



# VibraAI Thermo Vibration Plate

User Manual

## Heat Function & Voice Control

Just say 'Hi Lifepro' to activate and get started!





## HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Vibration Collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.  
We're in this together now.

*Abe & Joel*

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 Vibra**AI** Thermo Voice-Controlled Vibration Plate - Heated has an innovative, first-of-its-kind, voice-control system for convenient hands-free operation. The Vibra**AI** Thermo is programmed to understand a range of voice commands, allowing you to set up and manage your workout quickly and easily without having to remember where you put the remote control. The Vibra**AI** Thermo has four preset workout programs, so you can start your day with a quick 3-minute or 5-minute workout or target specific health goals with the lymphatic drainage or weight loss programs. You can also create a manual workout with a custom time (1 to 20 minutes) and adjust the vibration speed from level 1 to 30 at any point during the session. Turn on the built-in heat function to enhance the relaxation benefits and soothe sore feet and legs.

The Vibra**AI** Thermo creates a repetitive motion that forces your muscles to contract repeatedly. This technique works more muscle fibers than other forms of exercise, which means you're getting double the results without double the effort. It also boosts your metabolism and increases circulation, which forces your body to burn more fat and reduces the appearance of cellulite. The Vibra**AI** Thermo is easy to use and will help you reach your goals faster than ever before.

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 Vibra**AI** Thermo:

- **Experience joint- and back-pain relief:** improves core strength & stability.
- **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 Vibra**AI** Thermo. Next, be sure to visit our website [vibraaithermo.lifeprofitness.com](https://vibraaithermo.lifeprofitness.com) for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the Vibra**AI** Thermo into your fitness routine.

## VIBRATION COLLECTION

# Vibra**AI** Thermo

VOICE-CONTROLLED  
VIBRATION PLATE - HEATED

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro Vibra**AI** Thermo Voice-Controlled Vibration Plate - Heated
- Remote Control
- Power Cable
- User Guide

### FIRST STEPS

1. Remove your Vibra**AI** Thermo and accessories from the shipping box and inspect all items for shipping damage.
2. Remove the protective film from the control panel.
3. Read carefully through this user manual and all safety instructions before using the Vibra**AI** Thermo.
4. Go to [vibraaithermo.lifeprofitness.com](https://vibraaithermo.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
5. Assemble the Vibra**AI** Thermo following the steps in the **QUICK START GUIDE** on page 7.

### CUSTOMER SUPPORT

If you have any questions about setting up your Vibra**AI** Thermo, we're here to help. Email us at [support@lifeprofitness.com](mailto:support@lifeprofitness.com) and an experienced customer support representative will be happy to assist you.

## WHAT'S IN THE BOX



Lifepro VibraAI Thermo



Power Cable



Remote Control

## QUICK START GUIDE

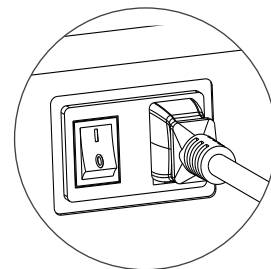
### ACTIVATE THE REMOTE CONTROL

- 1
  - Press your thumb on the battery cover on the back of the remote control. Twist counterclockwise to remove it.
  - Remove the plastic disc.
  - Insert a 3V CR2032 button cell battery. **NOTE:** Be sure to insert the battery according to the polarity markings inside the battery compartment.
  - Replace the battery cover, and twist counterclockwise to secure it.



### POWER ON THE VIBRATION PLATE

- 2
  - Insert the power cord firmly into the power jack on the side of the machine.
- 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 a standard electrical outlet.
  - Flip the power switch to the ON position.



That's it! Your VibraAI Thermo is now ready to use. See **OPERATING INSTRUCTIONS** on pages 12–17 for detailed instruction.

# TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below. Please contact us for additional assistance at [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (800) 563-6604.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MACHINE IS NOT WORKING.	Machine is not turned on.	Flip the power switch to the ON position.
	The control panel is not on.	Press the Power button on the remote control to turn on the control panel.
MACHINE STOPPED WORKING SUDDENLY.	Control panel automatically shuts off when the workout ends.	Turn the control panel on again to begin a new workout program.
	The motor shuts off for overheating protection.	Allow the machine to cool for at least 30 minutes before using again.
REMOTE CONTROL DOES NOT WORK.	Remote control is too far away.	Point the remote at the control panel; the effective distance is ~8 feet.
	Battery is installed incorrectly.	Make sure the battery is installed per the polarity markings on the inside of the battery compartment.
	Battery is dead.	Replace the dead battery with a new 3V CR2032 battery.
VOICE CONTROL IS NOT WORKING.	Voice control is not turned on or is asleep.	The voice LED on the control panel is lit when turned on. Say "Hi Lifepro" to wake voice control for 30 seconds.
	Too far away or the environment is too noisy.	Move closer to the device or move to a quieter location. The effective distance is about 6 ft.
CANNOT TURN MACHINE OFF	Machine must be powered off via the Power switch.	Flip the Power switch to the OFF position.
HEAT IS NOT WORKING	Heat is not turned on.	Turn on the heat.
	No workout is in progress.	A workout must be in progress for the heat function to work.

