

SUPER VIBE 2000 USER MANUAL



**FULL BODY
VIBRATION™**
by VIBRANT HEALTH & WELLNESS, INC.

**GET FIT & STAY
HEALTHY IN
JUST 10 MINUTES
A DAY!**

**FULL BODY
VIBRATION.com**
by VIBRANT HEALTH & WELLNESS, INC.



**FULL BODY
VIBRATION™**
by VIBRANT HEALTH & WELLNESS, INC.
Toll Free (855) 255-8423



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Introduction

Congratulations on the purchase of your new **Vibrant Health & Wellness Full Body Vibration** (also known as Whole Body Vibration) exercise machine. Our **Full Body Vibration (FBV)** machines provide maximum health and fitness benefits comparable to strenuous resistance exercises such as weight lifting, Pilates, and yoga—but with less time, effort, and stress on the body. Increased strength, reduced body fat, and lean muscle mass are some of the reasons we suggest you should use your **FBV** machine to make a positive improvement in your fitness regimen!

FBV is one of the safest, most effective, and easiest exercise machines presently available. Its applications range from top-of-the-line fitness conditioning to total body wellness and rejuvenation. In just 10 to 20 minutes a day, three to five times a week, a new level of health and wellness and sports performance may be obtained.

Please read through our manual carefully to learn how to properly use your **FBV** machine to achieve maximum benefits. You may also visit our website at www.fullbodyvibration.com to receive ongoing support and access other useful information. Regular updates will be added as they become available.

How does vibration technology work?

In traditional power and strength training, the load on the muscles is determined by the amount of weight being lifted. When using the vibration machine, a specific frequency and amplitude of vibration is chosen and the movement of the platform loads the muscles. This stimulates a reflex contraction within the muscle, which in turn leads to a high level of muscle activation and exertion. The superior muscle activation that is caused by the vibration machine, as compared to conventional training, means that less time is required to work muscle groups completely. The benefits may be wider ranging than those achieved by ordinary exercise.

How can Full Body Vibration benefit you?

There are numerous scientific research studies on the effects of vibration exercise. Some of the findings are published in leading medical research journals, including the US National Library of Medicine www.pubmed.gov. Research studies also may be found at www.fullbodyvibration.com. The FDA has not evaluated these studies.

Safety Precautions



CAUTION: For an extensive list of precluding ailments, please refer to the section on the following pages entitled "Who should use safety precautions?" If you experience any physical discomfort or abnormalities while using the **FBV** machine, stop immediately and consult a physician.

KEEP OUT OF REACH OF CHILDREN: This machine is not intended to be used by or near children. It is the user's responsibility to keep children, pets, and incapacitated persons away from the machine when it is in use or left unattended.

Danger: Do not allow hair or loose-fitting clothing near the base (vibration platform) of the machine during operation to prevent any possible entanglement with moving parts. Take extra **CAUTION** to avoid fingers, hands, feet, or toes from getting caught in the openings around the vibration platform.

Do not operate if the unit has a damaged cord or plug, the unit has been dropped or damaged, exposed to liquids or moisture, or is malfunctioning in any way. If your machine has any physical malfunctions, contact **Vibrant Health & Wellness** for repairs and/or warranty issues.

The machine must be grounded or there is a danger of electrical shock. It is equipped with a cord with a grounding conductor and a grounded plug. The electrical outlet it is plugged into must be properly installed and grounded in accordance with all local codes and regulations. **IF THERE IS ANY DOUBT, CONSULT AN ELECTRICIAN.**

Do not operate on the same circuit as any other appliance. If the cord or plug is damaged, **DO NOT attempt to replace or repair it yourself.** This must be done by an authorized service center or electrician. Never attempt to modify the cord or plug. Do not use any parts that are not recommended by the manufacturer.

Do not use within 30 minutes after meals. Remember to drink plenty of water before and after exercising.

Safety Precautions (continued)

Never allow more than one person on the vibration platform at any time. Doing otherwise may cause personal injury or damage to the machine.

It is recommended when standing on the vibration platform to wear closed-toe shoes. (Exercise shoes such as gym shoes or sneakers are preferred.)

