

PROFLEX

VIBRATION PLATFORM MACHINE VB100



Colours may vary

User Manual

[Revision 2.0 March 2020]

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.

Safety

Safety messages are designed to alert you to possible dangers or hazards that could cause death, injury or equipment or property damage if not understood or followed. Safety messages have the following symbols:



You **WILL** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be INJURED if you do not follow instructions or equipment damage may occur.

It is vital that you read and understand this user manual before using the product, including safety warnings, and any assembly and operating instructions. Keep the manual for future reference.

Safety precautions and recommendations detailed here must be fully understood and followed to reduce the risk of injury, fire, explosion, electrical hazard, and/or property damage.

Safety information presented here is generic in nature – some advice may not be applicable to every product. The term "equipment" refers to the product, be it electrical mains powered, battery powered or combustion engine powered.

- Before Use** - If you are not familiar with the safe operation/handling of the equipment or are in any way unsure of any aspect of suitability or correct use for your application, you should complete training conducted by a person or organization qualified in safe use and operation of this equipment, including fuel/electrical handling and safety.
- Do NOT operate the equipment in flammable or explosive environments, such as in the presence of flammable liquids, gases or dust. The equipment may create sparks or heat that may ignite flammable substances.
- Keep clear of moving parts.
- Equipment may be a potential source of electric shock or injury if misused.
- Do NOT operate the equipment if it is damaged, malfunctioning or is in an excessively worn state.
- Do NOT allow others to use the equipment unless they have read this manual and are adequately trained.
- Keep packaging away from children - risk of suffocation! Operators must use the equipment correctly. When using the equipment, consider conditions and pay due care to persons and property.

General Work Area Safety

- Work areas should be clean and well lit.
- Do not operate the equipment if bystanders, animals etc are within operating range of the equipment or the general work area.
- If devices are provided for connecting dust extraction / collection facilities, ensure these are connected and used properly. Dust collection can reduce dust-related hazards.

General Personal Safety

- Wear appropriate protective equipment when operating, servicing, or when in the operating area of the equipment to help protect from eye and ear injury, poisoning, burns, cutting and crush injuries. Protective equipment such as safety goggles, respirators, non-slip safety footwear, hard hat, hearing protection etc should be used for appropriate equipment / conditions. Other people nearby should also wear appropriate personal protective equipment. Do not wear loose clothing or jewellery, which can be caught in moving parts. Keep hair and clothing away from the equipment.
- Stay alert and use common sense when operating the equipment. Do not over-reach. Always maintain secure footing and balance.
- Do not use the equipment if tired or under the influence of drugs, alcohol or medication.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities.

General Fuel Safety

- Petrol/fuel/gasoline is extremely flammable – keep clear of naked flames or other ignition sources.
- Do not spill fuel. If you spill fuel, wipe it off the equipment immediately – if fuel gets on your clothing, change clothing.
- Do NOT smoke near fuel or when refuelling.
- Always shut off the engine before refuelling.
- Do NOT refuel a hot engine.
- Open the fuel cap carefully to allow any pressure build-up in the tank to release slowly.
- Always refuel in well ventilated areas.
- Always check for fuel leakage. If fuel leakage is found, do not start or run the engine until all leaks are fixed.

General Carbon-Monoxide Safety

- Using a combustion engine indoors **CAN KILL IN MINUTES**. Engine exhaust contains carbon-monoxide – a poison you cannot smell or see.
- Use combustion engines **OUTSIDE** only, and far away from windows, doors and vents.

General Equipment Use and Care

- The equipment is designed for domestic use only.
- Handle the equipment safely and carefully.
- Before use, inspect the equipment for misalignment or binding of moving parts, loose components, damage or any other condition that may affect its operation. If damaged, have the equipment repaired by an authorised service centre or technician before use.
- Prevent unintentional starting of the equipment - ensure equipment and power switches are in the OFF position before connecting or moving equipment. Do not carry equipment with hands or fingers touching any controls. Remove any tools or other items that are not a part of the equipment from it before starting or switching on.
- Do not force the equipment. Use the correct equipment for your application. Equipment will perform better and be safer when used within its design and usage parameters.
- Use the equipment and accessories etc. in accordance with these instructions, considering working conditions and the work to be performed. Using the equipment for operations different from those intended could result in hazardous situations.
- Always keep equipment components (engines, hoses, handles, controls, frames, housings, guards etc) and accessories (cutting tools, nozzles, bits etc) properly maintained. Keep the equipment clean and, where applicable, properly lubricated.
- Store the equipment out of reach of children or untrained persons. To avoid burns or fire hazards, let the equipment cool completely before transporting or storing. Never place or store the equipment near flammable materials, combustible gases or liquids etc.
- The equipment is not weather-proof, and should not be stored in direct sunlight, at high ambient temperatures or locations that are damp or humid.
- Do not clean equipment with solvents, flammable liquids or harsh abrasives.
- For specific equipment safety use and care, see Equipment Safety.

