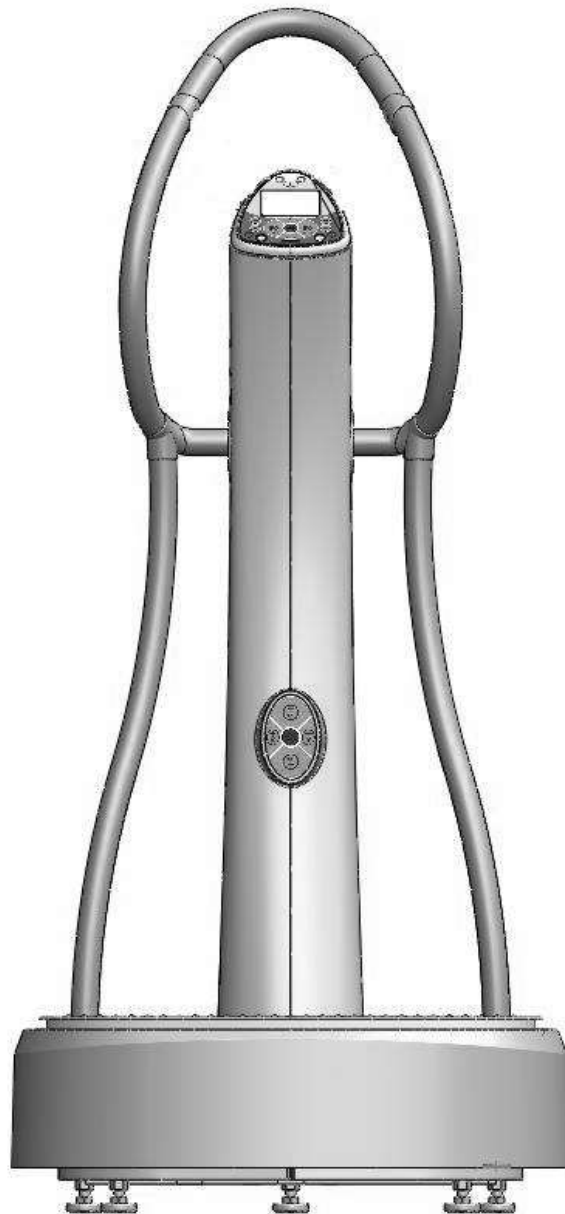


# Vmax Fitness

**PRO DUO**



User Manual

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# INTRODUCTION

Thank you for the purchase of the Vmax Pro Duo Fitness machine. Please read this manual completely before assembling and operating the machine. As with any fitness routines, please consult with your doctor before proceeding.

The Vmax Pro Duo has 2 built in motors. Depending on which motor is activated; 3 types of vibration functions are available. One motor is used to produce the traditional triangular oscillating motion (seesaw motion), while the other is used to produce a horizontal spiral motion (vibration). The oscillating motion provides vibration to the whole body while the spiral vibration provides lower leg vibration. The two vibration modes meet the needs of professional and home use.

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## WARRANTY INFORMATION



This machine comes with our 2 years warranty  
For questions, problems, or warranty concerning this product:

Visit us at: [www.VmaxFitness.com](http://www.VmaxFitness.com)

Email us at: [Support@VmaxFitness.com](mailto:Support@VmaxFitness.com)

The new equipment that you bought carries a manufacturer’s limited warranty granted by Vmax Fitness. This limited warranty covers manufacturing flaws that might occur during the warranty period. Vmax Fitness will, at its discretion, either repair, rebuild, or replace the faulty part or equipment in accordance with the terms set forth below:

**This owner’s warranty only covers the following:**

- a. Flaws caused by materials or labor in the equipment that existed when the equipment was originally assembled.
- b. Faults that occur in normal use as defined in the user manual, and providing that Vmax Fitness’s instructions, maintenance and use have been followed.
- c. The original purchaser of the equipment who holds an original proof of purchase.
- d. Warranty coverage with shipping fees covered both ways within 30 days of original purchase delivery date.

**This warranty does not extend to or cover any of the following:**

- a. Equipment or components that have been modified without the consent of Vmax Fitness.
- b. Faults resulting from natural wear and tear, use in conditions for which the equipment is not intended, corrosion, or by accident, fire, flood, or war.
- c. Maintenance activities, such as cleaning, lubricating and normal checking of parts; or installation procedures that customers can do themselves and that do not require dismantling or reassembling of the equipment.
- d. Damage or equipment failure caused by (i) electrical wiring not in compliance with applicable electrical codes, or (ii) electrical wiring not in compliance with the user manual.
- e. Repairs of consumable or cosmetic items, e.g. rubber plate, grips, seals, labels, or wheels.
- f. Pick-up, delivery, or freight charges involved with repairs beyond the first 30 days of the warranty period. After this time, the owner is responsible for the cost of shipping the machine to Vmax Fitness for repair. Vmax Fitness is responsible for the cost of shipping the repaired machine back to the owner.

Please refer to [www.VmaxFitness.com](http://www.VmaxFitness.com) for the most up-to-date warranty terms.  
The warranty terms set forth on the website supplements all terms printed in this manual.

