

fitness

Vibration Training Gym™

Advanced whole body vibration technology



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Bodi-Tek®

User Guide

Warnings

- **Read all instructions thoroughly and retain for future reference.**
- This appliance can be used by children aged 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and maintenance shall not be made by children without supervision.
- Do NOT use after drinking alcohol or if you are feeling unwell or fatigued.
- Do NOT override any safety features or open the unit.
- Injuries may result from incorrect or excessive use.
- Consult your doctor before beginning any exercise programme especially if there are any pre-existing health problems.
- Always have two people to move and position the Vibration Training Gym.
- The weight of the assembled product is 16.6kg and occupies 780 x 430mm in floor space.
- Only one person is permitted to use this item at a time.
- Keep the product out of reach of children under 14 years old and pets.
- Seek medical advice before use if you are pregnant or you suffer from any of the following: Pacemaker, heart disorder, epilepsy, diabetes, multiple sclerosis, or if you are recovering from an operation.
- Do not use outdoors.
- Should not be used by persons weighing more than 265lbs/18.9 stones/120kg.
- This product must be earthed. Only use the main cable supplied which includes the earth connection.

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Important

- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent. If not replaced then use of the Vibration Training Gym should be discontinued or returned to the manufacturer for disposal or recycling.
- This product is fitted with a BS1363 plug, fused at 5 amps. If it is necessary to replace the fuse only a 5 amp fuse must be used.

Precautions

- Keep your unit out of reach of children.
- Always use on a flat surface, and allow 1 metre of clear space around the product.
- Protect carpet by placing the unit on a mat.
- Do not use for more than 20 minutes at a time.
- Choose a speed which best fits your physical strength/flexibility level. Consult with your doctor if necessary.
- Wear appropriate clothing when exercising.
- Be careful to maintain your balance while using, mounting and dismounting the Vibration Training Gym.
- Never leave unattended when unit is plugged in. Unplug while assembling, after use and before cleaning.
- Keep away from water.
- Should any irritation occur on or around the feet, discontinue use and contact Bodi-Tek or your GP.
- We recommend consulting your GP prior to use if you are pregnant or suffer from any of the following conditions: acute thrombosis, acute varicose veins, diabetes, epilepsy, or if you have recently had hip or knee surgery including cardiac surgery or have a pacemaker.

Cleaning

- ALWAYS unplug the unit before cleaning.
- Clean unit with a slightly damp cloth.
- Do NOT clean with solvents or abrasives.
- Do NOT immerse in water.

Technical Specifications

Weight	16.6 kg
Dimensions	780mm x 430mm x 140mm
Programmes	5
Speed	1-99
Manual programme times	1-20 mins
Preset programme times	1-10 mins
Max. user weight	120kgs (265 lbs)

Power Input

Input	AC220 - 240V ~ 50Hz, 200W
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Environment

Temperature	Operating	0 to 35 degrees Celsius
	Storage	-20 to 50 degrees Celsius
Humidity	Operating	10% to 80% RH
	Storage	5% to 90% RH

This product is not a medical device.

Your Vibration Training Plate



Remote Controller



2x AAA batteries included.

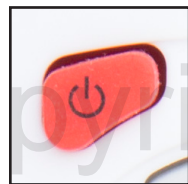
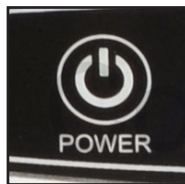
Set Up



- 1 Attach hand grips to the unit (Optional). See Exercises (page 11).



- 2 Plug power lead into socket on the back of the unit. Plug into mains outlet and switch on the power switch at the back of the unit.



- 3 To switch the unit on, press the power on/off button on the unit or remote control.

Manual Mode

Manual Mode is the most versatile and widely used as the speed and run time can be varied throughout the workout to suit different exercises and fitness levels.

Programme H1 - Allows you to customise your time and speed.



- 1 Maximum workout time is 10 minutes. Maximum speed is 99. The time/programme display will automatically set to 10 minutes.

Programme H2 - Allows you to customise your time and speed



- 2 Maximum workout time is 20 minutes. Maximum speed is 99. The time/programme display will automatically set to 10 minutes. You can increase this to up to 20 minutes using the time increase button.

Speed levels

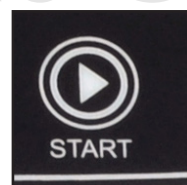
Low speed (0-30) - Suitable for rehabilitation training and beginners.

Medium speed (30-60) - Suitable for intermediate training.

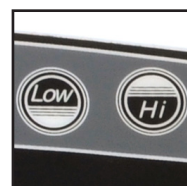
High speed (60-99) - Suitable for the fit, healthy and athletic.



- 3 Stand on the foot plate. Ensure it is placed on a secure and stable floor.



- 4 Press the start/stop button.



- 5 Set your speed by pressing the speed increase button (this can also be done using the remote control). The remote control also features a quick dial (preset) speed button for 30, 60 and 90. Press once for level 30, twice for level 60 and three times for level 90.