General Electrical Safety	General Electrical Safety	General Service Information
<ul style="list-style-type: none"> Inspect electrical equipment, extension cords, power bars, and electrical fittings for damage or wear before each use. Repair or replace damaged equipment immediately. Ensure all power sources conform to equipment voltage requirements and are disconnected before connecting or disconnecting equipment. When wiring electrically powered equipment, follow all electrical and safety codes. Wherever possible, use a residual current device (RCD). High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal. 	<ul style="list-style-type: none"> Electrically grounded equipment must have an approved cord and plug and be connected to a grounded electrical outlet. Do NOT bypass the ON/OFF switch and operate equipment by connecting and disconnecting the electrical cord. Do NOT use equipment that has exposed wiring, damaged switches, covers or guards. Do NOT use electrical equipment in wet conditions or in damp locations. Do NOT use electrical cords to lift, move or carry equipment. Do NOT coil or knot electrical cords, and ensure electrical cords are not trip hazards. 	<ul style="list-style-type: none"> The equipment must be serviced or repaired at authorised service centres by qualified personnel only. Replacement parts must be original equipment manufacturer (OEM) to ensure equipment safety is maintained. Do NOT attempt any maintenance or repair work not described in this manual. After use, the equipment and components may still be hot – allow the equipment to cool and disconnect spark plugs and/or electrical power sources and/or batteries from it before adjusting, changing accessories or performing repair or maintenance. Do NOT adjust while the equipment is running. Perform service related activities in suitable conditions, such as a workshop. Replace worn, damaged or missing warning/safety labels immediately.

Vibration Platform 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/repaired by an authorised service centre.
- Caution** – To avoid injury, use caution when stepping on to or off the machine.
- Maximum weight capacity = 180kg**
- 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 grounded mains electrical outlet.
- 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.

Safety Symbols

The product may have safety warning labels attached to it, explained below. Understand the symbols on your product and their meanings. If any stickers become unreadable, unattached etc., replace them.

			 WARNING EXHAUST FUMES
Flammable Material Hazard Flammable liquids, gases or substances etc may present. Avoid ignition sources and open flames. Danger of fire.	Read User Manual Read and fully understand product safety warnings, operation, procedures etc before using the product.	Use Hand Protection Wear appropriate hand protection and take due care as the product or use of the product may present hand hazards.	Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.
			
Electrocution / Electrical Shock Hazard High voltage or high current electricity may be present or required by the product. Take due care when handling electrical products, cables, plugs and leads. Electrical shock can be fatal.	Toxic Fumes / Dust Hazard Using the product or by-products from use may produce fumes, smoke or particles that could be harmful if inhaled. Wear appropriate breathing protection and have adequate ventilation.	Explosive Material Hazard Combustible liquids, gases or substances etc may be present. Avoid ignition sources and open flames. Danger of explosion.	Cutting / Amputation Hazard The product may have blades, edges or mechanical devices that can cause severe cut injury to fingers, limbs etc. Take due care when handling and using the product.
			
Crush Hazard The product may have blades, edges or mechanical devices that can cause severe crush injury to fingers, limbs etc. Take due care when handling and using the product.	Single Operator Only The product must be operated by a single person only. More than one person operating the product may introduce additional hazards.	Use Face Protection Wear appropriate full-face protection and take due care as the product or use of the product may present face and eye hazards.	Use Foot Protection Wear appropriate foot protection and take due care as the product or use of the product may present foot hazards.
			
Use Eye / Ear / Head Protection Wear appropriate eye and / or ear and / or head protection and take due care as the product or use of the product may present eye, hearing and head hazards.	Running Hazard Do not run on or near the product as doing so may present a fall hazard.	Diving Hazard Do not dive into the product as doing so may present a neck / head injury hazard.	Adult Supervision Required Always supervise children and other users of a product to prevent drowning or injury.
			
