lifepro®

Waver™

Vibration Plate

User Manual

Naturally Activate All of Your Muscles at Once

Move with power, support full-body strength, and feel your best.



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 Vibration collection was created–we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

Scan Here to Join Our Wellness Circle!

We want you to be a part of our Lifepro crew! Join our Wellness Circle and connect with people around the world who are on this journey with you.

YOUR FITNESS, YOUR WAY.

What's in the Box?



Lifepro Waver™ Vibration Plate



Power Cord



Mini Bands (4)



Remote Control



Resistance Bands (2)

CUSTOMER SUPPORT

If you have any questions about setting up the Waver, 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:

- On a level floor with at least 6 feet of clearance on all sides
- With your legs and arms slightly bent
- By people in good health

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 Waver.

1 | PREP

1. Read through all safety instructions before beginning your first session.
2. Remove the back of the remote control and insert two AAA batteries.

NOTE: Be sure to insert the batteries according to the polarity markings inside the battery compartment.

2 | POWER

1. Insert the power cord firmly into the power cord jack on the front of the machine.

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

2. Plug the power cord into a standard electrical outlet.

3 | START

1. Flip the Power switch on the front of the machine to the ON position.
2. The control panel will light up.
3. Press the **Start/Stop button** to begin the default 15-minute manual mode workout.
4. For more detailed information, review the **OPERATING INSTRUCTIONS** on pages 12-15.



Scan Here → *Activate Your Warranty*

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

QUESTIONS?

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

Exercise Quick Start Guide

GETTING STARTED

It's a good idea to start slow and easy with your Waver as it can take time to get used to how vibration plates move and feel. We recommend following the workout guide shown in the table—building from easy to more intense over several weeks.

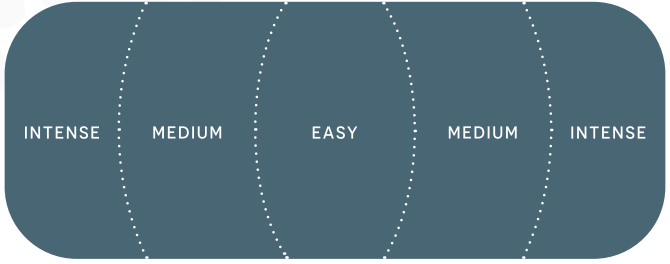
USING THE EXERCISE GUIDE

Hold the stretches and exercises on pages 8-9 for the number of seconds shown in the table. You will build strength and stamina as you increase the vibration speed and the number of seconds you hold each stretch or exercise.

WORKOUT INTENSITY	SPEED LEVEL	SECONDS TO HOLD
Easy	1	15, 30, 45
	16	15, 30, 45
	33	15, 30, 45
Medium	34	60, 75, 90
	50	60, 75, 90
	66	60, 75, 90
Intense	67	105, 120, 135
	83	105, 120, 135
	99	105, 120, 135

STANDING POSITIONS

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



Amplify Your Workouts With Resistance Bands

Scan Here →

Scan now to learn more about your Waver.

Resistance bands have become the new go-to for sculpting a stronger, leaner physique. Unlike the inconvenience of a full gym, resistance bands are well-known for their ability to train all aspects of fitness and performance at any intensity. They add resistance to cardio workouts and power to strength training sessions, allowing you to train both simultaneously. The number of creative workout possibilities is endless.

INCLUDED WITH YOUR WAVER

- **Lifepro Mini Bands:** Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly.
- **Lifepro Handled Resistance Bands:** Attach them directly to the Waver to increase the intensity of your workouts.

ATTACHING THE HANDLED RESISTANCE BANDS

1. Locate the metal rings near the front of the Waver on each side.
2. Insert the end of a resistance band through one of the metal rings.
3. Thread the handle through the loop and pull tight.
4. Repeat to attach the second resistance band.



