



**USER MANUAL – EN**

**IN 18538 Vibration Platform VibroGym inSPORTline Charles**



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## SAFETY INSTRUCTIONS

Please follow the warnings and cautions said below strictly. This will prevent to damage of your machine or any harm to your body or any lose which caused by any improper use of the machine. Read the manual carefully before first use and keep it for future references.

When use the machine, please comply to the instruction to operate.

- Please make sure that the power plug does not get pressed by the side portion of the machine.
- The power plug might get damaged leading to electrocution or fire.
- Use the power outlet for the machine only.
- Connecting multiple products to an outlet might lead to fire. Fuse might get damaged or the product may not function.
- Please remove dirt on the power plug using dry clothes.
- Dirt and abnormal connection might lead to fire.
- Leave 20cm of gap from the wall when installing the machine.
- Good air circulations will prevent the product from malfunctioning. For safety keep distance of 0,6 m around the device.
- Please install the product in solid and horizontal ground.
- Noise and vibration might be created when the ground level is not horizontal. Please adjust the machine when the ground is not even.
- After using the machine, please press the Stop button. Step down from the machine when the machine stops completely.
- Stepping down during run state might lead to physical injuries.
- Please unplug the power plug when the product is not in use.
- This will prevent unnecessary wastage of electricity and may prevent fire.
- Please do not run on top of the machine when the product is in use.
- The product might get damaged.
- Old people and children should be accompanied by guardians in using the machine.
- Physical injuries might be caused.
- The machine cannot take load of more than two people. Maximum weight limit is **120 kg**.
- The machine might get damaged.
- Before cleaning, unplug the device, remove any water particles using dry clothes to prevent water particles entering into the machine.
- Water particles will weaken the insulation will lead to electric leakage and fire and easy to rot the machine.
- Please clean the surface of the machine using proper cleaners suitable for the material.
- Please wipe the surface with dry clothes when wet towel had been used to clean the surface.
- Please clean and dry the machine before storing the machine for a long time.
- Please clean the surface with dry clothes before storing to prevent corrosion.
- Please do not unplug and plug the power plug with wet hands.
- It might lead to electrocution
- Do not band the power cord and avoid the power cord from getting damaged by heavy items.

- When damaged, it might be lead to fire.
- Please do not use damaged power cord or plug.
- It might lead to fire or electrocution.
- Do not install the machine in wet place or near to water.
- It might lead to electric leakage. The machine may get corroded when used in wet place or place nearby water.
- Please do not stock items on top of the plate.
- It might lead to electrocution or fire and may damage the electric circuit.
- Do not sprinkle water or clean the machine using gasoline, benzene, thinner or chlorine.
- There is danger of getting electrocution or catching fire. It also might damage the electronic circuit.
- Please remove the power plug before cleaning
- For prevention of electric leakage.
- When the machine creates smoke or burning smell, remove the power cord immediately and stop exercising.
- It might lead to fire or electrocution.
- Please do not disassemble, repair or modify the machine if you are not professional.
- Non-compliance will lead to product damage or financial damage due to fire or malfunctioning of the machine.
- **Overall machine dimensions:** 75 x 76 x 141 cm (L x W x H)
- **Size of vibrating surface:** 70 x 50 cm (lxw)
- **Maximum load:** 120 kg
- **Equipment weight:** 36 kg
- **Category:** SC (according to EN 957) suitable for commercial use.

If you are under medical treatment or any of the following symptoms. Please consult your doctor before use.

