

READY, SET, PRO

USER MANUAL

RUMBLEX MAX 4D VIBRATION PLATE





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

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

If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rumblex Max 4D vibration plate to your rehab routine. Vibration plates are used by professional athletes, physical therapists, and rehabilitation centers everywhere.

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

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

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

RUMBLEX MAX

4D VIBRATION PLATE

GET STARTED

WHAT'S IN THE BOX

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

FIRST STEPS

1. Remove your Rumblex Max from the shipping box and remove all packaging from the unit and accessories.
2. Remove the plastic screen protector from the control panel.
3. Inspect all items for shipping damage.
4. Read carefully through this user manual and all safety instructions before using the Rumblex Max.
5. Complete the steps in the EASY-START SETUP GUIDE on page 8 to begin using your Rumblex Max.

GET ACQUAINTED



Exercise Mat

Power Cord

Remote Control

Lifepro Rumblex Max 4D Vibration Plate



4 Lifepro Mini Bands

2 Resistance Bands

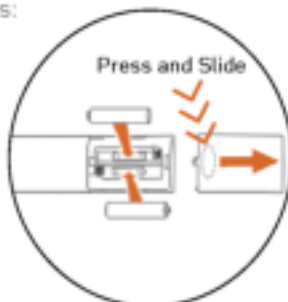
EASY-START SETUP GUIDE

Setup your Lifepro Rumblex Max in just 4 easy steps:

1

ACTIVATE THE REMOTE CONTROL

- Press and slide the back of the remote control off to remove it.
- Insert two AAA batteries into the battery compartment. Battery terminals are polarized, so make sure to insert the batteries facing the correct direction.
- Replace the back of the remote control.



2

ATTACH THE TWO RESISTANCE BANDS

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

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



3

CONNECT TO POWER

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

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

- Plug the power cord into an AC wall outlet.



4

POWER ON THE RUMBLEX MAX

- Flip the Power switch on the front of the machine to the ON position.
- Press the Power button on the remote control.

That's it. Your Lifepro Rumblex Max is now ready to use. See OPERATING INSTRUCTIONS, PRESET PROGRAMS, and MANUAL MODE WORKOUTS on the next pages for details about how to use your Rumblex Max.

HOW IT WORKS

The Rumblex Max has three powerful, ultra-quiet motors: a lateral motor, a horizontal/oscillating motor, and a pulsating (micro-oscillation) motor. The three motors combine to create a unique 4D motion which activates all of your muscle fibers more efficiently than other exercise products. Create unlimited workout combination with seven vibration training modes and 99 speed levels.