# PRODUCT FEATURES

## 7 Different Preset Programs

Choose from 7 preset programs, each stimulating different terrain profiles with different level:

P1: Cardiovascular Exercise

P2: Detoxify Program

P3: Body Perfection Program

U1, U2, U3: User programmable modes for a fully customized workout

MANUAL MODE with fully adjustable oscillation speed and spiral vibration

Reduce unwanted body fats effectively with 60 speed levels of oscillation and spiral vibration massage.

### --■ Ergonomic Construction with Fashionable Streamline Design

Unique ergonomic design in a streamlined form factor.

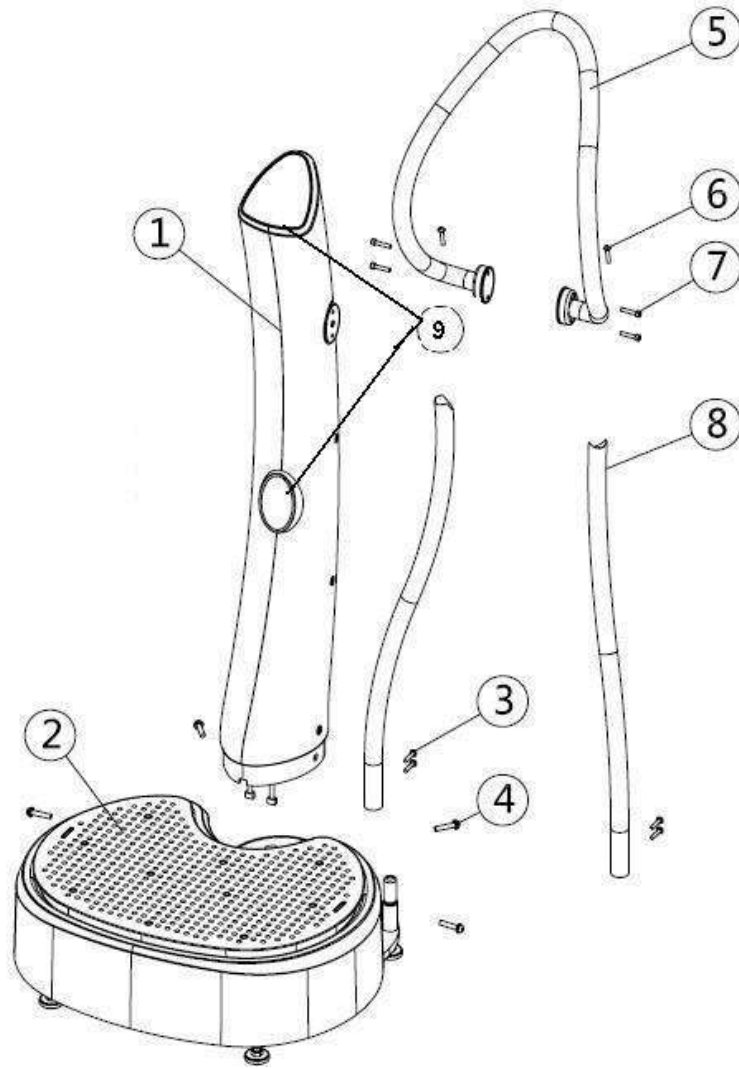
### --■ Easy-to-operate Control Panel with LCD Display Screens

Vmax Pro Duo has an easy to operate control panel with LCD display. You can customize your workout routine in manual mode or preset your customized routine with the user programmable modes.