- Epilepsy
- Diabetes
- Heart and vascular disease
- Slipped disc or had Back/Spine Surgery
- Knee and hip implants
- Pacemaker
- Recently insert IUD, Metal pins
- Tumor
- Recent infections
- Recent operative wounds
- Pregnant women
- Severe migraine

## TIPS

It is advisable to drink 500ml lukewarm water before use in order to eliminate the toxic wastes. Drink 3000ml of water daily for a healthier lifestyle as it can revitalize your energy in your body. Water can benefit your body as follows:

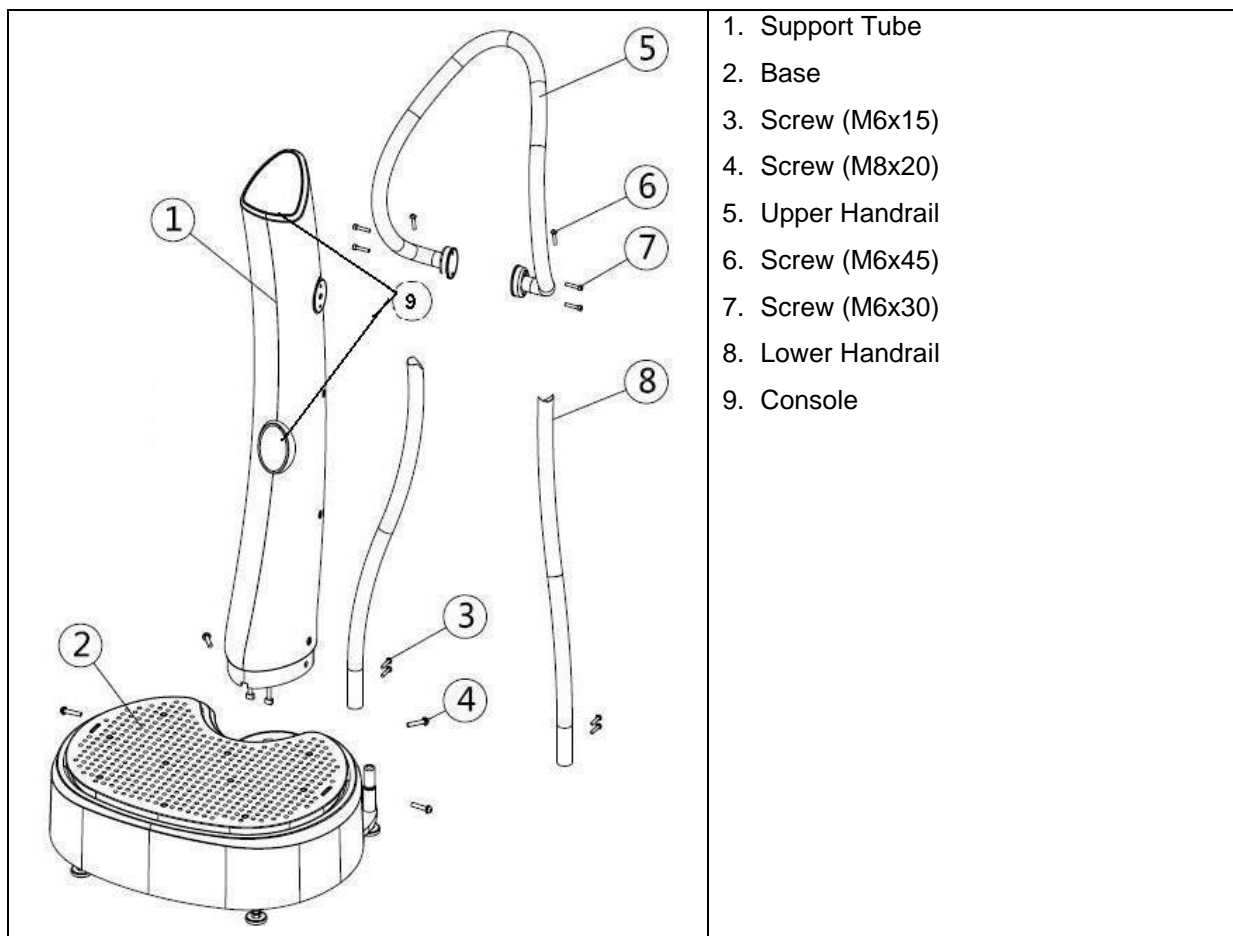
- Helps prevent indigestion
- Reduce sickness especially in the kidney
- Enhance metabolism rate
- Improve blood circulation and prevent heart disease
- Strengthen your immune system
- Reduce pressure and stress
- Prevent fatigue and increase stamina in the body
- Enhance your skin texture for a freshness look

