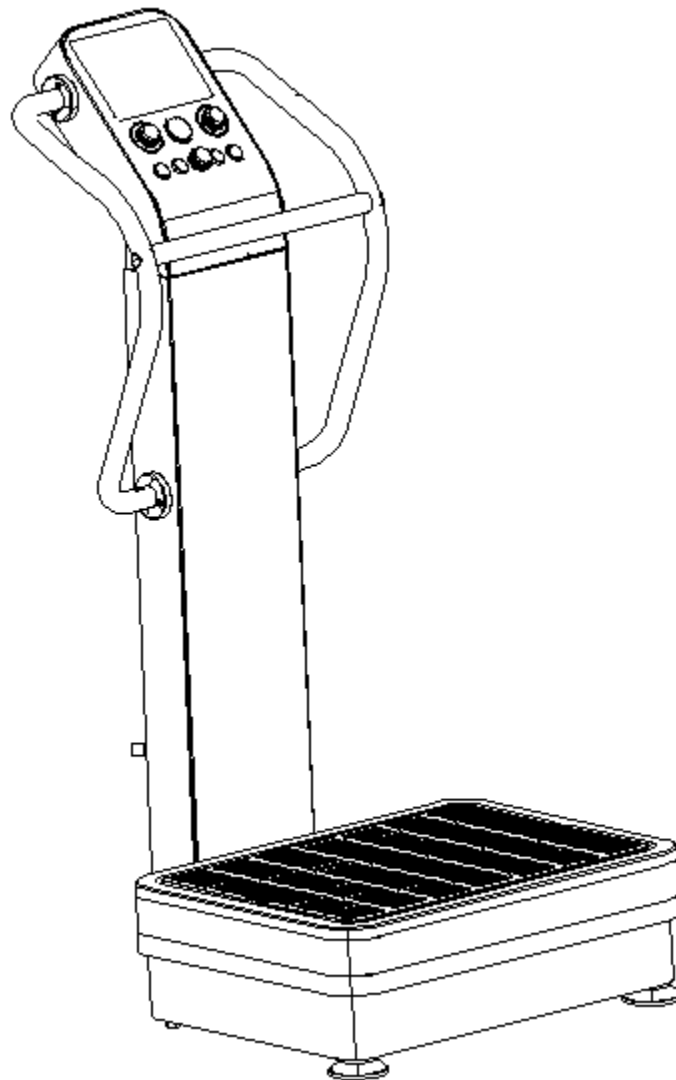


# **PULSER 2**

*by Vmax Fitness*



**USER MANUAL**

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# INTRODUCTION AND WARRANTY

Thank you for purchasing the Vmax Fitness Pulser vibration machine. Please read this manual completely before assembling and operating the machine. As with any fitness routines, you might want to consult with your doctor before proceeding. Please store this manual in a safe place for future reference.

The Vmax Pulser has 2 built in motors. Depending on which motor is activated; 3 types of vibration functions are available. One motor is used to produce the traditional triangular oscillating motion (seesaw motion), while the other is used to produce a horizontal spiral motion (tri-planar motion). The oscillating motion provides vibration to the entire body while the spiral vibration provides lower leg vibration. The two vibration modes meet the needs of professional and home use.



This machine comes with our 2 years warranty.  
For questions, problems, or warranty concerning this product:  
Visit us at: [www.VmaxFitness.com](http://www.VmaxFitness.com)  
Email us at: [Support@VmaxFitness.com](mailto:Support@VmaxFitness.com)

The new equipment that you bought carries a manufacturer's limited warranty granted by Vmax Fitness. This limited warranty covers manufacturing flaws that might occur during the warranty period. Vmax Fitness will, at its discretion, either repair, rebuild, or replace the faulty part or equipment in accordance with the terms set forth below:

**This owner's warranty only covers the following:**

- a. Flaws caused by materials or labor in the equipment that existed when the equipment was originally assembled.
- b. Faults that occur in normal use as defined in the user manual, and providing that Vmax Fitness's instructions, maintenance and use have been followed.
- c. The original purchaser of the equipment who holds an original proof of purchase.
- d. Warranty coverage with shipping fees covered both ways within 30 days of original purchase delivery date.

