

VT400 USER'S MANUAL & INSTRUCTION BOOK



Two Motors Creating Three Vibration Modes

Table of Contents

•	Introduction	2
•		2
•	VibraTrim Illustrations	
	 VibraTrim diagram and parts description 	3
	Control Panel Display & Description	4
•	Assembly Instructions and Procedures	5
•	Operation Instructions	6
•	Preset programs	8
•	User Programming for USB Flash Drive	9
•	Features	_ 11
•	Benefits	12
•	Exercise Manual and Video	_ 13
•	Safety Warnings	14
•	Safety Precautions	15
•	Contraindications	_ 17
•	Product Maintenance	18
•	Specifications	18
•	Warranty	_ 19

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Introduction

Thank you for purchasing your VibraTrim VT400. Please read this entire user manual thoroughly and also view the online exercise manual listed on page 11 before you begin operating the VibraTrim. This user manual should be kept available for future reference after you have read it through.

Please read the assembly instructions on page 3 before beginning assembly. It may save you some time and headaches.

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 are solely for illustration purposes.

The VT400 is the fourth 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 VT400 provides two kinds of vibration modes. One mode is the oscillating vibration style plus the second mode is spiral vibration. The oscillating vibration provides a whole body vibration from head to foot. The spiral vibration provides lower leg vibration. Both vibration modes can be used individually or together. Another major difference, in this mode,I is the ability to design your own training program with the use of the USB Flash Drive on Page 8.

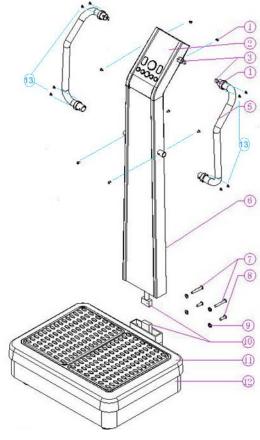
If you should find something wrong with your unit, please notify us right away either by phone at 888-683-1163 or by email at <u>service@vibra-trim.net</u>. You are covered by our outstanding 2 year warranty.

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 awhile, we would love to hear it.



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VibraTrim Diagram

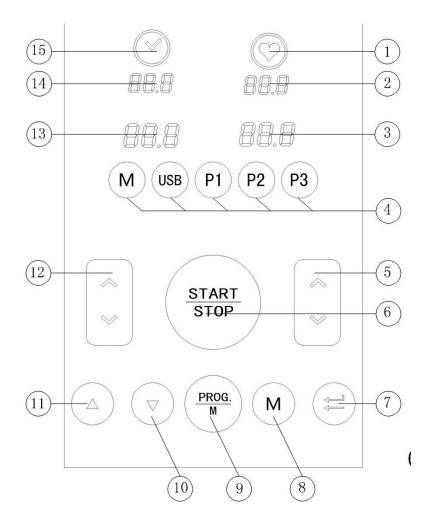


Parts Description

- 1. Screw (M5X8) (4 for each handle)
- 2. Display Board
- 3. Signal Line Connector (upper)
- 4. Decoration Cover
- 5. Handrail
- 6. Support Column
- 7. Screw (M8X55) (4 Screws)

- 8. Screw (M8X55) (2 screws)
- 9. Gasket (8 pieces)
- 10.Signal Line Connector(Lower)
- 11. Vibration Plate
- 12. Base Cover
- 13. Screws for Decoration Cover

Control Panel Display



Buttons and Displays

- 1. Heartbeat Indicator
- 2. Heartbeat/Mode Display
- 3. Spiral Speed Display
- 4. Function Indicator
- 5. Spiral Vibration Speed/Time Adjust Button
- 6. Start/Stop Button
- 7. Time Button
- 8. Vibration Mode Button

- 9. Time and Vibration Mode Change Button
- 10 Time (--) Button
- 11 Time (+) Button
- 12 Oscillation Vibration Speed/Time Adjust Button
- 13 Oscillation Speed Display
- 14 Time/Vibration Mode Display
- 15 Time Indicator

Assembly Instructions

- 1. This unit is very heavy and requires two adults to assemble. Place the carton on the floor with the top of the box up. Open the carton and fold back the lid flaps. Then gently roll the carton over on its top. Lift off the carton, the bottom piece of the Styrofoam packaging and remove the plastic bag. Finally, gently roll the unit back on its feet and remove the top Styrofoam section. All of the screws have been put in place where they belong. Simply back them out, put the piece together and reinsert the screws.
- 2. With the base and the support column out of the cartons the first step is to connect the control wires from base unit to the support column. One person is needed to hold the support column while the other connects the wires. Stuff the wire up inside the unit taking care that when the parts are put together the wire are not pinched. If it is pinched, the cable maybe destroyed and it is not covered under the warranty.