## INTRODUCTION

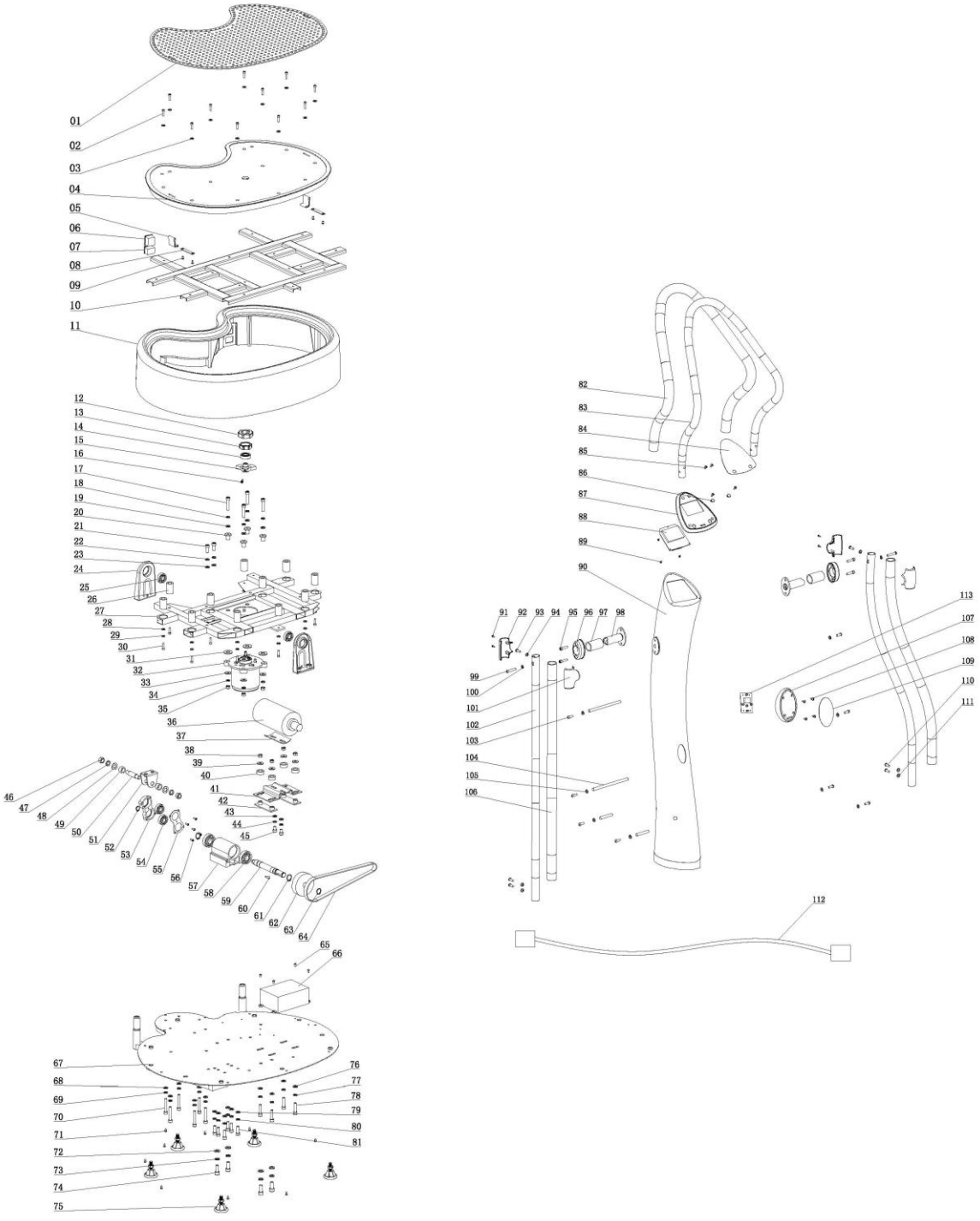
Thank you for purchasing vibration plate. Please read the operation manual thoroughly before you begin operating the machine. This operation manual should be kept available for future reference after you have read it through.

