

# VIBRA TRIM

## VT202



**Owner's Manual**  
**Instructions & Warranty**

Thank you for purchasing our product. While we do our best to ensure the quality of all our products, occasional errors or omissions may occur. If you notice a defect or missing parts contact us at the address and phone shown on the back of this booklet.

## GENERAL INSTRUCTIONS -

Before plugging the unit in, make sure that the unit is not damaged and that the unit is level.

1. Do not allow children or the disabled to use the machine without strict supervision from a qualified person.
2. Never use accessories not recommended by the manufacturer.
3. Do not use the machine if the power cable becomes damaged or worn.
4. Keep the power cable away from hot surfaces.
5. Do not use this machine outdoors.
6. To unplug the machine, first put the power switch to the -O- position and then unplug it from the wall socket.
7. This unit has been designed for home use only.
8. The VT202 has been designed for a maximum user weight of 265 pounds.

9. Keep your hands well away from any moving parts.
10. Use suitable clothing and footwear, making sure that the laces/cords are tied correctly.
11. It is not advisable to keep your unit in damp locations for long periods as it will be prone to rust.

## SAFETY BREAKER -

This model is equipped with an electronic circuit breaker to protect both the electronic and electrical circuits.

This safety device (fuse) will be automatically triggered if the unit is subjected to abnormal force or heat.

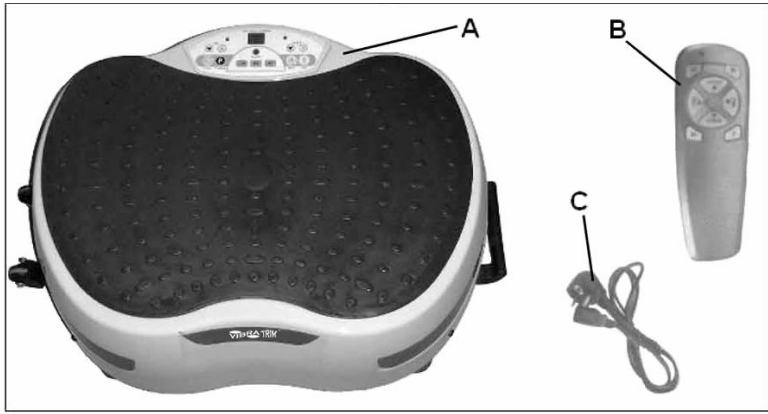
1. Set the switch (L) located on the casing to the -O- (OFF) position Fig B.
2. Change the fuse (c) (5 Amp).
3. Next set the switch (L) to the -I- (ON) position and the unit will be ready for use again.

Plug the unit into a wall socket with a grounded outlet. Set the switch to the on position.



## ASSEMBLY INSTRUCTIONS –

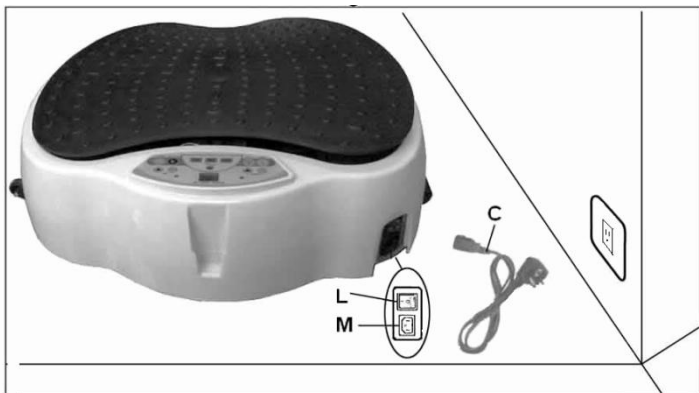
Take the unit out of the box and place it on the floor as shown. Make sure that all of the pieces are there (A) Platform, (B) Remote Control, (C) Power Cable.



