

# CONFIDENCE

**FITNESS**

## Confidence Vibration Plate Power Plus OWNER'S MANUAL



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# PRECAUTIONS

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## **SAFETY TIPS**

- **Do not use your Confidence Vibration Plate Power Plus with wet hands.**
- **Always turn off the power at the mains socket after use.**
- **Not to be used by pregnant woman.**
- **DO NOT drink alcohol and then use the Vibration machine.**
- **To achieve the best results, wait at least 1 hour after eating a meal before using the Confidence Vibration Plate Power Plus.**
- **Drink plenty of water before and after using the Vibration machine.**
- **Never wrap the power cord around the power plate.**
- **Keep children and pets away from the Vibration machine at ALL TIMES.**
- **Maximum usage 4 times a day.**
- **Maximum user weight 150Kg.**

**If you have any of the following conditions, you must consult your doctor before using your Confidence Vibration Plate Power Plus**

- **Heart Disease.**
- **Fracture or Joint Problems.**
- **Pregnant.**
- **Brain Blood Clot.**
- **Any Back Problems.**
- **Cancer or Any Acute Disease.**
- **Contagious Skin Disease.**
- **Recovering from an Operation.**
- **Mentally Handicapped/Imbalanced.**
- **Neurological Condition.**
- **Acute Thrombosis.**
- **Severe Diabetes.**
- **Epilepsy.**
- **Pacemaker.**
- **Tumours.**

**If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your doctor before continuing.**

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# PRECAUTIONS

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**WARNING: To reduce the risk of serious injury, read the following important precautions before using the Vibration Plate Power Plus.**

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1. Read all instructions in this instruction book before using the Vibration Plate Power Plus use the vibration machine only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the vibration machine indoors on a level surface. Keep the Vibration Plate Power Plus away from excessive moisture and dust.
4. The safety level of the vibration machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the Vibration Plate Power Plus.
5. Keep unsupervised children away from the Vibration Plate Power Plus at all times.
6. The Vibration Plate Power Plus should not be used by persons weighing more than 150 kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
8. If you feel pain or dizziness while exercising, stop immediately and cool down.
9. The Vibration Plate Power Plus is intended for home use only.
10. The Vibration Plate Power Plus is not intended for therapeutic purposes.



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**WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using the Vibration Plate Power Plus.**

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# PRECAUTIONS

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11. Do not let the Vibration Plate Power Plus get wet with any type of water or liquid. In addition, do not use the vibration machine while your hands are wet.
12. Do not move the Vibration Plate Power Plus when it is running.
13. After each use, the machine must always be switched off and unplugged.
14. Vibration Plate Power Plus is not recommended for people who have injuries.
15. Do not smoke while using the Vibration Plate Power Plus
16. Patients with diabetes or heart-problems should follow the advice from a doctor.
17. Do not use Vibration Plate Power Plus with a full stomach; vibration will make you feel uncomfortable if you have just eaten. Please also remember to drink plenty of water before and after exercising. Do not use Vibration Plate Power Plus while you are eating or drinking.
18. Vibration Plate Power Plus can not be used by pregnant woman or woman on menstrual flow.
19. Do not use for more than 3 sessions per day and limit sessions to a maximum of 20 minutes.
20. Using Vibration Plate Power Plus for about 10 to 15 minutes before breakfast and before sleep at night could produce the best desired effects and do drink enough water to help your metabolism.
21. Handicapped people should not use Vibration Plate Power Plus without help of others.
22. Do not jump on the plate or the machine as this may cause damage.
23. Only one person is allowed to use the machine at any time.
24. Never overwork yourself on the machine, stop exercising if you feel tired or exhausted.

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# INTRODUCTION OF THE VIBRATION PLATE POWER PLUS

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The Vibration Plate Power Plus has a compact, comfortable design which is perfect for use in your home. While the user-friendly display console and menus allows even inexperienced gym-goers to begin training immediately

Sit, stand or even lie on the vibration plate while doing simple weight-bearing exercises such as press-ups, sit-ups and stretch positions. Whether you want to retune your golf swing, reduce weight, improve your fitness and flexibility, build up your muscles, or simply improve your general health the power plate trainer will help you to reach your goals

Just 10 minutes on the Vibration Plate Power Plus is equivalent to 60 minutes' conventional exercise. And, you don't even need to exert yourself-just 10 minutes, 2 or 3 times a week can be enough.

