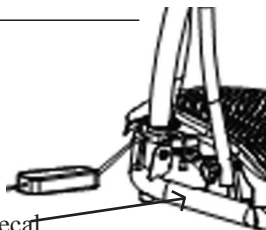




Model No. WLICVU14908.0

Serial No. _____



Serial Number decal

QUESTIONS ?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call: :

08457 089 009

or write:

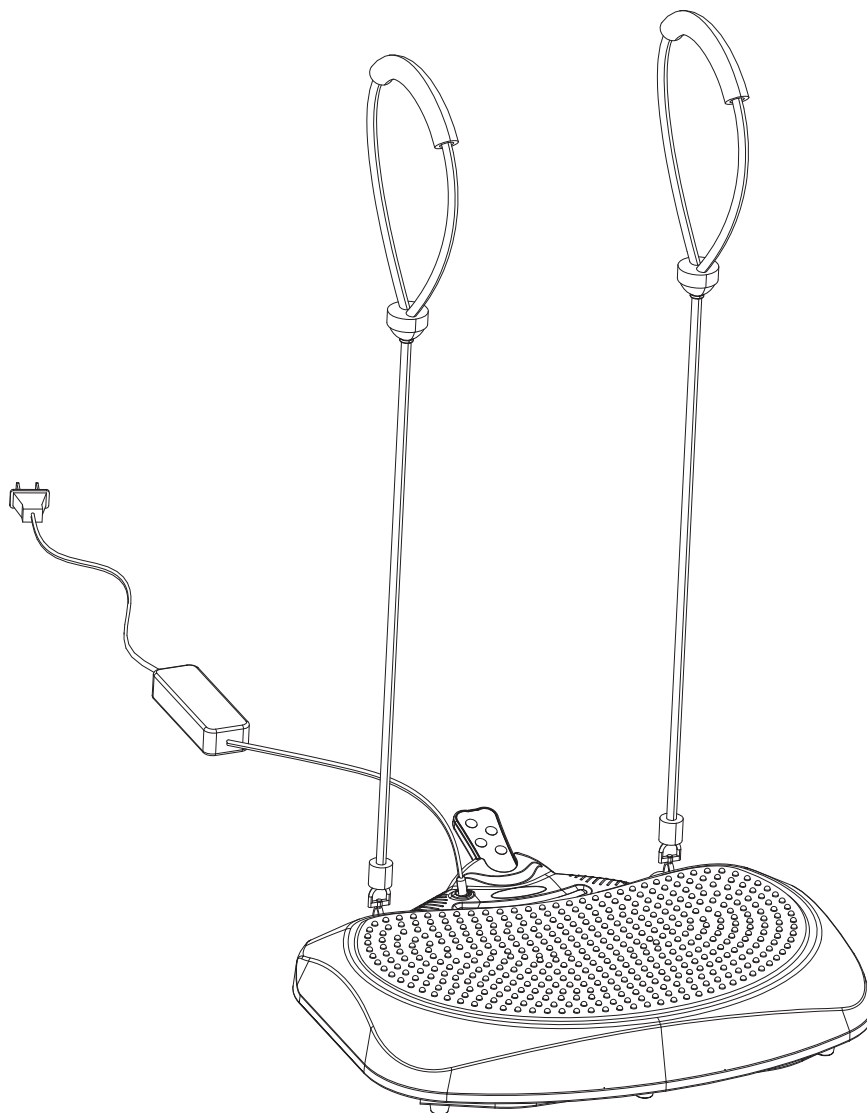
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

WARNING

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Please visit our website for more informations on the products

www.iconsupport.eu

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BEFORE YOU BEGIN

Congratulations for selecting the revolutionary **WESLO® ENERGY SLIDE** vibration platform. The vibration platform offers whole body vibration options that will make your workouts effective and enjoyable.

For your benefit, read this manual carefully before using the **WESLO® ENERGY SLIDE** vibration platform. If you have questions after read-

ing this manual, please see **HOW TO CONTACT CUSTOMER CARE** on back cover. To help us assist you, note your product model number and serial number before contacting us. The model number and serial number can be found on a decal attached to the vibration platform (see the front cover of this manual for the location of the decal).