3. Remove the 6 screws and washers from the back of the base unit. Slide the support column over the support connection on the back of the base unit. When it is properly aligned the holes in the support column will line up with the threaded parts on the base unit.



4. Connect the support column and the base unit together with screws that you just removed, with the Allen wrench provided, or by using a 5mm bit in a electric screw driver.



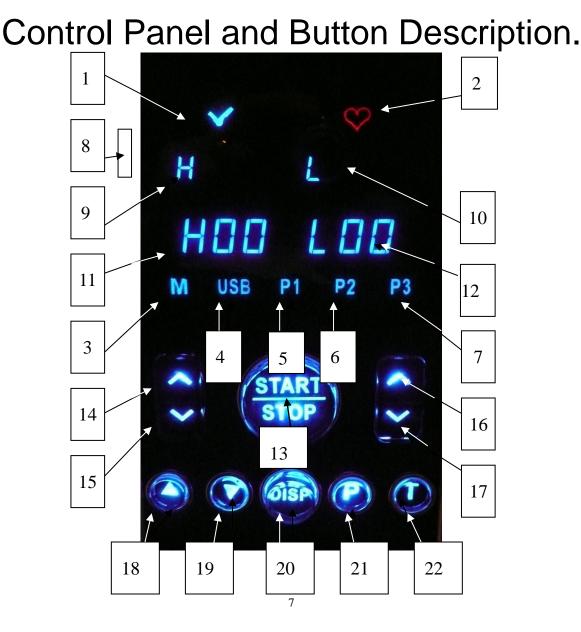
5. Remove the screws from the support column where the handles attach. Slide the chrome up the handle to expose the holes where the screws will go. Connect the wires and slide the handles over the corresponding part on the support column. Attach the screws with the Allen wrench provided or use a 4mm bit with an electric screw driver. Slide the Decorative cover over the screws and attach to the support column with the screws.



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

Operating Instructions

- 1. Insert the power plug correctly into the power socket of the back of the vibration plate. Turn the power switch on.
- 2. Choose your desired posture on the Vibration Plate as shown by the above sketch maps.
- 3. Press the start button to begin the manual program. If one of the preset programs is desired, press the P button and select the program desired, then press the start button. If a user defined program is desired, insert the USB Flash drive into the connector on the left side of the control panel. The P button will then select one of the User Defined programs. When using the automatic program modes, the speed cannot be adjusted manually. The machine will change the vibration speed at the preset intervals.
- 4. The time defaults to ten minutes. If a longer or shorter time is desired, press the time button before pressing the start button. The time cannot be adjusted after a program is started.
- 5. **DO NOT USE MORE THAN 20 MINUTES DURING ONE SESSION.** The VibraTrim will stimulate lymphatic drainage. It is advisable to drink 500ml of lukewarm water, before use, in order to eliminate the toxic waste.
- 6. Take a one hour break before starting the next session.



Display Panel Button Description

- 1. Time Indicator.
- 2. Heart rate light: The light will flicker when the machine detects your pulse.
- 3. Manual Mode Light: This light is lit when manual mode is working.
- 4. USB Program Light: This light is lit when USB Program mode is working.
- 5. Auto Program P1 Light: This light is lit when Program P1 is working.
- 6. Auto Program P2 Light: This light is lit when Program P2 is working.
- 7. Auto Program P3 Light: This light is lit when Program P3 is working.
- 8. USB Interface:- Insert USB flash drive for user's designed programs.
- Mode/Oscillation Vibration Time Display Window: Displays the Oscillation Vibration Time. The display mode with "10" being the default time. The time can be adjusted from 0 to 20 minutes before pressing the start button.
- 10. Mode/Spiral Vibration Time Display Window: Displays the Spiral Vibration Time. The display mode with "10" being the default time. The time can be adjusted from 0 to 20 minutes before pressing the start button.
- 11. Oscillation Vibration Speed Display Window: Display from L00 to L60. When L00 is displayed, the Spiral Vibration Model will not work,L01 is the lowest and L60 is the highest speed.
- 12. Spiral Vibration Speed Display Window: Displays from H00 to H60. When H00 is displayed, the Spiral Vibration Model will not work,H01 is the lowest and H60 is the highest speed.
- 13. On/Off Button: Pressing this button will start the program selected. Press it again and the unit will stop.
- 14. Oscillation Vibration Mode Time/Speed "+" button: Increase Oscillation Vibration time when displaying time mode. Increase Oscillation vibration speed when on manual program.
- 15. Oscillation Vibration Mode Time/Speed "-"button: Decreases Oscillation Vibration time when displaying time mode. Decreases Oscillation 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. Decreases spiral vibration speed when on manual program.
- 18. Time/Speed "+" button: Increases both the Oscillating & Spiral Vibration time when display time mode. Increases both the Oscillating & Spiral Vibration speed when speed mode is displayed
- 19. Time/Speed "-" button: Decreases both the Oscillating & Spiral Vibration time when display time mode. Decreases both the Oscillating & Spiral Vibration speed when speed mode is displayed
- Mode/Time Change Button: Press this button, windows "9" and "10" will display mode. Press again, windows "9" and "10" will display time.
- Program Button: Press this button can change Programs Auto program (P1,P2,P3) and manual program without USB flash disk being inserted. When USB flash drive is inserted, pressing this button will change user's program (U1, U2, U3, U4, U5, U6) selection.
- 22. Time Button: Adjust vibration time when the machine is not working and on manual mode.