The Vibration Plate Power Plus aids flexibility, co-ordination and circulation, toning all parts of the body through vibration training - a method used to train astronauts by developing their muscles and helping them to get used to unusual stresses and strains their bodies will be exposed to in space

And the effects of the Vibration Plate Power Plus can be literally out of this world, benefiting anti-ageing by staving off the dreaded orange-peel effect of cellulite.

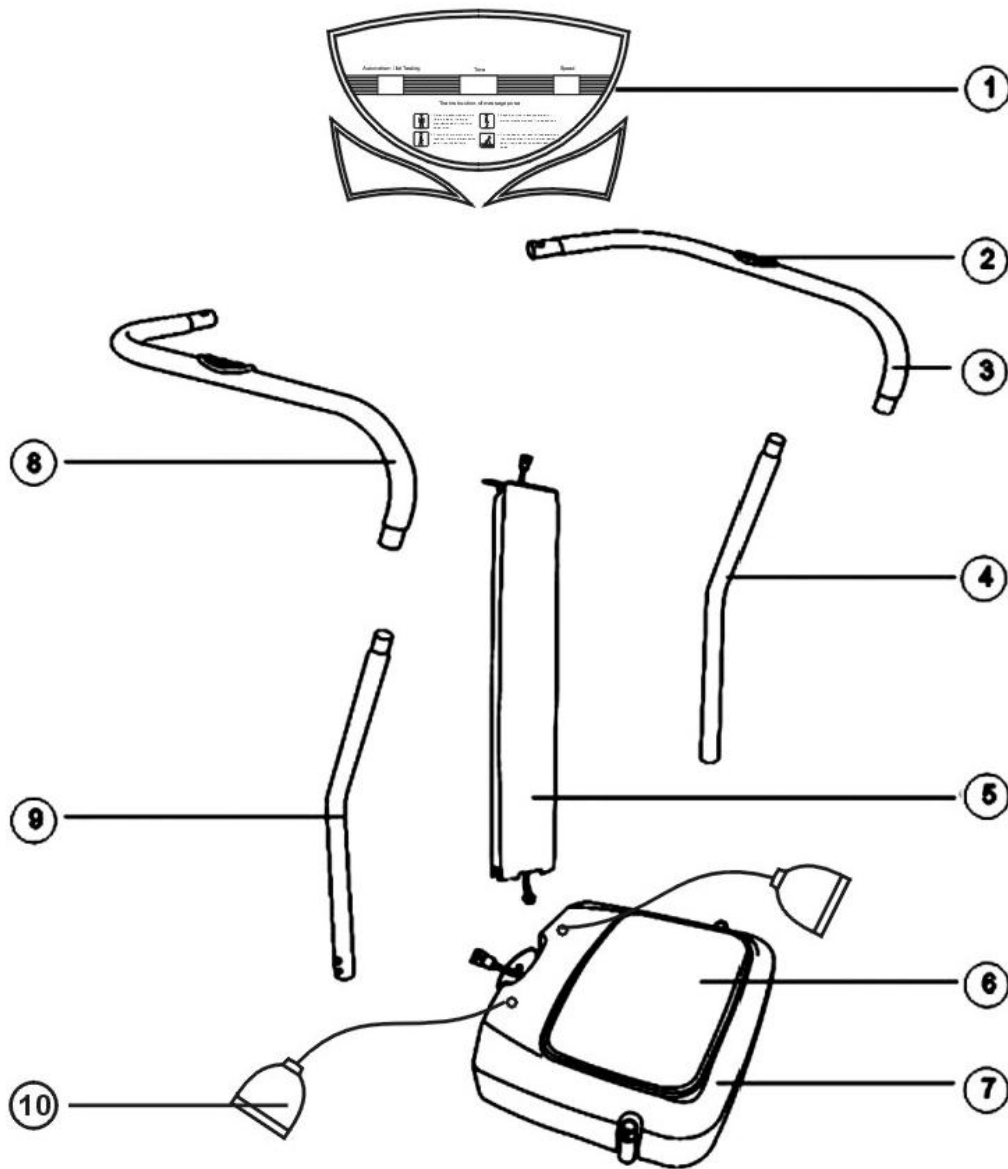
## How does it work?

