

# READY, SET, PRO

USER MANUAL

MEDIRIPPLE SWING MACHINE



Aerobic exercise has enormous benefits for your body, brain, and mental health.

At least 150 minutes of moderately-intense physical activity, such as brisk walking or cycling, are recommended each week for optimal health.

## HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery machines 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 Endurance Training 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 MediRipple Swing Machine helps you improve your physical fitness and mobility from the comfort of your own home. The swinging power of the MediRipple's back and forth rocking motion mimics the natural stride of walking, increasing the flow of oxygen to your muscles, heart, and brain. Walking also reduces stress, improves sleep, encourages weight loss, and relieves constipation. Increase your strength and metabolism, improve flexibility and circulation, prevent muscle cramps, all while lying comfortably. Because you use the MediRipple while lying down, it's perfect for anyone who is unable to exercise in the standing position. This includes those who spend long hours standing, those with high blood pressure, and those who suffer from ankle or foot pain. The MediRipple's large, vibrating massage pads provide a lower leg massage combined with red light therapy, which relaxes tired, sore calves and eases arthritis pain.

Twelve speed levels, massage and infrared options, and the unique swing movement help you improve your health and fitness without an expensive gym membership. The MediRipple can be plugged into a standard wall outlet, so you don't have to worry about charging a battery. It also comes with a fully functional remote control which allows you to quickly and easily change the machine's settings. The MediRipple's small size makes it portable enough to take with you everywhere. Enjoy a low-key, joint friendly workout anytime, anywhere!

## Redefine health and fitness, and experience the transformative power of the Lifepro MediRipple:

- ◆ **Increase strength & flexibility:** improves stability and muscle tone.
- ◆ **Regulate weight:** boosts your heart rate and burns calories.
- ◆ **Reduce pain, tingling, and numbness in legs and feet:** improves circulation.
- ◆ **Boost your metabolism:** encourages your body to burn fat faster.
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol.
- ◆ **Lower blood pressure:** improves circulation and decreases inflammation.
- ◆ **Develop stronger bones:** increases bone density.

Check out the information in this manual for ways to get started using the Lifepro MediRipple Swing Machine. Next, check out our website [mediripple.lifeprofitness.com](http://mediripple.lifeprofitness.com) to access our **FREE library of videos** which demonstrate how to easily incorporate the MediRipple into your health and wellness routine.

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro MediRipple Swing Machine with Remote Control
- User Manual

### FIRST STEPS

1. Remove the MediRipple from the shipping box and remove all packaging from the machine. Inspect the machine for shipping damage.
2. Read carefully through this user manual and **SAFETY INSTRUCTIONS** on pages 16–17 before using the MediRipple.
3. Go to [mediripple.lifeprofitness.com](https://mediripple.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the **EASY-START SETUP GUIDE** on pages 8 to begin using the MediRipple.

### CUSTOMER SUPPORT

If you have any questions about setting up the MediRipple, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (800) 563-6604 or [support@lifeprofitness.com](mailto:support@lifeprofitness.com).

## PARTS OF THE MEDIRIPPLE



## EASY-START SETUP GUIDE

1

### SETTING UP THE MEDIRIPPLE

- Remove the protective sticker from the face of the remote control.
- Place the MediRipple on a level, non-slip floor. You may wish to use an exercise mat for added comfort.
- Plug the power cord into a standard wall outlet.

2

### USING THE MEDIRIPPLE

- Lie on the floor and place your ankles in the ankle cradles and your heels or calves on the red massage balls.
- You may wish to place a pillow or cushion under your back for lumbar support while using the machine.
- Press the On/Off button on the remote control to turn on the MediRipple. The swing movement begins immediately.
- Relax and enjoy your workout session.
- Press the On/Off button at any time to stop the session. The machine will turn off automatically at the end of the set working time.
- Unplug the power cord.
- Drink plenty of water or an electrolyte drink after your session.

### NOTE:

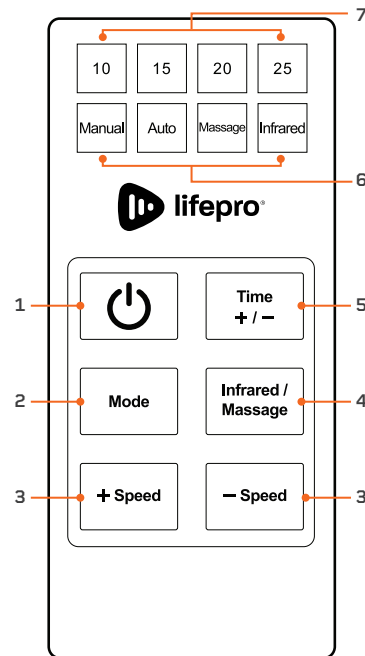
- Do not sit or stand on the MediRipple. Do not exceed the maximum weight capacity of 175 lbs on the machine.

