



VBX Wellness is a registered brand of M&E Sales, LLP

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**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.

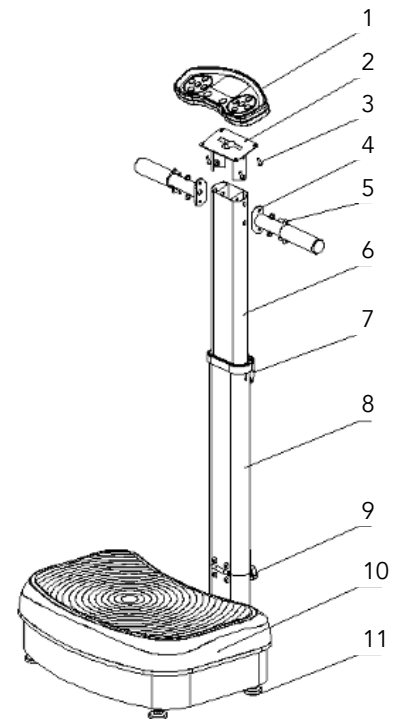
### USE CAUTION

- **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.

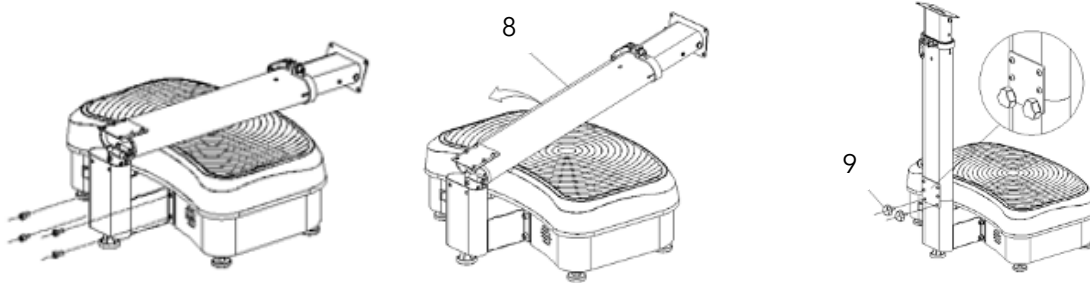
<b>Machine Color</b>	White
<b>Machine Height</b>	50 in
<b>Machine Weight</b>	58 lbs
<b>Max Weight Capacity</b>	260 lbs
<b>Footprint</b>	22 in x 18 in
<b>Base Height</b>	8 in
<b>Base Amplitude</b>	10mm
<b>Frame Construction</b>	Steel
<b>Motor</b>	2: Horizontal, Linear
<b>Motor Horsepower</b>	1.5 HP Duty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

## Machine Diagram

1. Control Panel
2. Panel Permanent Seat
3. Screw (6mm x 12mm)
4. Handrail
5. Screw (6mm x 16mm)
6. Extension Tube
7. Lock Catch
8. Support Tube
9. Plastic Bolt (8mm)
10. Base
11. Base Feet