### --■ Disturbance and Static Electricity Resistance

# STRUCTURAL ILLUSTRATIONS

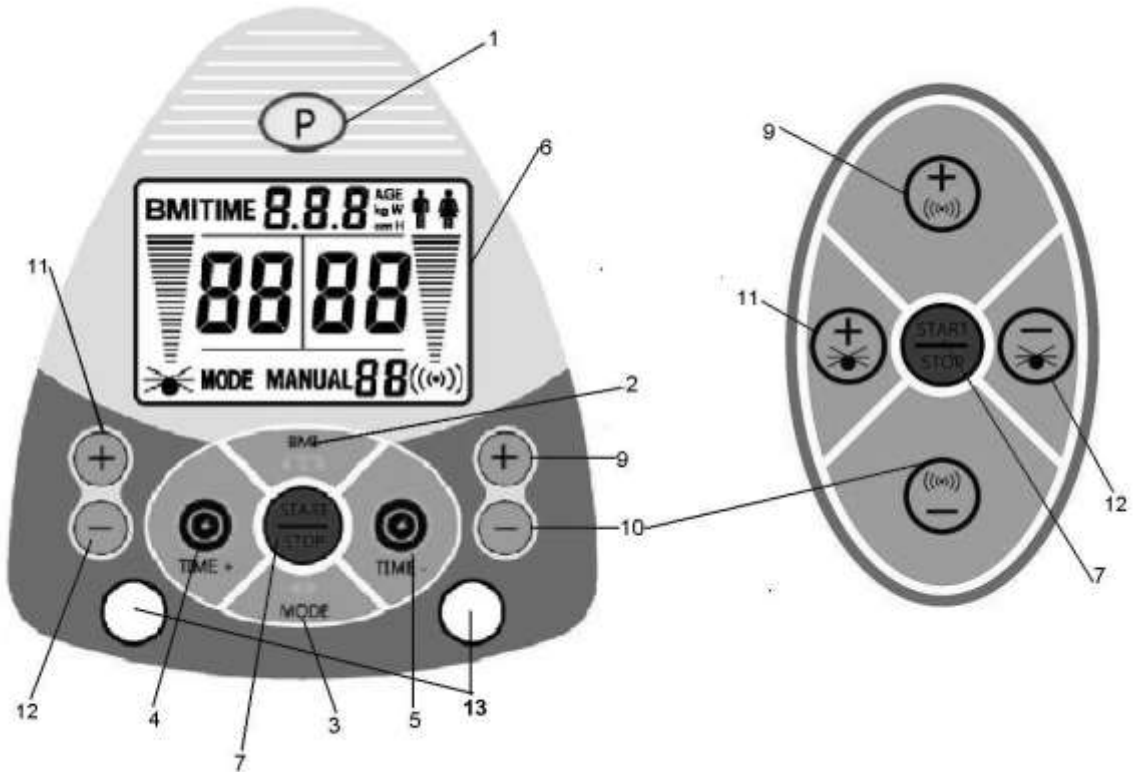
## A. Name of Vmax Pro Duo Parts



1. Support Tube
2. Main Base (Vibrating plate)
3. Screw (M6X15)
4. Screw (M8X20)
5. Upper Handle
6. Screw (M6x45)
7. Screw (M6x30)
8. Lower Handle
9. Display

# STRUCTURAL ILLUSTRATIONS









## B. Name of Display & Buttons



1. Program
2. BMI
3. Mode (88,P1, P2, P3)
4. Time (+)
5. Time (-)
6. LED Window
7. Start/Stop button
8. Start/Stop button
9. Oscillation Speed +
10. Oscillation Speed -
11. Vibration Speed +
12. Vibration Speed -
13. BMI sensors

# STRUCTURAL ILLUSTRATIONS

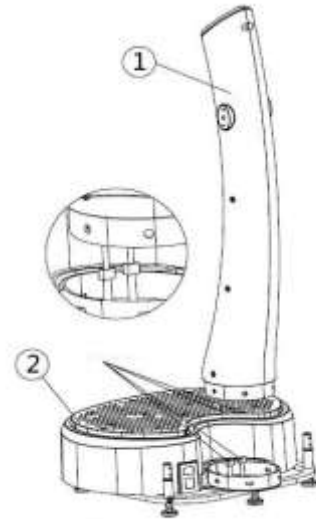
## C. Display & Button Description and Operation

Display /button	Description
	User-defined program
	BMI measurement function
	Running time increases, the measured fat functional data input
	Run-time reduction, the measured lipid functional data input
	Startup, shutdown, start running, stop running, to confirm / return.
	Mode Selection
	Left: Vibration speed increase Right: Oscillation speed increase
	Left: Vibration speed reduce Right: Oscillation speed Reduce



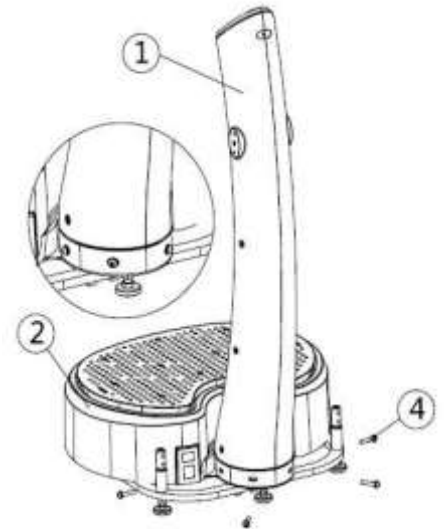
# INSTALLATIONS

1.  
Take out the main base (2) and support tube (1) from packing carton, Connect signal line from the base plate to the Support Tube.

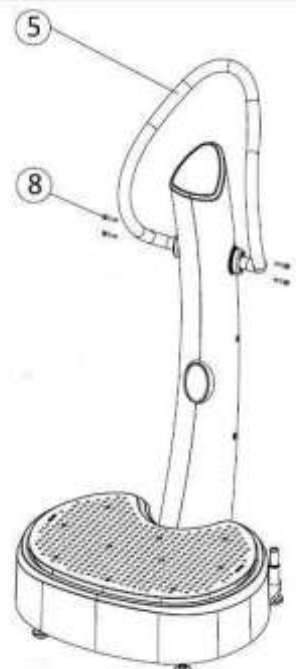


2.  
Put the support tube (1) into the base(2). Lock them with screws (4) and install the feet cushion. Take careful note not to press or squeeze the signal line with the support tube.

