



PowerFlow Plus™

Adjustable Dumbbell

User Manual

Dynamic Strength at Your Fingertips

Engineered for seamless transitions, compact form, and serious strength.



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 Fitness 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 Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

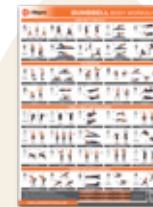
YOUR FITNESS, YOUR WAY.



What's in the Box? 🚀



Lifepro PowerFlow Plus Adjustable Dumbbells (Set of 2)



Dumbbell Poster

CUSTOMER SUPPORT

If you have any questions about setting up the PowerFlow Plus, we're here to help. Email us at support@lifeprofittness.com and an experienced customer support representative will be happy to assist you.

Intended Uses

This product is intended to be used:

- After warming up for at least 5 minutes.
- In a controlled manner, moving slowly through exercises to avoid injury.
- Indoors.

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 PowerFlow Plus.



1 | PREP

1. Read through all safety instructions before beginning your first workout.
2. Remove all of the packaging.
3. Press down on the dumbbell handle to ensure it's completely seated.

2 | START

1. Pull the weight-adjustment knob up slightly and slide it left or right to adjust the weight setting.
2. When the adjustment knob is at your desired weight setting (5, 10, 15, 20, or 25 lbs.), press it down to lock in your selection.

3. Grasp the dumbbell handle and pull up firmly to remove it from the rack. Some weight plates may be left in the rack, depending on which weight setting you have selected.
4. Perform the desired strength training exercise(s). See **Strength Training Exercises** on the next page.
5. When your workout is complete, return the dumbbell to the rack and reset it to the lightest weight load, 5 lbs. (2.2 kg), to avoid future injury.

DID YOU KNOW?

Benefits the PowerFlow Plus may deliver are:

- Increased strength and stamina
- Regulated weight
- Reduced stress
- Boosted metabolism
- Lowered blood pressure
- Stronger bones

Scan Here  Activate Your Warranty

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



QUESTIONS?

