

Infrashape Multivision interface

User Manual

03 / 2024



ATTENTION

Before starting to assemble aid use the device, please refer to the manual.

Connecting the power supply

The device must be connected to a grounded socket. There is exact information about the required voltage on the nameplate.

The device is subject to the recycling process. Dispose of electrical parts only to containers designated for this purpose or return them to a nearby waste collecting centre.

1. The device needs to be placed on a smooth surface.
2. Make sure that the electric wire is not damaged.
3. All types of repairs should be performed by an authorized service centre.

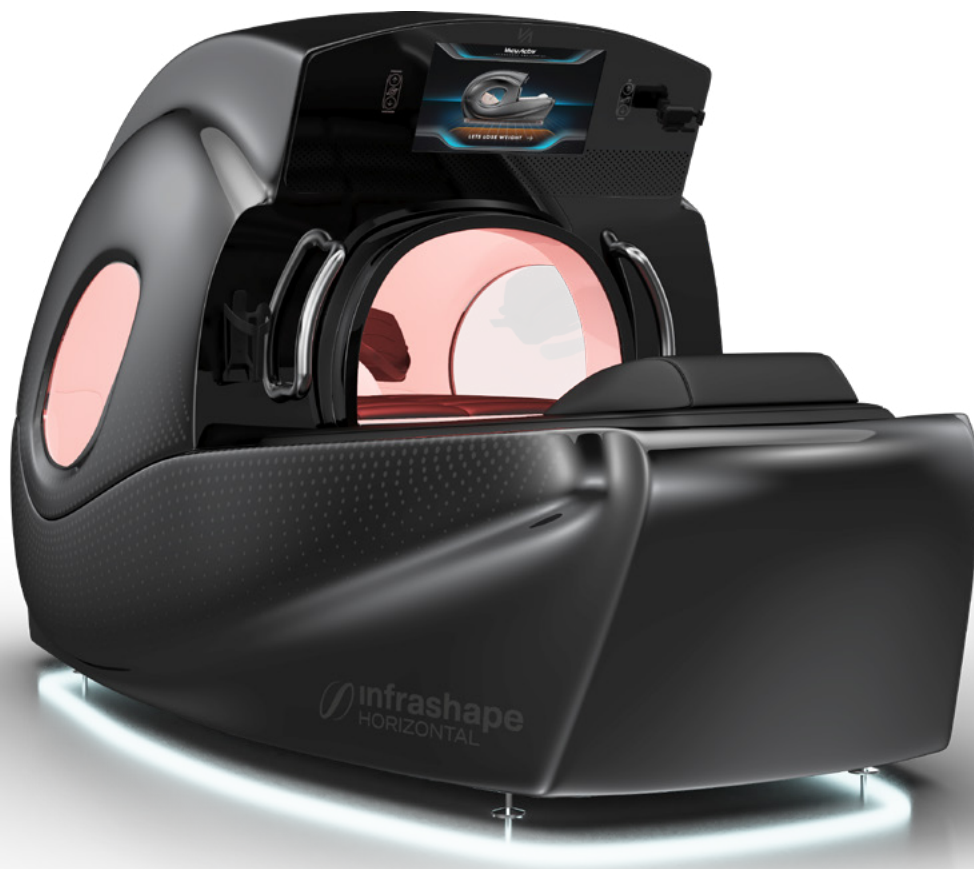
Technical specification

Power	
Voltage	230VAC / 50Hz / 1PH
Power consumption	2.5kW



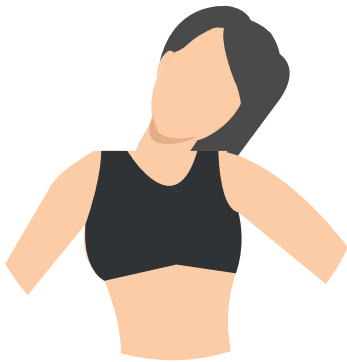
Functions	
Infrared	<p>Temperature adjustment: 25 – 50°C, Two infrared radiators: 350W each, Protection against scalding, The range of infrared radiation: 1.4 - 14µm – close to the solar radiation,</p>
Vacuum	<p>5 predefined programs: 0 – 30mBar, A function to adjust the vacuum manually, A vacuum pump, 1500W,</p>
Chromotherapy	<p>Based on LED technology, Wireless remote control allowing to choose the colour, Predefined programs for automatic colour change,</p>
Aromatherapy	<p>An automatic dosing station with essential oils for the THERMAL operation mode, An option to turn on/off the aromatherapy during the training,</p>
Air ionization	<p>Negative ion emission: 9000000 ions/cm³,</p>
Ozone	<p>Ozone emission: 0.05ppm,</p>
Collagen	<p>A single LED lamp, 30W, Wavelength – 620nm, An option to turn on/off during the training,</p>
Electrostimulation	<p>An independent electrostimulation system, Predefined programs, The electrodes have the disinfection function.</p>

Electric backrest adjustment	Angle backrest adjustment up to 20° incline
Electric pedal adjustment	Distance pedal adjustment 20 cm range



Before starting to train

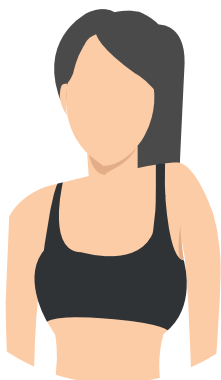
Training should begin with a warm-up. Next pass to aerobic exercises, and end up with loosening. Warming up prepares the body for exercises. Upon completion of training, repeat the exercises to relax the muscles after force exercise. Below are examples of exercises to warm up and relax:



1

HEAD TURNS

Move your head to the right and left, to feel a gentle stretch of neck muscles. Then move your head forward and backward, touch the chest with your chin, and tilt the head back. Repeat the exercise several times.