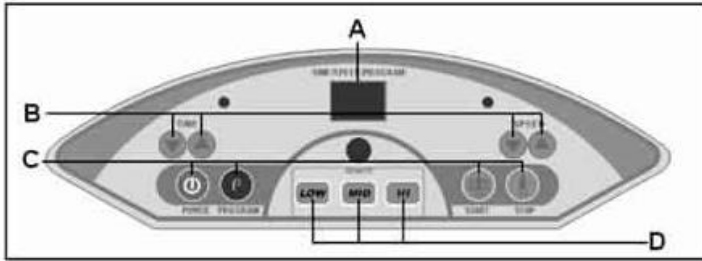
## START UP –

Plug the power cable © into the socket (M) on the unit.

The other end of the cable is plugged into the electric wall socket (110Volt). Set the switch (L) to the (I) position.



## DISPLAY PANEL ELEMENTS -



- A. This display simultaneously displays Time, Speed and Program.
- B. Buttons or keys for: Time ▲ ▼ (1-10 minutes), SPEED ▲ ▼ (1-10 levels).
- C. Buttons or keys for: POWER (ON); PROGRAM, START, STOP.
- D. Quick start buttons for speed and balancing:
  - ▲ LOW
  - ▲ MID
  - ▲ HI

## MANUAL FUNCTION -

Use the ON/OFF key to switch the display panel on and the TIME display will light up. Use the TIME ▲ ▼ key to select the duration of the exercise. Next, press the START key.

You can adjust the platform's rocking function by means of the (SPEED ▲ ▼ ) keys.

This monitor has three quick selection speed keys, with a range of scales for the rocking speed

- ▲ 6 Cycles/second. Warm-up exercise
- ▲ 10 Cycles/second. Normal exercise.
- ▲ 16 Cycles/second. Heavy exercise.

The unit will stop immediately if you press the STOP key.

When you have finished exercising, press the ON/OFF ⏻ key and the switch (L), Fig. B.

## PROGRAM FUNCTION -

This platform has 3 preset programs that allow you to exercise without making any changes on the display panel.

These programs are:

**P-3.** –Relaxation, circulation and coordination.

Duration 10 minutes

**P-2.** – Toning

Duration 10 minutes

**P-1.** – Boost

Duration 10 minutes

The program is shown on the display panel (A) by pressing the PROGRAM ● key. Press the Program key again to select the exercise that you wish to perform.

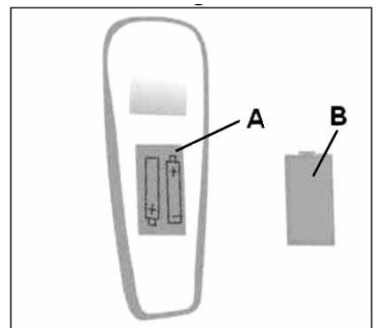
Next, press the START key to set the platform in motion. When the program finishes the display panel will beep to indicate the end of the exercise.

Switch the platform off by pressing the ON/OFF ● key and the switch (L), Fig. B.

## REMOTE CONTROL -

### INSTALLING THE BATTERIES

This monitor uses two 1.5 volt ALKALINE BATTERIES. To fit the batteries, take the cover off the back of the remote control (B) and carefully insert the two “AAA” type batteries into the battery compartment (A), Fig.1, making sure that the batteries polarity is correct (matching the battery “+” terminal with the “A” sign inside the battery compartment, and the “-” sign). Replace the battery compartment cover (B).

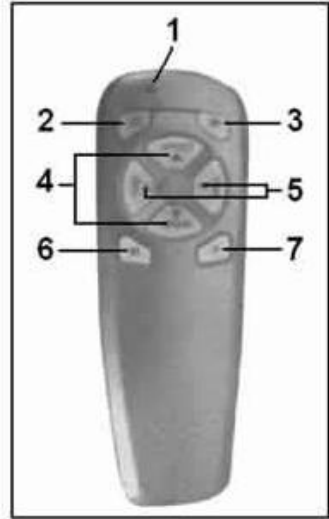


## OPERATION -

For greater ease of use, when exercising, this platform has a remote control unit to select the different operation modes.

Remote control key list:

1. Remote control unit ON LED
2. Remote control ON/OFF button
3. START/STOP key
4. Increase ▲ or decrease ▼ speed keys
5. Increase ▲ or decrease ▼ time keys
6. Balancing key: Low, Medium or High
7. Program selection key.