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

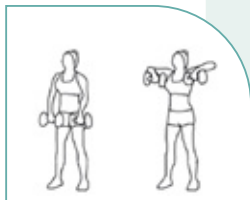
Strength Training Exercises



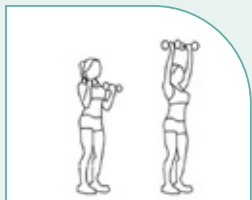
BENCH FLY



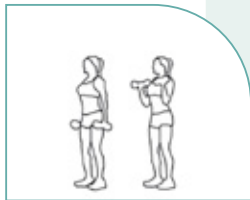
INCLINE FLY



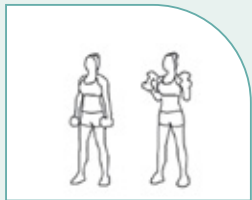
STANDING ROW



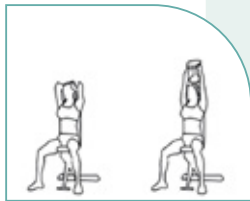
SHOULDER PRESS



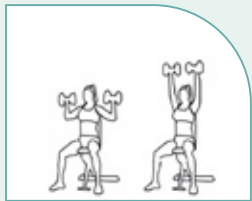
HAMMER CURL



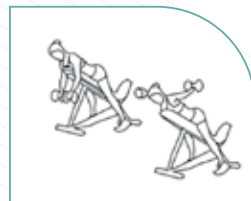
BICEPS CURL



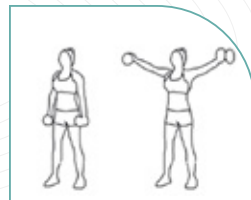
TRICEP EXTENSION



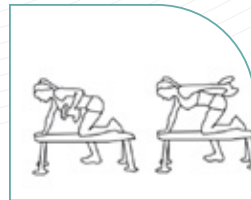
SEATED PRESS



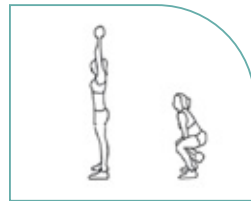
REVERSE FLY



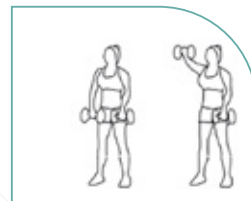
LATERAL RAISE



TRICEP EXTENSION



DUMBBELL SWING



FRONT RAISE



SEATED CURL



TRICEP KICKBACK

Tips for Using Your PowerFlow Plus

- Before beginning a workout, ensure that the workout area is free from objects, people, and/or pets that may cause interference or personal injury.
- Only adjust the weight setting in the rack. Never adjust the weight while in use or outside of the rack. Do not use a non-original rack.
- Always make sure the weight load is properly secured before lifting the handle.
- Do not force the black adjustment knob to move. If it fails to move the first time, check if the dumbbell and weight plates are seated properly in the rack.
- If using 2 dumbbells at once, do not allow the dumbbells to forcefully bump together, to avoid personal injury or damage to the product.
- Return the weight load to the lightest setting after each workout to avoid personal injury.
- Spend at least 5 minutes warming up, including stretching, before exercise and at least 5 minutes cooling down after exercise to avoid pulling muscles and other injuries. It is especially important to warm up the specific muscle groups you will target during your strength training session.
- Use proper form. Focus only on working the muscle groups intended for the exercise you are performing. If there is strain elsewhere, it may be necessary to reevaluate the amount of weight you're lifting.
- Breathe properly. Exhale as you lift the dumbbell, and inhale as you return to the starting position. Never hold your breath during any part of an exercise.
- Drink plenty of water to stay hydrated.
- It is recommended that beginners consult with a personal trainer for guidance on proper weightlifting form and strength training tips.
- Exercise sensibly, and do not overload, especially on your initial workouts.
- We recommend beginning with low weight and increasing the amount you lift slowly over a few weeks to avoid injury.

- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- You may wish to wear weightlifting gloves to prevent hand chafing, blistering, and callouses.
- You may wish to place the racks and dumbbells on a sturdy table or shelf instead of on the ground to avoid repetitive bending.

Cleaning and Storage

- Use a slightly damp cloth to wipe any dirt or moisture from the product after each use. You may use mild soap to clean, as needed.
- Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners on this product.
- Store indoors in a cool, dry location.
- Do not store in direct sunlight, in high-temperature or high-moisture environments, or near heat sources.
- During transportation, secure the dumbbells to prevent rolling or falling, which may result in personal injury or product or property damage.
- Do not remove screws or attempt to disassemble the dumbbells.

Dumbbell Care and Maintenance

⚠ CAUTION: Always inspect the product for damage, wear, and loose screws before each use. Completely secure any loose screws before use. Do not use the product if it is damaged, worn, rusty, malfunctioning, or missing screws. If the product fails to perform correctly, discontinue use immediately and replace or have it repaired before using again. Do not attempt to repair the product yourself; please contact customer support.

CHECKING AND SECURING THE ROUND END CAPS

When inspecting the dumbbells before each use, make sure to check the round end caps at either end of each dumbbell to ensure they are tightly screwed on, and tighten if loose. Over time, the round end caps can loosen, which could cause the dumbbells to fail, resulting in injury to the user.

The end caps may be glued in place with a small amount of threadlocker, such as Loctite, if desired. To glue loose end caps in place:

1. Place the dumbbell in the rack.
2. Slide the black adjustment knob to the lowest weight setting, 5 lbs. (2.2 kg).
3. Lift the dumbbell from the rack and twist one end cap clockwise to remove it.
4. Apply a small amount of medium (blue) or strong (red) threadlocker, to the large screw threads on the dumbbell.
5. Screw the end cap back on tightly.
6. Repeat the above steps to glue the second end cap in place.