The movement of the vibration plate simulates the body's natural stretch reflex. This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office without thinking of it. Your body responds with a strong involuntary muscle contraction leading to your leg kicking out. With the Vibration Plate Power Plus technology these strong muscle contractions can be repeated at a rapid rate. Due to the involuntary effect on muscle contraction, nearly 100% of the muscle fibres are recruited. Compare this to conventional training where there is only on average 40% muscle recruitment. This benefits the rehabilitation patient looking to add stability and strength to all muscles around their joints, to the athlete looking to maximise strength gains.

The gentle rapid contractions allow the muscle to work as a pump introducing blood to even the smallest blood vessels. This leads to the ability of the body to carry off waste products much faster, leading to increased peripheral circulation.

If you need to train the arms, you can use the Yoga straps, move it up and down.

## PARTS LIST

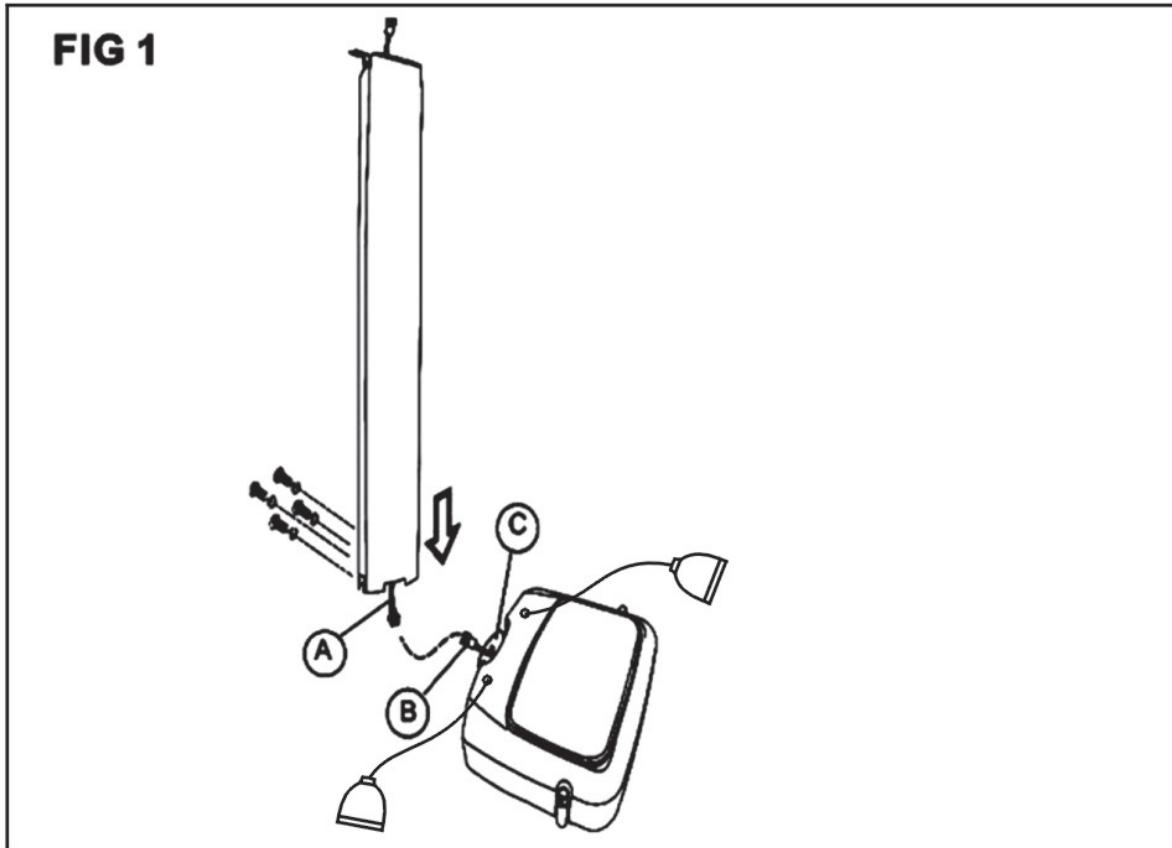


1. Console
2. Heart Rate Sensor
3. Right Heart Rate Sensor Handle
4. Right handrail tube
5. Support tube
6. Vibration Plate
7. Base Board
8. Left Heart Rate Sensor Handle
9. Left handrail tube
10. Yoga straps