**Our company has the absolute right to alter the design pictures and material color without prior notice. Design, pictures and material color seen in this manual is solely for illustration purpose.**

## PARTS



# EXPLODED VIEW



## PARTS LIST

No.	Name	Qty
1	Foot skin	1
2	Inner hexagon cylindrical screw	11
3	Washer	11
4	Footplate	1
5	Ornament of straps	2
6	Switch	1
7	Socket	1
8	Metal clip for fixing ornament of straps	2
9	Hexagon nipples	4
10	Strengthening rod components	1
11	Base casing	1
12	Rubber sleeve	1
13	Bearing sleeve	1
14	Deep groove ball bearing	1
15	Eccentric block	1
16	Inner hexagon cylindrical screw	1
17	Inner hexagon cylindrical screw	4
18	Spring washer	4
19	Washer	4
20	Insulation sleeve of spiral motor	4
21	Inner hexagon cylindrical screw	2
22	Spring washer	2
23	Washer	2
24	Footplate bracket assembly	2
25	Deep groove ball bearing	2
26	Vibration absorber	11
27	The whole footplate	1
28	Washer	11
29	Spring washer	11
30	Inner hexagon cylindrical screw	11
31	Epoxy washer	4
32	Spiral motor	1
33	Big washer	4
34	Spring washer	4
35	Hexagon nipple	4

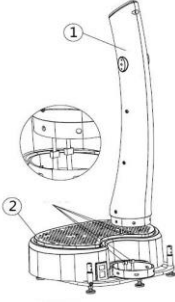
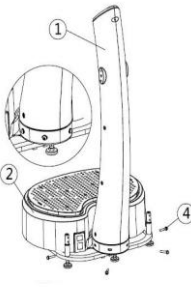
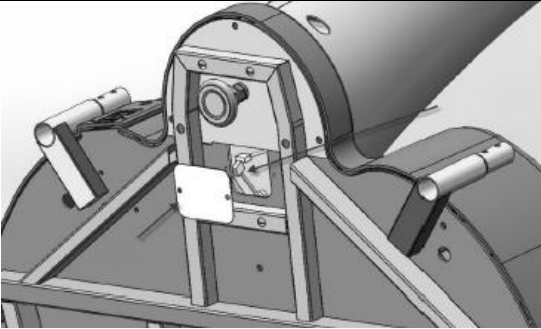
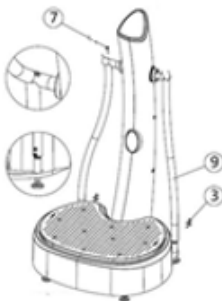
36	Oscillation motor	1
37	Motor insulation pad	1
38	Hexagon nipple	4
39	Big washer	4
40	Insulation washer of motor seat	4
41	Motor seat	1
42	Insulation pad of motor seat	2
43	Washer	4
44	Spring washer	4
45	Inner hexagon cylindrical screw	4
46	Hexagon nipple	2
47	Spring washer	2
48	Flat washer	2
49	Locating sleeve	2
50	Axle of connecting rod	1
51	Bracket of connecting rod	1
52	Clamp spring of axle	1
53	Connecting rod	1
54	Deep groove ball bearing	2
55	Connecting rod cap	1
56	Phill disk head screw	5
57	Aluminum bearing seat	1
58	Deep groove ball bearing	2
59	Woodruff key	1
60	Eccentric shaft	1
61	Clamp spring of axle	2
62	Belt pulley	1
63	Clamp spring of axle	1
64	Motor belt	1
65	Phill disk head screw	4
66	PCB controller	1
67	Metal base plate	1
68	Washer	6
69	Spring washer	6
70	Inner hexagon cylindrical screw	6
71	Phill disk head self-tapping screw	9
72	Washer	4
73	Spring washer	4



