of your muscles in far less time than a typical workout. 10 minutes is all it takes to complete a full workout with your Rumblex.

If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the vibration plate to your rehab routine. Vibration plates are used by professional athletes, physical therapists, and rehabilitation centers everywhere.

Redefine your workouts and experience the transformative power of the Lifepro Rumblex:

- **Experience joint- and back-pain relief:** improves core strength & circulation
- **Boost your metabolism:** encourages your body to burn fat faster
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Improve circulation:** decreases blood pressure
- **Increase strength & flexibility:** improves stability
- **Develop stronger bones:** increases bone density

Check out the exercises in this manual for ways to get started using your Rumblex.

RECOVERY + FITNESS

RUMBLEX

4D VIBRATION PLATE

GET STARTED

WHAT'S IN THE BOX

- Lifepro Rumblex 4D Vibration Plate
- Power Cord
- Hands-Free Remote Control
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- Exercise Mat
- User Guide

FIRST STEPS

1. Remove your Rumblex from the shipping box and remove all packaging from the unit and accessories.
2. Read carefully through this user manual and all safety instructions before using the Rumblex.
3. Complete the steps in the EASY-START SETUP GUIDE on page 8 to begin using your Rumblex.

GET ACQUAINTED

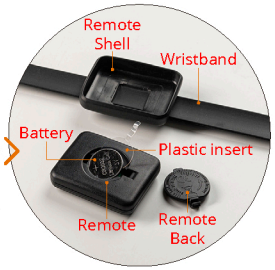
EASY-START SETUP GUIDE

Setup your Lifepro Rumblex in just 4 easy steps:

1

ACTIVATE THE REMOTE

- Remove the remote from the silicone shell holding it to the wristband.
- Remove the back of the remote.
- Remove the round plastic insert under the CR2032 3V battery.
- Replace the battery and the back of the remote.
- Re-insert the remote into the silicone shell.



2

ATTACH THE TWO RESISTANCE BANDS

The resistance bands let you incorporate strength training into your workout.

- Loop the end of a resistance band through one of the metal rings under the front edge of the Rumblex.
- Thread the resistance band handle through the loop and pull tight.
- Attach the second resistance band to the metal ring on the opposite side.

3

CONNECT TO POWER

- Insert the power cord firmly into the front of the unit.

NOTE: Press forcefully until you feel a click, which indicates that the cord is securely connected. The power cord fits tightly so it will not loosen during use.

- Plug the power cord into an AC outlet.

4

POWER ON THE RUMBLEX

- Flip the breaker switch on the front of the Rumblex to the ON position.
- Press the power button on the Rumblex's display or the remote control.

That's it. Your Lifepro Rumblex is now ready to use. See OPERATING INSTRUCTIONS and CHOOSING A PROGRAM on the next pages for details about how to use your Rumblex.

HOW IT WORKS

The Rumblex has three powerful, ultra-quiet motors: a lateral motor, a horizontal/oscillating motor, and a pulsating motor. The three motors combine to create a unique 4D motion which activates all of your muscle fibers more efficiently than other exercise products. Create unlimited workout combination with 7 training modes, 3 workout intensities, and 60 speed levels.

TRAINING MODES

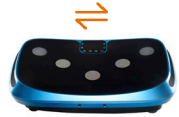
Oscillation
- Up-Down

3D/Spiral
- Up-Down
- Side-to-Side

Pulsation
- Pulsating

Lateral Pulsation
- Side-to-Side
- Pulsating

Lateral
- Side-to-Side



4D
- Up-Down
- Pulsating
- Side-to-Side

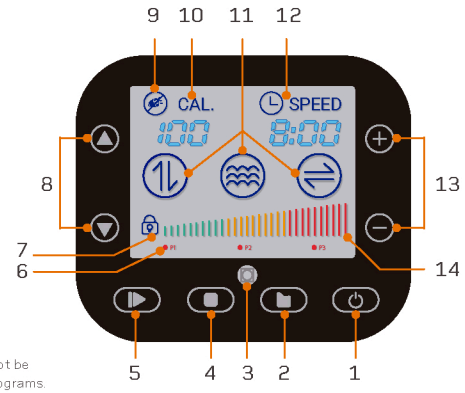
Oscillating Pulsation
- Up-Down
- Pulsating

WORKOUT INTENSITIES AND SPEED LEVELS

OPERATING INSTRUCTIONS

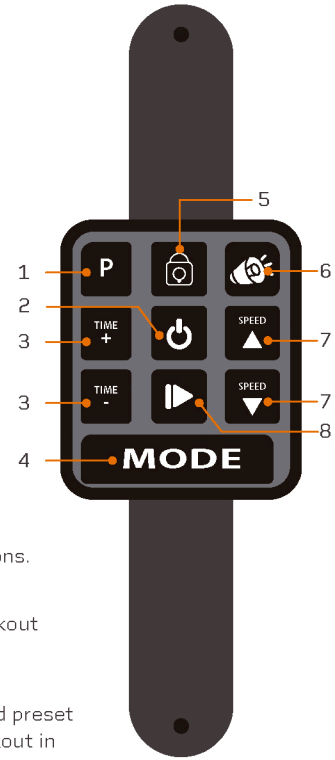
USING THE DISPLAY PANEL TO OPERATE THE RUMBLEX