# EXERCISE QUICK START GUIDE

## HOW TO BEGIN

It's a good idea to start slow and easy with your VibraAI Thermo as it can take time to get used to how vibration plates move and feel. We recommend building from easy to intense over several weeks as shown in the table on the right.

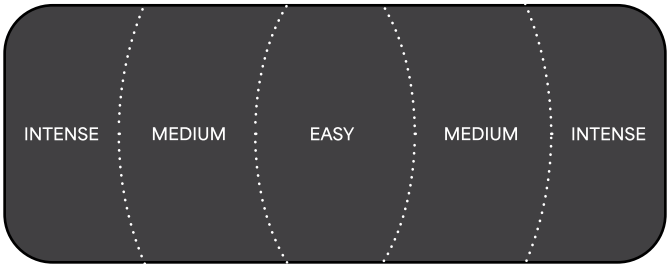
## USING THE EXERCISE GUIDE

Hold the stretches and exercises on pages 10–11 for the number of seconds shown in the table. You will build strength and stamina as you increase the vibration speed and the number of seconds you hold each stretch or exercise.

WORKOUT INTENSITY	SPEED LEVEL	SECONDS TO HOLD
Easy	1	15, 30, 45
	3	15, 30, 45
	6	15, 30, 45
Medium	9	60, 75, 90
	18	60, 75, 90
	21	60, 75, 90
Intense	24	105, 120, 135
	27	105, 120, 135
	30	105, 120, 135

## STANDING POSITIONS

Where you stand on the vibration plate 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.



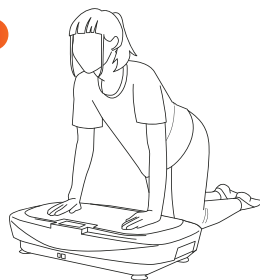
## EXERCISE GUIDE

A



**BASIC UPRIGHT POSE**

B



**ARM TRAINING**

C



**ONE-LEG SQUAT**

D



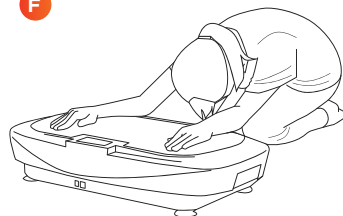
**WHOLE-BODY TRAINING**

E



**ONE-LEG BALANCE**

F



**SHOULDER STRETCH**

G



**HAMSTRING STRETCH**

H



**CORE TRAINING**

I



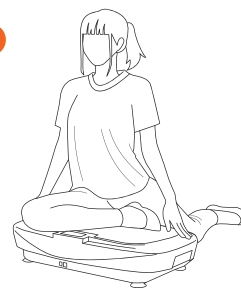
**SQUAT**

J



**LATERAL LEG STRETCH**

K



**HIP STRETCH**

L



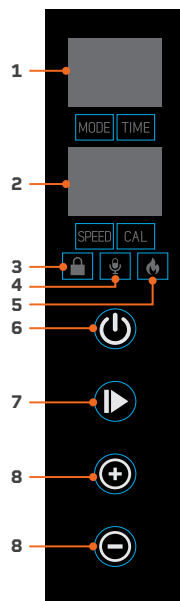
**TOE TOUCH**

# OPERATING INSTRUCTIONS

## USING THE CONTROL PANEL

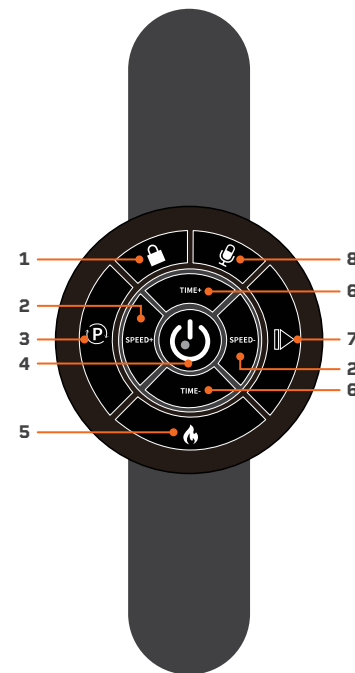
- Mode/Time Window:** Alternates between showing the selected preset program or manual workout and the workout time.
- Speed/Calories Window:** During a workout, the window alternates between showing the vibration speed (1–30) and calories burned (0000–9999).
- Lock LED:** When lit, the control panel buttons are locked.
- Voice Control LED:** When lit, voice control is on.
- Heat LED:** When lit, the heat is on.
- Power Button:** Press and hold for 3 seconds to turn the control panel on and off. Short press to toggle through manual mode and the 4 preset workout programs in order, 3-minute (P1), lymphatic (P3), 5-minute (P4), and weight loss (P5). Manual mode is selected by default. NOTE: The control panel will enter sleep mode after 3 minutes of inactivity.
- Start/Pause Button:** Press to start the selected preset program or manual workout. Press a second time to pause the workout. Press a third time to resume the workout.
- Time/Speed +/- and Buttons:** Press to increase or decrease the time before the manual workout begins, from 1–20 minutes, in one-minute increments. The default workout time is 10 minutes. During a manual mode workout, press to increase or decrease the speed from 1–30. The default speed is level 1.