### NOTE:

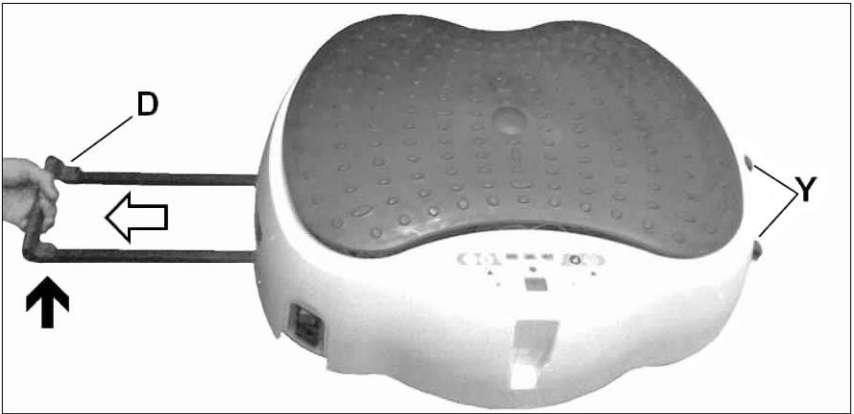
To ensure a good signal between the remote control unit and the monitor, point the remote control at an angle of approximately 45 degrees, as shown in the diagram.



## MOVEMENT & STORAGE.

The unit is equipped with wheels (Y), Fig. 3, to make it easier to move. Make sure that the power cable is unplugged from the wall socket. Pull out the handle (D) in the direction of the arrow <, as shown below. Lift the platform in the direction of the arrow ▲, so that the wheels (Y) rest on the floor.

To prevent accidents, **DO NOT MOVE THE PLATFORM ACROSS UNEVEN FLOORS.**



## INSPECTION & MAINTENANCE –

Switch the unit off and unplug the power cord. Use a damp cloth or towel to clean any dust off the surfaces of the platform and the remote control unit. **DO NOT USE SOLVENTS.**

### **ATTENTION:**

Periodically check that all of the fastening elements are duly tightened and connected correctly. Check and tighten all the parts on your unit every three months.

When in doubt, about any parts on the machine, do not hesitate to get in touch with the Technical Assistance Service by phoning customer service (see the back page of this manual).



We recommend that you use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.

## **USE OF THE PLATFORM:**

Consult your doctor before using the balancing platform, especially if suffering from pain or any illness. A workout on the Vibra-Trim provides significant benefits and reactions for your body. These are the same responses observed with traditional training methods, but with greater intensity.

Use is **NOT ADVISABLE** for people suffering from the following conditions:

- Retinal related visual disorders
- Serious vascular diseases (varicose veins at an advanced stage) and cardiovascular problems in general.
- Pregnancy
- Serious types of hernias
- Hip and knee prostheses (at high vibration levels).
- Epilepsy]
- Use of plates, pins and osteosynthetic structures in general or any other internally fitted electric device.
- Tumors and metastatic processes.
- Being particularly tired, unwell or overly stressed.
- Inflammation caused by injuries or an electro-muscular nature.
- Do not use after surgery (for at least 2 months), post-traumatic situations or transient generic illnesses such as headache, backache, etc. .... Until the symptoms disappear.
- Vocal cord disorders.
- Use of contraceptive coils (IUD)
- Psychological intolerance to vibratory stimulation.



## **BENEFITS -**

### **WELL BEING**

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

### **HEALTH**

- Gentle training - no physical strain of the joints
- Improves circulation and increases blood oxygenation
- Decreased diastolic blood pressure
- Strengthening of muscles - particularly the back/spine
- Reduces back pain and stiffness
- Improves cellulite reduction
- Improved collagen production
- Stimulation of the metabolism and lymph drainage
- Decreases level of Cortisol (hormone released when we're under stress)
- Highly effective body fat combustion
- Strengthening of bone tissues  
Combats osteoporosis
- Rehabilitate injuries and ailments
- Rapid recovery after exercising

