



USER MANUAL – EN

IN 2164 VibroGym inSPORTline Lilly Vibration Machine



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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. Read the manual carefully and keep it for future reference.

When use the machine, please follow to the instructions.

- Please make sure that the power plug does not get pressed by the side 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:** 67 x 55 x 121 cm (L x W x H)
- **Size of vibrating surface:** 53 x 38 cm (L x W)
- **Maximum load:** 120 kg
- **Equipment weight:** 35 kg
- **Category:** HA (according to EN 957) suitable for home 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

PRODUCT DESCRIPTION

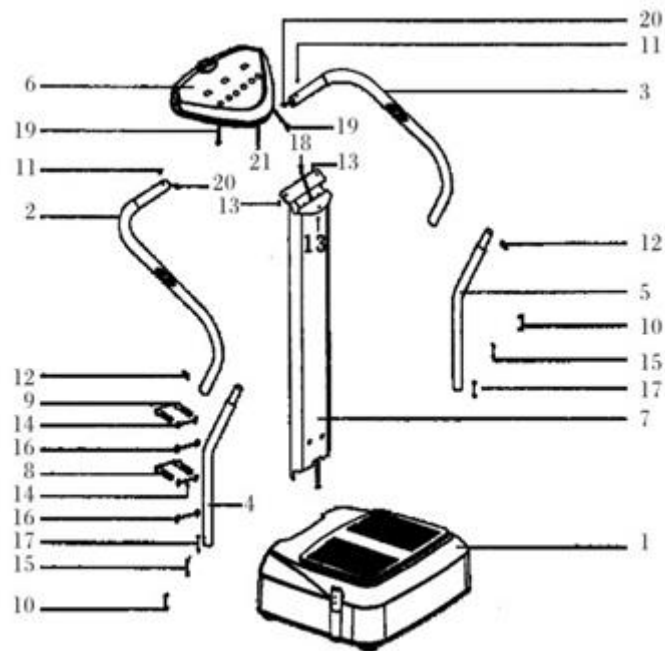


TECHNICAL PARAMETERS

Maximum power	Input voltage	Input power	Speed range	Amplitude	Maximum user weight	Dimensions	N.W/G.W
1.5 HP	220V/50Hz	300 W	50	0–10 mm	120 kg	d735xš695xv1220 mm	45Kg/49Kg

PARTS LIST

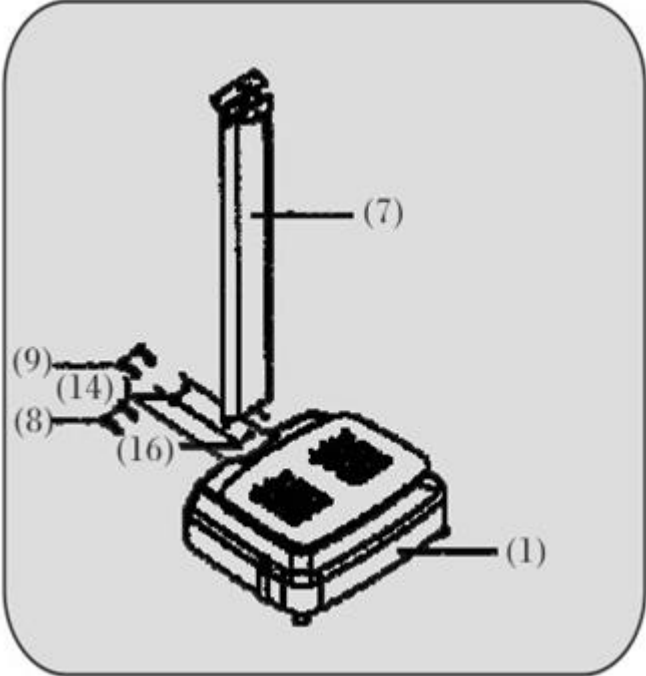
No.	Name	Qty	No.	Name	Qty
1	Base	1	12	Crosshead screw M5x10	4
2	Left handle support	1	13	Crosshead screw M6x10	3
3	Right handle support	1	14	Spring washer M8	4
4	Left handle	1	15	Spring washer M5	4
5	Right handle	1	16	Washer M8	4
6	Control panel	1	17	Washer M5	1
7	Middle post	1	18	Cable A	1
8	Bolt M8x20	2	19	Fat sensor cable B	1
9	Bolt M8x60	2	20	Fat sensor cable A	2
10	Crosshead screw M5x10	4	21	Cable B	2
11	Bolt M8x40	2			