**NOTE:** Workout time and vibration speed cannot be adjusted for preset programs.



## USING THE REMOTE CONTROL

- Lock Button:** Press to lock the control panel buttons. Press again to unlock.
- Speed +/- Buttons:** In manual mode, increase or decrease the vibration speed level, from 1–30. The default speed is 1.
- Program/Mode Button:** Press to toggle through manual mode and the 4 preset workout programs, 3-minute (P1), lymphatic (P3), 5-minute (P4), and weight loss (P5).
- Power Button:** Press to turn the control panel on and off. The control panel will enter sleep mode after 3 minutes of inactivity.
- Heat Button:** During a workout, press to turn the heat on or off. Heat is off by default.
- Time +/- Buttons:** In manual mode, press the buttons to increase or decrease the workout time, from 1–20 minutes, in one-minute increments.
- Start/Pause Button:** Press to start the selected preset program or manual mode workout. Press a second time to pause the workout. Press a third time to resume the workout.
- Voice Control Button:** Press and hold to turn voice control on or off. Short press to wake control for 30 seconds. Voice control is on by default.




VOICE COMMAND	SYSTEM RESPONSE	ACTION PERFORMED
Hi Lifepro	Hi, how can I help you?	Voice command is awake & listening for commands.
Pause	OK, pausing the workout.	Workout will be paused.
Resume	OK, resuming the workout.	Workout will resume.
Lock controls	OK, locking control panel.	Control panel will lock.
Unlock controls	OK, unlocking control panel.	Control panel will unlock.
Heat on	OK, heat on.	Heat will turn on.
Heat off	OK, heat off.	Heat will turn off.
Shut off	OK, have a nice day.	Control panel will turn off.

STARTING A PRESET WORKOUT PROGRAM			
Start 3-minute program	OK, starting 3-minute program.	The selected preset workout program will begin.	
Lymphatic program	OK, starting lymphatic program.		
Start 5-minute program	OK, starting 5-minute program.		
Weight loss program	OK, starting weight loss program.		

STARTING AND CONTROLLING A MANUAL WORKOUT		
Manual workout	OK, how long do you want to workout?	
5 minutes	OK, starting 5/10/15/20-minute manual workout	The manual workout will begin.
10 minutes		
15 minutes		
20 minutes		
Increase speed	OK, increasing speed.	Speed will increase by 1.
Decrease speed	OK, decreasing speed.	Speed will decrease by 1.
High speed	OK, high speed.	The vibration speed will be set to the selected level: high is 30, medium is 15, and low is 1.
Medium speed	OK, medium speed.	
Low speed	OK, low speed.	
Add time*	OK, how many minutes?	
Add 1 minute*	OK, adding 1/5/10/15 minutes.	The selected time will be added to the workout.
Add 5 minutes*		
Add 10 minutes*		*The workout must be paused before time can be added.
Add 15 minutes*		

## USING VOICE COMMANDS TO CREATE A WORKOUT

Before using voice commands, make sure voice control is on; the  LED on the control panel will be lit. Voice control is on by default.

- Press and hold the Power button on the control panel for 3 seconds to turn it on. Say “hi Lifepro” to wake voice control. **Voice control is awake for 30 seconds. After 30 seconds, you will need to wake it again before giving additional commands.**
- To begin a preset program workout:
  - Say “start 3-minute program,” “lymphatic program,” “start 5-minute program,” or “weight loss program.” The selected preset program workout will begin.
- To begin a manual mode workout:
  - Say “manual workout.”
  - Say “5 minutes,” “10 minutes,” “15 minutes,” or “20 minutes.” The manual workout will begin.
- Say “pause” to pause the workout at any time. Say “resume” to restart it.
- Say “heat on” to turn on the heat at any time. Say “heat off” to turn off the heat. The heat is off by default.
- To adjust the workout time (**manual mode only**):
  - Say “pause,” then “add time.”
  - Say how many minutes you wish to add: “add 1 minute,” “add 5 minutes,” “add 10 minutes,” or “add 15 minutes.”
- To adjust the speed (**manual mode only**):
  - Say “increase speed” or “decrease speed” to adjust the vibration speed by 1 level. Speed can be set from 1 to 30.
- The workout will stop automatically at the end of the workout time. To stop the workout before the time ends, say “shut down power.”
- Flip the power switch to the OFF position, and unplug the machine after each use.

