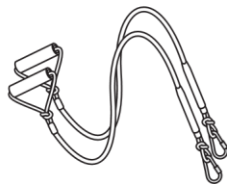
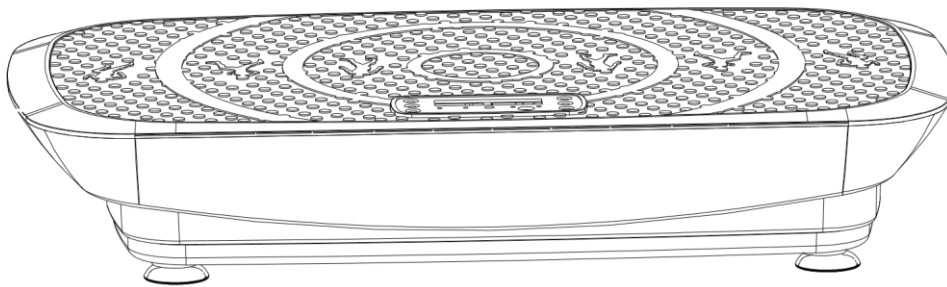


3 IN 1 VIBRATION MASSAGE

2778



Operating Manual

Please read this Manual carefully prior to the use and properly maintain it.



To reduce risk of injury, the user must read and understand this instruction manual before using the Vibration Plate Slim. This machine is intended for home use only in accordance with the instructions provided in this manual.

Please read these instructions carefully and retain for future use.

IMPORTANT SAFETY INSTRUCTIONS

- Not suitable for children or pregnant woman!
- Use for the intended purpose only.
- Only use inside, only use in dry environment.
- Do not use if the product is damaged.

- Do not jump on the plate or the machine.
- Place the device only on a solid, level, and moisture-resistant surface.
- After use, the machine must be switched off and unplugged.
- Do some warming-up exercises before start using the machine.
- Increase speed intensity and duration of exercises gradually.
- Only one person is allowed to use the machine at one time.
- Consult your doctor immediately when you feel: sick, experience pain in joints or other locations, aches abnormal heartbeat rate or any other abnormal symptoms.
- If you have not done any sport for a long time or if you have a heart problem, neurologic problem, circulatory disturbances or orthopedic problems, you should first consult your doctor before operate this machine.
- Stop using the machine immediately if you feel tired, uncomfortable or dizzy.
- Don't use this machine for more than 10 min at a time.
- This appliance 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.

WARNING: Before beginning any exercise programme, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

MEDICAL RECOMMENDATIONS: You **MUST NOT** use the **Vibration 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 Machine if you have any of the following:

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

PRODUCT SPECIFICATIONS

User Weight Capacity:	120kg
Dimensions:	800 x 450 x 150mm

Shipping Weight:	23kg
Net Weight:	21kg
Power Requirements:	220-240V
Rated Frequency:	50/60Hz
Power:	500W

ASSEMBLY INSTRUCTIONS

STEP 1

- Choose a suitable place for your vibration machine. Leave yourself at least 1 metre of space either side of the machine to avoid injury. Place the machine on a solid, flat level surface with a suitable cover for your floor or carpet.
- Insert 2 x AAA Alkaline batteries into the remote control unit.

STEP 2 Roller

- There is a roller on the underside of the right hand edge of the machine, as you look at the display. Hold the left hand side of the machine and lift to a 45° angle. Then use the roller to position the machine into the optimal spot for your workout.

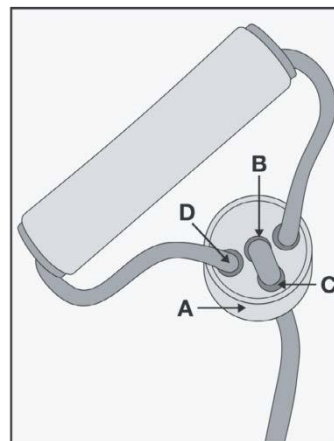
STEP 3

Resistance Bands

- Attach the resistance bands by locating the metal arm underneath the machine. Move it out so the arm is pointing out from underneath the disc. Loosen the carabiner lock (if required) on the end of the resistance band, clip it through the hole at the end of the metal bar, then screw the lock on the carabiner clip in place.
Note: Make sure that the carabiner clip is fastened by screwing the lock in place, to ensure the clip does not come loose during use.