Avoid all contact with water (including wet hands) while using the machine to eliminate any risk of electrical shock. Do not use outdoors or expose the unit to atmospheric conditions such as direct sunlight, rain, fog, mist, or hail.

Turn off power to the machine after each use by turning off the main power switch on the base unit located above the electrical cord.

Never leave the machine unattended when it is plugged into an electrical outlet.

When not in use, unplug the power cord from the electrical outlet. To unplug the power cord, turn the power switch to the off (O) position and then remove the power cord from the electrical outlet.

Disclaimer: Full Body Vibration is not intended to diagnose, treat, or cure any disease.

Who should use safety precautions? Most adults from the physically fit to the sedentary can use **FBV**. While the following list of medical conditions is not complete and **FBV** is extremely smooth and gentle, we strongly advise that you consult with your physician before using **FBV** if any of the listed conditions apply to you. **This does not mean that if you are suffering from any of the conditions on the list that you cannot use FBV.** Vibration therapy has been studied and used by professional entities around the world, in a number of cases, it is highly recommended to integrate vibration training in a treatment plan under the medical advice of a doctor, specialist, or physiotherapist. These conditions include, but are not necessarily limited to pregnancy, pulmonary embolism, acute hernia, discopathy, spondylosis, acute thrombosis, severe diabetes, known neurological conditions, migraines, epilepsy, pre-existing deep vein thrombosis, cardiovascular disease, recent infections, pacemaker and implantable cardioverter defibrillators, those undergoing cancer treatments (chemotherapy/radiation) or who have tumors, known retinal conditions, recently placed IUDs, metal pins or plates, are recently recovering from an operation or surgery such as a hip or knee replacement, have recent operative wounds, or have poor somatosensory receptor sensitivity on the plantar surfaces of their feet. If you are experiencing other symptoms, brief or long-term conditions, or are on medication, consult your physician prior to engaging in **FBV** use.

Assembly Instructions

Unpack the **Super Vibe 2000** and verify that all contents are present and undamaged. Contents include Exercise Chart, User Manual, Pair of Handles with 4 Screws and Washers, 3-Piece Pipe Set, Center Bolt and Knob, (2) T-Bolts, Allen Wrench, Power Cord, Remote Control, Yoga Mat, and Base Unit with 5 Feet and Locking Wing Nuts.

ALWAYS DISPOSE OF PACKAGING CAREFULLY AND KEEP OUT OF REACH OF CHILDREN. PLASTIC BAGS AND FOAM PIECES MAY POSE SUFFOCATION OR CHOKING HAZARDS.

Feet and Locking Wing Nut Assembly:

1. Adjust each foot, if necessary, to ensure that all five feet make firm contact with the floor surface. Note: The locking wing nut must be securely fastened against the frame to ensure the tightness of each foot. (Loose feet or wing nut adjustments may cause malfunction or noise during operation.)



Machine Foot with Locking Wing Nut

Handle Assembly:

1. Attach the 3-piece pipe set by **loosely** connecting the center pipe to the center base bracket by using the center bolt and knob supplied. (See diagram 1.)
2. After the center bolt is **loosely** fastened through the center pipe and the center base bracket, attach the two outer pipes to the base brackets one at a time by **loosely** fastening the t-bolts through each side. (See diagram 2.)

IMPORTANT: When attaching the two outer pipes onto the base brackets, **loosely** fasten the t-bolts through the pipe and the base bracket a few turns until both outer pipes are aligned and **loosely** attached. When all three pipes are **loosely** attached to the base brackets, hand tighten all bolts to firmly secure the 3-piece pipe set onto the base unit.

3. Insert the handle pipes into the 3-piece pipe set by using the screws and washers provided (2 screws and washers for each pipe; see diagram 3).



Center Bolt and Knob



T-Bolts



Operating Instructions



Control Screen Display and Button Description:

Button	Description
	User-Defined Program
	Time Up
	Time Down
	Start/Stop
	Mode Selection
	Left: Oscillation Speed Up Right: Spiral Speed Up
	Left: Oscillation Speed Down Right: Spiral Speed Down

Starting the machine in Manual Mode:

This feature is suggested for beginners and for people who want to control the speeds manually. The Manual Mode function is activated by pressing the START/STOP button located on the remote control or on the base control panel of the machine. This is a default setting each time you start the machine with the START/STOP button.

