



READY, SET, PRO

USER MANUAL



Red light therapy has a wide variety of applications and health benefits. Physical therapists and doctors use red light therapy to help athletes safely recover from injury, decrease pain, and improve performance. Experts also believe it helps cells make additional energy to repair themselves and has anti-aging and fat loss benefits.

With the Lifepro AllevaRed Pro Light Therapy Belt, you can experience therapeutic benefits from the comfort of your own home—no need for expensive trips to the spa or doctor's office. It's perfect for performance recovery, gaining muscle, or even fat loss. Just a few sessions a week can help you achieve improved wellness. The AllevaRed Pro is perfect for anyone who experiences muscle or joint pain and stiffness or those who wish to experience waist-slimming and fat-loss benefits.

The AllevaRed Pro has 105 LEDs and 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 Pro. Help your pet find relief from chronic joint pain, lose weight, and reduce inflammation.

Five intensity levels, five vibration settings, and three modes (red, near-infrared, and red + near-infrared), and an optional pulsed-light feature allow you to tailor each treatment session for your wellness recovery.

- **Red light therapy mode:** 660nm red light is absorbed by the skin at a high rate making it especially effective for improving blood circulation and stimulating collagen and elastin production, which reduces the appearance of fine lines and wrinkles. Red light therapy tightens pores, smooths skin tone, and reduces symptoms of eczema and psoriasis, such as redness, itching, flaking, and swelling.
- **Near-infrared therapy mode:** 850nm near-infrared (NIR) light penetrates deeply into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells.
- **Red + near-infrared therapy mode:** This mode uses both 660nm and 850nm light. It provides the combined benefits of the first two modes.

Use the AllevaRed Pro every day for 15–20 minutes and see results within three weeks. It is lightweight, folds up small, and supports multiple power options, making it perfect to take with you on the go. Enjoy performance recovery and pain relief anytime, anywhere!

Redefine wellness and beauty and experience the transformative power of the Lifepro AllevaRed Pro:

- **Alleviate pain:** reduces muscle, joint, and chronic arthritis pain.
- **Reduce inflammation:** promotes healing and boosts circulation
- **Rejuvenate skin:** stimulates cells to create new proteins and regenerate cells.
- **Lose fat:** helps get breakdown and eliminate stubborn fat cells.

Check out the information in this manual for ways to get started using the AllevaRed Pro.

ALLEVARED PRO

LIGHT THERAPY BELT

GET STARTED

WHAT'S IN THE BOX

- Lifepro AllevaRed Pro Light Therapy Belt
- Remote Control and Cable
- AC Power Adapter
- Travel Case
- Velcro® Extension Belt
- User Manual

FIRST STEPS

1. Remove the AllevaRed Pro from the shipping box and remove all packaging from the unit and accessories.
2. Inspect the device and accessories for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the AllevaRed Pro.
4. Complete the steps in the EASY-START SETUP GUIDE on page 7 to begin using the AllevaRed Pro.

EASY-START SETUP GUIDE

1

PREPARING TO USE THE ALLEVARED PRO

- Place the therapy belt in position around your waist, or other area to be treated, with the adjustment strap in the front.
- Use the Velcro® adjustment strap to secure the belt. It should be snug, but not too tight.
- Attach the Velcro® extension belt to the AllevaRed Pro if you need more length, such as when treating your shoulder, chest, or upper back.

2

CONNECT THE ALLEVARED PRO TO POWER

- Connect the remote control cable to the USB port on the belt near the pocket.
- Connect the power adapter to the female DC input at the end of the remote control cable.
- Plug the power adapter into a wall outlet.