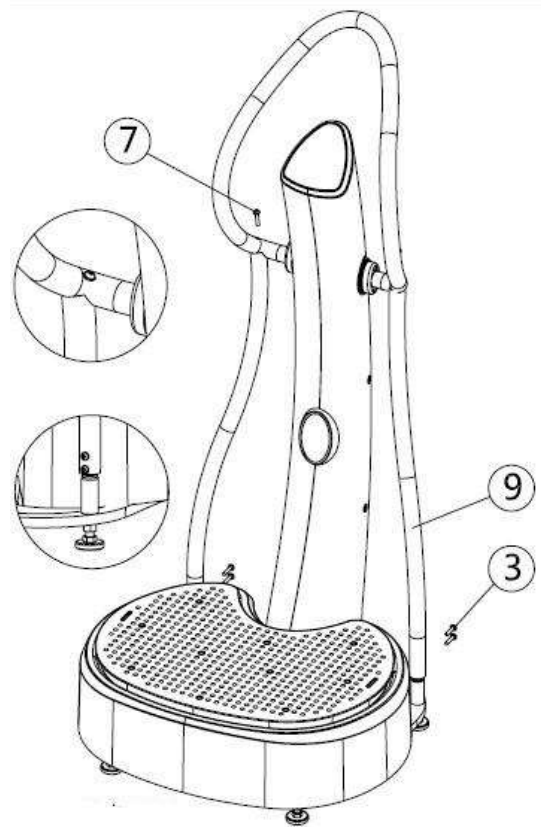
**MACHINE TESTING:** At this time, you can quickly test the electrical of the machine by plugging in the power cord and powering up the machine. Flip the RED on/off switch at the back of the machine, the display control panel should light up. Press START/STOP to start the machine in its default mode (manual mode). You can then manually adjust the speed for the two motors independently. Once you tested the machine, you can continue assembling the machine.



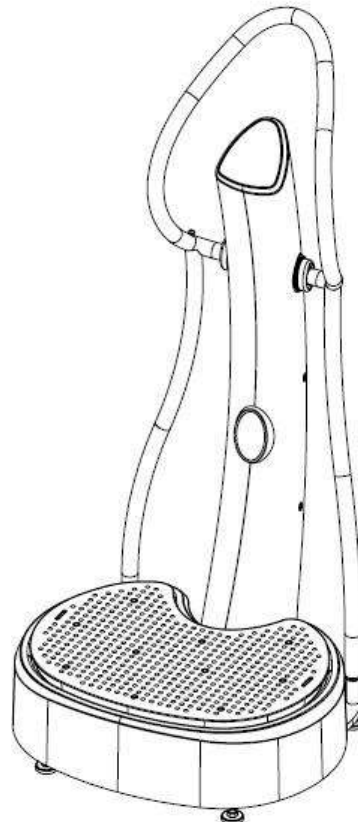
3.  
Install the upper handle (5) on the support tube with screws (8)  
The mounting plate on the handle can be loosen (by peeling back the black rubber padding and loosen the screw) to make the mounting plate align with the screw mounting holes on the pole



4.  
Connect the lower handle (9) with screws (3) and (7) as pictured.



5.  
This is final assembled picture.



# GETTING STARTED

## New Users

New users should get comfortable with the machine by standing on it without performing any major exercises. Start with the standing position, ensure your knees are slightly bent and your feet shoulder width apart. Keep your back straight and maintain a good posture. Start the machine in manual mode and select oscillation and/or spiral speeds below 20. Start with a low speed and gradually increase the speed to determine which speed is most comfortable for you. After a few vibration sessions and as you get more comfortable using the machine, you can further increase the speed combination for the two motions. Every individual has a different tolerance for vibration and one set of speed combination for one individual may be too intense for another individual—set speed combinations that are most comfortable for you.

## Standing Positions and Feet Spacing

Standing with the legs and back straight would allow the maximum amount of vibration energy to be transferred from the machine to the entire body. If you want to maximize the vibration effects, this is the standing method to use. Most users can alternate between standing straight and standing with knees slightly bent during a session, thus allowing the body to rest between the two positions.

Standing with the legs further apart or closer together will affect the intensity of the oscillation vibration to your body. However, the spiral vibration intensity is unaffected by your feet spacing. The general guideline is to stand shoulder width apart. If you want stronger vibrations from the oscillation motion, then you can stand further apart, whereas putting your feet closer together lowers the intensity.

You can perform most exercises and stretches in any speed settings, depending mainly on your comfort level. There are no hard guidelines to use, because every individual person has a different tolerance to vibration. You should start out low (under 20), then gradually increase the speed as you feel more comfortable.

Remember, WBV works best when your muscles are bearing weight, which means putting your muscles under stress. Even for a simple standing position, you can have a simple routine like this: basic standing, then do a few squats, then stand, then do a few stretches, then stand, then do a few deep squats. The idea of using the machine is to speed up your exercise so you can get much more done in the 10 minutes vibration training session. If you hold dumbbells in your hands, the additional weight will cause your muscles to work harder allowing you to see results faster.

# USING OSCILLATION VIBRATION

## **Oscillation (speeds 1 to 20)**

At the lower speeds, you are able to control your muscles voluntarily to maintain proper balance and stance, excellent for warm up and new users.

