

## Whole Body Vibration Therapy

- VP1000
- Owners Manual
- Version 1.0





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Congratulations on the purchase of your LifeSpan vibration plate.

We all know that exercise is a key component to achieving the level of Health and Wellness that all of us desire. Regular activity prevents the development of numerous diseases, helps to reduce stress, leads to an improved self image, weight loss and increased energy levels.

Vibration technology is adding a new component to the world of exercise that is a wonderful complement to traditional cardiovascular exercise and strength training. Vibration technology is relatively new to the fitness industry but the technology has been around for a long time. Significant medical research on vibration technology was completed in the 1980's and continues today. This research has validated benefits including improved strength and flexibility, increased bone density, and improved hormone levels.

There is also research showing that vibration technology can be overused both in terms of how long you exercise during each session and how frequently you exercise. For beginning exercisers we recommend keeping your sessions to 10 minutes or less and even for the physically fit sessions should not exceed 15 minutes. In terms of frequency, do not exceed 3 sessions per week.

Before starting a new exercise program, please consult your physician and read this manual in its entirety. It includes basic information on proper use of your vibration plate, safety tips, and operating instructions.

To keep your vibration plate in optimal condition, please pay attention to the maintenance and cleaning section of this manual and remember that some kinds of service should only be performed by a qualified technician. If customer service is required at any time please contact us at:

**PCE Health and Fitness**

Phone: (801) 973-9993

Fax: (801) 973-9923

[www.Lifespanfitness.com](http://www.Lifespanfitness.com)

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damage or injury incurred as a result of information in this manual except under the terms of the product warranty.

# limited home use warranty

The LifeSpan VP1000 Whole Body Vibration Plate comes with the following warranty, which applies only to home use in a residential setting, and does not cover commercial applications:

<b>Frame:</b>	5 Years
<b>Parts:</b>	1 Year
<b>Labor:</b>	1 Year

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material and workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included for the first year.

If your vibration plate fails to operate properly and customer service is required contact PCE Health and Fitness at our web site, [www.lifespanfitness.com](http://www.lifespanfitness.com) and select the appropriate options for customer support/customer service or call 801-973-9993.

PCE Health and Fitness reserves the right to make changes and improvements in our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your vibration plate, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

## **Exclusions and Limitations**

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

## **Registration**

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration card online, go to [www.pcefitness.com](http://www.pcefitness.com) and fill out the registration card online or fill out the warranty card provided with your vibration plate and mail it today. Registration Cards must be completed and sent to PCE Fitness within 30 days of purchase to activate the Product Warranty on your LifeSpan equipment. Product Warranties are not valid unless properly completed and sent to PCE Fitness within this 30 day period.

**Note: Read ALL instructions before using your LifeSpan vibration plate.**

# important safety precautions

**When using electrical equipment, basic precautions should always be followed, including:**

- Never drop or insert any object into any opening.
- Never operate this vibration plate if it has been damaged, if it is not working properly or if it has been exposed to water.
- To reduce the risk of electric shock, unplug the vibration plate from the wall outlet when not in use, before performing any maintenance, or before moving the vibration plate.
- Do not use outdoors or in an environment with unregulated temperature control.
- Do not lean against or climb on the vibration plate. Doing so may result in the vibration plate tipping and falling and could result in serious personal injury.
- Do not hang or place items on the vibration plate. Doing so could result in shifting the weight balance of the vibration plate causing it to tip over or fall causing serious personal injury.
- Plush carpet or thick pad may cause the unit to be unstable and noisy.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, which may pinch or damage it.
- Use this exercise product for its intended use as described in this Owners Manual. Do not use attachments that are not recommended by PCE Health and Fitness.
- Do not leave your vibration plate running while not in use.

## **Children and Pets**

- Keep children off your vibration plate at all times.
- When in use, young children and pets should be kept at least 10 feet away.

## **Grounding Instructions**

- Never use extension cords between the vibration plate and the wall outlet.
- This product is for use on a nominal 120 volt / 15 Amp circuit. This unit may not work with a common GFCI outlet.
- The power cord comes with a ground terminal. Never remove or otherwise bypass with any kind of adapter.

