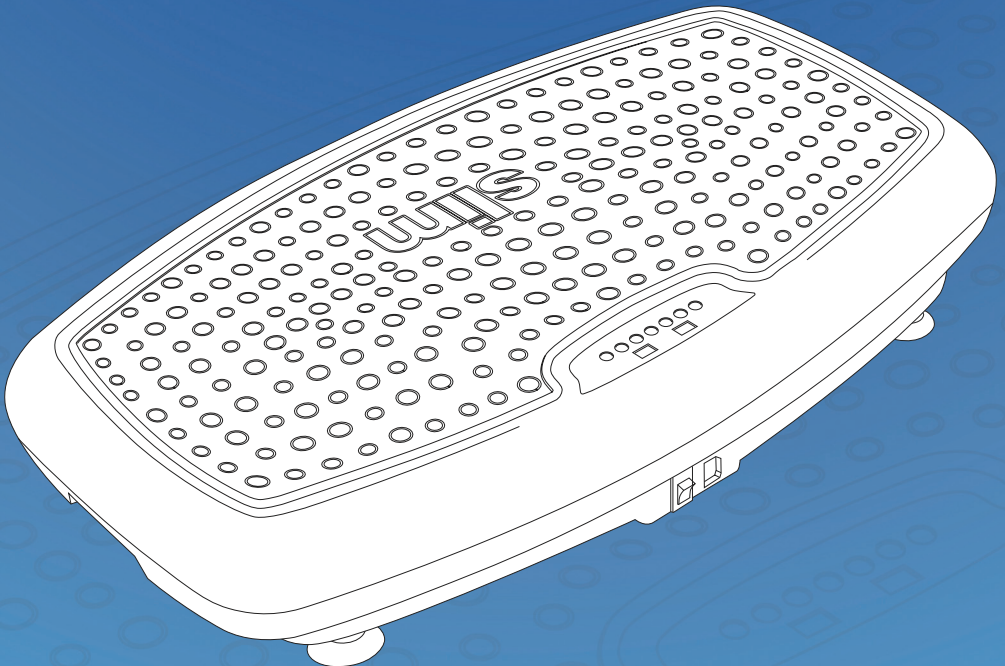


Vibrapower™

slim

**INSTRUCTION
MANUAL**

MODEL NUMBER: JF-B-01



WARNING: To reduce risk of injury, the user must read and understand this instruction manual before using the Vibrapower Slim. This machine is intended for home use only in accordance with the instructions provided in this manual.

Please read these instructions carefully and retain for future use.

Ideal Sourcing Ltd, Ideal Home House, Newark Road, Peterborough PE1 5WG

CONGRATULATIONS on the purchase of your Vibrapower™ Slim. Please study these instructions carefully before use paying special attention to the following guidelines.



For your safety and the safety of others the following safeguards are very important. Failure to read and follow these instructions may lead to serious injury.

GENERAL SAFETY INSTRUCTIONS

- Consult your doctor before beginning this or any exercise or diet programme.
- Follow the warm-up exercises before you commence your workout.
- Increase speed, intensity and duration of exercises gradually.
- Vibrapower™ Slim is NOT suitable for use by children.
- Do not jump on the plate as this may cause damage.
- After each use, the machine must always be switched off and unplugged.
- Always switch off the machine and disconnect the power supply before cleaning.
- Do not let the Vibrapower Slim get wet with any type of liquid.
- In addition, do not use the Vibrapower Slim while your hands are wet.
- Place the machine on a solid, flat level surface with a suitable cover for your floor or carpet.
- Make sure that the ventilation holes are not covered.
- For comfort, before use, make sure there is enough space around you (at least 1 metre).
- Only one person is allowed to use the machine at any time.
- Keep your fingers away from the edge of the footplate while the machine is in use.
- The voltage and electrical circuit to which the Vibrapower Slim is connected must always comply with the laws in force.
- 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 the use of the appliance by a person responsible for their safety. Children should be supervised so that they do not play with the appliance.

