VBX**Wellness**

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Safety Information

BEFORE USE…

- Check the exercise speed before operating to ensure it's at a safe and comfortable level for you.
- Hold the safety handle before beginning the program to ensure your balance.
- Keep a recommended gap of 30cm between your feet in the initial stages.
- Prior to cleaning the machine, make sure the machine is off and the power cord is unplugged.
  - **NOTE:** Using corrosive cleaner is prohibited. **Do not** use benzene or thinner to clean the machine. **Do not** spray insecticide on the machine.
- When the machine is not in use, turn off the power and unplug the power cord, to both save energy and reduce the risk of fire.
- When the machine is not in use, use a cover to protect the vibration plate from accumulating dust.
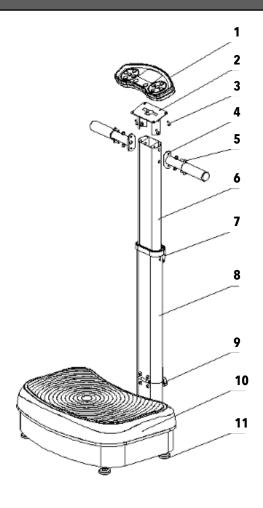
USE CAUTION

- **IMMEDIATELY DISCONTINUE USE IF YOU HAVE ANY DISCOMFORTS AND DO NOT RESUME USE UNTIL CONSULTING A PHYSICIAN.**
- **Do not** coil the power cords, as this may cause the machine to malfunction and could damage the power cords.
- **Do not** exercise in the same pose for more than ten (10) minutes, as this may result in muscle cramping.
- **Do not** operate the machine with more than one person at a time, as this may result in injury or machine damage.
- **Do not** operate the machine with wet hands, as this could cause an electric shock.
- **Do not** reduce or use force to relocate the product, as this may cause damage to the machine.
- **Do not** store the vibration plate near heat or open flame; in direct sunlight or high temperatures for a prolonged period of time; or in humidity.
- **Do not** use any kind of sharp tools (i.e. knife) on the vibration plate.
- **Do not** use the machine 30 minutes before and after eating a meal.
- **Do not** use the machine for any purpose other than exercise.
- **Do not** use the machine in wet areas (i.e. bathroom), as this may result in electrical shock.
- **Do not** use the vibration plate for any purpose other than its intended use, as described in this manual.

Specifications

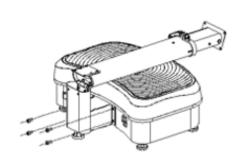|	
Machine Color	White
Machine Height	50″
Machine Weight	58 lbs
Max Weight Capacity	260 lbs
Footprint	22″ x 18″
Base Height	8″
Base Amplitude	10mm
Frame Construction	Steel
Motor	2: Horizontal, Linear
Motor Horsepower	1.5 HP Duty
Motor Wattage	600W
Vibration Speeds	60
Vibration Force	7.4 G's
Operating Frequency	1Hz-60Hz
Programs	6: 3 Pre-Programmed, 3 User Defined

Machine Diagram
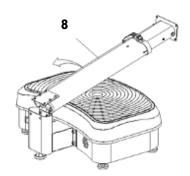
1. Control Panel

2. Panel Permanent Seat

3. Screw [M6x12]

4. Handrail

5. Screw [M6x16]

6. Extension Tube

7. Lock Catch

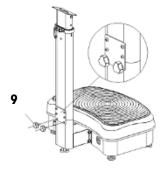8. Support Tube

9. Plastic Bolt [M8]
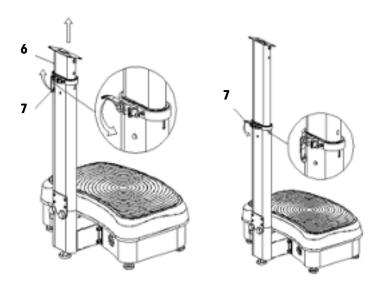
10. Base

11. Base Feet

Assembly Instructions

1. Take the machine out of the box, unfold the support tube (part #8), and lock into place with the plastic bolts (part #9).
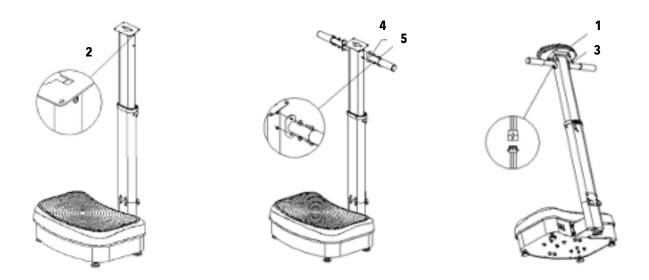
2. Rotate the lock catch (part #7) to loosen the extension tube (part #6). Then, pull up the extension tube and make sure that the copper bead bounces into the fixed hole. Rotate the lock catch again to make sure that the extension tube is locked at the desired height.
    - **NOTE:** There are two (2) fixed holes for different height options.

3. Remove the screw from the panel permanent seat (part #2). Install the handrails (part #4) with the included screws (part #5). Connect the cable and install the control panel (part #1) with the included screws (part #3).

1. The **program button** programs your workout into the machine's memory. P1-P3 are default automatic programs, U1-U3 are user defined programs.

A. Default Programs

Program	H Vibration Speed	L Vibration Speed	Time Interval
P1	30, 34, 38, 42, 46, 50, 54, 58, 54, 50, 46, 42, 38, 34, 30, 26, 22, 18, 14, 10, 6, 2, 6, 10, 18, 22, 26	30, 26, 22, 18, 14, 10, 6, 2, 6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46, 50, 54, 58, 54, 50, 46, 42, 38, 34	5 sec
P2	2, 40	40, 2	5 sec
P3	10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 55, 50, 45, 40, 35, 30, 25, 20, 15, 10, 5	5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 55, 50, 45, 40, 35, 30, 25, 20, 15, 10, 5	2 sec

B. User Defined Programs

1. Press 'MODE', then 'P' to choose the program set desired (U1-U3). The chosen icon will start flashing.
2. A bar will appear over the 'H' and 'L icons, which means that programming has started.
3. Press the left 'SPEED +/-' buttons to set the horizontal vibration speed.
4. Press the right 'SPEED +/-' buttons to set the linear vibration speed.
5. Press the 'TIME +/-' buttons to set the time for each vibration speed.
6. Press 'P' again. Once the scree shows both the 'H' and 'L' icons, it means the second step of programming has started. Repeat the above steps.
7. Press 'P' again to make the program icon stop flashing, indicating that programming is finished.
8. To edit the program, press 'P', then press the left or right 'SPEED +/-' buttons to adjust as needed.
9. Press 'START/STOP' to run or end the program.

Control Panel Operation

- **NOTE:** After one full program run, the program will repeat automatically until the total system time is finished and then automatically stop.
- **NOTE:** You can press the 'START/STOP' button anytime to stop the program. This will put the system back into manual mode. Pressing 'MODE' will let you choose a program and pressing 'START/STOP' will run the chosen program.
- **NOTE:** When U1-U3 programs are active, only the 'START/STOP' button will be active.

2. The **horizontal vibration speed buttons** will adjust the horizontal vibration speed or start/stop the horizontal vibration.
3. The **mode selection button** lets you choose between the different program modes (P1-P3, U1-U3) by rotating the knob.
4. The **BMI button** measures your BMI. When in standby mode, press 'BMI'. You will need to enter your gender, age, weight, and height. Press the 'TIME +/-' button to enter your information and press 'BMI' to confirm. Once all data has been entered, the screen will show three dashes. Put your hands on the two-sensor chip and the screen will display your measured BMI.
5. The **LCD screen** displays all information from the control panel.
6. The **sensors** assist in reading your BMI. (See #4)
7. The **time buttons** will adjust the time. The starting default time is ten (10) minutes and the maximum adjustment is twenty (20) minutes.
8. The **linear vibration speed buttons** will adjust the linear vibration speed or start/stop the linear vibration.
9. The **start/stop button** turns the machine on and off.

Warranty Information

FIVE (5) YEAR - Limited Warranty

The manufacturer warrants that this machine, when subject to normal and proper use, will be free from manufacturing defects for a period of five (5) years from the date of purchase. Should any defect occur during the specified time period, the manufacturer will repair the defective product, or provide replacement parts and components material, at its own option. The manufacturer also reserves the right to issue a full refund of the purchase price in lieu of repair or replacement. **This warranty is not transferable.** This warranty replaces all other oral or written warranties, liabilities or obligations of the manufacturer. Pertinent state law shall control for what period of time following the purchase a consumer may seek a remedy under the implied warranty of merchantability or fitness for a particular purpose. In no event shall the manufacturer be liable for consequential or incidental damages of any kind resulting from the breach of this warranty. Some states do not allow limitations on - or the exclusion of - incidental or consequential damages, so the above exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Quick Reference

The 'H' (horizontal) vibration is the *triangular oscillation vibration*, which is good for muscle contraction. This type of vibration is the one that gives you a workout.

The 'L' (linear) vibration is the more subtle *spiral vibration*, which is more therapeutic than the 'H' vibration. It helps improve circulation, reduce inflammation, assists with muscle recovery, etc.

Using both vibrations at once intensifies the effect of each vibration. There really isn't a "magic" way to use the machine; the most important part is using it consistently – which is how you'll see the best results.

Different users will use the machine at different speeds. An elderly person, for example, would use the machine at lower speeds while an elite athlete would use higher speeds. As a general recommendation, start out at speeds below 30 for the first few weeks of use and slowly go faster and faster as your body allows. Experimenting with varying speeds is also good to do, as different speeds affect your body differently. This is where the preset programs (P1-3) come in handy – they change the speed automatically and frequently, which gives your body a different stimulus than simply maintaining a consistent speed. When keeping the speed consistent, pick five (5) different positions (see pg. 9-12) and hold each position for 1-2 minutes. When the speed varies, stand with legs straight, bend your knees slowly, hold it, and return to the starting position.

It's recommended to use the machine twice per day: in the morning, use a consistent speed, and in the evening, utilize the varying speeds. Be sure to give your body at least one day of rest per week. Be careful not to overdo it in the beginning; this is a common mistake.

VBXWellness

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