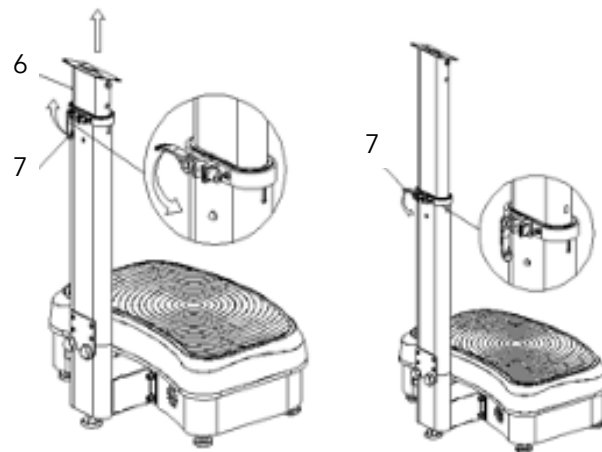


1. Take the machine out of the box, unfold the support tube (#8), and lock into place with the 8mm plastic bolts (#9).

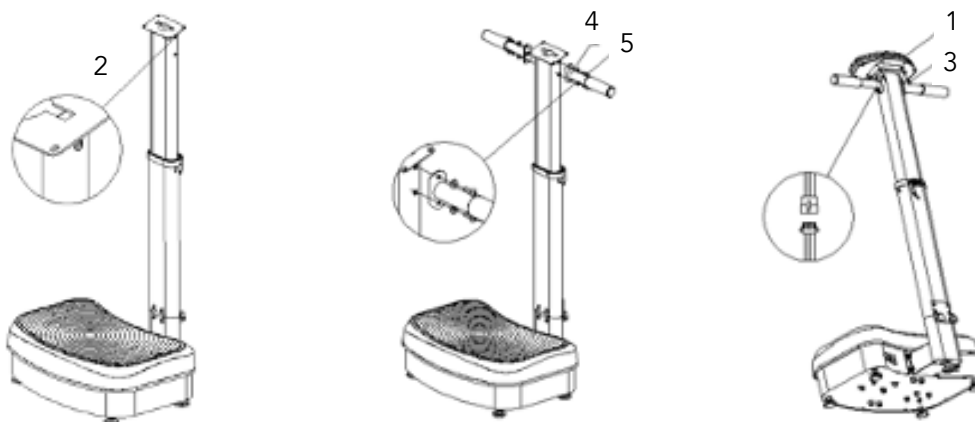


2. Rotate the lock catch (#7) to loosen the extension tube (#6). Then, pull up the extension tube and make sure that the copper bead bounces into the fixed hole. Rotate the lock catch again to make sure that the extension tube is locked at the desired height.

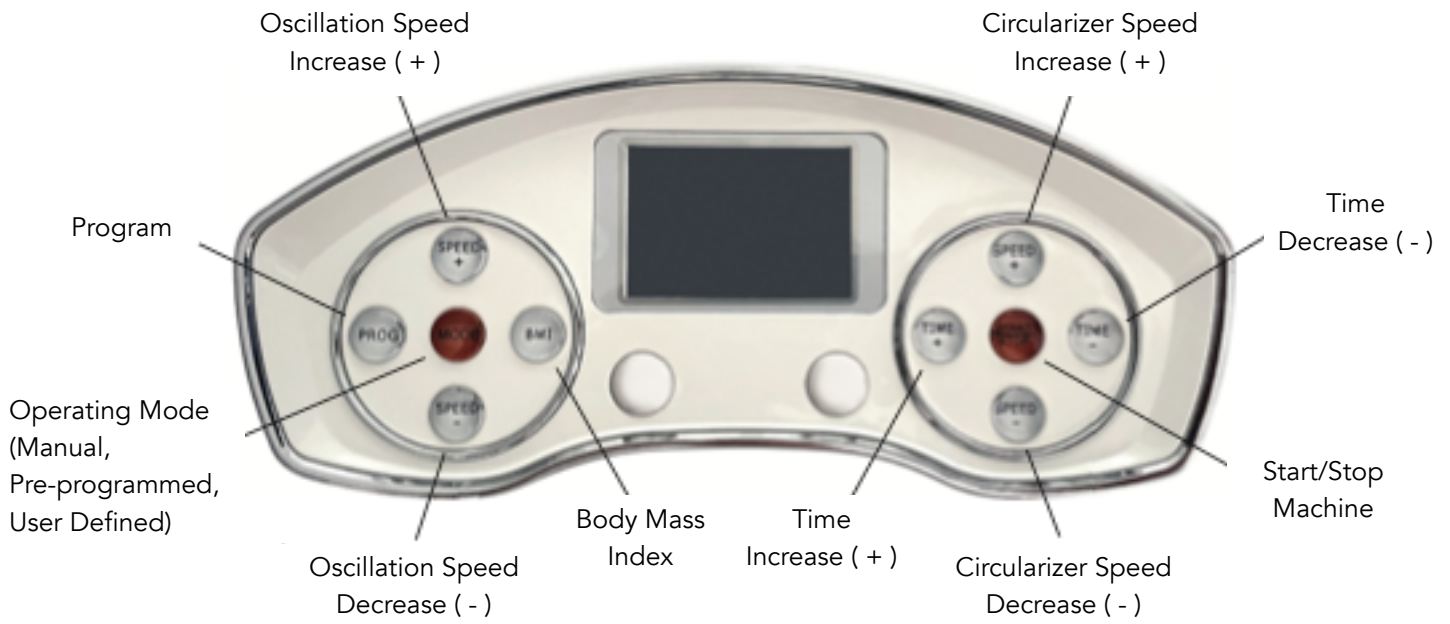
- **NOTE:** There are two (2) fixed holes for different height options.