Waver Exercise Guide


STRAIGHT ARM PLANK


NECK STRETCH


GLUTE BRIDGE


DIP


HAMSTRING STRETCH


GLUTE STRETCH


SPLIT SQUAT


SIDE LUNGE


QUAD STRETCH


SQUAT


REVERSE FLY


ALTERNATE SHOULDER PRESS

Tips for Using the Waver

SAFETY TIPS

- Do not get on or off the Waver while it is in motion. Never jump on or jump off the machine.
- Always use the remote control to adjust workout settings. Using the control panel while the machine is in motion could result in an accident or injury.
- Never perform other activities while using the machine as this could result in accidents or injuries.
- Never attempt to turn around, and do not quickly lean back or change position while the Waver is in motion.
- Always stand with your back straight, your knees slightly bent, and your heels slightly lifted. If you feel vibrations in your eyes, vocal cords, or other parts of your head, you are standing incorrectly and should shift your position immediately.
- Always slightly bend your legs and arms. Do not use the machine with straight legs or arms, as the vibrations are directed to your bones and brain, which can be dangerous for your health.
- Never place your head, face, eyes, throat, chest, spinal cord, or reproductive organs directly on the vibration plate.
- Do not stand only on one side of the Waver; always evenly distribute your weight.
- Stop exercising immediately and contact your physician if you feel tired, dizzy, or nauseous, or if you experience pain, difficulty breathing, or an abnormal heart rate.
- Do not use for more than 20 minutes per day. Prolonged or over-intense exercise can be damaging to your health.
- Make sure your body is used to the vibrations before you sit on the machine.



- Do not use after drinking alcohol or taking medication that could affect your balance or make you sleepy.
- Do not use the machine while only wearing socks or slippers, as this could cause you to slip.

SETUP TIPS

- Place the Waver on a level, non-slip floor, in an area with at least 6 feet of clearance on all sides of the machine.
- Plug the power cord into an easily accessible wall outlet so you can remove the power cord immediately if there is a problem.
- You may put an exercise mat under the machine to reduce noise and protect carpet or flooring.

EXERCISE TIPS

- Beginners should stand on the machine with their feet close together. Gradually increase the difficulty by standing with your legs farther apart.
- Start slow and easy, with 5- to 10-minute workouts. Gradually work up to longer, more challenging workouts over several weeks.
- Always wear appropriate athletic clothing and shoes. Clothing should be comfortable and allow you to move freely.
- Do not wear loose or baggy clothing, jewelry, belts, or other accessories that could get caught and cause an accident or injury.
- Remove sharp objects and valuables, such as cell phones from your hands and pockets before using the machine.
- Warm up before your workout and cool down afterward.
- Take sufficient breaks between exercises, and take plenty of time off between workout sessions.
- Breathe evenly. Exhale during exertion; inhale after exertion.
- Perform all exercises with smooth, even movements.
- Place a towel or exercise mat on the machine if you will be sitting or performing exercises with your hands or arms on the machine.
- Drink plenty of water before and after exercise.
- Do not use on a full stomach; wait at least 90 minutes after eating to begin exercise.

Operating Instructions

Scan Here →

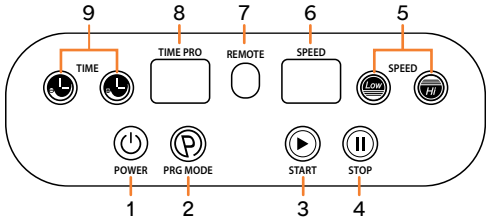
Scan for more exciting content from Lifepro Fitness.

Please read the operating instructions before using the Waver Vibration Plate. Keep this manual for reference.

USING THE CONTROL PANEL

1. **Power Button:** Press to turn the control panel on and off.
2. **Prg Mode Button:** Press to select a preset workout program (P0-P9) or manual mode (88) to create a custom workout. See **CHOOSING A WORKOUT PROGRAM** on pages 13-15 for more details.
3. **Start Button:** Press to start a selected preset program or manual mode workout.
4. **Stop Button:** Press to stop the current workout.
5. **Speed Low and High Buttons:** Press to adjust the vibration speed after a manual workout has begun, from level 1-99.
6. **Speed Display:** Shows vibration speed for the current program or manual mode workout.
7. **Remote:** Infrared receiver for the remote control.
8. **Time/Pro Display:** During set up, this will show the mode and programs. Once your workout has started, it will show the workout time remaining.
9. **Time Decrease and Increase Buttons:** Press to set the workout time when manual mode is selected, from 1-15 minutes in 1 minute increments.