ASSEMBLY

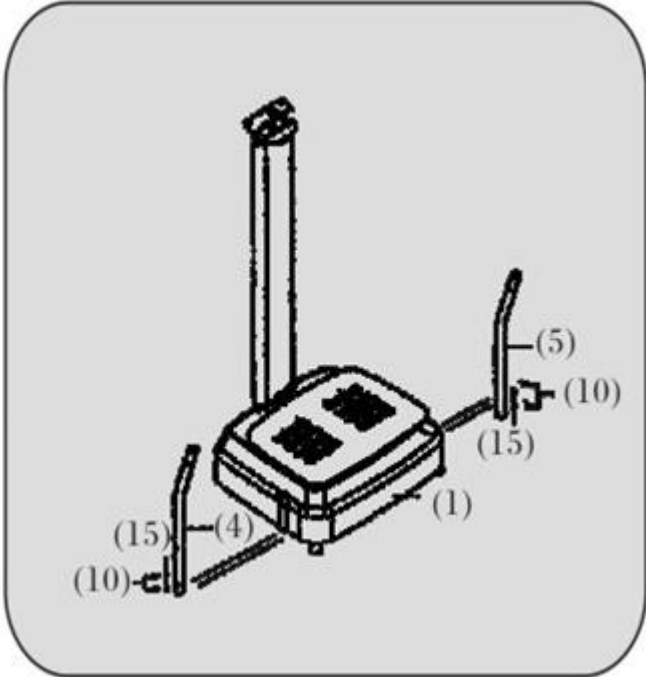
STEP 1

Place the base (1) on the ground. Connect the cables from the middle post (7) to the cables from the base (1). Secure the post (7) to the base (1) with 2x bolts (8), 2x bolts (9), 4x washers (14) and 4x washers (16) as shown.



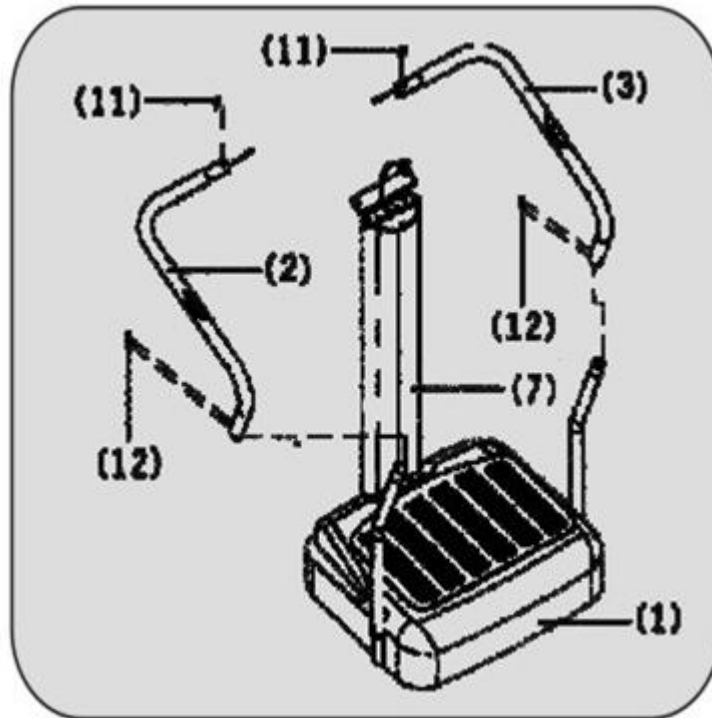
STEP 2

Attach the support rods (4 and 5) to the holes in the base (1) with 4x bolts (10) and 4x washers (15).



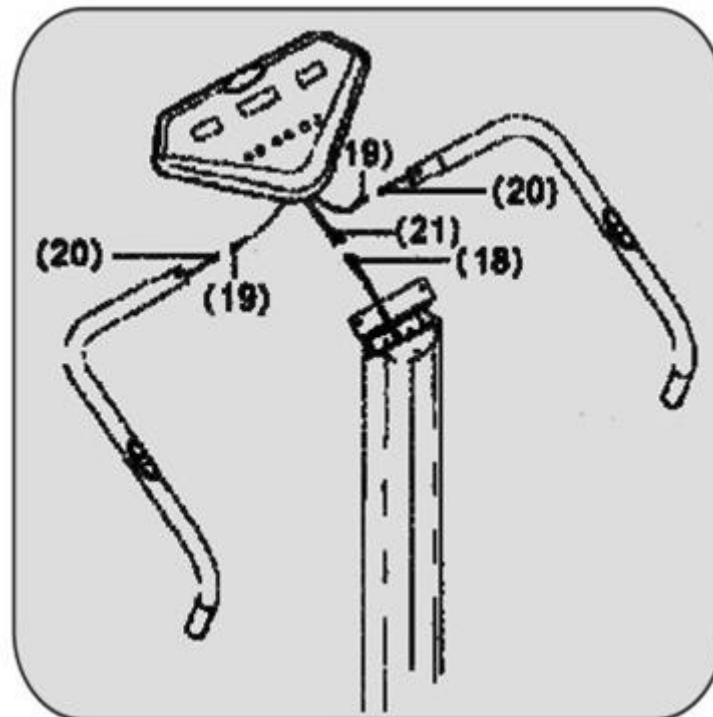
STEP 3

Attach the handles (2 and 3) to the support rods (4 and 5) with 4x bolts (12). Attach the handles (2 and 3) to the middle post (7) with 2x bolts (11).