## OPERATING INSTRUCTIONS

Please read the operating instructions before using the MediRipple Swing Machine. Keep this manual for reference.

### USING THE REMOTE CONTROL

- 1. On / Off Button:** Power the MediRipple on and off. Swing motion begins automatically.
- 2. Mode Button:** Press the button to switch between manual and automatic modes.
- 3. Speed Increase / Decrease Buttons (2):** Press the buttons to increase/decrease the speed, from level 1–12. The default speed is level 8.
- 4. Infrared / Massage Button:** Press once to select massage only. Press a second time to select infrared only. Press a third time to select both massage and infrared. Press a fourth time to turn off both massage and infrared.
- 5. Time Increase / Decrease Button:** Press to set the working time from 10–25 minutes in 5-minute increments. The default time is 10 minutes.
- 6. Mode / Option Indicator LEDs (4):** When the Manual LED is lit, manual mode is selected. When the Auto LED is lit, automatic mode is selected. In both modes, the swing motion is on. Manual is the default mode. When the Massage LED is lit, massage is turned on. When the Infrared LED is lit, the infrared lights are on.
- 7. Time Indicator LEDs (4):** The LEDs light up to show the selected working time (10, 15, 20, or 25 minutes). During the workout, the time remaining is indicated by the time LED currently lit.



## CHOOSING AN EXERCISE POSITION

Place the MediRipple on a level, non-slip floor. You may wish to use an exercise mat and/or a pillow for added comfort.

### ARMS DOWN

To use the MediRipple to relieve tension, insomnia, and constipation:

1. Lie down with your back on the floor and your ankles in the ankle cradles.
2. Place your arms against your sides, and gently tuck your fingers under your hips.



### ARMS UP

To use the MediRipple to relax muscles, encourage weight loss, and reduce nerve irritation:

1. Lie down with your back on the floor and your ankles in the ankle cradles.
2. Place your arms up over your head, with your palms up and hands relaxed.



### ARMS BEHIND HEAD

To use the MediRipple to relieve certain types of arthritis:

1. Lie down with your back on the floor and your ankles in the ankle cradles.
2. Place your hands under your head, and place your elbows flat on the floor.



**NOTE:** You may create a manual (custom) workout or choose the automatic program. With either option, you may set the duration, massage, infrared and adjust these options at any time. The automatic program speed is pre-programmed and may not be adjusted. However, you may adjust the speed while using the manual workout.

## CREATE A CUSTOM WORKOUT

Use the remote control to start a manual mode workout:

1. Press the **On / Off button** to turn on the MediRipple. Manual mode is selected by default and begins automatically: the Manual Mode Indicator LED is lit up, the ankle cradle swings, speed level 8 is selected, and the working time is set to 10 minutes, and the 10 Time Indicator LED is lit up.
2. Press the **Time Increase / Decrease button** to adjust the session duration from 10–25 minutes, in 5-minute increments, if desired. The default time is 10 minutes. Your selected time is shown on the Time Indicator Display, which counts down as time passes. The working time may be adjusted at any time.
3. Press the **Speed Increase / Decrease buttons** to increase or decrease the speed, from level 1–12, if desired. The speed may be adjusted at any time.
4. Press the **Infrared / Massage button** to toggle through the massage and infrared options, if desired. Press once to turn on massage only; the blue massage pads will vibrate. Press a second time to turn on infrared only; infrared light will be emitted from the red massage balls. Press a third time to turn on both massage and infrared. Press a fourth time to turn off both massage and infrared. Your infrared and/or massage selections are shown on the Mode/Option Indicator Display. You may adjust the massage and infrared options at any time.
5. The MediRipple will stop automatically when the set working time is complete. You may press the **On / Off button** at any time to stop the workout.
6. If you wish to continue using the MediRipple, simply press the **On / Off button** to turn the machine on again.
7. Always turn off and unplug the MediRipple after each use.

**NOTE:** You may adjust the time and speed, and turn infrared and massage on/off at any time during a manual program. You can also switch to automatic mode at any time by pressing the Mode button.