**Danger:** Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. If it will not fit in the outlet, have the proper outlet installed by a qualified electrician. Do not modify the plug provided with the product.

### **Other Safety Tips**

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the vibration plate.
- This vibration plate is equipped with a safety key. If the key is removed from the display, the vibration plate will stop.

If you have any of the conditions listed below, consult your physician before beginning use of whole body vibration therapy.

- Neurological Condition
- Pregnant
- Acute Thrombosis
- Recent wounds from surgery or other intervention
- Artificial Joints
- Severe Diabetes
- Epilepsy
- Acute diseases
- Pacemaker
- Tumors
- Retinal problems or dysfunction
- Acute hernia / discopathy / spondylolysis

**Save These Instructions**

# whole body vibration background & benefits

## Whole Body Vibration Background

Vibration technology was developed in the 1960's for Russian cosmonauts trying to prevent muscle atrophy and loss of bone density in space. Use of the technology spread to elite sports training, physical rehabilitation, and more recently general exercise.

Whole Body Vibration causes muscles to activate without the brain being actively involved in the muscle contraction. At higher frequencies a sustained contraction of the muscle is obtained.

Today, there are two different types or categories of Whole Body Vibration machines – Linear and Pivoting. The linear machines vibrate at a high frequency, generally 25 Hz and higher and have lower amplitudes than the pivoting machines. In other words, they vibrate very quickly but the vibrations are short in distance, usually at or below 5mm.

Pivoting machines operate under the 25 Hz rating but have a higher amplitude. These pivoting designs generally use a central pivot point and as a result the height of the vibration increases as you move your feet further out on the platform.

The LifeSpan VP1000 uses a dual motion pivoting system. This dual motion system encompasses an up and down pivoting system and a secondary front and back pivot that causes the platform to move in a multi-dimensional sequence. The VP1000's multi-dimensional movement increases the already strong benefits associated with Whole Body Vibration in terms of balance improvement and stabilization.

## Benefits of Whole Body Vibration

A significant amount of research has already been completed to analyze the benefits of Whole Body Vibration. This research has ranged from improvements in strength, flexibility and joint range of motion, bone density, hormone levels, body composition and many other areas.

While this research identifies many real benefits, it doesn't come close to matching some of the claims made by Whole Body Vibration proponents. At PCE Health and Fitness, we view Whole Body Vibration as a complementary tool to other forms of exercise, especially cardiovascular exercise. The best combination of exercise depends on the individual and their unique situation and exercise objectives, but we want to reinforce the fact that Whole Body Vibration is not a replacement for cardiovascular exercise.

On the other hand, here are some of the benefits to Whole Body Vibration that have been validated by research.

- Improved Muscle Strength primarily in the lower body
- Improved Flexibility and Joint Range of Motion
- Improved Balance and Mobility
- Increased Bone Density

Many of these benefits are particularly effective for the elderly who may be unable to complement their exercise with more traditional forms and cardiovascular and strength training.



## **Exercise Frequency and Duration**

Frequency and duration are important elements to consider in using your VP1000 Whole Body Vibration plate. As opposed to cardiovascular exercise, where exercising 5-6 days per week is recommended, for Whole Body Vibration we recommend 2-3 times per week. This will ensure that your body has adequate time to recuperate between use.

If you're just beginning an exercise program limit the time you spend on the VP1000 to 10 minutes per session plus rest time in-between exercises. Even if you're already fit keep your exercise sessions on the vibration plate to 15 minutes or less.

# exercise descriptions

There are many exercises that you can select for your workouts depending on the area of the body you choose to exercise, level of fitness and your personal exercise objectives. We have selected a core set of exercises to describe in this Owners Manual.

*Notes: For variety you can complete your exercises in a static mode where you hold the exercise for a specific period of time like 30 seconds or you can complete it in a dynamic fashion where you complete a series of repetitions.*

## Lower Body

There are 3 options for squats on the vibration plate. Depending on your level of physical condition and if you have any joint issues that make a deep squat difficult you may choose to perform the option that is best for you.

### Half Squat

**Body Position:** Stand with your feet hip width apart, eyes looking straight ahead with your head, neck and torso in a neutral position and your hands on the handlebars for balance.