Suggested use at this speed range includes:

- Circulation and warm up
- Balance and stability
- Injury recovery
- Neuromuscular (re)training
- Users with limited range of mobility
- Lymphatic drainage and stimulation
- Muscle relaxation

## **Oscillation (speeds 21 to 40)**

At these speeds the muscles are contracting and relaxing very quickly, causing involuntary muscle stretch-reflexes. Suggested use at this speed range includes:

- Muscle strength training
- Coordination
- Muscle and skin toning
- Weight management

## **Oscillation (speeds 41 to 60)**

At these speeds the muscles are contracting and relaxing extremely quickly, causing involuntary muscle stretch-reflexes. Suggested use at this speed range includes:

- Muscle strength training
- Neurological stimulation
- Intense muscle workout

## USING SPIRAL VIBRATION

The design of spiral vibration (Tri-planar) is fast and therefore, causes involuntary muscle stretch-reflexes in almost all speed settings.

### **Spiral (speeds 1 to 20)**

Suggested use at this speed range includes:

- Warm-up
- Balance and posture
- Injury rehabilitation
- Post-surgery rehabilitation
- Neuromuscular re-training (Movement retraining)
- Users with sensitive physiologies
- Seniors or users with limited range of motion or heart conditions
- Muscle relaxation
- Neurological stimulation

### **Spiral (speeds 21 to 40)**

- Suggested use at this speed range includes:
  - Muscle strength
  - Bone and muscle strengthening
  - Improving coordination
  - Improving circulation
  - Stretching
  - Improving muscle tone
  - Massages

### **Spiral (speeds 41 to 60)**

- Suggested use for the higher speed range includes:
  - Advanced training
  - Bone and muscle strengthening
  - Intense muscle workout
  - Lymphatic drainage
  - Intense neurological stimulation
  - Professional and athletic training

## USING DUAL MOTION VIBRATION

The Vmax machine provides maximum power when both the oscillation and spiral motor is activated. Say for example you want to achieve “Muscle strength training”, which typically uses oscillation motion between 21 to 40 speed levels. To increase the intensity of the workout without increasing the oscillation frequency, you can activate the spiral motion and set the speed to your desired level.

If you want use the machine for “Massages”, which typically uses spiral motion between 21 to 40 speed levels. You can add a variation to the machine’s movement by adding oscillation motion to the workout, the speed of the oscillation is a matter of personal preference.

# OPERATING INSTRUCTIONS

## Starting Up

1. Flick the power switch on the back of the machine to ON, the switch light should turn RED indicating the machine has power.
2. The Vmax Pro Duo is now ready for operation. The default mode after the machine startup is MANUAL mode.
3. Stand on the vibration plate, with feet at least 30cm apart. The wider you set your feet apart, the stronger the intensity that you can feel. Note to always keep your entire feet within the vibration plate perimeter. Use one hand to hold onto the handle and the other hand to adjust the control panel.

## Manual Mode Operations

This is the default mode when the machine powers up. In this mode, the user can customize all aspects of the machine's functions, including the time, oscillation speed, and vibration speed. The default exercise time is 10 minutes, to adjust the time to another value, press the TIME + and TIME – button. When you are ready to exercise, press the ON/OFF button.

Once you pressed the ON/OFF button, the Vmax Pro Duo's vibration plate will start moving. By default, the machine startup with oscillation speed at 1 and vibration speed at 1.

To adjust the oscillation speed, press the oscillation + / – key on the left side, 60 speeds are available, press + to increase speed, press – to decrease speed. Setting to 0 will disable oscillation function.

To adjust the vibration speed, press the vibration + / – key on the right side, 60 speeds are available, press + to increase speed, press – to decrease speed. Setting to 0 will disable vibration function.

To PAUSE the machine when the machine is in motion, press the START/STOP button once. To resume, press the START/STOP button again. The time and speed will resume.

To STOP the machine when the machine is in motion, press and hold the START/STOP button for 3 seconds. The machine now locks the control panel, to enable control panel function, press START/STOP.

## Mode Selections

The Vmax Pro Duo comes with 7 user selectable modes for operation. When the machine is not moving, you can set the MODE. When you press MODE, the screen displays "P1", if continue to press MODE the screen would display "P2" "P3" "U1" "U2" "U3" "MANUAL" in sequence.

### Preset Modes:

"P1" "P2" "P3" modes are system preset exercising routines.

P1: Cardiovascular Exercise

P2: Detoxify Program

P3: Body Perfection Program

"U1" "U2" "U3" models are exercising routines that the user can program and save into the machine. "MANUAL" is the system's default startup mode, this mode allows you to adjust the oscillation speed and vibration speed freely.

## Setting the User-defined program (U1, U2, U3)

To customize the U1, U2, and U3 routines, you need to enter the machine's programming mode. Visit [www.VmaxFitness.com](http://www.VmaxFitness.com) for specific instructions on setting the user-defined modes.

## Measuring BMI (Body Mass Index)

The Body Mass Index (BMI) is a statistical measure of body weight based on a person's weight and height. It is used to estimate a healthy body weight based on a person's height.