## STEP 1 OF 4

### BASE BOARD AND SUPPORT TUBE



1. Place the base board on an even surface
2. Remove the four screws and washers from the back of the base board
3. Connect the signal cable (A) with the wire (B) from the base board
4. Push the Support tube down into the hole on the back of the base board – hold the support tube diagonally away from the base board to insert it (See IMAGE A below)
5. Reinsert the four screws and lock them tightly with the washers. See FIG 1

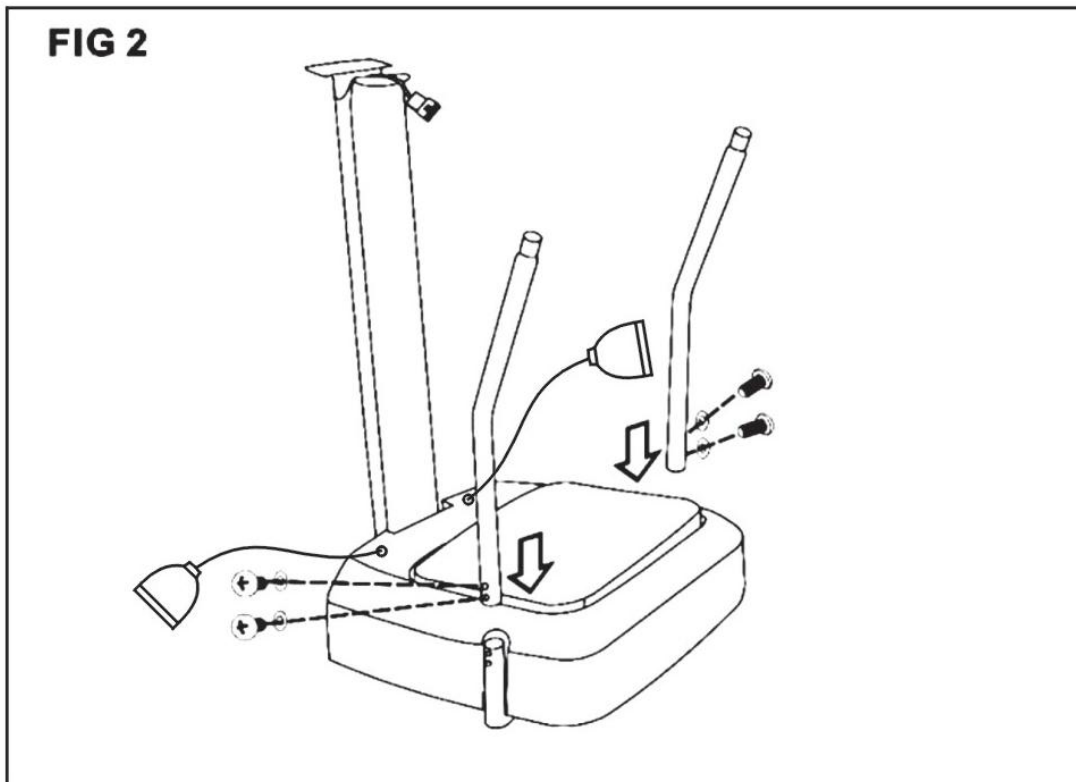


IMAGE A



## STEP 2 OF 4

### HANDRAIL TUBES



1. Remove the four screws and washers from the holes on either side of the base board (two on either side)
2. Insert two handrail tubes into the holes on the sides of the base board, Please make sure the top of the handrail tubes are angled away from the main unit.
3. Reinsert the screws and lock them tightly with the four washers. See FIG 2