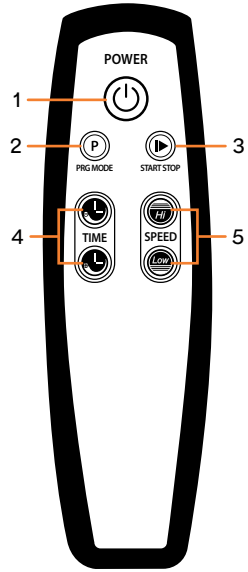
NOTE: The time and speed cannot be adjusted for preset programs.



USING THE REMOTE CONTROL

1. **Power Button:** Press to turn the control panel on and off.
2. **Prg Mode Button:** Press to select a preset workout program (P0-P9) or manual mode (88) to create a custom workout. See **CHOOSING A WORKOUT PROGRAM** on pages 13-15 for more details.
3. **Start/Stop Button:** Press to begin the selected preset program or manual mode workout. Press again to stop the in progress workout.
4. **Time Increase and Decrease Buttons:** Press to set the workout time when manual mode is selected, from 1-15 minutes in 1 minute increments. The default time is 15 minutes.
5. **Speed High and Low Buttons:** Press to adjust the vibration speed after a manual workout has begun, from level 1-99.

NOTE: The time and speed cannot be adjusted for preset programs.



CHOOSING A WORKOUT PROGRAM

You may choose from 10 preset workout programs or create a custom workout in 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.

Starting a Preset Workout Program

In preset program mode, you can select from 10 preset programs, P0-P9. Each preset program is 15 minutes long and varies the vibration speed throughout to help keep you on your toes. See chart on page 15 for a minute by minute break down of the preset programs.

Use the remote control to start a preset program workout:

1. Press the **Power button** to turn on the control panel. The Time Pro display alternates between showing "15," the default workout time, and "88," manual mode, which is the default program/mode.
2. Press the **Program Mode button** to toggle through the preset programs in order: P0, P1, P2, P3, P4, P5, P6, P7, P8, P9. The selected program/mode shows in the Time Pro display. See the chart below for information about the preset programs.
3. Press the **Start/Stop button** to begin the selected program. The Time Pro display will count down the workout time and the Speed display will show the programed speed level.
4. The workout will stop automatically when the 15-minute preset program ends. You may press the **Start/Stop button** on the remote at any time to stop the workout.
5. Press the **Power button** to turn off the control panel, flip the power switch to the OFF position, and unplug the Waver after each use.

NOTE: The time and speed cannot be adjusted for preset programs.

PRESET PROGRAM BENEFITS

LOW INTENSITY (P0–P2)	MEDIUM INTENSITY (P3–P6)	HIGH INTENSITY (P7–P9)
Great for beginners. • Detoxification • Improved balance • Improved posture	• Joint maintenance • Improved posture • Improved balance	Great for increased intensity. • Muscle growth • Power accumulation • HGH release

QUESTIONS?

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

PROGRAM SPEEDS

SPEED	PROGRAM	MINUTES 15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
LOW	0	4	8	10	12	17	20	24	20	17	6	12	17	20	24	20
	1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	12
	2	8	14	8	14	8	20	8	14	8	14	14	8	20	8	14
MED	3	12	23	29	38	49	6	68	76	48	29	38	49	56	68	76
	4	9	13	16	21	24	35	67	50	38	30	21	24	35	67	50
	5	23	55	23	55	23	55	23	55	23	55	55	23	35	23	55
HIGH	6	11	11	25	25	38	38	48	48	25	25	25	38	38	48	48
	7	30	30	50	50	70	70	40	40	60	60	50	70	70	40	40
	8	55	40	55	40	50	77	80	65	65	99	40	50	77	80	65
	9	40	85	75	65	25	96	78	60	65	80	65	25	96	78	60

