



**READY,
SET, PRO**

USER MANUAL

SOAR FX

COLLECTION



HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by all that fitness gear 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 SoarFX active recovery 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 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

Massage guns have become an indispensable part of sports performance training, used by everyone from professional athletes to weightlifters and endurance athletes.

Physical therapists, chiropractors, and athletic trainers are turning to percussive therapy to help athletes recover from injury and improve performance. The DynaLife Vibrating Massage Gun is your new fitness go-to: use the DynaLife post-workout to speed up your workout recovery or pre-workout to enhance your performance.

The DynaLife's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations allow the DynaLife to massage deeply without causing pain. The high-frequency pulses loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The DynaLife is light and portable, and the high-capacity lithium-ion battery provides 3-5 hours of use-time per charge. Five massage speeds and six massage heads allow you to get the right intensity for all your massage needs.

Redefine your workouts and experience the transformative power of the Lifepro DynaLife:

- ⚡ **Increase workout effectiveness:** reduce muscle soreness and speed up recovery; prevent injury; improve muscle flexibility and performance.
- ⚡ **Recover from injury:** decrease pain and inflammation; break down scar tissue; loosen stiff joints.
- ⚡ **Find pain relief:** loosen knots, trigger points, and tightness in your muscles and fascia; boost circulation; manage chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.
- ⚡ **Boost immune system:** improve sleep; reduce stress; increase serotonin and decrease cortisol.

Check out the exercises in this manual for ways to get started using your DynaLife. Next, be sure to visit our website dynamylife.lifeprofitness.com to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the DynaLife into your fitness routine.



ACTIVE RECOVERY

DYNALIFE

PERCUSSION MASSAGE GUN

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro DynaLife Vibrating Massage Gun
- AC Charging Adapter
- Charging Dock
- 6 Interchangeable Massage Attachments

UNPACKING YOUR DYNALIFE

1. Read carefully through this user manual before using the DynaLife.
2. Go to dynamife.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
3. Complete the steps in the EASY-START SETUP GUIDE on page 9 to assemble and charge your DynaLife.

CUSTOMER SUPPORT

If you have any questions about setting up your DynaLife, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (732) 456-6063 or support@lifeprofitness.com.

PARTS OF THE DYNALIFE



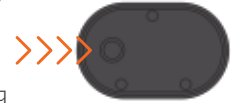
EASY-START SETUP GUIDE

FULLY CHARGE THE BATTERY

- Ensure the DynaLife is powered OFF.
- Charge the battery fully (for up to 3 hours) before using the unit for the first time.

Charge Using the AC adapter

1. Connect the AC adapter to the charging port at the base of the battery/handle.
2. Plug the adapter into a wall outlet.



1

OR

Charge Using the Charging Dock

1. Insert the unit into the charging dock.
2. Plug the AC adapter into the rear of the charging dock.
3. Plug the adapter into a wall outlet.



INSERT A MESSAGE ATTACHMENT

- Make sure the DynaLife is fully charged and powered OFF.
- Select the desired message attachment.
- Insert the stem of the attachment into the nozzle of the DynaLife.

2

NOTE: The spinal attachment has a small raised notch on the stem. Ensure the small notch is lined up with the cutout on the nozzle of the unit.

- Press the attachment in firmly to secure it.
- See ATTACHMENT & SPEED OPTIONS on page 12.



OPERATING INSTRUCTIONS

Please read the operating instructions before using the DynaLife.
Keep this manual for reference.

CHARGING

- Always power off the DynaLife before charging.
- Fully charge your DynaLife for 3 hours before using it for the first time.
- After the first charge, your DynaLife should take 2-3 hours to charge.
- Full charge is indicated when the Battery Indicator LEDs stop flashing and remain illuminated.
- The four Battery Indicator LEDs indicate the current battery level:
 - 4 LEDs lit = 76-100% battery
 - 3 LEDs lit = 51-75% battery
 - 2 LEDs lit = 26-50% battery
 - 1 LED lit = 10-25% battery
 - 1 LED flashing = <10% battery
- For best results, charge the battery before it gets down to 25%.
- Average run-time is about 3-4 hours (varies by speed level used).

USING YOUR DYNALIFE

1. Press the Power/Speed button on the faceplate once to power on the DynaLife. The vibration speed will begin automatically at level 1.
 - a. Press the button a second time to set the speed to level 2. Press a third time for level 3. Press a fourth time for level 4. Press a fifth time for level 5.
 - b. Press a sixth time **OR** press and hold the button for 3 seconds to turn OFF vibration.
4. At the desired speed, float the head of the massage attachment along a muscle group. Apply pressure as needed.
5. Always power off the unit after each use.

REMOVING AND REPLACING A MESSAGE ATTACHMENT

1. Press and hold the Power/Speed button for 3 seconds to power OFF the unit.
2. Grab the inserted attachment and firmly pull out to remove it.
3. Insert the stem of a new attachment into the nozzle of the unit.

NOTE: The spinal massage attachment has a small raised notch on the stem of the attachment. Ensure the small notch is lined up with the cutout on the nozzle of the unit.