When the machine first turns on in Manual Mode: Both motors will start at their lowest speeds (01/01) and the timer will automatically begin a 10-minute countdown.

To operate only one motor: You must turn off the motor that you do not want to operate by pressing the - button. Press the + button to turn on the motor that you want to increase. By pressing/holding the + or - button while pointing the remote at the control screen, the speeds will increase or decrease. You may operate the motors independently or together at the same or different speeds.

Operating Instructions (continued)

REMOTE CONTROL USER INSTRUCTIONS:

Display Light: The light flickers when you press any button on the remote control.

Note: When operating the remote control, the sensor on the front (nose) of the remote control must be pointed at the control screen on the base unit when pressing the buttons.

Start: Press the START/STOP button to start the machine.

Speed Adjustment Button (Manual Mode only):

- Press left + button to increase the oscillation speed.
- Press left - button to decrease the oscillation speed.
- Press right + button to increase the spiral speed.
- Press right - button to decrease the spiral speed.

Note: By pressing/holding the + or - button while pointing the remote control at the control screen, the speeds will increase or decrease.

Stop: Press the START/STOP button to stop the machine.

Time Adjustment Button (Manual Mode only): Press TIME+/TIME- button to adjust the desired time. (Not for automatic programs.) The default time setting is 10 minutes.

Operating Programs:

To select any of the desired programs, press the MODE button. The control screen will display P1. By continuing to press the MODE button, the control screen will display P2, P3, U1, U2, U3, and Manual. P1, P2, and P3 are automatic programs. U1, U2, and U3 are User-Defined Programs (See Programs below). After selecting a desired program, press the START/STOP button. The machine will start and operate on the selected program.

Automatic Programs:

There are three preset programs: P1, P2, and P3. These programs are optional and based on desired choice. Each program has its own preset variation of speeds and duration times that fluctuate during the 10-minute default operating time.

User-Defined Programs:

There are three user-Defined Programs: U1, U2, and U3, which allow you to design and customize personal programs of your choice. Each program allows you to enter up to 12 variations of speeds and duration times of each spiral and oscillation feature. Once a designed cycle has completed, the machine will automatically advance to the next programmed variation within the selected User-Defined Program. These cycles will continue for 10 minutes (the maximum time the machine will run in automatic or User-Defined Program mode). Once designed and programmed, the machine stores your personal preferences permanently until you choose to change them.



Remote Control

Operating Instructions (continued)

Following are instructions for adding and changing the User-Defined Programs. Programming instructions for U1, U2, and U3 are identical. Before starting the machine, press the MODE  button until U1 appears on the display. Next press the USER-DEFINED PROGRAM  button on the base of the machine and U1 will begin flashing. A bar will appear above both the  and . You may now begin programming the first cycle of U1. Press the left   button to set the oscillation speed. The speed selected will be shown on the left of the screen display. Press the right   button to set the spiral speed. The speed will be shown on the right of the screen. Speeds selected may range from 0 to 60 (selecting 0 means the corresponding motor will not run during that cycle of the program). Press the TIME UP or TIME DOWN button to set the running time for the cycle. The time selected will appear on the display, e.g., 20 seconds will appear as Time 20. Press the USER-DEFINED PROGRAM  button on the base of the machine. This records the programming information you have selected in cycle 1 and advances to cycle 2 within the U1 program. You may continue to program up to 12 cycles using the procedure described above, or you may skip subsequent cycles by pressing the USER-DEFINED PROGRAM  button on the base of the machine until U1 stops flashing.

To change an ENTIRE program, locate the User-Defined Program that you desire by pressing the MODE  button until it appears, and then repeat the instructions in the previous paragraph. Remember, if you have programmed 12 cycles within a program, you must change each one individually. To CHANGE ONLY SELECTED CYCLES within a program, press the USER-DEFINED PROGRAM  button on the base of the machine until your program cycle appears and then make your changes as described above. Press the USER-DEFINED PROGRAM  button again to record your changes.

