



**VIBRATRIM™**

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***VTPRO Assembly and Instruction Manual***



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# Introduction

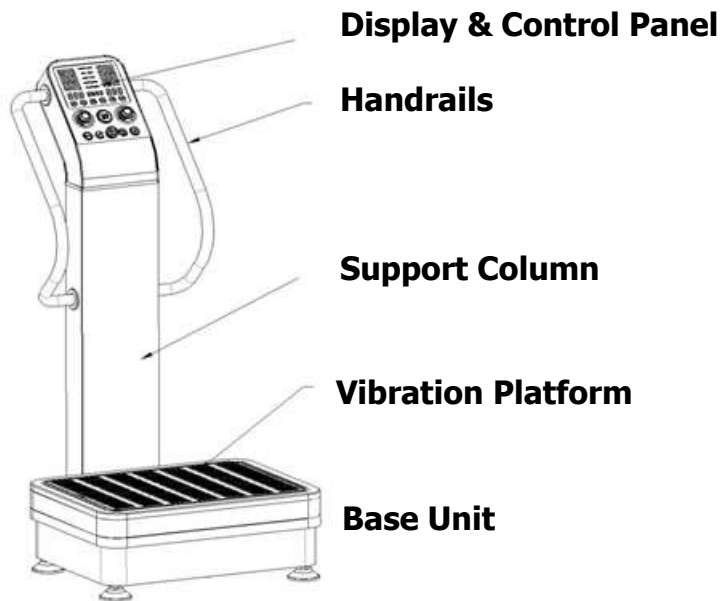
Thank you for purchasing your VibraTrim VTPRO. Please read the entire user manual thoroughly before you begin operating the VibraTrim. This operation manual should be kept available for future reference after you have read it through.

**\*Please read the assembly instructions on pages 5-8 before beginning assembly\***

The VTPRO is the sixth model that we have produced. All of our models feature the oscillation style of vibration. We believe this is the best form of vibration for the body as it is mimicking the natural walking movement. The VTPRO provides two vibration modes: Oscillating Vibration and Spiral Vibration. Oscillating vibration is the safest and provides the most complete muscle development simply because it allows the pelvis to move the way it naturally wants to: rotating side to side, the same as when you walk. This not only limits vibration of the head and neck but it also brings into play the important small stabilizing muscles of the spine that you ordinarily would not be able to consciously contract and exercise. Improved posture is just one of the many benefits of exercising with a Pivotal vibration machine. Spiral vibration allows your muscles, ligaments and tendons to be exercised more thoroughly. Many therapists will also use this mode to aid in recovering from an injury or surgery. The combined vibration mode also increases your circulation providing benefits to diabetics, cellulite sufferers, etc. Both vibration modes can be used individually or together. This model also allows the user the ability to design his/her own training program with the three user definable programs.

If you should find something wrong with your unit, please notify us right away either by phone at 253-238-0675 or by email at [service@vibratrim.net](mailto:service@vibratrim.net). You are covered by our outstanding 3 year warranty.

## Structural Illustration



## Packing Details

Box 1		
Number	Description	Quantity
1	Vibration Base Unit	1
Box 2		
Number	Description	Quantity
1	Support Column with Display Panel Attached	1
2	Parts Package (Contents shown below)	1
3	Power Cord	1
4	User Manual	1
5	Exercise Wall Chart	1

