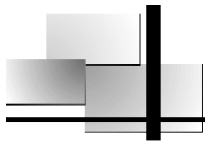


VIBRA TRIM™



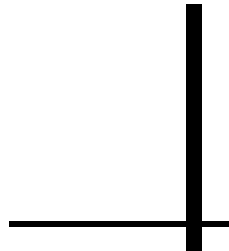
**VibraTrim VT300
Instruction
Manual
&
Warranty**



VibraTrim is a quality whole body vibration system

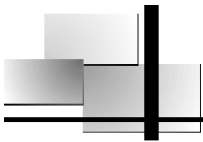
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For additional service please contact service@vibra-trim.net.



IMPORTANT SAFEGUARDS BEFORE YOU BEGIN

- Consult your physician before beginning this or any exercise or diet program.
- If you experience dizziness, nausea, chest pain, back pain, or other abnormal symptoms, STOP your workout at once. Consult a physician before continuing.
- The VibraTrim is designed for home-use only. VibraTrim LLC is not responsible for any failure of the VibraTrim that may occur during commercial-use.
- Make sure that the voltage in your home falls within the parameters that are required for the VibraTrim to operate safely (110v-120v/60Hz).
- The VibraTrim should not be connected to a transformer or any socket that is being used by another electrical product.
- The VibraTrim must be placed on a flat surface prior to turning it on.
- Due to the vibrations created by the VibraTrim, it is recommended that you place and operate the VibraTrim on the ground floor or in the basement of your home.
- Assemble VibraTrim in desired location to avoid having to move the unit up or down stairs. Whether you plan to place your VibraTrim in an area in your basement or in a spare room, you should try to visualize an area that is practical and fitness friendly. If you will be placing the VibraTrim on a carpeted surface, then you should vacuum underneath it monthly to minimize the amount of dust and dirt that will blow up into the machine. Placing the VibraTrim on a rubber mat can also help to minimize the amount of carpet fiber that gets inside the machine.
- After you have set up and placed the VibraTrim, you should do a quick safety check before using it. You should make sure that you plug in the VibraTrim into an approved power outlet. Also, it is important to make sure that there are no small objects that you may trip over or that may get stuck inside the machine.
- The VibraTrim should not be moved while it is running.
- Stand on the VibraTrim and grab the handrails before starting a session.
- There is a small gap between the plates that you will stand on when using the VibraTrim. It is important that you should not place your hand in that gap. In addition, when using the VibraTrim, you should not wear any loose clothes or garments that could get caught on or under the plates. Make sure to wear proper footwear and ensure shoelaces are tied properly.
- Children should not operate the VibraTrim without adult supervision.
- Do not let the VibraTrim get wet with water or any type of liquid. In addition, do not use the VibraTrim while your hands are wet.
- Do not use the VibraTrim while you are smoking, eating or drinking.
- Once you have completed your workout, turn off the VibraTrim.
- Do not use the VibraTrim more than 3 times a day. Do not use the VibraTrim more than 20 minutes each session.
- It is recommended that you use the VibraTrim for 10 to 15 minutes in the morning and then again before bedtime.
- Stop using the VibraTrim immediately if any abnormalities occur. If a problem arises, refer to troubleshooting section in this manual.



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.

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 Defibrillators
Cancer or Tumors	Known retinal conditions	Recently placed IUD's, metal pins, or plates.
Recently recovering from an operation or surgery, such as a hip or knee replacement.		Poor somatosensory receptor sensitivity on 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.

• Introducing you to your new VibraTrim VT300 - whole body vibration machine.

• The dynamic vibration technology used in the VibraTrim integrates a vibration through which energy is transferred to the body and helps to improve:

Circulation

Flexibility

Balance

• The advanced vibration technology used in the VibraTrim integrates a vibration through which energy is transferred to the body, which helps promote a stronger metabolism, build muscles and strengthen bones. In addition, the VibraTrim helps promote muscle and tendon healing.