VIBRATION TRAINING MODES

Oscillation

- Up-Down



3D/Spiral

- Up-Down
- Side-to-Side



Pulsation

- Pulsating



Lateral Pulsation

- Side-to-Side
- Pulsating



Lateral

- Side-to-Side



4D

- Up-Down
- Pulsating
- Side-to-Side

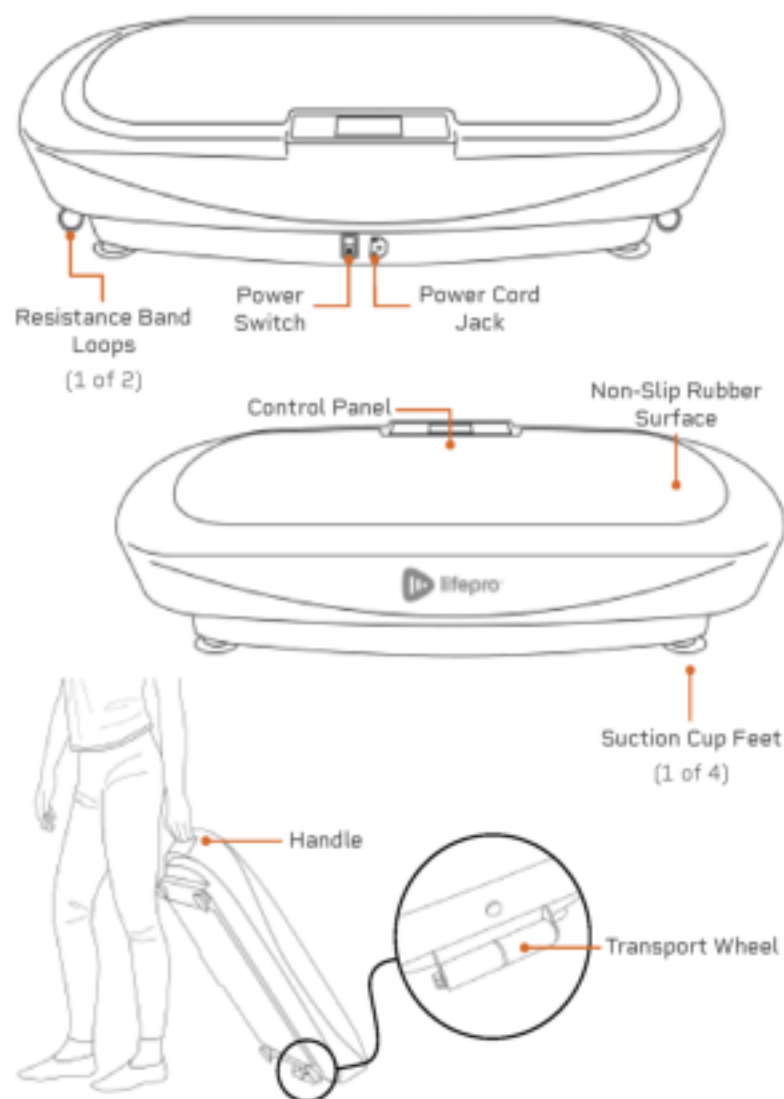


Oscillating Pulsation

- Up-Down
- Pulsating



PARTS OF THE RUMBLEX MAX



TIPS FOR USING THE RUMBLEX MAX

SAFETY TIPS

- Do not get on or off the Rumblex Max until it is completely stopped.
- Use the remote control to adjust the workout once exercise has begun. Using the control panel while the unit is moving could cause an accident or injury.
- Never attempt to turn around on the unit while it is in motion.
- Be careful changing position while the Rumblex Max is in motion.
- Stop immediately if you feel tired or dizzy, or if you experience pain or difficulty breathing.
- Do not use for more than 30 minutes per day.

EXERCISE TIPS

- Start slow and easy, with 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.
- Drink plenty of water before and after exercise.
- Do not use on a full stomach; wait at least a half hour after eating to begin exercise.



OPERATING INSTRUCTIONS

USING THE DISPLAY PANEL TO OPERATE THE RUMBLEX MAX

1. **Power Button:** Power the Rumblex Max on and off. The control panel will light up and the Rumblex Max will enter standby mode.
2. **Prg/Mode Button:** In standby mode, choose from 16 preset programs (P01-P16), or choose from 7 vibration (manual workout) modes (H, L, U, HL, HU, LU, AL). During a manual mode workout, use the button to change the current vibration mode.
3. **Start Button:** Start the selected preset program or manual mode workout.
4. **Stop Button:** Stop the selected preset program or manual mode workout at any time during exercise.
5. **Speed +/- Buttons*:** Adjust workout speed after a manual mode workout has begun, from level 1-99. Speed automatically starts at 1.
6. **Speed Window:** Shows the current workout speed.
7. **Remote:** Infrared receiver for the remote control. For best results point the remote control directly at the receiver from no more than 6 feet away.
8. **Time/Program Window:** In standby mode, the window shows the selected preset program or vibration mode. During exercise, the window shows the remaining workout time.
9. **Time +/- Buttons*:** Set a time duration for a manual mode workout, from 1-30 minutes, in one-minute increments.



*Speed, time, and vibration mode cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE RUMBLEX MAX

1. **Power Button:** Power the Rumblex Max on and off.
2. **Start Button:** Start the selected preset program or manual mode workout.
3. **Speed ^/v Buttons*:** Once the custom workout has begun, press the buttons to adjust the speed, from 1-99.
4. **Time +/- Buttons*:** In standby, with one of the 7 vibration modes selected: use the buttons to set a time duration for the manual mode workout, from 1-30 minutes, in one-minute increments.
5. **Set Button:** Toggle through the 16 preset programs (P01-P16) and the 7 vibration training modes (H, L, U, HL, HU, LU, AL).
6. **Stop Button:** Stop the selected preset program or manual mode workout at any time during exercise.
7. **Hotkey Button:** Toggle through the speed levels in increments of ten: 10, 20, 30, 40, 50, 60, 70, 80, 90, 10, etc.
8. **Quick Speed Buttons:** **LOW:** Set speed to 30. **MID:** Set speed to 60. **HIGH:** Set speed to 90.