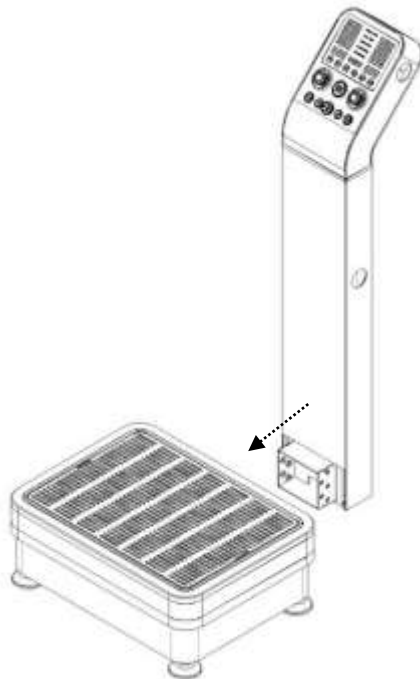
## Parts List

Number	Description	Quantity	Used in Step #
1	Cross Recess Head Screw M5x10	4	4
2	Cross Recess Head Screw M5x20	8	6
3	Inner Hexagon Head Screw M6x16	8	5
4	Inner Hexagon Head Screw M8x16	10	2
5	Lock Washer 8	10	2
6	Flat Washer 8	10	2
7	Decorative Ring (halves)	8	6
8	Inner Hexagon spanner tool 5 mm	1	
9	Inner Hexagon spanner tool 8 mm	1	
10	Dual duty screwdriver	1	

## Assembly Instructions

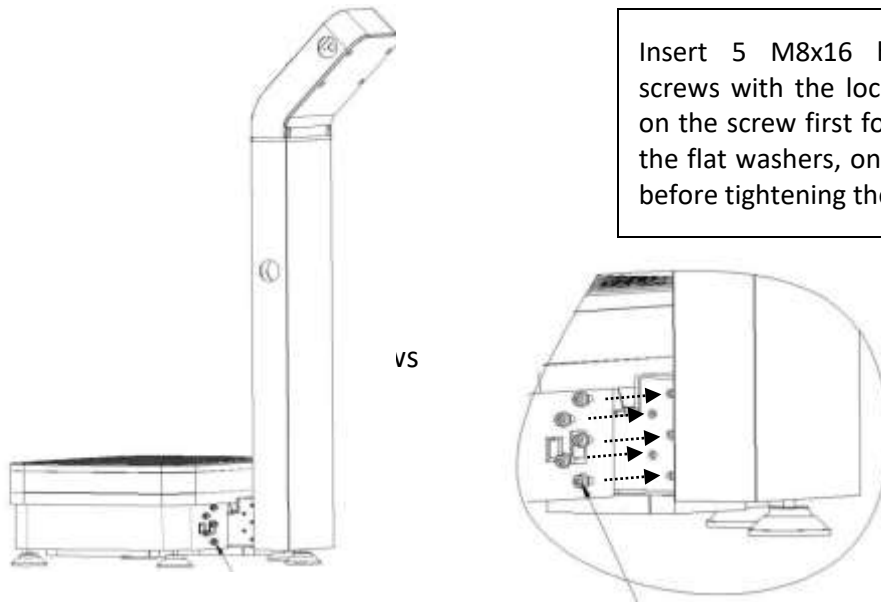
### Step 1:

1. Take the machine out of boxes. Inventory all of the parts.
2. Connect the 4 pin cable from the support column with the corresponding cable in the base.
3. Assemble the support column and base by sliding them together as shown in the figure below.



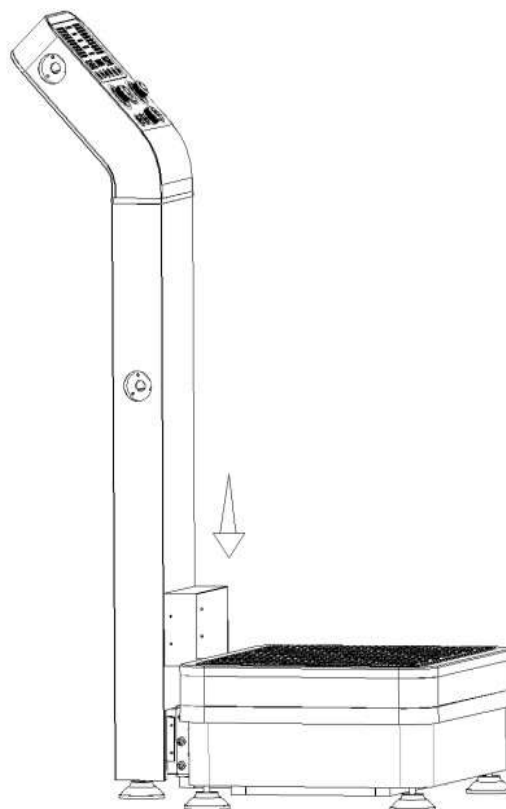
**Step 2:**

There are 10 screws with 10 washers & 10 lock washers in total with five of each on both sides. Insert all of the screws with the washers only a couple turns first before tightening them, it will make this task a little easier for you. Tip: Alternate inserting the screws from one side to the other. Also, if the next screw does not line up perfectly, gently rock the tower back and forth while turning in the screw. At this point you can go ahead and test your work by plugging in the machine and turning the power on.