Adjusting Resistance Bands

- If you find you need to adjust the length of band, take Part A in one hand and start to thread the band from underneath. This should create point B. Pull point D away from Part A (whilst Part A) so that the loop disappears. This will shorten the length of the resistance band overall.
- To lengthen your resistance band, thread a band through Part A as before to create a small amount of loop at point B. Then pull the band at point C so that the handle moves towards Part A. This should increase the loop need to thread the loop through Part A so it



your resistance thread through a small loop at keeping hold of shorten the

small amount of loop at point B. handle moves and now you will disappear.

bands are hazard.

Note: When not in use please ensure resistance stored away safely so they are not a potential trip

USER INSTRUCTIONS

- Ensure the supplied power cord is plugged in to the machine first, then plugged in to a suitable power socket. Turn the power switch on the rear of the machine to the 'I' position ensuring the switch illuminates. The display will read 'U' in the Mode display. '10' in the Time display and '00' in the Speed display.

- Before starting the machine, select which program you wish to use. Choose between Manual, which the machine will be in once it is switched on, program 1, program 2 or program 3. An LED light on the display will indicate which program you have chosen. To switch between programs either press or hold the 'P' on the display or choose the required program on the remote (P1, P2, P3 or M for manual).
- Once you've chosen your desired program set the length of time by pressing or holding the Time button on the display or remote. It will start at 10 minutes and cycle through to 15 minutes before then resetting to 1 minute and going up again (i.e. 10, 11, 12, 13, 14, 15, 1, 2, 3, 4....).



Manual Program

In the Manual program you will be able to change:

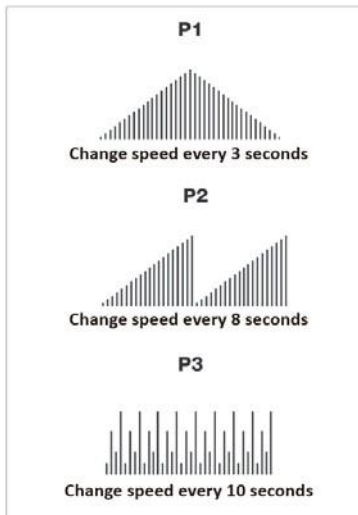
- The speed by pressing the Speed + or – buttons on the display or remote.
- Time by pressing the Time button on the display or remote
- Mode by pressing the Mode button on the display or remote during use.

You will be able to stop this workout at any time by pressing the Start/ Stop button on the display or remote.

Pre-set Programs

There are 3 pre-set programs for you to choose from. Do this by either pressing the P button on the display or the required program button on the remote (P1, P2 or P3). Set your desired length of time as instructed in the Manual program and then press the Start/Stop button on the display or remote to start the machine. Once you have started your pre-set program you will be able to change the mode and length of time but you will NOT be able to change the speed level of the machine. To stop the machine at any time press the Start/Stop button on the display or remote.

Programs



The machine has 3 different types of Mode:

- **U** is Oscillation mode, this is a seesaw type motion, helps improve overall fitness.

- **H** is Linear mode, this is a side to side type motion, helps to build strength in the legs.

- **UH** is a combination mode

- You can change between these modes at any time by pressing the Mode button on the display or on the remote control.

- At the end of your workout, turn off the machine using the switch at the back and remove the plug from the mains supply.

Vibration Training Benefits

The Vibration Machine offers the following benefits:

- Muscle building
- General fitness
- Endurance
- Muscle relaxation

In order to maximise the benefits of vibration training you should always remember the following points:

- Remember always start the machine from the lowest speed setting and then increase the speed step by step.
- Do NOT use your vibration machine when you have a full stomach; eating a meal a couple of hours before your workout is best.
- Remember to stay hydrated and never overwork yourself. Stop exercising if you feel tired, exhausted or dizzy.
- When you are ready to progress, we recommend increasing the intensity of the vibration, rather than the duration of your workout.
- If you are not using the exercises instructed in this manual, ensure that you have a stable base when on the platform. Make sure your feet are approx. 12" apart when on the platform.
- Note: is a vibrating fitness appliance; the more you increase the intensity, the louder the noise caused by the vibrations will be.

CARE AND MAINTENANCE



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

Cleaning

Clean your vibration 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 microfibre cloth. Be sure to wring out the cloth so that it is just damp.

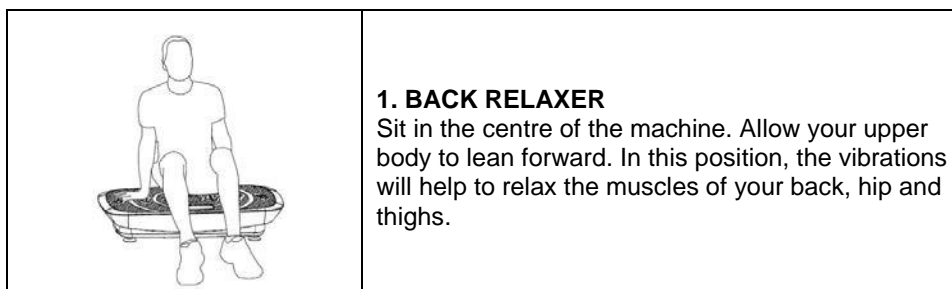
Storage

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 on its feet at all times.

Troubleshooting

- No lights; does not respond to Control Panel or Remote Control.
Check machine is plugged in and switched on at the mains. Check socket works with an alternative electrical product. Replace fuse in plug.
- Remote Control does not operate machine, but unit does respond to Control Panel.
Point Remote Control transmitter directly at the Control Panel's sensor.
Replace batteries in remote control (2 x AAA alkaline batteries are required).
- Speed too fast!
Adjust speed using the speed buttons on the Remote Control or the Control Panel.

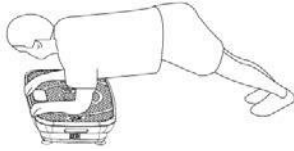
VIBRATION EXERCISES





2. CALVES

Stand on the Vibration machine with your feet shoulder width apart. Keep your back straight, your abdominal muscles tight and you will feel tension in your calf muscles. To vary this exercise, you could also bend your knees to 90°.



3. LOWER ABDOMINALS

Lean on the machine with your lower arms flat on the platform and hold on tightly to the front edge of it. With your back straight, lift your buttock slowly as if you wanted to pull the platform towards your feet. You should then feel the tension in your abdominal muscles. You may also perform the same exercise in kneeling position.



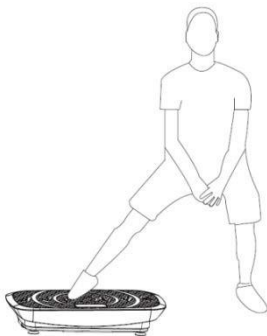
4. SHOULDER & NECK RELAXATION

Kneel down in front of the machine and place your hands on the platform with your arms outstretched. Keep your back and neck straight. Swing your upper body backwards while resting your arms on the platform. This exercise helps to relax muscles of your neck and shoulders.



5. PUSH UP

Kneel down in front of the machine. Place your hands on the platform shoulder-width apart. With your back straight and abdominal muscles tight, push your chest up from the platform. This exercise aims to strengthen your chest, shoulder muscles and triceps. You may also perform the same exercise with your legs stretched.



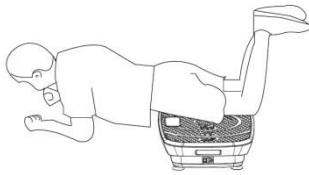
6. ADDUCTOR STRETCH

Position yourself sideways on the machine, one foot on the platform and the other on the floor. Legs apart, slightly bent the supporting leg while keeping the other one straight. Keep your upper body straight and lower your buttocks towards the floor. This exercise helps to stretch the muscles of your inner thighs. Repeat the same exercise by switching the position of the two legs.



7. CALF MASSAGE

Lie down in front of the machine, your back on the floor. Rest your calves on the platform with your toes pointing upwards. Simply relax and enjoy an invigorating calf massage.



8. QUADRICEPS MASSAGE

Lie face down on the floor in front of the machine, your arms supporting your upper body. Rest your upper legs on the platform with your lower legs slight bent. While enjoying this relaxing massage, be sure to keep your back straight and tense your abdominal muscles.