2

ARMS INCLINATIONS

Lift your right arm towards your ear then lift your left arm. Repeat the exercise several times.



3

STRETCHING

Reach as high as you can with your hands.
Alternately reach up with your left and right hand.
Repeat the exercise several times with the right and left hand.



4

QUADRICEPS STRETCH

Rest one of your hands on the wall to steady and pull your leg to the buttocks, as shown in the figure. Repeat the exercise for both legs.



5

STRETCHING THE ACHILLES TENDON

Put two hands against the wall and lean forward. With one leg make a stride and gently push your body. Repeat the exercise several times on both legs.



6

BENDS

Touch your toes with your hands. During the bends, keep your knees straight, shoulders and arms relaxed. Repeat the exercise several times.



7

ABDUCTOR STRETCHING

Sit on the ground, put your feet together, and try to touch the floor with your knees. Repeat the exercise several times.



8

HAMSTRING STRETCHING

Sit on the ground, straighten one leg, and bend the second one. Reach out a hand towards the extended leg and hold on to this position for a few seconds. Relax and repeat on the other leg.

Multivision application

When Infrashape Horizontal device will be switched on, the Vacu Activ Multivision app will launch automatically. In home screen the application informs about waiting for connection with the device. It takes up to 30 seconds.



When the connection is established, Infrashape Horizontal is ready for work.



Operating mode selection



Press [PRESS FOR SELECT MODE] on the main screen to proceed to the device operating mode selection screen.

There are three options on the [SELECT WORKOUT MODE] screen:

[**TRAINING IN VACUUM AND INFRARED**] – selecting training in vacuum and infrared option,

[**TRAINING IN INFRARED**] – selecting training in infrared option,

[**TRAINING IN VACUUM**] – selecting training in vacuum option,

After choosing a workout mode, a screen with a selection of training programs [SELECT PROGRAM] will be displayed.

Training program selection

Depending on the selected work mode, there are five (if only infrared work mode was chosen) or six (for other work modes) training programs:



Training program selection

Depending on the selected work mode, there are five (if only infrared work mode was chosen) or six (for other work modes) training programs:

MANUAL

the user chooses the duration of the training on his own. After choosing this program, the user will be asked to set the duration of the training. Maximum duration of a training session – 60 minutes.

LIGHT WALK

program dedicated to people who are first time users of Vacu devices and people starting fitness trainings,

AEROBIC

program dedicated to people who do sport and for whom training on a treadmill is not enough,

FAST BURNING

program dedicated to people who want to get rid of excess body fat and cellulite,

HEAVY TRAINING

program dedicated to the most demanding users. Note – the program requires previous experience in fitness trainings,

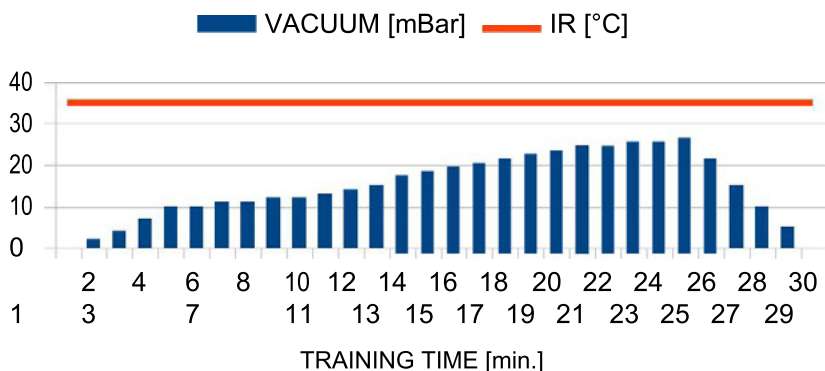
LYMPHATIC DRAINAGE

program for the more effective elimination of cellulite and body fat. The program is only available when vacuum work mode was chosen earlier. After selecting this program, the user will be asked to choose the minimum and maximum value of vacuum. The higher the difference between the two values, the harder the training.

