lifepro®

AllevaRed Pro™

Light Therapy Belt

User Manual

Enjoy the Healing Power of Red Light Therapy

Professional-grade red and near-infrared light therapy.



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 devices 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 Wellness 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 includes ongoing member support from our Lifepro team and a lifetime warranty so you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS, YOUR WAY.

What's in the Box?



Lifepro AllevaRed Pro Light Therapy Belt



Storage Bag



Extension Belt

Remote Control



USB Power Cable



Power Adapter



CUSTOMER SUPPORT

If you have any questions about setting up the AllevaRed Pro, we're here to help. Email us at *support@lifeprofitness.com* and an experienced customer support representative will be happy to assist you.

Intended Uses

This product is intended to be used:

- 3-5 times per week for optimal results.
- Over clean skin or clothing.
- To promote healing.

Quick Start Guide

Scan Here →

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your AllevaRed Pro.

1 | PREP

1. Read through all safety instructions before beginning your first session.
2. Do a skin sensitivity test to ensure you won't experience any adverse reactions to red light therapy. See TESTING FOR SKIN SENSITIVITY on page 13.

2 | SET UP

1. Remove clothing and any jewelry or accessories from the treatment area.
2. Remove any protective packing material from the AllevaRed Pro Red Light Therapy Belt and its Controller.
3. Place the belt around your waist, or other area to be treated, with the adjustment strap in the front.
4. Use the Velcro® adjustment strap to secure the belt. It should be snug, but not too tight. Attach the extension belt if you need more length.

3 | POWER

1. Plug the Output on the Remote Control into the Power Port on the belt.
2. Plug the Connector on the Power Adapter or USB Power Ccable into the Input on the Remote Control cable.
3. The remote will light up and show the default program: 10-minute session, RED&NIR mode, 100% brightness, pulsed light off, and vibration off.

4 | START

1. Press the **Power button** to begin a session using the default settings.
2. Adjust the time, mode, brightness level, pulse frequency, and vibration as desired.
3. For more detailed information, review the OPERATING INSTRUCTIONS on page 10-13.



Scan Here → *Activate Your Warranty*

Scan the QR code to activate the lifetime warranty for your AllevaRed Pro within 14 days of purchase.

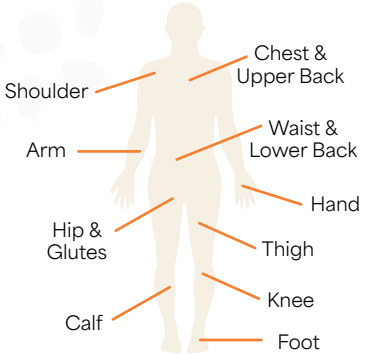
QUESTIONS?

We're here to help! Email us at *support@lifeprofitness.com*

Tips for Using the AllevaRed Pro

- For red light therapy to work most effectively, it is best to place the LED lights directly against your skin. However, you may use over clean, light cotton clothing, if desired.
- Place the AllevaRed Pro in position on your lower back, waist, or other area to be treated, before powering on the device.
- Turn off the AllevaRed Pro before removing it from the treatment area.
- We recommend first-time users start with 2-3-minute sessions per treatment area. Gradually working your way up to longer treatment sessions over a period of several weeks will allow your body to properly acclimate to phototherapy.
- Use the AllevaRed Pro 3-5 times a week for optimal results. Do not use for more than 30 minutes continuously, and wait at least 2-3 hours between sessions.
- Use only over clean skin or clothing to keep the device clean.
- Attach the extension belt to the AllevaRed Pro if you need more length, such as when treating your shoulder, chest, or upper back.
- Disconnect the remote control cable and power adapter or USB cable from the belt before storage or travel.

Treatment Areas



Frequently Asked Questions

Q: WHY DO SOME LEDS NOT APPEAR TO BE WORKING?

A: 850 nm near-infrared (NIR) light is invisible to the human eye.

Q: WHERE CAN I USE THE ALLEVARED PRO?

