



USER MANUAL – EN
IN 7566 Vibration Plate inSPORTline Julita



CONTENTS

- INTRODUCTION 3
- STRUCTURAL ILLUSTRATION..... 4
 - VIBRATION PLATE PARTS 4
 - DISPLAY & BUTTONS 5
- ASSEMBLE AND DISASSEMBLE 5
- OPERATION INSTRUCTION..... 6
 - CONTROL PANEL 7
- FEATURES 9
- EFFECTIVENESS 10
- EXERCISES 11
 - A/ STRENGTH..... 11
 - B/ STRETCH 14
 - C/ MASSAGE..... 15
 - D/ RELAXATION 16
- IMPORTANT INFORMATION..... 17
 - BEFORE USING THE VIBRATION PLATE 17
 - DURING USE..... 17
 - AFTER USING THE MACHINE..... 17
 - SAFETY CAUTIONS 17
- MAINTENANCE 19
 - HOW TO STORE 19
 - SELF-MAINTENANCE..... 20
 - PROTECTION OF VIBRATION EXERCISE MACHINE 20
 - CLEANING 20
- PRODUCT SPECIFICATION..... 20
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS 20

INTRODUCTION

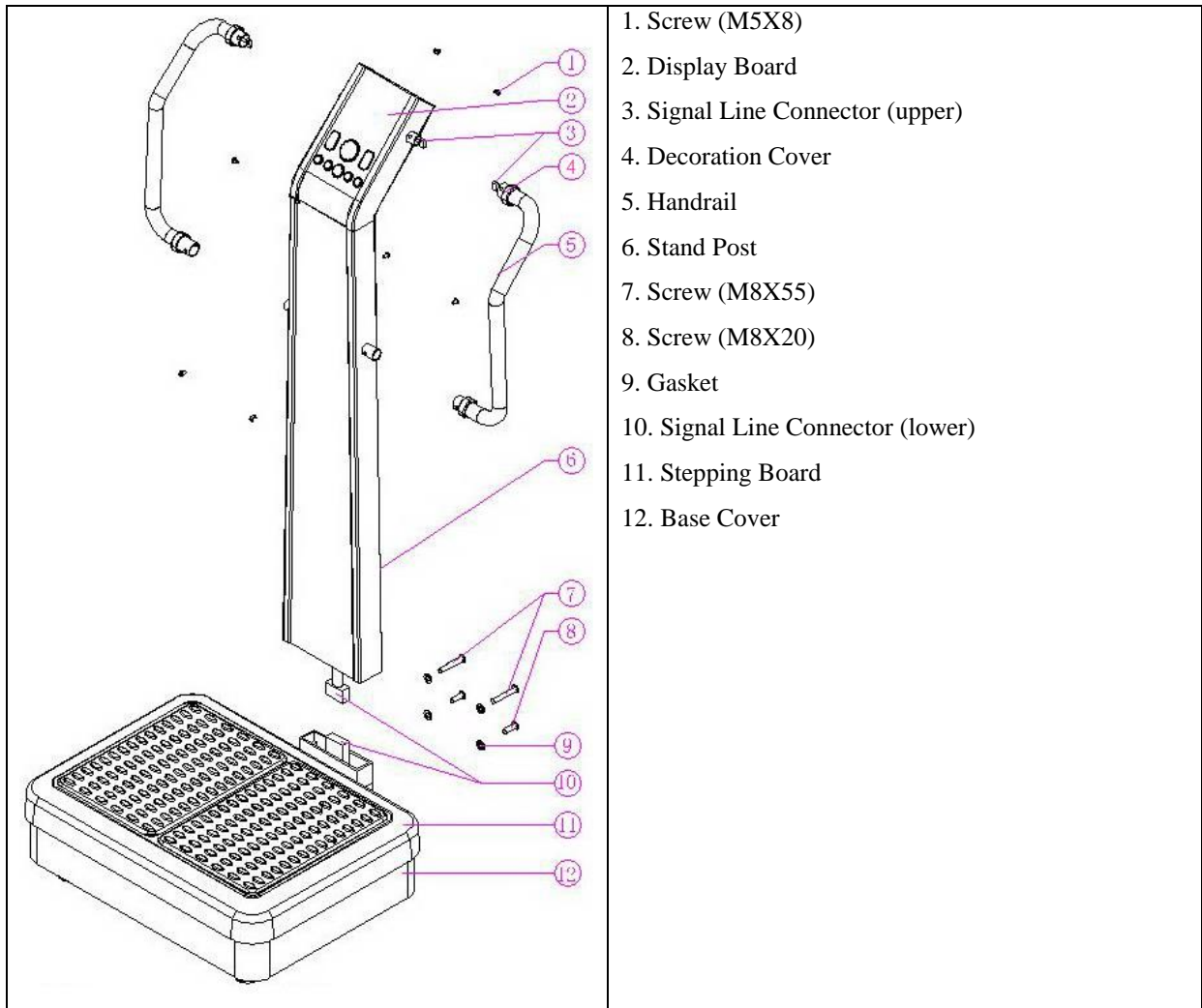
Thank you for purchasing vibration plate. Please read the operation manual thoroughly before you begin operating the machine. This operation manual should be kept available for future reference after you have read it through.

