

READY, SET, PRO

USER MANUAL

ACUCARE PRO FOOT MASSAGER



Clinicians use vibration therapy and acupressure to help improve blood flow and relieve pain in the extremities.

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of foot massagers.

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 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 Wellness 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 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



Compression and acupressure therapy have a wide variety of applications and health benefits. Physical therapists and athletic trainers use compression therapy to help athletes recover from injury and improve performance. Massage therapists use acupressure therapy to relieve pain and improve blood circulation.

With the AcuCare Pro Foot Massager, you can experience myriad therapeutic benefits in the comfort of your own home. The AcuCare Pro provides a soothing massage, rejuvenating tired feet and legs to ease pain, swelling, and arthritis symptoms. The AcuCare Pro is perfect for anyone who experiences stiffness, pain, or numbness in their feet or ankles from long hours of standing, walking, running, or sitting.

The AcuCare Pro offers a completely customizable massage. Three massage modes, three air pressure intensities, and two heat levels allow you to choose the perfect settings for all of your massage needs. The AcuCare Pro comes with a fully functional remote control so you can easily adjust the massage settings without getting up. A lightweight design and small size let you take the AcuCare Pro with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

Redefine your workouts and experience the transformative power of the Lifepro AcuCare Pro:

- ◆ **Alleviate chronic pain:** reduces pain from arthritis and plantar fasciitis
- ◆ **Improve joint flexibility:** loosens tight muscles and tendons
- ◆ **Reduce numbness in feet and lower legs:** improves blood circulation
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol
- ◆ **Reinvigorate tired feet and ankles:** provides a relaxing massage

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

WELLNESS RECOVERY

ACUCARE PRO

FOOT MASSAGER

GET STARTED

WHAT'S IN THE BOX

- Lifepro AcuCare Pro Foot Massager
- DC Power Adapter
- Remote Control
- 3V CR2032 Battery
- User Manual

FIRST STEPS

1. Remove your AcuCare Pro from the shipping box and remove all packaging from the unit and accessories.
2. Inspect the device and accessories for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the AcuCare Pro.
4. Go to acucarepro.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the **EASY-START SETUP GUIDE** on page 7 to begin using your AcuCare Pro.

CUSTOMER SUPPORT

If you have any questions about setting up your AcuCare Pro, 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.

EASY-START SETUP GUIDE

Set up your Lifepro AcuCare Pro in just 4 easy steps:

1 INSTALL THE BATTERY IN THE REMOTE CONTROL

- Slide the back of the remote control off.
- Insert the CR2032 battery in the battery compartment according to the polarity markings on the inside of the compartment.
- Replace the back of the remote control.

2 SET UP THE ACUCARE PRO

- Place the AcuCare Pro on a flat, level, non-slip floor in front of a chair.

3 CONNECT THE ACUCARE PRO TO POWER

- Connect the DC power adapter cord to the power cord jack exiting the bottom of the AcuCare Pro.
- Plug the power adapter into a wall outlet.

