



FULL BODY VIBRATION®

by VIBRANT HEALTH & WELLNESS, INC.



SUPER VIBE 3300 USER MANUAL

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Introduction

Congratulations on the purchase of your new **Full Body Vibration** (also known as Whole Body Vibration) exercise machine. Our **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 this guide 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 FBV Works

Circulizer[®] is a new revolutionary technology designed to target the circulatory system, as research indicates that circulation has a significant impact on overall health. This exclusive innovation creates smooth, circular stimulation that revitalizes the body in a soothing way — like a gentle massage — and is highly recommended for those with poor circulation or pain.

Oscillation produces alternating side-to-side movements that simulate walking and are smooth and gentle on the joints, ligaments, and tendons. This motion creates automatic reflex muscle contractions that transfer invigorating energy throughout the entire body. Depending on speeds, these contractions can occur 15 times per second, resulting in significant benefits in much less time than traditional exercise.

Combined, these two movements create a synergy that targets every cell and muscle in the body, promoting a multitude of life-enhancing benefits.

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.

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.

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.

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

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

Safety Precautions (continued)

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 near the electrical cord receptacle.

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.

Power Source Note: The machine's electronics operate by converting AC power (standard wall outlet – 120V) into low-voltage DC power. Based on the current design characteristics, this low-voltage DC power is not expected to produce harmful levels of electromagnetic (EMF) radiation. Our machine type is considered to generate low-impact, ground-based mechanical movements, without the use of high voltage or strong electrical or electromagnetic frequencies. The movements produced by our machines are not expected to impose high-impact forces. There have been no reported incidents involving pacemakers, defibrillators, or other electronic medical device interference.

Unpacking and Machine Assembly

1. Removing the Machine from the Carton

- Remove the top Styrofoam lid and accessories.
- Carefully tilt the carton onto its side.
- While holding the machine securely with one hand, gently slide it out onto a padded surface.

2. Floor Surface Setup Guidelines

- After unpacking, inspect the machine's feet and tighten them if necessary.
- Adjust all feet so that the machine is stable and all feet are in full contact with the floor. The machine is suitable for use on both carpet and hard floor surfaces. It does not emit heat and is compatible with all flooring types. For hard floors, it is advisable to place a non-slip, thin mat or rug, under the machine feet to help maintain stability and reduce friction noise.

3. Assembling the Handle System

- With the machine on the floor, raise the center column and handle assembly to the upright position.
- Secure the column in place by fastening the two black center column assembly knobs, as shown in the reference image.

4. Adjusting Handle Height

- Lift the handles until the inner slide column clicks into the first locked position.
- For maximum height, press and hold the spring-loaded detent button on the center column while raising the handles to the second locked position.
- To lower the handles, press and hold the detent button and slide the column down to the desired height.

5. Securing the Handle System

- After setting the desired handle height, close the center column locking clamp to lock the center column in place.

Note: The center column locking clamp must be released each time you adjust the handle height.

6. Connecting the Power Cord

- Insert the power cord into the receptacle next to the power switch, located at the back of the machine.

Tip: To make connecting or disconnecting easier, gently wiggle the power cord while inserting or removing it from the machine.

Your machine is now ready for use.

Before operating, please read all safety precautions, user tips, and operating guidelines to ensure safe and effective performance.

Super Vibe 3300 Component Diagram



User Guidelines & Speed Settings

User Weight Capacity: 265 lbs.

How you decide to use your machine depends on your own personal preference. You can choose a single position or choose a variety of positions for any selected periods of time — the decision is up to you. 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 movements. You may use both motors together or use one motor by itself. When using two motors together, they do not have to be set to the same speed. (See Operating Instructions.)

Based on your physical condition and individual preference, you may use the machine every day and multiple times throughout the day. We suggest that you do NOT use the oscillation in any one position for more than 10 minutes during any one session. We suggest that each user finds 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, have poor balance or otherwise not in good physical condition.

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.

Circulizer® Vibration Speeds: (01–60) This massaging movement offers ultimate comfort by creating smooth body stimulation without causing the body to sway or jostle. The circulizer® movement is considered to be the most gentle and smooth feature in the vibration industry. This circulizer® 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 & Speed Settings (continued)

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.

While oscillating, 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 to the center of the platform will decrease amplitude.

FBV oscillating 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.



Relaxed seated position targets feet and legs.



Holding canes while in oscillation mode targets upper body.

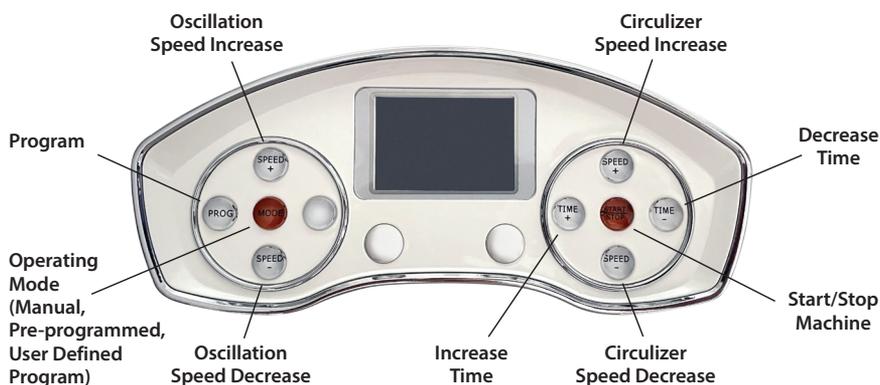


Resting forearms on legs while in oscillation mode targets upper body.