1. **Power Button:** Power the Rumblex on and off. NOTE: Unit will auto power-off after 3 minutes of inactivity.
2. **Program Mode Button:** Toggle through preset programs: P1, P2, P3.
3. **Remote:** Infrared receiver window for the remote.
4. **Manual Mode Button:** Toggle through the 7 training modes to create a custom workout.
5. **Start/Stop Button:** Start/stop the selected preset program or manual mode workout.
6. **Program Indicator:** Shows which preset program is selected.
7. **Lock Indicator:** When icon is lit, it indicates that the display panel buttons have been locked via the remote control.
8. **Set Speed Buttons*:** Adjust workout speed after manual mode workout begins. Speed automatically starts at 1.
9. **Sound Indicator:** When icon is lit, it indicates that the system sounds have been muted via the remote control. When icon is not lit, the sound is on.
10. **Calorie Indicator:** Shows number of calories burned in current workout.
11. **Training Mode Indicator:** Shows which training mode is selected.
12. **Time/Speed Indicator:** Alternates between showing time remaining and current speed.
13. **Set Time Buttons*:** Set time duration for manual mode workout.
14. **Workout Intensity Graph:** Shows current workout intensity.



*Speed and time cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE RUMBLEX



1. **Program Mode Button:** Toggle through the preset programs: P1, P2, P3.
2. **Power Button:** Power the Rumblex on and off.
3. **Time +/- Buttons*:** In standby, with Manual Mode selected: use the buttons to set a time duration for your custom workout.
4. **Manual Mode Button:** Toggle through the 7 training modes to create a custom workout.
5. **Lock Button:** Lock/unlock the display buttons.
6. **Sound Button:** Turn system sounds on/off.
7. **Speed ^/v Buttons*:** Once the custom workout has begun, press the Speed +/- buttons to adjust the speed.
8. **Start/Stop Button:** Start/stop the selected preset program in program mode or a custom workout in manual mode.

*Speed and time cannot be adjusted for preset programs.

MODES

Standby Mode: The Rumblex is powered on, but no program is selected.

Program Mode: Choose from preset programs: P1-P3.

Manual Mode: Create your own custom workout: choose from 7 training modes, then set a workout time duration and speed.

USE THE BUILT-IN SPEAKERS

1. Turn ON Bluetooth on your smartphone or other Bluetooth device.
2. Select the device called “lifepro”.
3. Enter the password “8888” to connect to the Rumblex’s integrated Bluetooth speakers.

CHOOSING A PROGRAM

You can use the Rumblex in program or manual mode. To get the best results, alternate between the preset programs and custom workouts created in manual mode to keep your body guessing. Your body tends to adapt to a workout routine over time, so you want to change up your workouts to keep improving your fitness.

PROGRAM MODE

In program mode, you can select from three preset programs: P1, P2, P3. Each preset program is 10 minutes long and uses a different training mode to challenge your body. All three preset programs vary speed and intensity throughout to help keep you on your toes.

CHOOSING A PROGRAM IN PROGRAM MODE

1. Press the Power button to turn the system ON.
2. Press the P Mode button to toggle between the 3 programs: P1, P2, P3.
3. Press the Start/Stop button to activate the selected program.

NOTE: You cannot adjust the workout time or speed for preset programs.

MANUAL MODE

In manual mode, you can create your own custom workout by choosing from 7 training modes and then setting a workout time and speed.

CREATING A CUSTOM WORKOUT IN MANUAL MODE

1. Press the Power button to turn the system ON.
2. Choose a training mode by pressing the Mode button to toggle between the 7 training modes.
3. Set a time duration for your workout:
   a. Use the - / + buttons on the LCD touch display, OR
   b. Use the Time +/- buttons on the hands-free remote control.
3. Press the Start/Stop button to begin the manual workout.
4. The speed will automatically begin at 1. To adjust the speed:
   a. Use the Up/Down Arrow buttons on the LCD touch display, OR
   b. Use the Speed ^/v buttons on the hands-free remote control.

