

 **Action**

VIBRATION TRAINER

S001942-2V
Instruction Manual

ACHIEVE RESULTS IN JUST 10 MINUTES



WARNING: To ensure your safety, please do not attempt to use this product without reading this instruction manual carefully. Failure to comply with this warning may result in injury or property damage.

- Only use this product on a soft, flat level surface.
- The Action Vibration Trainer has a maximum user weight of 120kg.
- Do not allow more than one person on the product at any time.
- This product is designed for domestic use only, it is not intended use in commercial training environments.

For parts and service enquiries, please contact Action Spares on 1800 465 070 or e-mail service@actionspares.com.au



Contents

- 3** Technical Specification
- 4** Important Safety Information
- 6** General Use
- 7** Exercises
- 9** Adjusting the Speed
- 12** Warranty Information

Technical Specification

Power: Horizontal 200W

Assembled Dimensions: 690 x 360 x 150mm

Net Weight: 12.8 kg



1. Exercise band
2. Control panel
3. Foot pad
4. Feet



Important Safety Information

To reduce the risk of serious injury, read the entire manual before you use this product. In particular, please note the following safety precautions. Please keep this manual in a safe place for future reference.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions. This product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities; or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the product by a person responsible for their safety.
2. It is strongly recommended that you consult your physician prior to beginning an exercise program. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this product, stop the workout at once and consult a physician immediately. This is particularly important if you have any of the following:
 - Heart disease
 - Fracture or joint problems
 - Brain blood clot
 - Any back problems
 - Cancer or any acute disease
 - Contagious skin diseases
 - Recovering from an operation
 - Neurological conditions
 - Acute thrombosis
 - Severe diabetes
 - Epilepsy
 - Pacemaker
 - Tumours
3. This product should not be used during pregnancy or menstruation.
4. Place this product on a soft level surface with at least 2.5m diameter of clear space surrounding the unit.
5. This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Children should be supervised to ensure that they do not play with the appliance.

Important Safety Information (Cont)

7. This product has a **maximum user weight of 120kg**.
8. Do not allow more than one person on the product at any time.
9. Do not use this product for longer than **20 minutes per day**.
10. Do not place your head, chest or abdomen directly on the product.
11. This product is designed for domestic use only, it is not intended for use in commercial training environments.
12. This product is not a medical device and should not be used for medical purposes.
13. Keep this product indoors, away from moisture and dust. Do not put this product in a garage, outbuilding, covered patio or near water.
14. If liquid is accidentally splashed onto the product, immediately cease using the product and turn off the power at the powerpoint.
15. Do not use foreign objects with this product, use of any foreign objects will void the warranty.
16. Do not place any part of your body between the floor and base cover.
17. Inspect the product before each use, worn or defective parts should be replaced. Do not carry out any repairs yourself, please contact our National Service Centre (details can be found in the warranty pages at the back of this manual).
18. Only use this product in the manner as described in this manual.
19. Always ensure that this product is turned off before attempting to mount or dismount the unit.
20. It is recommended that you don't use the product immediately after a meal.
21. Jewellery should be removed before using the product as this may cause an injury to the user and/or damage the product.
22. Care must be taken when lifting or moving the product, so as to not injure your back. Always use proper lifting techniques.
23. When connecting the power cord, plug the cord into a grounded circuit. No other appliances should be on the same circuit.
24. Keep the power cord away from any heated surface.
25. Do not operate the product if the power cord or plug is damaged.
26. Do not use the product in temperatures of over 40°C.
27. Unplug and store the cord so that children or pets cannot access it.

General Use

You can use the Action Vibration Trainer in various stances, exercise settings and modes.

The following general guidelines are recommended:

- Ensure the machine is NOT OSCILLATING when stepping on or off the platform.
- DO NOT hold any stances or exercises for longer than 60 seconds.
- When in a standing position, keep BOTH FEET in contact with the platform at all times.
- When in standing position, placing your feet in a narrow stance is less intense than a wide stance. Choose your stance accordingly.
- Attach the optional Resistance Tubes BEFORE you begin using them or the machine.
- Whilst on the platform, use the REMOTE CONTROL to adjust speeds and modes.
- Remove loose fitting jewellery and watches before use.

