

Vibrashape

Manual guide



Thank you so much for purchasing our machine Vibrashape.

Please believe this machine will bring you reliable service and good performance. This chapter is a general description for Vibrashape.



Specification

Power
<ul style="list-style-type: none"> • Voltage: 230VAC / 50Hz / 1PH • Max power consumption: 1kW
Vibration platform drive
<ul style="list-style-type: none"> • Silnik: AC / 3PH (trójfazowy) • Moc silnika: 0.37kW • Sterowanie silnikiem: Przemiennek częstotliwości (Frequency inverter)
Functions
<p>Vibration platform</p> <ul style="list-style-type: none"> • Vibration frequency adjustable during training • Two independent vibrating plates <p>Podczerwień</p> <ul style="list-style-type: none"> • 6 infrared heaters: 100W each • Infrared radiation range: 1.4 - 14µm close to solar radiation
Technical data
<p>Length - 105 cm Width - 100 cm Height - 170 cm Weight - 120 kg</p>

Vibrashape Vibration Platform

Training and vibration therapy on a professional device is a real phenomenon of our time!

The vibrating, moving platform is a rescue for those who do not have time for everyday and slimming fitness. As it is known, to be effective, it must last at least 20 minutes. Vibrotraining is an almost perfect solution: it takes little time and consists of performing simple exercises recommended by the instructor on a vibration-generating platform that moves in different directions. During exercise, the vibrations are transferred to all muscles, forcing them to work very intensively, while burning fat tissue. Besides, the vibrations also affect the tendons and joints, making them stronger. Such training also improves circulation and thus facilitates the removal of harmful metabolic products. Experts say that a quarter of an hour on the Vibration Platform corresponds to 1.5-hour training in the gym. Other advantages are: improvement of physical condition, reducing cellulite, muscular figure, strong spine free from pains caused by a sedentary lifestyle. By exercising regularly, we quickly get rid of Subcutaneous fat, especially in the abdomen, buttocks, arms and thighs. A quarter of an hour with a vibration platform, 3 times a week, regenerates the body and makes us look and feel young for much longer. The vibrations generated by the platform work for us and for us, making the training easy, short and painless, and at the same time extremely effective.

In the beauty and health sector, the effects of training and therapy are:

- Body shaping and firming - Fat reduction
- Cellulite reduction
- Making the skin more elastic
- Endocrine regulation
- Decreasing nervous tension and reducing stress - Relaxation and increased vitality
- Deep massage
- Strengthening bone tissue
- Removal of toxins from the body
- Preventing or slowing down the aging processes of the body.

In the fitness & sport sector, he is appreciated for the following results:

- Raising the level of energy - increasing the so-called "Power"
- Increase in muscle strength and endurance
- Improving the flexibility of ligaments and tendons - stretching
- Mobilizing the joints
- Improve traffic coordination
- Strengthening bone tissue
- Accelerating recovery after injuries
- Regulating metabolism
- Improving the effectiveness of warming up and relaxation - Deep massage

In the medicine and rehabilitation sector, the vibration platform achieves:

- Accelerating the regeneration processes of the body
- Reducing the recovery time
- Improving muscle strength and endurance - related to the deep stimulation of muscle fibers through simple neuromuscular reflexes triggered by vibrations and with maximum synchronization of the work of individual muscle motor units
- Strengthening of the bones (prevention of osteoporosis) - muscle work and mechanical vibrations promote bone mineralization in places most exposed to injuries and overload
- Improved balance and motor coordination - stimulation of deep feeling receptors in muscles and joints allows better control of our posture and smooth movements
- Mobilization of joints - increased flexibility of ligaments and tendons results from better blood supply and oxygenation of joint structures
- Pain reduction - better nutrition and oxygenation of tissues through stimulated circulation, as well as an increase in the level of endorphins (analgesic effect) and hormones accelerating regeneration
- Cleansed e organism - a significant improvement in blood and lymph circulation and the participation of appropriate hormones, accelerates the metabolism and removal of harmful metabolic products
- Regulation of the endocrine system - the release of appropriate hormones not only improves our well-being and accelerates metabolism, but above all increases physical activity as well as libido

Contraindications:

Generally speaking, anyone who can play sports can train on the vibration platform. In special cases, however, exercise is contraindicated. There are absolute contraindications, which completely eliminate the use of the platform, and relative contraindications, the occurrence of which requires consultation with a physician or rehabilitation specialist.