ADJUSTMENT KNOB CAP

If the small black plastic cap on the adjustment knob pops off, simply slide the cap back onto the knob. You may glue the plastic cap back on if desired. The cap does not affect the functionality or safety of the dumbbell.

Product Specifications

UNIT SPECS	
Dumbbell and Rack (2 included)	
Size: 14.2 × 7.3 × 5.9 in 36.1 × 18.5 × 15.0 cm	Net Weight: 26.1lbs. 11.8 kg
Dumbbell (2 included)	
Size: 13.4 × 6.2 × 5.8 in 34.0 × 15.7 × 14.7 cm	Net Weight: 25lbs. 11.3 kg
Weight Levels:	
5, 10, 15, 20, 25lbs. 2.3, 4.5, 6.8, 9.1, 11.3 kg	

Made in China

NOTICE

- The product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting.
- Do not use outdoors. This product is intended for indoor use only.
- Dispose of the product and all parts according to local and federal regulations.
- Keep sharp objects away from the product to avoid damaging it.

From Our Vibration Collection:

Waver Vibration Plate

Step onto the LifePro Waver and take your wellness routine to the next level. This easy-to-use vibration platform is designed to support your fitness goals by encouraging movement, muscle activation, and gentle stimulation—all with minimal impact.



The Waver’s gentle, rhythmic vibrations help stimulate your body through repeated muscle engagement, making it a great tool for complementing your existing workout routine or recovery regimen.

Highlights:



ENHANCES
STABILITY



FULL-BODY
ACTIVATION



LOW-IMPACT
EXERCISE



CUSTOM
INTENSITY

Built for Flexibility

Includes mini bands and handled resistance bands for a variety of workout options—from light stretching to upper-body resistance moves.

From Our Wellness Collection:

AllevaRed Pro Light Therapy Belt



Take your wellness routine to the next level with the AllevaRed Pro. Featuring 105 LEDs and the combined power of 660nm red and 850nm near-infrared light, this belt delivers light to both the skin’s surface and deeper layers—*helping you recharge, feel refreshed, and support overall vitality*, all from the comfort of home.



What it does best:

		
SUPPORTS DAILY COMFORT	AIDS ACTIVITY RECOVERY	ENHANCES RELAXATION

Advanced Customization

Adjust your session with 5 light intensities, 5 vibration levels, 3 light modes, and an optional pulsed-light setting.

Full-Body, All-Species Wellness

Wrap it around your back, legs, arms—or even your pet with its flexible, full-coverage design.

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 in a safe place for future reference.*

INTENDED USE

- This product is not intended to be used:
 - While under the influence of drugs or alcohol.
 - With accessories not approved by the manufacturer.
 - Without consulting your physician if you have a pre-existing condition.

CONTRAINDICATIONS

- Users should consult with a medical professional before beginning a new exercise program. This is especially important for those over the age of 35 and those who have pre-existing health conditions. Your physician should:
 - Assist you in determining the heart rate zone that is appropriate for your age and physical condition.
 - Help you determine the appropriate length of exercise sessions, how often you should exercise, and how intensely you should exercise based on your age, fitness level, and any existing health conditions you may have. Always exercise within the parameters discussed with your doctor to avoid injury or damage to your health.
 - 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.
- Consult your physician before using this product if you:
 - Are over the age 35 or have pre-existing health conditions.
 - Have orthopedic conditions, spinal injuries, osteoporosis, fractures, herniated or slipped discs, chronic back pain, sciatica, or other conditions or disorders affecting the back or spinal column.

- Have joint pain, disorders, or conditions, including arthritis or rheumatoid arthritis, or if you have muscle or soft tissue damage or inflammation.
- Have severe anemia, a heart or vascular condition, hypertension, blood clots, or if you are taking medication that affects heart rate.
- Have a pacemaker, artificial heart, or other medical implant.
- Are or may be pregnant, have recently had surgery, or have cancer or malignant tumors.
- Experience dizziness or balance impairments or if you are taking drugs that affect balance.

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: To reduce the risk of serious injury or death:

- Excessive exercise or overexertion can be damaging to your health. Always exercise within the intensity and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel faint, dizzy, nauseous, or experience chest pain, tightness in your chest, irregular heartbeat, or shortness of breath.

- It is highly recommended that you consult with your doctor before beginning any new exercise program, including using the adjustable dumbbell. This is especially important for those over the age of 35 or with existing health conditions.
- Your doctor should help you determine the appropriate length of strength-training sessions, as well as the frequency (how often you exercise) and intensity (how intensely you exercise) based on your age, fitness level, and any existing health conditions you may have. Always exercise within the parameters discussed with your doctor to avoid injury or damage to your health. Do not use if injured or ill.
- This product is for adult use only. Do not allow children to use; 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 to avoid injury.
- 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:

- It is recommended that beginners consult with a personal trainer for guidance on correct weightlifting form and strength training tips and exercises.
- Always make sure the weight load is properly secured before lifting the dumbbell handle.
- Only adjust the weight setting in the rack. Never adjust the weight while in use or outside of the rack. Do not use a non-original rack.
- Always inspect the product for damage, wear, and loose screws before each use. Completely secure any loose screws before use. Do not use the product if it is damaged, worn, rusty, malfunctioning, or missing screws. If the product fails to perform correctly, discontinue use immediately and replace or have it repaired before using again. Do not attempt to repair the product yourself; please contact customer support.
- Do not drop dumbbells on the ground or the rack, as this could result in personal injury or damage to the product or property.
- Hold dumbbells in your hand only. Do not balance dumbbells on your head, neck, legs, feet, or other parts of the body.
- If using 2 dumbbells at once, do not allow the dumbbells to forcefully bump together, to avoid personal injury or damage to the product.
- Always make sure to place dumbbells securely in the rack.
- Return the weight load to the lightest settings after each workout to avoid personal injury.
- Do not allow more than 1 person to use 1 dumbbell at a time.
- Stop using the product immediately if you feel pain or discomfort.
- Never use the product while under the influence of drugs or alcohol. Do not use during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- 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.
- Before beginning a workout, ensure that the workout area is free from objects, people, and pets that may cause interference or personal injury.
- Do not perform other activities while using the product to avoid injury.
- Always stretch and warm up before exercise and cool down after exercise to avoid sports injury.
- Always maintain control and move slowly through exercises to avoid sports injury.
- Keep hair, fingers, and clothing away from moving parts to avoid injury.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- Do not wear baggy or loose clothing or clothing with drawstrings or ties that could get snagged and cause personal injury or falling.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause personal injury or falling.
- Remove items, especially sharp objects, from your pockets before using.
- Do not use accessories not approved by the manufacturer.
- Do not insert objects or fingers into any opening.

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 PowerFlow Plus at powerflowplus.lifeprofitness.com to activate your warranty within 14 days of purchase.



PowerFlow Plus™

Adjustable Dumbbell

DESIGNED FOR A
HEALTHY, BALANCED
LIFESTYLE



HELPS TONE
MUSCLES



BOOSTS WELLNESS
ROUTINE



PROMOTES
CALM



INCREASES
STRENGTH AND
BALANCE



Congratulations on your purchase!

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

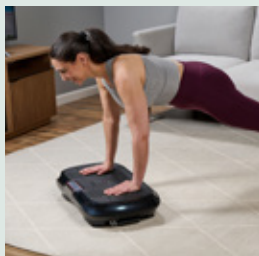
Scan the QR code to enjoy **15% off**
your next Lifepro® product.



Meet Our Best Seller!

Waver Vibration Plate

Support movement, strength, and recovery from day one—whether you're warming up, cooling down, or establishing a steady fitness routine.



Low Impact, High Efficiency

The Waver adapts to your pace and goals, helping activate muscles, enhance stability, and keep you moving. Whether you're a seasoned athlete or just getting started, this powerful platform empowers you to build a balanced, active lifestyle—one invigorating vibration at a time.

*Discount valid on purchases of \$150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com