Note:

- a. The programming of U2 and U3 is the same process as the programming of U1.
- b. The program will repeat automatically until the total system time is finished, and then it will stop.
- c. You can press the START/STOP button  to stop the machine at any time. The system will return to the Manual Mode. You can press the MODE button  to choose the program at this time and press the START/STOP button  to run it.
- d. During operation, you can press the START/STOP button  at any time to stop it.
- e. During the running of U1, U2, and U3, only the START/STOP button  is active.

Getting Started

How you decide to use your vibration exercise machine depends on your own personal preference. You can simply find a single position that is most comfortable for you, or you can perform a variety of positions for selected periods of time—the decision is up to you. We suggest starting SLOWLY (See User Guidelines) until you become more adapted. You may use both motors together or use one motor by itself. When using two motors together, they do not have to be on the same speeds. (See Operating Instructions.)

Floor Surface to Use the Vibration Machine

Carpet or Hard Floor: Your machine may be used on carpet or hard floor surfaces. The machine does not produce heat and is safe for all floor surfaces. It is important that all machine feet are firmly touching the floor. On hard floors, we recommend using a non-slip, thin carpet or mat beneath the machine to ensure firm contact.

User Tips

In order to maximize the desired results from your new **FBV** machine, a few tips are suggested.

When standing on the machine platform (prior to starting the machine), position your feet straight and evenly apart (about shoulder width), keeping toes pointed forward and keeping a slight bend in your knees.

Do not use the vibration machine in any one position for more than 10 minutes during any one session.

It is VERY important that the center of the platform is centered between your feet at all times. Positioning your feet away from the center of the platform will increase amplitude. Positioning your feet closer toward the center of the platform will decrease amplitude.

FBV exercise depends on both the frequency and intensity of the vibrations. The higher the amplitude, the more the muscles contract in order to appropriately adjust to the mechanical movement of the platform. This increase in amplitude can lead to a more powerful effect in some circumstances. **FBV** exercise may stimulate up to 100 percent of the body's muscle fibers.

User Guidelines

User Weight Capacity: 265 lbs.

How often can I use the vibration machine? Based on your physical condition and individual preference, you may use the machine every day and multiple times throughout the day. Do not use the vibration machine in any one position for more than 10 minutes during any one session.

How do I know which speed setting is right for me? We highly suggest that each user find gentle speeds and time frames that are safe and comfortable for his or her body.

Low Oscillating Speeds: (01–15) Low speeds within this range are suggested for beginning exercisers, new **FBV** users, and those who are frail, debilitated, overweight, or not in good physical condition.

We suggest that those beginning an exercise program and new users start by using slow speeds for short periods of time until the body and muscles adapt to the oscillation movement. Low speeds are suggested for weight loss, body fat reduction, and for those with poor balance.

Medium Oscillating Speeds: (16–30) Medium speeds are suggested for intermediate exercisers and those who are in good physical condition. These speeds may be for people who have become comfortably adapted to low speeds. Medium speeds are suggested for muscle tone, core strength, and those with poor circulation. Medium speeds are not recommended for weight loss or body fat reduction.

High Oscillating Speeds: (31–60) High speeds are suggested for advanced exercisers who are physically fit or want high-impact sports training. High speeds may have benefits equivalent to the medium speeds and may be used by those who have become comfortably adapted to low and medium speeds and want to increase the intensity of their sessions. High speeds are not recommended for weight loss and body fat reduction.

Spiral Vibration Speeds: (01–60) Spiral Vibration, also called “The Massage CirCulizer,” is extremely smooth and gentle. This circular/orbital movement offers ultimate comfort by creating body stimulation without causing the body to sway or jostle. This spiral movement is considered to be the most gentle and smoothest feature in the vibration industry. This spiral feature is suggested for those with poor circulation, low energy, or those who suffer from pain and who may not want to use oscillation. Each user can select a smooth, gentle speed that feels comfortable to his or her body.

User Guidelines (continued)

You may decide to use the machine every day, but that depends upon your fitness condition and personal choice.

Below are some illustrations of positions that may target different muscle groups of the body.



Maintenance

A periodic check of your vibration machine will help keep your machine in good operating condition and may also help prevent potential problems in the future. The following is recommended:

- Always unplug the power cord from the electrical outlet before cleaning, performing any kind of maintenance, and when the machine is not in use.
- Tighten all screws every few months.
- Adjust the feet if the machine is not level.
- Do not use harsh chemical cleaners, solvents, or any flammable liquids to clean the machine.
- Wipe the platform and support handles with a clean cloth after each use to prevent perspiration from entering the machine.
- After each use, turn off the power switch located on the base unit and unplug the power cord from the electrical outlet.