The absolute contraindications include, among others:

- Pregnant
- Infectious diseases
- Acute inflammation
- Fresh postoperative wounds
- Joint endoprotheses and spine implants
- Neoplasms with metastases to the musculoskeletal system

Examples of relative contraindications are:

- Epilepsy
- Arrhythmias and other heart diseases
- Tumors up to 5 years after recovery (excluding neoplasms with metastases to the musculoskeletal system)
- Parkinson's disease
- Spondylosis without instability

Description of sample Training Positions

Front standing position

Place your legs so that your feet are on edges of the vibrating platform.

In this position is burned most efficiently fatty tissue from the abdomen, hips, buttocks and thighs. All the front and back muscles of the thighs, buttocks and rectus abdominals are strengthened and toned.



Side standing position

Place your legs so that your feet are on the edges of the vibrating platform. Lean your body right and left. Place your feet at an angle of about 20 degrees, in the direction of movement of the torso. In this position, fat from the sides of the abdomen, hips, buttocks and thighs is most efficiently burned. All muscles are strengthened and toned the anterior and posterior thighs, buttocks and oblique muscles of the abdomen.



Standing position crouched (horseback riding)

Keep your legs apart, bend your knees and point your feet slightly inward. Fat tissue from the thighs and calves is burned most efficiently in this position. All muscles are strengthened and toned thighs (straight, voluminous medial, biceps) and calf muscles (fibula, tibia and triceps).



Light crouched position

Squat in front of the device and place your hands shoulder-width apart against the vibrating platform. This position is the most effective way to burn fat from the arms, forearm, neck and upper back. The pectoral and upper dorsal muscles as well as the front and back muscles are strengthened and toned arms and forearm.



Crouched Assault position

Crouch in front of the device in the starting position from the blocks. Place your hands shoulder-width apart and shift your weight forward. In this position, tissue is most efficiently burned fatty tissue from the arms and forearm, neck and the entire back. The dorsal and front muscles are strengthened and toned and the back muscles of the arms and forearms.

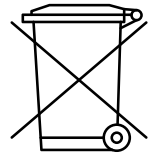


Description of sample Training Positions

1. Before starting training, read the contraindications.
2. If you have any doubts about your health, always consult a specialist (doctor).
3. Children under the age of 12 are not allowed to exercise on the vibration platform.
4. Approx. 30 minutes before training, drink at least 0.25 liters of fluids (water with juice, isotonic drink, water).
5. Always wear athletic shoes when standing directly on the vibration platform. Always use a mat when exercising without shoes or in any posture other than standing.
6. Comply with all instructions given by the instructor.
7. Don't hold your breath while exercising.
8. Don't let your head, chest, spine, or throat come into direct contact with the platform.
9. Never "block" your joints - always keep them slightly bent during exercise.
10. Stop training immediately if you feel pain, discomfort, or fatigue
11. Exercise 2 - 3 times a week (quarter of an hour in one session).
12. Take 24-hour breaks between workouts.

WARNINGS

The device is recycled. Dispose of used electronic parts only in the bins designated for them, or go to the nearest waste collection center.



- The device must be placed on an even surface. Make sure that the electric cable is not damaged.
- Make sure that after turning the device on, there are no objects in the vicinity that could damage the device or cause an injury to the exerciser.
- All kinds of repairs should be made by an authorized service center.