**Instruction:** Slightly bend your knees, so that your knees stay behind your toes. Be sure to keep your head, neck and back in a neutral, relaxed back position.

**Muscle Groups:** Quads, Glutes, Hamstrings and Calves

### Deep Squat

**Body Position:** Stand with your feet hip width apart, eyes looking straight ahead with your head, neck and torso in a neutral position and your hands on the handlebars for balance.

**Instruction:** Bend your knees and lower your body into a comfortable squat position keeping your knees behind your toes. Be sure to keep your head, neck and back in a neutral, relaxed back position.

**Muscle Groups:** Quads, Glutes, Hamstrings and Calves

### Wide Squat



**Body Position:** Stand with your feet on the outside of the platform, eyes looking straight ahead with your head, neck and torso in a neutral position and your hands on the handlebars for balance.

**Instruction:** Bend your knees and lower your body into a comfortable squat position keeping your knees behind your toes. Be sure to keep your head, neck and back in a neutral, relaxed back position.

**Muscle Groups:** Quads, Glutes, Hamstrings and Calves

## Lunge



**Body Position:** Stand on the floor with your feet shoulder width apart and toes pointing forward. Be sure to keep your upper body erect, head facing forward with arms down at the side.

**Instruction:** Take a deep breath in and with one foot take a large step forward onto the vibration plate while keeping the opposite foot in place. Once the forward foot is firmly on the vibration plate lower the upper body by bending at the forward knee until the forward leg is parallel to the floor. While bending at the forward knee the back foot remains in place by shifting your weight onto the toes.

The left knee should bend slightly to assist in lowering the body but should not touch the floor.

For a static lunge hold this position for 20 – 30 seconds and repeat with the opposite leg. For a dynamic lunge push with the forward leg into the vibration plate as you exhale and move back into an upright position by driving your body upward and back to your normal standing position.

Be careful to maintain a smooth, controlled movement while returning to the starting position to avoid losing your balance.

**Muscle Groups:** Glutes, Hamstring, Quads, Calves

*Note: You can complete this exercise from the front or side of the vibration plate. The side position will give you a higher vibration amplitude and be more difficult to perform.*

## Calves



**Body Position:** Stand with your feet hip width apart, eyes looking straight ahead with your head, neck and torso in a neutral position and your hands on the handlebars for balance.

**Instruction:** Take a deep breath in and then exhale as you push with your toes, into a tippy toe position, heels off the ground. Be sure to contract the lower leg fully as you move into this toe press and hold the toe press for a few seconds when you reach the top of your range of motion. Release the hold and slowly begin to inhale as you lower your heels back to the vibration plate and return to a flat foot position. Repeat this exercise until you have completed all of your repetitions.

**Muscle Groups:** calves

*Note: We recommend completing a series of repetitions for 30 seconds or longer when completing toe raises rather than holding the toe raise continuously for 30 seconds.*

## Lower Back and Core

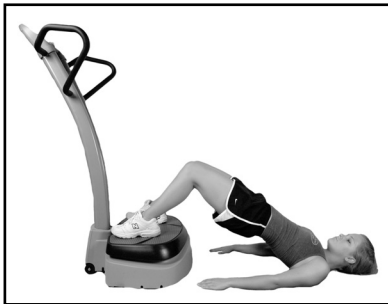
### Standing Abs

Body Position: Stand onto the platform with your hips and knees slightly bent and hands placed on the handlebars.

Instruction: Engage your abdominals by pressing down on handlebars while keeping the shoulders back.

Muscle Groups: Abdominals, Lats and Arms

### Pelvic Bridge



Body Position: Lying on your back with feet hip width apart and placed on the vibration plate. Keep your knees bent at 90 degrees.

Instruction: Tighten your stomach muscles as you exhale and press your lower back into the floor. Squeeze your glutes and slowly lift your hips off the floor as you continue to exhale until your body is in a straight line. Hold this position for 30 seconds or complete repetitions for 30 or more seconds. Don't forget to Breathe!

Muscle Groups: Glutes, Hamstring and Core

### Abdominal Crunch

Caution: This exercise should only be completed at very low frequency speeds. Frequency higher than level 2 is not recommended. If you experience discomfort stop and move on to the next exercise.