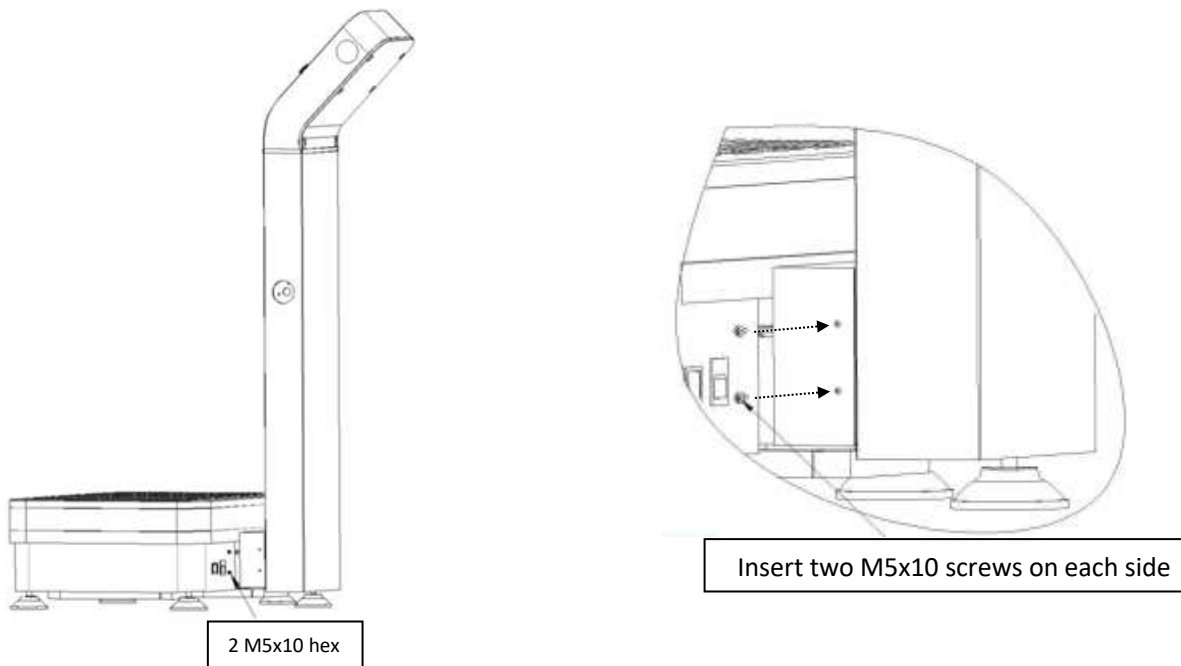
**Step 3:**

Slide the square cover over the connected parts as shown below.