User Tips:

The machine may be operated with the handle system in its lowest position after the center column is standing upright and securely fastened. Users may target feet and legs while seated. Targeting the upper body while seated may be achieved by holding assistive devices (such as canes or walking sticks), or by resting the forearms on the legs while the oscillation feature is functioning.

Operating Instructions



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 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: Turn off the motor you don't want to use by pressing the minus (-) button. Press the plus (+) button to increase the speed of the desired motor. You may operate the motors independently or together, at the same or different speeds.

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.

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.

Operating Programs:

To select any of the desired programs, press the MODE button. The control panel will display P1. By continuing to press the MODE button, the control panel 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 page 9). After selecting a desired program, press the START/STOP button. The machine will start and operate on the selected program.

Operating Instructions (continued)

User-Defined Programs (Programming the machine is optional):

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 circularizer 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.

The 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 PROGRAM  button on the control panel 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 circularizer 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 PROGRAM  button on the control panel. 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 PROGRAM  button on the control panel 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 PROGRAM  button on the control panel until your program cycle appears and then make your changes as described above. Press the PROGRAM  button again to record your changes.

Note:

- The programming of U2 and U3 is the same process as the programming of U1.
- The program will repeat automatically until the total system time is finished, and then it will stop.
- 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.
- During operation, you can press the START/STOP button  at any time to stop it.
- During the running of U1, U2, and U3, only the START/STOP button  is active.

User Positions

SQUAT



This position targets quadriceps, knees, and lower body.

Bend your knees, and keep your feet evenly spaced from the center.

DEEP LUNGE



This position targets quadriceps, increasing hamstring flexibility.

Keep your front knee on top of, or behind, your ankle. You can hold the handles for balance, if needed.

FREE WEIGHTS



Using free weights may help increase muscle tone.

ADVANCED PUSH-UP



This position targets triceps, chest, shoulders, and abdomen.

Keep body straight and core muscles tightened for extra intensity.

FULL BODY SITTING POSITION



This position targets arms, chest, shoulders, and neck.

By positioning your legs over the outer corners, you may also target the thighs and other leg muscles. Lifting your feet off the floor may also target the abdominal muscles.

UPPER BODY CHAIR POSITION



This position targets arms, shoulders, and neck.

User Positions (continued)

GENTLE PUSH-UP

This position targets triceps, chest, shoulders, and abdomen.

You can either raise your feet or keep them on the floor.



NECK RELEASE

This position targets arms, shoulders, and neck.

Place your feet hip-width apart, and place your hands at least shoulder-width apart.



LOWER BODY CHAIR POSITION



This position targets legs and hips.

LOWER & UPPER BODY CHAIR POSITION

This position targets legs and hips.



Note: By placing your hands on your thigh and knee area and applying slight pressure, you may also target your arms and shoulders.

TRICEPS CURL

This position targets triceps, biceps, pectoral, and deltoid muscles.

Your feet should be placed hip-width apart. This can also be done as an active posture by raising and lowering your hips.



UPPER BODY SITTING POSITION

This position targets arms, chest, shoulders, and neck.



Maintenance

A periodic check of your vibration machine will help keep it 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. Avoid twisting the cord as this may cause the machine to malfunction.

Features & Specifications

Vibration Type:	Oscillation & Circulizer
Motor Power:	200 W DC & 200 W DC
Oscillation Amplitude:	0–8 mm
Oscillation Frequency:	5–15 Hz
Circulizer Amplitude:	0–2 mm
Circulizer Frequency:	15–40 Hz
Control Panel:	LCD Screen
Speed Range:	0–60
User Weight Capacity:	265 lbs
Unit Weight:	60 lbs
Unit Size:	L 20 in. x W 22 in. x H 32–43 in. & 45 in.
Input Voltage:	AC 110–120 V/60 Hz
Certification:	CE, ISO, ROS, Issued by SGS

Troubleshooting

- 1. Problem: Machine makes rattling noise.**
 - A. Check for loose feet and/or loose locking wing nuts on 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.**
 - A. (Reboot) Turn off power switch (switch located by power cord) and unplug power cord for 10 seconds. Plug the cord back in and turn power switch back on and start machine.
- 3. Problem: Machine does not turn on (no power to switch or control screen).**
 - A. Check power cord and make sure it is securely pushed all the way into the plug receptacle of machine.
 - B. Check wall plug to make sure power is working through wall socket. (Plug in a small lamp to test.)
 - C. Check POWER switch, ensure that switch is in the ON (I) position.
 - D. Check the fuse by removing the power cord plug from the machine's receptacle. Then, access the fuse inside the holder at the bottom of the plug receptacle.

Do not disassemble any components without instructions from the company.

Warranty/Guarantee

1-Year FULL Warranty with 5-Year Motor

Vibrant Health & Wellness, Inc. 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, Inc.** 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 damage, accidental or otherwise, to the vibration machine not caused by direct defects from factory workmanship or materials. This warranty does not cover abuse, mishandling, alteration, misuse, or failure to follow suggested use and maintenance. This warranty does not cover damage caused by parts or service not authorized or performed by an authorized agent of **Vibrant Health & Wellness, Inc.**

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. You are responsible for arranging and paying the charges to ship the machine back to **Vibrant Health & Wellness, Inc.** 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 do not ship or send your machine back without a return authorization.

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



www.fullbodyvibration.com
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