## NOTES:

- The VibraAI Thermo is trained to understand a number of alternate commands, so if you don’t remember the exact command, try a few others, such as “speed up” in place of the voice command “increase speed.” See the **ALTERNATE COMMANDS** table on page 18.
- Time and speed can not be adjusted for preset programs.
- The effective distance of voice control is about 6 ft.



USING THE REMOTE CONTROL TO CREATE A WORKOUT

Use the remote control to begin a workout:

1. Press the **Power button** to turn the control panel on to standby mode.  
The default program/mode is manual mode and the display window will show 10:00 minutes.
2. Choose either a manual workout or a preset program workout:
  - a. To begin a manual workout:
    - i. Press the **Time +/- buttons** to adjust the workout time from 1–20 minutes, in 1-minute increments. The default time is 10 minutes. Your selected time is shown on the display, which counts down as the workout progresses.
    - ii. Press the **Start/Pause button** to begin the manual mode workout.
    - iii. Press the **Speed +/- buttons** to increase or decrease the vibration speed, from level 1–30, in increments of 1. The default speed level is 1. The speed may be adjusted at any time during the workout.
  - b. To begin a preset program workout:
    - i. Press the **Mode button** to toggle through manual mode (10) and the four preset programs in order, 3-minute program (P1) lymphatic program (P3), 5-minute program (P4), and weight loss program (P5). See **PRESET PROGRAMS** on the next page for more information. The selected program shows on the Mode/ Time display.
    - ii. Press the **Start/Pause button** to begin the preset workout.
3. Press the **Heat button** to turn the heat on or off. The heat is off by default.
4. Press the **Start/Pause button** at any time to pause the workout. Press the **Start/Pause button** again to resume the workout.
5. The workout will stop automatically when the set workout time ends.
6. Press the **Power button** to turn off the control panel, flip the power switch to the OFF position, and unplug the machine after each use.

**NOTE:** Time and speed can not be adjusted for preset programs.

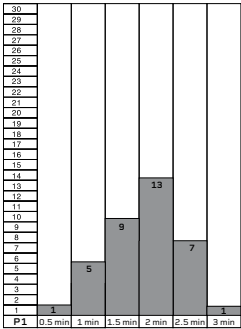
PRESET PROGRAMS

The four preset programs vary in length and use different vibration speeds throughout to help keep you on your toes.

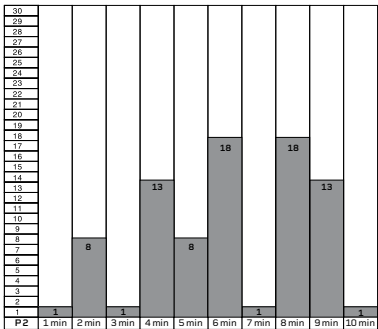
NOTES:

- P3 and P4 are both 10 minutes long.
- There is no P2 preset program.

