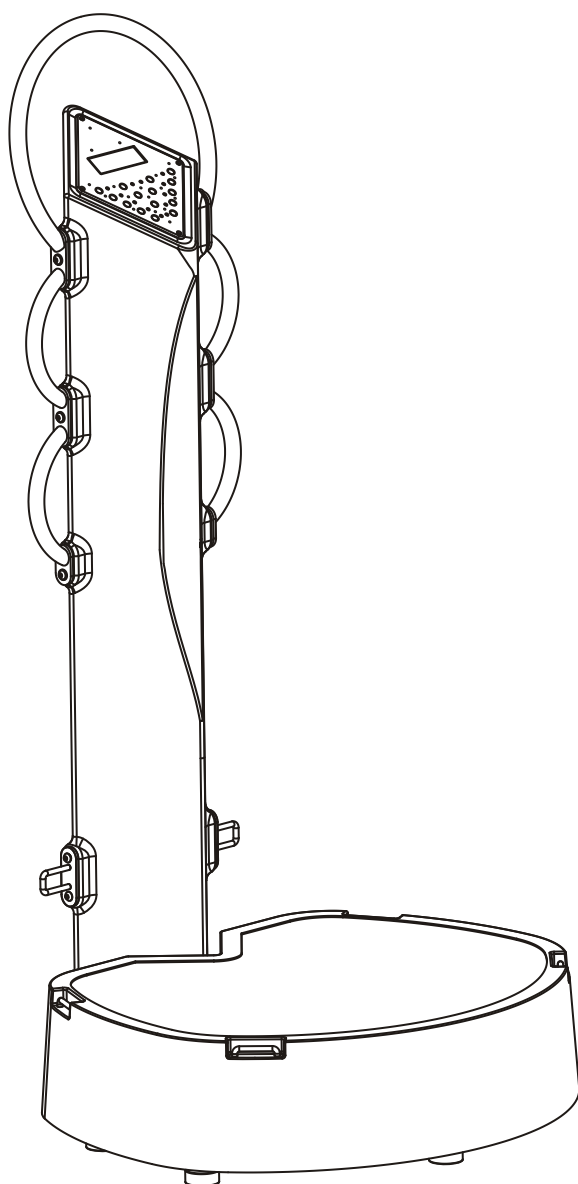


PV300

Vibration Plate

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

2009/09

Engineered and manufactured by **Impulse® Fitness**

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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INTRODUCTION

Vibration Plate machines use the principles of Acceleration Training exercise to stimulate the body's natural response to vibration. Vibration Plate machines create vibrations that cause instability throughout the body. As these vibrations transmit waves of energy, a variety of muscles subconsciously contract to stabilize the body. This rapid cycle of muscle contraction and release is what makes training with Vibration Plate equipment so effective. Acceleration Training was discovered in the former Soviet Union, where it was found to effectively combat the negative effects of the zero-gravity environment in space. Cosmonauts were faced with considerable loss of muscle strength and bone density from their time in space, and Acceleration Training exercise apparently helped reverse these effects. However, this new form of training was unknown in Western Europe until after the fall of the Iron Curtain, when the Dutch sports expert Guus van der Meer introduced the technology, resulting in the development of the first Vibration Plate model in 1999. Since then, Vibration Plate technology has been adapted for the masses so it is now possible for everyone to enjoy training on Vibration Plate machines. That means you can strength train without the need to add extra weights, thus without overloading the body and its joints. Vibration Plate machines can help everybody from high-level, high-performance athletes, to the elderly, to those simply wishing to improve their general health and fitness levels.

CORRECT USE IS ESSENTIAL FOR OPTIMAL RESULTS

In theory, the Vibration Plate machine can be used by almost everyone. You can adjust training to your own level and reduce any burden on your joints, tendons and ligaments. As with every form of training, the correct use of exercises, adjusted to your personal abilities, will determine the benefits and effects of completing a training session on the Vibration Plate machine, while at the same time avoiding risks of injury or damage to the body.

Body posture, muscle stiffness and muscle tension (i.e. how contracted your muscle is) are important contributing factors in your training session. If muscles are tensed, or contracted, they will absorb vibrations to help strengthen and tone those muscles. Passive exercises, such as stretch and massage on the Vibration Plate machine, don't absorb as much vibration and can therefore be performed on a more frequent basis. This is why Acceleration Training exercise should be used on a regular basis, starting with low intensity, which means low frequency settings for short sessions. The body should be gently stimulated in a way that will allow you to adjust to vibration training, but will not overload your body. Over time, the intensity and duration can be increased in the same manner as other progressive training programs. Once the body has adapted to vibration, the training can be changed or intensified to keep improving performance, whether this improvement is desired for sports or daily life goals.

IMPORTANT SAFETY INFORMATION

Before using the Vibration Plate machine, it is essential that you read the ENTIRE User Manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person who uses this Vibration Plate machine. Retain this User Manual for future reference.

HEALTH WARNINGS

! WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, YOU SHOULD CONSULT A PHYSICIAN FOR A PHYSICAL EXAMINATION AND CLEARANCE TO ENGAGE IN THE PROGRAM, OR PERSONAL INJURY COULD RESULT.

IF YOU HAVE ANY KNOWN MEDICAL CONDITION, OR ANY PHYSICAL LIMITATION ON YOUR ABILITY TO EXERCISE, WE STRONGLY RECOMMENDS THAT YOU SEEK THE ADVICE OF A PHYSICIAN BEFORE USING THE VIBRATION PLATE MACHINE, IN ORDER TO AVOID POSSIBLE PERSONAL INJURY.

IF, WHILE USING THE VIBRATION PLATE MACHINE, YOU EXPERIENCE ANY DIZZINESS, FAINTNESS, SHORTNESS OF BREATH, OR PAIN, YOU MUST STOP USING THE MACHINE IMMEDIATELY AND CONSULT A PHYSICIAN. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

THE VIBRATION PLATE MACHINE IS NOT A MEDICAL DEVICE AND IS NOT DESIGNED FOR THERAPEUTIC PURPOSES.

The remainder of this "Important Safety Instructions" section includes directions for the proper set-up and use of the Vibration Plate machine. Please follow all directions, instructions, and warnings carefully in order to ensure your personal safety, and that of those around you, when using the Vibration Plate machine.