A: While the AllevaRed Pro is designed primarily for use on the waist and lower back, it can be used on the shoulders, chest, upper back, hips, arms, legs, feet, and hands. ⚠ **CAUTION:** Never use the AllevaRed Pro on your head or neck, or over your eyes, as the lights can damage your eyes. If you want to safely experience the benefits of phototherapy on your face, check out the VizaCure Light Therapy Mask on page 19.

Q: HOW OFTEN CAN I USE THE ALLEVARED PRO?

A: See page 13 for treatment frequency and duration recommendations.

Q: SHOULD I WEAR CLOTHING IN THE TREATMENT AREA?

A: For red light therapy to work most effectively, it is best to place the LED lights directly against your skin. However, you may use the AllevaRed Pro over clean, light cotton clothing, if desired.

Q: HOW DO I CLEAN THE ALLEVARED PRO?

A: Turn off, unplug, and allow the device to cool down before cleaning. Wipe the inside of the belt with a soft, dry cloth after each use.
⚠ **WARNING:** Never allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids. Do not wash in a washing machine.

Q: WHO SHOULD NOT USE THE ALLEVARED PRO?

A: Please see the list of contraindications on page 22 for a list of people who should not use this device. We recommend everyone perform a skin sensitivity test before using this device.

What are Red Light and NIR - Light Therapies?

RED LIGHT THERAPY

Red light therapy, also called phototherapy, is a therapy that uses low-wavelength red light at a frequency of 600-700 nm (nanometers) to treat the body at and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use red light to make energy and stimulate cell repair and regeneration.

NEAR INFRARED (NIR) LIGHT THERAPY

Red light wavelengths, 600-700 nm (nanometers), are absorbed by the skin at a high rate. Near-infrared (NIR) wavelengths, 760-1400 nm (nanometers), are higher on the electromagnetic spectrum and not visible to the human eye. The human body easily absorbs near-infrared waves, up to 1.5 inches into muscle, fat, and joints.

WHAT'S THE DIFFERENCE BETWEEN RED AND NIR LIGHT THERAPY

The AllevaRed Pro's RED mode uses 660 nm red light, which is a wavelength that is easily absorbable by the skin. NIR (near-infrared) mode uses 850 nm light, which penetrates deeper into tissue and organs. RED+NIR mode uses 660 nm and 850 nm wavelengths of light at the same time, and it treats the surface of the skin and below the skin simultaneously.



What Are the Benefits?

The benefits of red light therapy and near-infrared (NIR) therapy are very similar, though red light therapy treats cells at the surface of the skin, and near-infrared therapy treats cells up to 1.5 inches below the surface of the skin (muscles, fat, joints, and organs).

What Is Pulsed-Light Therapy?

Pulsed-light therapy is phototherapy that uses rapid pulses of light to produce improved results. The device LEDs rapidly turn on and off at a particular frequency. The frequency is a measure of the pause between “on” time and the next. For example, when a pulse frequency of 10 Hz is selected, the light pulses on and off 10 times per second.

Emerging research shows that the short pause between light pulses encourages cells to regenerate more efficiently, which means that pulsed light has a greater effect on cell regeneration and recovery.



Operating Instructions

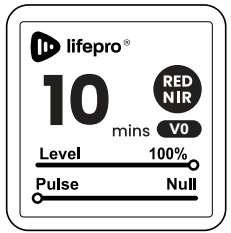
Scan Here →

Scan now to learn more about your AllevaRed Pro.

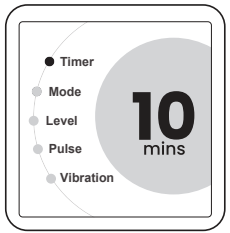
Please read the operating instructions before using the AllevaRed Pro Light Therapy Belt. Keep this manual for reference.

USING THE REMOTE CONTROL

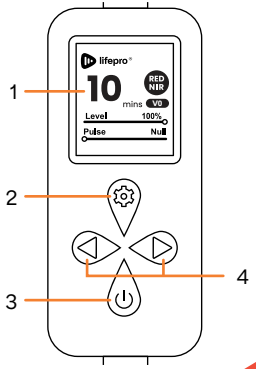
1. Display Window: Shows the selected session time, mode, brightness level, and pulse frequency.
2. Settings Button: Press to enter the settings menu and toggle through the options: timer, mode, brightness level, pulse frequency, and vibration. An orange dot indicates the selection. Use the ◀ and ▶ buttons to adjust the selected option.
3. Power Button: Press to begin the session (either using the default settings or after adjusting the settings). Press a second time to pause the session and a third time to resume it.