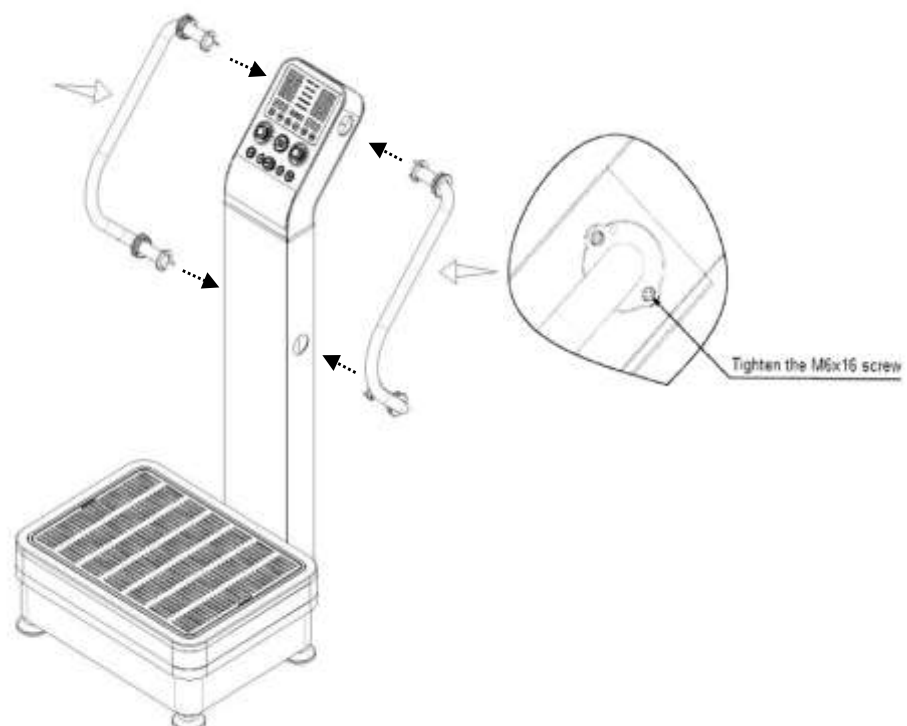
**Step 4:**

Insert two M5x10 screws on each side then tighten the screws.



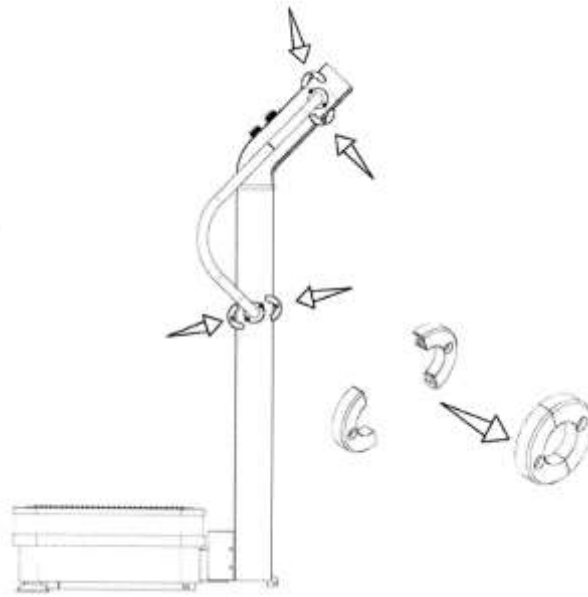
**Step 5:**

Attach the handrails with M6x16 screws as shown below .