Our company has the absolute right to alter the design pictures and material color without prior notice. Design, pictures and material color seen in this manual is solely for illustration purpose.

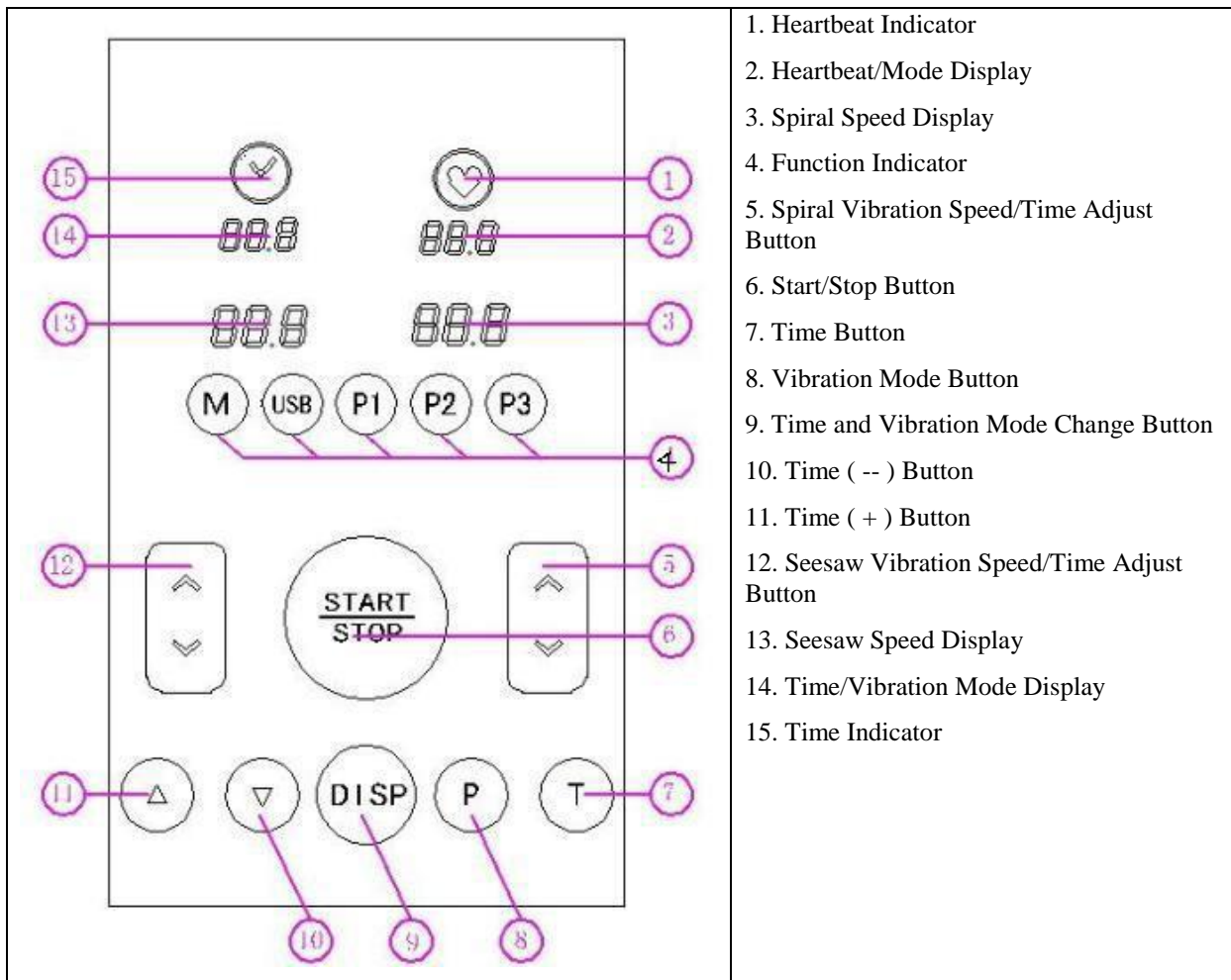
A new novel vibration plate comes out. Not only have two build in motors but also have two kinds vibration. Traditional vibration plate only has one vibration mode. Our new vibration plate provides two kinds of vibration mode. One is vertical vibration the other is spiral vibration mode. Vertical vibration provides whole body vibration from feet to head. Spiral vibration provides lower leg vibration. Two vibration modes meet the needs of professional or home use.