MEDICAL RECOMMENDATIONS

You **must not** use the Vibrapower™ Slim without your doctor's consent if you:

- Are pregnant
- Have had a recent operation or surgery
- Have knee, shoulder, back or neck injuries

You are **strongly recommended to consult your doctor** before using the Vibrapower™ Slim if you have any of the following:

- Heart condition or cardiovascular disease
- High blood pressure
- Acute thrombosis
- Acute hernia
- Severe diabetes
- Epilepsy
- Severe migraines
- Malignant tumour
- Pacemaker, implants, artificial joint(s) or limb(s), stents or IUD
- Any recent illnesses or infections
- Cancer

Discontinue using if you experience dizziness, nausea, shortness of breath, pain, or any other abnormal symptoms.

VIBRAPOWER™ SLIM OFFERS THE FOLLOWING BENEFITS:

- Muscle building
- General fitness
- Endurance
- Muscle relaxation

In order to maximise the benefits of Vibrapower™ Slim you should always remember the following points:

- In order to achieve the desired results, you should use Vibrapower Slim continuously.
- Longer-term use will ensure you maintain your desired goals.
- Please remember to follow the warm-up exercises first before using the machine.
- When using Vibrapower Slim for the first time, increase the intensity of vibration and duration of exercise gradually.
- Remember to always start the machine from the lowest speed setting and then increase the speed step by step.
- You will enhance your results by following a calorie-controlled diet along with your exercise routine.
- Do NOT use Vibrapower Slim with a full stomach; vibration will make you feel uncomfortable if you have just eaten.
- Please also remember to drink plenty of water before and after exercising.
- Do not use Vibrapower Slim while you are eating or drinking. Equally, do not exercise when you are hungry. Eating a meal a couple of hours before your workout is best.
- Drink plenty to re-hydrate during your exercising.
- Never overwork yourself on the Vibrapower Slim; stop exercising if you feel tired, exhausted or dizzy.

IMPORTANT NOTICE - Do not use the Vibrapower™ Slim for more than 10 minutes at a time. It is more effective to increase the intensity of the vibrations during the exercise, rather than increase the time.

WARNING - Vibrapower™ Slim is heavy. Please ask a friend or family member to help you unpack and position the unit.

- To avoid danger of suffocation, please keep all plastic bags out of the reach of children.
- Check that there is no damage to the unit prior to use. In case of visible damage before or during use, unplug the Vibrapower Slim and contact your Vendor. Do not attempt to use the Vibrapower Slim.
- Vibrapower Slim is designed for home use only and is not intended for commercial use. Please do not use outdoors.
- Please retain all packaging and paperwork for future use and store safely away from children and animals.
- The Remote Control, Resistance Bands and Power Cord are all located in the polystyrene packing, please take care not to dispose of these important items by accident.

WHAT YOU WILL FIND IN THE BOX

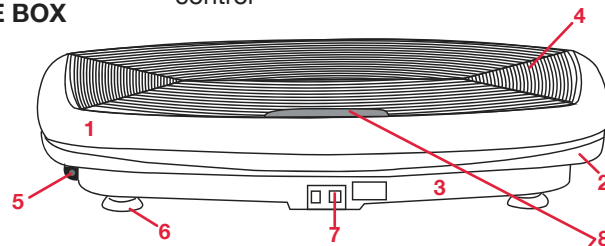
- Vibrapower™ Slim Unit
- Remote Control
- 2 x Resistance bands
- Power Cord

FEATURES

1. Upper Cover
2. Middle Cover
3. Base Cover
4. Platform
5. Roller
6. Foot Pad
7. AC Socket
8. Control Panel
9. Remote Control Receiver
10. Decrease Speed
11. Increase Speed
12. Decrease Time
13. Increase Time
14. Start/Stop Button
15. Program Button
16. Power Button
17. Speed Display
18. Time Display

YOU WILL NEED

- 2 x AAA batteries for the remote control



REMOTE CONTROL

POWER - Turns the machine on or off.