Home Screen



Settings Menu



4. Increase and Decrease ◀ and ▶ Buttons: Press to adjust the selected setting. For timer, set the number of minutes, from 1–30 minutes, in increments of 1 minute. For mode, toggle through the 3 modes, RED&NIR (650 nm + 850 nm), RED (650 nm), and NIR (850 nm). For brightness, set the level from 1–100% in increments of 1%; press and hold for 3 seconds for increments of 5%. For pulse, set the frequency from 1–1000 Hz in increments of 1 Hz; press and hold for 3 seconds for increments of 10 Hz; press and hold for 5 seconds for increments of 100 Hz. "Null" indicates a pulse frequency of 0 Hz (pulsed-light mode off). For vibration, toggle through the 5 vibration settings, V0 (vibration off), V1, V2, V3, V4, and V5.

NOTE: On start-up, the home screen shows the default program: 10-minute session, RED&NIR mode, 100% brightness, pulsed light off (pulse frequency set to "Null"), and vibration off.



QUESTIONS?

We're here to help! Email us at *support@lifeprofitness.com*

USING THE ALLEVARED 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. Ensure the LED side of the belt faces in, toward you.
2. Use the velcro® adjustment strap to secure the belt. It should be snug, but not too tight. Use the extension belt if you need more length, for example, when treating your shoulder, chest, or upper back.
3. Connect the AllevaRed Pro to power. The home screen will turn on, and the settings from your last treatment will be displayed. If this is your first use, you will see the default treatment program settings. The default treatment program settings are: RED&NIR mode, for 10 minutes, at 100% brightness, with pulsed-light therapy off.
4. Press the **Settings button** to toggle through the settings: timer, mode, brightness level, and pulse frequency, if desired. An orange dot indicates the selection. Then, use the ◀ and ▶ **buttons** to adjust your desired setting(s):
   a. **Timer:** Press the ◀ or ▶ **button** to adjust the session time from 1-30 minutes in one-minute increments. 10 minutes is selected by default.
   b. **Mode:** Press the ◀ or ▶ **button** to toggle between the 3 modes, RED&NIR, RED, and NIR. RED&NIR mode is selected by default.
   c. **Level:** Press the ◀ or ▶ **button** to adjust the brightness intensity level from 1-100% in increments of 1%; press and hold for 3 seconds for increments of 5%. 100% is selected by default.
   d. **Pulse:** Press the ◀ or ▶ **button** to adjust the pulse frequency from 1-1000 Hz in increments of 1 Hz; press and hold for 3 seconds for increments of 10 Hz; press and hold for 5 seconds for increments of 100 Hz. "Null" (pulsed-light therapy off) is selected by default.
   e. **Vibration:** Press the ◀ or ▶ **button** to toggle through the 5 vibration settings, V0 (off), V1, V2, V3, V4, and V5. V0 (vibration off) is selected by default.
5. Press the **Power button** to begin the treatment session; the timer will begin counting down. The settings can be adjusted at any time during the session.
6. Press the **Power button** to pause the session at any time. Press it again to resume the paused session.
7. The AllevaRed Pro will automatically shut off after the set session time ends. Use the **Power button** to end the session at any time.
8. Always power off and unplug the device after each use and before removing the AllevaRed Pro belt.
9. Allow the belt to cool before cleaning or storing.

DETERMINING TREATMENT FREQUENCY AND DURATION

ISSUE/SEVERITY	ACUTE	CHRONIC	MAINTENANCE
Frequency (How Often)*	1-2 times daily	1-3 times daily	2-4 times weekly
Duration (How Long)*	20-30 minutes	10-20 minutes	5-15 minutes

*Per treated area.

NOTE: Do not use continuously for more than 30 minutes, and wait at least 2-3 hours between sessions in each treated area.

