



*Colours will vary as pictured in this manual.*

# Vibration Platform Machine

## User Manual

[Revision 4.0 October 20108]

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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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# Table of Contents

<b>Safety.....</b>	<b>1</b>
<b>Item Details .....</b>	<b>2</b>
Product Details .....	2
Control Panel.....	2
Remote Control .....	3
<b>How to Use.....</b>	<b>3</b>
Set-Up and Operation.....	3
Program Mode.....	4
<b>Exercise Suggestions .....</b>	<b>5</b>
<b>Specifications.....</b>	<b>6</b>

# Safety

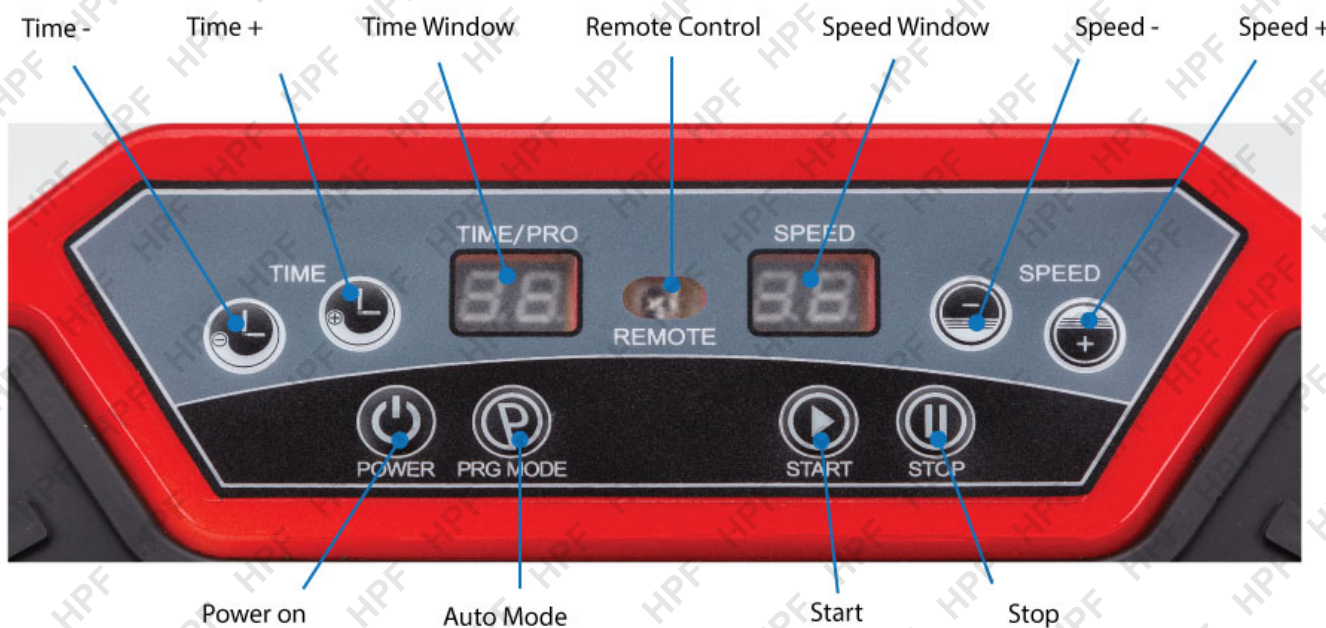
- People who have hypertension, bronchitis, heart or skin disease, diabetes, or other diseases, or pregnant women, should first consult a general practitioner before using this product.
- Start with a low setting first and work your way up.
- Do not start on a high setting as this can cause injury.
- Never adjust settings while standing on the foot pad; always step off to change the settings.
- Ensure that you are familiar with the settings and do not use for prolonged periods of time.
- Keep children away from this machine.
- Study the functions (for example, the switch button) and be sure you know how to operate the machine to avoid malfunction or injury.
- Do not jump or jolt on the platform; this will cause exceeding pressure on your joints.
- Do not put your knees on the pad. Only use as instructed under “Exercising Suggestions”.
- Do not put all your weight on one side; the machine may overturn and topple.
- Only one person at a time may use the device.
- Do not touch the device with wet hands.
- This product is for exercising only. Other uses are prohibited.
- Do not modify this product in anyway. Doing so can cause unexpected accidents and will void your warranty.
- Ensure resistance cords are firmly and correctly secured onto the base.
- Ensure resistance cords are firmly gripped when in use; Avoid sudden release or projectile of elastic strap.
- Ensure no loose clothing is worn around limbs; they may get caught in moving parts.
- Ensure fingers and toes are clear from area below the foot pad.
- Never rest your head on this device.

