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**V1008S Three Function High Power Vibration Plate
Plus 1000W 18 levels of Adjustable Vibration**

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MANUAL

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Instructions for Use – V1008S Three Function High Power Vibration Plate Plus 1000W 18 levels of Adjustable Vibration

Vibrations plates use the power of motion to stimulate a person's muscles. As well as working the body to develop strength, resistance and muscle definition this machine can also be used to boost blood circulation. Increased blood flow has many benefits on the body. By increasing the flow of oxygen, performance is enhanced, the build-up of lactic acid is reduced and pain/tension is eased.

Intended Use

Use to work the whole body or to target specific muscle groups and areas. The pulsing motion of the vibration plate is designed to aid weight loss, define muscles, increase strength, improve circulation of the blood, reduce the appearance of cellulite and support rehab training.

Ideal for those both new to exercise and active fitness enthusiasts. For best results use the High Power Vibration Plate Plus for 10-15 minutes after waking or before sleeping. Remember to drink plenty of water.

Health & Safety Warnings

Use this product no more than three times a day. Each session should not exceed 15 minutes.

Stop using the High Power Vibration Plate Plus immediately if any problems occur with it.

Use of this machine less than an hour after eating is not recommended.

Do not move this machine while it is running.

High Power Vibration Plate Plus cannot be used by pregnant women.

Patients with heart disease, diabetes or cancer should consult their doctor before using this machine.

Before Use

Ensure the High Power Vibration Plate Plus is placed on a flat surface.

Make sure your voltage and electric current are within the parameters of this machine.

The High Power Vibration Plate Plus contains no transformer. The socket should sustain 5A current voltage, have a ground wire and not be shared with other electrical appliances.

This machine is not to be operated by children without guidance of an adult.

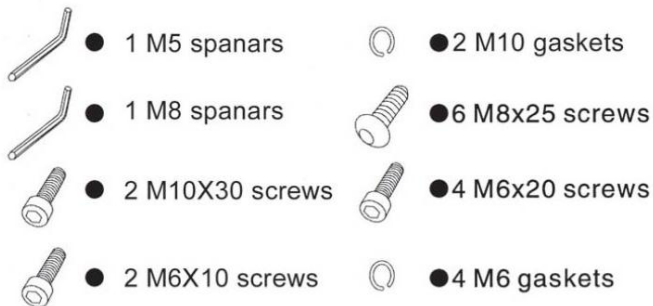
Keep this machine out of contact with water.

Cut off the power to this machine after each use.

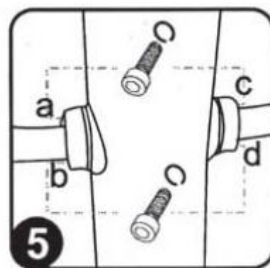
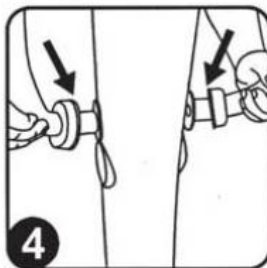
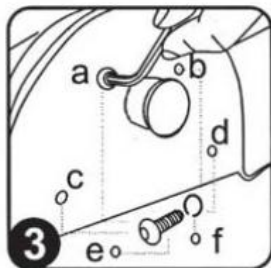
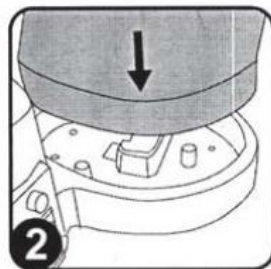
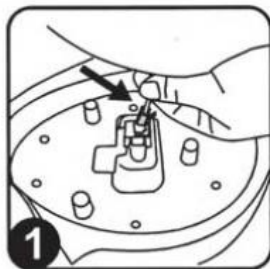
Instructions for Assembly – V1008S
Three Function High Power Vibration Plate Plus 1000W
18 levels of Adjustable Vibration



Accessories



Steps to Assemble

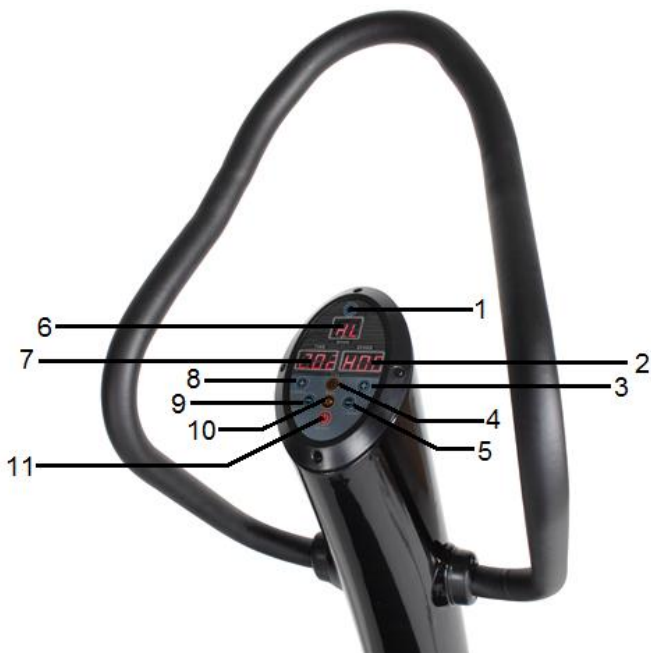


Assembly Instructions

1. Attach the signal cable to the pedestal.
2. Put the stand pipe into the pedestal.
3. Use the 6 M8x25 screws and the gaskets to fix the stand pipe to the pedestal at the bottom of the machine.
4. Place the armrest onto the stand pipe.
5. Next, fix it with the 4 M6x20 screws and the gaskets.

YOUR MACHINE IS NOW READY!

Control Centre



1. Time/Wobble Speed Display Shift Button

2. Speed Display

3. Speed Increase Button for Vibration

4. Time Button

5. Speed Decrease Button for Vibration

6. Mode Display

7. Time/Wobble Speed Display

8. Speed Increase Button for Wobble

9. Speed Decrease Button for Wobble

10. Mode Button

11. ON/OFF Button

1. Time/Wobble Speed Display Shift Button

While the vibration machine is in use, this button allows you to switch between the time and speed display mode or the vibration settings and vibration speed display - shown on the screen below this button.

2. Speed Display

Displays the speed setting during operation of machine. Time-speed mode alternates between displays for:

Wobble speed (Hxx)

Vibration speed (Lxx)

Alternatively, Dual-speed mode shows you the speed of the vibration (Lxx). Both speed modes can be manually increased or decreased at 0-50 grades.

3. Speed Increase Button for Vibration

Press to increase the vibration grade of the machine in manual mode and also the duration of operation time in time-adjustment mode.

4. Time Button

While the machine is in shutdown in manual mode and this button is pressed the time indicator flashes and starts up time-adjustment mode. You can now increase or decrease the duration of machine operations with this button.

5. Speed Decrease Button for Vibration

Use to decrease the speed of the vibration machine in manual mode and also the duration of operation time in time-adjustment mode.

6. Mode Display

This screen shows the current mode the machine is operating in. Operation modes are optional and include:

HL (double control), HS (single control vibration), LO (single control oscillation), P1 (automatic program 1), P2 (automatic program 2), P3 (automatic program 3), P4 (automatic program 4), P5 (automatic program 5).

Please note – The 5 automatic programs can be manually increased or decreased by the user.

Default automatic programs are provided as follows:

P1: Cycling single control function for 1 alternation in 5 seconds - 2, 6, 10...46, 50, 46...6, 4

P2: Cycling single control function for 1 alternation in 5 seconds - 2, 6, 10...46, 50, 46...6, 4

P3: Wobble – 26, 30...46, 50, 46...6, 2, 6...18, 22

Vibration – 26, 22...6, 2, 6...46, 50, 46...34, 30

Cycling duplex motors run for 1 alternation in 5 seconds

P4: 2, 6, 10...46, 50, 46...6, 4

Cycling single control

Fluctuation for 1 alternation 0.5 second.

P5: 2, 6, 10...46, 50, 46...6, 4

Cycling single control

Vibration for 1 alternation 0.5 second.

7. Time/Wobble Speed Display

At shutdown the time display is 0.00. During operation the time remaining will be displayed in seconds or the wobble speed will be displayed by selecting the shift button.

8. Speed Increase Button for Wobble

Press to increase the wobble speed of the plate in manual mode and also the duration of operation time in time-adjustment mode.

9. Speed Decrease Button for Wobble

Press to decrease the wobble speed of the plate in manual mode and also the duration of operation time in time-adjustment mode.

10. Mode Button

Shift between HL, HS, LO, P1, P2, P3, P4, P5 operations.

11. ON/OFF Button

Use this button to start and stop the machine or stop the current operation.

Vice Control Centre



1. Mode Button

Shift between HL, HS, LO, P1, P2, P3, P4, P5 operations.

2. Increase Button

Press to increase the speed of the machine in manual mode and also the duration of operation time in time-adjustment mode.

3. ON/OFF Button

Use this button to start and stop the machine or stop the current operation.

4. Vice Control Screen

The content on this screen relates to current operation of machine.

5. Decrease Button

Use to decrease the speed of the machine in manual mode and also the duration of operation time in time-adjustment mode.

6. Remote Control Reception

Reception window for remote control.

Error Messages

1. E3: under-voltage protection
2. E4: overvoltage protection
3. E5: overload of swing motor
4. E6: overload of vibration motor
5. E7: connection error or excessive interference

Parameters

Speed range: 1-50

Max load: 120kgs

Input voltage: 220V

Input current: 5A

Vibration Max. Power: 200W

Oscillation Max. Power: 250W

Size (L x W x H): 670 x 650 x 1395mm

N.W/G.W: 31kgs/35.5kgs

Max. amplitude of oscillation: 8mm

Max. vibration amplitude: 2.5mm

Maintenance

Regular maintenance of the High Power Vibration Plate Plus will not only prolong the life of the machine but help to safeguard users.

For the best results:

1. Tighten all screws on the machine every two months.
2. Always keep liquid and flammables away from the machine.
3. Wipe down the machine with a clean, dry cloth after use.
4. Keep the machine unplugged when not in use.

Troubleshooting

Problem	Solution
Chink when running	Tighten all screws
No window display	Check power source
No motor function	Voltage might be too low
Stand pipe not vertical	Tighten screws under pedestal

For additional information on this machine please visit

www.PhysioRoom.com & PhysioRoomVideo.

If you have any questions or queries with this product or for PhysioRoom.com please contact us on +(44) 1282 471590.



Manufacturer



Consult Instructions
For Use

REF

Catalogue Number



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