Skin Penetration / Puncture Hazard The product may produce pressure, emit liquids or objects that can cause severe injury to fingers, limbs, blood etc. Take due care when handling and using the product.	Hot Surface Hazard Be aware that the product may produce high temperatures and hot surfaces that can cause burn injuries.	Flying Debris Hazard Be aware that the product or use of the product may present hazards produced by flying debris. Wear appropriate clothing and protective devices.	Moving Parts Hazard Be aware that the product contains or uses mechanical devices that move or rotate. Always wait for moving parts to stop fully before handling the product, adjusting, maintenance etc.

			
Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.	Pull Hazard Be aware that the product contains or uses mechanical devices that can pull in objects and can cause severe injury to fingers, limbs etc. Take due care when handling and using the product.	Slope / Fall Injury Hazard Be aware that using the product on sloping surfaces or in slippery conditions may present additional dangers from falls and contact with blades, moving parts, hot surfaces etc.	"Slam Dunk" Warning Do NOT attempt "slam dunk" manoeuvres as this may result in severe injury due to falling, product breakage or collapse etc.
			
Electrocution / Electrical Shock Hazard - Outdoor High voltage or high current electricity may be present or required by the product. Do NOT use in rain, damp or wet conditions. Electrical shock can be fatal.	Electrocution / Electrical Shock Hazard - Disconnect High voltage or high current electricity may be present or required by the product. Always disconnect the product from the electrical supply before handling the product, adjusting, maintenance etc.	Power Line Electrocution Hazard High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal.	"Kick-Back" Hazard High level of "kick-back" hazard that can cause the machine to suddenly rotate towards operator. Kick-back injury can be fatal.
			
Winch Operator Position Hazard Do NOT stand between winch and load. Do NOT use winch to move people.	Winch Lift Hazard Do NOT LIFT load vertically. Use machine to PULL only.	Cable Hazard Ensure that load bearing cable is not kinked or knotted.	Winch Cable Hazard Ensure that there is a minimum number of cable coils on winching mechanism.
			
Winch Hook Hazard Carry hook to load – do NOT throw or run.	Flash / Blinding Hazard Wear appropriate eye protection for welding. Direct exposure to weld arcs may cause permanent eye injury.	Laser Hazard Laser may be in use – do NOT look directly at laser or allow others to.	