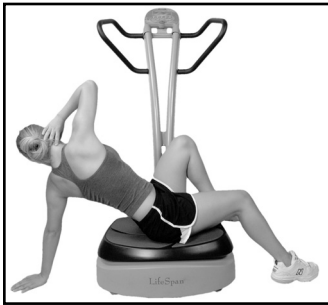
Body Position: Lay on your back with feet in the air and knees bent at 90 degrees.

Instruction: Take a deep breath in and as you exhale raise your upper torso off the platform to a crunch position. As you exhale, contract all of your abdominal muscles through the full range of motion. Repeat for 30 – 60 seconds.

Muscle Groups: Abdominals

Notes: You can complete this exercise with your arms crossed on your chest or your hands behind your head. Your hands should only provide gentle support on your head. Do not pull up on your head or neck.

### Sit up Twist



Caution: This exercise should only be completed at very low frequency speeds. Frequency higher than level 2 is not recommended. If you experience discomfort stop and move on to the next exercise.

Body Position: Sit on the platform with the right leg extended and left leg bent at the knee with the left foot sitting flat on the platform. Place the left hand flat on the floor and the right hand behind the head with shoulder and elbow pulled back.

Instruction: Take a deep breath and as you exhale contract the side abdominals and hold.

Muscle Groups: abdominals

## Upper Body

### Push Up



Body Position: Place both hands on the plate slightly wider than shoulder width apart with both feet on the floor and maintaining a straight back and hips.

Instruction: Bend your elbows to a position that you feel comfortable controlling and hold.

Muscle Groups: chest, shoulders, abs

*Note: To reduce the difficulty of this exercise you can keep your knees on the floor and bend at the waist with both hands placed flat on the platform.*

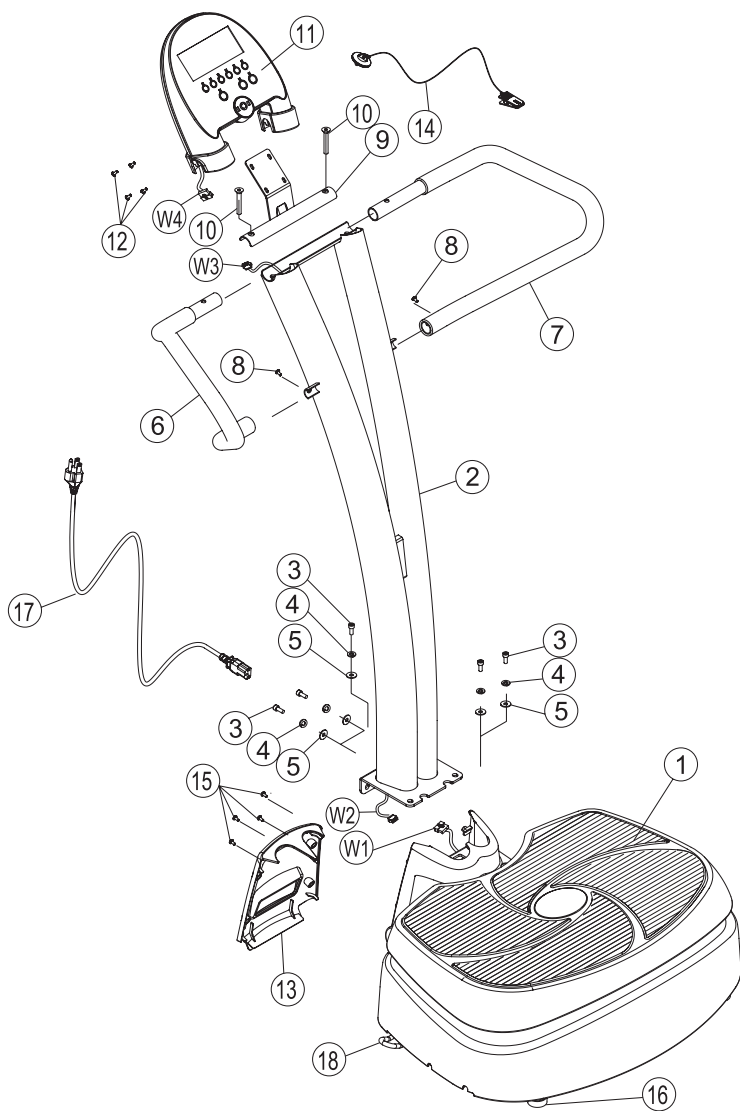
### Tricep Dip

Body Position: Sit in front of the platform, facing away from the platform with your back near the front of the platform. Place your hands, shoulder width apart on the front edge of the plate and your fingers pointing towards your body.