**This warranty does not extend to or cover any of the following:**

- a. Equipment or components that have been modified without the consent of Vmax Fitness.
- b. Faults resulting from natural wear and tear, use in conditions for which the equipment is not intended, corrosion, or by accident, fire, flood, or war.
- c. Maintenance activities, such as cleaning, lubricating and normal checking of parts; or installation procedures that customers can do themselves and that do not require dismantling or reassembling of the equipment.
- d. Damage or equipment failure caused by (i) electrical wiring not in compliance with applicable electrical codes, or (ii) electrical wiring not in compliance with the user manual.
- e. Repairs of consumable or cosmetic items, e.g. rubber plate, grips, seals, labels, or wheels.
- f. Pick-up, delivery, or freight charges involved with repairs beyond the first 30 days of the warranty period. After this time, the owner is responsible for the cost of shipping the machine to Vmax Fitness for repair. Vmax Fitness is responsible for the cost of shipping the repaired machine back to the owner.

Please refer to [www.VmaxFitness.com](http://www.VmaxFitness.com) for the most up-to-date warranty terms.  
The warranty terms set forth on the website supplements all terms printed in this manual.

# IMPORTANT SAFETY INSTRUCTIONS

The Important Safety Instructions and warnings in these instructions are not meant to cover all possible problems and conditions that can occur. Use common sense and caution when installing, maintaining or operating this machine.

To maintain the operational standard of the Vmax Pulser, please note the following:

## A. BEFORE OPERATING THE VMAX PULSER

1. Use the Vmax Pulser as described in this user guide.
2. Do not use the machine within 30 minutes before or after meal.
3. Only one person can step on the vibration plate at any one time. Failure to do so may result in injury and breakdown of the Vmax Pulser.
4. Hold onto the safety handles firmly before and during your exercise. It helps you to balance when you are using the Vmax Pulser.
5. Check the exercise speed level before you operate the Vmax Pulser and ensure it is at a safe speed and comfortable level. You may get injured if the speed is set too high.
6. When you first begin using the Vmax Pulser, ensure your feet are at least 30 cm apart to prevent injuries. The wider you set your feet apart, the higher the vibration intensity that you can feel.
7. Do not use this machine for any other purposes besides exercising.
8. Do not operate or touch the Vmax Pulser with wet or humid hands, this may short circuit the machine and causes damage. There is also a risk of electric shock.
9. Do not use any kind of sharp objects like spoons, knives or any dangerous materials on the Vmax Pulser. Do not insert fingers in the gaps of the cover board.

## B. DURING THE OPERATION OF THE MACHINE

1. If you feel any discomfort or abnormalities, please stop using the machine and consult a physician immediately.
2. Do not use force against the machine. Risk of injuries and malfunction may occur.
3. When not in use, please turn off the power and unplug the power cord. (Running electricity may present risks for electric shock or fire).
4. Do not exercise more than 5 minutes using the same pose. You may get muscular cramps.

## C. AFTER USING THE MACHINE

1. Please turn off the power and unplug the power cord after use.
2. After your exercise, please take a rest and have some water. Refrain from participating in strenuous activities after using the Vmax Pulser.



## WARNING

Please follow the warnings and cautions strictly. This will prevent damage of your machine or any harm to your body caused by any improper use of the machine.

▲ 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. Children should be supervised to ensure that they do not play with the appliance.

When using the machine, please comply with the instructions to operate.

----■ Please make sure that the power plug does not get pressed by the side portion of the machine.

□ The power plug might get damaged leading to electrocution or fire.

----■ Please remove dirt on the power plug using dry clothes

□ Dirt and abnormal connection might lead to fire.

----■ Leave at least a 20 centimeter gap between the machine and the wall during use.

□ Good air circulations will prevent the product from malfunctioning.

----■ Please install the product on 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 after the machine stops completely.

□ Stepping down during run state might lead to 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 or jog on the vibrating platform.

□ The product might get damaged.