### **FITNESS**

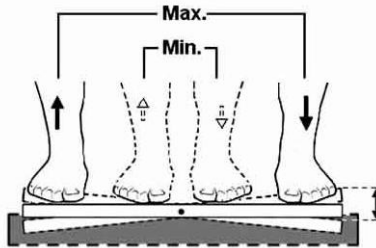
- Increases muscle strength, flexibility, mobility and coordination
- Strengthens and enhances posture
- Increases bone strength and density
- Increases tendon strength
- Improves muscle strength and tone, enhancing athletic performance
- Enhances balance, coordination and post ACL repair

## TRAINING -

The exercise uses 3 training variables:

- Time: Measuring the duration of the exercise. Sessions are measured in minutes (VT202).
- Frequency: (Intensity) Representing the number of cycles per second.
- Amplitude: Oscillation height.

The rocking vibration system lets you changed the oscillation height by merely changing the position of your feet on the platform so that the further away you are from the platform's center line, the greater the amplitude. See diagram below.



There are various positions you can use to exercise specific parts of the body (these will be described further on).

It is essential that you begin using the Vibra-Trim platform model VT202 in a gradual fashion to accustom your body to the vibration treatment. It is advisable to begin with short application times.

Respecting the recovery times is essential, not only for energy-metabolic recovery, as noted by “tiredness”, but also to rest the Central and Peripheral nervous systems that are actively involved.

On this VT202, you can choose to select one of the 3 preset programs, or use the manual program.

You can use the basic stance or adopt other postures that will allow you to exercise specific areas.

The recommended training method is to focus on one muscle group per session. Perform training sessions of 1 t 3 sets on each one, depending on your individual fitness level.

It is advisable not to use the platform more than three times per weeks, avoiding use on consecutive days. It can only be used on



consecutive days but at minimum settings for stretching exercises or massage. We recommend the manual training mode on alternate days during the first week using the tables below.

Week 1		
Set	Time	Speed
1	3 minutes 1 minute rest	1-3
2	3 minutes 1 minute rest	1-6
3	3 minutes 1 minute rest	1-3

Week 2-5		
Set	Time	Speed
1	4 minutes 1 minute rest	1-6
2	4 minutes 1 minute rest	1-12
3	4 minutes 1 minute rest	1-6

Week 6-10		
Set	Time	Speed
1	4 minutes 1 minute rest	1-6
2	4 minutes 1 minute rest	1-15
3	4 minutes 1 minute rest	1-6

## PROGRAMS -

Program **P-3** Relaxation, circulation and coordination.

Program **P-2** Toning

Program **P-1** Boost

Once the exercises for the first week have been completed, you can choose to do the exercises for the pre-set programs P-3, P-2 P-1

The basic rule, when choosing the duration, frequency and amplitude is to respect your own personal reactions and create a



training program that builds up gradually. Thus allowing you to adapt to the time settings and speeds best suited to your body. Level 16 and above must only be used by people who are very fit or who weigh more than 200 kg.

**EXERCISE TABLE:**

Select a session of 2 exercises from the table of different positions, exercise for the duration stated in the tables above.

Gradually increase the number of sessions over time to reach a maximum total daily exercise time of 30 minutes.

**NOTE:**

Do not use this unit for longer than 20 minutes during any one continuous session. You will stimulate so much lymphatic drainage that you will quickly feel the effects of those toxins being released and may start to feel a little goofy. You also should drink a good deal of water to help eliminate these toxins from your body.

**THE MANUFACTURERE RETAINS THE RIGHT TO MODIFY THE PRODUCT SPECIFICATIONS WITH ANY PRIOR NOTIFICATION**

**VibraTrim VT202 SPECIFICATIONS -**

VIBRATION TYPE: Oscillating

POWER: 1 x 200W motor (continuous current)

INTENSITY: 20 levels of speed

VIBRATION AMPLITUDE: - Minimum; 0mm. - Maximum 10mm.

PROGRAMMING: 1-10 min.

PROGRAMS: 3 with remote control.

MAXIMUM USER WEIGHT: 120Kg / 265 lbs.

MEASURES: 72cm / 28.34" x 56cm / 22" x 26cm / 10.25"

PLATE DIMENSIONS: 40cm / 15.34". x 55cm / 21.6".