Instruction: Raise your buttocks off the floor and bend your elbows slightly.

Muscle Groups: Triceps and Shoulders

# assembly instructions








## Parts

1. Base frame
2. Support
3. Allen head bolt
4. Spring washer
5. Flat washer
6. Handlebar-L
7. Handlebar-R
8. Phillips head screw
9. Console mount
10. Allen head bolt
11. Console
12. Phillips head screw
13. Frame front cover
14. Safety key set
15. Phillips head screw
16. Leveling Feet
17. Power cord
18. Pull strap buckle



- W1. Inner power cord-Lower  
 W2. Inner power cord-Middle  
 W3. Inner power cord-Middle  
 W4. Inner power cord-Upper

## Hardware / Tools

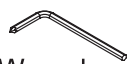
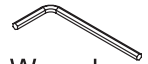
### Hardware kit

M8*15L(5PCS)  ③ Screw	M8(5PCS)  ④ Washer	M8(5PCS)  ⑤ Washer	M8*40L(2PCS)  ⑩ Screw	M4*10L(4PCS)  ⑫ Screw
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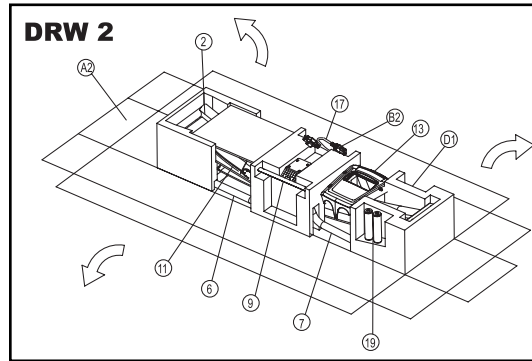
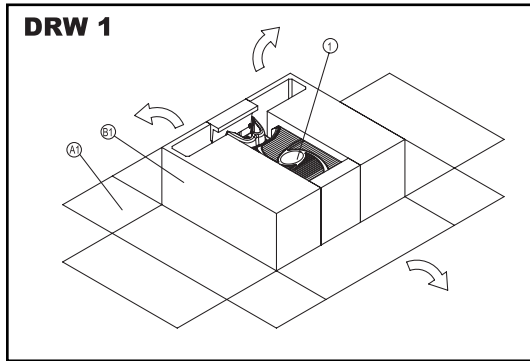
### Pre-assembled screws

1/4"*1/2"L(2PCS)  ⑧ Screw	M4*8L(4PCS)  ⑮ Screw
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### Tool

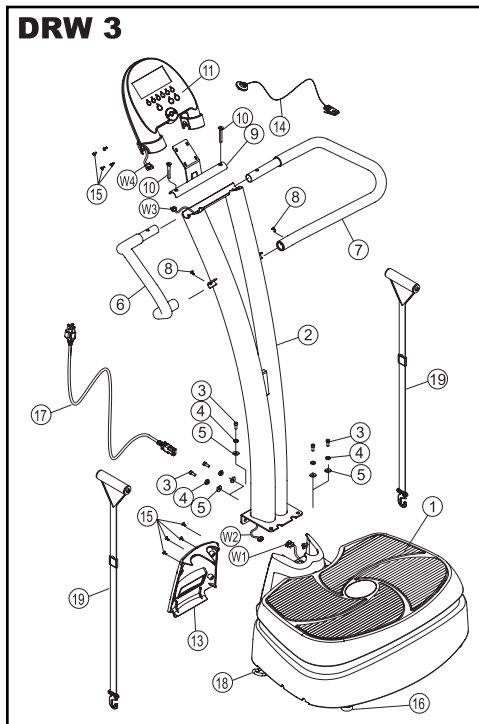
M5(1PCS)  ⑳ Wrench	M6(1PCS)  ㉑ Wrench
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Carefully unpack the vibration plate and support from their cartons. See DRW 1 and DRW 2. Once everything has been unpacked and all parts are accounted for (page 11), start the assembly process.