SET-UP AND HANDLING

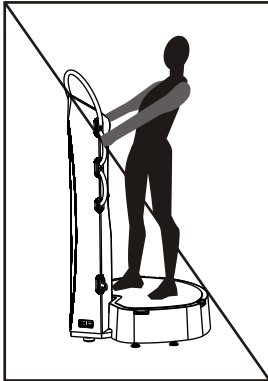
! DANGER: TO REDUCE THE RISK OF ELECTRICAL SHOCK, ALWAYS UNPLUG THE VIBRATION PLATE MACHINE BEFORE CLEANING OR SERVICING IT.

! WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK, FIRE, BURNS, OR OTHER INJURY, ALWAYS PLUG THE VIBRATION PLATE MACHINE INTO A PROPERLY-GROUNDED ELECTRICAL OUTLET.

! WARNING: TO ENSURE SAFE USE OF THE VIBRATION PLATE MACHINE, IT MUST BE REGULARLY EXAMINED FOR DAMAGE AND WEAR. THE MACHINE, HOWEVER, CONTAINS NO USER-SERVICEABLE PARTS. THUS, WITH THE EXCEPTION OF THE MAINTENANCE TASKS DESCRIBED LATER IN THIS MANUAL, THE OWNER/USER SHOULD ALWAYS RETAIN AN AUTHORIZED VIBRATION PLATE SERVICE PROFESSIONAL TO PERFORM MAINTENANCE AND/OR SERVICE ON THE MACHINE.

- * The machine should be set-up on a hard, level surface in an area free of obstructions within at least three feet of the vibration platform.
- * The machine should not be used outdoors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which could cause personal injury or damage the machine. Unplug the machine when not in use.
- * Never attempt to lift or move the machine without assistance.
- * Never operate the machine if it has been dropped, tipped over, damaged, or even partially immersed in water, unless an authorized service professional has examined the machine and cleared it for use.
- * Never insert objects into any opening on the machine. If an object falls into the machine, shut the machine off and remove the power plug before attempting to retrieve the object. If the object cannot be reached, contact an authorized service professional.

SET-UP AND HANDLING



When training with the machine, do not "lock" any joints, such as your knees and elbows, but keep them slightly bent.

You always need to be balanced when standing on the machine. Never hang on to the handles, use them only to maintain balance.

Don't lean on your heels too much. Balance your weight predominantly on the front of your feet.

USE OF THE VIBRATION PLATE MACHINE

GENERAL HEALTH WARNINGS FOR USE

MAX LOAD(USER WEIGHT): 160KG

Always follow the directions on the machine's console for proper operation.

Close supervision is required when the machine is used by, or near, children or disabled persons.

Always use care when getting on and off the machine. Use the handles on the machine, as needed, to maintain stability when getting on and off the machine. Never reach into or under the machine, or tip the machine on its side, while it is in operation.

Use the machine only for the purposes described in this User Manual and only with attachments or accessories that come with the machine or which manufacturer has Specifically approved for use with the machine, or personal injury could result.

SPECIFIC HEALTH WARNINGS FOR USE

PROPER CLOTHING AND PADDING

During exercises in which the user stands on the vibration platform, the user should wear rubber-soled shoes or, if the user chooses to exercise in socks or bare feet, the user should use the contoured mat that is provided with the machine.

During exercises in which any part of the user's body is in contact with the vibration platform, we recommend using the contoured mat.

PROPER POSITION AND BALANCE

- * In order to avoid possible injury from the machine's vibrations, we recommend that the user not lean back on his/her heels or "lock" his/her joints or straighten his/her legs when standing upright on the machine.
- * It is important at all times to maintain balance while on the machine. The user, however, should not "hang" on the machine's handles in order to maintain balance but should (unless the directions for a particular exercise state otherwise) keep his/her knees directly above the toes.
- * Proper position and balance are especially important if the user employs weights during any exercise on the machine. We strongly recommend that users not employ weights while using the machine, unless they are being coached by an exercise professional or unless the user has extensive experience with weight training or with the Vibration Plate machine.

PROPER HYDRATION

It is recommended that the user stay well-hydrated by drinking at least 300 ml (16 ounces) of water before, during, and after each exercise session.

PROPER LIMITATIONS ON EXERCISE

! WARNING: IT IS IMPERATIVE THAT THE USER PAY CAREFUL ATTENTION TO HIS/HER BODY'S REACTION TO EXERCISE ON THE MACHINE AND THAT THE USER NOT OVER-EXERT HIMSELF/HERSELF OR WORK TO EXHAUSTION, OR PERSONAL INJURY COULD RESULT.

IF, AT ANY TIME, THE USER EXPERIENCES DIZZINESS, FAINTNESS, SHORTNESS OF BREATH, OR ANY PAIN, THE USER SHOULD IMMEDIATELY STOP EXERCISING AND CONSULT A PHYSICIAN BEFORE CONTINUING WITH AN EXERCISE PROGRAM, OR PERSONAL INJURY COULD RESULT.