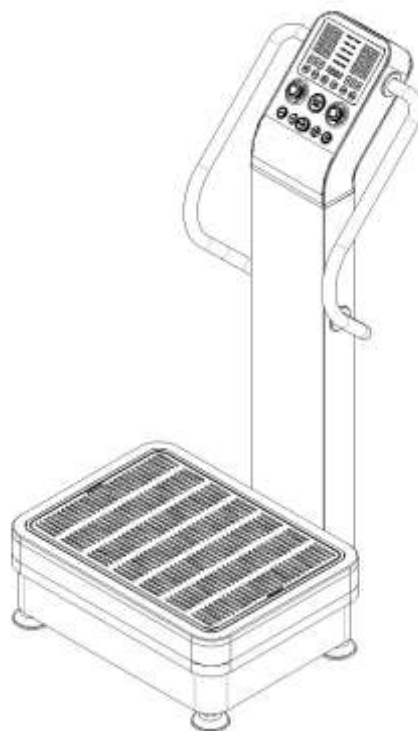


**Step 6:**

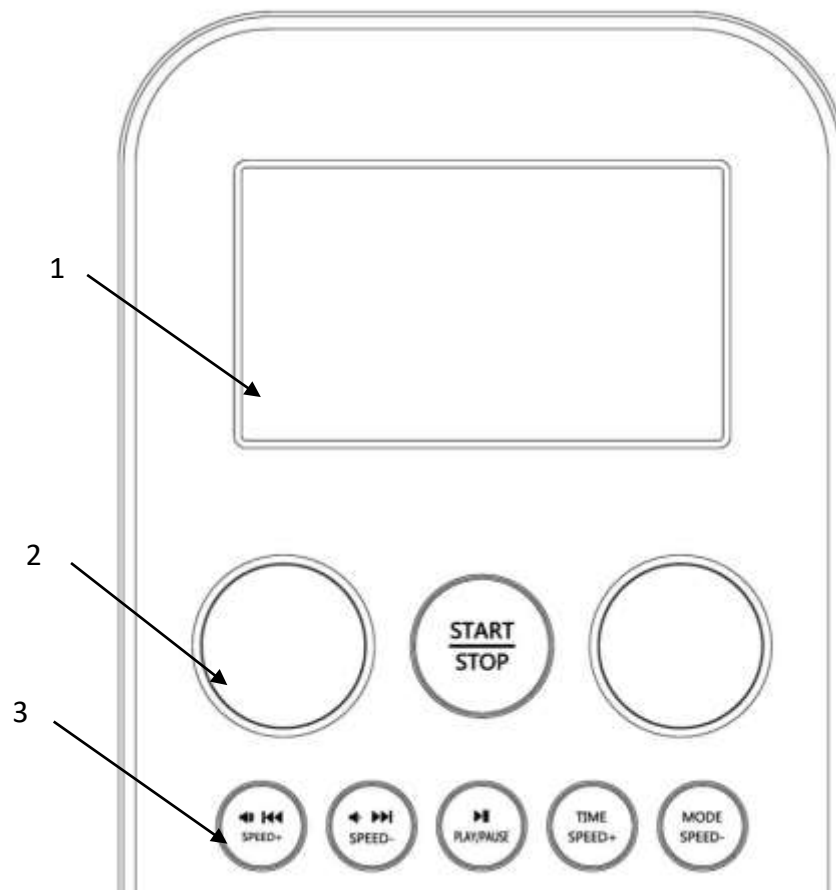
After tightening the screws attaching the arms to the support column, place the decorative plastic rings as shown below.



**Step 7:** Connect the power cord and you are now ready to use the machine. Flip the power switch to the on position. If the power switch does not light up and power the unit, please contact customer service.







1. Display screen
2. Speakers
3. Machine Control Buttons

## Button Control Functions

**START  
STOP** Press this button to Start or Stop the machine in any mode.

**⏮ ⏪  
SPEED+** This is a multifunction button. If the machine is already running in manual mode press this button to increase the speed of the oscillation motor. If you have inserted a USB flash drive with MP3 music files you can press this button to choose the previous song in your music library.

**⏩ ⏭  
SPEED-** This is a multifunction button. If the machine is already running in manual mode press this button to decrease the speed of the oscillation motor. If you have inserted a USB flash drive with MP3 music files you can press this button to choose the next song in your music library.

**▶** **PLAY/PAUSE** If you have inserted a USB flash drive with MP3 music files press this button to Play or Pause the music. (This button does not Play or Pause a workout)

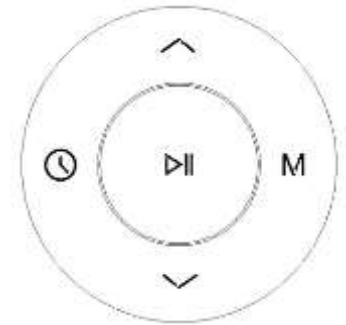
**MODE** **SPEED-** This is a multifunction button. If the machine is already running in manual mode press this button to decrease the speed of the spiral motor. When the machine is not running use this button to switch between manual and the 3 preprogrammed modes press this button to cycle through your options.

**TIME** **SPEED+** This is a multifunction button. If the machine is already running in manual mode press this button to increase the speed of the spiral motor. To increase the time of your workout, press this button repeatedly to the desired time before you start the machine.