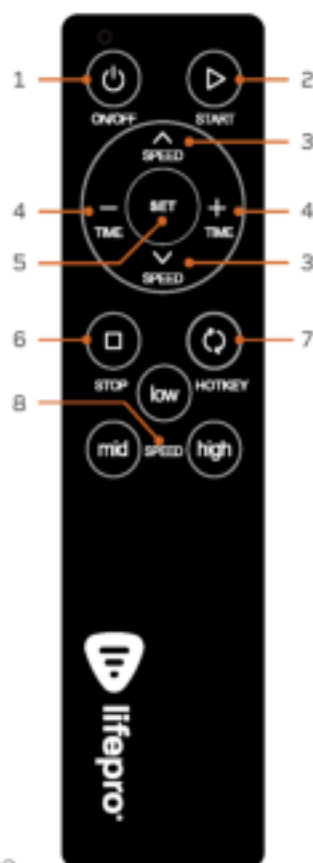
*Speed, time, and vibration mode cannot be adjusted for preset programs.

MODES

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

Program Mode: Choose from 16 preset programs: P1-P16.

Manual Mode: Create a custom workout. Choose from 7 vibration training modes, then set a workout time duration and speed.



PRESET PROGRAMS

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

PROGRAM MODE

In program mode, you can select from 16 preset programs: P01-P16. Each preset program is 10 minutes long and changes the workout speed every minute. See PRESET PROGRAM SPEEDS AND VIBRATION MODES on the next page for a breakdown of each preset program.

Each preset program uses a different vibration training mode to challenge your body: Oscillation (H), Lateral (L), Pulsation (U), 3D/Spiral (HL), Oscillating Pulsation (HU), Lateral Pulsation (LU), or 4D Pulsation (AL). See CHOOSING A VIBRATION MODE on page 17 for more information about the seven vibration training modes.

CHOOSING A PROGRAM IN PROGRAM MODE

1. Press the **Power button** on the remote control or the control panel to turn the machine ON.
2. Press the **Set button** on the remote control, or the **Prg/Mode button** on the control panel, to toggle through and choose one of the 16 preset programs, P01-P16.
3. Press the **Start button** on the remote control to begin the selected program.
4. Press the **Stop button** on the remote control, at any time, to stop the workout program.

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

PRESET PROGRAM SPEEDS AND VIBRATION MODES

MODE	PRG	MINUTES									
		10	9	8	7	6	5	4	3	2	1
H	P1	2	4	6	8	12	15	10	8	6	4
	P2	5	10	20	10	20	10	20	10	20	10
L	P3	10	20	60	20	60	20	60	20	60	20
	P4	40	85	75	65	25	95	75	60	70	80
U	P5	2	4	6	8	12	15	10	8	6	4
	P6	5	10	20	10	20	10	20	10	20	10
HL	P7	10	20	60	20	60	20	60	20	60	20
	P8	40	85	75	65	25	95	75	60	70	80
HU	P9	2	4	6	8	12	15	10	8	6	4
	P10	5	10	20	10	20	10	20	10	20	10
LU	P11	10	20	60	20	60	20	60	20	60	20
	P12	40	85	75	65	25	95	75	60	70	80
AL	P13	2	4	6	8	12	15	10	8	6	4
	P14	5	10	20	10	20	10	20	10	20	10
	P15	10	20	60	20	60	20	60	20	60	20
	P16	40	85	75	65	25	95	75	60	70	80

MANUAL MODE WORKOUTS

MANUAL MODE

In manual mode, you can create your own custom workout by choosing from seven available vibration training modes and then setting a custom workout speed and time duration. See CHOOSING A VIBRATION MODE on the next page for details about each vibration mode.

CREATING A CUSTOM WORKOUT IN MANUAL MODE

1. Press the **Power button** on the remote control to turn the system ON.
2. Press the **Set button** on the remote control, or the **Prg/Mode button** on the control panel, to choose one of 7 vibration modes: H, L, U, HL, HU, LU, and AL.
3. Use the **Time +/- buttons** on the remote control or the control panel to set a time duration for your workout.
4. Press the **Start button** on the remote control to begin the manual workout.
5. The speed will automatically begin at level 1. To adjust the speed, use the **Speed ^/v buttons** on the remote control.
4. Press the **Stop button** on the remote, at any time, to stop the workout.

SETTING A WORKOUT TIME AND SPEED

You can set a custom workout duration of 1-30 minutes, in one-minute increments, while in standby mode. Once you begin the manual workout, you cannot adjust the workout time.