Preset Programs

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

P1: Cardiovascular Exercise

Both vibration modes are active; the speeds change independently every five seconds.

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

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

P2: Detoxification Program

Two vibration modes work together and the speeds change independently every five secondsSpiral Vibration:2, 40, 2

P3: Body Perfection Program

First the Oscillation Vibration is active (Spiral Vibration is not on) The speed changes up by 5 every two seconds until it reaches 60 then decreases by 5 every two seconds until it reaches 0.

 $[0,\!:5,\!10,\!15,\!20,\!25,\!30,\!35,\!40,\!45,\!50,\!55,\!60,\!55,\!50,\!45,\!40,\!35,\!30,\!25,\!20,\!15,\!10,\!5,\!0]$

Then the Spiral Vibration will become active (Oscillation Vibration is not on) The speed changes up by 5 every two seconds until it reaches 60, then decreases by 5 every two seconds until it reaches 0. [0,:5,10,15,20,25,30,35,40,45,50,55,60,55,50,45,40,35,30,25,20,15,10,5,0]

Hand Rails

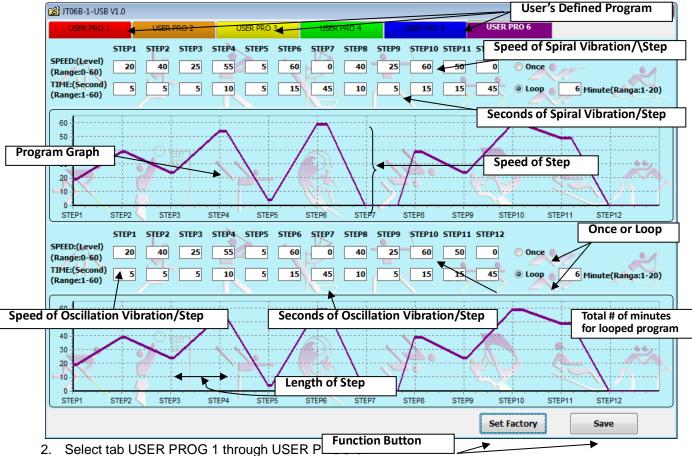
The buttons on the hand rails control the speed of the vibration while in the manual mode. The left hand controls the oscillation vibration speed and the right hand controls the spiral vibration.

The metal triangles, under those buttons, are for the pulse meter which is covered in the next section.

User's Programs

Users can define six different programs with the provided USB flash drive. Setting the flash drive programs.

1. Insert the Flash Drive in a USP port and open the program by double clicking JT06B-1-USB .



- 3. Fill in the values you want for spiral vibration in the top section and oscillation vibration in the bottom section. There are 12 speed settings in upper line Speed Range:0-60speed), The next line is the time corresponding to the speed on the first line (1 60 seconds).Note that when the value of the speed is 0 the vibration will be stopped'
- 4. When the "ONCE" button is active, the corresponding vibration mode will be run only one time. When the "LOOP" button is selected the program will run through each of the 12 settings until the time value, placed in the minute field to the right, is reached. As you change the values in these fields you will see the changes in RUNNING SECTION. The height of the Graph indicate the speed, the width of the column indicate the time.
- 5. Function Buttons access the data files. "Set Factory" button will restore the original values from the factory. With the USB flash drive in the computer the "Save" button will record the values changed and the machine will work according to the data which you set.