Testing for Skin Sensitivity

Scan Here ⟶

Get extra guidance, helpful information, and resources designed to support your experience.

To ensure you won't experience any adverse reactions to light therapy, perform a sensitivity test:

1. Hold the belt to your inner arm, with the LEDs against your skin.
2. Press the **Settings button** once and the **Decrease button** five times, until "5 " is shown in the display window. Press the **Power button** to begin the session. The AllevaRed Pro will turn off automatically when the 5-minute session ends.
3. If your skin feels uncomfortable or too hot at any point during the test treatment, stop using the AllevaRed Pro immediately.
4. Some temporary redness and warmth are normal. If you have lasting or excessive redness, or the heat is uncomfortable, you may be sensitive to light therapy and you should not continue to use the AllevaRed Pro.
5. Wait at least 6 hours after the sensitivity test. If your skin becomes red and/or itchy during this time, you may be sensitive to light therapy and you should not continue to use the AllevaRed Pro.

NOTE: Please see a list of contraindications (people who should not use this device) on page 22.

Cleaning and Storage

WARNING:

Never allow water, other liquids, or steam to come into contact with the remote control or power cables. Do not immerse the product, remote control, or cables in water or other liquids.

- Use a clean, dry cloth to wipe away dirt or moisture after each use.
- Do not wash the product in a washing machine. Do not dry clean or bleach. Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners on this product.
- Store in a cool, dry, indoor location. Do not store in direct sunlight, in a high-temperature or high-moisture environment, or near heat sources.

NOTICE

- Do not sit or stand on the device. Excessive force or weight applied to the device can damage it.
- Unplug the device immediately in the event of a power failure.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of product and accessories per to state and federal regulations.
- Do not use the device continuously for more than 30 minutes.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your AllevaRed Pro Light Therapy Belt using the table on the next page. Please contact a customer support representative for additional assistance at *support@lifeprofitness.com* or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Device is not working.	Device is not connected to power.	Connect the remote control cable to the belt. Connect the power adapter or USB power cable to the remote control cable, and then plug the cable into a power source.
	Device is not turned on.	Adjust the settings if desired, then press the Power button to begin the treatment program.
Device stopped working suddenly.	Device shuts off automatically after the session time ends.	Turn the device on to begin a new session.
Brightness intensity is too strong/weak.	The brightness intensity selected is not optimal.	Press the Settings button to select Level, and use the Increase and Decrease buttons to choose a different brightness level from 1-100%.
Vibration intensity is too strong/weak.	The vibration intensity selected is not optimal.	Press the Settings button to select Vibration, and use the Increase and Decrease buttons to choose a different vibration level from V1-V5. Select V0 turn vibration off.
Pulsed-light frequency or intensity is too high/low.	The pulse frequency selected is not optimal.	Press the Settings button to select Pulse, and use the Increase and Decrease buttons to choose a different pulse frequency from 1-1000 Hz. Select "Null" to turn pulsed-light off.
Pulsed-light mode is not working.	The pulse frequency is set to "Null" (off).	Press the Settings button to select Pulse, and use the Increase button to set the pulse frequency from 1-1000 Hz.
Some LEDs do not appear to be working.	850 nm near-infrared (NIR) light is not visible to the human eye.	If the mode is set to "ALL" or "850" some or all of the LEDs may not appear to be on. However, as long as the timer is counting down, the LEDs are working.

Product Specifications

UNIT SPECS

Size: 49.5 × 7.7 in | 125.7 × 19.5 cm	Net Weight: 0.9 lbs | 0.41 kg
Belt Circumference: 8-43 in | 20-109 cm	Power: 21 +/- 10% W
Total LEDs: 105 Triple-LED Chip Sets	LED Wavelengths: 660 nm Red: 105 850 nm Near-infrared (NIR): 210
Irradiance: >9 W/ft² | >96.88 W/m²	LED Life Expectancy: 50,000 hrs
Timer: 1-30 minutes	Modes: 3 Vibration Levels: 5
Operating Temperature: 32-113 °F | 0-45 °C	External Battery: Supported

DC USB ADAPTER CABLE

Rated Input: DC 5.0 V	Rated Output: DC 12 V

AC POWER ADAPTER*

Rated Input: AC 100-240 V ~50/60 Hz	Rated Output: DC 12 V-2 A

*Can be used with a standard mobile phone 5 V-1 A or 5 V-2 A USB charging adapter. **WARNING:** Do NOT use with a 12 V USB charging adapter.