CHOOSING A TRAINING MODE

TRAINING MODES*	MOTOR MOVEMENT	ACTIVE MOTOR
Oscillation	Up-Down	Oscillating Motor
Pulsation	Pulsating	Pulsating Motor
Lateral	Side-to-Side	Lateral Motor
Oscillating Pulsation	Up-Down + Pulsating	Oscillating Motor + Pulsating Motor
3D/Spiral	Up-Down + Side-to-Side	Oscillating Motor + Lateral Motor
Lateral Pulsation	Pulsating + Side-to-Side	Pulsating Motor + Lateral Motor
4D	Up-Down + Pulsating + Side-to-Side	Oscillating Motor + Pulsating Motor + Lateral Motor

*Each training mode is listed in the order that they are toggled through when you press the Mode button (e.g., press the Mode button once to select the Oscillation training mode. press twice to select Pulsation, press three times to select Lateral, etc.).

SETTING A WORKOUT TIME AND SPEED

The default time for manual workouts is 10 minutes. You can set a custom workout duration of 1 to 10 minutes (in 1-minute increments), while in standby mode. Once you start the manual workout, you cannot adjust the workout time.

You may adjust the speed of your manual workout after your workout has started. The speed for your manual workout will begin automatically at level 1. Once your workout has begun, you can change your speed, at any time, from 1-60.

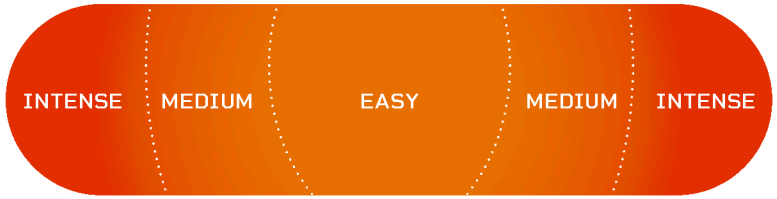
WORKOUT INTENSITY AND SPEED

During your workout, you can quickly see your current workout intensity by checking the LED lights on the sides of the Rumblex or the Workout Intensity Graph on the LCD touch display. Workout intensities correspond to the following speeds and colors.

INTENSITY	SPEED	COLOR
Low	1-20	Green
Medium	21-40	Orange
High	41-60	Red

STANDING POSITIONS

Where you stand on the Lifepro Rumblex will impact how challenging the vibrations are for your body. Stand with your feet close together for an “easy” workout and stand with your feet further apart for “medium” and “intense” workouts.



LIFEPRO MINI BANDS

MINI BANDS HAVE REVOLUTIONIZED THE FITNESS INDUSTRY

Mini bands have become the new go-to for sculpting a stronger, leaner physique. You’ve definitely seen your favorite fitness Instagrammers and Youtubers using these versatile, colored resistance bands in conjunction with their workout routines. They add resistance to cardio workouts and power to strength training sessions, allowing you to train both simultaneously. The number of creative workout possibilities are endless. Unlike the inconvenience of a full gym, these mini bands are well-known for their ability to train all aspects of fitness and performance at any intensity—anywhere, anytime. No more excuses.

The Lifepro mini bands are made from 100% latex. Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly. Use the mini bands in conjunction with your Lifepro Rumblex to exponentially improve your fitness results.

AMPLIFY YOUR WORKOUTS

Experience the unique benefits of the Lifepro mini bands:

- **Versatile:** add resistance to cardio workouts and power to strength training
- **Joint-friendly:** reduce joint compression; high-intensity, low-impact training
- **Portable:** carry the mini bands in your pocket to work out on the go

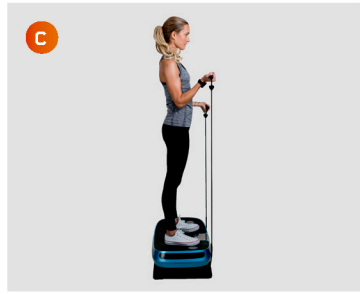
BONUS EXERCISE MAT

The included exercise mat can be used as a sound dampener (place it under your Rumblex) or a cushion (place it on top of the Rumblex when doing an exercise that involves sitting or lying on the unit).

HOW TO USE THE RUMBLEX

STRAIGHT ARM PLANK

NECK STRETCH



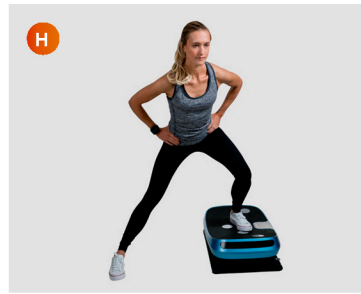
BICEP CURL

DIP

TRICEP BLASTER

GLUE STRETCH

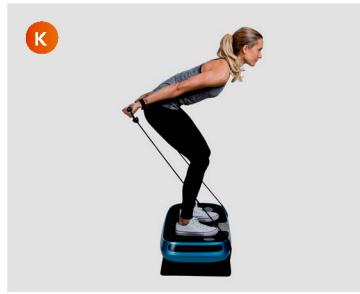
SPLIT SQUAT



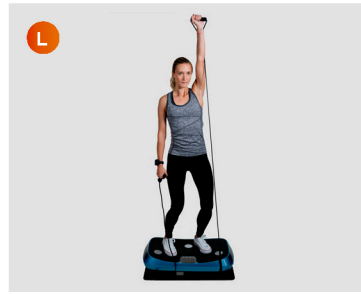
SIDE LUNGE

QUAD STRETCH

SQUAT



REVERSE FLY



ALTERNATE SHOULDER PRESS

EXERCISE QUICK START GUIDE

HOW TO BEGIN

It's a good idea to start off slow and easy with your Rumblex as it can take time to get use to how vibration plates move and feel. We recommend you follow the workout guide below—building from beginner to advanced over a period of several weeks.