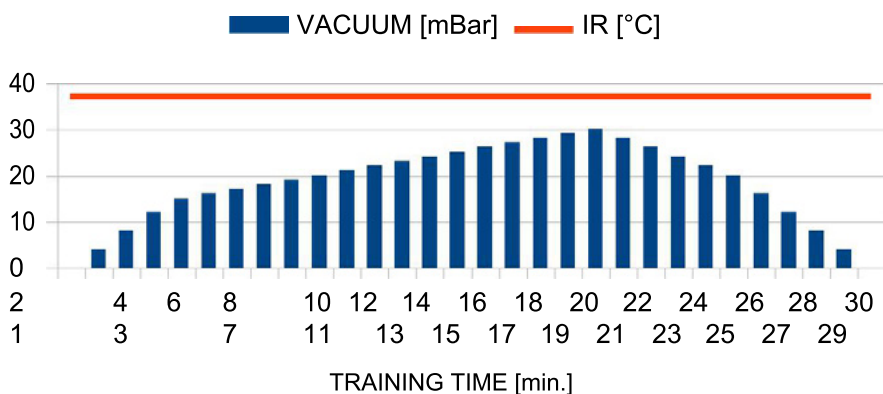
Training program selection



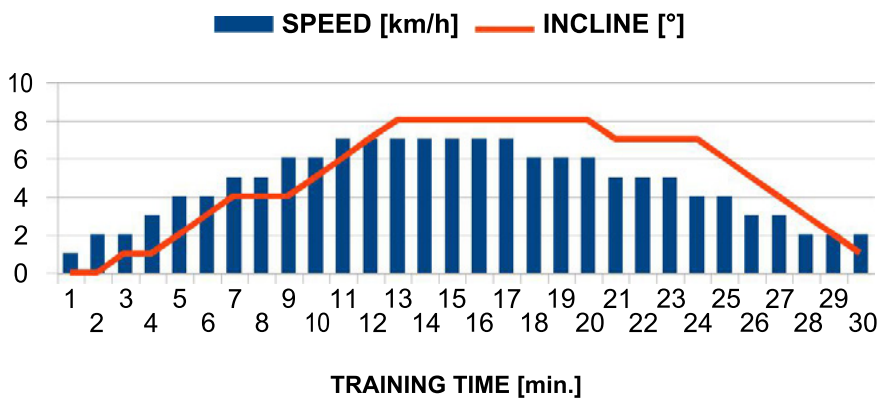
Features of **[LIGHT WALK]** training:



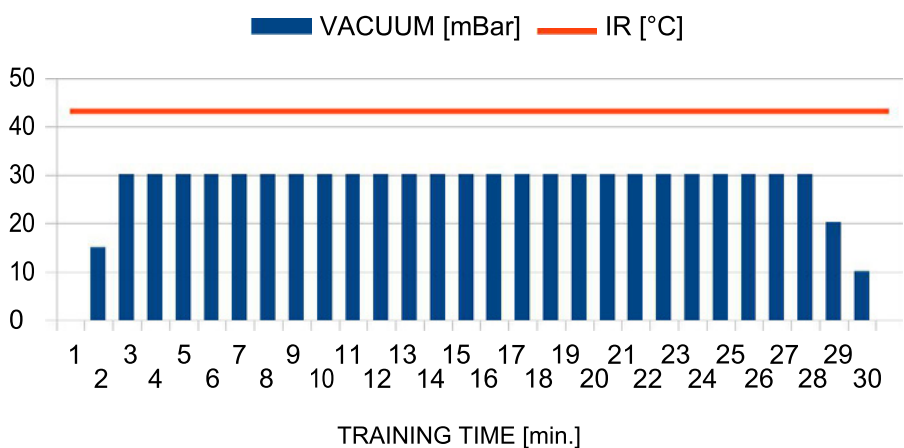
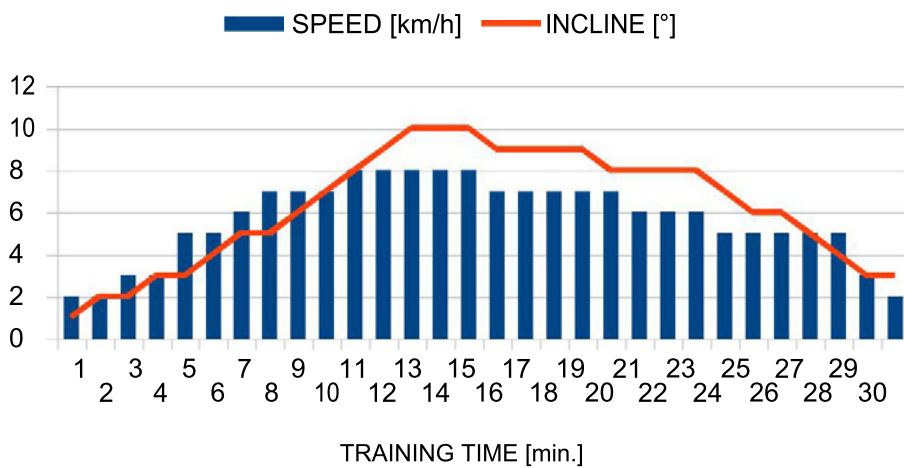
Features of **[AEROBIC]** training:



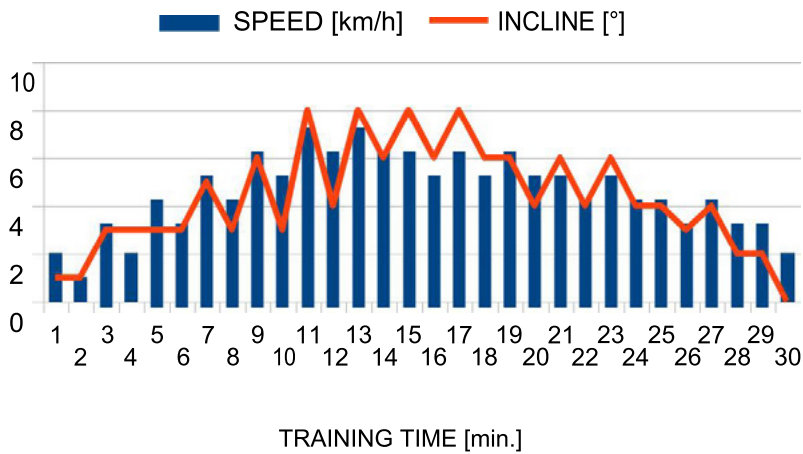
Features of **[FAST BURNING]** training:



Features of **[HEAVY TRAINING]** training:



Features of **[LYMPHATIC DRAINAGE]** training:



After selecting a training option, a screen with training parameters will be displayed.