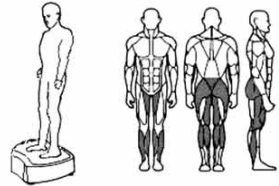
WEIGHT: Gross 23Kg / 51 lbs. Net 21Kg/ 46lbs.

MATERIAL: Fiberglass reinforced ABS

ELECTRICAL PROTECTION: fuse (5 A)

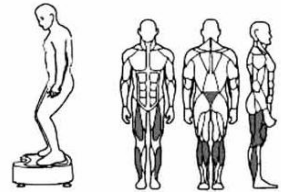
## EXERCISES -

1.



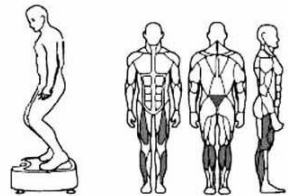
**Basic position:** Stand on the platform in a relaxed stance. Feet apart at shoulder width. You will notice the massage sensation in the quadriceps, gluteus, calves and the lower part of the pelvis.

2.



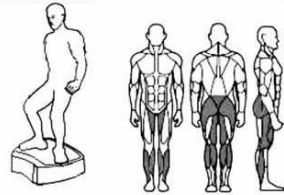
**Squat:** Stand on the platform. Feet apart at shoulder width. Knees bent, forming an angle of  $120^\circ$  at the back of the knee, keeping your back straight. Press down on your leg muscles. You will notice tension in your quadriceps, gluteus and back.

3.



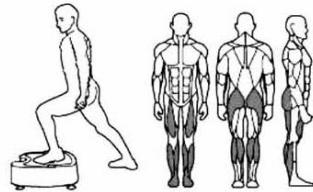
**Low squat:** Stand on the platform. Feet apart at shoulder width. Knees bent, forming an angle of  $100^\circ$  at the back of the knee, keeping your back straight. Bend your legs slightly and press down on your muscles. Keeping your back straight, bend your torso forward. This works the legs, gluteus and back.

4.



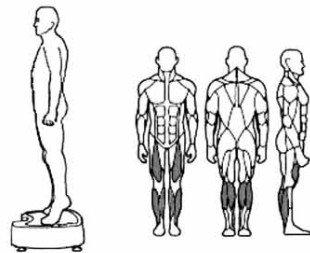
**Wide squat:** Stand on the platform with your feet apart and your toes facing outward. Bend your legs slightly with your knees at foot width, forming an angle of  $100^\circ$  at the back of the knee, keeping your back straight. You will feel tension in your back, buttocks, quadriceps and the inside of your thighs.

5.



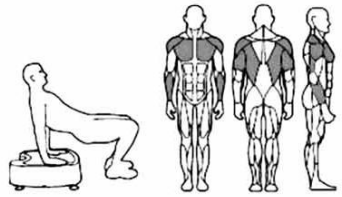
**Push:** Place one foot on the centre of the platform and the other foot placed on the floor behind you. Keeping your back straight and the knee for the front foot in line with the toes, press down on the leg muscles. You will notice tension in your calf muscles and buttocks

6.



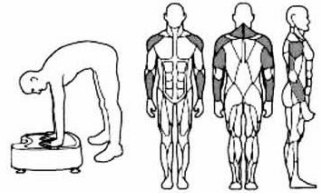
**Calves:** Stand on tiptoe in the centre of the platform. Keep your back straight and tighten your abdominal area. This will exercise your calf muscles. To add variety to the exercise, try to bend your knees 90 degrees.

7.



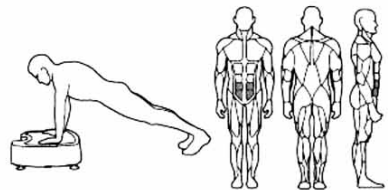
**Triceps:** Facing away from the platform, support yourself on the base and push upward. Now, bend your arms slightly and lower your hips down toward the platform. You will notice tension in the top of your arms and shoulders. You can repeat this exercise keeping your legs straight.

8.



