

GET STARTED

WHAT'S IN THE BOX

- Lifepro WaverMini Vibration Plate
- Power Cord
- Remote Control
- Resistance Bands (2)
- Lifepro Mini Bands (4)
- User Guide

FIRST STEPS

- Remove your WaverMini from the shipping box and remove all packaging from the unit and accessories.
- Read carefully through this user manual and all safety instructions before using the WaverMini.
- Go to **wavermini.lifeprofitness.com** and register your product within 14 days of purchase to activate your lifetime warranty.
- Complete the steps in the EASY-START SETUP GUIDE on page 9 to begin using your WaverMini.

GET ACQUAINTED



4 Mini Bands

WaverMini Vibration Plate

Remote Control

2 Resistance Bands



EASY-START SETUP GUIDE

Setup your WaverMini in just 4 easy steps:

1. INSERT BATTERIES

- Remove the back of the remote control and insert two AAA batteries into the battery compartment.

1. ATTACH THE RESISTANCE BANDS

- Locate the two short black metal bars on the underside of the unit.
- Swivel each bar so it extends out to the side of the unit.

- Loop a resistance band through the hole in each of the metal bars.



1. CONNECT TO POWER

- Insert the power cord firmly into the front of the WaverMini.

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.

- Plug the power cord into an AC outlet.

1. POWER ON THE WAVERMINI

- Flip the breaker switch on the front of the WaverMini to the ON position.
- Press the power button on the WaverMini's display.
- That's it. Your WaverMini is now ready to use. See OPERATING INSTRUCTIONS and CHOOSING A PROGRAM on the next pages for details about how to use your WaverMini.

MODES

Standby mode: The WaverMini is powered on, but no program is selected.

Program Mode: Choose from preset workout programs: P00-P09. Each program has low, medium, or high vibration speed.

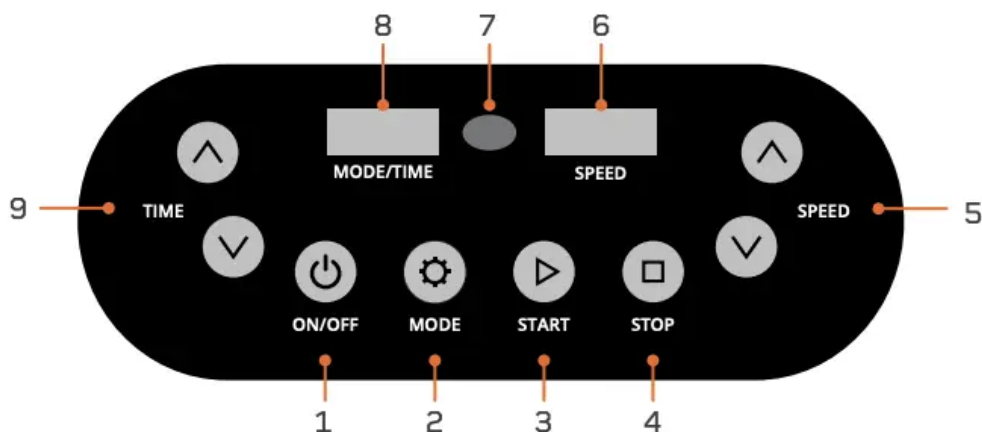
Manual mode: Set your own workout duration and vibration speed.

OPERATING INSTRUCTIONS

USING THE DISPLAY PANEL TO OPERATE THE WAVERMINI

1. **On/Off Button:** Press the button to power the WaverMini on and off.

2. **Mode Button:** Press the button to select a preset workout program (P00-P09) or to select manual mode (HA) to create a custom workout.
3. **Start Button:** Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode.
4. **Stop Button:** Press the button to stop the selected program or manual mode workout.
5. **Speed Increase/Decrease Buttons*:** Press Start to begin a custom workout in manual mode. Speed will automatically begin at level 1. Then, press the Increase/Decrease Speed buttons to adjust vibration speed.
6. **Speed Display:** The display shows vibration speed for the current program or custom workout.
7. **Remote:** Infrared receiver window for the remote.
8. **Mode/Time Display:** Alternates between showing time remaining and the current mode (preset program: P00-P09 or manual mode: HA).
9. **Time Increase/Decrease Buttons*:** Select manual mode (HA). Press the buttons to set the time duration before beginning the manual mode workout.