IMPORTANT PRECAUTIONS



WARNING:

TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS AND INFORMATION BEFORE OPERATING THE VIBRATION PLATFORM.

1. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all warnings and precautions.

2. Operate the vibration platform only as described in this manual.

3. Do not operate the vibration platform until it is properly assembled.

4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.

5. Place the vibration platform on a level surface. To protect the floor or carpet from damage, place a mat beneath the vibration platform.

6. Regularly inspect and tighten all parts of the vibration platform.

7. Keep children under the age of 12 and pets away from the vibration platform at all times.

8. The vibration platform should not be used by persons weighing more than 100 kg.

9. Never allow more than one person on the vibration platform at a time.

10. Always wear appropriate exercise clothes and athletic shoes when operating the vibration platform. Do not wear loose clothes that could become caught on the vibration platform.

11. Keep your back straight when using the vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. The following is a list of factors and conditions that may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors

or conditions apply to you, consult your physician before using the vibration platform.

- Knee or hip implant
- Pacemaker
- Recently placed screws, pins, bolts, or spirals
- Acute hernia, discopathy, or spondylitis
- Serious heart or vascular disease
- Acute thrombosis
- Tumor
- Serious migraine
- Epilepsy
- Serious diabetes
- Recent wound due to operation
- Fresh inflammation
- Pregnancy

14. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.

15. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.

16. When connecting the power cord, No other appliance should be on the same circuit as the vibration platform.

17. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

18. Never leave the vibration platform unattended while it is running.

19. Never insert or drop any object into any opening on the vibration platform.

20. **DANGER:** Always unplug the power cord before cleaning the vibration platform and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

! WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

ASSEMBLY

Assembly Parts List: :

1. Vibration base
2. Adapter
3. Elastic rope and wrist magic grip
4. Remote Controller

1 Set up the straps(2) to the corresponding position on the casing(1)

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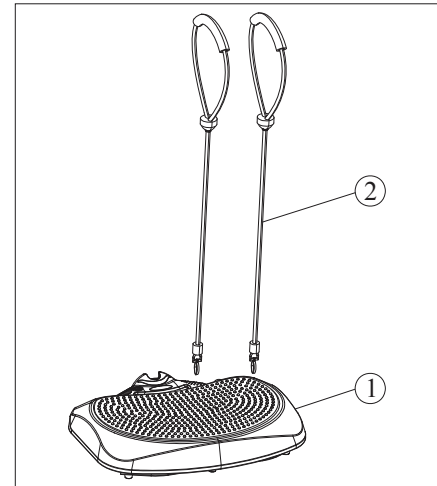