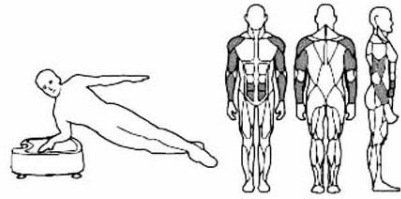
**Shoulder press:** Stand in front of the platform, bend at the waist so you can touch the base with your hands. Place your hands at shoulders width, keeping your back and legs straight with your head lifted. Press down gently on the platform bending your arms and then return to the start position. This exercise works the shoulders and the top of your arms.

9.



**Lower abdominals:** your arms to support yourself on the platform. Keeping your back straight raise your buttocks slowly as if you wanted to pull the platform toward your feet. This will work your lower abdominals.

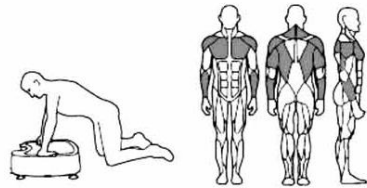
10.



**Side abdominals:** Lie on your side

using your elbow to support yourself on the platform and stretch your legs out with one foot in front of the other. Keeping your head and torso straight, press your shoulder down while tightening your torso. This exercise works the side abdominals.

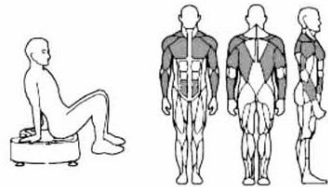
11.



**Push ups:**

Kneel in front of the platform using your hands to support you on the base at shoulder height and with your palms turned in. With your back straight and your abdominal pulled in tight, push down on the platform. This exercise works the pectoral muscles, the shoulders and triceps. You can increase the difficulty by stretching your legs out and resting on the tips of your toes.

12.

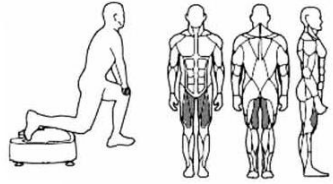


**Dorsal:**

Place your hands on the platform shoulder's width apart. Keep your wrists and forearms straight, pushing down with your palms turned slightly out. It is important to keep your hips straight and press down with your shoulders. This will strengthen your dorsal muscles, arms, shoulders and abdomen. You can do this exercise keeping your legs straight.

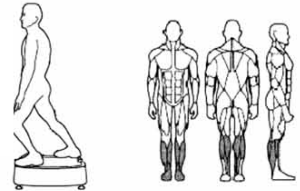


13.



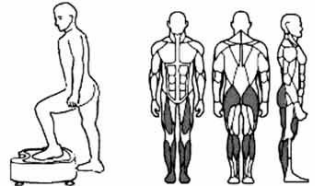
**Quadriceps stretch:** Rest one leg on the platform and the other on the floor at 90°. Rest all your weight on the leg on the floor. Keep the top of your body and back straight, tightening your stomach. This will stretch your quadriceps pushing your pelvis forward. You can vary the exercise by stretching out your leg on the platform.

14.



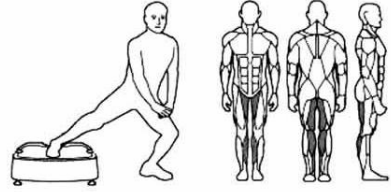
**Calf stretch:** Stand on the platform with your body turned to one side. Keep one foot forward. Bend the front leg slightly, keeping the other one straight. Push down on the heel of the back leg so that you feel your calf muscle stretch.

15.



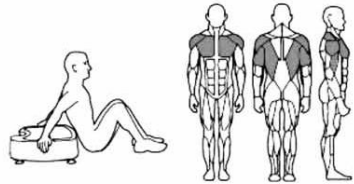
**Step:** Keep your back straight and place one foot on the platform as if you were going to step up. Gently push down on the platform with the bent leg. This exercise works the quadriceps, hips and calf muscles.

16.