### CHOOSE THE AUTOMATIC PROGRAM

Use the remote control to begin a automatic mode workout:

1. Press the **On / Off button** to turn the system ON. Manual mode is selected by default and begins automatically: the Manual Mode Indicator LED is lit up, the ankle cradle swings, speed level 8 is selected, and the working time is set to 10 minutes, and the 10 Time Indicator LED is lit up.
2. Press the **Mode button** to switch from manual mode to automatic mode. The Auto Indicator LED lights up. You may return to manual mode any time by pressing the **Mode button** again (the Manual LED will light up).
3. Press the **Time Increase / Decrease button** to adjust the session duration from 10–25 minutes, in 5-minute increments, if desired. The default time is 10 minutes. Your selected time is shown on the Time indicator display, which counts down as time passes. The working time may be adjusted at any time.
4. Press the **Infrared / Massage button** to toggle through the massage and infrared options, if desired. Press once to turn on massage only; the blue massage pads will vibrate. Press a second time to turn on infrared only; infrared light will be emitted from the red massage balls. Press a third time to turn on both massage and infrared. Press a fourth time to turn off both massage and infrared. Your infrared and/or massage selections are shown on the Mode/Option Indicator Display. You may adjust the massage and infrared options at any time.
5. The MediRipple will stop automatically when the set working time is complete. You may press the **On / Off button** at any time to stop the workout.
6. If you wish to continue using the MediRipple, simply press the **On / Off button** to turn the machine on again.
7. Always turn off and unplug the MediRipple after each use.

**NOTE:** You may adjust time and turn infrared and massage on/off at any time during the automatic program. Speed cannot be adjusted in automatic mode. You may press the Mode button at any time to exit automatic mode and return to manual mode.

### TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the MediRipple Swing Machine using the table below.

Please contact a customer support representative for additional assistance at: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (800) 563-6604. Please do not attempt to repair the machine.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MACHINE IS NOT WORKING	Machine is not plugged in.	Plug the power cable into a wall outlet.
	Machine is not turned on.	Press the On/Off button on the remote control to turn it on.
MACHINE STOPPED WORKING SUDDENLY	Machine automatically shuts off after the set working time.	Turn the MediRipple on to begin a new workout program.
	The MediRipple has overheating protection to protect.	The MediRipple shuts off automatically if it begins to overheat. If this happens, allow the machine to cool for at least 30 minutes before using again.
THE SWING MOTION IS TOO FAST / SLOW	Speed is set too high.	Use the Decrease Speed button to lower the speed level.
	Speed is set too low.	Use the Increase Speed button to raise the speed level.

# TIPS FOR USING THE MEDIRIPPLE

## IMPORTANT SAFETY INFORMATION

- Stop exercising immediately if you feel dizzy, lightheaded, or nauseous, or if you experience pain, tightness in your chest, irregular heartbeat, or extreme shortness of breath. If you experience any of these symptoms, consult your physician before continuing your exercise program.
- Incorrect or excessive exercise can be damaging to your health. Always exercise within the heart beat range and time limits recommended by your physician.
- Drink plenty of fluids before, during, and after use to avoid dehydration.
- Do not look directly into the infrared lights when the MediRipple is on.
- Keep fingers, hands, toes, and hair away from all moving parts.
- Keep the unit, power cord, and remote away from heat sources and fire.
- The machine is not waterproof. Keep away from liquids, and do not immerse in water.
- Never use the machine with wet hands. Never plug in or unplug the power cord with wet hands.
- Always power off and unplug the unit after each use.
- Do NOT operate the machine while sleeping, smoking, or intoxicated.
- Never leave the machine unattended while it is plugged in or running.
- Turn off and unplug the machine after each use.
- Do not wrap the power cables tightly around the machine or remote control.
- Inspect the machine, remote control, and power cables before each use. Do not use if damaged, malfunctioning, frayed or worn, or if the machine has been exposed to water.

## TIPS FOR USE

- We recommend doing an easy 5 minute warm up and some light stretching before beginning your workout session.
- Place the MediRipple on a level, non-slip surface during use.
- Do not wear loose pants or sleeves that could get caught in the swinging movement of the machine.
- Do not wear jewelry or other accessories around your feet, ankles, and legs (or arms) while using the machine.
- Begin your new exercise routine with slow and easy 10-minute workouts. Work up to longer workouts over several weeks.
- Start at the lowest speed, and increase the level slowly.
- If you have sensitive legs or back issues, use the lowest speed level to avoid discomfort.
- You may wish to place a pillow or cushion under your back for lumbar support while using the machine.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Exercise can have a stimulating effect and prevent sleep, so it's best not to use it just before bedtime.
- Do not use on a full stomach; wait at least an hour after eating to begin exercise.
- Daily use will help you reach your health and wellness goals.
- The default workout time is 10 minutes. Do not use continuously for more than 25 minutes.
- You may use the MediRipple to exercise your arms. Simply place it on a table and put your forearms in the ankle cradles with your palms up.