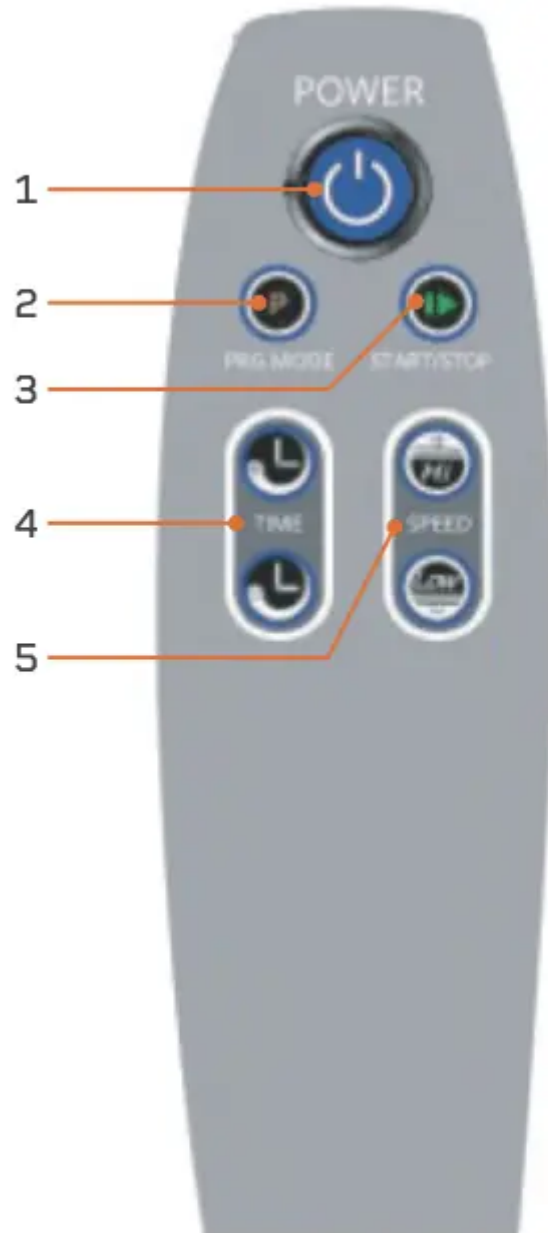


*Speed and time cannot be adjusted for preset programs.

USING THE REMOTE TO OPERATE THE WAVERMINI

1. **Power Button:** Press the button to power the WaverMini on and off.
2. **Mode Button:** Press the button to select a preset program (P00-P09) or to select manual mode (HA) to create a custom workout.
3. **Start/Stop Button:** Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode. Press again to stop the selected program or manual mode workout.
4. **Time Increase/Decrease Buttons*:** Select manual mode (HA). Press the buttons to set the time duration before beginning the manual mode workout.

5. **Speed Increase/Decrease Buttons***: Press Start to begin a custom workout in manual mode. Speed will automatically begin at level 1. Then, press the Increase/Decrease Speed buttons to adjust vibration speed.



*Speed and time cannot be adjusted for preset programs.



CHOOSING A PROGRAM

PROGRAM MODE

Low Settings (P00-P02)	Medium Settings (P03-P06)	High Settings (P07-P09)
Great for starting out.	Perfect for people with arthritis and fibromyalgia.	Great for increased intensity.
<ul style="list-style-type: none"> • Detoxification • Increased bone density • Improved balance • Lymphatic drainage • Improved postural control 	<ul style="list-style-type: none"> • Joint maintenance • Improved postural control • Fat loss • Increased bone density • Improved balance • Cellulite removal 	<ul style="list-style-type: none"> • Fat loss • Muscle growth • Highly increased bone density • Power accumulation • HGH release

CHOOSING A PROGRAM IN PROGRAM MODE:

1. Press the Power button to turn the system on.
2. Press the Program Mode button to toggle between preset program modes P00 through P09.
3. Press the Start button to activate the selected program.

PROGRAM SPEEDS

The WaverMini will change speed once a minute. Speed levels will depend on the program level you've chosen (as outlined in the chart below).

SPEED	PROGRAM	MINUTES														
		15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Low	P00	4	8	10	12	17	20	24	20	17	6	12	17	20	24	20
	P01	2	4	6	8	10	13	15	12	9	8	8	10	13	15	12
	P02	8	14	8	14	8	20	8	14	8	14	14	8	20	8	14
Med	P03	12	23	29	38	49	6	68	76	48	29	38	49	56	68	76
	P04	9	13	16	21	24	35	67	50	38	30	21	24	35	67	50
	P05	23	55	23	55	23	55	23	55	23	55	55	23	35	23	55
High	P06	11	11	25	25	38	38	48	48	25	25	25	38	38	48	48
	P07	30	30	50	50	70	70	40	40	60	60	50	70	70	40	40
	P08	55	40	55	40	50	77	80	65	65	99	40	50	77	80	65
	P09	40	85	75	65	25	96	78	60	65	80	65	25	96	78	60