----■ Elderly people and children should be accompanied or supervised when using the machine.

□ Physical injuries may result.

----■ The machine can only handle / support one user at a time.

□ The machine might get damaged.

----■ Before cleaning, remove any water particles using dry clothes to prevent water particles entering the machine.

□ Water particles will weaken the insulation which will lead to electric leakage and fire.

----■ Please clean the surface of the machine using mild 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 install the machine in wet place or near water.

□ It might lead to electric leakage; the machine may get corroded when used in humid places.

----■Please do not store 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 circuits.

----■Please unplug the power cord before cleaning

----■When the machine creates smoke or a burning smell, remove the power cord immediately and stop exercising. Contact Vmax Fitness.

□It might lead to fire or electrocution.

----■Please do not disassemble, repair or modify the machine without authorization from Vmax Fitness as this may void your warranty.

□Non-compliance will lead to product damage or financial damage due to fire or malfunctioning of the machine.

### **Health Symptoms Warning**

If you are under medical treatment or have any of the following symptoms, please consult your doctor before use.

----■Epilepsy

----■Diabetes

----■Heart or Cardiovascular problems

----■Slipped disc, discopathy or spondylitis

----■Knee and hip implants

----■Pacemaker

----■Recently insert IUD, Metal pins

----■Thrombotic conditions

----■Tumor

----■Recent infections

----■Recent operative wounds

----■Pregnant women

----■Severe migraine

## Product Maintenance

### A. -----■ HOW TO STORE ■-----

1. Do not store the Vmax Pulsar
  - Near heat or open flame.
  - Under direct sunlight for a long period of time.
  - In harmful gas or dust, especially humidity.
2. Keep the Vmax Pulsar in the following environments:
  - Usage temperature: 0-35°C.
  - Storing temperature: 5-50°C.
  - Humidity: under 40-80%.
3. If the Vmax Pulsar is not used for a long period of time, cover it with a piece of clean cloth to protect it from dust and moisture.
4. Do not store the Vmax Pulsar under direct sunlight or in places of high heat or humidity.
5. Do not coil the wire cord as it may cause malfunctions to the machine.

### B. -----■ SELF-MAINTENANCE ■-----

1. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
2. Do not use the Vmax Pulsar for longer than 10 minutes for the first time.
3. Switch off power and remove the plug from the socket every time after use.

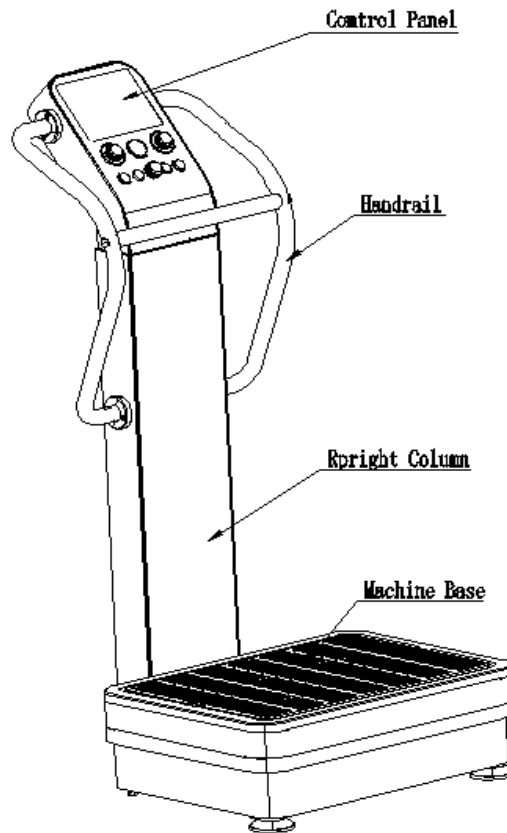
### C. -----■ PROTECTION OF VIBRATION EXERCISE MACHINE■-----

1. Do not use or store this machine in humid areas such as bathroom, swimming pool or spa.
2. Do not use the machine when there is too much dust, oil, smoke or caustic gas in the surrounding.
3. Avoid damaging the surface of the Vmax Pulsar.

