



**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 DynaMini Vibrating Massage Gun is your new fitness go-to: use the DynaMini post-workout to speed up your workout recovery or pre-workout to enhance your performance.

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

The DynaMini is highly portable and the high capacity lithium-ion battery provides an average of 3-4 hours of use-time per charge at high speed and 5-6 hours of use-time at low speed. Four massage speeds allow you to choose the right intensity for all your massage needs.

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

- ⚡ **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 DynaMini. Next, be sure to visit our website dynamini.lifeprofitness.com to access to our **FREE library of workout videos** which demonstrate how to easily incorporate the DynaMini into your fitness routine.

ACTIVE RECOVERY

DYNAMINI

PERCUSSION MASSAGE GUN



FIRST STEPS

WHAT'S IN THE BOX

- Lifepro DynaMini Vibrating Massage Gun
- USB-C Charging Cable
- 4 Interchangeable Massage Attachments
- Carrying Case

UNPACKING YOUR DYNAMINI

1. Read carefully through this user manual before using the DynaMini.
2. Go to dynamini.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 DynaMini.

CUSTOMER SUPPORT

If you have any questions about setting up your DynaMini, 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 DYNAMINI



EASY-START SETUP GUIDE

FULLY CHARGE THE BATTERY

- Ensure the DynaMini is OFF before charging.
 - Charge the battery fully (for up to 3 hours) before using your DynaMini for the first time.
- 1**
- Connect the USB-C charging cable to the charging port on the top of the unit.
 - Plug the USB-C charging cable into a USB power adapter, such as a 5V 1A or 5V 2A phone charger.
 - Plug the USB power adapter into a wall outlet.

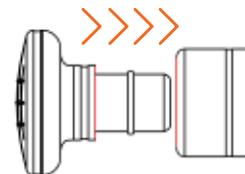


INSERT A MESSAGE ATTACHMENT

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

NOTE: Make sure the red line on the attachment is lined up with the corresponding red line on the nozzle.

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



OPERATING INSTRUCTIONS

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

CHARGING

- Fully charge your DynaMini for 2-3 hours before using it for the first time.
- After the first charge, your DynaMini should typically take about 3 hours to charge.
- The Status Indicator LEDs will flash in turn during charging. The LEDs will stop flashing and all 4 will remain lit when the DynaMini is fully charged.
- The four Status Indicator LEDs also indicate the current battery level:
 - 4 LEDs lit = 75-100%
 - 3 LEDs lit = 50-75%
 - 2 LEDs lit = 25-50%
 - 1 LED lit = <25%
- For best results, charge the battery before it reaches 25%.
- When the battery is very low, the unit will stop running and enter battery protection mode. If this occurs, power off the unit and fully charge it before using again.
- Average run-time is 3-4 hours per charge at high speed and 5-6 hours at low speed.

USING YOUR DYNAMINI

1. Press and hold the Power/Speed button on the top of the DynaMini for 2 seconds to power ON the unit. The Status Indicator LEDs will show the current battery level.
2. Tap (short-press) the Power/Speed button to set the vibration speed to level 1. The Status Indicator LEDs will show the speed level selected.
 - a. Tap the button a second time for speed level 2. Tap a third time for level 3. Tap a fourth time for level 4.
 - b. Press and hold the Power/Speed button for 2 seconds to power OFF the unit.
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 2 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 massage attachment into the nozzle of the unit.

NOTE: Make sure the red line on the attachment is lined up with the corresponding red line on the nozzle.

4. Press the massage attachment in firmly to secure it.

TIPS FOR USING YOUR DYNAMINI

- Move the DynaMini 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 DynaMini 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.

MASSAGE ATTACHMENT OPTIONS

Four interchangeable massage attachments are included with your DynaMini. 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. Great for large muscle groups



SPINAL

Loosen up tough back tissue and improve flexibility with the spinal massage head. Provides a high-intensity spinal massage.



FLAT

For muscles and areas that need a little more help. Simulates a deep-tissue massage for large muscle groups.