You may adjust the speed of your manual workout after your workout has started. The speed for your manual workout will begin automatically at level 1. Once your workout has begun, you may adjust the speed, at any time, from levels 1-99.

WORKOUT INTENSITY AND SPEED

Workout intensity corresponds to the following speeds.

INTENSITY	SPEED
Low	1-33
Medium	34-66
High	67-99

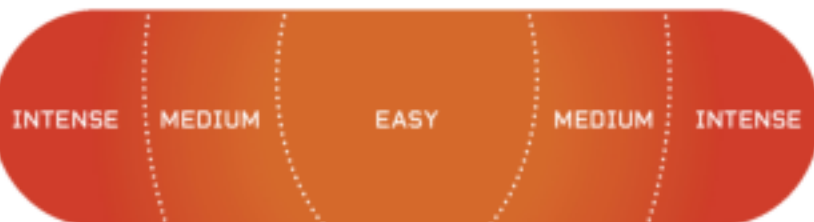
CHOOSING A VIBRATION MODE

VIBRATION MODES*	MOTOR MOVEMENT	ACTIVE MOTOR
Oscillation [H]	Up-Down	Oscillating Motor
Lateral [L]	Side-to-Side	Lateral Motor
Pulsation [U]	Pulsating	Pulsating Motor
3D/Spiral [HL]	Up-Down + Side-to-Side	Oscillating Motor + Lateral Motor
Oscillating Pulsation [HU]	Up-Down + Pulsating	Oscillating Motor + Pulsating Motor
Lateral Pulsation [LU]	Pulsating + Side-to-Side	Pulsating Motor + Lateral Motor
4D Vibration [AL]	Up-Down + Pulsating + Side-to-Side	Oscillating Motor + Pulsating Motor + Lateral Motor

*Vibration modes are listed in the chart in the order that they are shown on the control panel when you press the Set button on the remote control (or the Prg/Mode button on the control panel). When toggling through the preset programs and vibration modes, the 16 preset programs appear first, followed by the 7 vibration training modes. Programs and modes are displayed onscreen in the following order: P01, P02, P03, P04, P05, P06, P07, P08, P09, P10, P11, P12, P13, P14, P15, P16, H, L, U, HL, HU, LU, AL, P01, P02, etc. For example, press the Set button on the remote control seventeen times to select the Oscillation [H] vibration mode. Press eighteen times to select Lateral mode [L], press nineteen times to select Pulsation mode [U], etc.

STANDING POSITIONS

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



LIFEPRO MINI BANDS

MINI BANDS HAVE REVOLUTIONIZED THE FITNESS INDUSTRY

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

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

AMPLIFY YOUR WORKOUTS

Experience the unique benefits of the Lifepro mini bands:

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

BONUS EXERCISE MAT

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

HOW TO USE THE RUMBLEX MAX



BASIC UPRIGHT POSE



ARM TRAINING



UPRIGHT ROW



ONE-LEG SQUAT



TRICEP BLASTER



ONE-LEG BALANCE



SHOULDER STRETCH



BICEP CURL



SQUAT



CORE TRAINING



HAMSTRING STRETCH



WHOLE-BODY TRAINING

EXERCISE QUICK START GUIDE

HOW TO BEGIN

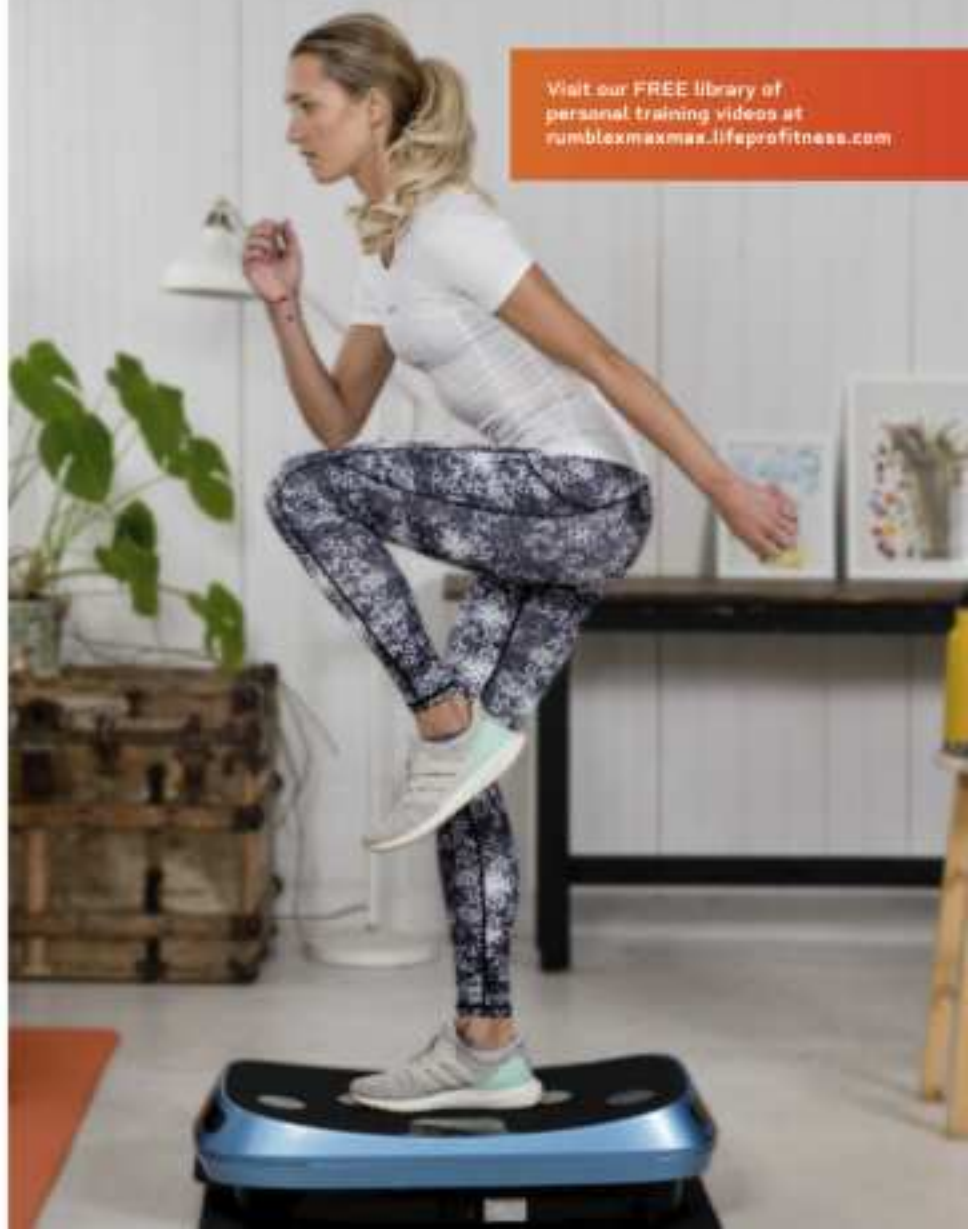
It's a good idea to start off slow and easy with your Rumblex Max as it can take time to get use to how vibration plates move and feel. We recommend you follow the workout guide below—building from beginner to advanced over a period of several weeks.

EXERCISE GUIDE

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

LEVEL	SPEED	SECONDS
Beginner	Speed 1	15
		30
		45
	Speed 16	15
		30
		45
Intermediate	Speed 33	15
		30
		45
	Speed 34	60
		75
		90
Advanced	Speed 50	60
		75
		90
	Speed 66	60
		75
		90
	Speed 67	1:05
		1:20
		1:35
	Speed 83	1:05
		1:20
		1:35
	Speed 99	1:05
		1:20
		1:35

Visit our FREE library of personal training videos at rumblexmaxmax.lifeprofitfitness.com



SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

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

DISCLAIMER

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

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the Rumblex Max are adequately informed of all warnings and precautions.
4. Use the Rumblex Max only as instructed in this manual.
5. Check the unit, power cord, and remote for damage or loosened screws prior to each use. Tighten any loosened screws before use. Do not use if damaged, faulty, or defective.
6. Keep infants, children, and pets away from the Rumblex Max at all times.
7. Adults with diminished mental or physical capacity may only use the Rumblex Max while supervised by a responsible adult.
8. The Rumblex Max should not be used by persons weighing more than 500 lbs.
9. Never allow more than one person on the Rumblex Max at a time.
10. Place the unit on a level surface, with at least eight feet of clearance behind it. Do not place on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the unit. Using with a mat will also decrease noise.

ELECTRICAL SAFETY

11. Only power the Rumblex Max using the included power cord. Do not use included power cord to power other machines.
12. Do not plug power cord into a power strip. Use of an extension cable is not recommended.
13. Do not connect other appliances to the same outlet as the Rumblex Max.
14. Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
15. Never operate the unit or plug/unplug the power cord with wet hands.
16. Always place the power cable where it won't be stepped on or create a tripping hazard. Do not wrap the power cord around the unit. Do not squeeze, place heavy objects on top of, or damage the power cord.