## The remote control

**⌚** This is a multifunction button. If the machine is already running in manual mode press this button to increase the speed of the spiral motor. To increase the time of your workout, press this button repeatedly to the desired time before you start the machine.

**M** This is a multifunction button. If the machine is already running in manual mode press this button to decrease the speed of the spiral motor. To switch between manual and the 3 preprogrammed modes press this button to cycle through your options.



**^** Press this button to increase the speed of the oscillation motor.

**v** Press this button to decrease the speed of the oscillation motor.

**▶||** Press this button to Start or Stop the machine in any mode.

## Safety Precautions

To maintain the operational standard of the VTPRO, please note the following:

### A . BEFORE OPERATING THE VTPRO

When using the machine, comply with the operation instructions.

- Use the Vibration Plate for its intended use as described in this manual, the online manual and/or the exercise DVD.
- Make sure that the power cord is not pinched by any portion of the machine or other object.  
*The power cord may get damaged leading to shorting, electrocution or fire.*
- Connect the unit to a single power outlet only.  
*Connecting multiple products to an outlet may lead to fire, tripping the breaker or causing damage to the unit.*
- Remove dirt on the power plug using a dry cloth only.
- When placing the unit for usage, leave a minimum of 6 inches from the walls.  
*Good air circulation will prevent the product from malfunctioning.*
- Install the product on a level surface.  
*Noise and vibration might be created if surface is not level. Adjust the feet when it is not level.*
- When you are through with your exercise session, press the stop button. Step down from the machine when the machine comes to a complete stop.  
*Stepping off the unit while is running may lead to physical injuries.*
- Unplug the power plug when the product is not in use.  
*This will prevent an unnecessary waste of electricity and may prevent fire.*
- Do not run on the vibration plate when the product is in use. *The unit might get damaged.*
- Elderly people and children should be attended or monitored when in using the machine. *Physical injuries might occur.*
- Only one person should use the unit at a time. *The machine might get damaged.*
- Before cleaning, remove any water particles using a dry cloth to prevent moisture from entering the machine. A micro fiber cloth is highly recommended.  
*Water particles could weaken the insulation causing a fire and damage to the unit.*
- Clean the surface of the machine using proper cleaners suitable for the material.  
*Wipe the surface with a dry cloth if a wet towel had been used to clean the surface.*
- Clean and dry the machine before storing the machine for a long period.  
*Clean the surface with dry clothes before storing to prevent corrosion.*
- Do not unplug and plug the power plug with wet hands.  
*It might lead to shock or electrocution*
- Do not bend the power cord and prevent the power cord from damage.  
*If the cord is ever damaged, replace it immediately. It might cause a fire.*
- Do not install the machine in a wet place or near water.

It might lead to electrocution; the machine can also become corroded when used in wet place.

- Do not stack items on top of the plate.
- Do not sprinkle water or clean the machine using gasoline, benzene, thinner or chlorine.

There is danger of electrocution or fire. It also may damage the unit's electronic circuits.

- Remove the power plug before cleaning
- If the machine creates smoke or burning smell, remove the power cord immediately and stop exercising.
- Do not disassemble, repair or modify the machine.

Non-compliance could lead to product damage or malfunctioning of the machine and will also void the warranty.

#### B .DURING OPERATION OF THE VIBRATION PLATE

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. Do not exercise more than 10 minutes using the same pose or exercise. This may cause muscular cramps.

#### C . AFTER USING THE VIBRATION PLATE

1. Turn off the power after each use. Unplug the power cord if it will not be used for an extended period.

## **Exercise Manual**

You can find our Exercise Manual online at:

**<http://www.vibratrim.net/ExerciseManual>**

This manual contains information on using any VibraTrim Whole Body Vibration machine for the first time and also includes 12 basic exercises, 31 strength exercises, 8 stretches and 12 massages for you to choose from and customize your VibraTrim experience.

## **Exercise Video**

The Exercise Video is a 1 hour long video showing how to experience your VibraTrim for the first time and an explanation of how to get started with your unique your exercise program.

This DVD is mailed the same day that your machine was shipped. If you haven't received it a few days after receiving your unit please call 253-238-0675 or 414-207-4001 and we will ship you another one.