STRUCTURAL ILLUSTRATION

VIBRATION PLATE PARTS



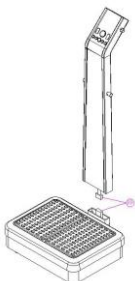
DISPLAY & BUTTONS



ASSEMBLE AND DISASSEMBLE

ASSEMBLY

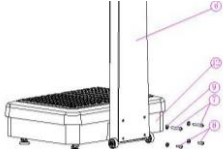
1. Place the base plate on a flat floor. Please be assured that two adults take the base plate out the packing carton. Because the base plate is very heavy.
2. Connect the signal lines (upper+ lower) in base plate and Stand Post



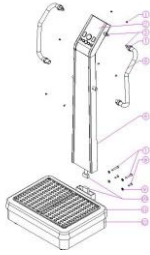
3. Please be careful when connect the two signal lines. And be assured that one person hold the stand post firmly and the other person connect the connector carefully! It is strictly forbid that only one person to assemble the machine.
4. Attach the Base plate and Stand Post together. When attach the Stand post to Base Plate, please be careful that do not let the signal cable be jammed. Or the signal cable will be destroyed.



5. Lock the stand post and base plate together with screws tightly.



6. Install the handrail on the stand post with screw.



7. Adjust the horizontal cushion to set the machine steady.
8. Connect the power plug
9. Turn on the power switch located at the backside
10. Press the start button to check whether the product operates normally or not.

DISASSEMBLY

1. Turn off the machine then turn off the power switch, unplug the power cord from the power outlet.
2. Unscrew the bolt which connect the base plate and stand post.
3. Disconnect the signal lines.
4. Remove the stand post from the base plate.

OPERATION INSTRUCTION

1. Insert the power plug correctly into the power socket of the vibration plate. Check the voltage and switch on power.
2. Choose your desire posture on the Vibration Plate as shown by the above sketch maps.
3. Press the start button to begin the program. When using the automatic program modes, the speed cannot be adjusted manually. The machine will alternate the vibration speed at the below preset intervals.
4. It is advisable to drink 500ml of lukewarm water before use in order to eliminate the toxic wastes