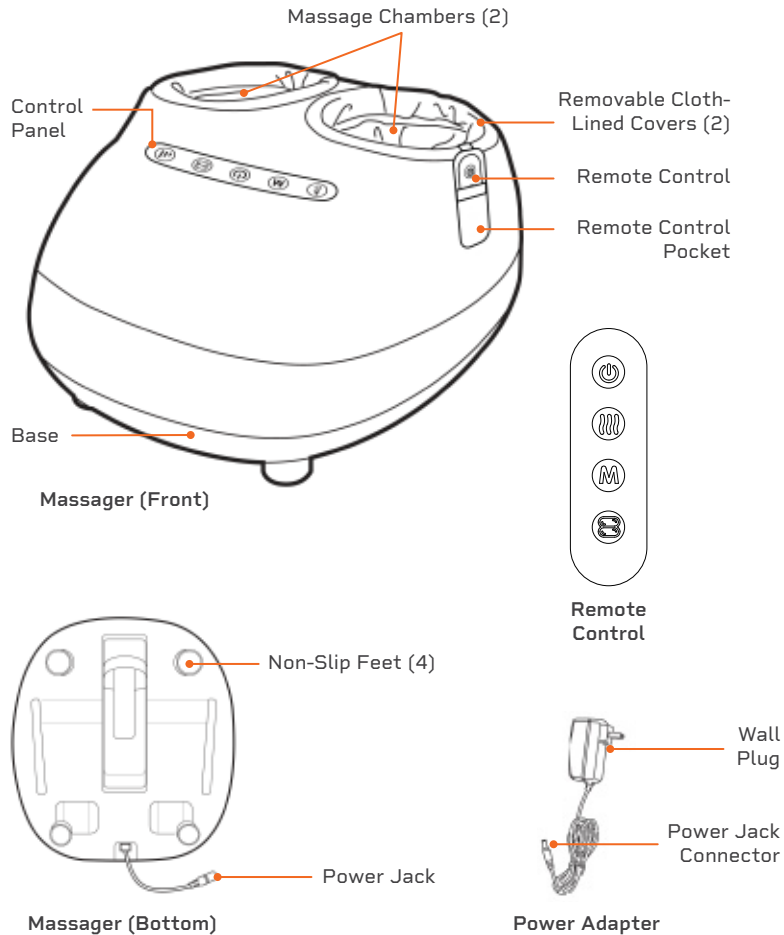
4 BEGIN USING THE ACUCARE PRO

- Wash and dry your feet thoroughly.
- Roll your pant legs up and out of the way.
- Sit down in the chair and place your feet in the cloth-lined massage chambers.
- Press the Power button on the remote control to turn on the AcuCare Pro.

WARNING: Do not sit or stand on the AcuCare Pro.

WARNING: Remove any clothing, jewelry, or accessories from your feet and ankles before using the AcuCare Pro.

PARTS OF THE ACUCARE PRO



TIPS FOR USING YOUR ACUCARE PRO

USING THE ACUCARE PRO

- Always wash and dry your feet thoroughly before using to keep the cloth-lined massage chambers clean. Do not use on wet, sweaty, or dirty feet.
- Only insert your bare feet and ankles into the device. Ensure any clothing is pulled or rolled up and out of the way. Do not wear jewelry or other accessories on your feet and ankles while using the AcuCare Pro.
- Place the AcuCare Pro on a flat, level surface during use. Do not use on slippery or uneven surfaces.
- Do not remove your feet from the AcuCare Pro during operation. Always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
- If you have sensitive feet, we recommend you use the low air pressure intensity level to avoid discomfort.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the AcuCare Pro right before bedtime.
- Drink plenty of water before and after use.
- The massage time is 15 minutes. Do not use the foot massager continuously for more than 30 minutes.
- See the **TROUBLESHOOTING GUIDE** on pages 14–15 for common questions you may have while using your AcuCare Pro.

USING THE HEAT FUNCTION

- Low heat is 104° and high heat is 118° F.
- When the heat function is turned on, it will take a few minutes for the heat to get up to temperature.

IMPORTANT SAFETY INFORMATION

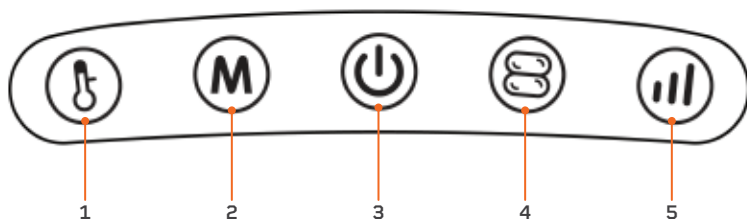
- Never use the AcuCare Pro under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, injury to people, or damage to property.
- Keep the unit and power cord away from heat sources and fire.
- The AcuCare Pro is not waterproof. Keep the unit and power cord away from liquids and do not immerse in water.
- Never use the AcuCare Pro or plug/unplug the power cord with wet hands.
- Always power off and unplug the unit after each use.
- Do not sit or stand on the AcuCare Pro.