Instructions for Use

1. Decrease Time Button, this button can be used to adjust the length of your workout – you can pre -set a workout time from 1 – 15 minutes, after which time the machine will stop.
2. Increase Time Button, this button can be used to adjust the length of your workout, similar to the “Decrease Time Button” using these two buttons you will be able to select the time length that suits you best.
3. Power Button, this button can be used to turn the machine on / off.
4. Pre-set Program Button, this button can be used to cycle between the nine pre-set workouts. Please see below for a guide to each workout

Pre-set workout	Duration of Workout	Speed Setting of Workout
P0	14 Minutes	04
P1	14 Minutes	02
P2	14 Minutes	08
P3	14 Minutes	12
P4	14 Minutes	18
P5	14 Minutes	05
P6	14 Minutes	12
P7	14 Minutes	15
P8	14 Minutes	09
P9	14 Minutes	06

5. Start Button, this button is used to begin your workout, press this button and the machine will begin a workout with a duration of 15 minutes on power level 01. The time duration of the workout and the power setting can be adjusted after pressing the “Start Button” using buttons 1 & 2 for time, and buttons 7 & 8 for power.
6. Stop Button, press this button to stop any workout.
7. Power Decrease Button, once a workout has been started, press this button to decrease the power setting (01 is the lowest power setting).
8. Increase Power Button, once a workout has begun, use this button to increase the power setting (power level 99 is the highest power setting).
9. Time Display Screen, this screen displays the time remaining for your workout. When “HA” appears on this screen – no workout has been selected and the machine is not currently Vibrating
10. Remote Sensor, this panel is the infrared sensor for the remote, this panel should never be obstructed.
11. Speed Display Screen, this screen displays the speed setting of your workout – when - appears on the screen, no workout has been selected and the machine is not currently vibrating.

Exercises

You can use the Action Vibration Trainer for Static Exercises (no movement) or Dynamic Exercises (with movement).

Static Exercises – recommended for beginners, elderly and sedentary users.

You may sit, stand or lay in a static position on the Action Vibration Trainer. When in a static position (not moving) you must hold your muscles firm in response to the vibrations. The firmer you can hold, the more your muscles will be working. If you find your body is wobbling significantly on the machine and you cannot hold your body in a strong firm position, reduce the speed of the oscillations.

Example:

Wide Stance Exercise:

Stand on the platform with legs wider than shoulder width, knees and toes facing forward. Start the Action Vibration Trainer in your desired mode. Hold your muscles firm and strong as you feel the vibrations pushing against your body. Keep holding strong for up to 60 seconds before changing your position. This stance works your whole body and is suitable for beginners.

Seated Stance Exercise:

Sit on a chair or sofa (not shown), place your feet flat on the platform, hip width apart, knees and toes facing forward. Start the Action Vibration Trainer in your desired mode. Keep your legs firm and strong as you feel the vibrations pushing against your body. This stance will help increase circulation to your calves and lower legs.



Exercises (cont)

Dynamic Exercises – recommended for more experienced users.

You may sit, stand or lay and perform a dynamic movement on the Action Vibration Trainer. Dynamic movements recommended include: Squat, Lunge, Push-Up, and Sit-up. When performing dynamic movements you must engage your muscles to control the quality of the movement in order to keep your body aligned throughout the exercise. If you find your body is wobbling or unable to keep alignment throughout the exercise, reduce the speed of the oscillations.

Example:

Squat:

Stand on the platform with legs shoulder width apart, knees and toes facing forward. Start the Action Vibration Trainer in your desired mode. Before you begin moving, ensure your legs, core and upper body muscles are holding firm. Slowly lower your hips down and back into a seated position, keep your chest up, back straight and tummy firm. Squeeze through your legs and return to the start position.