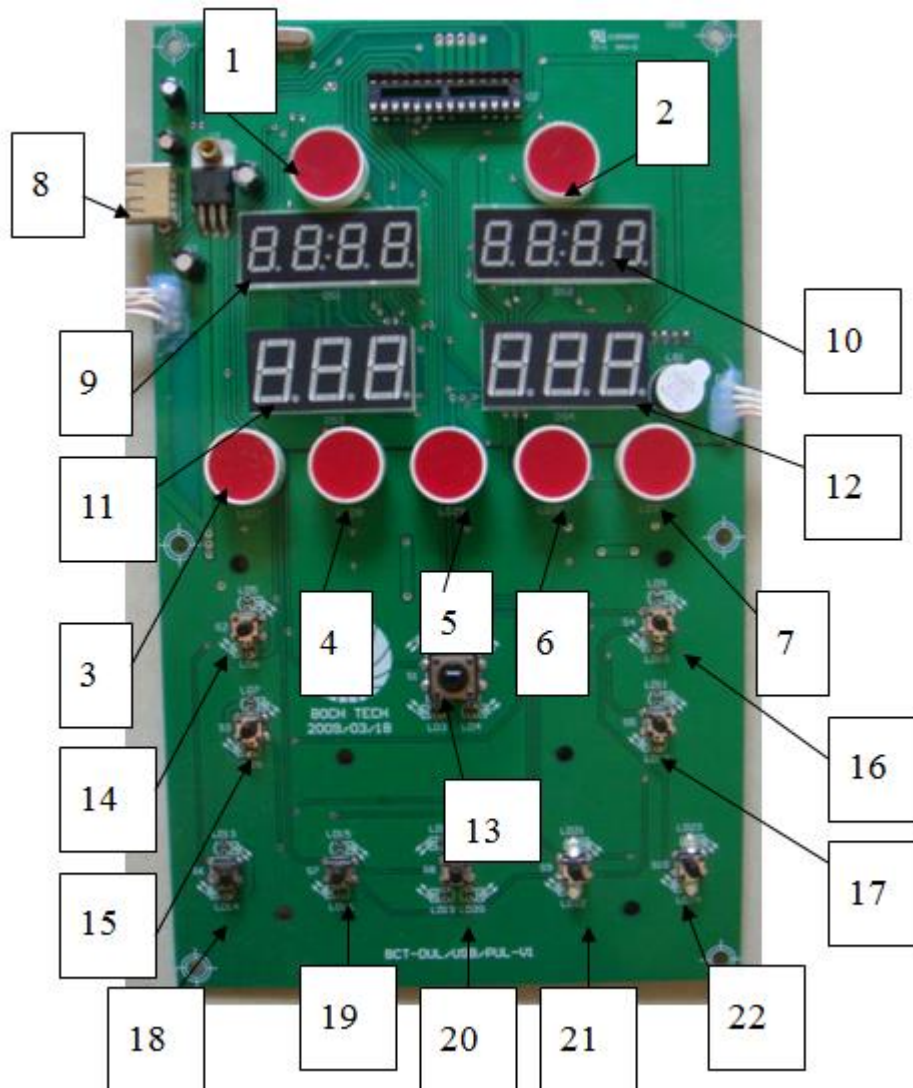
TIPS:

Drink 3000ml of water daily for a healthier lifestyle as it can revitalize your energy in your body. Water can benefit your body as follows:

- Helps prevent indigestion
- Reduce sickness especially in the kidney
- Enhance metabolism rate
- Improve blood circulation and prevent heart disease
- Strengthen your immune system
- Reduce pressure and stress

- Prevent fatigue and increase stamina in the body
 - Enhance your skin texture for a freshness look
5. DO NOT USING MORE THAN 20 MINUTES EACH TIME.
 6. PLEASE TAKE 15-20 MINUTES BREAK BEFORE STARTING THE NEXT SESSION.

CONTROL PANEL



1. **Time Indicator**
2. **Pulse light:** The light will be flicker when the machine detects your pulse.
3. **Manual Mode Light:** This light is shining when manual mode is working.
4. **USB Program Light:** This light is shining when USB Program mode is working.
5. **Auto Program P1 Light:** This light is shining when Program P1 is working.
6. **Auto Program P2 Light:** This light is shining when Program P2 is working.
7. **Auto Program P3 Light:** This light is shining when Program P3 is working.
8. **USB Interface:** User can insert USB flash disk which user's preset programs.
9. **Mode/Seesaw Vibration Time Display Window:** Display Seesaw Vibration Time. Or display mode with "10" together. Preset time is from 0 to 20 minutes.