OPERATING INSTRUCTIONS

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

USING THE CONTROL PANEL TO OPERATE THE ACUCARE PRO

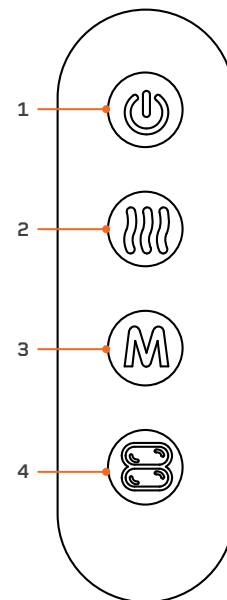
1. **Heat Button:** Press the button to toggle through the heat settings: low heat (104° F), high heat (118° F), and off. When low heat is selected, the button LED will be green. When high heat is selected, the LED will be red. Heat is off by default.
2. **Mode Button:** Press the button to toggle through the three modes (1-3). When mode 1 is selected, the button LED will be green. When mode 2 is selected, the LED will be orange, when mode 3 is selected, the LED will be red. The default mode is mode 1.
3. **Power Button:** Press the button to turn the AcuCare Pro on and off. Once the unit is powered on, the power button's green LED will light up.
4. **Air Pressure Button:** Press the button to turn air pressure on and off. When air pressure is on, the button LED will be green. When the air pressure is off, the LED will be off. Air pressure is on by default.
5. **Intensity Button:** Press the button to toggle through the air pressure intensity levels: low, medium, and high. When low is selected, the button LED will be green. When medium is selected, the LED will be orange. When high is selected, the LED will be red. The default intensity is medium.



USING THE REMOTE CONTROL TO OPERATE THE ACUCARE PRO

1. **Power Button:** Press the button to turn the AcuCare Pro on and off.
2. **Heat Button:** Press the button to toggle through the heat settings: low (104° F), high (118° F), and off. Heat is off by default.
3. **Mode Button:** Press the button to toggle through the three modes (1-3). The default mode is mode 1.
4. **Air Pressure Button*:** Press the button to toggle through the air pressure intensity levels: low, medium, high, and off. The default intensity is medium.

*The Air Pressure button on the remote control combines the functionality of two buttons on the control panel: the Air Pressure button (turn air pressure on/off) and the Intensity Button (toggle through the air pressure intensity levels).



OPERATING INSTRUCTIONS

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

CREATING A MESSAGE USING THE CONTROL PANEL

1. Insert your clean, dry feet into the foot massage chambers.
2. Press the **Power button** on the control panel to turn on the AcuCare Pro. Once the unit is powered on, the power button's green LED will light up.
3. Press the **Mode button** to toggle through the three available modes to begin the massage:
 - a. Mode 1 (green LED) is selected by default. Press the **Mode button** once for mode 2 (orange LED). Press twice for mode 3 (red LED) and three times to return to mode 1 (green LED). Each mode uses different massage techniques to soothe your feet.
2. Press the **Air Pressure button** to turn air compression on and off. When air pressure is on, the Air Pressure LED will be green. When the air pressure is off, the LED will be off. Air pressure is on by default.
3. Press the **Intensity button** to toggle through the air pressure intensity levels: low (green LED), medium (orange LED), and high (red LED). The default air pressure intensity is medium.
4. Press the **Heat button** to toggle through the heat settings: low heat (green LED), high heat (red LED), and no heat (LED off). Heat is off by default.
5. Press the **Power button** to stop the massage and turn off the unit at any time. Always power off and unplug the unit after each use.

NOTE: The massage time is 15 minutes and cannot be adjusted. The unit will automatically shut down after 15 minutes of use. Press the Power button to turn the device on again if you wish to begin a new massage.

CREATING A MESSAGE USING THE REMOTE CONTROL

1. Insert your clean, dry feet into the foot massage chambers.
2. Press the **Power button** on the remote control to turn on the AcuCare Pro. Once the unit is powered on, the power button on the control panel will light up.
3. Press the **Mode button** to toggle through the three available modes to begin the massage:
 - a. Mode 1 is selected by default. Press the **Mode button** once for mode 2. Press twice for mode 3 and three times to return to mode 1. Each mode uses different massage techniques to soothe your feet.
2. Press the **Air Pressure button** to toggle through the air pressure intensity levels: low, medium, high, off. The default intensity is medium.
3. Press the **Heat button** to toggle through the heat settings: low, high, and off. Heat is off by default.
4. Press the **Power button** to stop the massage and turn off the unit at any time. Always power off and unplug the unit after each use.