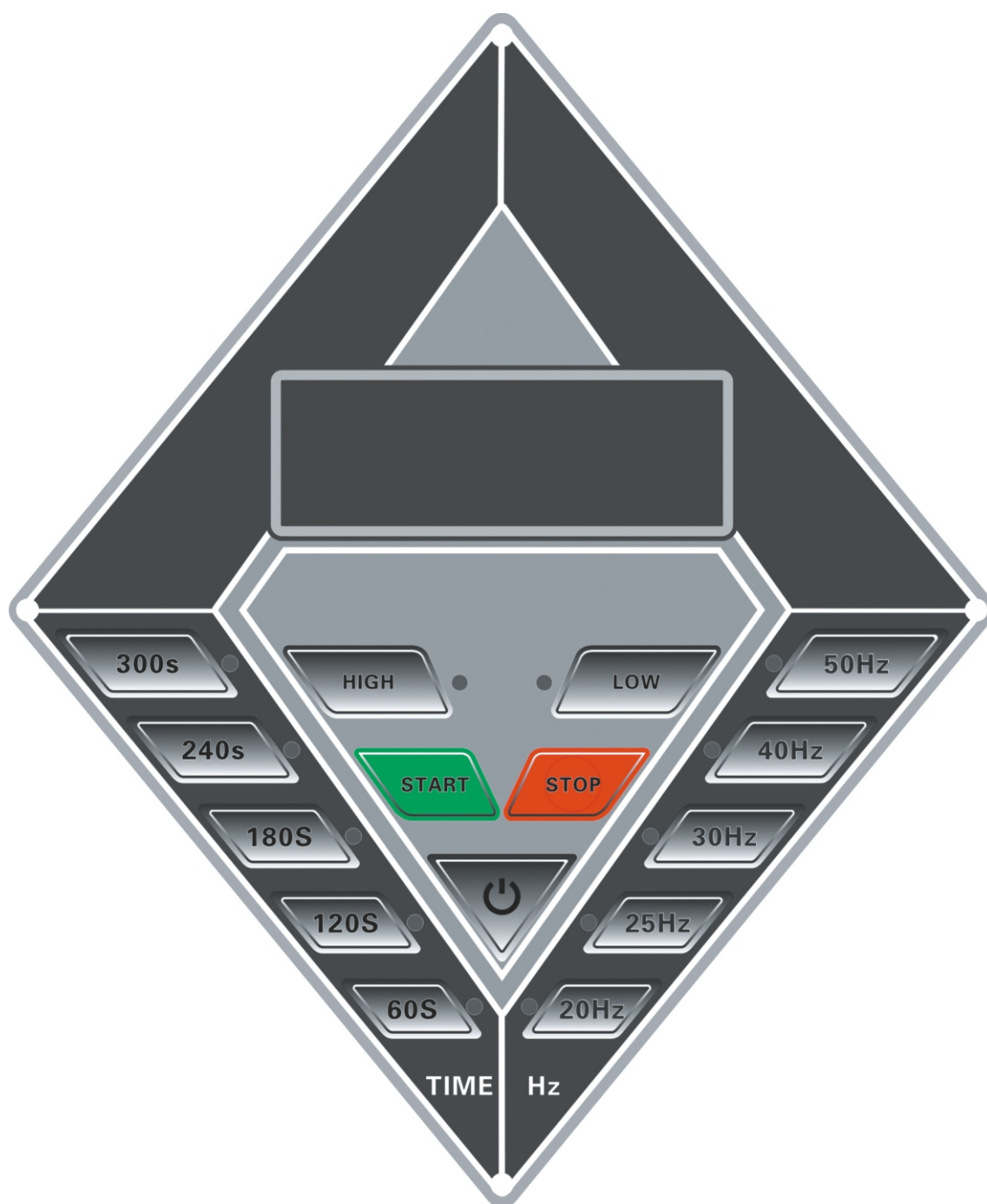
FCC WARNING: POSSIBLE RADIO/TELEVISION INTERFERENCE

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and if not installed and used in accordance with the User Manual, may cause harmful interference to radio communications. There is no guarantee, however, that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- * Re-orient or relocate the receiving antenna.
- * Increase the separation between the equipment and the receiver.
- * Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- * Consult the dealer or an experienced radio/television technician for assistance.

RETAIN THIS USER MANUAL FOR YOUR FUTURE REFERENCE

CONSOLE OPERATION



CONSOLE:

TIME: 60S, 120S, 180S, 240S, 300S

FREQUENCY SET: 20Hz, 25Hz, 30Hz, 40Hz, 50Hz

COUNT DOWN: 300S~0S

H FREQ/ L FREQ SET: H/L

CONSOLE OPERATION

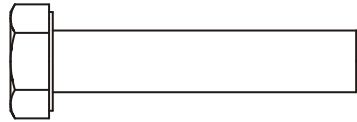
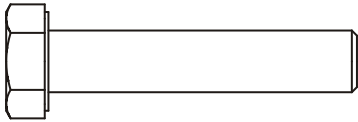
GETTING STARTED

1. Plug the power cord into the wall power outlet and turn on the power switch. If the Vibration Plate machine will not be used in a long time please turn off the power switch.
2. Press the  key open the power supply, show "Press Start or select Time and Hz".
3. Press the  key directly, the treadmill will start work at L, 20Hz, 60S.
4. Choose the time, the Frequency and the H/L then press the , the machine will start.
5. During the exercise, you also can change the program.
6. After count down, if you want continue exercise please choose the time again.
7. During working, press the  key or . The machine will stop.
8. Extend the time of each exercise (from 60s to 120s, from 120s to 180s, from 180s to 240s, from 240s to 300s).
9. Reduce the rest period between exercises (from 300s to 240s, to 180s to 120s to 60s).
10. Increase number of sets per exercise.

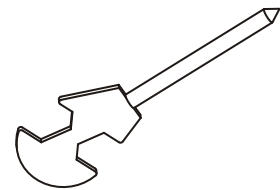
ASSEMBLY

PARTS IDENTIFIER:

Prior to assembly, remove components from the boxes and verify that all the listed parts were supplied.



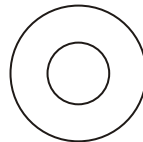
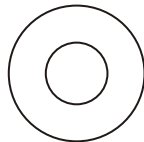
ALLEN BOLT M10*40 2PCS



SPANNER

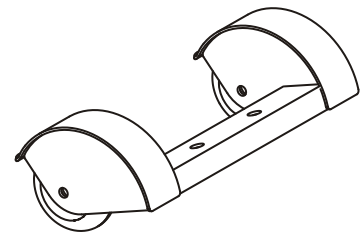


NYLON NUT M10 4PCS



SPRING WASHER
Φ10 2PCS

WASHER Φ10 2PCS



WHEEL FRAME 1PC

ACCESSORIES

STRAPS

Used for upper-body exercises.