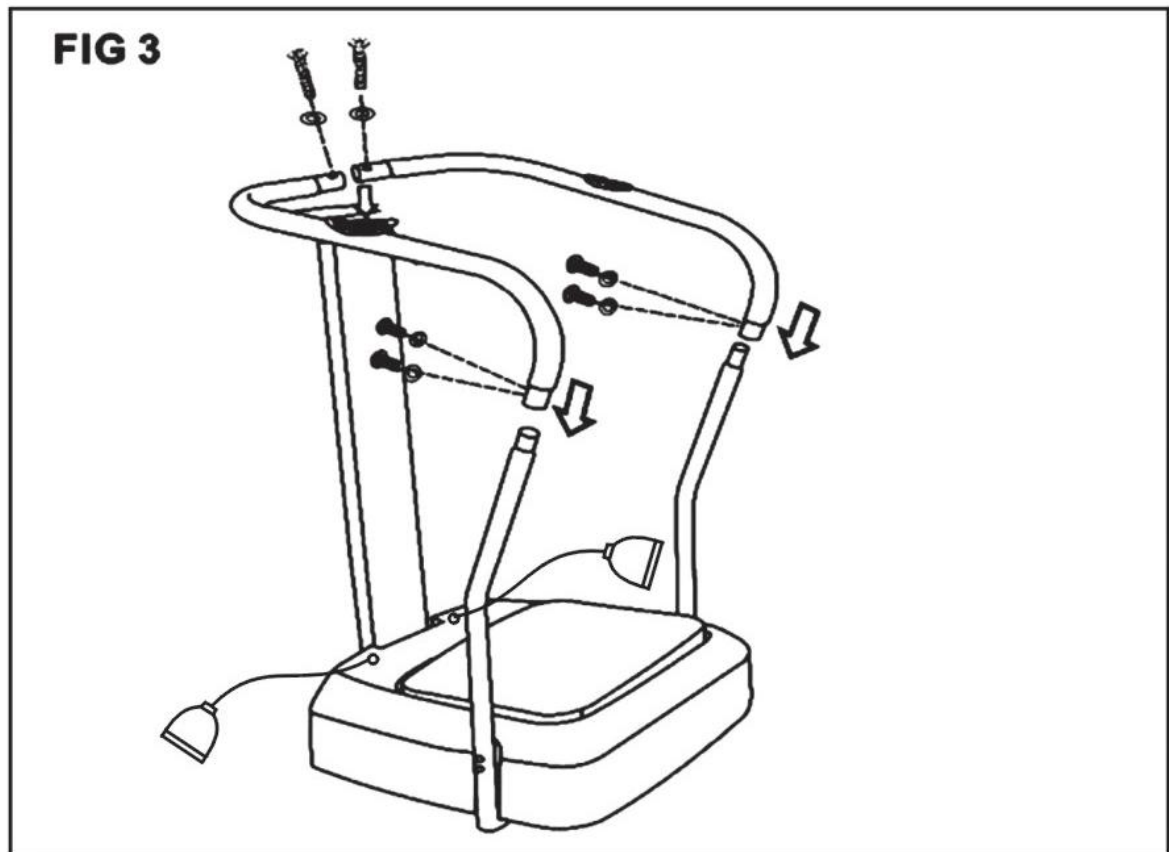
### PROGRESS





## HEART RATE SENSOR HANDLES

### STEP 3 OF 4



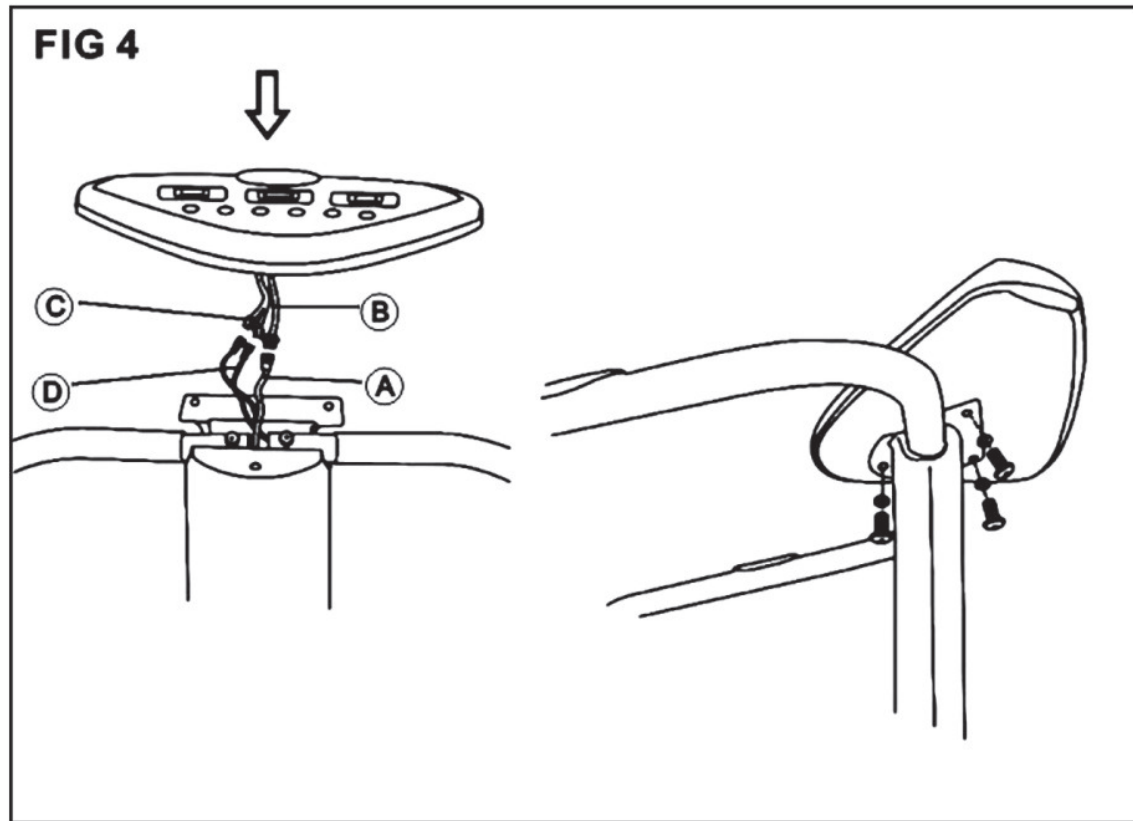
1. Remove the screw from the top of each Heart Rate sensor handle and the two screws from the bottom of each Heart Rate sensor handle
2. Take one of the Heart Rate sensor handles and insert the top end onto the support tube and reinsert the screw (repeat on other side) See FIG 3
3. Connect the bottom end of the Heart Rate sensor handles with the handrail tubes and reinsert the screws you previously removed.