Figure 1

2 Plug the adaptor(3) into the indicated jack on the casing(1).

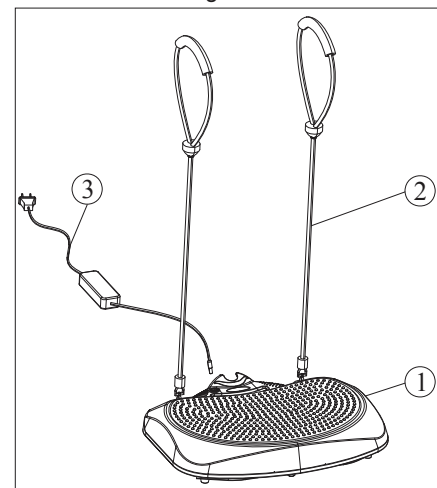


Figure 2

3. Take remote controller (4) for using the machine.

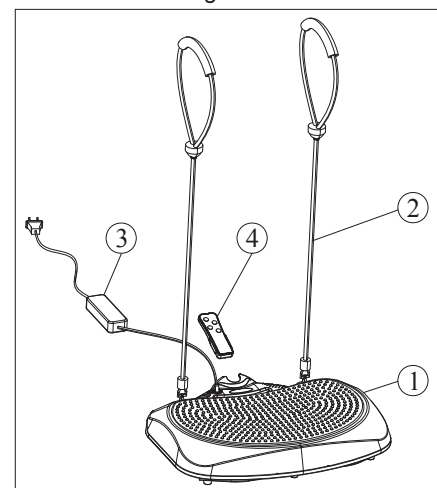
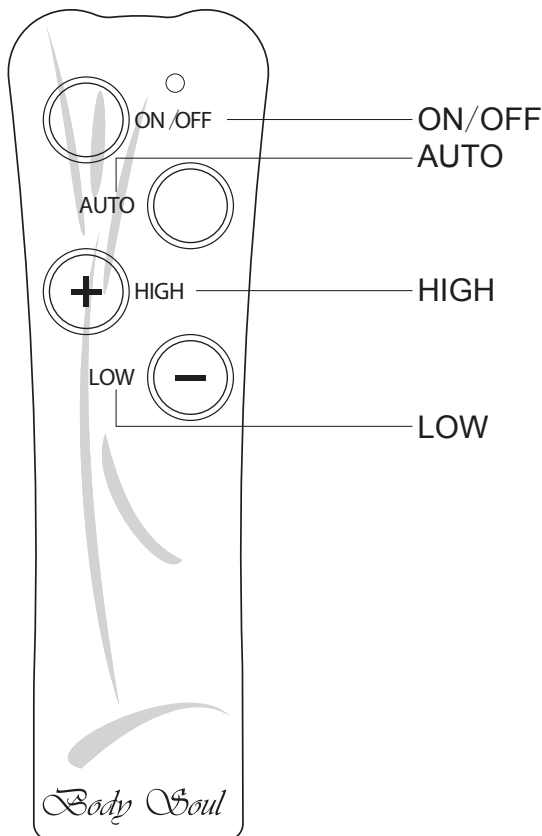
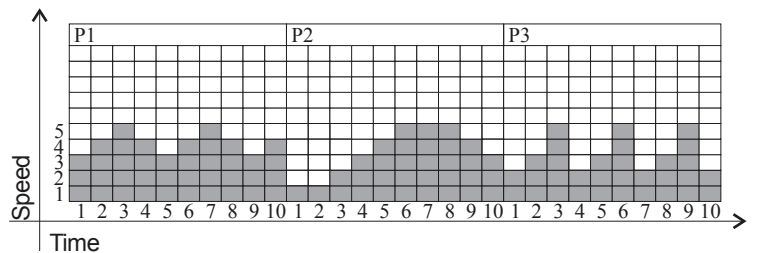


Figure 3

PROGRAMS DETAILS



ON/OFF Button This button turns the power ON and OFF.
AUTO Button This button selects the three auto modes that automatically change the vibration frequency.
High and Low Buttons These buttons increase and decrease the vibration frequency.



P1: Wave mode program: The wave-shape high and low rhythm, it suits the temperate health sports demand
P2: Pitch mode program: The long distance climb pitch training, may assist to increase the vital capacity and the physical strength
P3: indirect transformation mode program: The high and low transformation alternate steps on the bicycle movement unceasingly, assists to strengthen individual physical ability.

Battery :

- 1.The monitor uses 2pcs 1.5V “AAA” batteries. You can replace the battery through the back of the unit..
- 2.Battery must be correctly positioned and make sure the battery spring is properly contact with battery.

Training goals:

This Vibration Machine is aimed to bring you:

1. Easy and enjoyable workout
2. Better heart strength and body circulation
3. High calorie burning by shaking your whole body
4. Great feelings after a workout program

You are suggested to work with this Vibration Machine as often as possible Simply 10 minutes a day will shape

your body figure easily.It is not recommended to exercise on it for a few hours within a short period of time but

to do it regularly on a long term basis. The training will earn greater results with balanced nutrition.

Other tips include:

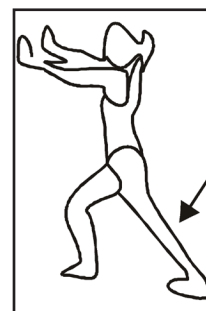
- Wear comfortable cloth, better a sporting suit
- Never exercise with your stomach full. Keep your workout time at least one hour after each meal.
- If you are tired or exhausted, please do not start a workout program.

WARMING UP

It is recommended that you warm up and stretch your body before working on the Energy slide. The following warm up is for your reference:

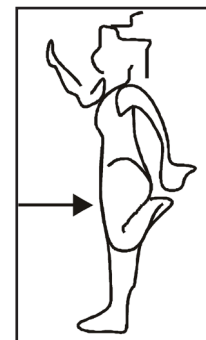
1. Calf Stretch

Hands up and lean your body to a wall, with one of your foot in the front and the other behind (see the photo illustration). Keep your back and your back leg in a line. Then bend your front leg and move your body towards the wall. Stay as close to the wall and keep this position for 10~15 seconds. Relax and repeat it for another 2 times.



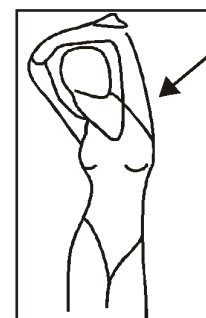
2. Thigh Stretch

Put your right hand on the wall for balance and grab your left foot with your left hand. Pull your heel towards your buttocks and keep your balance. Stay there for about 10~15 seconds. Then relax and repeat it for another 2 times.



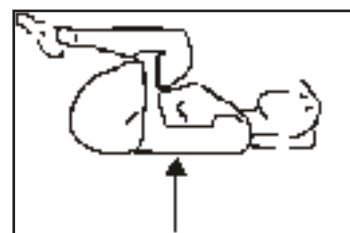
3. Upper Body Stretch

Stand on the ground, open your legs a bit, put your hands on top of your head as shown in the photo, stretch your back and waist, keep it for 10~20 seconds. Relax and repeat it for another 2 times.



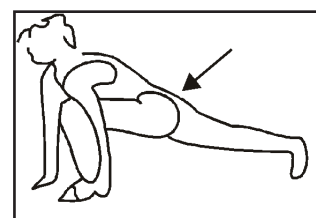
4. Kicking Stretch

Lie on the ground, hold your thighs and then kick your legs. Keep legs up high for 10~15 seconds, relax and repeat it for another 2 times.



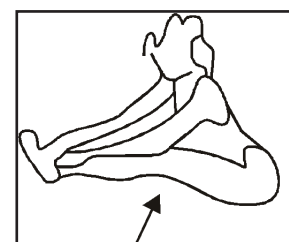
5. Waist and Bottom Stretch

Step one foot forward and bend your body down, hands down, keep your back leg straight, balance your body, push down and stretch your bottom part, remain the position for 10~15 seconds, change legs and repeat it for another 2 times.