Muscle Strength

Skeletal Strength

Range Of Motion

Increased Metabolism

Stimulates your intestines

Regulate the neural system

Increased Blood Flow Throughout The Body

SPECIFICATIONS for the VT300

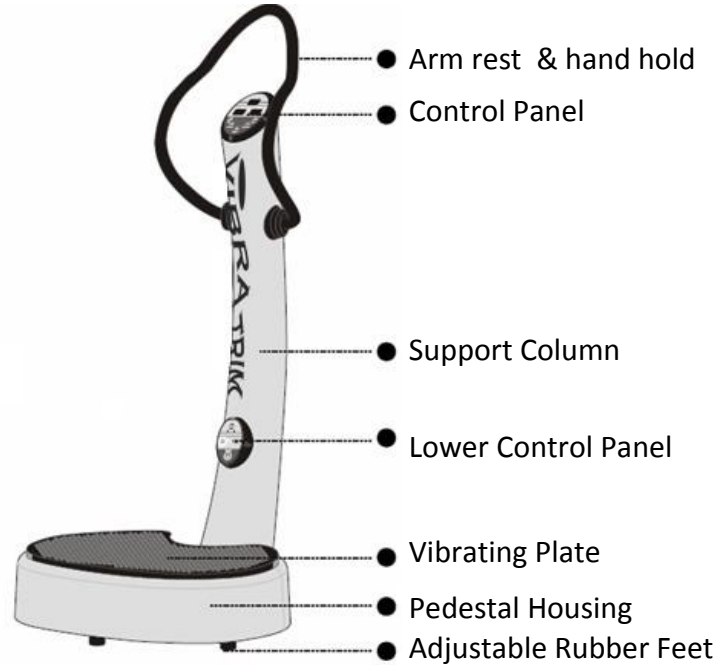
MAXIMUM POWER	2.5 HP
INPUT VOLTAGE	110 V 60Hz
INPUT POWER	1000W
SPEED SETTINGS	18 and 3 programs
AMPLITUDE	0 - 10 mm
FREQUENCY	0-55 Hz
G FORCE	2.8 - 3.5 Gs
VIBRATION TYPE	TRIANGLE OSCILLATING
USER WEIGHT CAPABILITY	200 KG / 440 LBS
VIBRATING PLATE SIZE	26.38" x 25.6"
CONTROL STYLE	2 CONTROL PANELS (UPPER & LOWER)
ASSEMBLED SIZE	29.5" X 29" X 55" / 75cmx74cmx140cm
NET WEIGHT	KG / LBS



Components of the VibraTrim

Quiet Operation

Solid Quality Construction





SETTING UP THE VIBRATRIM

- Use two adults to move the unit.
- Grasp the bottom of the unit to move it.
- Place the unit on a level, sturdy surface
- The unit should be at least 6 inches from any other object. (Walls, furniture, etc)
- Do not place the unit near any moisture source. This could cause an electrical shock.
- Do not disassemble or attempt to modify the unit, as this may cause excessive damage, injury or electrical shock. It will also void the warranty
- Do not operate the unit near any combustible material.
- Make sure the unit is level before operating.

LEVELING YOUR VIBRATRIM

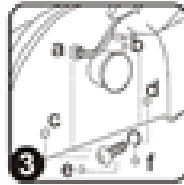
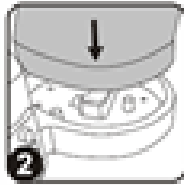
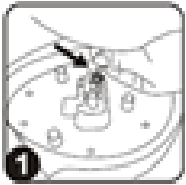
On the bottom of the unit are adjustable leveling feet. These feet screw out for adjustment.

If the unit is noisy, it is because it is not level. Determine which foot needs to be adjusted and adjust the foot so that equal contact with the floor is made with all of the feet. Then tighten the nuts on all of the adjustable feet so they will maintain their proper position.

EXERCISE PRECAUTIONS

- Read this entire manual before operating the VibraTrim VT300
- Understand and know the remote control features before using the Vibratrim VT300
- The VibraTrim VT300 should not be used by infants, small children, weak, those that cannot maintain their balance without assistance, those that need assistance getting on the VT300. The VibraTrim V1 is designed for those that need assistance as it has built in support with arms to hold on to.
- For the safe use of the VibraTrim VT300 be sure that the machine is level and all four legs have solid contact with the floor. Improper placement can cause excessive noise and possible damage.

Assembly of the VT300



- 1) Connect the control panel wire to the base wire connector.
- 2) Put the support column into the base.








- 3) Screw the 6 – M8x25 screws and the M8 Washers at positions a-f on the bottom of the unit.
- 4) Put the Arm Rest/ Hand Hold on the Support Column



- 5) Screw the M6x20 screws with the M6 washers in positions a-d.
- 6) You are done. Your VibraTrim VT300 is now ready for use.

Parts

-  1 - M6 Allen Wrench
-  6 – M8 Gaskets
-  6 – M8 x25 Screws
-  4 – M6 x20 Screws
-  4 – M6 Gaskets



- Mode Display
- Time remaining Display
- Speed Display

⏻ **On/Off Key** – Turn on the unit with the power switch next to the power cord. This key starts & stops the unit.

⏪ **Mode Key** - There are four different modes. Pressing this key will switch among 88, P1, P2 & P3. 88 is the manual mode. In this mode you can adjust the time and speed manually. In the P1, P2 & P3 modes, the speed and times are automatic and cannot be controlled by the user.

⌚ **Timing Key** – Adjusts the time remaining.