### PROGRESS



## STEP 4 OF 4

### CONSOLE



1. Remove the three screws from the bottom of the console
2. Connect the signal cable (A) of the support tube with wire (B) from the console
3. Connect the Heart Rate sensors (D) of the support tube with the Heart Rate sensors (C) from the console
4. Insert the wires into the hole in the back of the console and push the console down onto the support tube.
5. Lock the console onto the support tube by reinserting the 3 screws. See FIG 4

### PROGRESS



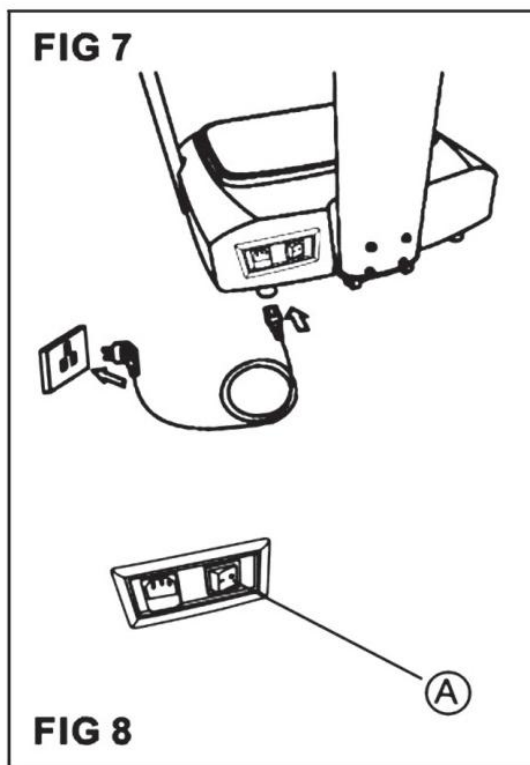
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# USING THE VIBRATION PLATE POWER PLUS