EXERCISE GUIDE

Hold the stretches and exercises on pages 16-17 for the number of seconds shown in the chart below. You will build strength and stamina as you progress through the levels.

LEVEL	SPEED	SECONDS
Beginner	Speed 1	15
		30
		45
	Speed 10	15
		30
		45
	Speed 20	15
		30
		45
Intermediate	Speed 21	60
		75
		90
	Speed 30	60
		75
		90
	Speed 40	60
		75
		90
Advanced	Speed 41	105
		120
		135
	Speed 50	105
		120
		135
	Speed 60	105
		120
		135

SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Lifepro Rumblex.

DISCLAIMER

1. The health benefits suggested or implied in this user manual, our other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this vibration machine is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the Rumblex are adequately informed of all warnings and precautions.
4. Use the Rumblex only as instructed in this manual.
5. Place the Rumblex on a level surface, with at least eight feet of clearance behind it. Do not place the Rumblex on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Rumblex.
6. Keep the Rumblex indoors, away from moisture and dust. Do not put the Rumblex in a garage or covered patio, or near water.

DOS AND DON'TS

7. Do not operate the Rumblex where aerosol products are used or where oxygen is being administered.
8. Keep children under the age of 12 and pets away from the Rumblex at all times.
9. The Rumblex should not be used by persons weighing more than 330 lbs.
10. Never allow more than one person on the Rumblex at a time.
11. Keep the power cord and the surge suppressor away from all heat sources.
12. Never leave the Rumblex unattended while it is running.
13. Always unplug the power cord when the Rumblex is not in use.

EXERCISING

14. Consult with a medical professional before beginning a new exercise program.
15. Get into position before powering on the Rumblex.
16. Always wear appropriate clothing and athletic shoes when using the Rumblex.
17. The Rumblex is intended for in-home use only. Do not use the Rumblex in any commercial, rental, or institutional setting.

MAINTENANCE

18. **DANGER: Always unplug the power cord immediately after use, before cleaning the Rumblex, and before performing the maintenance and adjustment procedures described in this manual.**
19. Inspect and tighten all external screws periodically (do not remove the motor hood).
20. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
21. Never insert or drop any object into any opening.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 33”l x 20”w x 9.67”h

Net Weight: 42 lbs

Power: 200W + 40W + 200W

Voltage: 110V

Amplitude: 0-12mm / 1.5mm / 8mm

Max User Weight: 330 lbs.

Frequency: 4-40 Hz

Speed Levels: 60

Preset Programs: P1-P3

Batteries Required:
3V CR2032 lithium battery (included)

MADE IN CHINA

RECOVERY + FITNESS
RUMBLEX
4D VIBRATION PLATE

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below. Please contact a customer support representative for additional assistance at: support@lifeprofitness.com, (732) 456-6063.

ISSUE	MACHINE DOES NOT TURN ON
CAUSE	Power cable is not plugged into a wall outlet.
SOLUTION	Connect power cable to an outlet.
CAUSE	Power cable is not securely plugged into the front of the unit.
SOLUTION	Remove the power cable and reinsert forcefully until you hear a click indicating it is securely connected.
CAUSE	Breaker switch is not flipped on.
SOLUTION	Flip breaker switch on the front of machine to the ON position.
ISSUE	REMOTE CONTROL DOES NOT WORK
CAUSE	Remote is too far away from the infrared sensor on the display.
SOLUTION	Point remote directly at infrared sensor when in use (effective distance is approximately 6 feet).
CAUSE	Battery is dead.
SOLUTION	Insert new 3V 2032 battery.
CAUSE	Battery is not contacting battery terminals.
SOLUTION	Insert a piece of tissue or thin foam on top of battery to press it down.
ISSUE	UNIT STOPPED WORKING SUDDENLY
CAUSE	Program or manual workout ended.
SOLUTION	Begin a new exercise program.

LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Rumblex ever breaks (and we doubt it will), we’ll send you replacement parts and show you how to repair it. If your Rumblex cannot be repaired, we’ll replace it—free of charge. Register your Rumblex at **rumblex.lifeprofitness.com** to activate your warranty within 14 days of purchase.

lifepro®

YOU'VE
GOT
THIS