NOTE: The massage time is 15 minutes and cannot be adjusted. The unit will automatically shut down after 15 minutes of use. Press the Power button again if you wish to continue using the device.

CLEANING THE REMOVABLE CLOTH COVERS

1. Unzip the two removable covers and remove them from the foot massage chambers.
2. Soak a soft, clean cloth or towel in soapy water. Wring out the cloth.
3. Use the cloth to gently clean the removable covers.
4. Allow the removable covers to completely dry.
5. Tuck the covers back into the foot massage chambers and zip each cover into place.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the AcuCare Pro using the table below. Please do not hesitate to contact a customer support representative: support@lifeprofitness.com or (732) 456-6063. Please do not attempt to repair the massager on your own.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Massager is not working.	Massager is not turned on.	Press the power button to turn on the massager.
	Massager is not plugged in.	Plug power adapter into power jack exiting bottom of massager and into a wall outlet.
Massager stopped working suddenly.	Massager automatically shuts off after the 15-minute working time.	Turn the massager on again to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off for overheating protection.	Allow the massager to cool for at least 30 minutes before using again.
Massage is too weak.	Intensity level is set too low.	Choose the medium or high air pressure intensity level.
	Selected mode is not optimal.	Press the Mode button to select a different massage mode.
	Feet are not properly positioned in the massage chamber.	Adjust your feet until they are fully and comfortably inserted.
	NOTE: Massage intensity is very subjective and may feel quite different from person to person.	

Massage is too strong.	Air pressure intensity level is set too high.	Choose the lowest pressure intensity level.
	Skin may be sensitive.	Press the Air Pressure button to turn off the air pressure.
	Selected mode is not optimal.	Press the Mode button to select a different massage mode.
	Feet are not properly positioned in the massage chamber.	Adjust your feet until they are fully and comfortably inserted.
NOTE: Massage intensity is very subjective and may feel quite different from person to person.		
Heat is not hot enough.	Heat function is off or on low setting.	Press the heat button to select the high heat setting.
	Temperature is very subjective and may feel different from person to person.	Try wearing a pair of thin socks to increase the warmth you feel.
Heat is too hot.	Skin may be sensitive.	Turn the heat off for 5 minutes.
	Motor may have been working a long time.	Turn the massager off and allow to cool for at least 15 minutes.
Faint sound heard while using massager.	Massager is using air compression or vibration.	This is a normal sound made by the air compression motor.

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the AcuCare Pro. Always unplug this unit from the electrical outlet immediately after use and before cleaning. Use only with the provided power source at the specified voltage.

DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of the foot massager 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 AcuCare Pro are adequately informed of all warnings and precautions.
4. Use the AcuCare Pro only as instructed in this manual.
5. Always inspect the device and power adapter for damage before each use. Do not use if damaged, overheating, malfunctioning, or if the unit has been exposed to water.
6. Only operate the AcuCare Pro on a flat, level, non-slip surface.
7. Do not operate the AcuCare Pro while driving. Do not use while sleeping.
8. The unit will automatically stop working after 15 minutes of use. Do not use continuously for more than 30 minutes.
9. The AcuCare Pro is intended for in-home use only. Do not use the AcuCare Pro in any commercial, rental, institutional, or therapeutic setting.
10. Dispose of the AcuCare Pro and all parts according to local and state regulations.

ELECTRICAL SAFETY

11. **WARNING:** Only use the included manufacturer certified power adapter with this device.
12. Do not use outdoors. Do not use the unit in high-temperature or high-moisture environments. Do not use during severe storms. Unplug the device immediately after power failure.
13. Do not insert fingers or objects into the power jack.
14. Keep ventilation ports free from dust and debris.
15. The unit is not waterproof. Never allow water or other liquids to come into contact with the unit. Do not use in a place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet or emits an odor, unplug it, and do not use.
16. Do not use the unit in environments colder than 60° F, or internal condensation may occur, possibly causing malfunction. When moving the AcuCare Pro from a cold environment to a

warm one, always allow one hour before use so it can warm up.

17. Keep the unit and power adapter away from flammable or explosive items, chemicals, direct sunlight, open flames, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
18. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
19. Never drag, carry, or hang the AcuCare Pro by its power cable.
20. Always power off and unplug the unit from the wall before removing the connector from the power jack. Hold and pull the plug itself, not the cord wire.