⊕ **Speed-Up Key**– Pressing this key decreases the speed in the manual mode

⊖ **Speed-down Key**– Pressing this key decreases the speed in the manual mode

Basic Operations (Manual Mode)

- Plug in the machine and flip the on button next to the power cord. Press the Power button on either the control panel next to the vibrating plate.
- Use the Time ▲ UP to increase the ▼ DOWN to decrease the amount of time the unit will operate before it shuts off. This will be displayed in the screen on the monitor. The maximum time is 20 minutes. The default is 10 minutes.
- Press the start button and the vibrating pad will start operating at the first speed level. Use the SPEED ▲ UP to increase the ▼ DOWN to decrease the speed. The general frequency on motion is 10-20 cycles per second.
- To STOP the operation. Press the On/Off button and the machine will slowly stop.
- When the time is up the machine will beep several times and slowly come to a stop.

Over use

For your safety and health do not use the VibraTrim for longer than 20 minutes at any one time. You can use it several times a day. The VibraTrim stimulates so much lymphatic drainage that you also need to be drinking the recommended 8 glasses of water a day to aid in the removal of toxins.

Basic Operations (Program Mode)

- Plug in the machine and flip the on button next to the power cord. The switch will light. Press the Power button on either the control panel next to the vibrating plate or on the remote.
- Use the Time ▲ UP to increase the ▼ DOWN to decrease the amount of time the unit will operate before it shuts off. This will be displayed in the screen on the monitor. The maximum time is 20 minutes. The default is 10 minutes.
- Press the Mode to select the desired P1, P2 or P3 program.
 - P1: speed changes circularly as 2,4,6---34,36,34---6,4,2 with 5 second interval between each speed.
 - P2: speed changes circularly as 4,8,12---32,36,32---12,8 with 5 second interval between each speed.
 - P3: speed changes circularly between 2 and 36 with 5 second interval.
- Press the On/Off button and the vibrating pad will automatically move to the correct speed for the program selected. (The program P1, P2,P3, SPEED up and down, TIME buttons are now inoperable.) To STOP the operation. Press the On/Off button and the machine will slowly stop.
- When the time is up the machine will beep several times and slowly come to a stop.



MAINTENANCE OF YOUR VIBRATRIM

A properly maintained VibraTrim will perform better, last longer and even save in unnecessary repair costs. These are just a few reasons why you should take care of your new purchase. The following maintenance list provides some suggestions that should be followed to help maintain your VibraTrim.

- Proper maintenance should always begin with a cursory check of the overall external condition of your VibraTrim before using it. A simple walk-around will take less than a minute to perform.
- Tighten all the screws on the VibraTrim unit every two months.
- Check the power cord for any fraying or open wires.
- Wipe off the VibraTrim with a soft dry cloth after each use. Do not use any kind of solvent.
- Pull out the power plug when the VibraTrim is not in use.

TROUBLESHOOTING YOUR VIBRATRIM

Problem	Confirmation	Solution
The on light is not lit.	Check the power plug is inserted into the electrical outlet	Insert the power plug in to the electrical outlet
The on light is not lit.	Check to see if the switch at the back of the machine is off.	Turn the switch on.
The on light is not lit.	Check the POWER button has been pressed.	Press the POWER button on the control panel or on the remote
Considerable shake of the unit	Please check that the machine is level.	Make sure that the unit is level and all the feet have equal contact with the floor.
Some Noise occurs inside the unit	Check to see if all the visible screws are tight.	Tighten all of the screws with a screwdriver.
The machine makes a loud noise	Determine where the noise is coming from	Call the VibraTrim customer support.
The power does not turn on	Check the Power status of the remote	If the battery is okay, contact the VibraTrim customer support.
The VibraTrim is not standing flat.	The machine wobbles.	Adjust the 4 feet under the base until the VibraTrim is level.



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 equipment. VibraTrim distinguishes three operating environments:

1. **Home.** Only members of the family for whom the equipment is purchased use the equipment.
2. **Light Commercial.** 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.

This owner's warranty for the VibraTrim only applies to use of VibraTrim in the home and is not used by a person weighing more than 300 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 one (1) year.

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:

- d. Equipment or components that have been modified without the consent of VibraTrim LLC.
- e. 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.
- f. 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.



- g. 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.
- h. 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.
 - i. Repairs performed by someone other than an authorized VibraTrim representative.
 - j. Repairs due to limitations or corrections in the equipment's software.
 - k. Repairs to consumable or cosmetic items, e.g., grips, seals, labels or wheels.
 - l. Repairs performed on equipment missing a serial number or with a serial tag that has been altered or removed.
 - m. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
 - n. Pick-up, delivery, or freight charges involved with repairs.

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.

To arrange service for your VibraTrim, please contact customer service at service@vibra-trim.net or visit us at www.vibra-trim.net