4. Press the attachment in firmly to secure it.

TIPS FOR USING YOUR DYNALIFE

- Move the DynaLife over the desired muscle groups, about 60 seconds per region.
- Apply pressure as needed; however, there should never be a need to press very hard. The vibration pulses do all the hard work!
- Use the DynaLife for 15-20 minute sessions, up to 3 times per day.
- Avoid keeping the massage head in one area for more than 3 minutes.
- Prolonged application can traumatize tissues.
- The unit automatically shuts off after 10 minutes of use.
- Use only on dry, clean clothing or skin.
- We recommend using the DynaLife over clothing (e.g. form-fitting athletic wear, leggings, etc.).

MASSAGE ATTACHMENT OPTIONS

Six interchangeable massage attachments are included with your DynaLife. The massage attachments allow you to target different areas of your body and specific massage therapy needs.



ROUND

Improve recovery and reduce muscle soreness post-workout with gentle oblique impact.



SPINAL

Loosen up tough back tissue and improve flexibility with the spinal massage head.



FLAT

For muscles and areas that need a little more help.



BULLET

Designed specifically to target problem areas and release muscle knots.



SHOVEL

For back muscles and areas surrounding the spinal column that need a little more help.



ABSORBER

For sensitive or sore muscles. The soft air-compression massage head relieves muscle pain in tender areas.

VIBRATION SPEED OPTIONS

Five different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point.

Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

Speed	Frequency	RPM
1:	35 Hz	2,100 RPM
2:	40 Hz	2,400 RPM
3:	45 Hz	2,700 RPM
4:	50 Hz	3,000 RPM
5:	55 Hz	3,300 RPM

MAINTENANCE, SAFETY & USAGE NOTES

MAINTENANCE, CLEANING, AND STORAGE

- Use a soft towel or cloth to wipe any dirt or moisture from unit.
- For storage or travel, remove the battery and place in the storage bag.

SAFETY INSTRUCTIONS

- To reduce risk of burns, fire, electric shock, or injury to persons, read the following warnings carefully.
- Consult your doctor before using this product. Do not use if injured.
- For use by healthy adults only. Keep away from children and pets.
- Use the DynaLife only as instructed in this manual.
- Keep the unit and battery away from liquids and heat sources.
- Keep ventilation ports free from dust and debris.
- Never use the DynaLife while it is charging. Always unplug the unit after charging and prior to use or cleaning.
- Never leave the DynaLife unattended while it is running or charging.
- Before each use, check unit, battery, and charger for damage, loose screws, etc.
- Do not remove screws or attempt to disassemble. Battery is not removable.
- Do not operate continuously for more than 1 hour. Allow unit to rest for 30 minutes before re-using. Unit will automatically shut off after 10 minutes of use.
- This unit is not a medical device and is not recommended for medical use.
- The DynaLife is intended for home-use only. Do not use in any commercial, rental, or institutional setting.

IMPORTANT USAGE NOTES

- Use the DynaLife only on soft tissues. Do not use the DynaLife on your head or other bony regions.
- Do not use on sensitive areas such as eyes, ears, teeth, reproductive organs, breast augmentations.
- Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.
- Bruising can occur regardless of the vibration speed level selected.
- Keep hair, fingers, and other body parts away from the stem of the massage attachment as pinching may occur.
- Use only on dry, clean clothing or skin.
- We recommend using the DynaLife over clothing (e.g. form-fitting athletic wear, leggings, etc.).

HOW TO USE THE DYNALIFE

FEET



NECK



CALVES



BICEPS



QUADS



PRODUCT SPECIFICATIONS

UNIT SPECS

No-load Speed: 2,100 - 3,300 RPM

Amplitude: 10 mm

Weight: 2 lbs

Dimensions: 5.7 L x 9.7 H x 2.7 W in.

Decibel Rating: < 60 dB

AC CHARGER

Rated Input: AC 100-240V ~50/60 Hz 0.4A

Rated Output: 18 V DC-0.8A

BATTERY

Rated Voltage: 14.8 V DC

Type: Lithium-ion

Capacity: 2500 mAh

Working Hours: 3-4 (varies by speed)

Charging Time: 2-3 hours

MADE IN CHINA



LIFETIME WARRANTY

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

ACTIVE RECOVERY

DYNALIFE

PERCUSSION MASSAGE GUN

SURGER

VIBRATING FOAM ROLLER

Enjoy all of the benefits of foam rolling and vibration technology together with the Surger Vibrating Foam Roller. Use the Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the Surger's vibration technology breaks up muscle knots and relaxes tight muscles and fascia. Choose from four vibration speed levels to apply the perfect amount of intensity every time.

SURGER BENEFITS

- Increase workout effectiveness
- Reduce soreness
- Speed up recovery
- Prevent injury
- Boost circulation
- Improve muscle flexibility and performance
- Decrease pain and inflammation
- Loosen knots, trigger points, and tightness in your muscles and fascia.



AGILITY

VIBRATING MASSAGE BALL

The Agility Vibrating Massage Ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow







Access Lifepro TV, our library of free personal training videos on the web at dynamylife.lifeprofitness.com to learn how to get the most out of your Lifepro® DynaLife and achieve the results you want.



**GROW
SOME
WINGS**

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