

NORDIC[®]

VIBROPLATE



WARMING AND NOTICE
DISPLAY WINDOW
BUTTON DESCRIPTION
HOW TO USE THE MACHINE
CONSOLE SCREEN FUNCTION
SETTING METHOD OF EXERCISE
PROGRAM

 **CAUTION**

Read all precautions and instructions in this manual before using this equipment.
Save this manual for future reference.

NOTICE FOR YOUR SAFETY

■ Warning and notice for your safety

The below is written for your safety, please read and use the product properly.



If you don't obey the notice, physical injury and property harm could be happen.



This product is made for AC 220V/50Hz



This is the mark of prevent disassembly.



If you don't obey the notice, serious physical injury could be happen.



This is the mark of Don't use the product.



This is the mark of prevent touching hands.

■ Notice of Electrical power and the way of using



-  Please don't use damaged or no good electrical plug and outlet.
-  Please use AC 220V/50Hz electrical power and don't connect a lot of plugs into one outlet.
-  Please don't touch plug with wet hands and don't pull out with grapping electrical lines.
-  If there is a water or dust on plug, please wipe clean with dry towel
-  Please don't install the product within a heater and not let the candle or cigarette on the product.

- A patient and unhealthy person should use this product after talking with a doctor.

- If you feel no good during using this product, must stop using.

Continuous using with no good condition could cause the accident or serious danger to your body.

NOTICE OF INSTALLING PRODUCT

■ Warning and notice for your safety

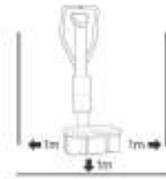
The below is written for your safety,
please read and use the product properly.



Please install the product 1m apart from the wall and furniture.



Please install on the flat area.



Please don't disassemble, repair, remodel the product without permission



When child and old person use the product, a guardian should be with



Don't use the product when the product is wet.

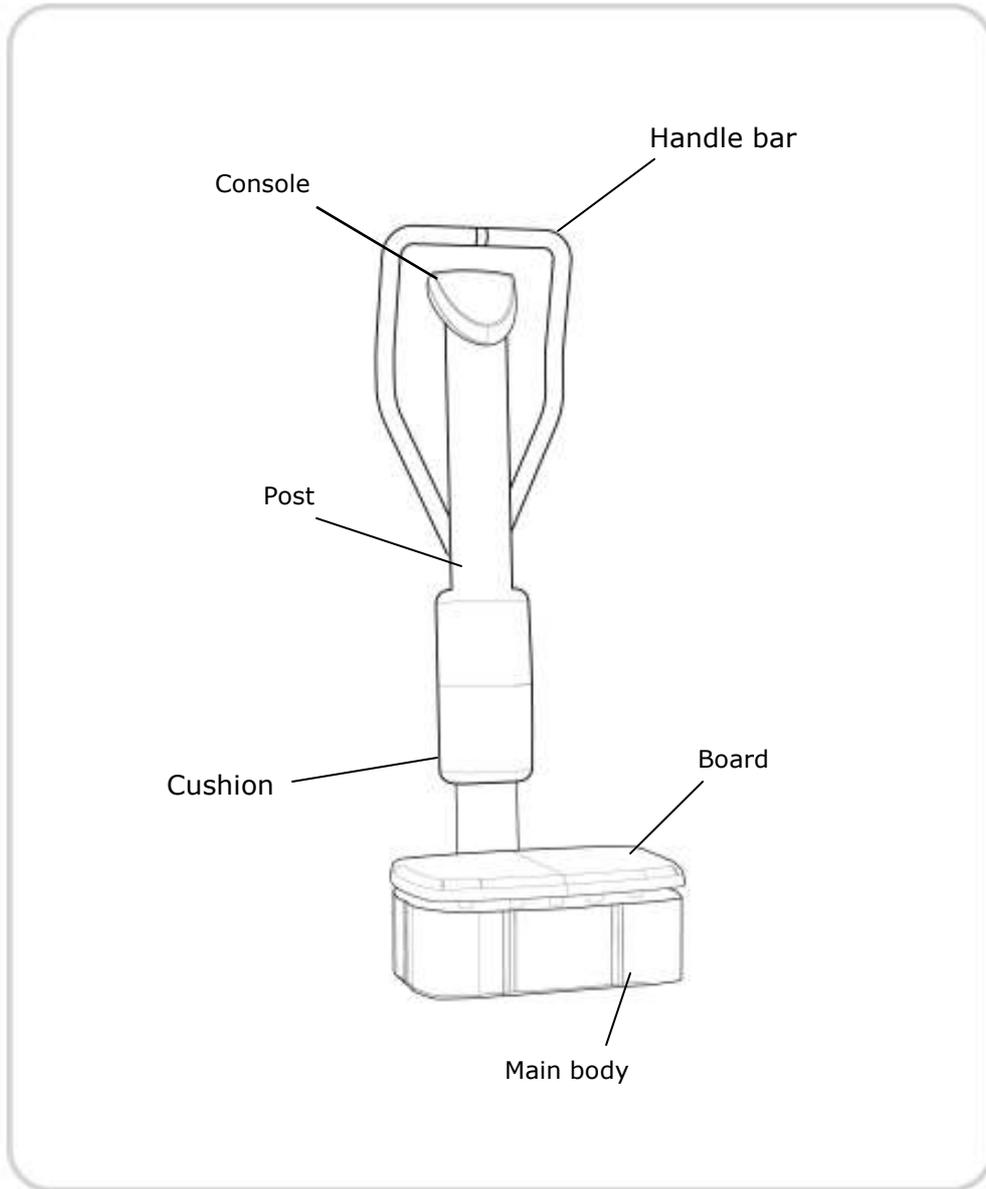


Don't let your hand, leg or body under the product.