PROGRAM - Pressing this button will select the first automatic program. If you press it again it will select the second program, repeatedly pressing it will cycle through the automatic programs and manual mode. See "Settings and Use" for more details on programs.

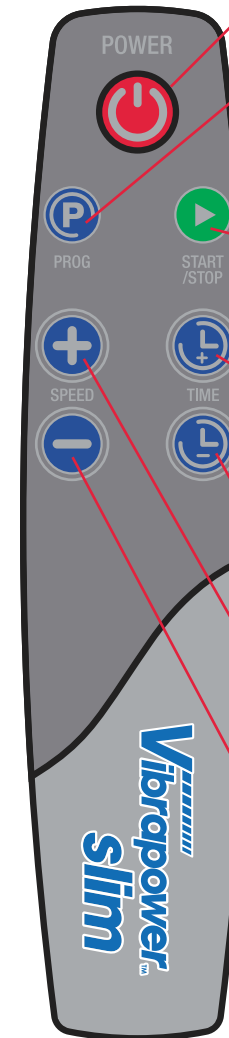
START/STOP - Pressing this button will start and stop the machines in all modes, then you can adjust the speed when in use. You cannot adjust the time when in use.

INCREASE TIME - Will increase the time of the program. This needs to be done before starting the program. Default time is 10 minutes, will adjust time by 1 minute at a time. Cannot increase time over 10 minutes.

DECREASE TIME - Will decrease the time of the program. This needs to be done before starting the program. Default time is 10 minutes, will adjust time by 1 minute at a time.

INCREASE SPEED - Will increase the speed during in use in manual mode. Between levels 1-20. This Will not function during automatic programs.

DECREASE SPEED - Will decrease the speed during in use in manual mode. Between levels 1-20. This will not function during automatic programs.



The effective reception range of the remote control is 2.5 metres, the infrared emission indicator of the controller should be aligned to the receiving window on the display of the unit.

BEFORE YOU START

Choose a suitable place for your Vibrapower Slim and workout. Place the machine on a flat level solid surface with a protective cover for your floor or carpet

! It is highly recommended that the Vibrapower Slim is NOT used on carpet or rugs as they may become discoloured or worn. All floor surfaces should be protected, please consult the flooring manufacturer for advice if you are unsure.

Insert 2 x AAA batteries into the remote control unit.

TOP TIP - If this is your first time on a vibration trainer, it could be advantageous to place the Vibrapower Slim close to something you can balance yourself on. Even a wall can be of use to keep your balance until you get used to how the Vibrapower Slim works.

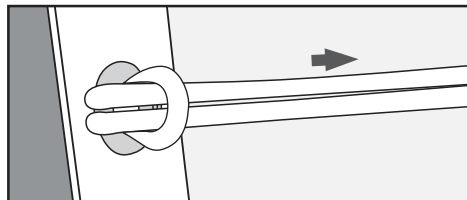
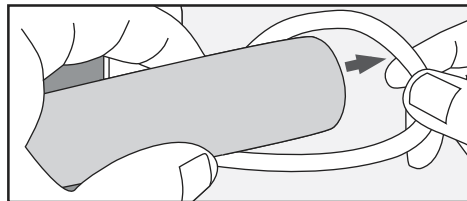
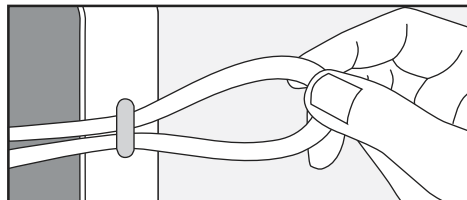
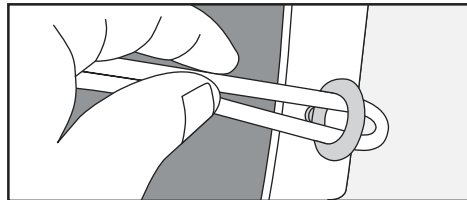
ROLLER

You will find a roller on the left hand side of the Vibrapower Slim as you look at the display. Hold the right hand side of the Vibrapower Slim and lift to a 45° angle. Then use the roller to position the machine in the optimal spot for your workout.