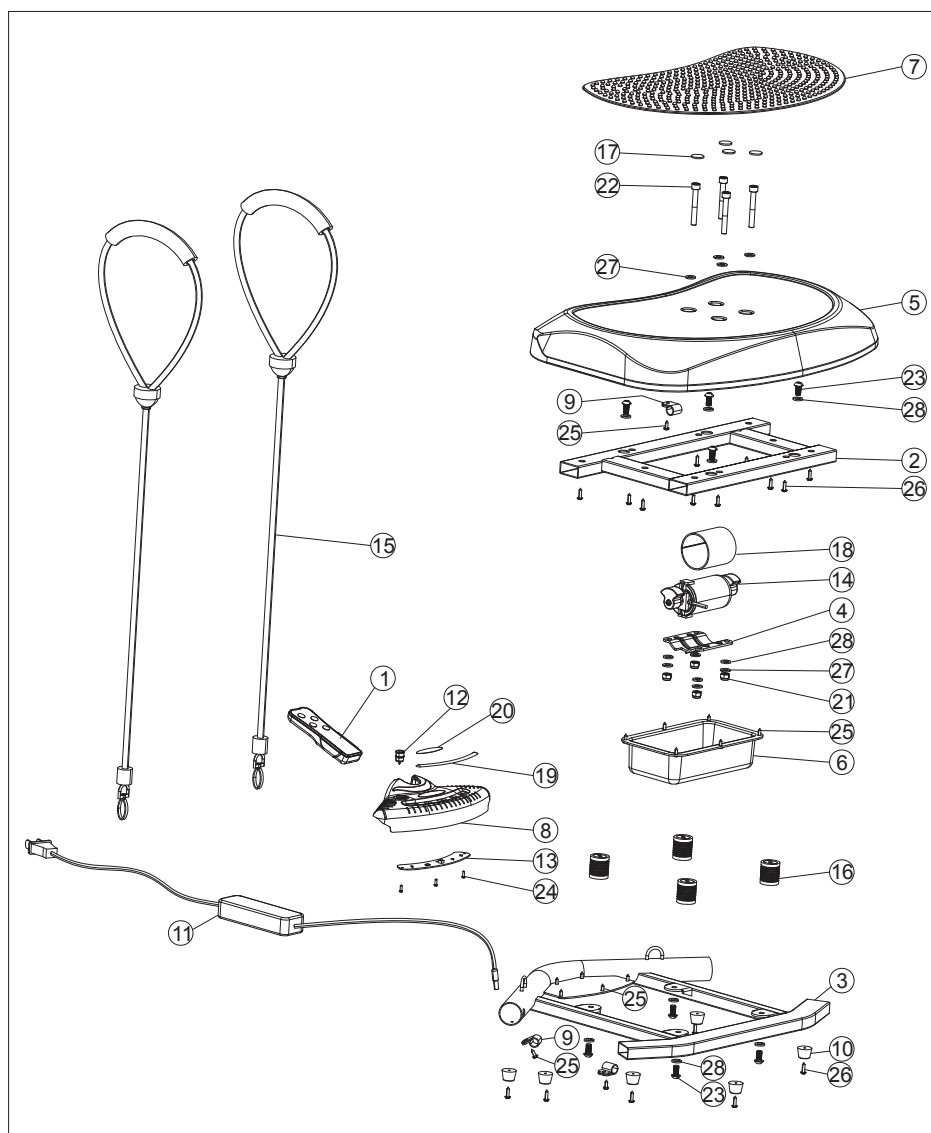


6. Back Stretch

Sit down with your thighs and legs on the ground. Move your upper body towards your legs, touching your toes. Keep this position for 10~15 seconds. Relax a bit and repeat for another 2 times.



EXPLODED DRAWING— AND PART LIST OF Model N°. WLICVU14908.0



| N° | Description |
|----|-------------------|
| 1 | Remote Controller |
| 2 | Vibration Frame |
| 3 | Bottom Frame |
| 4 | Motor Base |
| 5 | Casing |
| 6 | Motor Cover |
| 7 | Mat |
| 8 | ControlCover |
| 9 | LineClip |
| 10 | Small Foot |
| 11 | Adaptor |
| 12 | Power Plug |
| 13 | PCB |
| 14 | Motor |
| 15 | Straps |
| 16 | Isolator |

| N° | Description |
|----|------------------|
| 17 | EVA Cup |
| 18 | EVA Bushing |
| 19 | Control Receiver |
| 20 | Logo Sticker |
| 21 | M8 Nut |
| 22 | M8*60.0 Bolt |
| 23 | M8*15.0 Bolt |
| 24 | ST2.9*10.0 Screw |
| 25 | ST4.2*13.0 Screw |
| 26 | ST4.2*16.0 Screw |
| 27 | FlatWasher |
| 28 | Spring Washer |
| 29 | |

ORDERING REPLACEMENT PARTS

To order replacements parts, please see the front cover of this manual for the contact informations.
To help us assist you, be prepared to provide the following information when calling :

- Model number of the product (WLICVU14908.0)
- The Key number and description of the product of the desired part(s) (see the part list)
- The prove of purchase