3

POWER ON THE ALLEVARED PRO

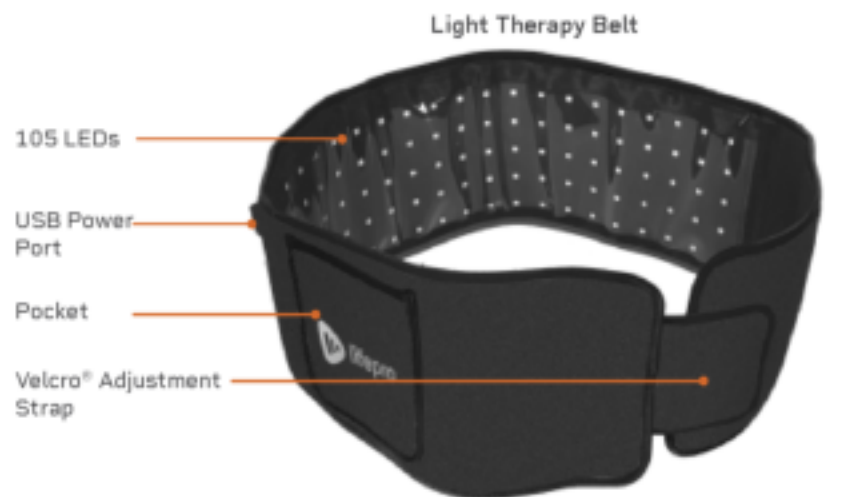
- Press the On/Pulse/Off button once to turn on the AllevaRed Pro.
- Adjust intensity level, time, vibration, and mode as desired.
- Turn on the pulsed-light feature, if desired.

FLASHING LIGHT WARNING: The pulsed-light feature may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using the device.

If you, or anyone in your household, experience symptoms while using the device, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device IMMEDIATELY and consult your physician.

WARNING: Never look directly into the LED lights while the device is on.

PARTS OF THE ALLEVARED PRO



TIPS FOR USING THE ALLEVARED PRO

USING THE ALLEVARED PRO

- Place the AllevaRed Pro in position on your waist, or other area to be treated, before powering on the device.
- Turn off the AllevaRed Pro before removing it from the treatment area.
- Do not use continuously for more than 30 minutes, and wait at least 2 hours between 30-minute sessions.
- Use the AllevaRed Pro daily for optimal results.
- We recommend washing and drying your hands thoroughly and only using over clean clothing and skin to keep the therapy surface clean.
- While the AllevaRed Pro is primarily designed for use on the waist and lower back, it may also be used on the upper back, shoulders, arms, legs, hips, or feet.
- Attach the Velcro® extension belt to the AllevaRed Pro if you need more length, such as when treating your shoulder, chest, or upper back.
- Do not use the AllevaRed Pro around the head or neck.
- Do not wear accessories, such as belts or jewelry, under the AllevaRed Pro.
- The remote control cable and power adapter should be disconnected from the belt for storage or travel.

IMPORTANT SAFETY INFORMATION

- Never use the AllevaRed Pro under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the AllevaRed Pro, remote control, and power cables away from heat sources and fire.
- The device is not waterproof. Keep away from liquids. Do not immerse in water.
- Never use the device or plug/unplug the power cables with wet hands.
- Always power off the device after each use.
- Do not use or wrap the AllevaRed Pro or cables around your head or neck.

OPERATING INSTRUCTIONS

Please read the operating instructions before using the AllevaRed Pro Light Therapy Belt. Keep this manual for reference.

POWERING THE ALLEVARED PRO WITH THE WALL ADAPTER

1. Connect the USB end of the remote control cable to the USB power port on the AllevaRed Pro belt.
2. Connect the wall power adapter to the female DC port on the remote control cable.
3. Plug the power adapter into a standard wall outlet.

WARNING: Only use the AllevaRed Pro with the included AC power adapter.

POWERING THE ALLEVARED WITH THE USB ADAPTER

1. Connect the male end of the remote control cable to the DC power port exiting the AllevaRed belt.
2. Connect the USB adapter to the female end of the remote control cable.
3. Insert the other end of the USB adapter into a USB device, such as a laptop or computer. Alternately, you may insert the USB connector into a standard mobile phone 5V-1A or 5V-2A USB charging adapter and then plug the adapter into a wall outlet.

WARNING: The AllevaRed cannot be used with a 12V USB charging adapter.