RESISTANCE BANDS

To use the resistance bands as part of your workout first of all attach the resistance bands to your Vibrapower Slim. To do this take the loop at the end of the resistance band and thread this through the fixed hoop located on the underside of the Vibrapower Slim. There are two fixed hoops; one located on each side underneath the Vibrapower Slim next to the handle. Once you have pulled

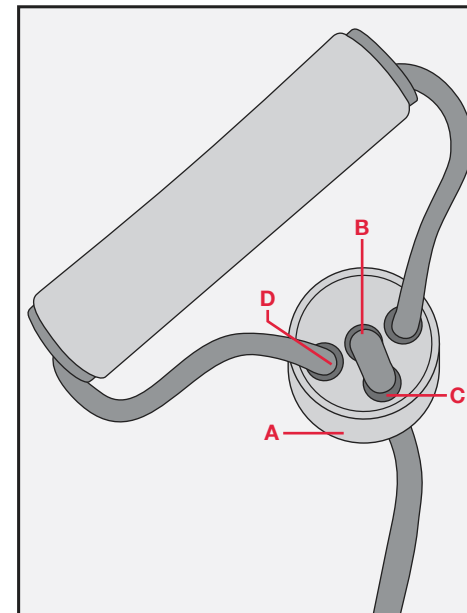
the loop through the fixed hoop, take the handle of the resistance band and slide this through the loop, so that it creates a knot around the fixed hoop. This should ensure that resistance band is firmly locked into place and will not detach when in use. Please check the knot is secure before you use the Vibrapower Slim and always check that the fixed hoop and the resistance band are securely attached before each use. Regularly check the resistance bands for any signs of wear and do not use if they appear frayed or damaged.

**ADJUSTING RESISTANCE BANDS**

If you find you need to adjust the length of your resistance band, take **Part A** in one hand and start to thread through the band from underneath. This should create a small loop at **Part B**. Pull **Part D** away from **Part A** (whilst keeping hold of **Part A**) so that the loop disappears. This will shorten the length of the resistance band overall.

To lengthen your resistance band, thread a small amount of band through **Part A** as before to create a loop at **Part B**. Then pull the band at **Part C** so that the handle moves towards **Part A**. This should increase the loop and now you will need to thread the loop through **Part A** so it disappears.

When not in use please ensure resistance bands are stored away safely so they are not a potential trip hazard.

**GENERAL**

Once you have chosen your exercise routine, we recommend repeating it 3 times a day for 10 minutes per session. For each session it is preferable to do 3 x 3 minutes and to rest for a time equivalent to the workout.

E.g - After a 3 minute workout, rest for 3 minutes before beginning to exercise again.

When you are ready to progress, we recommend increasing the intensity of the vibration, rather than the duration of your workout.

We recommend doing no more than 10 minutes of exercise three times a day on your Vibrapower Slim

PLEASE NOTE

Not all vibration trainers work in the same way. The timings relate to the Vibrapower Slim only.

Vibrapower Slim is a vibrating fitness appliance; the more you increase the intensity, the louder the noise caused by the vibrations will be.

TOP TIP - Until you are used to vibration training technology, we suggest you start on the slowest speed and “test” the unit’s effects for a few seconds by gently stepping onto the machine one foot at a time.

SETTINGS AND USE

Turn the machine on by ensuring the supplied power cord is plugged in to the machine first, then plugged in to a suitable power socket and turning the power switch on the rear of the machine to the "I" position ensuring the switch illuminates. Then press the power button on either the display unit or remote control.