EXTERNAL BATTERY*

Rated Input: DC 5 V-4 A	Rated Output: DC 5 V

*Not included; sold separately from lifeprofitness.com.

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.

Industry Canada Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d' Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'utilisateur de l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

From Our Vibration Collection:

Waver Vibration Plate

Step onto the Lifepro Waver and take your wellness routine to the next level. This easy-to-use vibration platform is designed to support your fitness goals by encouraging movement, muscle activation, and gentle stimulation–all with minimal impact.





The Waver's gentle, rhythmic vibrations help stimulate your body through repeated muscle engagement, making it a great tool for complementing your existing workout routine or recovery regimen.

Highlights:

- ENHANCES STABILITY
- FULL-BODY ACTIVATION
- LOW-IMPACT EXERCISE
- CUSTOM INTENSITY

Built for Flexibility

Includes mini bands and handled resistance bands for a variety of workout options–from light stretching to upper-body resistance moves.

From Our Wellness Collection:

VizaCure Light Therapy Mask



Get radiant skin without leaving home. The VizaCure Light Therapy Mask delivers professional-grade skincare using safe, non-invasive LED technology–no chemicals, no downtime. With 3 targeted light modes, this hands-free mask supports your skin's natural rejuvenation process and promotes a more balanced, refreshed appearance.



Key Features

3-in-1 LED Technology - Red (refreshes), Blue (evens skin tone), and Amber (supports sensitive skin).

Hands-Free Design - Comfortable, wearable mask with no need to hold or adjust.

What it does best:

- SUPPORTS SKIN VITALITY
- ENHANCES SKIN GLOW
- REFRESHES SKIN APPEARANCE

From Our Wellness Collection:

RejuvaWrap Infrared Sauna Blanket



Skip the spa–and still get the glow! With the Lifepro RejuvaWrap, you can experience all the benefits of infrared therapy from the comfort of your home. No memberships, no travel, no hassle.

This sweat-resistant, non-toxic sauna blanket uses carbon fiber heating wires to deliver powerful far-infrared waves that promote deep warmth and total-body relaxation.

What it does best:

SUPPORTS DETOX PROCESS

PROMOTES CIRCULATION

SUPPORTS SKIN HEALTH

WELLNESS ROUTINE BOOST

Fully Customizable Wellness:

Choose from 9 heat levels and set your session time anywhere from 5 to 60 minutes. Use it 3-4 times a week for 30 minutes to feel the difference and enjoy a more consistent wellness routine.

From Our Wellness Collection:

BioRecover Light Therapy Knee Brace

Targeted self-care, made simple.



Recover with ease using the Lifepro BioRecover Light Therapy Knee Brace is a compact, all-in-one wrap designed to bring comfort and flexibility to your wellness routine. With 60 dual-wavelength LEDs (660nm red + 850nm near-infrared) and a wraparound design, it delivers targeted light to both surface and deeper layers–helping to soothe overworked areas and support your daily recharge. Use it on knees, elbows, arms, feet–even your pets–with adjustable Velcro® straps and a flexible fit that moves with you.

Personalized Post-Activity Recovery

Customize each session with 5 light intensities, 5 vibration levels, and 3 light modes, including an optional pulsed-light setting.