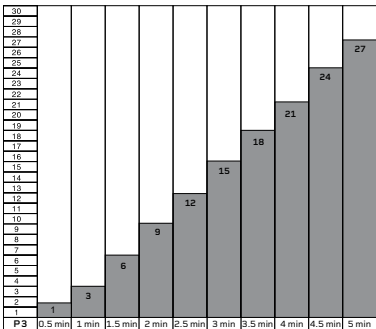
P1: 3-MINUTE PROGRAM



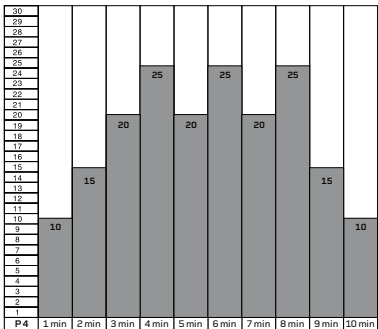
P3: LYMPHATIC PROGRAM



P4: 5-MINUTE PROGRAM



P5: WEIGHT LOSS PROGRAM



## ALTERNATE VOICE COMMANDS

COMMAND	ALTERNATE COMMANDS				ACTION
Hi Lifepro	Wake up	Awake	Hey Lifepro	Greetings	Voice command is awake & listening for commands.
Pause	Pause time	Pause workout	Stop vibration	Stop the plate	Workout will be paused.
Resume	Start	Start again	Begin	Restart	Workout will resume.
Lock controls	Lock buttons	Lock control panel	Button lock	Control lock	Control panel will lock.
Unlock controls	Unlock buttons	Unlock control panel	Release controls	Release buttons	Control panel will unlock.
Shut off	Turn off power	Shut down	Stop workout	Power off	Control panel will turn off.
Start 3-minute program	3 minute program	3 minute workout	3 minute exercise	3 minute session	The selected preset workout program will begin.
Lymphatic program	Lymphatic	Start lymphatic program	Lymphatic workout	Turn on lymphatic system	
Start 5-minute program	5 minute program	5 minute workout	5 minute exercise	5 minute session	
Weight loss program	Weight loss	Lose weight	Weight program	Weight loss workout	The selected manual workout will begin.
Manual workout	Manual mode	Manual program	Custom workout	Custom program	
5 minutes	Workout 5 minutes	Run 5 minutes	Jog 5 minutes	Walk 5 minutes	
10/15/20 minutes	Workout 10/15/20 minutes	Run 10/15/20 minutes	Jog 10/15/20 minutes	Walk 10/15/20 minutes	Speed will increase by 1.
Increase speed	Speed up	Go faster	More speed	Increase pace	
Decrease speed	Slow down	Go slower	Less speed	Decrease pace	
High speed	Maximum speed	Highest speed	Fast speed	High vibration	The vibration speed will be set to the selected level: high is 30, medium is 15, and low is 1.
Medium speed	Middle speed	Mid speed	Half speed	Medium vibration	
Low speed	Minimum speed	Lowest speed	Slow speed	Low vibration	
Add Time	Add more time	Increase time	More workout time	Add workout time	The selected time will be added to the workout. *The workout must be paused before time can be added.
Add 1 minute	Increase 1 minute	Extra minute	Extend 1 minute	Set timer to 1 minute more	
Add 5/10/15 minutes	Increase 5/10/15 minutes	Extra 5/10/15 minutes	Extend 5/10/15 minutes	Set timer to 5/10/15 minutes more	
Heat on	Heater on	Turn on heat	Activate heat	Heat function on	Heat will turn on.
Heat off	Heater off	Turn off heat	Deactivate heat	Heat function off	Heat will turn off.

## TIPS FOR USING VOICE COMMANDS

- Avoid using voice commands in noisy environments to ensure accurate command recognition.
- It can take a few seconds for the system to recognize a command and respond. Please wait a few seconds after giving a command and after receiving a system response. We recommend the following voice command operation workflow:  
**Command → 2-sec pause → Machine response → 1-2 sec pause → Next command**
- If you do not receive a response after a few seconds, repeat the command word or try one of the alternate commands listed on the previous page.

## CLEANING AND STORAGE

**⚠ WARNING:** Do not allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids.

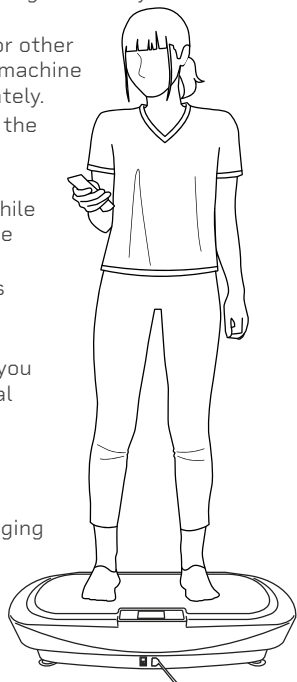
**⚠ WARNING:** Always unplug the power cord and allow the machine to cool before cleaning, moving, or storing.

- Use a slightly damp cloth to wipe away dirt or moisture.
- Do not use harsh detergents or abrasive, solvent, or chemical cleaners.
- Store in a cool, dry, indoor location. Store in a well-ventilated area, free of dust, and out of direct sunlight.
- When storing for a long time, remove the battery from the remote control and cover the machine to keep out dust and dirt.
- Do not attempt to disassemble or repair; the device contains no user-serviceable parts.
- NOTICE
- This product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting. This product is intended for indoor use only.
- To avoid damage to flooring or carpet, place a non-slip rug or exercise mat under the machine.
- Dispose of the product and all parts according to local and federal regulations.
- Unplug the device immediately in the event of a power failure.
- Keep sharp objects away from the product to avoid damaging it.