Pulse Meter

Squeeze your hands tightly around triangles on the handrail when the machine is stopped. The heart light will be flickering according to the pulse of your body and will display ECG-P085. The last three letters represents the pulse of user's body. If the pulse light does not flicker, check to see if the metal pieces are clean and dry.

Features

• 3 Different Preset Programs

Choose from 3 preset programs, each stimulating different profiles with

different speed & vibration levels:

- P1: Cardiovascular Exercise
- P2: Detoxify Program
- **P3**: Body Perfection Program
- 60 Variants of Speed Range
- Ergonomic Construction with Streamlined Design
- Easy-to-operate Control Panel
- Durable Steel tube insert support column and covered with automotve grade front panel.
- Disturbance and Static Electricity Resistance
- User definable exercise programs.

Improves your fitness

- Increases muscle strength, flexibility, mobility and coordination
- Strengthens and enhances posture
- Increases bone strength and density
- Improves muscle strength and tone, enhancing athletic performance
- Increases tendon strength
- Enhances balance, coordination and post ACL repair

Improves your Health

- Gentle training no physical strain of the joints
- Strengthening of bone tissues -Combats osteoporosis
- Improves circulation and increases blood oxygenation
- Decreased diastolic blood pressure
- Strengthening of muscles particularly the back/spine
- Decreases level of Cortisol (hormone released when we're under stress)

- Reduces back pain and stiffness
- Improves cellulite reduction
- Improved collagen production
- Stimulation of the metabolism and lymph drainage
- Highly effective body fat combustion
- Rehabilitate injuries and ailments Rapid recovery after exercising

Improves your well being

- General improvement of skin quality
- Reducing the effects of stress and treatment of stress incontinence
- Boosts levels of Testosterone and natural HGH
- Creating a balance of body and mind
- Positive results on neurological conditions such as Parkinson's
- Revitalization

The information above is based on the research of Whole Body Vibration that can be provided by VibraTrim. It is not implied that everyone will receive these results from a VibraTrim.

Exercise Manual

The Exercise manual is located on the internet at:

http://www.vibra-trim.net/PDF/VibraTrimExerciseManual.pdf This manual contains information on using the VibraTrim for the first time and also includes 12 basic exercises, 31 strength exercises, 8 stretches and 12 massages you can do. It is now 88 pages long. We are going to keep this on the internet for you to access at any time rather than printing it and mailing it to you as we will be adding more in the near future of additional information pages. We would like your input and suggestions to make this the best manual for your use. There are over 3000 VibraTrim users and there may be many ideas and usages that we haven't researched or even though of. So if you have some information on an exercise, posture, speed recommendation or length of time that has really helped you please let us know. Just send me an email so we can check it out and include it in this manual.

Exercise Video

The Exercise Video is 1 ¹/₄ hour long video showing how to experience your VibraTrim for the first time and how to start 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 and we will ship you another one. The US Postal Service can be several days slower than the FedEx Ground delivery.

Safety Warnings

To maintain the optimum condition of the VibraTrim VT400, Please note the followings:

Before using your VibraTrim

- Use the VibraTrim for its intended use as described in this user manual.
- Do not use force to move. Prevent damages to the unit and to the surroundings. Use the wheels that are attached for moving the unit. Stand in back of the unit a pull it toward you so the unit is resting on the wheels. It is now very easy to move.
- Do not use the VibraTrim for 30 minutes before and after meal.
- Only one person should be on the VibraTrim at a time. Doing so, may cause injury to yourself or damage to the VibraTrim.
- Hold safety handle correctly before starting any exercise and also to help keep your to balance when you are using the VibraTrim.
- Check the exercise speed level before starting the unit and that is a safe and comfortable speed level for the you. You may get hurt if the speed is to high.
- Make sure there is sufficient space between your feet at the initial stage. The closer your feet are together in the oscillation vibration mode the vibration will become less intense. Spreading your feet further apart will increase the intensity of the oscillation vibration. The normal range is to have your feet 6 inches apart to shoulder width.
- Do not use this machine for other purposes besides exercise.
- Do not operate or touch this VibraTrim with wet or humid hands,
- Do not use any kind of sharp items, such as a knife, or any dangerous materials, on the VibraTrim.
- Do not insert fingers in the gap below the vibration plate..

While using your VibraTrim

- If you experience any discomforts or abnormalities while using the VibraTrim, stop using the product and consult your physician immediately.
- Do not use force against the machine. (Risk for injuries and malfunction might occur).
- Do not exercise more than 10 minutes using the same pose. This can cause muscular cramps in some people.