- 6 To end the workout at anytime, press the stop button. Turn the unit off when not in use and unplug from mains power supply.

Preset workout programmes

Programmes 1, 2 and 3 offer preset variable speed/vibration training sessions through which you can do your exercises of choice. A variation of speed/vibration delivers maximum benefit compared to training at a fixed speed/vibration.

Note - you cannot adjust the time or speed levels during programmes P1, P2, P3.

Programme 1



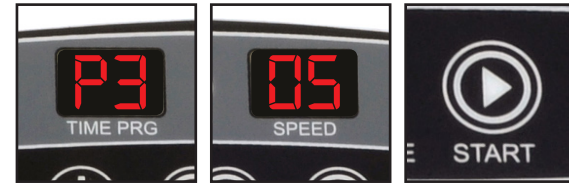
Press the programme button until P1 is displayed.
The workout time is preset to 10 minutes. The intensity level starts at 2, gradually increases to 98, decreases to level 2 and then gradually increases back up to level 50.
Press the stop/start button to begin the programme.

Programme 2



Press the programme button until P2 is displayed.
The workout time is preset to 10 minutes. The intensity level starts at 4 and rapidly increases to 52.
This is repeated throughout the 10 minute workout.
Press the stop/start button to begin the programme.

Programme 3



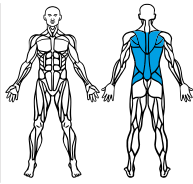
Press the programme button until P3 is displayed.
The workout time is preset to 10 minutes. The intensity level starts at 5 and gradually increases to 95.
This is repeated throughout the 10 minute workout.
Press the stop/start button to begin the programme.

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Exercises

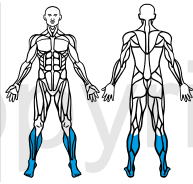
There are three elements to Whole Body Vibration (WBV) training; strength, stretch and massage. Most workouts provide a combination of these.

Place a towel over the base when taking up any position other than standing. Feet on the foot plate, shoulder width apart.



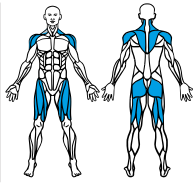
Back (relaxation)

Sit on the foot plate with legs apart. Arch your back forward and relax.



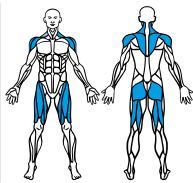
Foot and Lower Leg (relaxation)

Sit on a chair and place feet on the foot plate.



Lunge, Overhead Press (strength)

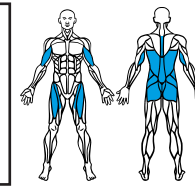
Take up the lunge position. Hold the hand straps with fists facing outwards, hold them up in front of you with arms straight. This exercise will strengthen hamstrings, quadriceps, buttocks, shoulders, deltoids and trapeziums.



Upright Row with Squat (strength)

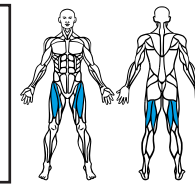
Shorten the hand straps if necessary. Take up the shallow squat position. Hold the hand straps at chest level with the palms of your hand facing downwards. This exercise will strengthen quadriceps, buttocks, back and shoulders.

Exercises



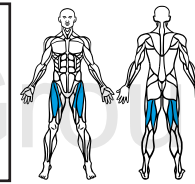
Bicep Curl, Partial Squat (strength)

Take up the Shallow Squat position. Hold the Hand Straps at Ab level with palms facing upwards. This exercise will strengthen quadriceps, buttocks, back and biceps.



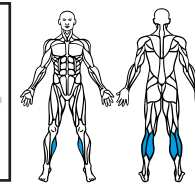
Quadriceps Stretch (stretch)

Kneel on the foot plate - keeping the foot off the floor. Have the upper body and back straight, tense your abdominal muscles. Push your pelvis forward.

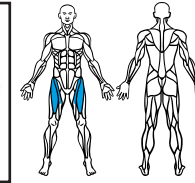


Inner Thigh Stretch (stretch)

With your legs wide apart, place one foot on the base and the other on the floor. Bend the leg while keeping the other leg straight. Keeping the upper body straight, lower your buttocks towards the floor.



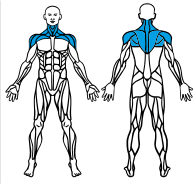
Lie with both calves resting on the foot plate, toes pointing upwards. This is a wonderful invigorating massage.



Quadriceps Massage (massage)

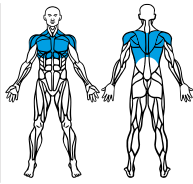
Lie face down on the floor with thighs on the foot plate. Keep your lower legs slightly bent. Keep your back straight and abdomen engaged.

Exercises



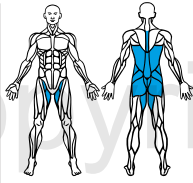
Shoulder & Neck (relaxation)

Kneeling in front of the foot plate. Slowly rise up off your ankles, bring your head above the base. Keep your back and neck straight.