## TIPS FOR USE

### SAFETY TIPS

- Do not get on or off the machine until it is completely stopped.
- Always use voice control or the remote control to adjust workout settings. Using the control panel while the machine is moving could cause an accident or injury.
- Always stand on the machine with your back straight, your knees slightly bent, and your heels slightly lifted.
- Do not use the machine with straight legs or arms, as the vibrations are directed to your bones and brain, which can be dangerous for your health. Always slightly bend your legs and arms.
- If you feel vibrations in your eyes, vocal cords, or other parts of your head, you are not standing on the machine correctly and should shift your position immediately.
- Never place your head or upper body directly on the machine.
- Never jump on or jump off the machine.
- Never attempt to turn around on the machine while it is in motion. Do not quickly lean back or change position while the machine is in motion.
- Do not stand on one side of the machine; always evenly distribute your weight.
- Stop exercising immediately and contact your doctor if you feel tired, dizzy, or nauseous, or if you experience pain, difficulty breathing, or abnormal heart rate.
- Never perform other activities while using the machine as this could cause accidents or injury.
- Do not use for more than 20 minutes per day. Prolonged or over-intense exercise can be damaging to your health.
- Make sure your body is used to the vibrations before you sit on the machine.
- Do not use after drinking alcohol or taking medication that could affect your balance or make you sleepy.



### SETUP TIPS

- Place the machine on a level, non-slip floor. You may put an exercise mat under the machine to protect your carpet or other flooring, and/or reduce noise.
- Set up the machine in an area with at least 7 feet of clearance on all sides of the machine.
- Plug the power cord into an easily accessible wall outlet so that you can remove the power cord immediately if there is a problem.

### EXERCISE TIPS

- Beginners should stand on the machine with their feet close together. Slowly increase the difficulty by standing with your legs further apart.
- Start slow and easy, with 5 to 10-minute workouts.
- Work your way up to longer, more challenging workouts over several weeks.
- Long-term use will help you reach your fitness goals.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- You can amplify the vibrations by removing your shoes and socks. Do not wear socks or slippers while using as this could cause you to slip.
- Do not wear jewelry, belts, loose or baggy clothing, or other accessories that could get caught and cause an accident or injury.
- Remove cell phones and other valuables, as well as any sharp objects from your hands and pockets before using the machine.
- Warm up before using and cool down at the end of your workout.
- Make sure to take sufficient breaks between exercises. Also, take sufficient time off between workout sessions.
- Breathe evenly. Exhale during exertion; inhale after exertion.
- Perform all exercises with smooth, even movements.
- We recommend placing a towel or training mat on top of the machine if sitting, lying, or using your hands or arms on the machine.
- Drink plenty of water before and after exercise.
- Do not use on a full stomach; wait at least 90 minutes after eating to begin exercise.

# SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in serious injury or death, or damage to the product or property.

## CONTRAINDICATIONS

- Consult a medical professional before beginning a new exercise program to determine your appropriate fitness intensity and duration. Your physician can help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product; some exercise programs or fitness products may not be appropriate for all people.
- Do not use this device if you:
  - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
  - Have arrhythmia, severe cardiac disease, heart failure, deep-vein thrombosis, deep thrombophlebitis, erysipelas, or pulmonary edema.
  - Have epilepsy or seizures, dementia, severe diabetes, or severe diabetic neuropathy.
  - Have vertigo, positional dizziness, or balance impairments, or if you are taking medications that affect balance.
  - Have acute migraines, retinal detachment, acute rheumatoid arthritis, or severe joint disease.
  - Have an orthopedic condition, spinal injury, osteoporosis, fracture, herniated or slipped disc, abnormal vertebra or other spinal abnormalities, spinal canal stenosis, Spondylosis, gliding Spondylolisthesis, ankylosing or cervical spondylitis, chronic back pain, sciatica, or other condition/disorder affecting the back or spinal column.
  - Have a recent broken bone or joint injury.
  - Have recently had surgery or LASIK or PRK eye surgery.
  - Have a medical implant, such as a pacemaker, chest stent, ECG monitor, artificial heart, cochlear implant, joint replacement, intrauterine device, plate, pin, rod, or prosthetic.
  - Are injured, ill, or if you have a fever, acute inflammation, or open wound.
  - Have a gallstone or a kidney or bladder stone.
- Consult your physician before using this product if you:
  - Have poor blood circulation, peripheral neuropathy dysfunction in the legs, ankles, or feet, or if you have sensory deficiencies, including an impaired

ability to sense external temperature or elevated body temperature.

- Have heart disease or vascular disease, a blood circulation disorder, chronic hypertension, abnormal blood pressure, or if you are receiving treatment to normalize your blood pressure.
- Have a tumor or cancer, or if you suspect you may have cancerous lesions.
- Take painkillers or medicine to regulate your blood sugar.
- Are sensitive to vibration or intense exercise.
- Are under the care of a physician for a serious health condition or have any concerns about your health.

## DISCLAIMER

- The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper assembly, or inadequate or improper maintenance or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

## ⚠ WARNING: BATTERY INGESTION HAZARD

Battery ingestion is extremely dangerous and can cause severe injury and even death. Never allow children to play with batteries and always keep batteries out of reach. If a battery is ingested, seek immediate medical attention.