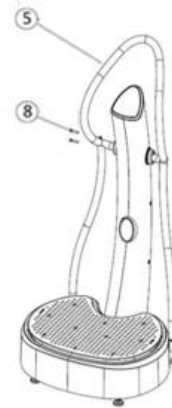
74	Inner hexagon cylindrical screw	4
75	Adjustable feet	5
76	Washer	4
77	Spring washer	4
78	Inner hexagon cylindrical screw	4
79	Washer	6
80	Spring washer	6
81	Inner hexagon cylindrical screw	6
82	Upper handrail protection foam	1
83	Upper handrail	1
84	Main control panel sticker	1
85	Phill disk head self-tapping Screw	4
86	BMI sensor chip	2
87	Main control Panel	1
88	Display PCB	1
89	Phill disk head self-tapping screw	3
90	Column	1
91	Phill disk head self-tapping screw	4
92	Handrail front plastic cover	2
93	Inner hexagon disk screw	2
94	Flat washer	2
95	Inner hexagon cylindrical screw	4
96	Handrail flange plastic cover	2
97	Handrail flange protection foam	2
98	Handrail flange locating rod	2
99	Inner hexagon disk screw	2
100	Flat washer	2
101	Handrail back plastic cover	2
102	Lower handrail tube	2
103	Inner hexagon disk screw	8
104	Column location pin	4
105	Washer	8
106	Lower handrail protection foam	2
107	Lower control panel	1
108	Phill disk head self-tapping screw	4
109	Lower control sticker	1
110	Inner hexagon disk screw	4
111	Washer	4

112	Plug	1
113	Column LED PCB	1

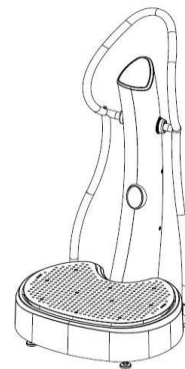
## ASSEMBLY

<p><b>STEP 1:</b> Take out the support tube (1) and main base (2) from packing carton. Connect the upper and lower signal cable.</p>	
<p><b>STEP 2:</b> Put the support tube (1) into the base (2). Lock them with screws (4) and install the feet cushion.</p>	
<p><b>STEP 3:</b> Push the cables into the column and cover with plate and screws.</p>	
<p><b>STEP 4:</b> Take out lower handrail (9) and install with screw (3) and (7) as picture.</p>	

**STEP 4:** Install the upper handrail (5) on the support tube with screw (8).

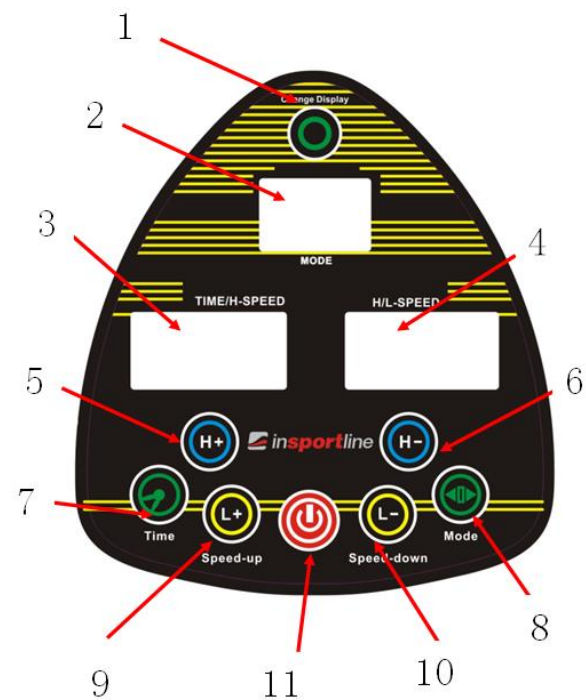


This is final assembled picture.