The speed display will read '00' & time display will read '10'.

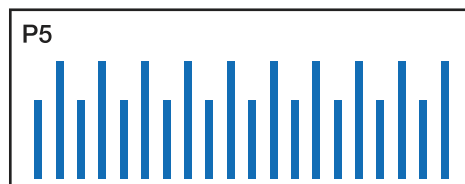
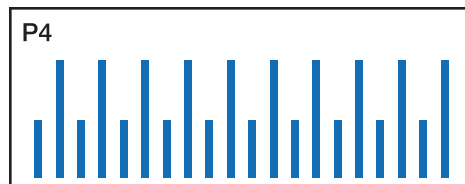
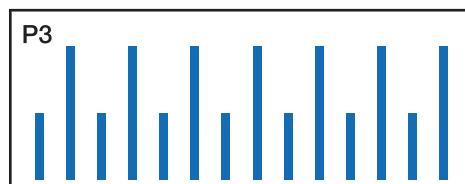
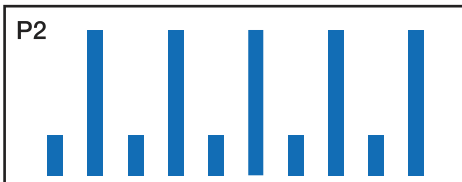
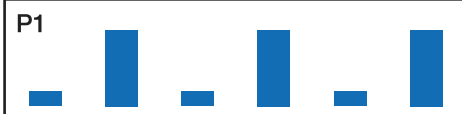
When in use the time display will show minutes left in the exercise and then show "88". It will then go back to minutes left in the exercise. This will occur until time has elapsed.

MANUAL MODE

Press or to select the desired workout time in minutes and then press (Maximum time is 10 minutes). The Vibrapower Slim will start to oscillate at speed '01'. To increase or decrease the speed, simply press or according to your abilities. To stop the machine at any time, press , and the machine will return to ready mode.

PROGRAM MODE

There are five different programs automatically set in the unit.



To use one of these pre-set programs when in the ready mode, press on the remote control or display unit until you reach the desired program. If you press six times it will get you back to the Manual Mode. Then press the button to start the program. To stop the machine at any time, press , and the machine will return to ready mode.

At the end of your workout, to turn off the machine press the power button on either the display unit or remote control, then press the switch at the back of the machine and unplug from the mains supply.

WARMING UP AND COOLING DOWN – IMPORTANT

One of the most important parts of your workout is to prepare your body for exercise on the Vibrapower Slim.

Warming up the muscles substantially decreases the chances of injury and only takes a few moments to do.

Cooling down removes the lactic acid build-up in the muscles by oxygenating the muscles after your exercise routine. Lactic acid is what makes you ache after a workout, cooling down should be undertaken soon after the last set of exercises you intend to complete.

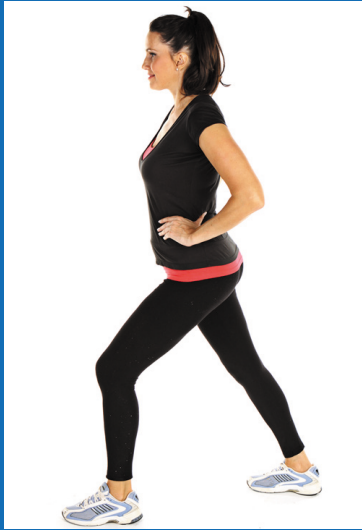
Warming up and cooling down exercises are identical and easy to remember. Both warming up and cooling down should be done slowly and accurately, there is no hurry to complete these exercises, it is more important to complete them. In addition, it is good practise to move around after the cool down exercises to further dissipate the lactic acid.

In addition, if you are tiring between your sets, you can use one or more of the following routines to keep your body warm whilst you are recovering.