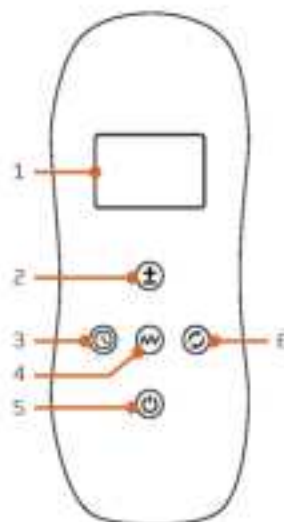
POWERING THE ALLEVARED PRO WITH AN EXTERNAL BATTERY

The AllevaRed Pro supports the use of a 5V external battery, also called a power bank. The external battery is not included and must be purchased separately from other retailers. To power the AllevaRed Pro with an external battery:

1. Connect the male end of the remote control cable to the USB power port on the AllevaRed Pro belt.
2. Connect the external battery pack to the female end of the remote control cable, via the cable included with the battery pack.
3. Place the battery in the pocket at the front of the belt.

USING THE CONTROL PANEL

1. **Display Window:** Shows the current working time, intensity, vibration, or mode.
2. **Intensity Button:** Press to adjust the light intensity level from L0-L4.
3. **Time Button:** Press to set the time duration from 5-30 minutes, in 5-minute increments. The default time is 5 minutes.
4. **Vibration Button:** Press to adjust the vibration level from S1-S5 and off (S0). The default vibration setting is S1.
5. **On/Pulse/Off Button:** Press the button once to turn on the device, press a second time to turn on the 10 Hz pulsed-light feature, press a third time to turn off the device.
6. **Mode Button:** Press to toggle through the three modes: red mode (660nm), near-infrared mode (850nm), and red + near-infrared mode (660+850nm).



INTENSITY OPTIONS

Five different intensity settings, L0-L4, allow you to choose the right setting for your particular need. Each of the five settings offers a different power (in Watts) to help reduce inflammation, increase blood flow, relieve pain, and lose fat.

INTENSITY LEVEL	POWER (IN WATTS)
L0	0.9W
L1	4.9W
L2	8.5W
L3	12.3W
L4	16.0W

MODE OPTIONS

Red mode (660nm) is best for skin health and has anti-aging properties. Near-infrared mode (850nm) is stronger and is best for decreasing inflammation and repairing deeper tissues, such as muscles and joints. Red + near-infrared mode combines the benefits of the first two modes.

OPERATING INSTRUCTIONS

USING THE ALLEVA RED PRO LIGHT THERAPY BELT

1. Place the AllevaRed Pro therapy belt in position around your waist, or other area to be treated, with the adjustment strap in the front, ensuring that the LED side of the belt is touching your body or clothing.
2. Use the Velcro® adjustment strap to secure the belt. It should be snug, but not too tight. Use the Velcro® extension belt if you need more length, for example, when treating your shoulder, chest, or upper back.
3. Connect the AllevaRed Pro to a power source (see page 10).
4. Press the **On/Pulse/Off button** on the remote control to turn on the device. The display screen will light up and the display will show "OFF".
5. Press the **Intensity button** to choose from five light intensity levels L0-L4. Your selection appears in the display window. L0, the lowest setting, is the default. You may adjust the intensity at any time.
6. Press the **Time button** to adjust the therapy session duration from 5–30 minutes, in five-minute increments. The default duration is five minutes. Each time you press the Time button, the duration increases by five minutes. To decrease the duration, press the Time button until the number is 30. Continue to press the Time button, and the timer will start over again at 5 minutes. Keep pressing to reach your desired session duration. Your selection appears in the display window and may be adjusted at any time.
7. Press the **Vibration button** to select from five vibration levels, S1-S5. Your selection appears in the display window. S1, the lowest vibration, is the default. Vibration is off when S0 is selected. You may adjust the vibration level at any time.
8. Press the **Mode button** to select from three modes. Press once to select red mode (660nm), press twice for near-infrared mode (850nm), and press three times for red + near-infrared mode (660+850nm). You may change the mode at any time.
9. Press the **On/Pulse/Off button** a second time to turn on the pulse function. The LEDs will pulse, or flash, on and off in a cycle.
10. Press the **On/Pulse/Off button** a third time to stop the therapy session at any time. The AllevaRed Pro will automatically shut down when the set time duration is complete. Press the On/Off/Pulse button again if you wish to continue using the device.
11. Always power off and unplug the unit after each use.