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Parts Identification

Vibration Platform

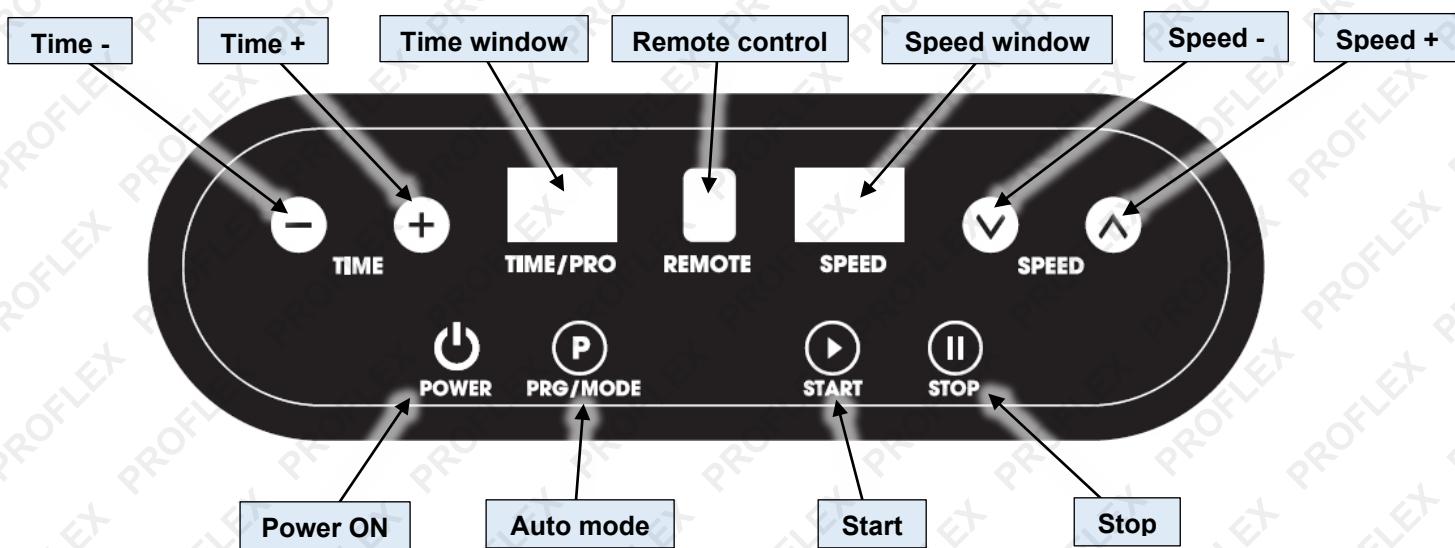


Remote Control



Note: Colours of vibration platform and remote may vary

Control Panel



Operation

Program and Manual Modes

The vibration platform features two basic operating modes:

- **Manual Mode** – The machine is being used, but not running a pre-set 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 **ON / OFF**.
- **Program Mode** – The machine runs through a pre-set routine where it will automatically apply several speeds over the session duration. There are 10 pre-set routines to choose from ("P0" to "P9"). To enter Program mode, turn the machine on, then press **PROG MODE [P on remote control]**. Press repeatedly to step through programs. At the desired program, press **ON / OFF**.

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
Display	Shows various sessions information, such as remaining time, program mode (if selected) and animation.
ON / OFF (remote control)	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.
PRG Mode / P (remote control)	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 display.
Time- / T- (remote control)	Press to reduce the countdown timer by 1 minute. Press and hold to quickly decrease the timer. The timer has a maximum of 10 minutes. The machine stops automatically once the countdown timer reaches "00:00". The current countdown timer value is shown in the display. Not applicable in Program mode.
Time + / T+ (remote control)	Press to increase the countdown timer by 1 minute. Press and hold to quickly increase the timer. The default timer has a maximum of 10 minutes. The machine stops automatically once the countdown timer reaches "00:00". The current countdown timer value is shown in the display. Not applicable in Program mode.
Speed- / S- (remote control)	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 180. The current speed setting is shown in the display. Not applicable in Program mode.
Speed + / S+ (remote control)	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 180. The current speed setting is shown in the display. Not applicable in Program mode.
P0-3 (remote control)	Cycle between the P0, P1, P2 and P3 pre-set programs
P4-6 (remote control)	Cycle between the P4, P5 and P6 pre-set programs
P7-9 (remote control)	Cycle between the P7, P8 and P9 pre-set programs
30 (remote control)	Sets the machine to level 30 speed
60 (remote control)	Sets the machine to level 60 speed
99 (remote control)	Sets the machine to level 99 speed

Manual Mode Training

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

1. Switch the machine **ON**.
2. Press **ON / OFF**. The machine starts running at the slowest speed setting.
3. Adjust speed using the speed adjustment controls as required.
4. When finished, press **ON / OFF**.

Setting Session Duration

When training, the machine defaults the countdown timer to 10 minutes (this is the maximum timer value) to a pre-set session duration, the machine stops automatically once the timer counts down to "00:00".

1. Switch the machine ON [but do not start it].
2. Press **Time + / Time -** as required. The current time in minutes is shown in the display. Duration can range from 1 to 10 minutes.
3. Press **ON / OFF**.
4. When the timer finishes, the machine stops.

Program Mode Training

The machine has 10 automatic training programs, "P0" to "P9". Each program has a standard duration of 10 minutes and applies differing speeds several times per program. To access the programs:

1. Turn on the machine [but do not start it], press **PRG MODE** [**P** on remote control] to select program 1 ("P0" displays). To select other programs, keep pressing **PRG MODE** as required.
2. Press **ON / OFF**.
3. When the program completes, the machine stops.

Exercising

The 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.



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.



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.



Buttocks

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



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 the resistance bands to the brackets on the underside of the platform.

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 provide a thigh workout.



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.



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.



Feet

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



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 control 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>	Machine not plugged in.	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

The 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 authorised service centre or technician for servicing.

Specifications

Speed Levels	99
Training Programmes	10
Voltage	240V
Frequency	50/60Hz
Weight Capacity	180kg
Remote Control	Yes
Resistance Bands	Yes
Power Plug	Australian Standard



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

- 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.