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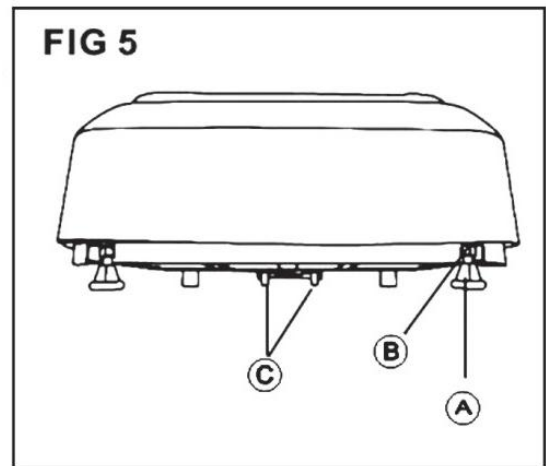
## POWER ON/OFF

1. Insert the power cord firmly into the socket on the rear of the unit. Connect the mains plug to the mains power supply socket. See FIG 7.
2. Set the ON/OFF switch (A) to ON ('I') position. The console display will illuminate. See FIG 8.
3. When you have finished exercising, press the ON/OFF switch to the OFF ('O') position to turn off the machine. Unplug the power cable.



Placing the Vibration Plate Power Plus on an uneven floor can cause it to wobble during use and may cause the incline adjustment to function incorrectly. To prevent this from happening, two stabilizers have been installed underneath of the base board and these should be adjusted correctly prior to use.

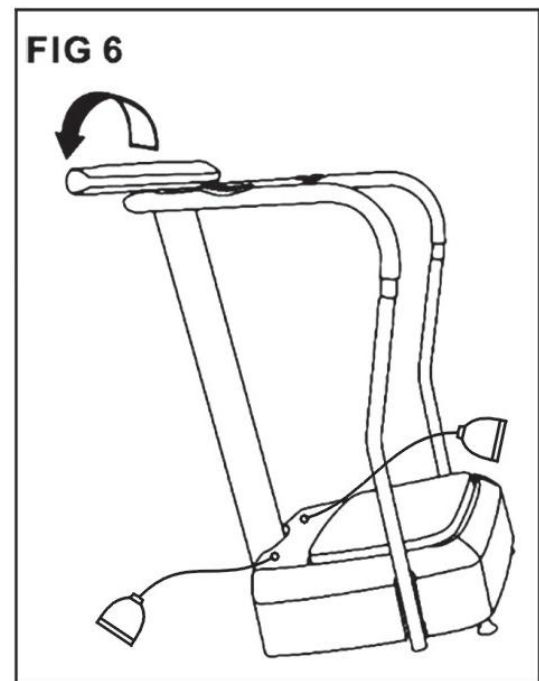
1. Shake the support tube back and forth to check if the machine is resting flat on the floor
2. Adjust the stabilizers (A) until they securely support the Vibration Plate Power Plus on the floor. See FIG 5
3. Tighten the locking nuts (B)
4. Check again to see if the machine is in a stable position on the floor and repeat adjustment if necessary



#### TRANSPORT WHEELS

Two transport wheels (see FIG 5, C) are fitted Underneath the Vibration Plate Power Plus to allow it to be moved easily

Incline the Vibration Plate Power Plus backwards, hold the Heart Rate Sensor handle to move it forwards. See FIG 6.



## **OPERATING INSTRUCTIONS**

- 1. Press the PROGRAM SELECT button to choose the programme. There are 4 modes – HL (manual), P1 (automatic Programme 1), P2 (automatic programme 2) and P3 (automatic programme 3). The timing for each programme is 10 minutes and will be displayed in the TIME/PULSE display.**
- 2. After setting the programme, press the START/STOP button to start using the Confidence Vibration Plate Power Plus.**
- 3. In HL mode press the SPEED UP or SPEED DOWN buttons to change the speed which will be shown in the speed display (1-50 speeds).  
*Please always remember to select the speed that feels most comfortable***
- 4. In any of the automatic programme modes the speed buttons will be inactive and the machine will alternate the vibration speed at the below preset intervals:  
P1 – Slowly increases your body's heart rate and vibration resistance. Every 30 seconds the speed changes from Start to 10-15-20-25-30-35-40-35-30-25-20-15 (this cycle will repeat until 10 minutes are completed)  
P2 – Keep your heart rate in the fat burning zone. Every 30 seconds the speed changes from Start to 5-10-15-20-25-30-35-40 (the speed will then stay at 40 until the 10 minutes are completed)  
P3 – Training for advanced athletes. Every 30 seconds the speed changes from Start to 15-30-45 (the speed will then stay at 45 until 10 minutes are completed)**
- 5. In any status, press the PULSE key and then hold the heart rate sensors. The present heart rate will be shown in the TIME/PULSE display. To revert back to see the time, press the TIME button.**
- 6. If you want to stop the machine at any time, press the START/STOP button, otherwise the machine will automatically stop when the exercise time reaches zero.**