Push Up:

Kneel on the floor with your hands on the platform, shoulder width apart. Start the Action Vibration Trainer in your desired mode. Before you begin moving, ensure your upper body and core muscles are holding firm. Bend through your elbows and slowly lower your chest down toward the platform, keeping eyes forward and back straight. Squeeze through your upper body to return to the start position.



Adjusting the Speed

The Action Vibration Trainer has up to 120 variable speeds. You may adjust the speed whilst you are on the platform and it is oscillating. To adjust the speed, use the REMOTE CONTROL and press the arrow button UP/DOWN until you reach your desired speed.

WARNING: It is not recommended to use the Action Vibration Trainer for more than 20 minutes at a time.

Modes

The Action Vibration Trainer has multiple modes for a variety of workouts. If you are just starting out, choose one of the Pre-Set 14 minute programs until you feel comfortable adjusting time and oscillations manually.

Pre-Set Program Mode

There are 9 pre-set, 14 minute programs.

Manual Mode

The Action Vibration Trainer is automatically in Manual Mode if you do not select a PRE-SET PROGRAM.

Press the Hi or Low buttons to change the speed, which will be shown in the speed display windows. Always remember to select the speed and oscillation that feels most comfortable.

You may select the desired exercise duration by pressing the TIMER on the left hand side of the console, until you reach the chosen number of minutes. You do not need to use the timer, you may use your watch or any other available timer.

If you want to stop the machine at any time, press the START/STOP button, otherwise the machine will automatically stop when the exercise time reaches zero. NOTE: If you have not programmed the timer, the machine will not stop until you press the START/STOP button.

Warranty Information

Congratulations on your purchase!

This **Action Vibration Trainer** is warranted to be free from defects in material and workmanship under normal use and service conditions for a period of **12 months**, from the date of purchase of this article. Evidence of unfair usage or incorrect adjustment by the owner will void this promise.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

The benefits conferred by this warranty are in addition to the consumer guarantees and other rights and remedies in respect of the product which the consumer has under the Australian Consumer law.

Conditions of Warranty

All warranty coverage extends only to the original retail purchaser from the date of purchase. Please keep your receipt, tax invoice or other proof of purchase.

This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage, or repairs not provided by us or our Service Centre. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning, heavy winds and by snow or ice).

Making A Warranty Claim

In order to make a claim under this warranty please direct your enquiries to our Service Centre. You can contact them on our

Freecall 1800 465 070 number or send mail to them at National Service Centre: 2/24 Anderson Road, Smeaton Grange, NSW 2567 – if mailing please include your contact details.

A service representative will then assist you in the appropriate action to be taken. For efficient processing of your enquiry please have proof of purchase, the date of purchase and the retailer name you purchased the item from, and the brand on the product. Photos of the product, and scans of receipts, may be requested to assist with your claim.

Warranty Information (cont)

The service centre representative will assess the claim. If:

- 1) **There is a minor fault**, they can offer either a replacement spare part, replacement unit, repair or other suitable remedy.
- 2) **There is a major fault**, they can offer a replacement, repair or suggest you return to the store you purchased it from for a full refund.

PLEASE NOTE: a request for compensation will need documentary evidence of the loss or damage suffered. It will also need to be evidenced that such a loss was a reasonably foreseeable result of a failure to comply with a consumer guarantee under the Australian Consumer Law.

- 3) **The product was damaged through abnormal use**, no refund or repair can be offered.

The sending of replacements, spare parts or the cost of repair carried out will be organized and covered by the Service Centre. If collection of the item is required this will be organized by the Service Centre and at our expense. Do not return any products without authorization as this will be at your expense.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters. Please note upon receiving your warranty claim our Service Centre will send, via post or email, a repair and refurbished goods or parts notice.

SERVICE CENTRE

Contact details and hours of operation.

Freecall 1800 465 070

9:00am – 4:30pm Monday to Friday (excluding Public Holidays)

9:00am – 3:00pm Saturday

This product is warranted and distributed by:

Action Sports of 48B Egerton St, Silverwater NSW, 2128

Phone: (02) 8799 3500

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