- An accident happen cause for user's own discretion without reading this manual, user can't blame to the company.

- Please read this manual for your safety.

VIBROPLATE PARTS



MANUAL



Button description



START – Push this button when start the machine.



STOP - Push this button when stop the machine.



During working : Push the button, vibration speed increases 0.5 step. Starts from step 1 and maximum steps are 16.

During stopping : Push the button, increases the value of the mode you setup



During working : Push the button, vibration speed decreases 0.5 step.

ON step speed 1 push this button, machine speed goes to 0(halted, not stopped).

During stopping : Push the button, decreases the value of the mode you setup.



During working : Push the button, vibration speed goes to step 4 automatically.
During stopping : Push the button, set the value of the mode you setup.



During working : Push the button, vibration speed goes to step 8 automatically.
During stopping : Push the button, the mode will be changed. Mode circulates TIME -> SETUP USER PROGRAM -> PROGRAM/USER PROGRAM -> TIME



During working : Push the button, vibration speed goes to step 12 automatically.
During stopping : Push the button, reset the value of the mode you setup. Initialize value you setup.

Display window

00:00

TIME display window–
Time displays from 00minute
00second to 10minute.

00.00

SPEED display window–
Speed displays from 1 to 16 steps.

PROGRAM display window

PO0

When use generally, display like this.

PU0 1

When setting the user program,
display like this. First letter is
flickered. You can set 3 user programs,
PU01~PU03

PO 1

When use **Preset program mode &
User defined program mode**,
display like this. First letter is flickered.
Preset program display from P01~P18
3 user programs display from
PU01~PU03.

HOW TO USE THE MACHINE

1. General using (Manual mode operation)

- Insert the plug to the outlet.
 - Turn on the power switch, the machine will turn on with the “beep” sound.
LED on the console is on and first letter of value on TIME display flickered.
 - Push the START button and select the speed using UP/DOWN button.
 - Push the STOP button, the machine stops.
- * The machine will stop automatically after 10 minutes from the start.
Using continuously over 10 minutes will be harmful to user.**

2. Time setting using (Count down time mode operation)

- Insert the plug to the outlet.
- Turn on the power switch, the machine will turn on with the “beep” sound.
LED on the console is on and first letter of value on TIME display flickered.
- When the TIME display flickered, push UP/DOWN button and setup time you want to use. Time can setup from 10 seconds to 10 Minutes, time value is up and down 10 seconds.
- Push SET button when you choose the time.
During setting the time, push RESET button the value of the time goes to zero.
- Push START button and select the speed using UP/DOWN button.
- When the machine start, the time you set counts down
- When the time goes to zero, the machine stops with “beep” sound.
- During the machine is working, push the STOP button, the machine stops.

3. Preset program using (Preset program mode operation)

- Insert the plug to the outlet.
- Turn on the power switch, the machine will turn on with the “beep” sound.
LED on the console is on, and the first value on **TIME** display flickered.
- Push **MODE** button until P01 is displayed on the Program display.
- Use **UP/DOWN** button, select preset program from P01~P18, PU01~PU03.
P01~P18 : Preset program
PU01~PU03 : User defined program (Confer No.4 the below)
During selection, push **RESET** button the value of the program goes to P01
If you'd like to see all of the program list, please see the page 05
- Push **SET** button when you choose the program.
- Push **START** button, the program starts automatically.
On Program mode operation, you can't change the speed
Program running time is as below
P01~P06 : 5 steps, 1 minute per step and total time is 5 minutes.
P07~P12 : 7 steps, 1 minute per step and total time is 7 minutes.
P13~P18 : 9 steps, 1 minute per step and total time is 9 minutes.
PU01~PU03 : 7 steps, 1 minute per step and total time is 7 minutes.
You can make the program as you want.
- Program finished, the machine stops automatically,
If you want to stop the machine during working, push **STOP** button.

HOW TO USE THE MACHINE

4. User program setting and using (User defined program mode operation)

- Insert the plug to the outlet,
- Turn on the power switch, the machine will turn on with the “beep” sound.
LED on the console is on and first letter of value on TIME display flickered.
- Push **MODE** button until PU01 is displayed on the Program display.
- Push the **UP/DOWN** button, select user program from PU01~PU03.
- Push **SET** button when you choose the user program.
Display changes to “1 01” on the **PROGRAM** display.
First “1” means the step, second “01” does the speed.
User program has 7 steps and on every step you can choose the speed 1 to 12.
- During the program mode, you can't change the speed
- Use the **UP/DOWN** button to select the speed of each step and push **SET** button to confirm.
Finished 1 step, the display will change to the next step.
You should choose 7 steps on the 1 user program.

- You should set user program first, and use user program.
- using User program is written on the No3. preset program using.