### D. -----■ CLEANING ■-----

1. Use general household all-purpose cleaner to wipe down the machine with a towel.

# GETTING TO KNOW YOUR MACHINE



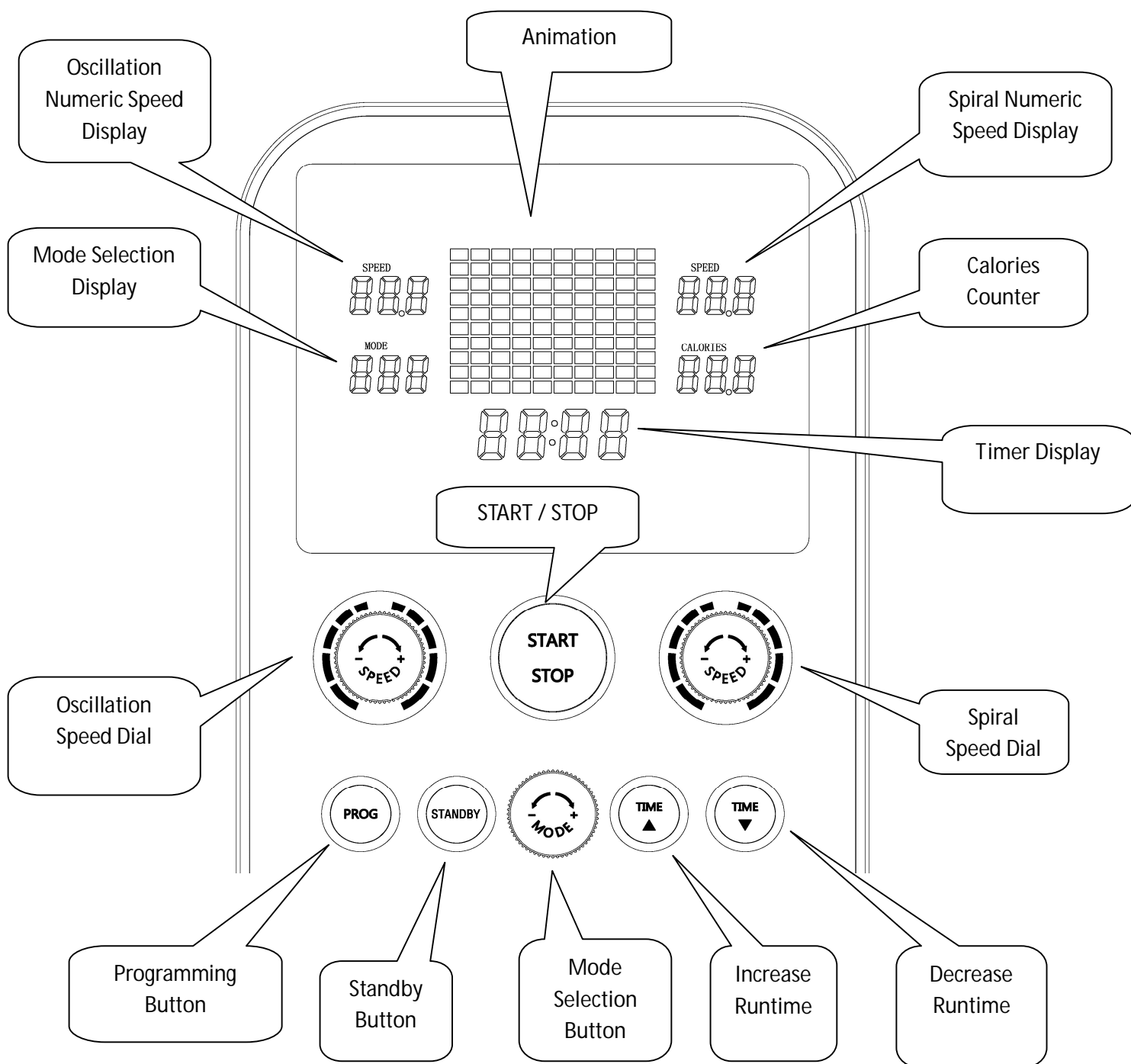
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## Parts List:

No	Name	Quantity
1	Cross recess head screw M5x10	4
2	Cross recess head screw M5x20	8
3	Inner hexagon disk head screw M6x16	8
4	Inner hexagon disk head screw M8x16	10
5	Spring washer / Flat washers M8	10
7	Plastic decorative half-rings	8
8	Metal decorative metal cover	1
9	Screw driver + hex tool	1 set
10	Horizontal handle bar + 2 bolts + 2 rubber caps	1 set
11	User manual	1
12	Power cord	1
13	Hand pull-up straps	1 pair
14	Vmax DVD	1



# CONTROL AND DISPLAY PANEL



8pcs decorative rings



8pcs M5x20 screws

8pcs M6x16 inner hex screws



Suction cup for bottom of pole

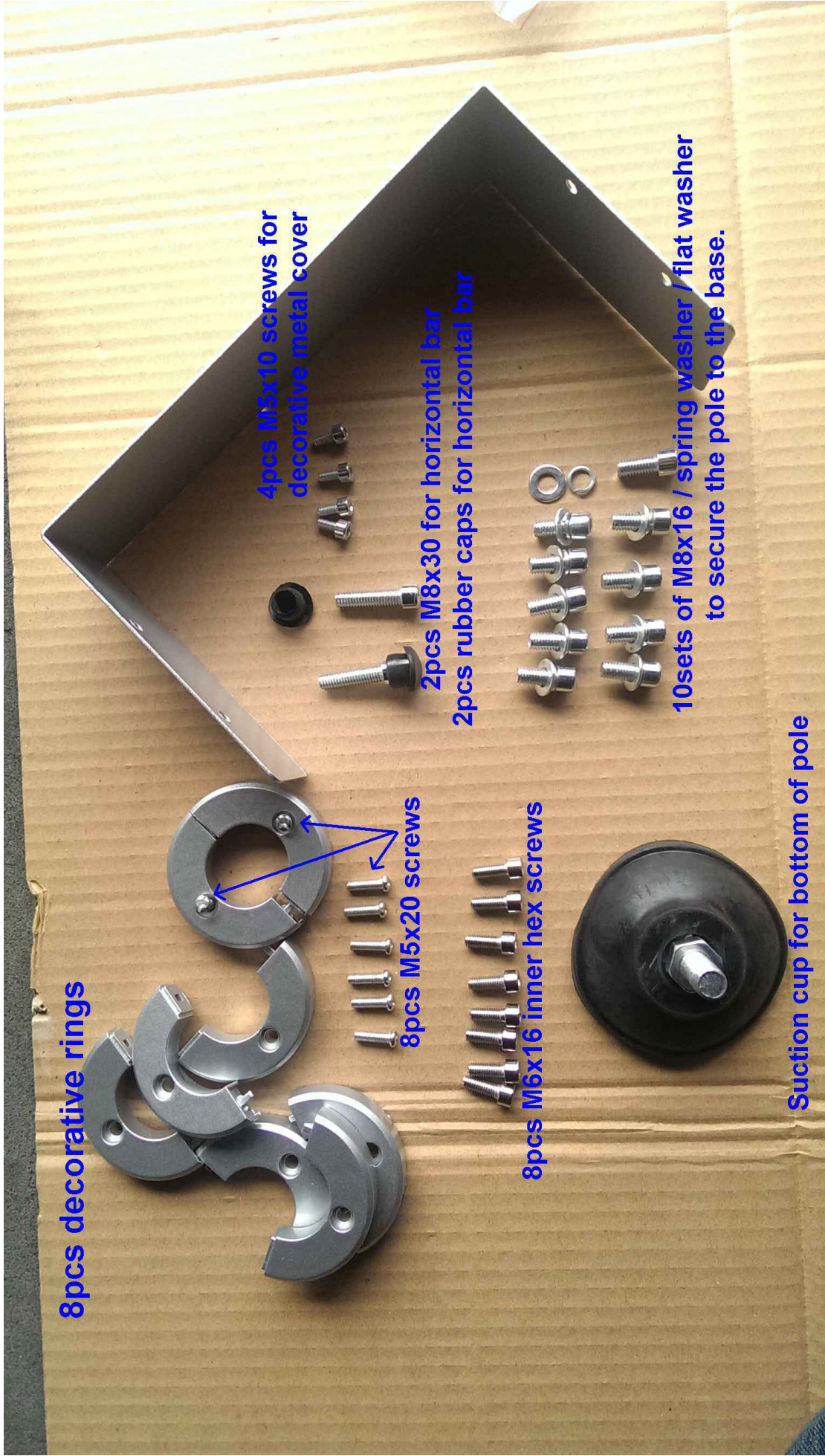
4pcs M5x10 screws for decorative metal cover