TOP TIP - Use a chair or a wall to help keep your balance if you need to.

**QUADRICEPS STRETCH**

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together (Do not let the lifted knee swing outward). Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



CALF AND ACHILLES STRETCH

Stand approximately one arms-length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.

BUTTOCKS, HIPS AND ABDOMINAL STRETCH

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominal and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.



INNER THIGH STRETCH

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inner thighs.



STANDING HAMSTRINGS STRETCH

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.

**OVERHEAD/TRICEPS STRETCH**

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.

Warming up and cooling down should take around ten minutes each. It is sensible to adjust this timing according to your own situation. You would benefit from a longer warm-up session if you exercise soon after waking up than you would after a walk to the shops and back for example.

Take your time warming up and cooling down; enjoy the stretches as they will make you feel better.

TOP TIP - As you progress, you can create your own warm up and cool down exercise routine, you do not need to keep strictly to the above routine so long as you utilise all the basic muscle types included above.

**SQUAT**

Stand on the Vibrapower Slim with your feet shoulder width apart. Keep your back straight, knees bent and gently tense your leg muscles. You should then feel tension in your quadriceps, buttocks and back. To increase the intensity of the exercise bend your knees more.

**CALVES**

Stand on tiptoe in the centre of the Vibrapower Slim. Keep your back straight, your abdominal muscles tight and you will feel tension in your calf muscles. To vary this exercise, you could also bend your knees to 90°.

**OBLIQUE STRETCH**

Stand on the Vibrapower Slim with your feet shoulder width apart. Place your hands down by your sides and lean to one side so your hand moves down towards your knee. Hold this position for a few seconds and then slowly rise back up. Repeat for other side.

**TRICEPS DIP**

Turn your back to the Vibrapower Slim and firmly grip the edge of the platform. Bend your arms slightly and bring your hip to the level of the platform, so that your shoulder blades come close to one another. You should then feel muscle tension in your upper arms and shoulders. You can also perform the same exercise with your legs stretched for a more intense exercise.

**PELVIC BRIDGE**

Lie down with your shoulders on the floor and your feet flat on the Vibrapower Slim. Raise your buttocks with your knees slightly bent. Gently pull your heels towards your upper body by tensing the thigh and buttock muscles. This will exercise your core and thigh muscles.

**ABDOMINAL TWIST**

Stand on the Vibrapower Slim with your feet shoulder width apart and hands on your hips. Rotate your torso clockwise and hold for a few seconds before returning to the centre. Then repeat on the other side. This exercise can also be done using the resistance bands by holding them out in front of you at shoulder height and rotating. This will work your abdominal and oblique muscles.

**LUNGE**

Step on the Vibrapower Slim with one foot on the middle of the platform and the other on the floor behind. Bend your knee about 90°. Keep your back straight, your knees not extending beyond toes and position your bodyweight on the front leg. You should then feel muscle tension in the hamstrings, quadriceps and buttocks. This exercise can be used in conjunction with other exercises such as bicep curls using the resistance bands to enhance the workout.

**SIDE PLANK**

Resting your forearm on to the Vibrapower Slim, outstretch your legs and lift your hips up so all your body weight is being supported through your forearm. Hold this position for a short period of time and then repeat on the other side. This will work your core and oblique muscles. This exercise can also be performed by resting your hand on the plate rather than your forearm if you want to increase the intensity of the exercise.

**PUSH UP**

Position yourself in front of the Vibrapower Slim; place your hands on the platform, slightly pointing inwards, shoulder width apart and legs outstretched behind you so you are on your toes. Keeping your back straight and abdominal muscles tight, push your chest up from the platform. This exercise aims to strengthen your chest, shoulder muscles and triceps. If this exercise is too challenging you can perform this on your knees.

**BACK RELAXER**

Sit in the centre of the Vibrapower Slim. Allow your upper body to lean forward. In this position, the vibrations will help to relax the muscles of your back, hip and thighs. This should be done at a lower setting (1-5).