MANUAL MODE

In manual mode, vibration speeds correspond to the following levels

Low Settings	Medium Settings	High Settings
(1-33)	(34-66)	(67-99)

CREATING A CUSTOM WORKOUT IN MANUAL MODE:

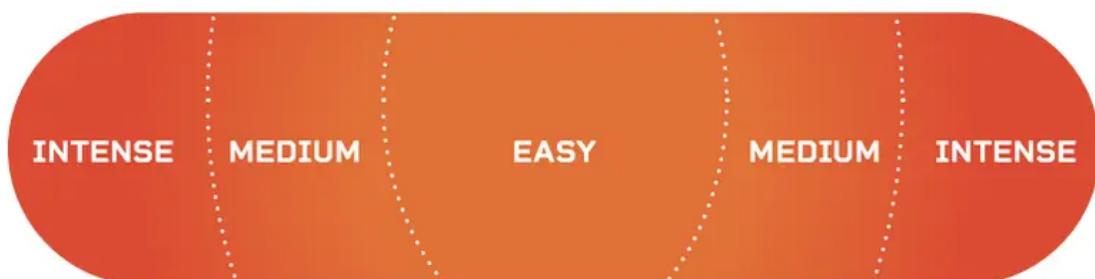
1. Press the Power button to turn the system ON.
2. Press the Mode button to select manual mode (HA).
3. Use the Time Increase/Decrease buttons to set a time duration for your manual workout.
4. While already standing on the WaverMini, press the Start button to begin the manual workout. Speed will automatically begin at level 1.
5. Press the Speed Increase/Decrease buttons to adjust the vibration speed.

TO GET THE BEST RESULTS, ALTERNATE BETWEEN PROGRAMS

Keep your body guessing. We tend to adapt, so we want to continue eliciting change in our bodies. Each level has its own set of benefits; however, we recommend you start out at the first level, P00, and work your way up.

STANDING POSITIONS

Where you stand on the WaverMini 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 Lifepro WaverMini 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

HOW TO USE THE WAVERMINI



A
STRAIGHT ARM PLANK



B
NECK STRETCH



C
GLUTE BRIDGE



D
DIP



E
HAMSTRING STRETCH



F
GLUTE STRETCH



G
SPLIT SQUAT



H
SIDE LUNGE



I
QUAD STRETCH



J
SQUAT



K
REVERSE FLY



L
ALTERNATE SHOULDER PRESS

EXERCISE QUICK START GUIDE

HOW TO BEGIN

It's a good idea to start off slow and easy with your WaverMini 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 and 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
	Speed 33	15
		30
		45
Intermediate	Speed 34	60
		75
		90
	Speed 50	60
		75
		90
	Speed 66	60
		75
		90
Advanced	Speed 67	105
		120
		135
	Speed 83	105
		120
		135
	Speed 99	105
		120
		135

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 WaverMini.

RESPONSIBILITIES

1. It is the responsibility of the owner to ensure that all users of the WaverMini are adequately informed of all warnings and precautions.
2. Use the WaverMini only as instructed in this manual.

3. Place the WaverMini on a level surface, with at least eight feet of clearance behind it. Do not place the WaverMini on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the WaverMini.
4. Keep the WaverMini indoors, away from moisture and dust. Do not put the WaverMini in a garage or covered patio, or near water.

DOS AND DON'TS

1. Do not operate the WaverMini where aerosol products are used or where oxygen is being administered.
2. Keep children under the age of 12 and pets away from the WaverMini at all times.
3. The WaverMini should not be used by persons weighing more than 260 lbs.
4. Never allow more than one person on the WaverMini at a time.
5. Keep the power cord and the surge suppressor away from all heat sources.
6. Never leave the WaverMini unattended while it is running. Always unplug the power cord when the WaverMini is not in use.

EXERCISING

1. Consult with a medical professional before beginning a new exercise program.
2. Get into position before powering on the WaverMini.
3. Always wear appropriate clothing and athletic shoes when using the WaverMini.
4. The WaverMini is intended for in-home use only. Do not use the WaverMini in any commercial, rental, or institutional setting.

MAINTENANCE

1. **DANGER: Always unplug the power cord immediately after use, before cleaning the WaverMini, and before performing the maintenance and adjustment procedures described in this manual.**
2. Inspect and tighten all external screws periodically (do not remove the motor hood).
3. 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.
4. Never insert or drop any object into any opening.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 23.6"l x 13.8"w x 4.7"h

Net Weight: 22 lbs

Power: 200W

Voltage: 110V, 60 Hz

Amplitude: 0-8mm

Max User Weight: 260 lbs

Frequency: 4-12 Hz

Speed Levels: 99

Auto Programs: P00-P09

Batteries Required:

2 AAA Batteries (not included)

MADE IN CHINA

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.