# 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 burns, fire, electric shock, serious injury or death, or damage to the product or property.

## CONTRAINDICATIONS

- Do not use this device if you have a pacemaker, other medical implants, or prostheses.
- Before starting any exercise program, consult with a medical professional to determine if you have any health conditions that could create a risk to your health and safety, or prevent you from using the machine properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level. Your physician should assist you in determining the heart rate zone that is appropriate for your age and physical condition.
- Consult your physician before using this product if you:
  - Are under the care of a physician for a pre-existing health condition or have any concerns about your health.
  - Have a medical condition such as diabetes.
  - Have recently had surgery,
  - Are suffering from heart disease, circulatory problems, or blood clots.
  - Have orthopedic conditions, spinal injuries, osteoporosis, bone fracture or fusion, herniated or slipped discs, chronic back pain, sacroiliac joint problems, sciatica, or other conditions or disorders affecting the back or spinal column.
  - Are, or suspect you may be, pregnant, or if you have recently given birth.

## DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease. 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, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper setup, or inadequate or incorrect 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

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

## ELECTRICAL SAFETY

- Only use the included power cable at the specified voltage and frequency to power the machine. Never use a non-original power cable to power the machine.
- Never leave the machine unattended while it is plugged in or running.
- Do not store or use outdoors. Do not use during lightning and thunder storms. Unplug the machine immediately in the event of a power failure.
- The machine and remote control are not waterproof. Keep away from liquids. Do not use in high-moisture environments or in any place where the controller may become wet or damp. Do not immerse in water. Do not spill liquids on the machine, controller, or cables. If the controller becomes wet or emits an odor, unplug it, and do not use.
- Keep the machine, remote control, and cables away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens. Do not use or store in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Never plug/unplug the cables or touch the controller with wet hands.
- Always inspect the machine, power cables, and remote control before each use. Do not use if damaged, malfunctioning, frayed or worn, or if the machine has been exposed to water.
- Do not wrap the power cables tightly around the machine or controller.
- Never drag or hang the machine by the power and controller cables; always carry using the handle.
- Do not destroy, bend, stretch, twist, or tie the power cables.
- Keep sharp objects away from the remote control and cables.

## EXERCISE SAFETY

- Stop exercising immediately if you feel dizzy, lightheaded, or nauseous, or if you experience pain, tightness in your chest, irregular heartbeat, or extreme shortness of breath. If you experience any of these symptoms, consult your physician before continuing your exercise program.
- Incorrect or excessive exercise can be damaging to your health. Always exercise within the heart beat range and time limits recommended by your physician.
- Drink plenty of liquids before, during, and after use to avoid dehydration. Do not look directly into the infrared lights when the MediRipple is on, as this may result in damage to the eyes.
- Do not operate the machine while sleeping, smoking, or under the influence of drugs or alcohol.
- For adult-use only. Keep away from children and pets.
- This machine is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.

## CLEANING AND STORAGE

**⚠ WARNING** Never allow water, other liquids to come into contact with the machine or remote control. Do not immerse in water.

- Turn off and unplug before cleaning or storing.
- Wipe down the machine with a soft, damp cloth, as needed. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents on the machine. A damp cloth with a small amount of mild soap may be used, if needed.
- Store the machine in a cool, dry location. Do not store other objects on top of the machine.
- Do not attempt to modify, disassemble, or repair the machine or remote control.

### NOTICE

- Do not sit or stand on the MediRipple. Do not exert excessive downward force on the machine, remote control, or power cable. Do not exceed the maximum weight capacity of 175 lbs on the machine.
- The product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the product and all parts according to local and federal regulations.
- Keep sharp objects away from the product to avoid damaging it.
- The machine will automatically power off after the set working time. Do not use continuously for more than 25 minutes. Wait at least 24 hours between sessions.