You will need to enter you gender, age, weight (in kg), and height (in cm) in sequence.






1. Upon machine startup, press the **BMI** button, the BMI icon on the display would begin flashing.
2. use the **TIME** + / - button to select male or female symbol, press **BMI** to confirm and to proceed,
3. the screen will display **AGE**, use the **TIME** + / - keys to enter age, press **BMI** to confirm and to proceed,
4. the screen will display **kg W**, use the **TIME** + / - keys to enter weight in kilogram, press **BMI** to confirm and to proceed,
5. the screen will display **cm H**, use the **TIME** + / - keys to enter height in centimeter, press **BMI** to confirm and to proceed,
6. the screen will display **• • •**, now place your two index fingers on the two fat sensor and the system will display the corresponding data related to you.

\*Note: 1 KG = 2.2 pounds                      1 foot = 30.40cm                      1 inch = 2.54cm

Gender	Low	Normal	Heavy
Female	< 17	17 - 27	> 27
Male	< 14	14 - 23	> 23

## EXERCISE ILLUSTRATIONS






### A/ Strength

	<p><b>A01 Squat</b></p> <p>Stand on the Vibration Plate with feet shoulder width apart. Keeping the back straight and knees slightly bent. Gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.</p>
	<p><b>A02 Deep Squat</b></p> <p>Stand on the Vibration Plate with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscle. Keeping the back straight, bend the upper body forward. This exercise aims to strengthen the back, buttocks and legs.</p>
	<p><b>A03 Wide Stance Squat</b></p> <p>Stand on the Vibration Plate with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps, and inner thigh area.</p>
	<p><b>A04 Lunge</b></p> <p>Place one foot in the middle of the vibration plate and step back with other planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscle. You should feel tension in the hamstrings, quadriceps and buttocks.</p>
	<p><b>A05 Calves</b></p> <p>Standing in the centre of the vibration plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add vibration to the exercise, try bending your knees to 90 degrees.</p>






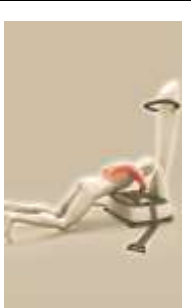

## EXERCISE ILLUSTRATION

A/ Strength

	<p><b>A06 Triceps Dip</b></p> <p>Facing away from the vibration plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blade together. You should feel the tension in your upper arms and shoulders. For vibration, repeat the exercise with your legs straight.</p>
	<p><b>A07 Pectorals</b></p> <p>Facing to and keeping a proper distance from the vibration plate. Hold the bands put your hands in front of your chest and backwards. You should feel the tension in your pectorals and back. For vibration, repeat the exercise</p>
	<p><b>A08 Back</b></p> <p>Keeping a broad shoulder stand and bend the knees slightly. Your upper body should protrude slightly forward. Keep the shoulders back and pull the band as close to your waist as possible. You should feel the tension in your entire back and shoulder.</p>
	<p><b>A09 Shoulder</b></p> <p>Facing to and keeping a proper distance from the vibration plate. Hold the bands lightly and drag them upwards. You should feel tension in your entire shoulder. Change the lengths of the bands according to your height.</p>
	<p><b>A10 Shoulder Press</b></p> <p>Position the body in a horizontal line parallel with the vibration plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movement push your slight bend arms toward the vibration plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.</p>






## EXERCISE ILLUSTRATION

### A/ Strength

	<p><b>A11 Lower Abdominals</b></p> <p>Brace yourself on your elbows and hold onto the front edge of the vibration plate. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the plate toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.</p>
	<p><b>A12 Standing Abdominals</b></p> <p>Stand in the centre of the vibration plate, feet shoulder width apart. Holding the railing at chest height. Keeping the back straight and legs slightly bend, push your upper torso down. Immediately you will begin to feel tension in your abdominal muscles. To vary the exercise simply bend your arms further.</p>
	<p><b>A13 Lateral Abdominals</b></p> <p>With one foot directly behind the other, place one elbow on the vibration plate and lean sideways. Keeping your head, torso and legs straight, push your shoulder down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try to push your hips upward at the same time.</p>
	<p><b>A14 Push Up</b></p> <p>Kneel in front of the vibration plate, placing hands on the plate shoulder width apart with finger facing inward. With a straight back and strong abdomen, push off the vibration plate platform. This exercise will strength chest, shoulder muscles and triceps. For variation, try to straighten your legs and lifting your knees.</p>
	<p><b>A15 Abdominal Crunch</b></p> <p>Place a pillow under your back, raise your legs and place your hands under your head for support making sure to keep your elbows parallel with the floor. Crunch your upper body toward your legs and feel the tension in the abdominals. Ensure your buttocks and lower back do not lose contact with the mat. To vary the routine, place your feet on the step,</p>