## Health Cautions



### WARNING

Most adults from the physically fit to the sedentary can use the VibraTrim. While the following list of medical conditions is not complete, we strongly advise that you consult with your physician before using the VibraTrim if any of the following conditions applies to you. This does not mean that if you are suffering from any of the conditions on the list, you could never use the VibraTrim. In a number of cases, it is highly recommended to integrate vibration training in a treatment plan under medical advice of a doctor, specialist or physiotherapist.

#### Absolute Contraindications

Pregnancy	Active Cancer
Acute Inflammation	Recent Fracture
Current Blood Clots	Recent Surgery

#### Precautions\*

Acute Thrombosis	Severe diabetes
Known neurological conditions	Migraines
Epilepsy	Pacemaker & Implantable Cardioverter Defibrillators
Acute hernia, discopathy & spondylolysis	Known retinal conditions

\*Precautions means that a person with this condition should take them into consideration and see a health professional prior to starting a program and be a bit more careful not to overdo it.

***If you are experiencing other symptoms, brief or long-term conditions, or are on medication, consult your physician before beginning a vibration therapy regimen.***

### WARNING

This product and information contained in this manual is not intended as a substitute for a medical treatment. All exercise carries with it some element of risk. To reduce the risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program. It is obvious, however, that even with such medical clearance; the risk associated with exercise can never be reduced to zero. Follow all training and safety tips and instructions in this manual. Keep children and pets away from equipment when in use.

## INSTRUCTIONS

### A. Storage

- Do not store the Vibration Plate near heat or an open flame.
- Do not store the machine under direct sunlight or at places of high temperature.
- Do not store near harmful gas, dust or in areas of high humidity.
- Do not store outdoors.
- If the machine is not used for a long period of time, cover to protect it from dust.

### B. Self-Maintenance

- Before cleaning, unplug the cord from the electrical outlet. Use mild soap and water.
- Using any corrosive, harsh or hazardous cleanser should be avoided at all costs.

### C. Protection of the Vibration Plate

- Humidity: under 40-80%
- Do not coil the wire cord as it may cause malfunction to the machine.
- Do not use this machine in wet areas such as bathroom, swimming pool or spa.
- Do not use it where there is too much dust, oil, smoke or caustic gas.
- Avoid damaging the surface of the machine surface with heavy objects or by force.

## Product Specifications

Product Name	VibraTrim VTPRO
Input	100-120V; 60 Hz
Power Consumption	1000W Oscillation & 500 W Spiral
Oscillation Amplitude	10mm
Oscillation Vibration Frequency	5Hz-14Hz
Horizontal Displacement	2mm
Vibration Frequency	15Hz-40Hz
Speed Level	60 speed levels per vibration type
Preset Programs	3 Preset Programs
Display	Program, Time, Speed
Dimensions	35.5" D X 28.3" W X 58.25" H
Platform Size	28" X 20.3"
Load Weight	450 Lbs.
Net Weight	148 Lbs.
Gross Weight	163 Lbs.

### 3 YEAR LIMITED WARRANTY

The VibraTrim equipment carries a manufacturer's limited warranty granted by VibraTrim LLC. This limited warranty covers manufacturing flaws and labor that is required during the warranty period. VibraTrim will, at its discretion, either repair, rebuild or replace the faulty part or equipment in accordance with the terms set forth below. **Warranty Terms** This owner's limited warranty is only valid if the item is used in an environment approved by VibraTrim for that particular model. VibraTrim distinguishes three operating environments:

1. **Home.** Only members of the family for whom the equipment is purchased use the equipment.
2. **Professional.** The equipment is used by a limited user group, the manner and environment of usage is similar to home or controlled testing use, for example in schools, hotels, housing organizations, nursing homes, retirement communities, companies, etc.
3. **Commercial Fitness Center.** The equipment is accessible without limitations by exercisers in a commercial fitness center. The usage does not have to be controlled.