3. Remove the screw from the panel permanent seat (#2). Install the handrails (#4) with the included 6mm x 16mm screws (#5). Connect the cable and install the control panel (#1) with the included 6mm x 12mm screws (#3).



# Control Panel Diagram & Operation



## Manual Mode

This feature is suggested for beginners and for people who want to control the speeds manually. The Manual Mode function is activated by pressing the START/STOP button located on the control panel of the machine. This is a default setting each time you start the machine with the START/ STOP button.

When the machine first turns on in Manual Mode, both motors will start at their lowest speeds (01/01) and the timer will automatically begin a 10-minute countdown.

To operate only one motor, you must turn off the motor that you do not want to operate by pressing the - button. Press the + button to turn up the speed of the motor that you want to increase. You may operate the motors independently or together at the same or different speeds.

To adjust the desired time, press the TIME+/TIME- button. This is for Manual Mode only, not for Automatic Programs. The default time setting is 10 minutes.

## Operating Programs

To select any of the desired programs, press the MODE button. The control panel will display P1. By continuing to press the MODE button, the control panel will display P2, P3, U1, U2, U3, and Manual. P1, P2, and P3 are automatic programs. U1, U2, and U3 are User-Defined Programs (See Programs below). After selecting a desired program, press the START/STOP button. The machine will start and operate on the selected program.

## Automatic Programs

There are three preset programs: P1, P2, and P3. These programs are optional and based on desired choice. Each program has its own preset variation of speeds and duration times that fluctuate during the 10-minute default operating time.

## User-Defined Programs (Optional)

There are three User-Defined Programs: U1, U2, and U3, which allow you to design and customize personal programs of your choice. Each program allows you to enter up to 12 variations of speeds and duration times of each circularizer and oscillation feature. Once a designed cycle has completed, the machine will automatically advance to the next programmed variation within the selected User-Defined Program. These cycles will continue for 10 minutes (the maximum time the machine will run in Automatic or User-Defined Program mode). Once designed and programmed, the machine stores your personal preferences permanently until you choose to change them.

Following are instructions for adding and changing the User-Defined Programs. Programming instructions for U1, U2, and U3 are identical.

Before starting the machine, press the MODE button until U1 appears on the display. Next, press the PROG button on the control panel and U1 will begin flashing. A bar will appear. You may now begin programming the first cycle of U1. Press the left SPEED+/SPEED- button to set the oscillation speed. The speed selected will be shown on the left of the screen display. Press the right SPEED+/SPEED- button to set the circularizer speed. The speed will be shown on the right of the screen. Speeds selected may range from 0 to 60 (selecting 0 means the corresponding motor will not run during that cycle of the program). Press the TIME+/TIME- button to set the running time for the cycle. The time selected will appear on the display, e.g., 20 seconds will appear as Time 20. Press the PROG button on the control panel. This records the programming information you have selected in cycle 1 and advances to cycle 2 within the U1 program. You may continue to program up to 12 cycles using the procedure described above, or you may skip subsequent cycles by pressing the PROG button on the control panel until U1 stops flashing.

To change an ENTIRE program, locate the User-Defined Program that you desire by pressing the MODE button until it appears, and then repeat the instructions in the previous paragraph. Remember, if you have programmed 12 cycles within a program, you must change each one individually.

To change only SELECTED CYCLES within a program, press the PROG button on the control panel until your program cycle appears and then make your changes as described above. Press the PROG button again to record your changes.

### Note:

- The programming of U2 and U3 is the same process as the programming of U1.
- The program will repeat automatically until the total system time is finished, and then it will stop.  
START
- You can press the START/STOP button to stop the machine at any time. The system will  
START
- During the running of U1, U2, and U3, only the START/STOP button is active.

**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 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.

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