Thank you for purchasing our devices. Despite all efforts to ensure the highest quality of our products, errors or minor omissions occasionally occur. Please contact your nearest distributor if it turns out that your device is defective or any part is missing.

ATTENTION

Read the instruction manual before starting the assembly of the device and training.

Tension

Before connecting the electric cord to the socket, make sure that the voltage in the socket is the same as the voltage needed for the proper operation of the device. The appliance must be connected to an electrically grounded socket outlet that will match one of the plugs shown in the figure below. Detailed information about the voltage can be found on the nameplate.

Ground

The device must be connected to a grounded electrical outlet. If the equipment break down or malfunction, grounding will provide less electric power and reduce the risk of electric shock. The electric cable is terminated with a grounded plug. The device must be connected to the socket that matches the plug of the device.



115V EURO 208-220V
NEMA 5-20 CEE 7/7 NEMA 6-15

Requirements

Grounded socket

circuit: 115 VAC 5%, 60HZ and 20 Amp; 208 / 220V, 60HZ, 15 Amp or 230V 5%, 50HZ

Vibrashape instruction manual

1. Press the **START** button
2. Choose the program you are interested in:
 - **25Hz** reduction of adipose tissue and reduction of cholesterol levels,
 - **35Hz** intensive reduction of adipose tissue and reduction of cholesterol levels,
 - **45Hz** body modeling and muscle strengthening,
 - **50Hz** improvement of flexibility and endurance of joints, tendons and bones,
 - **MANUAL** free program
3. During the program, use the and buttons to - adjust the vibration frequency;

Depending on the selected frequency, we can:

- prepare the muscles for training,
 - burn fat tissue,
 - relax muscles after training.
4. During the training, Infrared IR can be turned off or on depending on the preferences of the client.
 5. The recommended time for exercising on the device is 20 minutes.
 6. Stop the device by pressing the **STOP** button.

Safety

CONSULT YOUR DOCTOR

Note: Consult your physician before exercising. This remark applies primarily to people over 35 and people with health problems. Please read the instruction manual carefully. We are not responsible for any injuries or ailments arising from the use of the device.

How often exercise?

Exercise 3 to 4 times a week to improve your condition and strengthen your cardiovascular system.

How to exercise intensively?

The intensity of the exercise is reflected in the pulse. Exercise must be intense enough to strengthen the heart muscle and improve circulation. Only a physician can determine exactly how HRT training should proceed. Before you start training, consult your doctor.

How long exercise?

Balanced training supports the cardiovascular, respiratory and muscular systems. The longer you can exercise, the more aerobic benefits your body will benefit from.

Maintenance

MAINTENANCE

Disconnect the device from the power supply before carrying out maintenance or cleaning work.

CLEANING

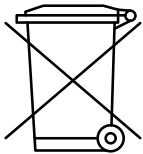
Sweat and dust should be wiped off the device regularly. Wipe the device with a soft, damp cloth. Be careful not to flood the display.

STORAGE

Store the device in a dry and clean room. Remember to disconnect the device from the power supply after each training session.

The display does not turn on	
<p>A) No power. B) Cables are not connected properly. C) Overload.</p>	<p>If the device still does not work properly, contact with the technical support: www.vacuactiv.com/technical-support/</p>
The data on the screen is not fully displayed	
<p>Display defective</p>	<p>Contact with the technical support: www.vacuactiv.com/technical-support/</p>

Do not use the device if the electric cable is damaged. The electric cable should be replaced by the service.



In accordance with the provisions of the Act of July 29, 2005. o WEEE it is forbidden to put waste equipment marked with the symbol of a crossed out rubbish bin together with other waste.

The user who wants to get rid of electronic or electrical equipment is obliged to take it to a waste equipment collection point.

The above statutory obligations were introduced in order to reduce the amount of waste generated from waste electrical and electronic equipment and to ensure an appropriate level of collection, recovery and recycling. There are no hazardous ingredients in the equipment that have a particularly negative impact on the environment and human health. "

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