Do not store the machine under these conditions:

- Near heat or open flame
- Under direct sunlight
- In a humid environment

If the machine is not in use for long periods of time, cover it with a clean soft cloth. Also, do not twist the cord as this may cause the machine to malfunction.

Features & Specifications

Vibration Type:	Oscillation & Spiral/Orbital
Motor Power:	200 W & 200 W DC
Oscillation Amplitude:	0–8 mm
Oscillation Frequency:	5–15 Hz
Spiral Amplitude:	0–2 mm
Spiral Frequency:	15–40 Hz
Control Panel:	LCD Screen on Base with Separate Remote Control
Speed Range:	0–60
User Weight Capacity:	265 lbs
Unit Weight:	67 lbs
Unit Size:	L 22 in. x W 21.6 in. x H 42.5 in.
Input Voltage:	AC 110–120 V/60 Hz
Certification:	CE, ISO, ROS, Issued by SGS

Troubleshooting

1. **Problem: Machine makes rattling noise.**

Solution:

- A. Check for loose feet and/or loose locking wing nuts on the feet and tighten.
- B. Check handle screws and all exterior screws and tighten.

2. **Problem: Machine runs intermittently or doesn't respond to control operation.**

Solution:

(Turn off the power switch located by the power cord and unplug the power cord for 10 seconds. Plug the cord back in, turn the power switch back on, and start the machine.)

3. **Problem: Remote Control doesn't respond.**

Solution:

- A. The remote control front nose must be pointed at the control panel on the machine. (Point at the center of the control panel screen.)
- B. Press any button on the remote control and see if the red light flickers. (If so, the remote control is working.)
- C. If the red light on the remote control flickers and there is no response, "reboot" the machine (see # 2 above).
- D. If the red light on the remote control doesn't flicker when pressing any button, spin the batteries to ensure better contact or replace the batteries.

4. **Problem: Machine does not turn on (no power to switch or control screen).**

Solution:

- A. Check the power cord and make sure it is securely pushed all the way into the plug receptacle of the machine.
- B. Check the wall plug to make sure the power is working through the wall socket. (Plug in a small lamp to test.)
- C. Check the power switch and ensure that the switch is in the ON (I) position.
- D. Check the fuse inside the fuse holder located at the bottom of the plug receptacle on the base unit.

Note: The plug must be removed from the plug receptacle of the machine to extract the fuse holder and the fuse.

DO NOT open the machine cover, disassemble, or unscrew any components from the base unit without instructions from the company.

For ALL service needs, contact customer service at (855) 255-8423.

Warranty/Guarantee

1 Year FULL Warranty with 5-Year Motor

Vibrant Health & Wellness warrants its vibration machines to be free of any defects in materials and workmanship. If the vibration machine exhibits any defects while being operated correctly and within the guidelines provided during the period of one (1) year from the date the machine was received, **Vibrant Health & Wellness** will either repair or replace the defective part or the machine. Motors are under warranty for a period of five (5) years from the date the machine was received.

This warranty does not cover the following:

- Damage, accidental or otherwise, to the vibration machine not caused by direct defects from factory workmanship or materials.
- Damage due to abuse, mishandling, alteration, misuse, or failure to follow suggested use and maintenance.
- Damage caused by parts or service not authorized or performed by an authorized agent of Vibrant Health & Wellness.

Please do not send your **Vibrant Health & Wellness Full Body Vibration** machine back without return authorization. Please contact us at 1-855-All Vibe (855) 255-8423 to arrange handling and warranty logistics.

You are responsible for arranging and paying the charges to ship the machine back to Vibrant Health & Wellness, and we will repair or replace the machine and send it back to you at our cost. Under any circumstance, our liability shall not exceed the retail cost of the vibration machine.

Please save your original shipping box(es) and inserts as they have been specifically designed to handle the product and minimize the risk of damage during shipping.

www.fullbodyvibration.com
Toll Free **855-All-Vibe** (855) 255-8423