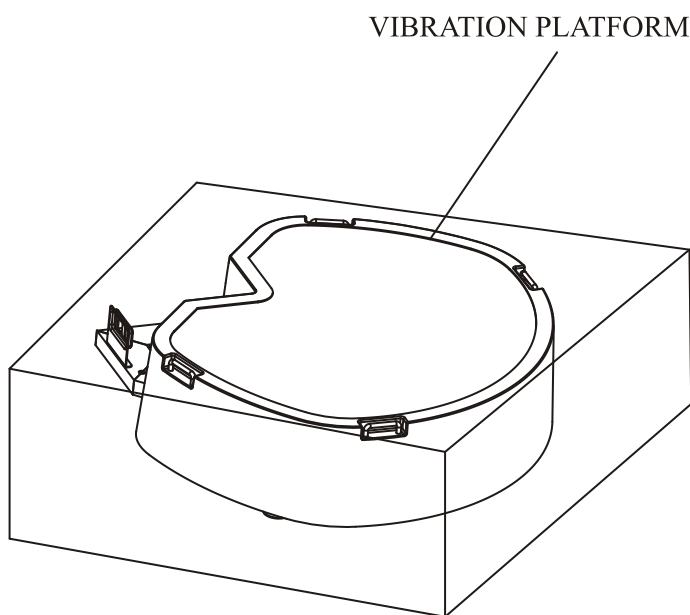
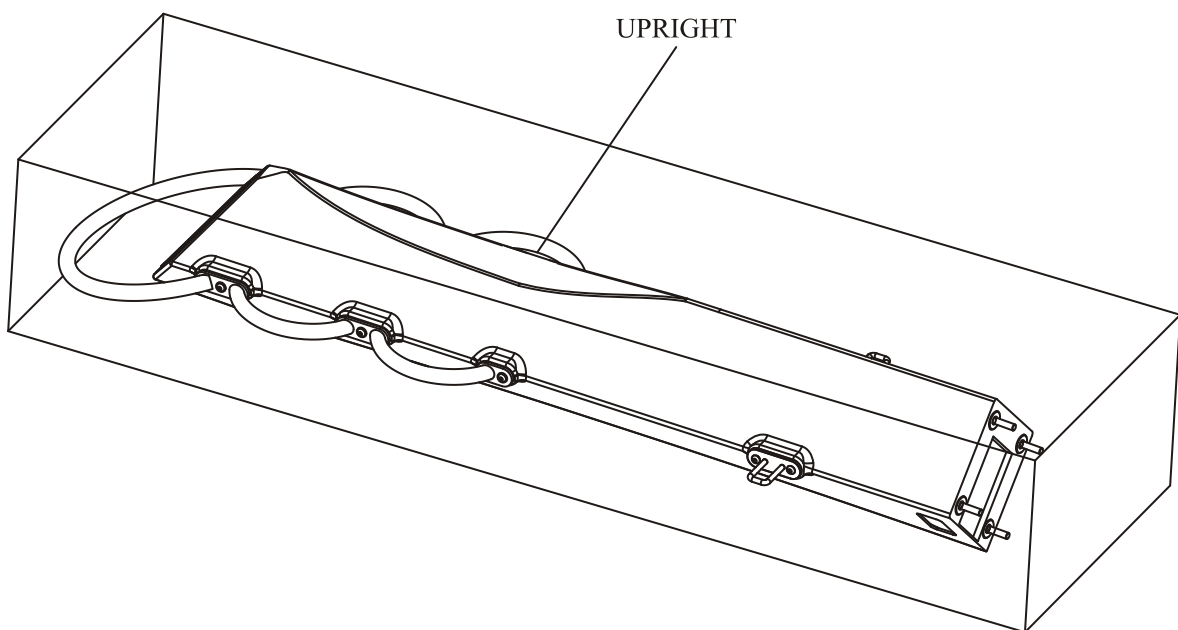
ASSEMBLY

Step 1:

Remove top cover of box A and B, and break the sides of the boxes to create level assembly surfaces. After opening the boxes, remove any packing material from the box A (vibration platform) and the box B (upright).

Carefully cut the strap surroundings the parts.

Do not remove any unit from the both boxes until the Vibration Plate machine has been fully assembled.



ASSEMBLY

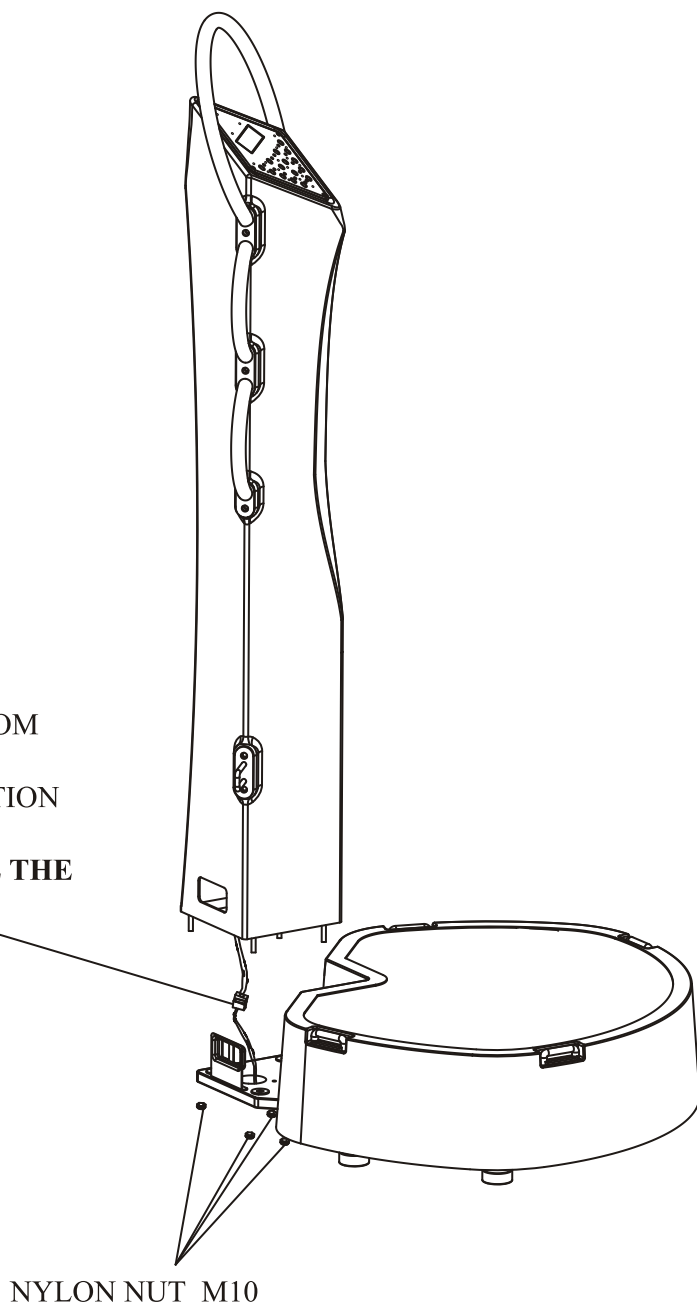
Step 2:

Add a bracket under the vibration platform to keep it at least 10 cm high from the floor.