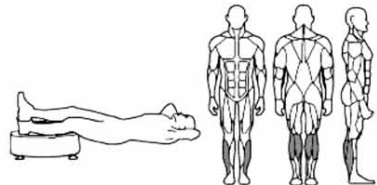
**Adductor stretch:** Stand alongside the platform. Place one foot on the centre of the base and keep it there throughout the exercise. Keep the leg on the platform straight while you bend the other one slightly. Keep the top of your body straight as you shift your weight to the leg on the floor, so that you notice the inside of your thighs stretching.

17.



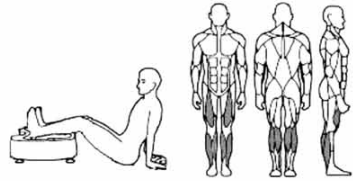
**Pectoral stretch:** Sit in front of the platform, you do not need to support your back. Use your hands to hold the platform by the edges. When you force your shoulders down, you stretch your chest and shoulder muscles. You can also pull on the belts to make the exercise harder.

18.



**Calf massage:** Lie on the floor with your calves resting on the platform and your toes facing upward. If you want, you can place something on the floor to feel more comfortable. Now you just have to relax.

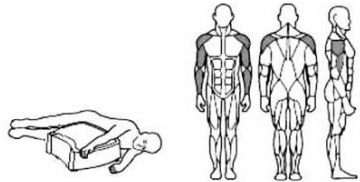
19.



**Calf and quadricep masaje:**

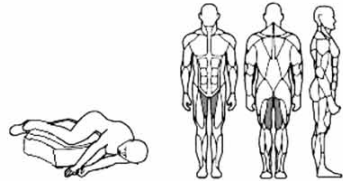
Sit on the floor resting your heels on the platform and relax. If you wish, you can place something on the floor to feel more comfortable.

20.



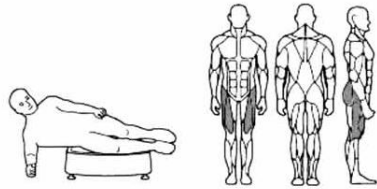
**Upper arm massage:** Lie down on the floor on one side facing the platform with your legs slightly bent. Place your arm on the base of the platform and relax.

21.



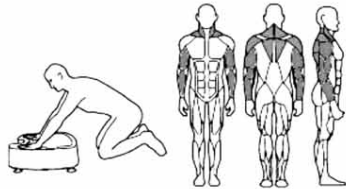
**Adductor massage:** Lie down on the floor on one side facing the platform. Bend one leg slightly, resting it on the base of the machine. Do not touch the platform with the rest of your body.

22.



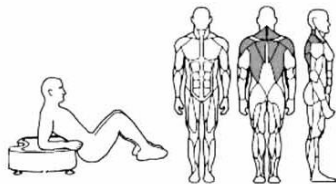
**Abductor massage:** Lie down sideways on the platform with your legs bent. Support the weight of your body by placing your forearm on the floor. Keep your back straight. This will massage the outer leg and your hip.

23.



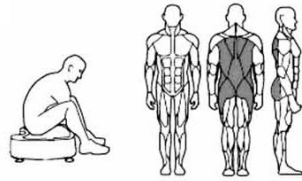
**Shoulder and neck relaxation:** Kneel in front of the platform with your arms stretched out, resting on the base. Keep your back and neck straight. This will stretch your back and relax the neck and shoulder area.

24.

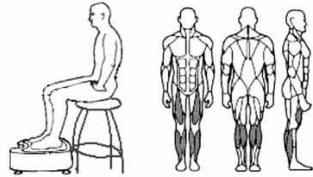


**Top body relaxation:** Sit on the floor with your back to the platform and your legs bent. Rest your forearms on the platform and raise the top of your body by lifting your gluteus. With your back and neck straight, pull your shoulders back.

25.-



**Back relaxation:** Sit on the platform with your legs on the floor and knees apart. Relax the top of your body, allowing it to lean forward. This will massage your back, hips, thighs and buttocks.



## EXERCISES FOR OLDER PEOPLE

Sit on a chair as shown in the diagram. Training with the platform produces an intense workout but without overloading your muscles or joints. Recommended use is 3 times per week.



## TWO 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.

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](mailto:service@vibra-trim.net) or visit us at [www.vibra-trim.net](http://www.vibra-trim.net)



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