10. **Mode/Spiral Vibration Time Display Window:** Display Spiral Vibration Time. Or display mode with “9” together. Preset time is from 0 to 20 minutes.
11. **Seesaw Vibration Speed Display Window:** Display from H00 to H60. Thereinto, When display H00, The Seesaw Vibration Mode will not work, H60 is the highest speed.
12. **Spiral Vibration Speed Display Window:** Display from L00 to L60. Thereinto, When display L00, The Spiral Vibration Mode will not work, L60 is the highest speed.
13. **On/Off Button:** Press this button, the displaying mode will be working. Press again, the working mode will be stop.
14. **Seesaw Vibration Mode Time/Speed “+” button:** Increase Seesaw Vibration time when displaying time mode. Increase seesaw vibration speed when on manual program.
15. **Seesaw Vibration Mode Time/Speed “-” button:** Decrease Seesaw Vibration time when displaying time mode. Decrease seesaw vibration speed when on manual program.
16. **Spiral Vibration Mode Time/Speed “+” button:** Increase Spiral Vibration time when displaying time mode. Increase spiral vibration speed when on manual program.
17. **Spiral Vibration Mode Time/Speed “-” button:** Decrease Spiral Vibration time when displaying time mode. Decrease spiral vibration speed when on manual program.
18. **Time/Speed “+” button:** Increase two Vibration time when display time mode. Increase two vibration speed when display speed mode.
19. **Time/Speed “-” button:** Decrease two Vibration time when display time mode. Decrease two vibration speed when display speed mode.
20. **Mode/Time Change Button:** Press this button, windows “9” and “10” will display mode. Press again, windows “9” and “10” will display time.
21. **Program Button:** Press this button can change Programs – Auto program (P1, P2, P3) and manual program without USB flash disk insert. Press this button will change user’s program (U1, U2, U3, U4, U5, U6) with USB flash disk insert.
22. **Time Button:** Adjust vibration time when the machine is not working and on manual mode.

PROGRAMS

PRESET PROGRAMS

There are 3 preset manual programs. Each manual program works for 10 minutes.

Below shows manual program:

P1: Spiral Vibration: 30、34...54、58、54...6、2、6...22、26

Seesaw Vibration: 30、26...6、2、6...54、58、54...38、34

Two vibration modes work together, the speed changes one time per five seconds.

P2: Spiral Vibration: 2、40...40、2、40...

Seesaw Vibration: 40、2...2、40、2...

Two vibration modes work together, the speed changes one time per five minutes.

P3: Spiral Vibration: (Seesaw Vibration does not work): 5,10,15...50,55,60...10,5

Seesaw Vibration: (Spiral Vibration does not work): 5,10,15...50,55,60...10,5

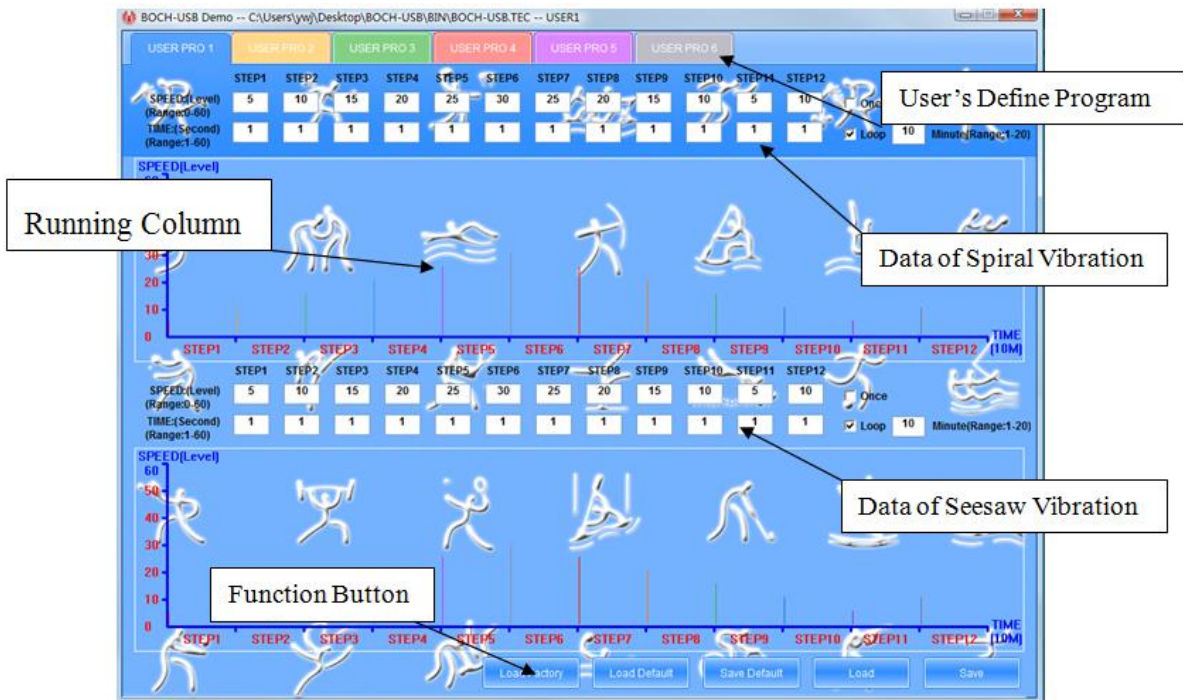
The speed changes one time per two seconds.