Highlights:

SUPPORTS DAILY COMFORT

AIDS ACTIVITY RECOVERY

ENHANCES RELAXATION

GENTLE SENSORY STIMULATION

Safety Instructions

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. *Keep this manual in a safe place for future reference.*

NOT INTENDED FOR

- This product is not intended to be used:
  - If you had a negative reaction to the skin sensitivity test.
  - On open or bleeding wounds, or infected, bruised, swollen, inflamed, or sunburned skin.
  - If you take or use any topical or oral medication or products that may cause photosensitivity.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use this product if you:
  - Have open or bleeding wounds. Do not use over infected, bruised, swollen, inflamed, or sunburned skin.
  - Have cancer, or suspect you may have cancerous lesions in the treatment area. Do not use over malignant or benign tumors.
- Consult with your physician before using this product if you:
  - Are under the care of a physician for a pre-existing health condition.
  - Have ever had (or anyone in your household has ever had) symptoms related to epilepsy, such as seizures or loss of consciousness, when exposed to flashing lights.
  - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
  - Take steroid medication, use a topical steroid, or receive steroid injections.
  - Have poor blood circulation, peripheral neuropathy dysfunction, or if you have sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature.
  - Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
  - Take a topical or oral medication that may cause photosensitivity, including some antibiotics, antifungals, antidepressants, antipsychotics, oral contraceptives, psoralens, cardiac, diabetic, blood pressure, and cholesterol medications, chemotherapy drugs, pain medications, nonsteroidal anti-inflammatory drugs (NSAIDs), diuretics, cold and allergy medications, and retinoids (such as Retin-A and Retinol).
  - Use a product that may cause photosensitivity, such as alpha-hydroxy acids (like glycolic acid), beta-hydroxy acids (like salicylic acid), Retin-A and Retinol, melatonin, citrus essential oils, St. John's Wart, acne products, antibacterial soap, and coal tar and petroleum products.
  - Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.
  - Have a skin disorder, including inflammatory skin disorders, or sensitive skin.
  - Are or may be sensitive to red light or near-infrared light.

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 or medical condition. 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 information in this document is not a substitute for expert medical care or advice.
- 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, 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

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

- Only use the provided power adapter and USB power cable at the specified voltage to power the device. Using power adapters or cables other than the ones provided may result in fire or explosion.
- Do not use the provided power adapter or USB power cable to power other devices.
- Do not modify, tamper with, or damage the power adapter or USB cable.
- Never unplug the power adapter by pulling on the cord.
- Never use a modified or damaged power adapter or USB cable to power the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Always inspect the device, remote control, and power cables for damage, wear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, heat sources, and direct sunlight at all times. Do not use or charge in high temperatures or direct sunlight. Do not use or charge under a blanket or pillow. Excessive heat can cause a battery explosion, fire, electrocution, serious injury, death, or property damage.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Keep away from liquids. Do not use outdoors, in high-moisture environments or in any place where the device may become wet. Do not immerse in water. If the device becomes wet, do not use.
- Do not touch the device, power adapter, or USB cable with wet hands.
- Do not use the device over wet skin or clothing.
- Do not use during electrical storms.
- Keep sharp objects away from the device, accessories, and power cables.
- Do not use the power adapter or USB cable with an extension cord.
- Never leave the device unattended while running or plugged in. Unplug the device after use.
- Pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. 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.
- Stop using the product immediately if you feel pain or discomfort.
- Do not operate the device while sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.
- For adult use only. Keep away from children and pets.
- 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.

⚠ CAUTION

To reduce the risk of minor or moderate injury:

- 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 wear metal accessories, such as snaps, buttons, zippers, belts, or jewelry, as the metal may heat and cause skin irritation or burns. Metal accessories can also damage the device or power cables.
- Do not use the device over the eyes, head, or neck.
- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights may result in damage to the eyes.
- Do not stop your traditional pain treatment without first discussing with your physician (some medications may have withdrawal side effects) and experiencing long-term relief.
- Keep hair away from the device to avoid getting it caught in the Velcro®.



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 the product 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.

AllevaRed Pro™

Light Therapy Belt

EXPERIENCE THE POWER OF

RED + NEAR-INFRARED LIGHT THERAPY

SUPPORTS DAILY COMFORT

AIDS ACTIVITY RECOVERY

ENHANCES RELAXATION

VERSATILE DESIGN

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Waver Vibration Plate

Support movement, strength, and recovery from day one—whether you're warming up, cooling down, or establishing a steady fitness routine.



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The Waver adapts to your pace and goals, helping activate muscles, enhance stability, and keep you moving. Whether you're a seasoned athlete or just getting started, this powerful platform empowers you to build a balanced, active lifestyle—one invigorating vibration at a time.

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