### Product Assembly

1. Move the Support (2) close to the main vibration plate body (1) and connect the harness (W1) from the base frame to the harness (W2) from the Support. Make sure the connectors are fully connected as vibration could make them come apart over time.
2. Carefully tuck the harness into the support and install the support (2) onto the base frame using the 5 Allen Head Bolts (3), the 5 Spring Washers (4) and the 5 Flat Washers (5). (Do not smash the wire harness between the support and the vibration plate during this step.) Loosely install all 5 bolts and then tighten all at once.
3. Install the base frame Switch Cover (13) onto the base and attach with 4 Phillips Head Screws (15).
4. Install the Left (6) and Right (7) Handlebars onto the Support (2) using Phillips Head Screws (8).



5. Install the console mount (9) onto the Handlebars (6 and 7) and install the two Allen Head Bolts (10).
6. Securely connect wire harness (W3) coming from the Support (2) to the wire harness (W4) coming from the console (11).
7. Install the console (11) onto the Console Mount (9) and install the 4 Phillips Head Screws (12). Install all 4 screws before tightening.
8. Install the Power Cord 17 and the Console Safety Key.
9. Set the unit on a firm surface. Plush or highly padded carpet may cause excess vibration and noise. Level the unit using the Leveling Feet (16) and the unit is ready to be used.

## Display Functions



## Console Operations

1. **Start/Stop Button** – Pressing the Start/Stop Button without pressing any other buttons will start the vibration plate at level 1 and will count up from 0 to 540 seconds. This is an easy quickstart method for using the Vibration Plate.
2. **Setting the Time** – There are several ways to set the time. Depending on the duration of the workout you can simply press one of the quick time buttons each representing the workout time in seconds or you can press the up or down buttons which will scroll thru from 0 to 540 seconds. When you get to the desired time simply press the Start/Stop button.
3. **Setting the level** – Once the Start/Stop button has been pressed the unit will count down from 3 and start moving. At this point you can adjust the level (speed or frequency) by using the up or down buttons. 1 is the lowest level and 20 is the highest level.
4. **Pausing the Workout** – If you need to Pause the unit in the middle of an exercise, press the Start/Stop button. The console will save the time and level of workout you were at and when Start /Stop is pressed again the unit will start at the same level as when it was stopped with any remaining time.
5. **Console Reset** – Press and hold the Start/Stop button for several seconds and the console will reset.
6. **Safety Key** – The console safety key needs to be in place in order for any adjustments to be made or for the unit to run.



# troubleshooting & maintenance

## Troubleshooting

**Problem:** Unit vibrates or bounces, not stable

**Solution:** Make sure the unit is not set up on plush carpet with padding. The unit needs to be set up on a semi firm surface. Make sure the base of the vibration plate is level by making adjustments with the 4 adjustment feet on the bottom of the unit.

**Problem:** Noises coming from the base unit of the vibration plate.

**Solution:** Lay the unit on it's side and tighten all hardware on the bottom of the vibration plate. Contact LifeSpan Customer Service if problems persist.

**Problem:** LCD Shows Er1

**Solution:** Contact LifeSpan Customer Service.

**Problem:** LCD Shows Er3

**Solution:** Check Wire connections at the back of the console and at the base of the unit where the wires were attached when installing the Handlebar Support Frame.

**Problem:** LCD Shows Er5

**Solution:** Possible Motor Overload. Turn the unit off and let it sit for 5 minutes. Turn the unit back on and retry. If problem persists contact LifeSpan Customer Service.

**Problem:** LCD Shows (---)

**Solution:** Safety key not making good contact. Remove safety key and reinstall. If problem persists contact LifeSpan Customer Service.

## Maintenance:

1. Every 3 months using the tools provided check all assembly hardware to make sure it is tight.
2. Keep the unit clean and dry. Use a damp cloth to wipe the unit off.
3. If the unit is not going to be used for a period of time, unplug the unit and store in a clean dry environment.







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