USER PROGRAMS

Users can define the program in USB flash disk which affiliated with the machine.

Operation Instruction as below!

1. Open the reset interface by Double Click BOCH-USB-DUL under BOCH-USB in USB Flash Disk



2. You can choose U1 – U6 by Clicking User’s Define Program.
3. Fill in the data what you want it to be for spiral vibration and Seesaw vibration separately. Thereinto, there is 12 speed data in upper line (Speed Range:0-60speed) , In the lower line, it is the time correspond to the speed(1 – 60 seconds).Attention that when the value of the speed is 0, the corresponding vibration mode will not be work.
4. When you choose “ONCE” button after you reset the 12 sets of data, the corresponding vibration mode will be only running once(The whole vibration time is the amount of the 12 sets data).When you choose “LOOP” button and fill running time(1-12 minutes). It will run for several times of these 12 sets data. The running time is running time which you filled by the amount of 12 sets data.
5. After you amend the data you will see the change of RUNNING COLUMN changed. The height of the column indicate the speed, the width of the column indicate the time.
6. Function Buttons access data file. “Load Factory” button resumption factory data. “Load Default” button load the data what you set and display on the window. Save Default” button save the data and will be active which you set. After you insert USB flash disk, the machine will work according to the data which you set. “Save” button will only save the data but do not active them. “Load” button load the data which saved and will display on the window, then, Press “save Default” button will complete the reset of the user’s program.

PULSE METER

Hold on metal sheet on the handrail when the machine is stop. The pulse light will be flickering according to the pulse of your body and will display ECG-P085. The last three words are the pulse of user’s body.

If the pulse light does not flickering, please check if the metal sheet is clean and dry.

FEATURES

3 DIFFERENT PRESET PROGRAMS

Choose from 3 preset programs, each stimulating different terrain profiles with different level:

- P1: Cardiovascular Exercise
- P2: Detoxify Program
- P3: Body Perfection Program

- 60 Variants of Speed Range

Reduce unwanted body fats effectively with 60 variants of speed range, two vibration modes and strong massage vibration.

ERGONOMIC CONSTRUCTION WITH FASHIONABLE STEAMLINE DESIGN

Unique ergonomic design with original streamline form.

EASY-TO-OPERATE CONTROL PANEL WITH WINDOW DISPLAY SCREENS

Design with an easy-to-operate control panel with LCD display screen that you can manually customized your workout and preset your training goals – show your desired workout time and level of speed

DURABLE STEEL TUBE INSERT STAND POST AND COVERED WITH CAR GRADE FRONT OPERATION COUNTER FOAM

It comes with durable Steel tube insert so it is hard stable that plastic stand post and provide a tough and sporty design. It's a specially design massager to provide convenience and is also user friendly. With car grade front operation counter foam to show more luxury vibration plate.