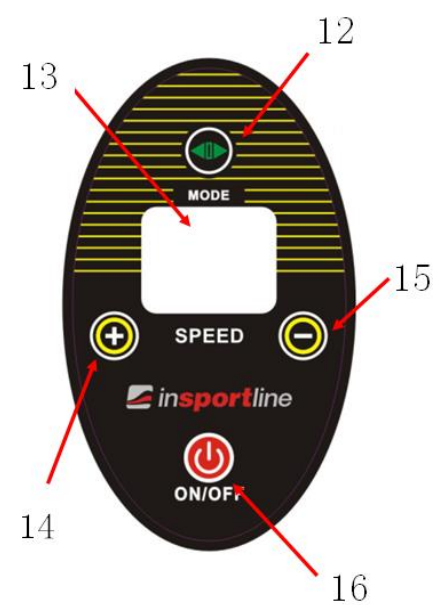


## OPERATION INSTRUCTIONS









### UPPER CONSOLE







### MIDDLE CONSOLE



## UPPER CONSOLE OPERATION

<p>1. </p>	<p>Press this button to switch the time or speed display during the machine.</p>
<p>2. <b>MODE</b> window</p>	<p>Display the current mode of machine, manual or automatic.</p>
<p>3. <b>TIME / H-SPEED</b> window</p>	<p>Display the time countdown or oscillation speed. Switch the display mutually.</p>
<p>4. <b>H/L SPEED</b> window</p>	<p>Oscillation or spiral vibration speed display, switch the display mutually.</p>
<p>5.  <b>Oscillation speed +</b></p>	<p>In manual mode, press this button to increase the oscillation speed, the speed range is 1 to 60 level.</p>
<p>6.  <b>Oscillation speed -</b></p>	<p>In manual mode, press this button to reduce the oscillation speed, the lowest is 1 level.</p>
<p>7.  <b>Time</b></p>	<p>Set the running time of the machine. This is the total time the machine is running. When the running time reaches the set value the machine will automatically stop running.</p> <p>Setting method: The default time is 10 minutes. When you select the manual mode, press this button before the machine is running, then press button "H+" or "H-" to increase or reduce oscillation running time, press "L+" or "L-" to increase or reduce the spiral vibration running time. After setting the time, press Start/Stop button, the machine run at the current set time, the machine automatically stops after the countdown time.</p>
<p>8.  <b>MODE</b></p>	<p>Loop select during "HL, P1, P2, P3". "HL" is manual mode, P1\P2\P3 are automatic mode. In manual mode, manually increase or reduce the speed levels; In automatic mode, the machine runs at pre-setting time and speed. In standby state, select the mode, then press button 11 or 16 to start-up, the machine will run at the current mode.</p>
<p>9.  <b>Spiral vibration speed +</b></p>	<p>In manual mode, press this button to increase the spiral vibration speed, the speed range is 1 to 60 level.</p>
<p>10.  <b>Rychlost spirálních vibrací -</b></p>	<p>Spiral vibration speed down: In manual mode, press this button to reduce the spiral vibration speed, the lowest is 1 level.</p>
<p>11.  <b>Start/Stop</b></p>	<p>Start or Stop the machine.</p>

## MIDDLE CONSOLE OPERATION

12.  <b>MODE</b>	Loop select during “HL, P1, P2, P3”, the function are same with upper console.
13. <b>Display window</b>	Display the current mode or speed or time.
14.  <b>Speed +</b>	In manual mode, increase the oscillation & spiral vibration speed at the same time.
15.  <b>Speed -</b>	In manual mode, reduce the oscillation & spiral vibration speed at the same time.
16.  <b>ON/OFF</b>	Start or Stop the machine.

## AUTOMATIC PROGRAMS

### P1:

Oscillation:	30 34 38 42 46 50 54 58 54 50 46 42 38 34 30 26 22 18 14 10 6 2 6 10 18 22 26
Vibration:	30 26 22 18 14 10 6 2 6 10 14 18 22 26 30 34 38 42 46 50 54 58 54 50 46 42 38 34

Time Interval: 5 seconds

### P2:

Oscillation:	5 10 15 20 25 30 35 40 45 50 55 60 55 50 45 40 35 30 25 20 15 10 5
Vibration:	Stop
Oscillation:	Stop
Vibration:	5 10 15 20 25 30 35 40 45 50 55 60 55 50 45 40 35 30 25 20 15 10 5

Time Interval: 2 seconds

### P3:

Oscillation:	2 40
Vibration:	40 2

Time Interval: 5 seconds

## EXERCISES

### Thigh muscles, shins and calves

- Stand on the center of the plate and straddle it slightly.
- Bend your knees at an angle of 20 - 80 degrees.
- The knees bent should not be further than the toes.