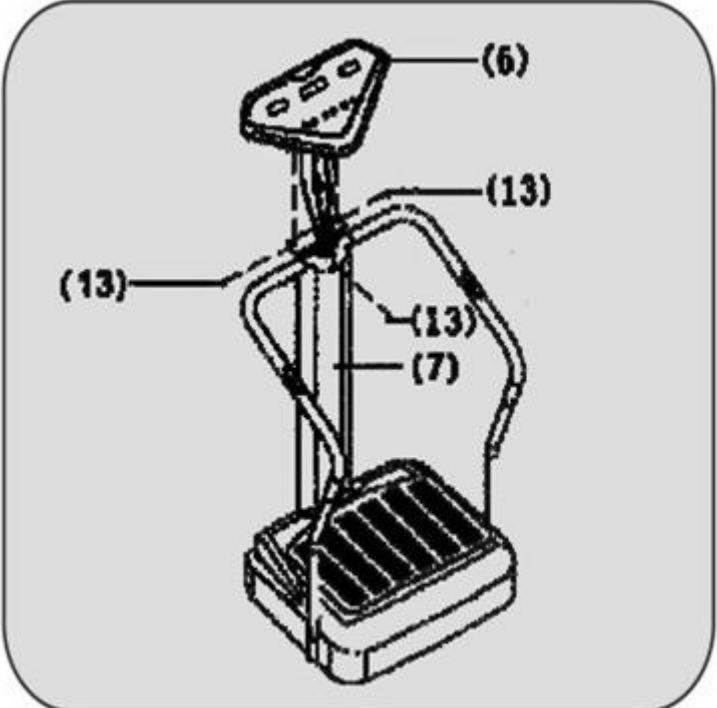
STEP 4

Connect the cables (18 and 21) to the fat sensor A (20) and B (19). Then insert the cables into the post (7).



STEP 5

Attach and secure the control panel (6) to the middle post (7) with 3x screws (13).



USE

Press the start button to start the device.

Use the console as instructed.

Place the device on a flat and solid floor. You can use a protective pad.

Do not use continuously for more than 20 minutes.

If you are using exercises that make it difficult to start the machine, we recommend that you start the machine first or ask another person for help.

PROGRAMS

Program settings

Type	Exercise cycle	Exercise time	Speed
Regular fitness	1x up to 3x a day	5–20 min	Average speed
Weight loss	4x up to 8x a day	10–20 min	Lower speed