BULLET

Designed specifically to target problem areas and release muscle knots. Provides a high-intensity massage.

VIBRATION SPEED OPTIONS

Four 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:	15 Hz	900 RPM
2:	30 Hz	1,800 RPM
3:	45 Hz	2,600 RPM
4:	50 Hz	3,200 RPM

MAINTENANCE, SAFETY & USAGE NOTES

WARNING: To reduce risk of burns, fire, electric shock, injury to persons, or equipment damage read the following warnings carefully.

MAINTENANCE, CLEANING, AND STORAGE

- Use a soft towel or cloth to wipe any dirt or moisture from unit. Do not use solvents or other chemicals.
- Store the unit fully charged, in the carrying case and in a cool, dry place.
- If storing long-term, charge the battery every 6 months; holding a charge prevents the battery from becoming damaged.
- For travel: secure the unit in the carrying case and protect the unit from rolling, dropping, collision with other objects, and violent vibrations.

SAFETY INSTRUCTIONS

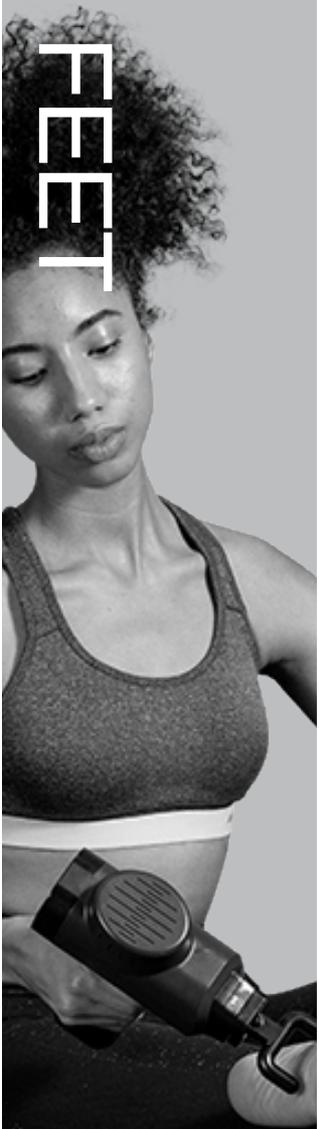
- Consult your doctor before using this product. Do not use if injured.
- For adult use only. Keep away from children and pets.
- Use the DynaMini only as instructed in this manual.
- Keep away from liquids and heat sources. Keep ventilation ports free from dust and debris.
- Never use or move the DynaMini while it is charging. Unplug the unit after charging and prior to use or cleaning.
- Never leave the DynaMini unattended while it is running or charging.
- Only use the included charger; using a non-original charger could cause a fire.
- Do not remove screws or attempt to disassemble; the battery is not removeable.
- Do not operate continuously for more than 30 minutes. After 30 minutes of use, allow the unit to rest for 5 minutes before re-using.

IMPORTANT USAGE NOTES

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

HOW TO USE THE DYNAMINI

FEET



NECK



CALVES



BICEPS



QUADS



PRODUCT SPECIFICATIONS

UNIT SPECS

No-load Speed: 900 - 3,200 RPM

Power: 70 W

Amplitude: 6 mm

Weight: 1.1 lbs

Dimensions: 5.6" H x 3.5" L x 1.7"W

Decibel Rating: 45 - 55 dB

AC CHARGER

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

Rated Output: Type-C, 5V DC-2A

BATTERY

Rated Voltage: 12V DC

Type: Lithium-ion

Capacity: 2900 mAh

Working Hours: 3-6 (varies by speed)

Charging Time: 3 hours

MADE IN CHINA

ACTIVE RECOVERY

DYNAMINI

PERCUSSION MASSAGE GUN



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

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 4 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 dynamini.lifeprofitness.com to learn how to get the most out of your Lifepro® DynaMini and achieve the results you want.



**GROW
SOME
WINGS**

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