17. Keep the power cord and the surge suppressor away from all heat sources.
18. Always unplug the power cord when the Rumblex Max is not in use.
19. Use and store indoors, away from moisture, dust, dirt, and heat sources. Do not use or store in high-temperature or high-humidity environments. Keep out of direct sunlight.
20. Do not operate where aerosol products are used or where oxygen is being administered.
21. Never leave the Rumblex Max unattended while it is running.

EXERCISE SAFETY

22. Users should consult with a medical professional before beginning a new exercise program, especially those who are or may be pregnant, or have recently given birth; people who experience dizziness; people taking drugs that affect balance; people who have medical devices such as pacemakers; people with malignant tumors, heart problems, blood circulation disorders, osteoporosis, arrhythmia, or diabetes; people who with spinal injuries, fractures, or herniated discs.
23. Stop exercising immediately and consult your physician if you begin to feel faint, dizzy, or experience pain or difficulty breathing.
24. Do not perform other activities while using, as this could cause accidents or injury.
25. Always wear appropriate clothing and athletic shoes when using the Rumblex Max. Do not use while wearing socks or slippers as this may cause slipping. Do not wear jewelry or belts while using the Rumblex Max.
26. Do not use immediately after eating. Do not use after drinking alcohol or taking medicine.
27. Do not get on or off the machine until it is completely stopped. Do not jump on the unit.
28. The Rumblex Max is intended for in-home use only. Do not use in any commercial, rental, or institutional setting.
29. Do not use more than 30 minutes per day.

CLEANING, STORAGE, AND MAINTENANCE

30. **DANGER:** Always unplug the power cord immediately after use, before cleaning, moving, storing, or performing the maintenance and adjustment procedures described in this manual. Allow to cool before cleaning, moving, storing, or doing maintenance.
31. Use a slightly damp cloth or soft towel to wipe away dirt or moisture. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
32. Store in a well-ventilated area free of dust, with low humidity and out of direct sunlight.
33. When storing for a long time, remove the batteries from the remote control and cover the Rumblex Max with vinyl or other covering to keep out dust and dirt.
34. Inspect the unit for dust or dirt buildup and vacuum regularly to prevent overheating.
35. Never insert or drop any object into any opening.
36. Inspect and tighten all external screws periodically (do not remove the motor hood).
37. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 30.7" L x 15.7" W x 5.5" H
Net Weight: 46.3 lbs
Power: 300W + 30W + 300W
Voltage: 110V
Amplitude: 0-10mm
Max User Weight: 500 lbs.

Frequency: 6-14 Hz
Speed Levels: 1-99
Preset Programs: P01-P16
Batteries Required:
Two AAA battery (not included)

RECOVERY + FITNESS
RUMBLEX MAX
4D VIBRATION PLATE

MADE IN CHINA

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below.

ISSUE	MACHINE DOES NOT TURN ON
CAUSE	Power cable is not plugged into a wall outlet
SOLUTION	Connect power cable to an outlet.
CAUSE	Power switch is not flipped to the ON position.
SOLUTION	Flip the Power switch on the front of machine to the ON position.
CAUSE	Power cable is not securely plugged into the front of the unit.
SOLUTION	Remove the power cable and reinsert forcefully until you hear a click indicating it is securely connected.
ISSUE	REMOTE CONTROL DOES NOT WORK
CAUSE	Remote is too far away from the infrared sensor on the display.
SOLUTION	Point remote directly at infrared sensor when in use (effective distance is approximately 6 feet).
CAUSE	Batteries are installed incorrectly.
SOLUTION	Check to see if the batteries are installed in the correct direction.
CAUSE	Batteries are dead.
SOLUTION	Replace dead batteries with two new AAA batteries.
ISSUE	MACHINE STOPPED WORKING SUDDENLY
CAUSE	Program (10 min run-time) or manual workout (30 min run-time max) has ended.
SOLUTION	Begin a new exercise program.
ISSUE	CANNOT TURN OFF MACHINE USING REMOTE CONTROL OR CONTROL PANEL
CAUSE	The Rumblex Max must be powered off via the Power switch.
SOLUTION	Flip the Power switch on the front of the unit to the OFF position.



LIFETIME WARRANTY

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



**YOU'VE
GOT
THIS**