CHOOSING A LIGHT THERAPY TREATMENT OPTION

TREAT YOUR UPPER BACK - WHILE SITTING IN A CHAIR

1. Sit down on a sofa or chair.
2. Place the AllevaRed Pro behind your upper back with the LEDs toward you.
3. Turn on the AllevaRed Pro and treat while seated.

TREAT YOUR UPPER BACK - WHILE LYING DOWN

1. Place the AllevaRed Pro on the floor with the LEDs facing up.
2. Lie on the floor with your upper back positioned over the belt.
3. Turn on the AllevaRed Pro and begin your treatment.

TREAT YOUR QUADS (FRONT OF THIGHS)

1. Sit down on a sofa or chair.
2. Wrap the belt around your thigh. Adjust the Velcro® strap until the belt is snug.
3. Turn on the AllevaRed Pro and treat one thigh at a time.

TREAT YOUR HAMSTRINGS (BACK OF THIGHS)

1. Sit down on a sofa or chair.
2. Wrap the belt around your thigh. Adjust the Velcro® strap until the belt is snug.
3. Turn on the AllevaRed Pro and treat one thigh at a time.

TREAT YOUR IT BANDS (OUTER THIGHS)

1. Sit down on a sofa or chair next to the padded arm.
2. Wrap the belt around your thigh OR place the AllevaRed Pro between the sofa arm and your outer thigh with the LEDs facing toward you.
3. Turn on the AllevaRed Pro and treat one thigh at a time.

OPERATING INSTRUCTIONS

TREAT YOUR CALVES

1. Sit on a sofa with your legs up or sit on the floor.
2. Wrap the belt around your calf. Adjust the Velcro® strap until the belt is snug.
3. Turn on the AllevaRed Pro and treat one calf at a time.

TREAT THE SOLES OF YOUR FEET

1. Sit down on a sofa or chair.
2. Place the AllevaRed Pro on the floor with the LEDs facing up.
3. Place your clean feet on the AllevaRed Pro.
4. Turn on the AllevaRed Pro and treat both feet while seated.

WARNING: Do not stand on the belt, as this could damage the LEDs.

TREAT YOUR ARMS

1. Sit down on a sofa or chair.
2. Wrap the belt around your upper arm or forearm. Adjust the Velcro® strap until the belt is snug. You may need to hold the belt in place to keep the belt from sliding off if your arm is slender.
3. Turn on the AllevaRed Pro and treat one arm at a time.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the AllevaRed Pro Light Therapy Belt using the table below.

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

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
DEVICE IS NOT WORKING	Device is not plugged in.	Connect the remote control cable to the belt. Connect the power adapter to the remote control cable. Plug the power adapter into a wall outlet.
	Device is not turned on.	Press the On/Pulse/Off button once to turn on the AllevaRed Pro.
DEVICE STOPPED WORKING SUDDENLY	Device automatically shuts off after the set working time.	Turn the AllevaRed Pro on to begin a new red light therapy session.
INTENSITY IS NOT OPTIMAL	The intensity selected is not optimal.	Press the Intensity button to choose a different intensity from the five options, L0-L4.
VIBRATION IS NOT OPTIMAL	The vibration level selected is not optimal.	Press the Vibration button to choose a different vibration intensity from the five levels, S1-S5. You may turn vibration off by selecting S0.
PULSED LIGHT IS NOT ON	Pulsed light setting is not selected.	Press the On/Pulse/Off button to once turn on the belt. Press a second time to turn on the pulsed-light feature.

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the AlleveRed Pro Light Therapy Belt.

DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and websites are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this device 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 AlleveRed Pro are adequately informed of all warnings and precautions.
4. Use this red light therapy belt only as instructed in this manual.
5. Always inspect the device, remote control, and power cables for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
6. The device will automatically power off after the set working time. Do not use continuously for more than 30 minutes. Wait at least 2 hours between 30-minute therapy sessions.
7. For adult-use only. Keep away from children and pets.
8. This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.
9. This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.

