



# **VB300 Vibration Platform Machine**

## **User Manual**

[Revision 2.0 October 2018]

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READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

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# Safety

Basic precautions, including the following important safety instructions should always be followed when using the machine. Read all instructions before use.



To reduce the risk of electric shock, always unplug the machine from the electrical outlet after use and before cleaning, assembling, or servicing. Failure to follow these instructions may lead to personal injury and cause damage to the machine.

Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**WARNING!** To reduce the risk of burns, fire, electric shock or injury, read the following:

- Use this product for its intended use only as described in this user manual. Do not use attachments not recommended by the manufacturer.
- Never operate the unit with a damaged cord or plug, or if it is not working properly. If it has been dropped, damaged or exposed to water, have the unit inspected/repared by an authorized service center.
- **Caution** – To avoid injury, use caution when stepping on to or off the machine.
- **Maximum weight capacity = 150kg**
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the unit outdoors.
- Do not pull the unit by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the unit in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- The motor cover can become hot while the unit is in use. Do not place the unit on a flammable surface as this can create a fire hazard.
- Keep electrical cord away from hot surfaces.
- Keep the unit on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the treadmill remains clear of any obstructions during use.
- The machine is for domestic household use only.
- Only **one** person should use the machine at a time.
- Wear comfortable and suitable clothing when using the machine.
- Do not leave children unsupervised near or on the machine.
- Children should not be allowed to play or operate the machine at any time.
- To disconnect, turn all controls to the OFF position, then remove plug from the wall outlet.
- The machine is not intended for use by persons (including children) 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.
- This unit must be plugged into a nominal 240VAC/50Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the machine while in use.

- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Allow the machine to stop fully, and unplug the power cord from the wall outlet before moving it.

# Operating the Vibration Platform Machine

## Program and Manual Modes

The vibration platform features two basic operating modes:

- **Manual Mode** – The machine is being used, but not running a preset program (see Program mode, below). In this mode, the machine will continue for the duration of the countdown timer at the current speed until you stop the machine, change the speed, timer etc. To enter Manual mode, turn the machine on, then press **START** [▶ on remote control].
- **Program Mode** – The machine runs through a preset routine where it will apply a particular speed for a set period of time. There are 10 preset routines to choose from (“P0” to “P9”). In Program mode, the unit automatically changes speeds – the machine beeps at each speed change. To enter Program mode, turn the machine on, then press **PROG MODE** [P on remote control] when the machine is on, but not running. Press repeatedly to step through programs. At the desired program, press **START** [▶ on remote control].

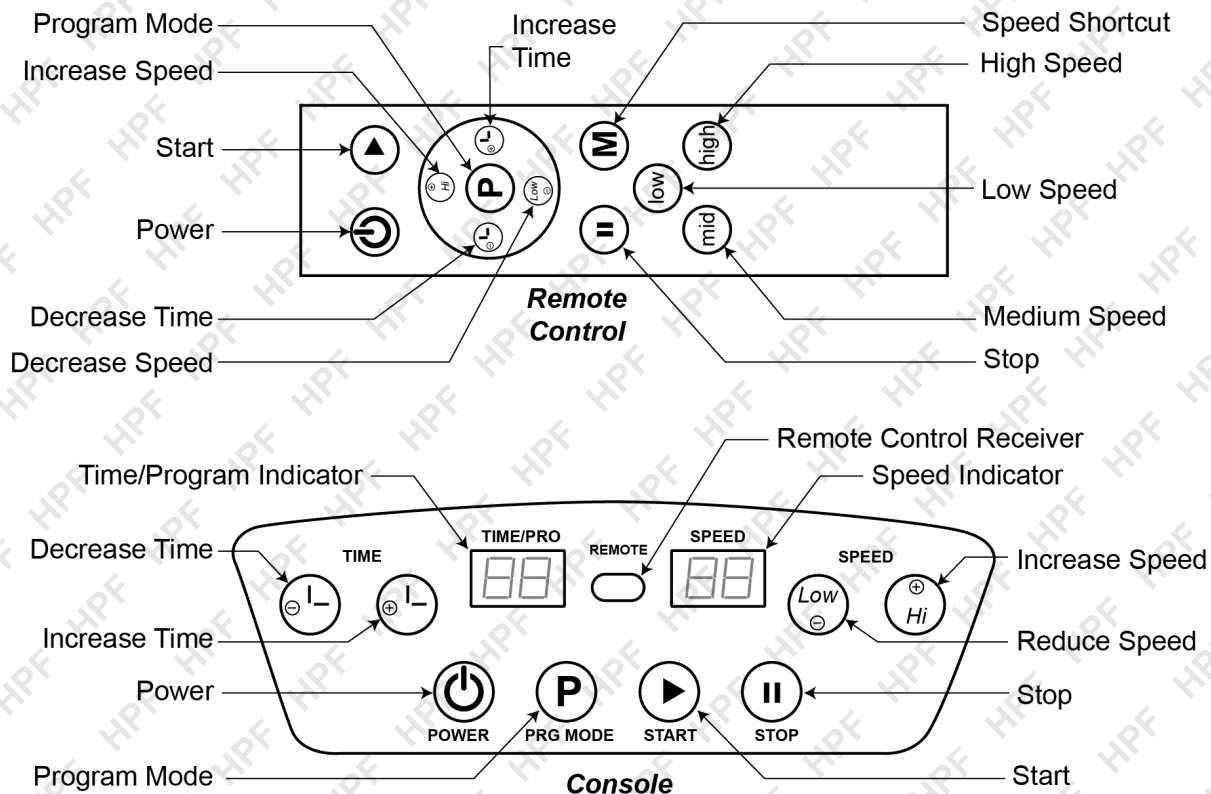
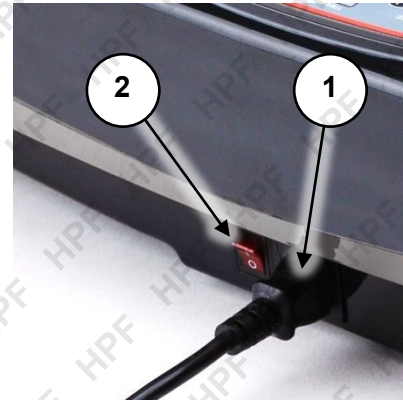
## Console and Functions