SAFETY

21. Never leave the AcuCare Pro unattended while it is running, powered on, or plugged in.
22. Consult with a medical professional before using the device if you have a medical condition such as diabetes or severe inflammation; if you suffer from heart disease, hypertension, circulatory problems, neuropathy, blood clots, cancer, spinal disease, or osteoporosis, severe fractures, malignant tumors; if you have a pacemaker, artificial heart, or other similar implant; if you recently had surgery; if you are or may be pregnant.
23. Do not use if injured or if you have a fever. Never use directly on swollen, bruised, or inflamed skin or on open wounds or scars. Do not use if you have difficulty sensing temperature on the skin or if you have diabetic peripheral neuropathy.
24. Stop using immediately if you feel discomfort, pain, dizziness, nausea, or if the heat function feels too hot on your skin or in the presence of scar tissue. Do not use if you have tendinitis or circulatory disorder.
25. Do not remove your feet from the massage chambers during operation; always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
26. Only insert feet and ankles into the foot massage chambers. Do not insert hands, other body parts, or clothing into the device. Do not wear jewelry or accessories while using.
27. Do not sit or stand on the device. Always use the unit while seated comfortably in a chair.
28. The surface of the device may get hot. Those who are sensitive to heat should use caution while using the device to avoid minor burns.
29. Children and adults with diminished mental or physical capacity may only use the AcuCare Pro while closely supervised by a responsible adult. Do not allow children to play with the unit.
30. Keep pets away from the AcuCare Pro at all times.

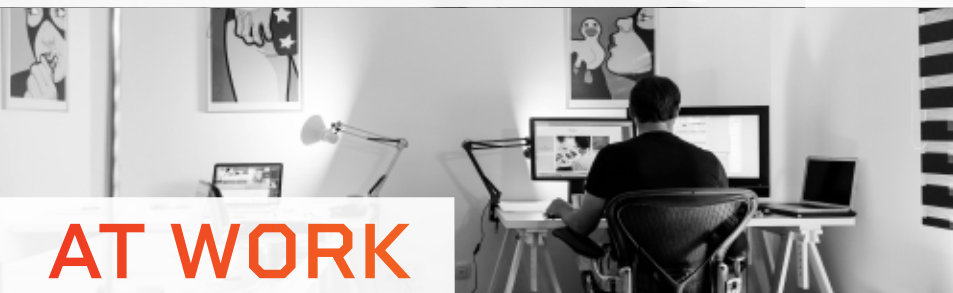
CLEANING, STORAGE & MAINTENANCE

31. Turn off device, unplug power adapter, and allow unit to cool down before cleaning or storing.
32. Wash and dry feet thoroughly before each use in order to keep the massage chamber clean.
33. Wipe down the AcuCare Pro with a soft, slightly damp cloth after each use. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
34. Store the device in a cool, dry location.
35. Do not remove screws, attempt to disassemble, or do repairs on your own.

WHERE TO USE THE ACUCARE PRO



ON THE COUCH



AT WORK



IN A CHAIR



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 AcuCare Pro ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your AcuCare Pro cannot be repaired, we'll replace it—free of charge. Register your AcuCare Pro at acucarepro.lifeprofitness.com to activate your warranty within 14 days of purchase.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 15.7" L × 24.9" W × 8.7" H

Net Weight: 8.8 lbs.

Power: 36 W

Voltage: DC 24V

Decibel Rating: ≤65dB

Heat Function:

Low: 104° F / High: 118° F

AC POWER ADAPTER

Rated Input: AC 100–240V ~50/60 Hz 1.5A

Rated Output: DC 24V 1.5A

REMOTE CONTROL

Required Battery: 3V CR2032 battery (×1)

WELLNESS RECOVERY

ACUCARE PRO
FOOT MASSAGER

MADE IN CHINA

FROM OUR **SPORTS RECOVERY** COLLECTION

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



SONIC

VIBRATING MESSAGE GUN



The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia-treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress and muscle tension

RHYTHM

VIBRATION PLATFORM

The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation





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



**YOU'VE
GOT
THIS**