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

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Size:** 14.5" L x 13.8" W x 8.7" H

**Net Weight:** 11 lbs.

**Power:** 50W

**Voltage:** 110V

**Motor Speed:** 40–180 RPM

**Storage Temperature:** 32–104 °F

**Timer:** 5–25 minutes

**Speed Levels:** 1–12

**Certifications:** CE, RoHS

ENDURANCE TRAINING

## MEDIRIPPLE SWING MACHINE

MADE IN CHINA

FROM OUR WELLNESS RECOVERY COLLECTION

## BIOHEAL

RED LIGHT THERAPY PANEL

Use the Lifepro BioHeal Red Light Therapy Panel in conjunction with the MediRipple add the benefits of red light therapy to your wellness program. With the BioHeal, you can experience the therapeutic benefits of red light therapy from the comfort of your own home—no need for expensive trips to the spa or doctor's office. Red light therapy provides a wide variety of benefits, including enhanced muscle growth and tone, pain relief, and accelerated workout recovery.

Together, red (660nm) and near-infrared (850nm) light treat both the surface of the skin and deep below the surface, helping cells make additional energy to repair themselves, improving skin health, and providing anti-aging and increased muscle tone and fat loss. The BioHeal also improves blood flow, sleep quality, mental clarity, and focus. Just a few treatment sessions a week can help you achieve improved sports performance.

The BioHeal therapy panel has 60 LEDs and multiple hanging options so that you may effectively target and treat any area of the body. It offers customizable treatment options for your wellness recovery, including pulsed red light therapy and adjustable treatment time from 1–30 minutes. Three modes, (1) red + near-infrared, (2) red light, and (3) near-infrared light, allow you to choose the perfect settings for each treatment session.



### BIOHEAL BENEFITS

- Boost muscle growth and tone
- Speed up recovery
- Reduce joint pain and stiffness
- Boost blood flow
- Rejuvenate skin
- Lose fat and inches around the waist
- Reduce inflammation

# ALLEVARED

## LIGHT THERAPY BELT

With the Lifepro AllevaRed Light Therapy Belt, you can experience the therapeutic benefits of red light therapy from the comfort of your own home—no need for expensive trips to the spa or doctor's office. Red light therapy provides a wide variety of benefits, including pain relief and quicker recovery after injury. Together, red (660nm) and near-infrared (850nm) light treat both the surface of the skin and deep below the surface, helping cells make additional energy to repair themselves, improving skin health, and providing anti-aging and fat loss benefits. Just a few treatment sessions a week can help you achieve improved wellness.

The easy-to-wear belt provides full coverage for your lower back and waist, and can be used on your upper back, arms, legs, and feet. Your pet can also take advantage of the therapeutic benefits of the AllevaRed. Help your pet find relief from chronic joint pain, lose inches, and reduce inflammation.

The AllevaRed offers customizable treatment options for your wellness recovery. Five intensity levels, three modes (red, near-infrared, and red + near-infrared), and an optional pulsed light feature allow you to choose the perfect settings for each therapy session.

### ALLEVARED BENEFITS

- Reduce muscle and joint pain
- Reduce inflammation
- Rejuvenate skin
- Blast fat
- Boost circulation



# RHYTHM

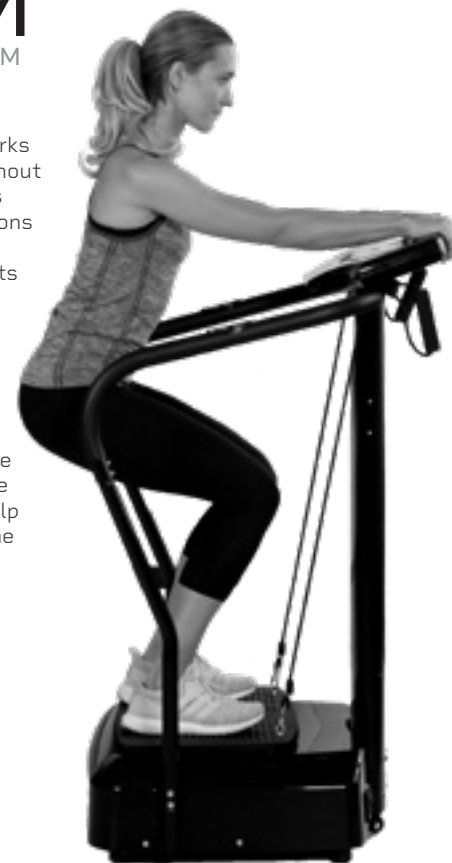
## VIBRATION PLATFORM

The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

### RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation





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



**YOU'VE  
GOT  
THIS**