The machine features a computerized display that provides you with controls for operating the unit as well as workout information, such as duration, speed etc.

To use the machine:

1. Plug the machine into a compatible electrical supply (1).
2. Place the power switch, located at the lower front of the unit, in the “ON” (“I”) position (2).
3. Operate the machine as desired.



The machine is equipped with a remote control unit that replicates the console functions. When using the machine, it may be easier to use remote control to operate it.



Console/Remote Control Function	Description
<b>POWER</b> / 	Press to switch the machine ON and OFF. Note that the main power switch [next to the electrical lead] must be in the ON position.
<b>START</b> / 	Press to start the machine. Once started, press again to stop the machine.
<b>STOP</b> / 	Press to stop the machine.
<b>PRG MODE</b> / <b>P</b>	When the machine is on but not running, press to enter Program mode. Press repeatedly to step through programs. The current program number is shown in the <b>TIME/PRO</b> display.
<b>Decrease Time</b>	Press to reduce the countdown timer by 1 minute. Press and hold to quickly decrease the timer. The timer has a maximum of 15 minutes. The machine stops automatically once the countdown timer reaches "0.0". The current countdown timer value is shown in the <b>TIME/PRO</b> display.
<b>Increase Time</b>	Press to increase the countdown timer by 1 minute. Press and hold to quickly increase the timer. The default timer has a maximum of 15 minutes. The machine stops automatically once the countdown timer reaches "0.0". The current countdown timer value is shown in the <b>TIME/PRO</b> display.
<b>Increase Speed</b>	When the machine is running, press to increase vibration speed by a value of 1. Press and hold to quickly change speed. The speed range is 1 to 99. The current speed setting is shown in the <b>SPEED</b> display.
<b>Decrease Speed</b>	When the machine is running, press to decrease vibration speed by a value of 1. Press and hold to quickly change speed. The speed range is 1 to 99. The current speed setting is shown in the <b>SPEED</b> display.
<b>TIME/PRO Display</b>	Shows the current countdown timer value. When selecting a program [Program mode], the current program number is shown.
<b>SPEED Display</b>	Shows the current speed setting.
<b>REMOTE</b>	The receiver for the machine remote control unit. Point the remote control towards the receiver.
<b>M</b> (Remote Control)	Press to step between speeds 20, 50 and 80.
<b>Low</b> (Remote Control)	Press to set to speed 30.
<b>Mid</b> (Remote Control)	Press to set to speed 60.
<b>High</b> (Remote Control)	Press to set to speed 90.

## Manual Mode Training

The VB300 has a "manual" mode of operation, which gives you the freedom to adjust the vibration platform operation as desired at any time.

1. Turn on the machine.
2. Press **START** [ on remote control]. The machine starts running at the slowest speed setting.
3. Adjust speed using the speed adjustment controls as required.
4. When finished, press **STOP** [ on remote control].

## Setting Session Duration

When training, the machine defaults the countdown timer to 15 minutes to a pre-set session duration, the machine stops automatically once the timer counts down to 0.0.

1. Turn on the machine [but do not start it].
2. Press **Decrease Time** or **Increase Time** as required. The current time in minutes is shown in the **TIME/PRO** display. Duration can range from 1 to 15 minutes.