Then connect the wire from the upright and the wire from the vibration platform. Align the bolts at the bottom of the upright to the holes on the vibration platform. Secure the upright onto the vibration platform with 4 nylon nuts, you should tighten the nuts with the spanner.

NOTE: DO NOT SQUEEZE THE WIRES.

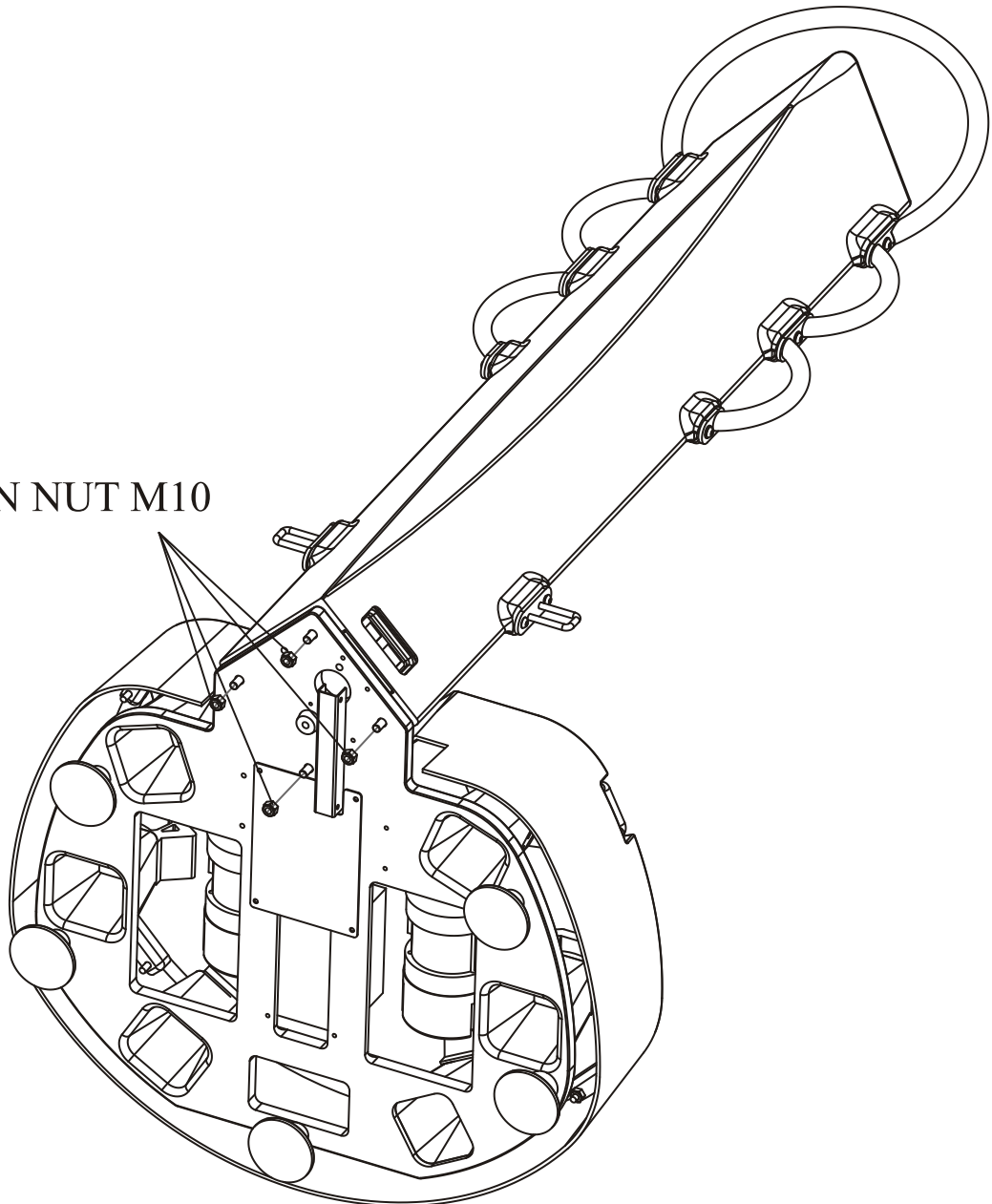
CONNECT THE WIRE FROM
THE UPRIGHT AND THE
WIRE FROM THE VIBRATION
PLATFORM.
**NOTE: DON'T SQUEEZE THE
WIRES !**