# Item Details

## Product Details

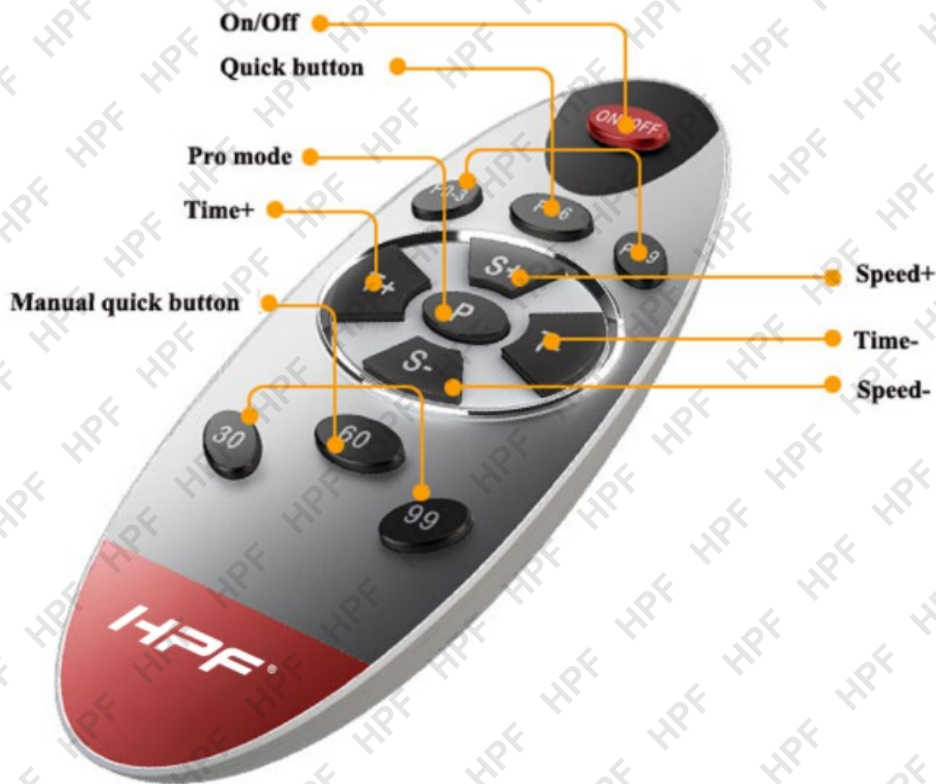


## Control Panel





## Remote Control



*This remote has a range of 2.5m.*

## How to Use

### Set-Up and Operation

1. Plug the power cord into the wall and into the unit.
2. Power on the unit by turning the red switch to ON (I).
3. The default setting is "HA". This means it's in manual mode.
4. Ensure AAA sized batteries are in the remote control.
5. To operate manually, press the ON button on the remote.
6. Adjust the speed (1-99) and/or time (1 minute increments) to your desire.
7. The 30, 60, and 99 buttons are quick speed options.
8. Turn off when finished. It will not immediately turn off but will gradually count down the speed to 0.

## Program Mode

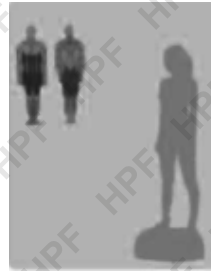
1. To use the pre-set program options, simply press the P button or quick reference P buttons. Refer to table below for functionality.
2. Press the ON button in desired program.
3. Please note, no other buttons or functions are available once program is set, other than OFF.

	Time Remaining in Minutes										
	10	9	8	7	6	5	4	3	2	1	0
	Speed Level										
<b>P0</b>	15	15	30	30	45	45	60	60	75	75	0
<b>P1</b>	5	5	10	10	20	20	25	25	30	30	0
<b>P2</b>	5	5	10	10	15	15	20	20	25	25	0
<b>P3</b>	25	25	45	70	90	70	40	30	15	5	0
<b>P4</b>	25	25	25	25	25	25	25	25	25	50	0
<b>P5</b>	15	15	35	35	20	20	40	40	25	25	0
<b>P6</b>	50	50	50	50	80	80	80	50	50	50	0
<b>P7</b>	5	5	15	15	10	10	20	20	15	15	0
<b>P8</b>	70	70	70	70	70	70	70	70	70	25	0
<b>P9</b>	35	35	40	45	50	55	60	65	70	75	0

# Exercise Suggestions

## **Whole-body-exercise stance:**

Stand on the pad, feet shoulder width apart.



## **Squatting stance:**

Stand on the pad, feet shoulder width apart, while squatting



## **Upper body workout:**

Place your hands shoulder width apart on the pad, while on your knees.



## **Lower leg workout:**

Rest your lower legs on the pad with your hands braced on the ground behind you for support.



## **Arm workout:**

With your feet shoulder width apart, bend at the waist and stretch your arms straight to rest on the pad.



## **Single-foot stance:**

Put one foot on the pedal and stand relaxed and straight.



**Sitting stance:**

Sit securely on the pad with your legs crossed.

**Sitting stance II:**

Put your legs on the pedal while sitting on a stool.



## Specifications

<b>Input Voltage</b>	220-240V, 50Hz AC
<b>Speed Range</b>	0 to 99 levels
<b>Max Output</b>	800W
<b>Amplitude</b>	0-12mm
<b>Max Loading Capacity</b>	150kgs





**Some experts believe that the incorrect or prolonged use of almost any product may cause serious injury or death. To help reduce your risk of serious injury or death, refer to the information below. For more information, see [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

- Consult all documentation, packaging and product labelling before use. Note that some products feature documentation available online. It is recommended to print and retain the documentation.
- Before each use, check the product for loose/broken/damaged/missing parts, wear or leaks (if applicable). Never use a product with loose/broken/damaged/missing parts, wear or leaks.
- Products must be inspected and serviced (if applicable) by a qualified technician every 6 months. This is based on average residential use by persons of average size and strength, and on a property of average metropolitan size. Use beyond these recommendations may require more frequent inspections/servicing.
- Ensure that all users of the product have completed a suitable industry recognised training course before being allowed access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or description of application. Be sure to attain third-party approval from a qualified specialist for your application before use, regardless of any assurances from the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (for example, automobile, computer, toaster), there is the possibility of technical issues that may require the repair or replacement of parts, or the product itself. If the possibility of such failure and the associated time it may take to rectify could in any way inconvenience the user, business or employee, or financially affect the user, business or employee, then the product is not suitable for your requirements. This product is not intended for use where incorrect operation or a failure of any kind, including but not limited to, a condition requiring product return, replacement, parts replacement or service by a technician may cause financial loss, loss of employee time or an inconvenience requiring compensation.
- If this product has been purchased in error when considering the information presented here, contact the retailer directly for details of their returns policy, if required.