Creating a Custom Workout

In manual mode, you can create a custom workout of 1 to 15 minutes. The vibration speed by default is level 1 but may be adjusted at any time once the workout has begun from level 1 to 99. The vibration speeds correspond to the following workout intensity levels:

Easy: Levels 1-33 **Medium:** Levels 34-66 **Intense:** Levels 67-99

Use the remote control to create a custom workout in manual mode:

1. Press the **Power button** to turn on the control panel. The Time Pro display alternates between showing "15," the default workout time, and "88," manual mode, which is the default program/mode.
2. Press the **Time Increase and Decrease buttons** to adjust the workout time from 1-15 minutes, in 1 minute increments. The default time is 15 minutes. The selected time is shown on the Time Pro display.

3. Press the **Start/Stop button** to begin the manual workout at vibration speed level 1.
4. Press the **Speed Increase and Decrease buttons** to adjust the vibration speed from level 1-99 at any time during the workout. The selected speed will show in the Speed display.
5. The workout will stop automatically when the set time ends. You may press the **Start/Stop button** on the remote at any time to stop the workout.
6. Press the **Power button** to turn off the control panel, flip the power switch to the OFF position, and unplug the Waver after each use.

Cleaning and Storage

WARNING:

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

- Use a slightly damp cloth to wipe away dirt or moisture.
  ⚠ **WARNING:** Do not allow water or other liquids to come into contact with the machine. Do not immerse it in water or other liquids.
- Do not use harsh detergents or abrasive, solvent, or chemical cleaners.
- Store in a cool, dry, indoor location. Store in a well-ventilated area, free of dust, and out of direct sunlight.
- When storing for a long time, remove the batteries from the remote control, and cover the machine to keep out dust.

NOTICE

- This product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting. This product is intended for indoor use only.
- To avoid damage to flooring or carpet, place a non-slip rug or exercise mat under the machine.
- Dispose of the product and all parts according to local and federal regulations.
- Unplug the machine immediately in the event of a power failure.
- Keep sharp objects away from the product to avoid damaging it.
- Do not attempt to disassemble or repair; this machine contains no user-serviceable parts.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your Waver 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 device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Machine is not working.	Machine is not connected to power.	Connect the power cable to an electrical outlet.
	Power cable is not securely plugged into the power cord jack.	Remove the power cable and reinsert it forcefully until you hear a click indicating it is securely connected.
	Machine is not turned on.	Flip the Power switch on the front of the machine to the ON position. Then press the Power button on the remote control.
Remote control is not working.	Remote is too far away from the infrared receiver on the control panel.	Point the remote directly at the infrared receiver from no more than 6 feet away.
	Batteries are dead.	Replace dead batteries with new AAA batteries.
	Batteries are installed incorrectly.	Check to see if the batteries are installed in the correct direction.
Machine stopped working suddenly.	The selected program or manual mode workout has ended.	Begin a new workout session.
Cannot turn off machine using the remote or control panel.	The machine must be powered off via the Power switch.	Flip the Power switch on the front of the machine to the OFF position.

Product Specifications

UNIT SPECS

Size: 27.6 x 15.7 x 5.5 in | 70 × 39.9 × 14 cm	**Motor Movement:** Horizontal/Oscillation
Max. User Weight: 330 lbs. | 150 kg	**Power:** 200 W
Voltage: 110-120 V	**Frequency:** 4-12 Hz
Preset Programs: P0-P9	**Auto Shutdown:** 1-15 min
Speed Levels: 1-99	**Batteries Required:** AAA ×2
Net Weight: 27.8 lbs | 12.6 kg	**Amplitude:** 0-8 mm

MADE IN CHINA

From Our Wellness Collection:

AllevaRed Light Therapy Belt



Experience the power of red and near-infrared light from the comfort of home. The AllevaRed Belt combines 660nm red and 850nm NIR wavelengths to deliver targeted light to both surface and deeper layers–***supporting relaxation, revitalization, and overall well-being.*** A simple way to elevate your self-care routine.