ASSEMBLY

Step 2

NYLON NUT M10

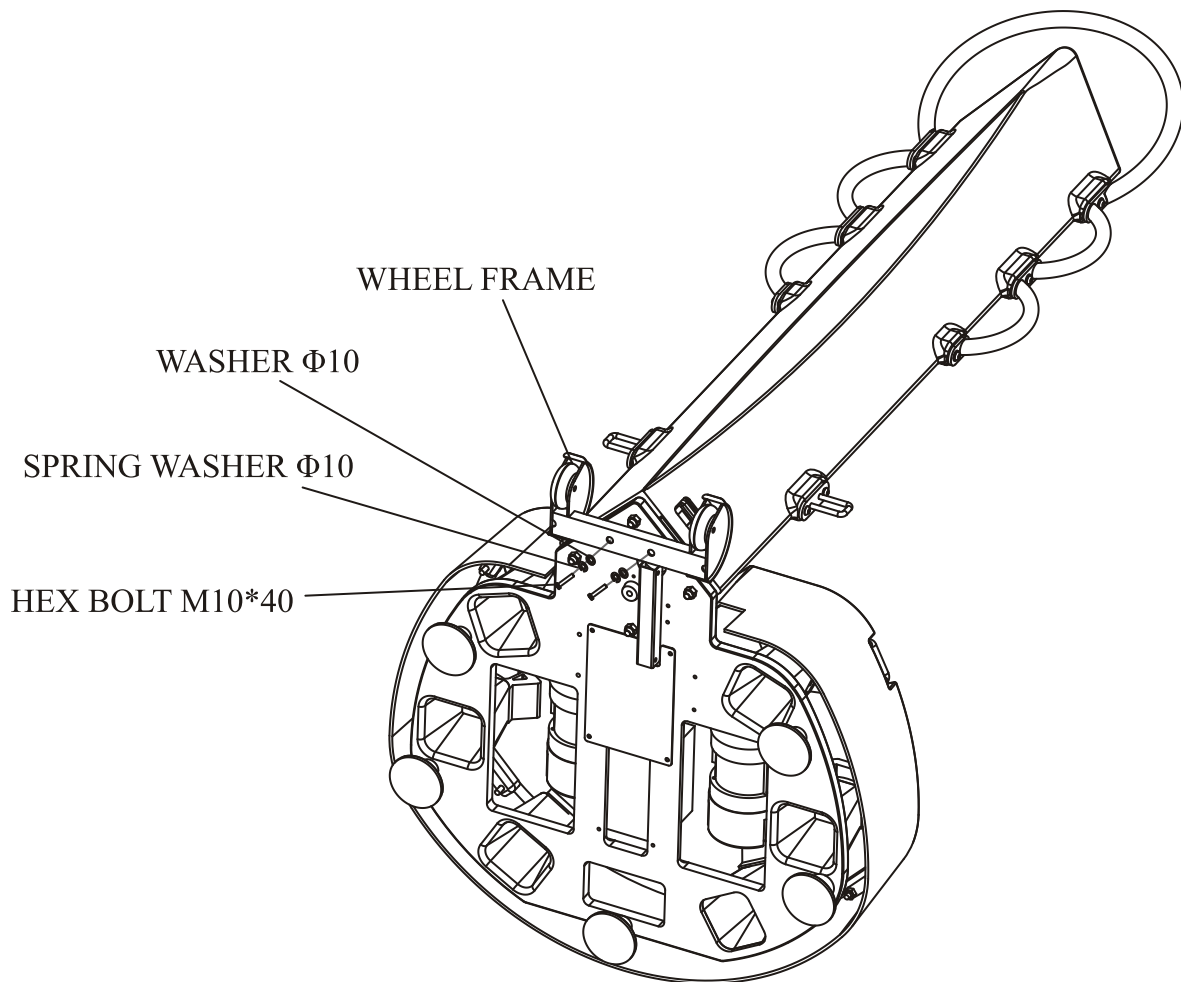


ASSEMBLY

Step 3:

Align the holes on the wheel frame to the tapped holes at the bottom of the vibration platform and then fix the wheel frame as the attached picture with 2 washers, 2 spring washers and 2 allen bolts.

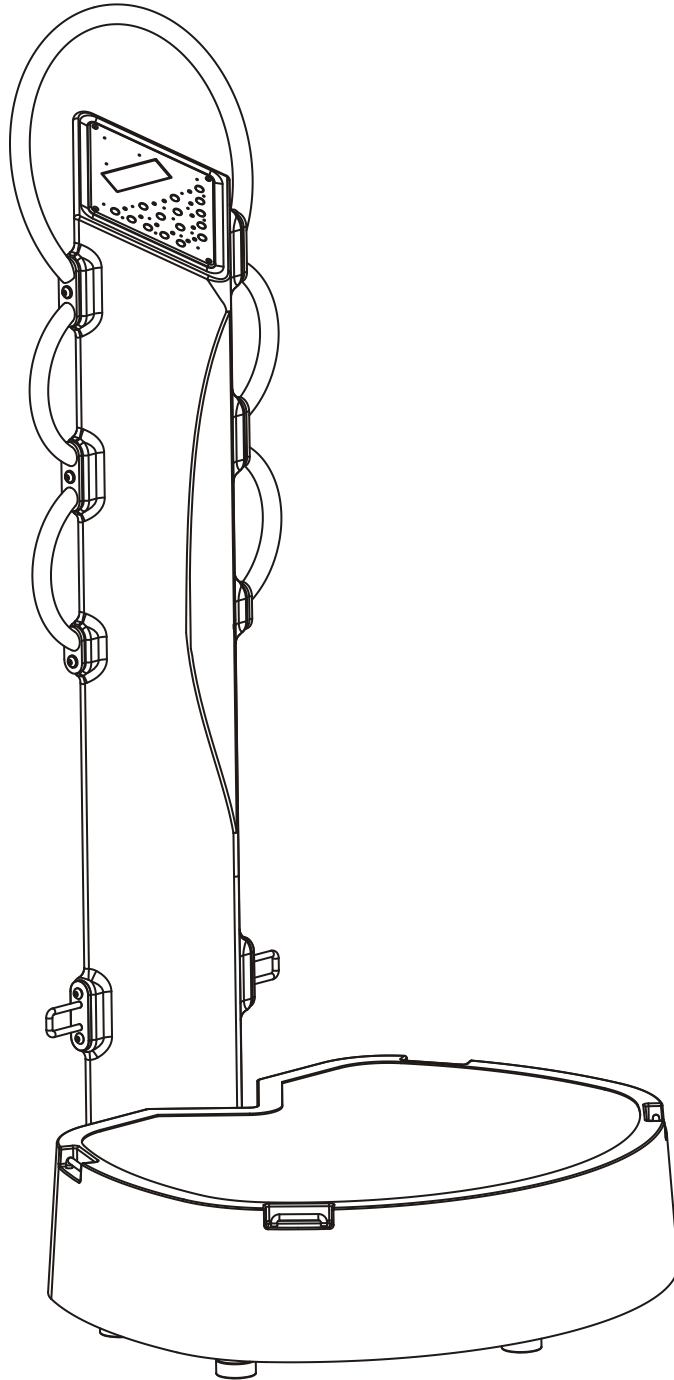
You should tighten all these bolts with the spanner.