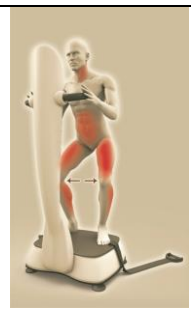

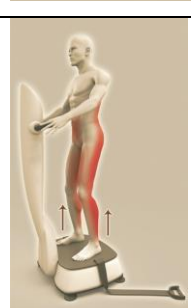
DISTURBANCE AND STATIC ELECTRICITY RESISTANCE






EFFECTIVENESS



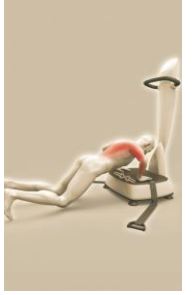

1. Improve Blood Circulation
2. Intestinal Improvement
3. Perfect Thigh Function
4. Bump Firming Function
5. Waist & Abdomen Shaping function
6. Shoulder shaping Function

EXERCISES






A/ STRENGTH

	<p>A01 SQUAT</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>A02 DEEP SQUAT</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 strength the back, buttocks and legs.</p>
	<p>A03 WIDE STANCE SQUAT</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>A04 LUNGE</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>A05 CALVES</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>






	<p>A06 TRICEPS DIP</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>A07 PECTORALS</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 beck. For vibration, repeat the exercise</p>
	<p>A08 BACK</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>A09 SHOULDER</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>A10 SHOULDER PRESS</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>

	<p>A11 LOWER ABDOMINALS</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>A12 STANDING ABDOMINALS</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>A13 LATERAL ABDOMINALS</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>A14 PUSH UP</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>A15 ABDOMINAL CRUNCH</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>






B/ STRETCH

	<p>B01 QUADRICEPS STRETCH</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>B01 QUADRICEPS STRETCH</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>B03 ADDUCTOR STRETCH</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>B04 PECTORAL STRETCH</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>B05 SHOULDER STRETCH</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>

C/ MASSAGE

	<p>C01 CALF MASSAGE</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>C02 UPPER ARM MASSAGE</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>C03 ADDUCTOR MASSAGE</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 doesn't touch the plate. Now repeat the massage with the other leg.</p>
	<p>C04 FRONT THIGH MASSAGE</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>C05 THIGHS BOTTOM BUTTOCKS MASSAGE</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>

D/ RELAXATION

	<p>D01 SHOULDER AND NECK RELAXATION</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>D02 UPPER BODY RELAXATION</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>D03 BACK RELAXATION</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>D04 LOWER BACK RELAXATION</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>D05 FEET AND LEGS RELAXATION</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>

IMPORTANT INFORMATION

To maintain the operational standard of the Vibration Plate, Please note the followings:

BEFORE USING THE VIBRATION PLATE

1. Use the Vibration Plate for its intended use as described in this user guide.
2. Do not relocate or use force to relocate the product to prevent damages, i.e., Wooden floor. Damages maybe caused to the wooden floor.
3. Do not use 30 minutes before and after meal.
4. Only one person can step on the stepping board at any one time. Failing to do so, it may cause injury or breakdown of Vibration Plate.
5. Hold safety handle correctly before you exercise. It helps you to balance when you are using the Vibration Plate.
6. Check the exercise speed level before you operate the Vibration Plate and ensure it is under safe speed and comfortable level. You may get hurt if the speed is set to high.
7. Ensure there is sufficient gap between your feet at the initial stage, Recommendable range: the gap between your feet on the stepping board should be around the range of 30cm.
8. Do not use this machine for other purposes besides exercise.
9. Do not operate or touch this Vibration Plate with wet or humid hands, It may cause Vibration Plate to break down or electric shock.
10. Do not use any kind of sharp things like spoon, knife or any dangerous materials on the Vibration Plate. Do not insert fingers at the gap of the cover board.

DURING USE

1. If any discomforts or abnormalities with the Vibration Plate arise, Please stop using the product and consult a physician immediately.
2. Do not use force against the machine.(Risk for injuries and malfunction might 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 10 minutes using the same pose. You may get muscular cramps.

AFTER USING THE MACHINE

1. Please turn off the power and unplug the power cord after use.
2. After use vibration plate, please take a rest and have some water. Do not do strenuous after use vibration plate. Such as playing basketball, etc.

SAFETY CAUTIONS

Please follow the warnings and cautions said below strictly. This will prevent to damage of your machine or any harm to your body or any lose which 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 use the machine, please comply to 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.