What it does best:

SUPPORTS DAILY COMFORT

AIDS ACTIVITY RECOVERY

ENHANCES RELAXATION

Smart & Customizable

Choose from 100 light intensity levels and 3 light modes, plus an optional pulsed-light setting for a tailored session.

Versatile Design

Use on your back, arms, legs–even your pet for gentle self-care, anywhere.

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 for reference.***

INTENDED USE

- **This product is not intended to be used:**
  - For more than 20 minutes per day.
  - After consuming alcohol or other substances that could affect your balance or make you sleepy.
  - While wearing ONLY socks or slippers.

CONTRAINDICATIONS

- **Consult with a medical professional before beginning a new exercise program to determine your appropriate fitness intensity and duration. Your physician can help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product; some exercise programs or fitness products may not be appropriate for all people.**
- **This product is intended for use by people in good health.**
- **Do not use this product if you:**
  - Are injured, ill, or if you have an open wound, a fever, or acute inflammation.
  - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
  - Have recently fractured a bone, injured a joint, or had surgery.
  - Have severe osteoporosis, acute arthropathy or arthrosis, a spinal injury, fracture, herniated or slipped disc, or other disc disorders, abnormal vertebra, spinal canal stenosis, Spondylosis, gliding Spondylolisthesis, ankylosing or cervical spondylitis, or spinal implants.
  - Have a defibrillator implant, a pacemaker, cochlear implant, ECG, intrathecal pump, or other electronic medical implant that could be impacted by electromagnetic waves.
  - Have deep-vein thrombosis, deep thrombophlebitis, thrombophilia, erysipelas, pulmonary edema, or other blood clot disorder.
  - Have vertigo or positional dizziness, balance impairments, or if you are taking drugs that affect balance.
  - Have congestive heart failure, severe hypertension, arrhythmia, cardiac dysrhythmias, severe cardiac disease, heart failure, or acute myocardial infarction.
  - Have acute migraines, retinal detachment, of if you have recently had LASIK or PRK eye surgery.
- **Consult with 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 recently had a concussion or if you have epilepsy or seizures.
  - Have diabetes (type 1 or 2), poor blood circulation, peripheral neuropathy dysfunction, insensitivity to heat, or sensory deficiencies, including impaired ability to sense external temperature, or elevated body temperature.
  - Have a gallstone or a kidney or bladder stone.
  - Have heart or vascular disease, a blood circulation disorder, chronic hypertension, abnormal blood pressure, if you are receiving treatment to normalize your blood pressure, if you recently had a heart attack, if you have had bypass surgery, or if you suffer from obesity or mobility issues.
  - Have a non-electrical medical implant, such as a chest stent, joint replacement, intrauterine device, valve, plate, pin, or rod.
  - Have chronic back pain, sciatica, or other condition or disorder affecting the back or spinal column.
  - Have rheumatoid arthritis, Parkinson's disease, or another movement disorder.
  - Have a tumor or cancer, or if you suspect you may have cancerous lesions.
  - Take painkillers or medicine to regulate your blood sugar.