ASSEMBLY

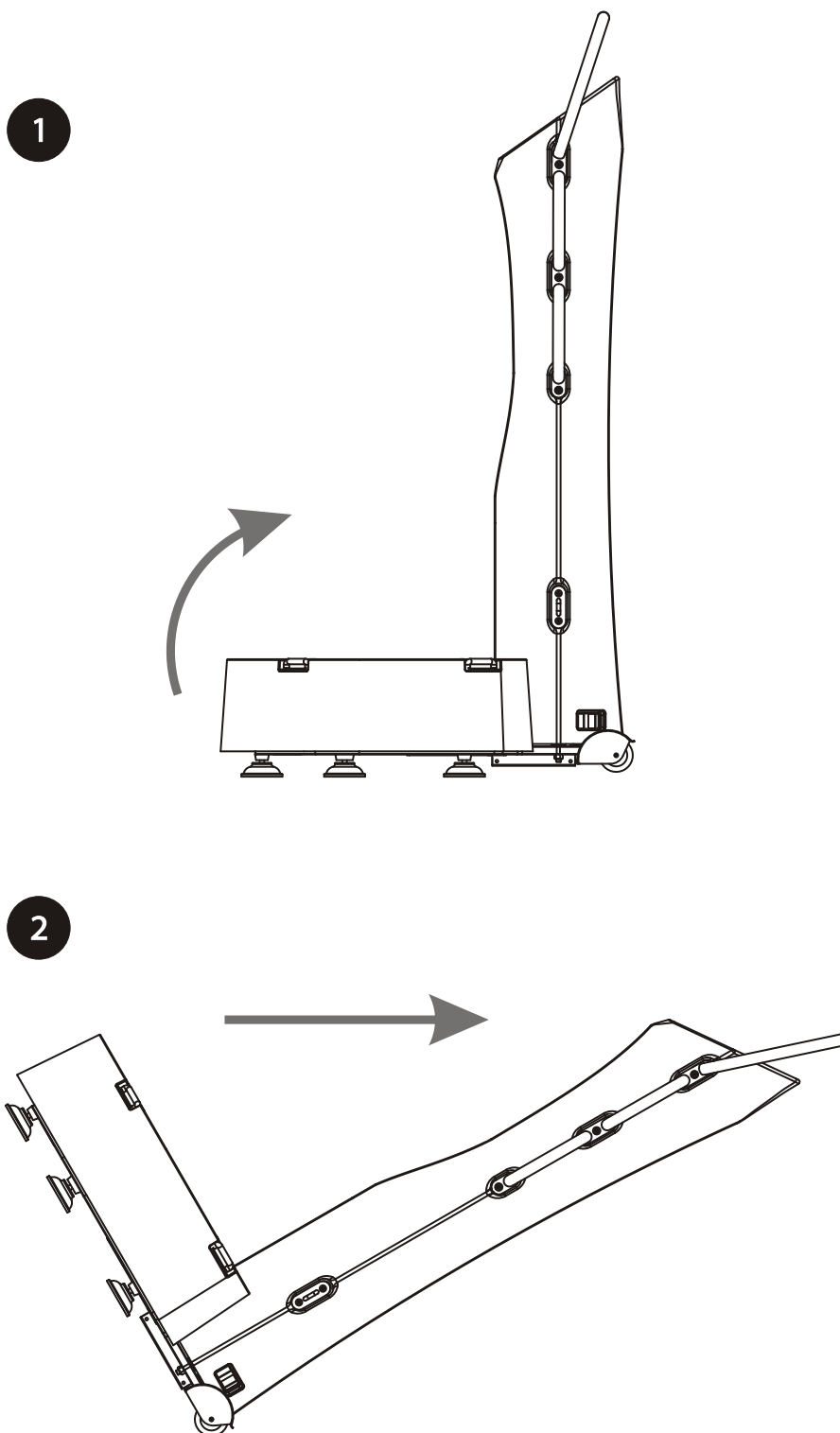
Step 4:

Remove the bracket and the packaging materials, Now you finished assembly and get the Vibration Plate machine as the attached picture.