**This owner's limited warranty applies to VibraTrim VTPRO.**

**This owner's warranty for the VibraTrim only applies to use of VibraTrim in the home or Professional use and is not used by a person weighing more than 450 pounds.**

This warranty covers the materials and parts needed to repair, rebuild or replace the equipment, at VibraTrim's option, for a period of two (3) years and the cost of labor needed to repair, rebuild or repair the equipment for a period of three years. The warranty period commences from the date on which the original buyer purchases the equipment. Warranty repairs will not extend the warranty period.

#### Warranty Restrictions

This owner's warranty only covers the following:

- A. Flaws caused by materials or labor in the equipment that existed when the equipment was originally assembled.
- B. Faults that occur in normal use as defined in the owner's manual, and providing that VibraTrim's instructions on installation, maintenance and use have been followed.
- C. The original purchaser of the equipment who holds an original proof of purchase.

***This warranty does not extend to or cover any of the following:***

- A. Equipment or components that have been modified without the consent of VibraTrim LLC.
- B. Faults resulting from natural wear and tear; use in conditions for which the equipment is not intended; corrosion; damage incurred during loading or shipping; by accident, fire, flood, war or acts of God.
- C. Maintenance activities, such as cleaning, lubricating or normal checking of parts; or installation procedures that customers can do themselves and that do not require dismantling/reassembling the equipment.
- D. Faults resulting from natural wear and tear; use in conditions for which the equipment is not intended; corrosion; damage incurred during loading or shipping; by accident, fire, flood, war or acts of God.
- E. Maintenance activities, such as cleaning, lubricating or normal checking of parts; or installation procedures that customers can do themselves and that do not require dismantling/reassembling the equipment. Damage or equipment failure caused by (i) electrical wiring not in compliance with applicable electrical codes, (ii) electrical wiring not in compliance with the owner's manual or (iii) electrical wiring that has not been maintained as outlined in the owner's manual.
- F. Repairs performed by someone other than an authorized VibraTrim representative.
- G. Repairs due to limitations or corrections in the equipment's software.

- H. Repairs to consumable or cosmetic items, e.g., grips, seals, labels or wheels.
- I. Repairs performed on equipment missing a serial number or with a serial tag that has been altered or removed.
- J. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.

VibraTrim makes no express warranties or conditions beyond those stated in this owner's warranty. VibraTrim disclaims all other warranties and conditions express or implied, including without limitation implied warranties and conditions of merchantability and fitness for a particular purpose. Some states (or provinces or jurisdictions) do not allow limitations on implied warranties or conditions, so this limitation may not apply to the user or owner.

VibraTrim's responsibility for malfunctions and defects in the equipment is limited to repair and replacement as set forth in this owner's warranty.

These warranties give the user or owner specific legal rights, and the user or owner may also have other rights, which vary from state to state (or provinces or jurisdictions).

VibraTrim does not accept liability beyond the remedies set forth in this warranty statement or liability for incidental or consequential damages. Some states (or provinces or jurisdictions) do not allow the exclusion or limitation of incidental or consequential damages, so the preceding exclusion or limitation may not apply to the user or owner.

Despite continuous quality control efforts, faults or operating errors in equipment may result from individual components. Delivering the complete piece of equipment for repair is often unnecessary, because the flaw can usually be fixed by replacing just the faulty part. It is preferable that you make any inquiries, about the warranty, directly to your VibraTrim retailer or to VibraTrim.

#### **5 YEAR LIMITED WARRANTY.**

VibraTrim also warrants the electrical motors for an additional 2 years with the same restrictions and exclusions as listed above. This extended warranty does not cover the cost of labor or the pick-up, delivery, or freight charges involved with repairs.

To arrange service for your VibraTrim, please contact customer service at [service@vibratrim.net](mailto:service@vibratrim.net) or visit us at [www.vibratrim.net](http://www.vibratrim.net)





There are hundreds of stories of how these units have changed people's lives. If you have a story that you would like to share, after using this unit for a while, we would love to hear it. You can also post your testimony at <https://www.facebook.com/VibraTrim>.

**VibraTrim**  
**427 E Stewart Street**  
**Milwaukee, WI 53207**  
**414-207-4001**