Training

The duration of training is predefined and equal to 30 minutes apart from the [MANUAL] program. In manual program the user can set the duration on his own by moving the pointer around the clock's circumference or pressing the arrows.

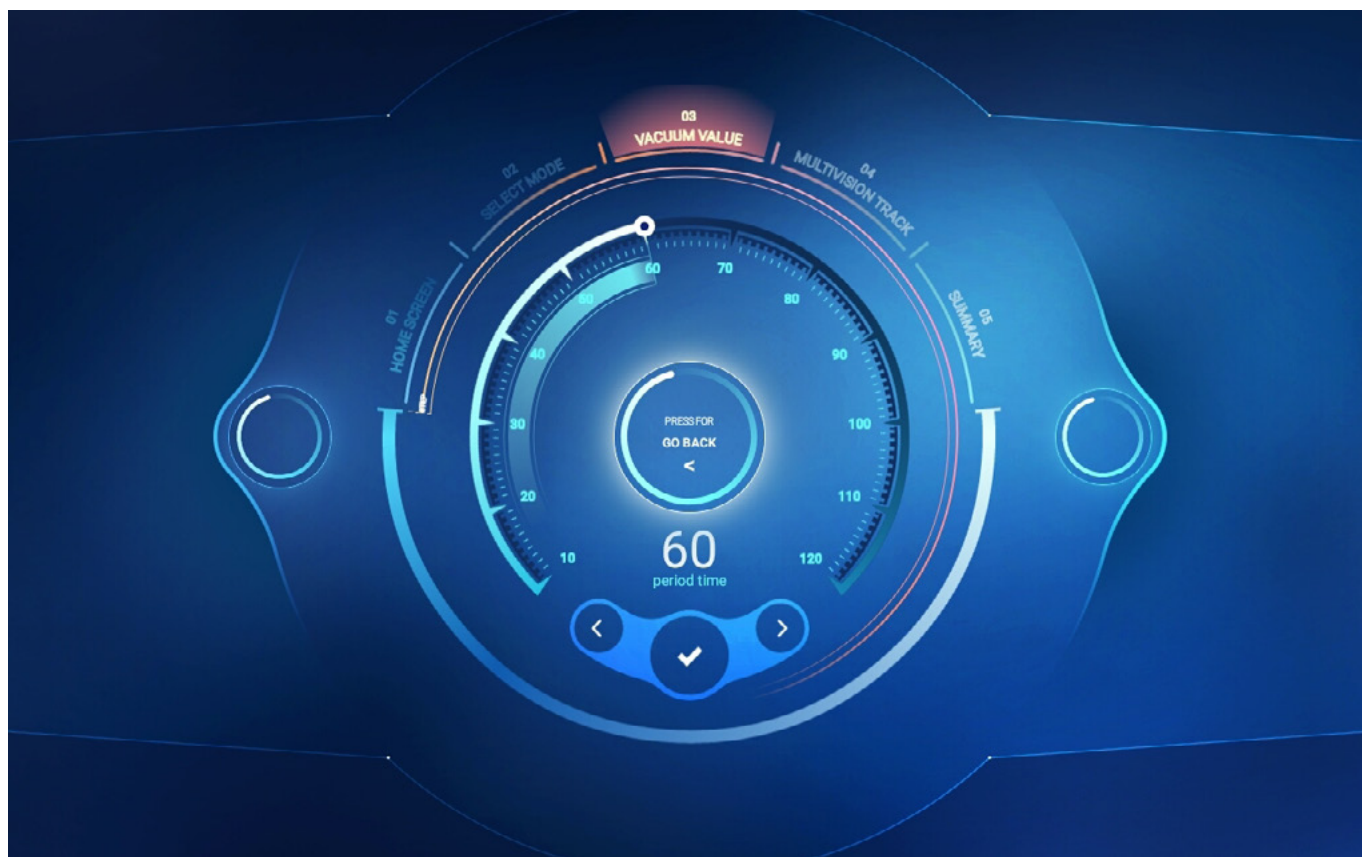


Select the training program or touch the accept symbol (in the manual mode) to display the [MULTIVISION TRACK] screen where you can choose the video to exercise in the selected operating mode.

Manual to set the **vacuum range** (from 0 to 30 millibar)



Manual settings for **lymphatic drainage** switching time between lower and higher vacuum (from 10 to 120 seconds)



Multivision

This function depicts movement (in selected places in the world) at the running pace and can be displayed while running in the Body Shape Multivision

- You can choose Buenos Aires, Los Angeles, Italy, Costa Rica, Chicago and San Francisco.
- Approve the selected video by touching the accept symbol.