## ⚠ WARNING

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the included power cord at the specified voltage.
- Only plug the machine into a properly grounded wall outlet, installed by a certified electrician.
- Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
- Never operate the power switch with wet hands. Never plug in or unplug the power cable with wet hands.
- Do not wrap the power cord around the machine to avoid damaging the cord, as this may result in electric shock or fire. Do not place heavy objects on top of

the power cord. Never place the power cord near sharp objects.

- Only use and store indoors, away from moisture, dust, dirt, and heat sources. Do not use or store in high-temperature, high-humidity, or high-dust environments. Keep out of direct sunlight.
- Do not operate where aerosol products are used or where oxygen is administered.
- Keep the power cord, surge suppressor, and battery away from all heat sources.
- Never use the product under blankets or pillows or cover it in any way to avoid overheating which may cause fire, electric shock, malfunction, or damage to the motor.
- Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when the machine is not in use.
- Check the machine, power cord, and remote for damage or loosened screws before each use. Tighten any loosened screws before use. Do not use the machine if it is damaged, faulty, or defective.
- When moving the machine from a cold environment to a warm indoor environment, allow it to sit at room temperature for at least one hour before using to avoid the accumulation of condensation inside the machine which can result in malfunction.
- If the machine has been dropped or damaged, immersed in water or other liquids, begins to malfunction during use, or the power cord or accessories are damaged, stop using the product immediately.
- Do not use the machine during thunder and lightning storms.
- In the event of a power outage, flip the power switch to the off position and unplug the machine.
- Do not use continuously for more than 30 minutes.
- Ensure the remote control battery is inserted according to the polarity marking in the battery compartment. Incorrect installation may cause battery leakage and corrosion. Avoid contact with all battery residues, clean the remote with a cotton swab, wash hands thoroughly, and dispose of the old battery properly.
- Only replace the remote control battery with a new 3V CR2032 button cell battery.

#### **⚠ WARNING**

**To reduce the risk of serious injury or death:**

- Excessive exercise or overexertion can be damaging to your health. Always exercise within the intensity and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel tired, faint, dizzy, or nauseous, or if you experience pain, irregular heartbeat, or

shortness of breath.

- Do not use the product near swimming pools or other bodies of water.
- Never place your head or upper body directly on the machine.
- Do not use the machine with straight legs or arms, as the vibrations are directed to your bones and brain, which can be dangerous for your health. Always slightly bend your legs and arms.
- This product is for adult use only. Do not allow children to play with or on the machine; this product is not a toy.
- Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.

#### **⚠ CAUTION**

**To reduce the risk of minor or moderate injury, or damage to the product or property:**

- Do not use this product for more than 20 minutes per day.
- Always use the remote control or voice control to adjust workout settings once exercise has begun. Using the control panel while the machine is moving may result in an accident or injury.
- Never attempt to turn around on the machine while it is in motion. Do not quickly lean back or change position while the machine is in motion.
- Do not perform other activities while using, as this could cause accidents or injury.
- Do not get on or off the machine until it is fully stopped. Do not jump on or jump off the machine.
- Never use the product while under the influence of drugs or alcohol.
- Use the product only on a flat, sturdy, non-slip floor. Do not place the product on any surface that could block air vents.
- Place in a location away from traffic where it will not create a tripping hazard.
- Ensure adequate clear space around the product during use (at least seven feet on all sides). Remove any obstacles in the area, in case of falls or accidents.
- Do not exceed the maximum weight-load capacity of 265 lbs.
- Never allow more than one person on the product at a time.
- Always maintain control and move slowly through exercises to avoid injury.
- Do not perform other activities while using the product to avoid accidents or injury.
- Do not stand on one side of the machine to avoid falling or damaging the

machine. Always evenly distribute your weight.

- Make sure your body is used to the vibrations before you sit on or begin doing exercises on the machine.
- Do not use while wearing socks or slippers as this may cause slipping or falling.
- Do not wear baggy or loose clothing, or clothing with drawstrings or ties that could get snagged and cause injury or falling.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.
- Remove items, especially sharp objects, from your pockets before using.
- Always properly warm up before exercise and cool down after exercise to avoid sports injury.
- Keep hair, hands, feet, and clothing away from moving parts.
- If the heat begins to feel too hot, turn it off or stop using the machine.
- Do not wear metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry as the metal may heat and cause skin irritation or burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Do not use accessories or parts other than those provided or recommended by the manufacturer.

## FCC STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



## 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 product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your product cannot be repaired, we'll replace it—free of charge. Register your VibraAI Thermo at [vibraaithermo.lifeprofitness.com](https://vibraaithermo.lifeprofitness.com) to activate your lifetime warranty within 14 days of purchase.