After you have completed your exercise session

- When not in use, please turn off the power and unplug the power cord. (Leaving the power button turned on presents risks for electric shock or fire).
- After using the VibraTrim, please rest and drink some water. Do not do strenuous activities after using the VibraTrim, such as playing basketball, etc. It is better to use the VibraTrim after exercising as it will help revitalize you.

Safety Precautions





Heed the following warnings and precautions. This will help prevent damage to your machine and to yourself.

When using the machine, comply with the operation instructions.

- 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.
- Please remove dirt on the power plug using a dry cloth
- Leave a 6 inch space from the wall, when placing the unit for usage. 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, please 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.*

Safety Precautions (Continued)

- 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 band 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 will lead to product damage or financial damage due to fire or malfunctioning of the machine and will also void the warranty.

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 apply to you.

Pregnancy	Pulmonary embolism	Acute hernia, discopathy, spondylolysis			
Acute Thrombosis	Severe diabetes	Known neurological conditions			
Migraines	Epilepsy	Pre-existing deep vein thrombosis			
Cardiovascular Disease	Recent infections	Pacemaker & Implantable Cardioverter Defribrillators			
Cancer or Tumors	Known retinal conditions	Recently placed IUD's, metal pins, or plates.			
Recently recovering from an operation or surgery, such as Poor somatosensory receptor sensitivity on					
a hip or knee replacement.		the plantar surfaces of the feet			

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.

Maintenance

Storage

Do not store the VibraTrim

- Near heat or open flame.
- Under direct sunlight for a long period time.
- Near harmful gas, dust and especially humidity.
- Temperature Range: 32-120°F.

Usage of the VibraTrim

- Usage temperature Range: 40-95°F
- Humidity Range 40-80%.

If the VibraTrim is not used for long period of time, cover it with a clean cloth to protect it from dust. Do not coil the wire cord as it may cause malfunction to the machine.

Maintenance

Before cleaning, ensure that the main switch is turned off and unplugged.. Switch off power after use.

Usage

Do not use the VibraTrim too long for the first time. Try five minutes first and keep increasing the time each session. Refer to the wall chart for more information.

Do not use this machine in wet areas such as bathroom, swimming pool or spa.

Do not use it when there is too much dust, oil, smoke or caustic gas.

Avoid damaging the surface of the VibraTrim with heavy object, scratching with force.

Cleaning

Do not use a corrosive cleanser. Do not use benzene or thinner to clean. Do not spray an insecticide on the machine.

Specifications

Product Name	_ VibraTrim VT400		
Input Voltage			
Power Consumption	_ 500W+300W		
Oscillation Amplitude	10mm		
Oscillation Vibration Frequency	5Hz – 30Hz		
Horizontal Displacement	_ 2mm		
Spiral Vibration Frequency	15Hz – 40Hz		
Both Vibrations Together	25Hz - 50Hz		
Speed Level	60 Speed Levels for Oscillation & Spiral		
Preset Program & Users	3 Preset Program & 6 User Defined		
Display	Program, Time, Speed.		
Dimensions & Weight	23x27"x53" 117 lbs.		
Plate Dimensions:	51cm x 68cm = 20"x27".		
	10		

2 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:

Home. Only members of the family for whom the equipment is purchased use the equipment. 1.

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.

Commercial Fitness Center. The equipment is accessible without limitations by exercisers in a commercial fitness 3. center. The usage does not have to be controlled.

This owner's limited warranty applies to VibraTrim VT400. This owner's warranty for the VibraTrim only applies to use of VibraTrim in the <u>home or Professional use</u> and is not used by a person weighing more than 350 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 (2) years and the cost of labor needed to repair, rebuild or repair the equipment for a period of two 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 Vibra Trim's instructions on
- installation, maintenance and use have been followed. 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.
- Faults resulting from natural wear and tear; use in conditions for which the equipment is not intended; corrosion; B. damage incurred during loading or shipping; by accident, fire, flood, war or acts of God.
- 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. C.
- 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. D.
- 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 E. manual.
- F. Repairs performed by someone other than an authorized VibraTrim representative.
- Repairs due to limitations or corrections in the equipment's software. G.
- Repairs to consumable or cosmetic items, e.g., grips, seals, labels or wheels. H.
- Repairs performed on equipment missing a serial number or with a serial tag that has been altered or removed. Service calls to correct installation of the equipment or instruct owners on how to use the equipment. L
- J.

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 3 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@vibra-trim.net or visit us at

www.vibra-trim.net