3. Press **START** [▶ on remote control].
4. When the timer finishes, the machine stops.

## Program Mode Training

The VB300 has 10 automatic training programs, “P0” to “P9”. Each program has a standard duration of 15 minutes (you can change this) and applies differing speeds 20 times per program (for example, if the duration is 40 minutes, the speed changes every 2 minutes). To access the programs:

1. Turn on the machine [but do not start it], press **PRG** [P on remote control] to select program 1 (“P0” displays). To select other programs, keep pressing **PRG** as required.

Optionally, to set program duration, press **Decrease Time** or **Increase Time** to set the duration in minutes.

2. Press **START** [▶ on remote control].
3. When the machine changes speed, a beep sounds before the change.
4. When completing the program, a beep sounds 4 times before the machine stops.

## Programs P0 – P9

Program speeds are shown below:

Program	Speed														
P0	4	8	10	12	17	20	24	20	17	6	12	17	20	24	20
P1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	12
P2	8	14	8	14	8	20	8	14	8	14	14	8	20	8	14
P3	12	23	29	38	49	56	68	76	48	29	38	48	56	68	76
P4	9	13	16	21	24	35	67	50	38	30	21	24	35	67	50
P5	23	55	23	55	23	55	23	55	23	55	55	23	35	23	55
P6	11	11	25	25	38	38	48	48	25	25	25	38	38	48	48
P7	30	30	50	50	70	70	40	40	60	60	50	70	70	40	40
P8	55	40	55	40	50	77	80	65	65	99	40	50	77	77	65
P9	40	85	75	65	25	96	78	60	65	80	65	25	96	78	60

## Exercising

The VB300 vibration platform uses muscular reflex of the body to exercise in a convenient manner that does not require you to get out of breath. The machine accomplishes this best when you are in a stressed position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to maintain posture, resulting in efficient muscular exercise.

The vibration platform provides effective exercise, but only if you use it in the recommended exercise positions. You will get the best results if you bend your knees or arms (depending on exercise position) and push against the machine platform so your muscles adopt the automatic motion described. Use several different postures for a few minutes each for a complete workout.

You can also use the vibration platform as a general massager to ease muscle pain and improve circulation. In this case, do not push hard against the machine, rather let the machine do the work for you.

## Exercise Positions

### General Muscle Toning

Stand on the platform and place your feet apart, in line with your shoulders. This position helps improve overall circulation and muscle tone.



### Leg and Thigh

Stand on the platform and place your feet apart, in line with your shoulders, then squat down so your knees are at approximately 90° and hold this position. This position provides a thigh workout.



### Upper Body

Kneel in front of the machine and place your hands on the platform, in line with your shoulders. This position provides an upper body workout. For further muscle training, lean forward and bend your arms to approximately 90° and hold this position.



### Lower Leg

Sit in front of the machine and place your calves on the platform, supporting your body with your hands behind you. For further muscle training, lift your bottom off the floor and press your legs harder against the platform.



### Waist

Stand in front of the machine, with legs placed apart, then place your hands on the platform. For further muscle toning, bend your arms, pressing harder against the platform and hold the position.



### Legs and Buttocks

Stand in front of the machine, then place one leg on the platform and remain relaxed. For further muscle toning, lean forward, pressing harder against the platform and hold the position.



### Buttocks

Sit on the platform, with your buttocks at the center. Remain relaxed and keep your back straight.



### Feet

Sit on a chair and place your feet on the platform. This helps ease tension and improve circulation.



Further to the normal vibration platform exercise, the machine is equipped with resistance bands that you can use to add additional muscular exercise to your workout sessions. Attach to the resistance bands to the brackets on the underside of the platform.





# Care, Troubleshooting and Maintenance



To prevent electrical shock, switch off and unplug the machine before cleaning or performing routine maintenance.

## Cleaning and Maintenance

The machine can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this may damage it and create an electrical hazard.

After each use, wipe the unit of any sweat, dirt or liquids.

## Storage

Store the machine in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is OFF ("O") and the power cord is un-plugged from wall outlet.

## Troubleshooting

Problem	Potential Reason	Correction
<i>Machine will not start.</i>	A. Machine not plugged in.	A. Plug power cord to electrical outlet and switch ON.
<i>No console display.</i>	No connection.	Check electrical cables are in good condition and properly connected.
<i>Remote control not functioning.</i>	A. Remote control not aimed at receiver. B. Batteries.	A. Point the remote towards the machine console when in use. B. Use new batteries [2 x AAA size].

## When to Call for Help

This vibration platform is designed with user safety as a priority. In the event of electrical failure, the machine will shut off automatically to prevent injury and damage to the unit. If you encounter unusual behaviour from the vibration platform, turn the power switch off and on to reset the machine. This should ready the machine for normal operation again. If after you have reset the machine that it is still not operational, call an authorized service center or technician for servicing.



**Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death, consult the points below and additionally, the information available at [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

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