MOVING INSTRUCTIONS

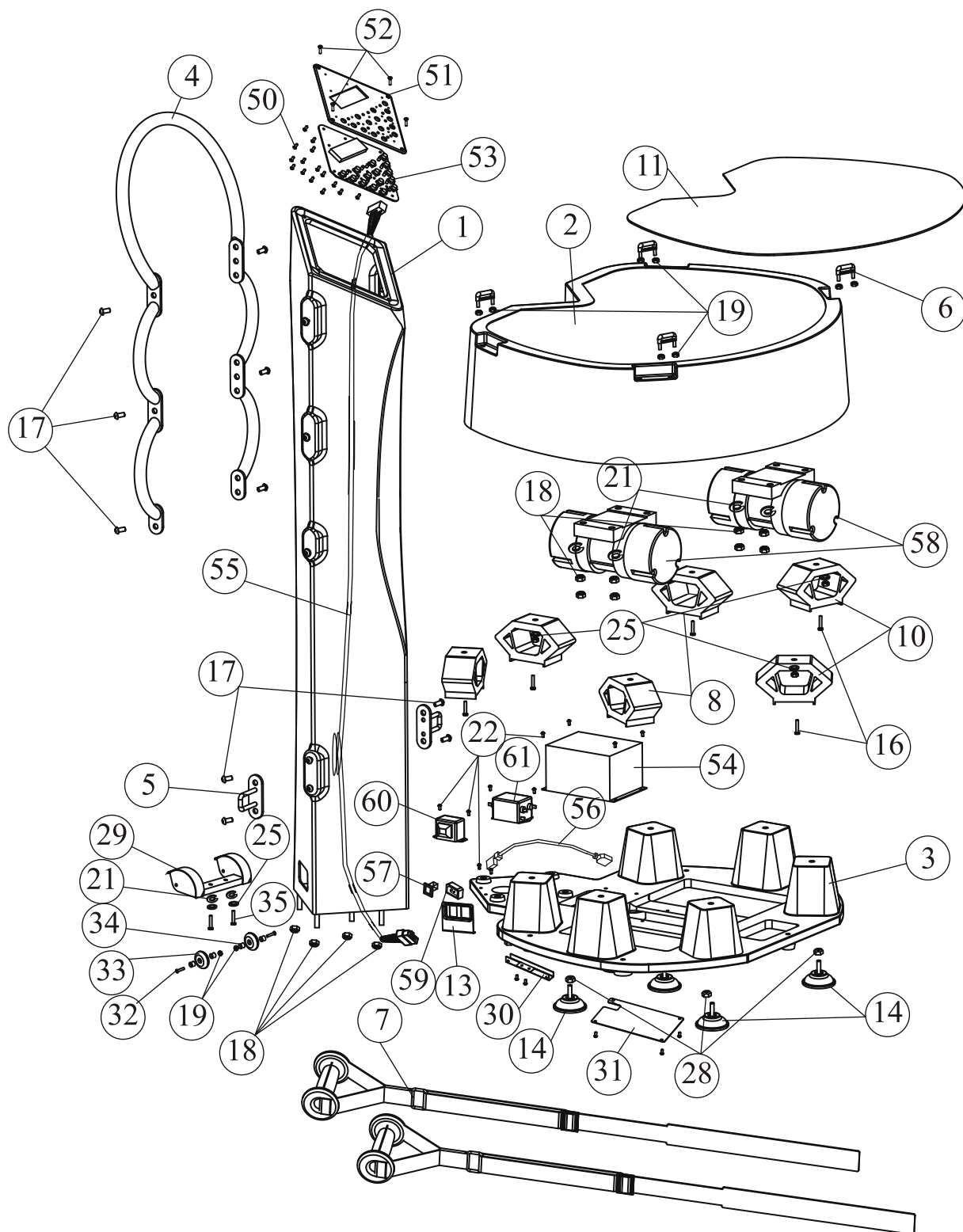
Caution! To Avoid The Risk Of Injury, It Is Suggested You Always Use The Aid Of A Second Person When Moving The Vibration Machine.



PARTS LIST

Item No.	Description	Qty	Item No.	Description	Qty
1	UPRIGHT	1	28	HEX NUT M10	5
2	VIBRATION COVER	1	29	WHEEL FRAME	1
3	BASE FRAME	1	30	WIRE SPACER	1
4	HANDLE BAR	1	31	BOTTOM PLATE	1
5	BRACKET FOR STRAP	2	32	ALLEN BOLT M8*40	2
6	SUPPORT FOR STRAP	4	33	PU WHEEL	2
7	STRAP	2	34	WHEEL BUSHING	4
8	SOFT ISOLATOR	2	35	HEX BLOT M10*40	2
10	HARD ISOLATOR	4	50	PHILLP SCREW ST2.9*6.5	18
11	ANTI-PAPER	1	51	INSERT	1
13	BRACKET FOR SWITCH	1	52	CHAMFER SCREW M4*20	4
14	BASE BUMPER	5	53	DASH BOARD	1
16	HEX BOLT M10*25	6	54	TRANSFER	1
17	ALLEN BOLT M8*30	10	55	MAIN HARNESS	1
18	NUT M10	24	56	HARNESS	1
19	NUT M8	10	57	SWITCH	1
21	SPRING WASHER $\Phi 10$	10	58	MOTOR	2
22	PHILLP SCREW M5*10	17	59	POWER PLUG	1
24	PHILLP SCREW M4*8	3	60	INDUCTANCE	1
25	WASHER $\Phi 11*\Phi 30*2$	6	61	FILTER	1
26	SPANNER	1			

EXPLODED VIEW



MAINTENANCE

! WARNING: THE MACHINE CONTAINS NO USER-SERVICEABLE PARTS. PLEASE CONTACT AN AUTHORIZED SERVICE PROFESSIONAL FOR ANY MAINTENANCE OR TROUBLESHOOTING NOT OTHERWISE DESCRIBED BELOW, OR PERSONAL INJURY OR DAMAGE TO THE MACHINE COULD RESULT.

! CAUTION: Any changes, modification, or unauthorized maintenance performed to or on the machine could void the product warranty.

- * Always unplug the machine and let stand for at least one minute before performing any maintenance.
- * Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs, or acid-based detergents, because this will damage the lacquer finish.
- * Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine.
- * On plastic components, use only polishes specifically designed for plastic.
- * Use a soft brush, not a cloth, to clean the platform, including the contoured mat.
- * Clean electrical components only with a dry cloth, in order to avoid the risk of shock or damage to the components.

TROUBLESHOOTING

- * Always unplug the machine and let stand for at least one minute before performing any troubleshooting.
- * If the machine is not operational and the console display is not illuminated, check the power connections to the machine.
- * If all power connections are proper, please check the circuit breaker or fuse for the electrical outlet that is supplying power to the machine in order to ensure that the outlet is receiving electrical power.
- * If the console display is illuminated, but the platform will not vibrate, unplug the machine, wait at least one minute, then check the connection to the machine's motor, located under the base of the machine.
- * If the machine makes a rattling noise, unplug the machine, wait at least one minute, then check to make sure that the base bumpers are properly tightened.
- * If the machine makes a continuous click noise, unplug the machine, wait at least one minute, then check to make sure that the nuts which are used to connect the upright and the vibration platform are properly tightened.
- * If you have tightened all the nuts which are used to connect the upright and the vibration platform and have not solved the noise problem, it might be the problem that the nuts which are used to fix the motors are loosed, you should contact an authorized service professional for help, they will help you to tighten the nuts used to fix the motors.

! DANGER: IT IS STRONGLY RECOMMENDED THAT THE USER NOT TRY TO RESOLVE ANY ELECTRICAL ISSUES REGARDING THE POWER SOURCE TO THE MACHINE BY ONESELF. INSTEAD, IT IS STRONGLY RECOMMENDED THAT THE USER CONTACT A LICENSED, PROFESSIONAL ELECTRICIAN TO CONDUCT ANY EXAMINATION AND MAKE ANY NECESSARY REPAIRS. OTHERWISE, SERIOUS PERSONAL INJURY OR PROPERTY DAMAGE COULD RESULT.