- Use the power outlet for the machine only.
Connecting multiple products to an outlet might lead to fire. Fuse might get damaged or the product may not function.
- 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 in 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 when the machine stops completely.
Stepping down during run state might lead to physical 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 on top of the machine when the product is in use.
The product might get damaged.
- Old people and children should be accompanied by guardians in using the machine.
Physical injuries might be caused.
- The machine cannot take load of more than two people.
The machine might get damaged.
- Before cleaning, remove any water particles using dry clothes to prevent water particles entering into the machine.
Water particles will weaken the insulation will lead to electric leakage and fire and easy to rot the machine.
- Please clean the surface of the machine using proper 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 band the power cord and avoid the power cord from getting damaged by heavy items.
When damaged, it might be lead to fire.
- Please do not use damaged power cord or plug.
It might lead to fire or electrocution.
- Do not install the machine in wet place or near to water.
It might lead to electric leakage. The machine may get corroded when used in wet place or place nearby water.
- Please do not stock 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 circuit.
- Please remove the power plug before cleaning
For prevention of electric leakage.
- When the machine creates smoke or burning smell, remove the power cord immediately and stop exercising.
It might lead to fire or electrocution.
- Please do not disassemble, repair or modify the machine if you are not professional.
Non-compliance will lead to product damage or financial damage due to fire or malfunctioning of the machine.

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

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

MAINTENANCE

HOW TO STORE

1. Do not store the Vibration Plate
 - Near heat or open frame.
 - Under the direct sunlight for a long period time.
 - Harmful gas and dust, especially humidity.
2. Keep the Vibration Plate
 - Usage temperature: 0-35°C.
 - Keeping temperature: 5-50°C.
 - Humidity: under 40-80%.
3. If the Vibration Plate is not use for long period of time, cover it with a piece of clean to protect it from dust.
4. Do not store the Vibration Plate under direct sunlight or at places of high temperature.
5. Do not coil the wire cord as it may cause malfunction to the machine.

SELF-MAINTENANCE

1. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
2. Do not using the Vibration Plate too long for the first time.
3. Switch off power and remove the plug from the socket every time after use.

PROTECTION OF VIBRATION EXERCISE MACHINE

1. Do not use this machine in wet areas such as bathroom, swimming pool or spa .
2. Do not use it when there is too much dust, oil, smoke or caustic gas .
3. Avoid damaging the surface of the Vibration Plate surface with heavy object , by knocking hard , scratching with force.

CLEANING

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

PRODUCT SPECIFICATION

Product Name	Vibration Plate
Input Voltage	11-120V / 60Hz, 220-240V / 50Hz
Power Consumption	500W+300W
Seesaw Amplitude	10mm
Seesaw Vibration Frequency	5Hz-14Hz
Horizontal Displacement	2mm
Spiral Vibration Frequency	15Hz-40Hz
Speed Level	1-60 Speed Levels
Preset Program & Users	3 preset / 6 user programs
Display	Program, Time, Speed
Dimensions	580mm x 680mm x 1335mm
Load Weight	150 kg
Net Weight	57 kg
Gross Weight	64 kg

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from:

User’s fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product’s serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty

Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



SEVEN SPORT, s.r.o.

Borivojova 35/878 130 00 Praha 3, Czech Republic

CRN: 268 47 264, VAT ID: CZ26847264

Orders: +420 556 300 970, objednavky@insportline.cz

Warranty Claims: +420 556 770 190, Mobile: +420 604 853 019, reklamace@insportline.cz

Service: +420 556 770 190, Mobile: +420 604 853 019, servis@insportline.cz

Fax: +420 556 770 192, (Service +420 556 770 191)

Web: www.insportline.cz, www.worker.cz, www.worker-moto.cz



INSPORTLINE, s.r.o.

Bratislavská 36, 911 05 Trenčín, Slovakia

CRN: 36311723, VAT ID: SK2020177082

Orders: +421(0)326 526 701, +421(0)917 649 192, objednavky@insportline.sk

Warranty Claims: +421(0)326 526 701, +421(0)918 408 519, reklamacie@insportline.sk

Fax: +421(0)326 526 705

Web: www.insportline.sk, www.worker.sk, www.worker-moto.sk

Date of Sale:

Stamp and Signature of Seller: