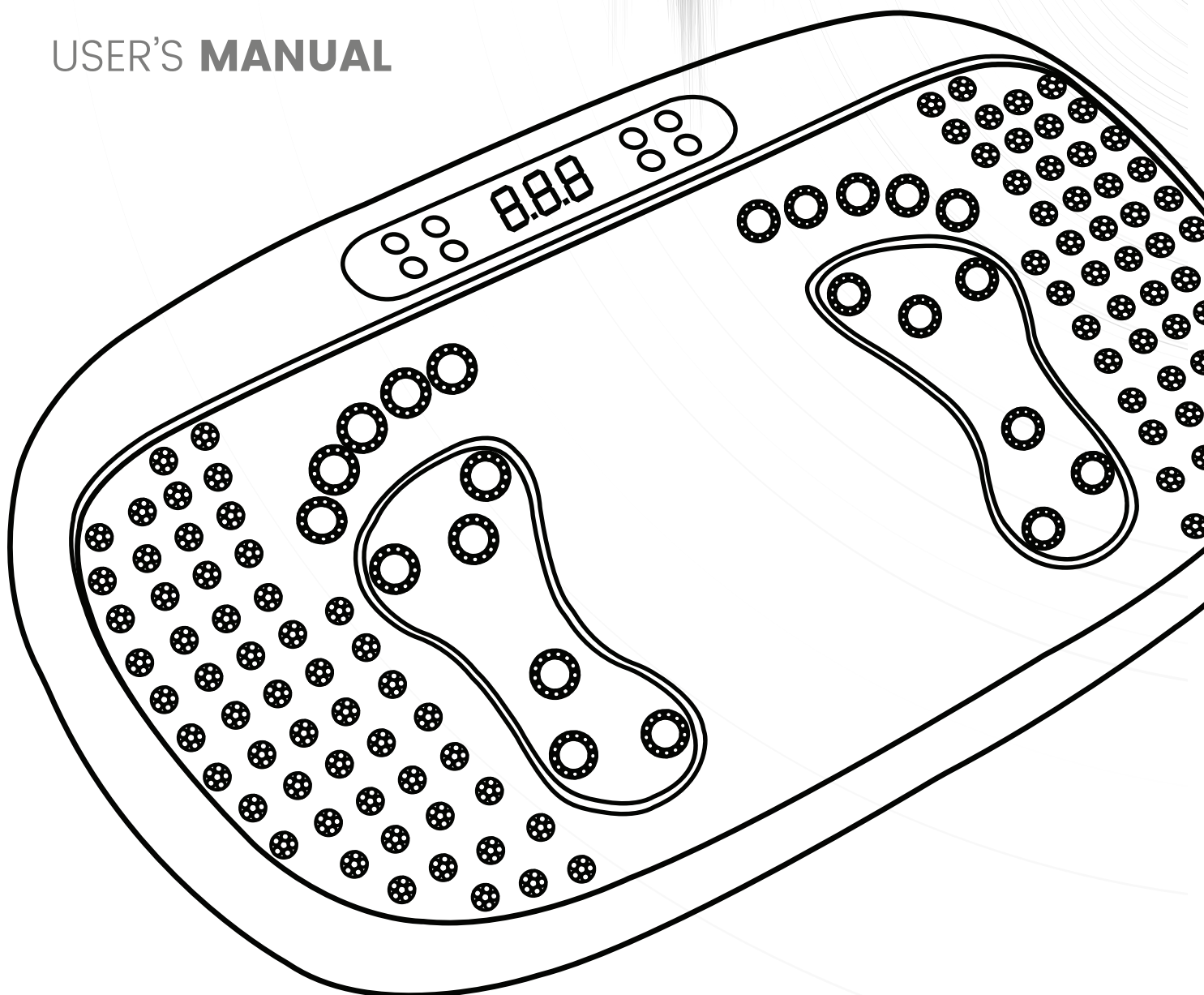




VIBRATION EXERCISE MACHINE

USER'S MANUAL



PRIOR TO FIRST USE, READ THIS MANUAL COMPLETELY AND ATTENTIVELY! IMPERATIVELY FOLLOW THE SAFETY INSTRUCTIONS! NONOBSERVANCE CAN LEAD TO PERILOUS INJURIES! KEEP THIS MANUAL CAREFULLY!



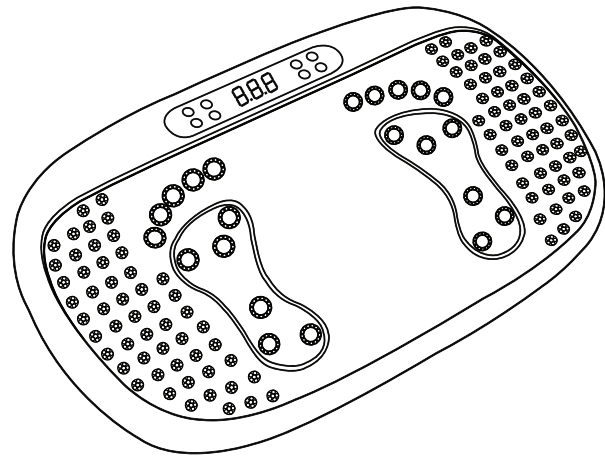
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TECHNICAL DATA

Product name	Vibration Exercise Machine
Modes	Manual/ Automatic
Rated Voltage	AC 100 -240V, 50/60Hz
Rated Power	200W
Max Weight	120kgs
Suggested usage time	20 Minutes



SAFETY INSTRUCTIONS

- It is the responsibility of the owner to ensure that all users of the Vibration Exercise Machine are adequately informed of all warnings and precautions.
- Use the Vibration Exercise Machine only as mentioned in the manual.
- Place the Vibration Exercise Machine on a level surface, with at least 8 feet of clearance behind it. Do not place the device on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Vibration Exercise Machine
- Keep the device indoors, away from moisture and dust. Do not put the device in a garage, covered patio or near water.
- Do not operate the device where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the device at all times.
- Do some warm up exercises, prior to progressing to use the device.
- The device should not be used by persons weighing above 120 kg.
- Never allow more than 1 person on the device at a time.
- Keep the power cord away from heated surfaces.
- Never leave the device unattended while it is running. Always remove/unplug the power cord when the device is not in use.
- Do not attempt to move or adjust the device until it is properly assembled.
- Inspect and Tighten all parts of the device regularly. Wrong usage could influence the stability of the device.
- Never insert or drop an object into any opening.
- Always unplug the power cord immediately after use, before cleaning the device and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures mentioned in this manual should be performed by an authorized service representative only.
- This device is intended for in-house use only. Do not use the vibration exercise machine in any commercial, rental or institutional setting.

WARNING!

- Before beginning this or any exercise program, please consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health issues.
- Consult your doctor/physician, in case you feel sick, experience pain, abnormal heartbeat or any other symptoms.
- Please consult your doctor/physician, prior to using the Vibration Exercise Machine, in case of any heart related issues, neurologic problems, circulatory disturbances or orthopaedic problems.
- Stop using the device if you feel tired, uncomfortable or dizzy.
- This device is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

MEDICAL RECOMMENDATIONS

You MUST NOT use the Vibration Exercise Machine without your doctor's consent if you:

- are pregnant
- have had a recent operation or surgery
- have knee, shoulder, back or neck injuries
- retinal condition

You are strongly recommended to consult your doctor before using the Vibration Exercise Machine if you have any of the following:

- Heart condition or cardiovascular disease
- High blood pressure
- Acute thrombosis
- Acute hernia
- Severe diabetes
- Epilepsy
- Severe migraines
- Malignant tumour, Cancer
- Pacemaker, metal implant, artificial joint(s) or limb(s), stents or IUDs, metal plates or pins
- Any recent illnesses or infections
- Deep Vein Thrombosis

CARE AND MAINTENANCE

⚠ WARNING!

Before cleaning or carrying out any maintenance on your Vibration Exercise Machine, ensure the power is turned off and the power cord is removed from the plug socket.

CLEANING

Clean your Vibration Exercise Machine with a damp cloth and mild detergent only, immediately after use. Use a weak solution of anti-bacterial washing up liquid in warm water and a microfiber cloth. Be sure to wring out the cloth so that it is just damp.

STORAGE

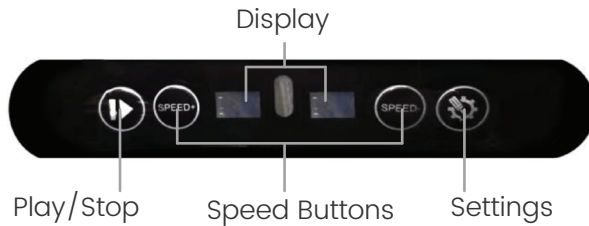
Regularly check the cord/cable for damage before storing. Should the cord/cable be damaged in any way it must ONLY be replaced by an identical cable of the same type and specification. Never pull the cord/cable to disconnect from the power outlet. Always grasp the plug and pull to disconnect. Remove the plug when not in use and store it.

PRODUCT MAINTENANCE

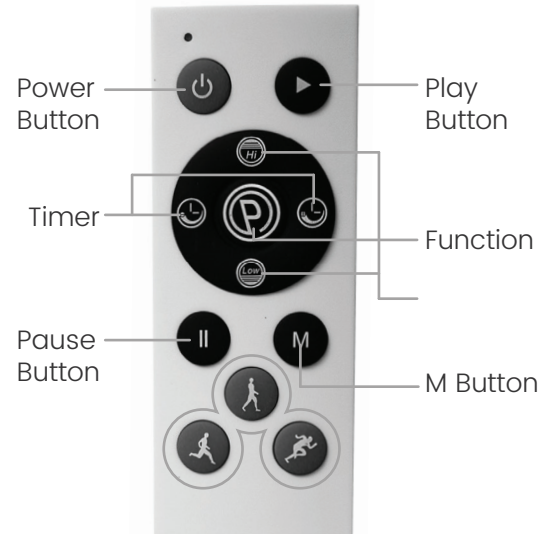
- Do not expose the Vibration Exercise Machine to direct sunlight or in places with extreme heat in order to avoid the machine cracked or the color faded.
- Please cover it with a dust cover and disconnect the power plug from the electrical outlet if the Vibration Exercise Machine is not to be used for a long time.
- Do not use benzene thinner and corrosive and volatile detergent such as alcohol and gasoline to clean the device. This may result in the color faded or cause the interior structure to get corrosive and crack.
- Please wipe the remote control with dry cloth. Wet cloth may result in malfunction.

FUNCTIONAL DESCRIPTION

DISPLAY



REMOTE CONTROL



1. Plug the Vibration Exercise Machine into the power socket and switch on the main power switch. The LED display will then show " - - - ". This signals the standby mode.
2. Now press the "On/Off" button to start the device. The display now shows "10.0".
3. With the program selection button you can switch between the different preset training programs, which are marked with "P.". Simply start the training after selecting the program with the "Start" button. Time and intensity can not be changed in the preset training programs.
4. In the training mode you can set the training time and intensity yourself. To set the time, press one of the timer buttons (maximum 20 min possible). Start the training with the start button. Now the intensity can be adjusted by the speed button "Hi" and "Low" during the workout.
5. To Increase the speed Press the M button for speed up to 20/50/80 and the last three button for 30/60/90 in Manual Mode.
6. With the "Stop" button, you can interrupt the training.
7. With the "On /Off" button, you can put the Vibration Exercise Machine into standby mode after the training.
8. With the main power switch you can completely switch off the Vibration Exercise Machine.

EXERCISE SESSION

The Vibration Exercise Machine uses your own body to create an effective full-body workout that targets your muscle size and tone, your balance, and also your endurance without taking too much of your time or energy. This device works best in stress taking positions like squats. You stand on top of the Vibration Exercise Machine, which allows powerful vibrations to pass through your body from the machine. These vibrations cause your muscles to rapidly move, forcing them to work harder to keep your body balanced, and this effort leads to an intense workout that you can feel all over. For the best results, you should always carry out your workout using the positions shown, but the device will also double up as a massager for when you are not working out. You can carry out multiple positions one after another for an effective full-body workout.



Whole body exercise posture

Stand on the plate with your feet positioned so their width apart is in line with your shoulders. This will give you a comfortable balance and ensure that the vibrations pass through your whole body to provide muscle tone.

Squat Posture

Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for your legs and your core muscles too.

Press Up posture

Position your hands in line with your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.

Lower Legs posture

Put your lower legs as shown on the plate with your hands supporting behind you on the floor. For a deeper exercise, raise your buttocks off the floor and press down on your calves.



Waist bend posture

Position your legs wide apart, bend down at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.

Single Foot posture

Put one foot on the foot-pad and on the machine and the other off of the machine on the floor. For a deeper exercise, lunge forward, placing more body weight on the plate.

Sitting Posture 1

Sit with your buttocks on the Vibration Exercise Machine. Sit comfortably, keeping your back straight.

Sitting posture 2

Rest your legs on the Vibration Exercise Machine whilst sitting on a chair. This is a great way to ease tension and can help to support circulation in the legs.