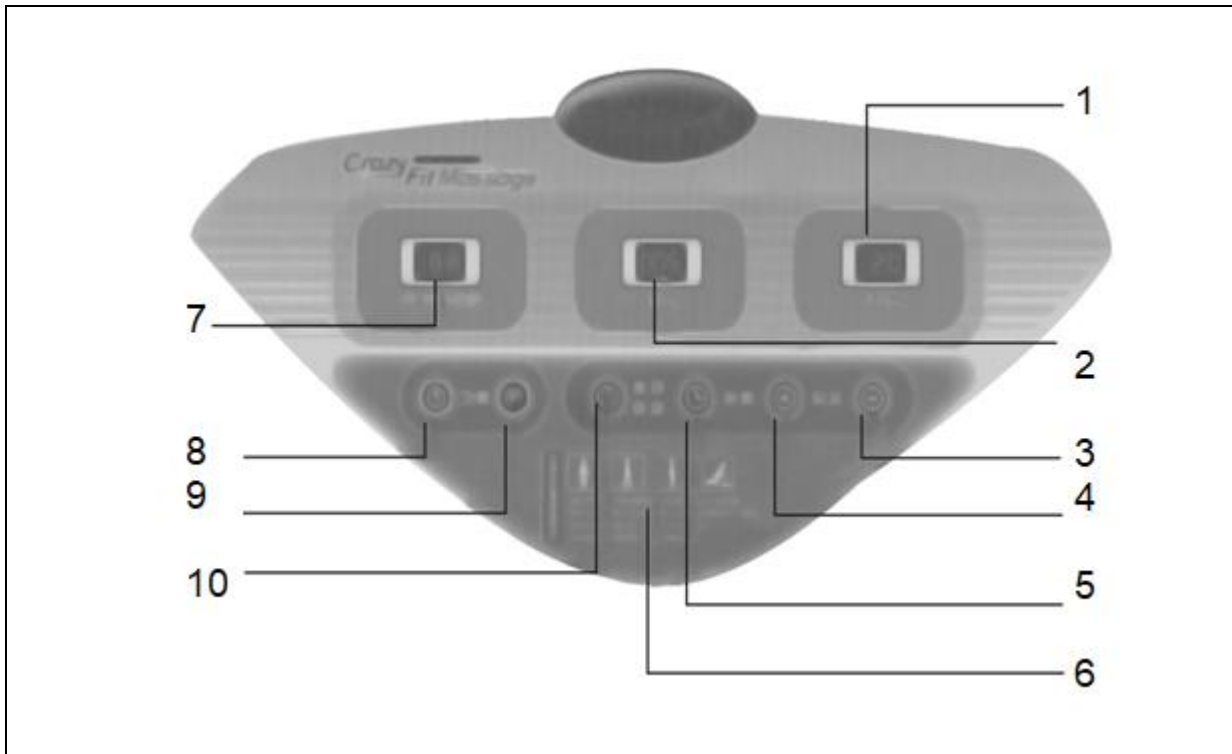
Program speed

Program	10 min	9 min	8 min	7 min	6 min	5 min	4 min	3 min	2 min	1 min
P1	15	25	40	35	27	25	20	15	10	5
P2	15	20	25	35	15	12	10	7	5	2
P3	25	10	40	10	40	10	25	10	25	10



Body fat measurement (orientational)


Gender	Underweight	Normal	Overweight
Man	<17	17-27	>27
Women	<14	14-23	>23

CONTROL PANEL



1.	Speed
2.	Time
3.	Decrease speed
4.	Increase speed
5.	Time setting
6.	Save guide
7.	Body fat
8.	Turn on button
9.	Stop button
10.	Body fat measurement button

Start / stop button:   press this button to turn the device on / off

Fat measurement button:  After turning on the device, you can select the program by pressing the fat measurement button: automatic massage, manual massage (programs P1 - P3) or body fat calculation (values are for guidance only and are not for medical purposes). Press the button to toggle between 88-P1-P2-P3-1.

88 - manual program, user can set the speed according to their own requirements.

P1 - P3 - Preset programs that cannot be adjusted during operation.

Body Fat Measurement: Press the Body Fat Measurement Button and press 1 to set gender, age, height, and weight. Press 1 to enter the BMI program.

EXERCISES



Motion 1

Feet on the plate, hands hold the handlebar and being the state of knee-bend.



Mainly train the part of back, hips and legs.



Motion 2

Sit on the plate, fold your legs, hands hold on the handlebar.



Mainly train the part of legs muscles, shoulder, waists muscles and stomach.



Motion 3

Feet on the side, hands put on you toes. Knee only slightly bended. Stomach muscles flexed.



Mainly train muscles of back and of arms.



Motion 4

Sit on the plate, hands hold on the handlebar, keep legs straight.



Mainly train the part of legs muscles and waists.



Motion 5

Stay with one foot on the plate and another on ground; hands put on waists.



Mainly train the part of waists, stomach muscles and thigh.



Motion 6

Feet on the foot on the plate and another on ground hands hold on the handlebar.



Mainly train the part of waists, stomach muscles and legs.



Motion 7

Stay with one foot on the plate and another keeps straight, lay down your back on ground, hands put on the ground and keep straight.



Mainly train the part of legs, thigh and hips muscles.



Motion 8

Squat down on the ground, hands put on the plate, body in the state of lying prone.



Mainly train the part of legs muscles, shoulder, arms and upper body muscles.



Motion 9

Feet on the plate, hands put on ground, body be the state of lying prone and keep balance.



Mainly train the part of shoulder, chest, arms and upperbody muscles.



Motion10

Body lay prone on the plate, put legs on the main support tube, hands put on ground.



Mainly train the part of thigh, chest, hips and all body muscles.



Motion11

Stay one hand on the plate and squat next to the item.



Mainly train the part of legs muscles, hands and shoulder.



Motion12

Feet on the plate, body lay on ground, hands put on ground.



Mainly train the part of thigh and hips muscles.

SELF-MAINTENANCE

1. Regularly tighten all bolts.
2. Clean sweat and dirt after each use.
3. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
4. Do not using the Vibration Plate too long for the first time.
5. Switch off power and remove the plug from the socket every time after use.
6. Do not use this machine in wet areas such as bathroom, swimming pool or spa.
7. Do not use it when there is too much dust, oil, smoke or caustic gas.
8. 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.

FAQ

Machine clicks during operation	Tighten all screws and four washers
Display does not display	Check Source
The display shows information, but the motor is not running	Low voltage
Machine not leveled	Align the machine with the four feet under the base

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
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