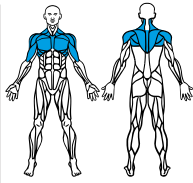
Upper Body (relaxation)

Rest your back on the base. Keep your neck and back straight and push your shoulders back while resting on your elbows.



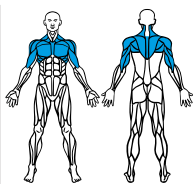
Wide Squat (strength)

Stand on the foot plate with knees and toes turned outward. Gently bend the legs. This exercise will strengthen quadriceps, back, buttocks and inner thigh area.



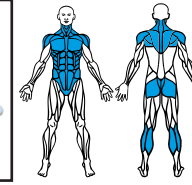
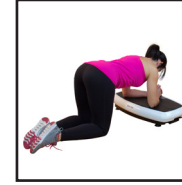
Shoulder Press/Push Up (strength)

Kneel in front of the foot plate, placing hands on the base, shoulder width apart. With a straight back, slowly bend and straighten your arms repeatedly.



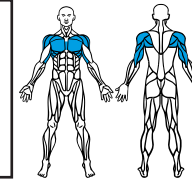
For a more advanced exercise, lift your knees off the floor. This exercise will strengthen chest, shoulder muscles and triceps.

Exercises



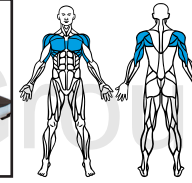
Plank (strength)

Rest on your elbows and forearms. Now, with a straight back, slowly lift your buttocks up. This exercise is good for core strength and stomach muscles.

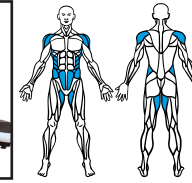


Dips (strength)

Sit just off the floor with your back to the foot plate. Hold the edges of the Base for support. This exercise is good for the triceps.

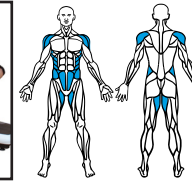


For a more advanced exercise, sit just off the floor and straighten your legs. This will work your triceps as well as your core muscles.



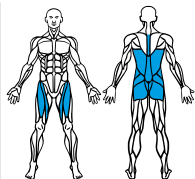
Abductors (strength)

Rest one arm on the foot plate, keeping your head, torso and outer leg straight. Bend your inner supporting leg at a 90° angle. Rotate on your side with your free arm against your side. Hold this position keeping your hips up. This exercise will strengthen the abdomen.



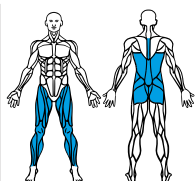
For a more advanced exercise, straighten both legs.

Exercises



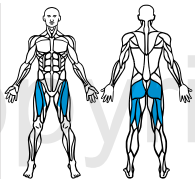
Shallow Squat (strength)

Stand on the foot plate with feet shoulder width apart. Gently tense the leg muscles, keeping your back straight and knees slightly bent. This exercise will strengthen quadriceps, buttocks and back.



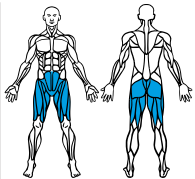
Deep Squat (strength)

Stand on the foot plate with feet shoulder width apart. Gently bend the legs and tense the leg muscles. Keeping the back straight, bend the upper body forward slightly. This exercise will strengthen the back, buttocks and legs.



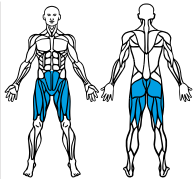
Lunge (strength)

Place one foot in the middle of the foot plate and step back with the other. Keeping the back straight, tense the leg muscles. This exercise will strengthen hamstrings, quadriceps and buttocks.



Pelvic Arch (strength)

Position your body with your shoulders on the floor and your feet on the foot plate. Raise your buttocks. Tense the thigh and buttock muscles.



Abdominal Crunch (strength)

Position your body with your shoulders on the floor and your lower back flat to the floor with your feet on the foot plate. Lift your shoulders, keeping your abdominal muscles tight. Gently lift your head and hold for 5 seconds.

Remote control battery fitting



Remove battery cover on back of controller.
The remote control contains 2x AAA batteries.
Remove the plastic film behind the battery to allow your controller to work.
Close the battery cover.

Battery care & disposal

- If the unit is left unused for a long period of time, remove the batteries from the controller.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

Warranty

If you have any questions, or if you experience any difficulties with this product, please call our customer care line on **+44 (0)1242 702360** or email us at **online@bodi-tek.co.uk**

Your Bodi-Tek Vibration Training Gym is guaranteed for two years from the date of purchase and is limited to the first purchaser. This covers defects and failure caused through normal use, but excludes damage resulting from misuse. This guarantee is void if the product has been tampered with or unsealed. This guarantee does not limit the purchaser's rights under the Sale of Goods Act, Guarantees Act or any other legislation.

To register your two year guarantee online visit: **www.bodi-tek.co.uk/warranty**

Disposal



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2012/19/EU) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

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