## EXERCISE ILLUSTRATION

### B/ Stretch

	<p><b>B01 Quadriceps Stretch</b></p> <p>Place one shin on the vibration plate ensuring the foot remains off the plate. Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you will be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.</p>
	<p><b>B02 Calf Stretch</b></p> <p>Stand sideways on the vibration plate. With one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.</p>
	<p><b>B03 Adductor stretch</b></p> <p>Stand sideways on the Vibration plate with your feet near the support column. Place the outside foot on the floor close to the plate so legs are apart. Bend the outside leg while keeping the other leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the insides of your thighs. Repeat on the opposite side.</p>
	<p><b>B04 Pectoral Stretch</b></p> <p>Sit with your back to the vibration plate. Now hold the vibration plate behind your back so that your fingers grip the edges. By pushing your shoulders down you will stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.</p>
	<p><b>B05 Shoulder Stretch</b></p> <p>Stand backwards to the vibration plate. Remove a band behind your back and hold one of the bands in seat height. The other hand raises up and put it on the back of your head. By drag the band, you will stretch your shoulder and neck muscles. To vary this exercise. Change the hands again!</p>






## EXERCISE ILLUSTRATION

### C/ Massage

	<p><b>C01 Calf Massage</b></p> <p>Lie in front of the vibration plate with both calves on the vibration plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.</p>
	<p><b>C02 Upper Arm Massage</b></p> <p>Lie sideways facing the vibration plate, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the vibration plate and relax.</p>
	<p><b>C03 Adductor Massage</b></p> <p>Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Making sure your body does not touch the plate. Now repeat the massage with the other leg.</p>
	<p><b>C04 Front Thigh Massage</b></p> <p>Position yourself with front of the thighs on the vibration plate. Lean Your feet slightly against the console. Your upper back with your arms on the desk. Do as flat and relaxed abdominals. There is a pleasant massage of the Front thigh.</p>
	<p><b>C05 Thighs bottom buttocks Massage</b></p> <p>Lie on a desk and put your Legs and half of Buttocks are on the vibration plate. Put your calf close to the stand post. This exercise will provide a pleasant Loosening on your legs and bottom buttocks. To varying slip with your Buttocks a little after rear.</p>

## EXERCISE ILLUSTRATION

### D/ Relaxation

	<p><b>D01 Shoulder and Neck Relaxation</b></p> <p>Kneel down in front of the vibration plate with your arms outstretched. Keep your back and neck straight. Now pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder area.</p>
	<p><b>D02 Upper Body Relaxation</b></p> <p>Sit facing away from the vibration plate with your legs bent. Using your elbows for balance, raise your upper body off the vibration plate. Keeping your neck and back straight, Pull your shoulders back. The vibration will relax your upper body.</p>
	<p><b>D03 Back Relaxation</b></p> <p>Sit in the centre of the vibration plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax toward. You should feel a pleasant vibration relaxing on the back, hip, and thigh area.</p>
	<p><b>D04 Lower Back Relaxation</b></p> <p>Sit on the floor facing away from the vibration plate with your legs apart. Place the mat between your body and the vibration plate and hold the edges for support. Relax during the vibration, targeted primarily in the lower back. As an alternative, angle your legs and push your body harder against the vibration plate.</p>
	<p><b>D05 Feet and Legs relaxation</b></p> <p>Put a chair close to the vibration plate. Sit down on the chair and put your leg in the centre of the base plate. This Exercise improves circulation in your legs and feet. The blood is then more by the legs and feet circulates.</p>

# **SAFETY PRECAUTIONS**

To maintain the operational standard of the Vmax Pro Duo, please note the following:

## **A. BEFORE OPERATING THE VMAX PRO DUO**

1. Use the Vmax Pro Duo as described in this user guide.
2. Do not use the machine within 30 minutes before or after meal.
3. Only one person can step on the vibration plate at any one time. Failure to do so may result in injury and breakdown of Vmax Pro Duo.
4. Hold safety handle correctly before you exercise. It helps you to balance when you are using the Vmax Pro Duo.
5. Check the exercise speed level before you operate the Vmax Pro Duo and ensure it is at a safe speed and comfortable level. You may get injured if the speed is set too high.
6. When you first begin using the Vmax Pro Duo, ensure your feet are at least 30 cm apart to prevent injuries. The wider you set your feet apart, the stronger the vibration intensity that you can feel.
7. Do not use this machine for any other purposes besides exercising.
8. Do not operate or touch the Vmax Pro Duo with wet or humid hands, this may short circuit the machine and causes damage. There is also a risk of electric shock.
9. Do not use any kind of sharp objects like spoons, knives or any dangerous materials on the Vmax Pro Duo. Do not insert fingers in the gaps of the cover board.

## **B. DURING THE OPERATION OF THE MACHINE**

1. If any you feel any discomfort or abnormalities, please stop using the product and consult a physician immediately.
2. Do not use force against the machine. Risk of injuries and malfunction may occur.
3. When not in use, please turn off the power and unplug the power cord. (Running electricity may present risks for electric shock or fire).
4. Do not exercise more than 5 minutes using the same pose. You may get muscular cramps.

## **C. AFTER USING THE MACHINE**

1. Please turn off the power and unplug the power cord after use.
2. After your exercise, please take a rest and have some water. Refrain from participating in strenuous activities after using the Vmax Pro Duo.