**DO NOT USE THE VIBRATION PLATE POWER PLUS FOR MORE THAN 20 MINUTES IN ANY ONE EXERCISE SESSION.**

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# CONDITIONING GUIDELINES

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The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



**WARNING:** Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.

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## WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

## TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144



*Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the Vibration Plate Power Plus.*

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# BEGINNER'S GUIDE

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If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness.

## WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.
- If not prohibited for medical or other reasons, an isotonic glucose drink may be useful to maintain blood sugar levels.
- Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

## HOW TO BEGIN

- Start with a low setting and for 0.5 to 1 minute sessions per muscle group (see pages 20 to 21). Two or three times per week.
- Warm-up for a few minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the intensity and time as you become used to the exercise. You can also repeat the whole exercise regime, allowing a short (approximately 5 minutes) break between sessions.
- At the end of each workout you should stretch the muscles you've just worked to prevent injury and cramp.
- Increase your workout intensity and time slowly, but do not use the unit for more than 5 minutes on any one muscle group or posture.

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# EXERCISES

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**Tones the back, hips and legs.**



**Tones the back and arm muscles.**



**Tones the waist, stomach muscles and thighs.**



**Tones the leg muscles, shoulder, waist muscles and stomach.**



**Tones the leg muscles and waists.**



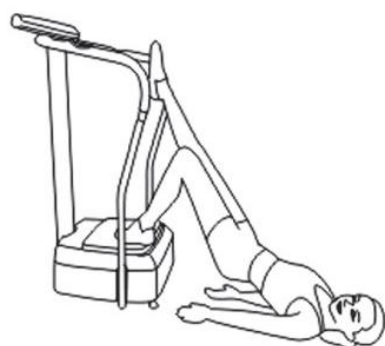
**Tones the waist, stomach muscles and legs.**



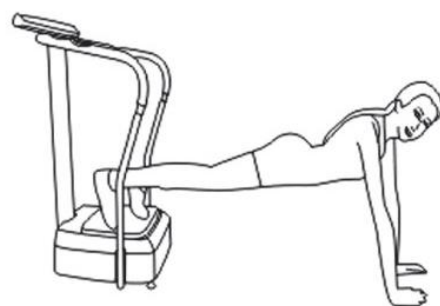
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# EXERCISES

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**Tones the leg, thigh and hip muscles.**



**Tones the shoulder, chest, arms and upper body muscles.**



**Tones the hands and shoulders.**



**Tones the shoulder, arms and upper body muscles.**



**Tones the thigh, chest, hips and all body muscles.**



**Tones the thighs and buttocks.**

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# MAINTENANCE

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**Regular maintenance not only elongates the life of Vibration Plate Power Plus but also helps safeguard your body.**

- 1. Check the tightness of the assembly screws of the Vibration Plate Power Plus every 2 months.**
- 2. Keep fire and liquid away from the Vibration Plate Power Plus.**
- 3. Always pull out the plug from the power outlet when the Vibration Plate Power Plus is not in use.**
- 4. Always switch off the machine and disconnect the power supply before cleaning.**  
**Clean the Vibration Plate Power Plus with a damp cloth and non-chemical detergents.**

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# TROUBLESHOOTING

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NO	Problems	Solution
1	Adverse noise when using the unit	Check the tightness of the assembly screws
2	No display	Check there is power to the unit
3	Display on, but no operation	Check voltage is correct
4	Machine not level	Regulate the four cushions under the base board

### **Specifications**

**Dimensions (L x W x H) : 735 x 695 x 1220mm**

**Weight : 39 kg**

**Maximum power : 1.5HP**

**Input voltage : 200-240V**

**Frequency Range : 50-60Hz**

**Speed range 1-50**

**Maximum User Weight : 150 kg**

MADE IN CHINA

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