SHOULDER & NECK RELAXATION

Kneel down in front of the Vibrapower Slim and place your hands on the platform with your arms outstretched. Keep your back and neck straight. Swing your upper body backwards while resting your arms on the platform. This exercise helps to relax muscles of your neck and shoulders. This should be done at a lower setting (1-5).



BICEPS CURL

Carefully stand on the Vibrapower Slim. Grip the resistance band handles, and then extend arms down with palms facing up. Lift one arm up towards your chest and down again, then repeat with the other arm. Continue to lift your arms alternately up and down in a controlled manner. You can do this exercise with or without the vibration plate active. This exercise can be done with both arms at the same time also. To advance this exercise it can also be done in the lunge or squat position.



CALF MASSAGE

Lie down in front of the Vibrapower Slim, with your back on the floor. Rest your calves on the platform with your toes pointing upwards. Simply relax and enjoy an invigorating calf massage. This should be done at a lower setting (1-5).



SIDE DELTOID RAISES

Carefully stand on the Vibrapower Slim. Grip the resistance band handles and extend arms down to waist height at the side of your body. With palms facing down and arms slightly bent at the elbow, raise both arms sideways from your shoulder and down again. Continue to raise and lower both arms at the same time in a controlled manner. You can do this exercise with or without the vibration plate active.



HIGH PULL

Stand on the Vibrapower Slim with your feet shoulder width apart. Grasp the resistance bands so the palms of your hands are facing the body. Keeping your back straight raise the handles of the resistance bands up towards your chin and then lower. This will work your shoulders, back and triceps. To advance the exercise you could bend your knees when lowering the resistance bands.



TRICEPS EXTENSION

Carefully stand on the Vibrapower Slim. Hold the resistance bands in front of your chest so that palms are facing each other. Lower arms slowly behind you so that they are outstretched and straight, then bring them back into the starting position. This can be done either alternately or at the same time. To advance this exercise, it can be done either in the squat or lunge position. You can do this exercise with or without the vibration plate active.

TOP TIP - Don't forget your COOLING DOWN exercises!

STORAGE & CLEANING

- Clean the Vibrapower Slim with a damp cloth and mild detergent only, immediately after use. Ensure the Vibrapower Slim is unplugged from the mains before cleaning is undertaken.
- Regularly check the cord/cable for damage before storing. Should the cord/cable be damaged in any way it must ONLY be replaced by the manufacturer or a similar qualified person in order to avoid a hazard.
- Regularly check the Vibrapower Slim but do not switch on if it appears to be damaged or operating incorrectly. Do NOT attempt to carry out any repair to the Vibrapower Slim in any way as this must in all cases be referred to a suitably qualified technician.
- Never pull the cord/cable to disconnect from the power outlet. Always grasp the plug and pull to disconnect.
- Remove the plug when not in use.
- Should you need to store your Vibrapower Slim between uses, it is advisable to seek help with moving it. Store on its feet at all times.

TOP TIP: Use a weak solution of anti-bacterial washing up liquid in warm water and a microfibre cloth to clean your Vibrapower Slim; be sure to wring out the cloth so that it is just damp. Do ensure your Vibrapower Slim is unplugged before attempting cleaning.

TROUBLESHOOTING

No lights; does not respond to Control Panel or Remote Control

Check Vibrapower Slim is plugged in and switched on at the mains. Check socket works with an alternative electrical product. Replace fuse in plug.

Remote Control does not operate Vibrapower Slim, but unit does respond to Control Panel.

Point Remote Control transmitter directly at the Control Panel's sensor. Replace batteries in remote control (2 x AAA alkaline batteries are required).

Speed is too fast?

Adjust speed using the speed buttons on the Remote Control or the Control Panel.

Vibrapower Slim making unusual noises or smells.