## SAFETY PRECAUTIONS



Please follow the warnings and cautions strictly. This will prevent damage of your machine or any harm to your body caused by any improper use of the machine.

**▲ This appliance 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. Children should be supervised to ensure that they do not play with the appliance.**

When using the machine, please comply with the instruction to operate.

- Please make sure that the power plug does not get pressed by the side portion of the machine.
  - The power plug might get damaged leading to electrocution or fire.
- Please remove dirt on the power plug using dry clothes
  - Dirt and abnormal connection might lead to fire.
- Leave 20cm of gap from the wall when installing the machine.
  - Good air circulations will prevent the product from malfunctioning.
- Please install the product on solid and horizontal ground.
  - Noise and vibration might be created when the ground level is not horizontal. Please adjust the machine when the ground is not even.
- After using the machine, please press the stop button. Step down from the machine after the machine stops completely.
  - Stepping down during run state might lead to injuries.
- Please unplug the power plug when the product is not in use.
  - This will prevent unnecessary wastage of electricity and may prevent fire.
- Please do not run or jog on the vibrating platform.
  - The product might get damaged.
- Elderly people and children should be accompanied or supervised when using the machine.
  - Physical injuries may result.
- The machine can only handle / support one user at a time.
  - The machine might get damaged.
- Before cleaning, remove any water particles using dry clothes to prevent water particles entering the machine.
  - Water particles will weaken the insulation which will lead to electric leakage and fire.

- Please clean the surface of the machine using mild cleaners suitable for the material.
  - Please wipe the surface with dry clothes when wet towel had been used to clean the surface.
- Please clean and dry the machine before storing the machine for a long time.
  - Please clean the surface with dry clothes before storing to prevent corrosion.
- Please do not unplug and plug the power plug with wet hands.
  - It might lead to electrocution
- Do not install the machine in wet place or near water.
  - It might lead to electric leakage; the machine may get corroded when used in humid places.
- Please do not store items on top of the plate.
  - It might lead to electrocution or fire and may damage the electric circuit.
- Do not sprinkle water or clean the machine using gasoline, benzene, thinner or chlorine.
  - There is danger of getting electrocution or catching fire. It also might damage the electronic circuits.
- Please unplug the power cord before cleaning
- When the machine creates smoke or a burning smell, remove the power cord immediately and stop exercising, contact Vmax Fitness.
  - It might lead to fire or electrocution.
- Please do not disassemble, repair or modify the machine without authorization from Vmax Fitness as this may void your warranty.
  - Non-compliance will lead to product damage or financial damage due to fire or malfunctioning of the machine.

#### HEALTH SYMPTOMS WARNING

If you are under medical treatment or have any of the following symptoms, please consult your doctor before use.

- Epilepsy
- Diabetes
- Heart or Cardiovascular problems
- Slipped disc, discopathy or spondylitis
- Knee and hip implants
- Pacemaker
- Recently insert IUD, Metal pins
- Thrombotic conditions
- Tumor
- Recent infections
- Recent operative wounds
- Pregnant women
- Severe migraine



## PRODUCT MAINTENANCE

### A. -----■ STORAGE ■-----

1. Do not store the Vmax Pro Duo
  - Near heat or open flame.
  - Under direct sunlight for a long period of time.
  - In harmful gas or dust, especially humidity.
2. Keep the Vmax Pro Duo
  - Usage temperature: 0-35°C.
  - Storing temperature: 5-50°C.
  - Humidity: under 40-80%.
3. If the Vmax Pro Duo is not used for long period of time, cover it with a piece of clean cloth to protect it from dust and moisture.
4. Do not store the Vmax Pro Duo under direct sunlight or in places of high temperature.
5. Do not coil the wire cord as it may cause malfunction to the machine.

### B. -----■ MAINTENANCE ■-----

1. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
2. Do not use the Vmax Pro Duo for longer than 10 minutes for the first time.
3. Switch off power and remove the plug from the socket every time after use.

### C. -----■ PROTECTION OF VIBRATION EXERCISE MACHINE ■-----

1. Do not use or store this machine in humid areas such as bathroom, swimming pool or spa.
2. Do not use machine when there is too much dust, oil, smoke or caustic gas.
3. Avoid damaging the surface of the Vmax Pro Duo.

### D. -----■ CLEANING ■-----

1. Using corrosive cleanser is prohibited. Do not use benzene or thinner to clean or spray insecticide on the machine.

## SPECIFICATION

Product Name: Vmax Pro Duo with two motors

Electricity Input-----100V-120V  
Frequency Range-----60Hz  
Max Power-----2HP  
Oscillation Motor-----500W  
Vibration Motor-----300W  
Oscillation Amplitude-----0-10mm  
Oscillation Frequency-----5Hz-18Hz  
Horizontal displacement-----0-2mm  
Vibration Frequency-----15-40Hz  
Speed Level-----1-60  
Preset programs-----7 preset programs  
Display-----Program、Time、Speed  
Dimensions: -----650mm (L) X 820mm(W) X 1402mm (H)