### Hind thigh muscles

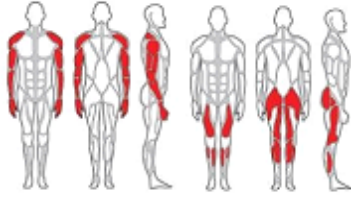
- Place one foot on the plate.
- The foot should be all over the surface.
- Lie on the ground and place both feet on the center of the mat.
- The foot should be all over the surface.
- Lie on the ground and place both feet on the center of the mat.
- Raise the pelvis as high as possible.



### Trapezial and forearm muscles

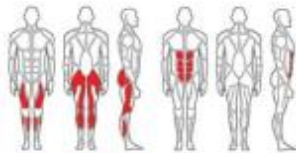
- Place both hands on the pad at a shoulder width distance.
- The arms should be horizontal to the hands.
- Place your feet close to the machine.
- Raise your heels from the ground and bend your arms.
- The arms should be level with the hands.





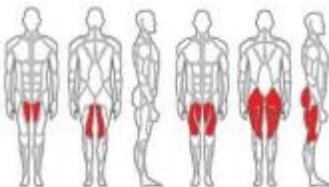
### Abdominal muscles and thigh area

- Sit on a mat and bend your legs.
- Stand on the mat and touch the ankle.
- Wrap the pillar with your thighs, then tighten the thighs on the mat (strengthening the belt).
- Feel the tension in the abdominal muscles and hold the posture.



### Anterior thigh muscle

- Sit on the mat and strengthen your back.
- Lie on your side and place your thigh on a mat (there should be a right angle between the waist and thigh).



Etc.



## MAINTENANCE

### HOW TO STORE

1. Do not store the Vibration Plate:
  - Near heat or open flame.
  - Under the direct sunlight for a long period time.
  - Harmful gas and dust, especially humidity.
2. Keep the Vibration Plate:
  - Usage temperature: 0-35°C.
  - Keeping temperature: 5-50°C.
  - Humidity: under 40-80%.
3. If the Vibration Plate is not use for long period of time, cover it with a piece of clean to protect it from dust.
4. Do not store the Vibration Plate under direct sunlight or at places of high temperature.
5. Do not coil the wire cord as it may cause malfunction to the machine.

### SELF-MAINTENANCE

1. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
2. Do not using the Vibration Plate too long for the first time.
3. Switch off power and remove the plug from the socket every time after use.
4. Do not use this machine in wet areas such as bathroom, swimming pool or spa.
5. Do not use it when there is too much dust, oil, smoke or caustic gas.
6. Avoid damaging the surface of the Vibration Plate surface with heavy object, by knocking hard, scratching with force.

### CLEANING

Using corrosive cleanser is prohibited. Do not use benzene or thinner to clean or spray insecticide on the machine.

### PRODUCT SPECIFICATION

Model Name	Two Motor Vibration Plate
Input Voltage	220V-240V/50Hz
Oscillation Motor	500W
Vibration Motor	300W
Oscillation Amplitude	0-8mm
Oscillation Frequency	5Hz-14Hz
Vibration Amplitude	2mm
Vibration Frequency	15-40Hz



Speed Range	1-60 level
Display	Program / Time / Speed
Dimensions	730mm (L) X 700mm(W) X 1450mm (H)
Load Weight	150KGS
Net Weight	36KGS
Gross Weight	40KGS

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### Warranty Conditions

#### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

**The Warranty does not cover defects resulting from (if applicable):**

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

**Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**CZ  
SEVEN SPORT s.r.o.**

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