# PRODUCT SPECIFICATIONS

## UNIT SPECS

<b>Size:</b> 18.90" L × 11.81" W × 5.51" H
<b>Net Weight:</b> 16.76 lbs.
<b>Rated Power:</b> 200 W
<b>Voltage:</b> 110–120 V
<b>Maximum User Weight:</b> 265 lbs.
<b>Speed Levels:</b> 1–30
<b>Heat Function:</b> 107°F ± 5°F
<b>Preset Programs:</b> P1, P3, P4, P5
<b>Operating Temperature:</b> 14–104°F
<b>Storage Temperature:</b> 14–104°F
<b>Auto Timer:</b> 1–20 minutes
<b>Certifications:</b> UL, CE
<b>Materials:</b> ABS
<b>Battery Required:</b>
3V CR2032 Button Cell

## VIBRATION COLLECTION

# VibraAI Thermo

VOICE-CONTROLLED  
VIBRATION PLATE - HEATED

MADE IN CHINA

## FROM OUR VIBRATION COLLECTION

# RUMBLEX PLUS

## 4D VIBRATION PLATFORM

The Rumblex Plus 4D Vibration Plate has three powerful, ultra-quiet motors: lateral, oscillating, and pulsating. When used together, the three motors create a unique 4D motion that activates all of your muscle fibers. The muscle stimulation you experience with the Rumblex Plus is much greater than what you would experience with conventional strength training. The high-frequency range used by the vibration plate allows up to 95% of your muscles to be used at the same time, providing you with an incredibly effective whole-body workout, in just 10 minutes.

Choose from seven training modes, three workout intensities, and 60 speed levels to create fully customized workouts.



## RUMBLEX PLUS BENEFITS

- Improve balance & coordination
- Increase serotonin
- Decrease cortisol
- Increase bone density
- Reduce stress
- Improve fitness
- Work muscles and fascia

# VIZACURE

## LIGHT THERAPY MASK

You don't need expensive trips to the spa to get smoother, softer, more supple facial skin. The Lifepro VizaCure Light Therapy Mask provides professional-quality light therapy from the comfort of your own home. Light therapy is a highly effective, non-invasive, chemical-free way to safely and painlessly repair and rejuvenate your skin. The VizaCure provides three treatment options in one simple, hands-free face mask:

- Red light therapy improves blood circulation and boosts collagen and elastin production, reducing the appearance of fine lines and wrinkles up to 35%. Red light therapy also tightens pores, smooths skin tone, and reduces symptoms of eczema, psoriasis, and rosacea including redness, itching, flaking, swelling, and discomfort.
- Blue light therapy effectively treats mild to moderate acne. It eliminates the bacteria that causes acne, regulates over-active oil/sebum glands, and soothes inflammation. It also reduces pigmentation and sun damage.
- Amber light therapy boosts lymphatic drainage and flushes toxins. Amber light is particularly helpful for irritated or sensitive skin. It improves oxygen exchange in the cells, accelerates blood circulation, and softens skin. Amber light reduces redness and inflammation, as well as the small broken blood vessels that can be caused by rosacea.

Use the VizaCure Light Therapy Mask every day for 15–20 minutes and see results within three weeks. Take your beauty regiment to the next level and enjoy smoother, softer skin anytime, anywhere!



### VIZACURE BENEFITS

- Reduce lines and wrinkles
- Treat acne
- Improve symptoms of eczema, psoriasis, and rosacea.
- Boost blood flow to the skin
- Detoxify skin

# REJUVAWRAP

## INFRARED SAUNA BLANKET

With the Lifepro RejuvaWrap Infrared Sauna Blanket, you can experience the myriad therapeutic benefits of infrared light therapy from the comfort of your own home—no need for expensive trips to the sauna or spa.

The non-toxic, sweat-resistant sauna blanket is heated by carbon fiber wires, which produce far-infrared waves that penetrate up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a sauna and safer for sensitive skin. The RejuvaWrap is perfect for anyone who wants to improve their cardiovascular health, reduce pain from chronic conditions such as arthritis and rheumatoid arthritis, improve skin health, lose inches, and reduce stress.

The RejuvaWrap offers customizable treatment options for your wellness recovery. It has nine temperature levels, and you may set a treatment time from 5–60 minutes. Use the RejuvaWrap three or four times a week for 30 minutes, and see results in as little as three weeks.

The RejuvaWrap is lightweight, folds up small, and comes with a carry bag, making it ideal for taking with you on the go. No other sauna is this portable and cost-effective.



### REJUVAWRAP BENEFITS

- Alleviate pain
- Rejuvenate skin
- Lose fat and inches around the waist
- Reduce inflammation





Access Lifepro TV, our library of free personal training videos on the web at [vibraaithermo.lifeprofitness.com](http://vibraaithermo.lifeprofitness.com) to learn how to get the most out of your Lifepro® VibraAI Thermo and achieve the results you want.



**YOU'VE  
GOT  
THIS**