Immediately turn off Vibrapower Slim and call service centre or Ideal World for assistance.

Turned power on but display doesn't light up.

Machine may have been turned off using the remote control. In this case press the power button on the display or remote control to turn it on.

FREQUENTLY ASKED QUESTIONS

“I’m new to this, how would I know which settings are right for me?”

- **FACT:** Your body begins to burn fat at around 65% of your maximum recommended heart rate.
- Your heart rate is the key to successful training. You should work out your own suggested heart rate which is easy. The key figure for heart rate is 220. Subtract your age from this figure and this will be your maximum heart rate aim for your workout.
E.g.: If your age is 35, then 220 minus 35 (your age) means your maximum heart rate should not exceed 185 BPM (Beats Per Minute) during exercise.

• **BUT, IF YOU ARE NEW TO THIS OR ANY OTHER EXERCISING,** you should aim for approximately 65% of this figure to start with and slowly increase as the weeks, and your fitness, progress. If you exercise daily, you should see your heart rate decrease over time, and then you can look to increase the intensity of the vibration when you feel able to do so.

- **THE GOLDEN RULE** is to stop exercising if you feel dizzy, faint or exhausted. **LISTEN TO YOUR BODY!**

“How often should I use the Vibrapower Slim?”

- The key is to use the Vibrapower Slim every day!
- Use the Vibrapower Slim up to three times a day for 10 minutes following

the above guidelines for heart rate. As your fitness level increases, you can increase the intensity of the vibrations. It is far better to increase the vibration intensity than it is the length of the workout

“How does Vibrapower Slim work?”

- Originally invented for the Russian Space Programme, vibration training was created to help astronauts stay fit in space where weight training would not work due to the lack of gravity.
- Whereas between 40 and 60% of the muscles fibres are recruited to perform free-weight or resistance machine exercising, performing similar exercises on the vibration plate, almost 100% of the target muscles fibres are used. This is achieved by creating an almost constant state of reflex in the muscles, known as a tonic stretch/reflex. This means that the muscles are flexing and contracting at a very high frequency producing faster increases in muscular strength.

Due to our Policy of continuous development, the actual product may differ slightly from the one illustrated in these instructions and on the packaging.

SPECIFICATIONS

MODEL NO.: JF-B-01
SIZE: 76cm x 44cm x 13.5cm
WEIGHT: 16.2kg approx. (unit only)
VOLTAGE: 230V~
FREQUENCY: 50/60Hz
INPUT POWER: 200W
MAXIMUM USER WEIGHT: 120kg

Made in China

WIRING SAFETY FOR UK USE ONLY Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Plug fitting details (where applicable).

The wire coloured blue is the neutral and must be connected to the terminal marked [N] or coloured black.

The wire coloured brown is the live wire and must be connected to the terminal marked [L] or coloured red.

The wire coloured green/yellow must be connected to the terminal marked with the letter [E] or marked .



On no account must either the brown or the blue wire be connected to the [EARTH] terminal.

Disposal of Old Electrical & Electronic Equipment (Applicable in the European Union and other European countries with separate collection systems).



Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately. Please visit www.recycle-more.co.uk or www.recyclenow.co.uk for access to information about the recycling of electrical items. Please visit www.weeeireland.ie for access to information about the recycling of electrical items purchased in Ireland. The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill. Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt consult a qualified electrician who will be pleased to do this for you.

Non-rewireable mains plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug - disconnect it from the mains – and then cut off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

Warning: This appliance must be earthed.

For more detailed information about recycling of this product, please contact your local Council, your household waste disposal service or the shop or source where you purchased the product.

The logo for Vibrapower, featuring the word "Vibrapower" in a bold, blue, sans-serif font. The letter "V" is stylized with a series of horizontal lines above it, suggesting vibration. A small trademark symbol (TM) is located at the end of the word.

Due to our ongoing improvements programme, the images of the machine in this manual may differ slightly to the machine you have received.