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: BATTERY INGESTION HAZARD

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

⚠ WARNING

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

- Only use the provided power cable at the specified voltage. Using a power cable other than the one provided, or using a power outlet that does not meet the listed specifications, may result in fire or explosion.
- Only plug the machine into a properly grounded wall outlet, installed by a certified electrician. Do not use with an extension cord.
- Keep away from flammable or explosive items, chemicals, fire, and heat sources. Do not operate in high temperatures or direct sunlight. Never use the product under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Do not block ventilation ports to avoid overheating. Keep ventilation ports free from dust and debris.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use outdoors, in high-moisture environments (such as a bathroom, a damp basement, or near a swimming pool or hot tub), or in any place where the product may become wet to avoid electric shock. Do not immerse the product in water or other liquids.
- Do not use this product with any other electronic devices or accessories, such as adapters or transformers, adapters, or speed control devices, to avoid, electric shock or injury, or product malfunction.
- Never bend, tie, pull, or twist the power cable. Unplug the power cable by holding and pulling the plug itself, not the cord. Do not wrap the power cord around the machine. Keep the power cord away from sharp objects.
- Never operate the machine or plug in or unplug the power cord with wet hands.
- Do not disassemble, modify, tamper with, damage, or drop the product, power cables, or remote control. This product has no user-serviceable parts.
- Only replace the remote control batteries with new AAA batteries. Never mix old and new batteries. Do not mix alkaline, standard, or rechargeable batteries.
- Ensure remote control batteries are inserted according to the polarity marking in the battery compartment. Incorrect installation may cause battery leakage and corrosion. Avoid contact with all battery residues, clean remote with a cotton swab, wash hands thoroughly, and dispose of old batteries properly.
- Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when the machine is not in use.
- Before each use, inspect the product, power cable (the cable, connector, and wall plug), and remote control for damage, wear, or fraying. Discontinue use and contact customer support if the product appears to be malfunctioning or damaged, or if the electrical components have been exposed to water.
- Do not use during electrical storms.

⚠ WARNING

To reduce the risk of serious injury or death:

- Excessive exercise or overexertion can be damaging to your health. Always exercise within intensity and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel tired, faint, dizzy, or nauseous, or if you experience pain, irregular heartbeat, or shortness of breath.
- Never place your head or upper body directly on the machine.
- Do not use the machine with straight legs or arms, as the vibrations are directed to your bones and brain, which can be dangerous for your health. Always slightly bend your legs and arms.

- This product is for adult use only. Do not allow children to play with or on the machine; this product is not a toy.
- Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.

CAUTION

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

- Do not use this product for more than 20 minutes per day.
- Always use the remote control to adjust the workout once exercise has begun. Using the control panel while the machine is moving may result in an accident or injury.
- Never attempt to turn around on the machine while it is in motion. Do not quickly lean back or change position while the machine is in motion.
- Do not get on or off the machine until it is fully stopped. Do not jump on or jump off the machine.
- Never use the product while under the influence of drugs or alcohol.
- Use the product only on a flat, sturdy, non-slip floor.
- Place in a location away from traffic where it will not create a tripping hazard.
- Ensure adequate clear space around the product during use (at least 7 feet on all sides). Remove any obstacles in the area, in case of falls or accidents.
- Do not exceed the maximum weight-load capacity of 330 lbs.
- Never allow more than one person on the product at a time.
- Always maintain control and move slowly through exercises to avoid injury.
- Do not perform other activities while using the product to avoid injury.
- Make sure your body is used to the vibrations before you sit on or begin doing exercises on the machine.
- Do not use while wearing socks or slippers as this may cause slipping.
- Do not wear baggy or loose clothing, clothing with drawstrings or ties, or jewelry, belts, or other accessories that could get snagged and result in injury falling.
- Remove items, especially sharp objects, from your pockets before using.
- Keep hair, hands, feet, and clothing away from moving parts.
- Do not use accessories not approved by the manufacturer.

FCC Statement

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

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

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

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

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.



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 Waver™ at *waver.lifeprofitness.com* to activate your warranty within 14 days of purchase.

Waver™

Vibration Plate

FEEL THE MICRO VIBRATIONS WORKING

A STRONGER YOU STARTS TODAY



ENHANCES STABILITY



FULL-BODY ACTIVATION



LOW-IMPACT EXERCISE



CUSTOM INTENSITY

lifepro®

Congratulations on your purchase!

We're excited to be part of your wellness journey.

Scan the QR code to enjoy 15% off your next Lifepro® product.

Meet Our BestSeller!

AllevaRed Light Therapy Belt

Promote whole-body wellness by applying red light therapy where you need it most.



Targeted Red Light Therapy

Targeted red light support for daily wellness and recovery. Designed for on-the-go relaxation and ease—helping you stay mobile, refreshed, and ready for what's next.

*Discount valid on purchases of $150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com