ELECTRICAL SAFETY

10. **WARNING:** Only use the included power adapter at the specified voltage to power the device. Never use a non-original power adapter to power the device.
11. Always unplug the unit after using, and prior to cleaning, storing, or moving.
12. Do not store or use outdoors. Do not use during lightning and thunder storms.
13. Unplug the device immediately in the event of a power failure.
14. Keep ventilation ports free from dust and debris.
15. The unit is not waterproof. Keep away from liquids. Do not use in high-moisture environments or in any place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet or emits an odor, unplug it, and do not use.
16. Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
17. Do not use or store in high temperatures or in direct sunlight. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.

18. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
19. Never drag or hang the AlleveRed Pro by the power cables. Do not destroy, bend, stretch, twist, or tie the power cable.
20. Keep sharp objects such as pins, knives, and needles away from device and power cable.
21. Never plug/unplug the power cable with wet hands.
22. If the device begins to make unusual noises, turn off and unplug immediately.
23. The device may be used with a 5V external battery power bank (not included; sold separately through other retailers).

SAFETY

24. **FLASHING LIGHT WARNING:** The device's pulsed-light feature may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using the device. If you, or anyone in your household, experience symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device IMMEDIATELY and consult your physician.
25. **WARNING:** Never look directly into the LED lights while the device is on.
26. People who: have pre-existing health conditions, are pregnant or nursing, have, or suspect they may have, cancerous lesions; take steroid medications or receive steroid injections; take drugs that make them sensitive to light/sunlight (photosensitive); have breast implants or recent surgery should consult with their physician before using the device. We also recommend people who are or may be sensitive to red light or near-infrared light consult with their physician before using the device.
27. Never leave the AlleveRed Pro unattended while it is plugged in or running.
28. You may lie on the belt while treating your upper or lower back. However, do not sit or stand on the AlleveRed Pro. Do not exert excessive downward force on the belt or power cable.
29. Do not operate the AlleveRed Pro while sleeping, driving, smoking, or intoxicated.
30. Only use this device on your waist, back, arms, legs, and feet. Do not use on any body part not described in this manual.
31. Do not wear accessories, such as belts or jewelry, under the AlleveRed Pro.
32. Keep long hair away from the therapy belt to avoid getting it caught in the Velcro®.

CLEANING, STORAGE & MAINTENANCE

33. We recommend using the belt over clean clothing or skin to keep the belt clean.
34. Turn off, unplug, and allow the AlleveRed Pro to cool down before cleaning or storing.
35. Wipe down the device with a soft, dry cloth after each use. Never allow water or other liquids to come into contact with the unit.
36. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents.
37. Store the AlleveRed Pro in its box to prevent damage to the belt. Remove the remote control and power cable before storing.
38. Store the device in a cool, dry location. Do not store close to the ground, walls, or roof. Do not store other objects on top of the belt.
39. Do not attempt to disassemble the device.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 49.6" L x 6.9" W
Belt Circumference Sizes: 8-43"
Net Weight: 1.98 lbs.
Power: 19.6 W
Voltage: DC 12V-2A
Total LEDs: 105 (660nm+850nm)
LED Density: >9W/ft ²
LED Wavelength:
Red: 660nm Infrared: 850nm
LED Life Expectancy: 50,000 hrs
Operating Temperature: 32-113° F
External Battery: Supported
Auto Timer: 5-30 minutes
Pulsed Light Setting: 10 Hz
Intensity Levels: 5
Vibration Levels: 5
Modes: 3

AC WALL POWER ADAPTER

Rated Input: AC 100-240 V ~50/60 Hz

Rated Output: DC 12V-2A

EXTERNAL BATTERY†

Rated Input: DC 5V-4A

Rated Output: DC 5V

†Not included; sold separately from other retailers.

WELLNESS RECOVERY

ALLEVARED PRO

LIGHT THERAPY BELT

MADE IN CHINA



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 AllevaRed Pro ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the AllevaRed Pro cannot be repaired, we'll replace it—free of charge. Register the AllevaRed Pro at allevaredpro.lifeprofitness.com to activate your warranty within 14 days of purchase.



**YOU'VE
GOT
THIS**