Buenos Aires

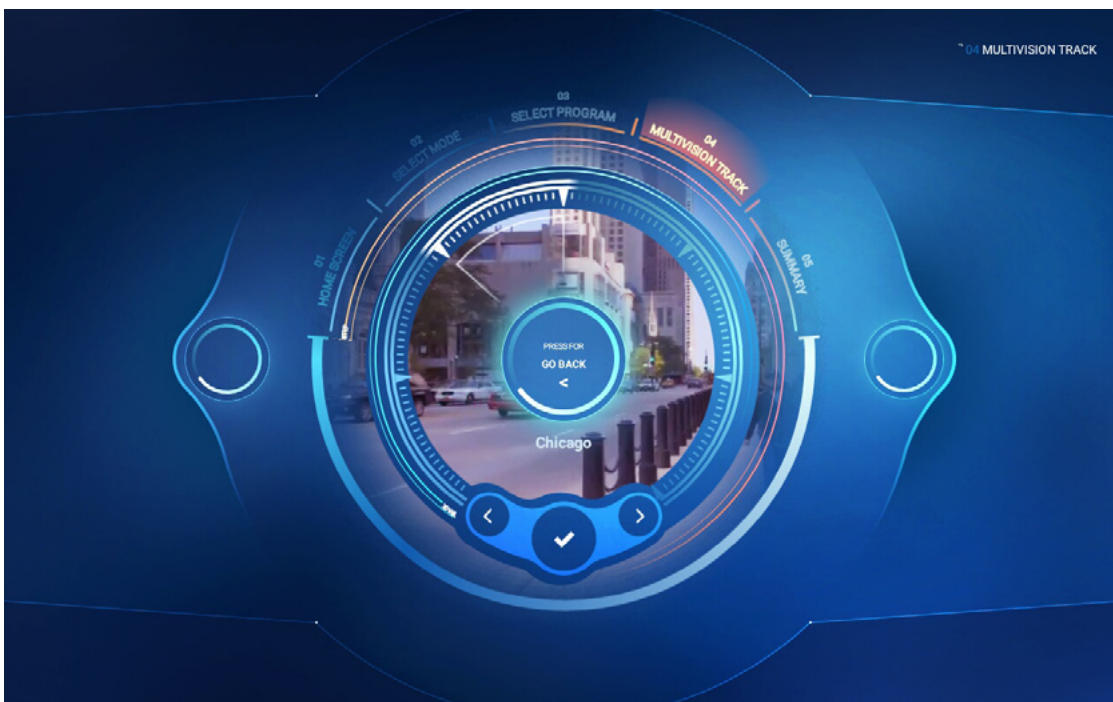


- When the video is selected, touch the accept symbol to display the summary screen.
- The selected video can be started only during the training.

Los Angeles



Chicago



San Francisco



Northern Italy



Costa Rica



Press **[PRESS FOR START]** on the summary screen to proceed to the screen starting the training session.



On the training session screen.

Press **[START]** to begin the training session.



You can pause the training by touching the pause symbol [||].

Touching the [STOP] symbol will stop the training and the summary screen [SUMMARY] will be displayed.

To go to the Multivision video function, touch [MULTIMEDIA] on the training session screen to display the function selection screen.

Function selection



There are five functions available for selection during the training session:

Multivision - video mode depicting movement in the particular places (selected on the "Multivision Track" screen) during the running training session.

Facebook - social network service available during training session

Audio Player - playing audio files from portable devices. The portable device is plugged in the USB port visible on the device panel.

Netflix - is a subscription streaming service that allows users to watch movies, series and TV shows.

Video Player - playing multimedia files from portable devices. The portable device is plugged in the USB port visible on the device panel.

Spotify - Digital music, podcasts that gives you access to millions of songs and other content from creators all over the world.

YouTube - video-sharing website. Allows you to view videos during your training session

Video player function

To use the multimedia files stored on a portable device, plug it in the USB port on the panel, touch the icon in the lower left corner of the screen and select the file you want to play from the list.



The video player functions, such as play, stop, volume, rewind, forward, etc., are available for the user during the training session.



Audio Player function:

The process for the audio file playing function during the training session is identical to the Video Player function. Plug the player in the USB port on the device panel and select files from the list. The player functions, such as play, stop, volume, rewind, forward, etc., are available for the user during the training session.

Additionally:

In the regular and Multivision Track mode, the user can switch on or off the photo-rejuvenation function - [COLLAGEN] or the breeze function - [AROMA].



The following parameters are displayed on the regular and “Multivision video” screen during the training session:

- speed,
- vacuum value,
- infrared intensity,
- calorie meter,
- time remaining to training completion,
- resistance,
- distance,

During the training session, you can modify



- infrared intensity,
- vacuum value,
- resistance

When the training session time lapses or if you press [STOP], the training is stopped and the summary screen [SUMMARY] is displayed.

Summary screen



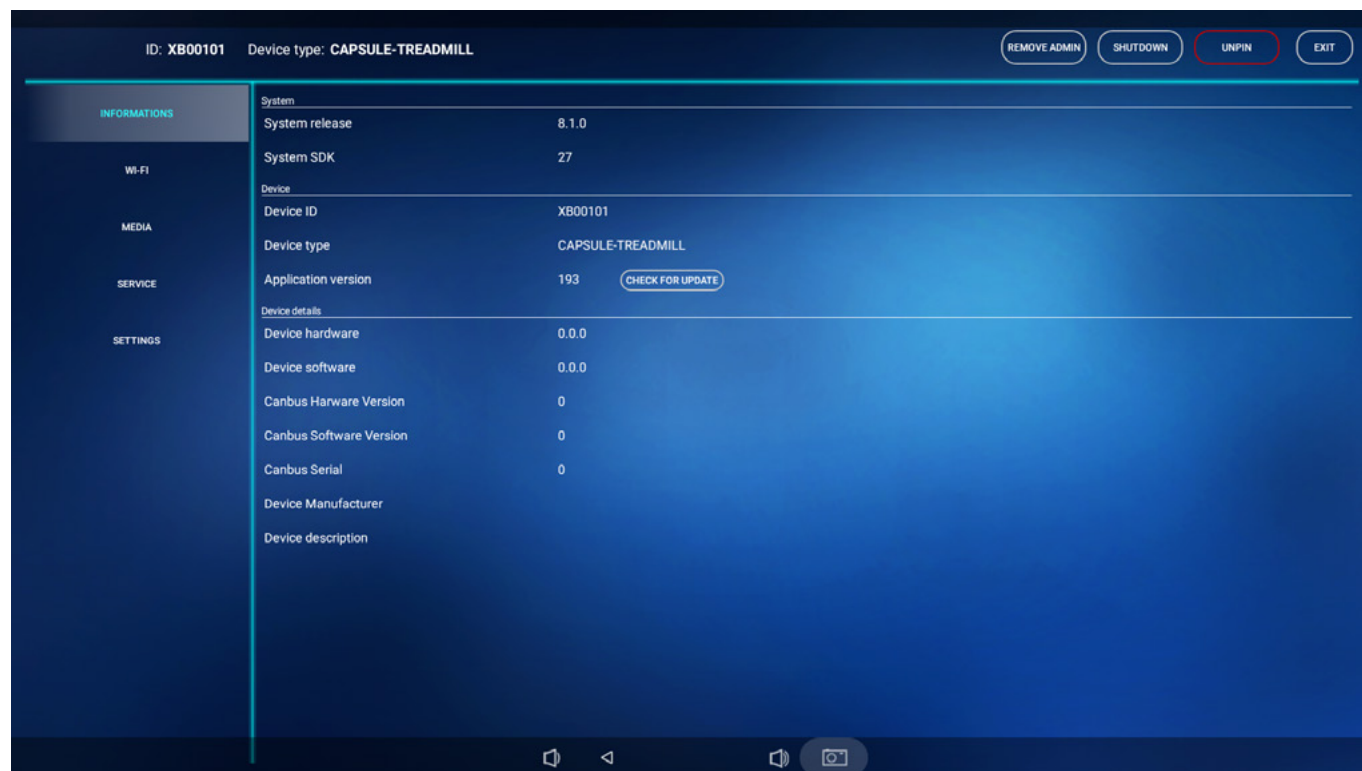
Infrashape Horizontal service functions

To go to the service settings of the device, touch the upper left corner on the home screen.



The first displayed screen allows to enter the service code; after you enter and confirm the correct access code, the service settings screen will be displayed.

The service settings screen displays five categories for selection.



[INFORMATION]

This category contains information about the system, device and device details. If a new version of the application is available, touch [CHECK FOR UPDATE] in the “device” section to start the update. For changes in other sections, contact the administrator.

[WI-FI]

This category allows the user to connect the device to the Internet. To do this, touch [CHANGE]. The screen will proceed to the Wi-Fi settings of the tablet. In the right upper corner, switch the key to the [ON] position and choose the Internet connection. Then, return to the application.

[MEDIA]

This category allows to edit videos for the Multivision function. Changes and edition are reserved for the administrator.

[SERVICE]

This category includes service information, i.e. device operating time counters, vacuum value settings and PIN settings.

Service

[TOTAL TIME] – this is the permanent device operating counter; after each start of the training programme, the counter is incremented by a constant value corresponding to the training time value,

[TOTAL TIME TRIP] – operating time counter similar to [TOTAL TIME], but with option to reset the counter to zero.

[VACUUM TIME] – this counter measures the total time of device operation with vacuum switched on. After each start of the training programme, the counter is incremented by a constant value corresponding to the training time value. The counter value cannot be cleared,

[VACUUM TIME TRIP] - this counter measures the device operating time with vacuum switched on. The counter can be reset to zero,

[TREADMILL TIME] – this counter measures the total time of treadmill operation in the device. The counter cannot be reset to zero

[TREADMILL TIME TRIP] - the counter measures the treadmill operation time. The counter can be reset to zero

Vacuum settings

[VACUUM MINIMUM] - this is the minimum setting of the vacuum power value in the Body Shape device. The values specified in this section are recommended by Vacu Activ. Changes can be made only by authorised persons.

[VACUUM MAXIMUM] - this is the maximum setting of the vacuum power value in the Body Shape device. The values specified in this section are recommended by Vacu Activ. Changes can be made only by authorised persons.

[SETTINGS]

This category allows to choose the language preferences. The available languages include: Polish, Italian and English.

Pin code

Press the digits on the right side of the "security" section to proceed to setting a new access code; enter the code and confirm it pressing the confirm button. The pin code for the service settings screen will be changed.

Air ionization

Ionization of air is turned on all the time. Disabling the ionization is carried out by turning a switch on the housing.

Colourtherapy

Hydroshape device has built-in LED lamps, with the possibility of wireless colour adjustments using the supplied remote control.

Colourtherapy remote control functions:

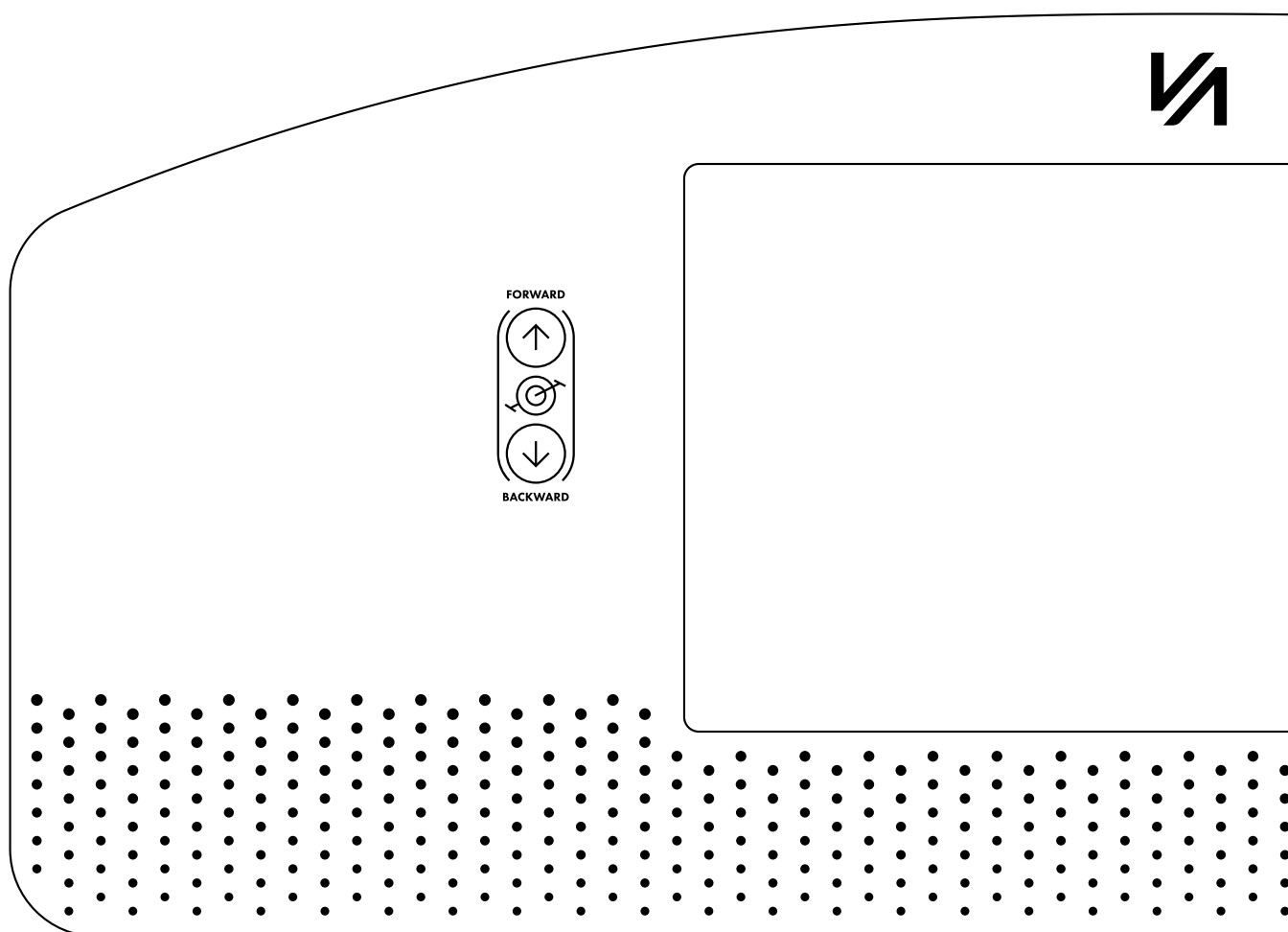
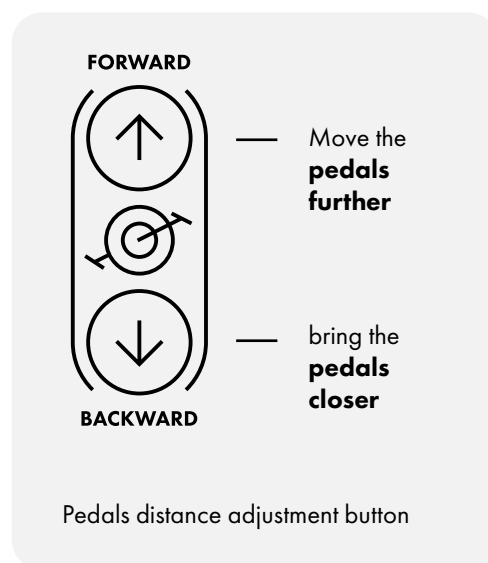
1. on / off,
2. the change of a static colour – 16 static colours are available,
3. the adjustment of the static colour brightness – 16 levels of brightness of the static colours,
4. the change of a dynamic program – 4 dynamic programs:
 - a) step changes of 3 colours,
 - b) step changes of 7 colours,
 - c) smooth changes of 7 colours,
5. the change of speed of the dynamic program – 16 levels of speed of dynamic programs.

Electric pedal distance adjustment

Infrashape horizontal allows you to adjust the distance of the bicycle pedals to the patient's height, in order to optimize comfort and appropriate exercise posture.

The bicycle pedals are adjusted electrically from the height of the front touch panel on the device. By touching the pedal distance setting button on the left side, use the up arrow to move the pedals further away, and use the down arrow to move the pedals closer.

The bicycle pedal adjustment allows you to adjust the distance within a range of 20 cm.

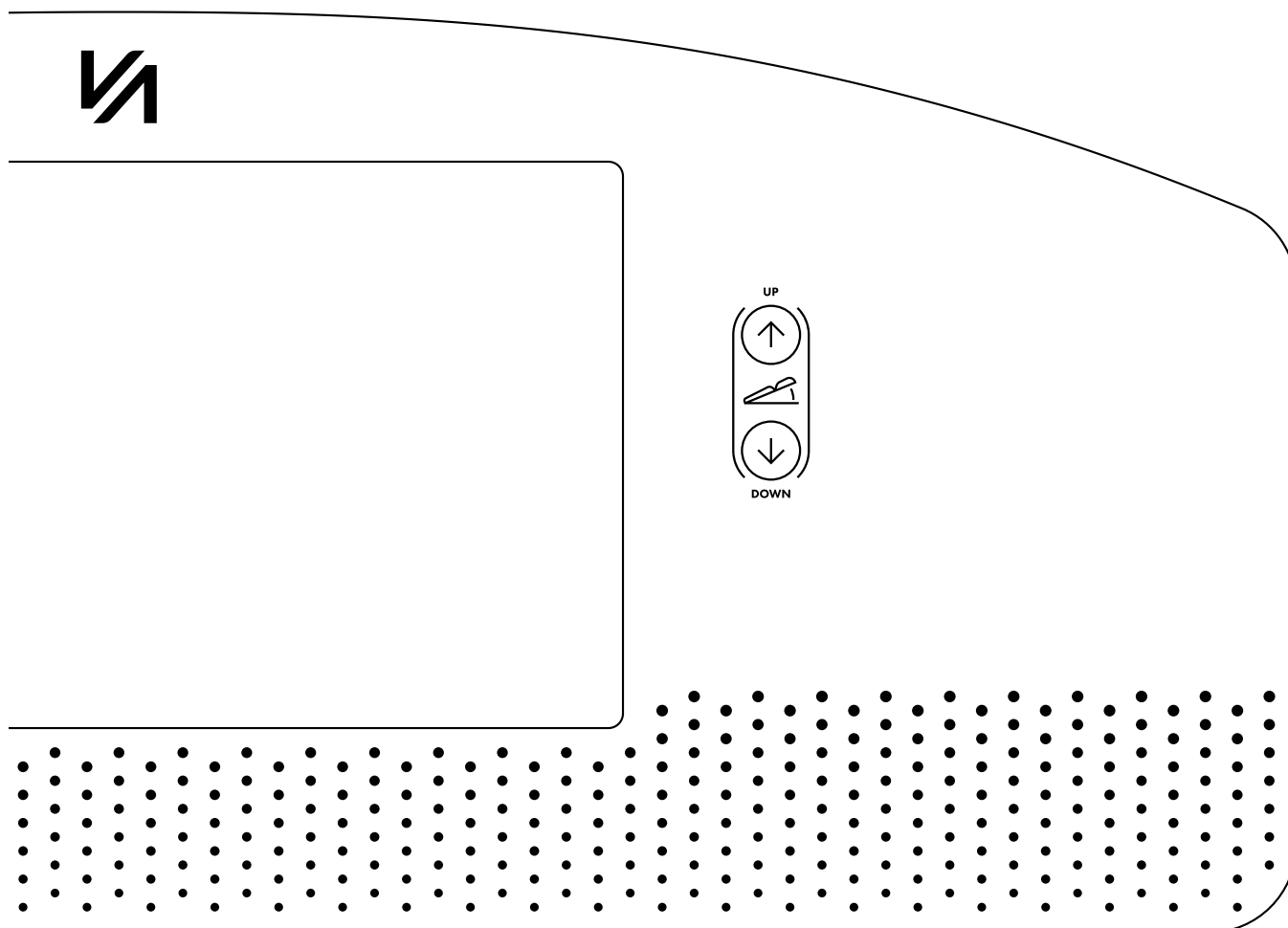
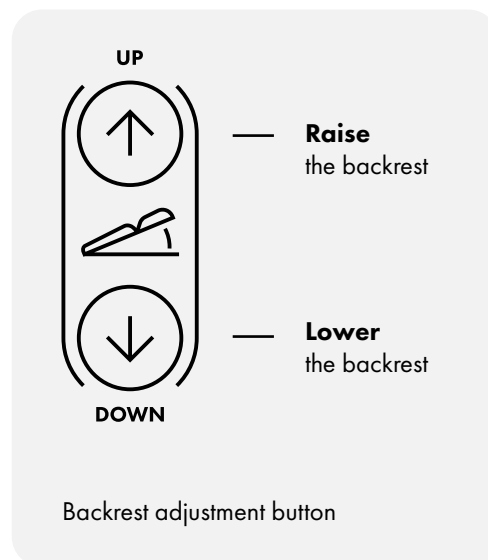


Electric backrest adjustment

Infrashape Horizontal allows you to raise the backrest at the appropriate angle to improve comfort and optimal position of the patient during exercise.

The backrest is electrically controlled from the front touch panel on the device. By touching the button on the right side, we adjust the angle of the backrest.

The angle of the backrest can be adjusted from 0° to a maximum of 20°.



Notes

Contact

VacuActiv

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Notes

Vacu Activ

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