2pcs M8x30 for horizontal bar  
2pcs rubber caps for horizontal bar



10sets of M8x16 / spring washer / flat washer  
to secure the pole to the base.



# INSTALLATION

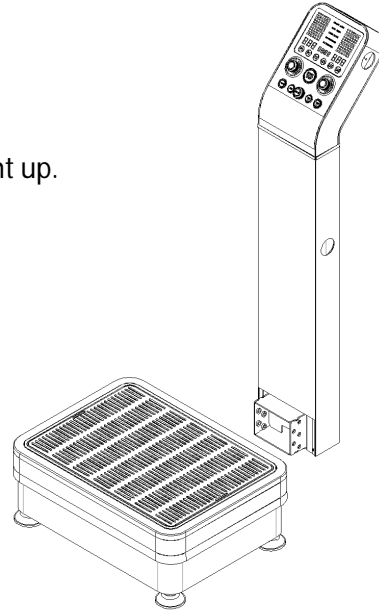
Installing the machine will take approximately 5 to 20 minutes. It is best to assemble the machine with 2 people as the base is quite heavy to lift away from the packaging box. The machine is best stationed on a hard surface or dense carpet as it will ensure the machine does not wobble excessively when set at higher speed.

1. Place the column beside the machine. Screw the suction cup support to the bottom of the column. **Connect the data cable from the bottom of the column to the base connector cable.** Insert the column upright into the machine base.

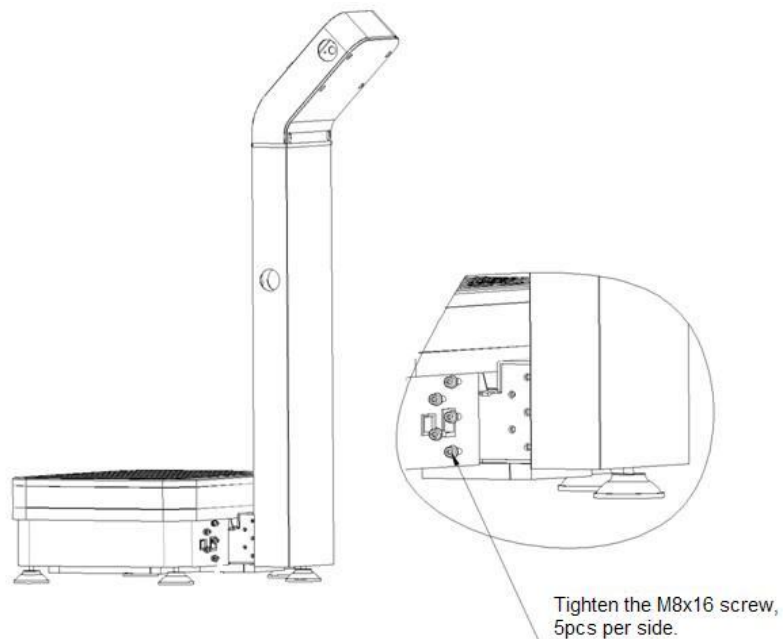
Since no bolts have been installed, have one person hold onto the pole. Plug the power cord to the machine and plug the other end to the wall. Turn on the red switch at back of the machine; the control panel will light up.

## MACHINE TESTING

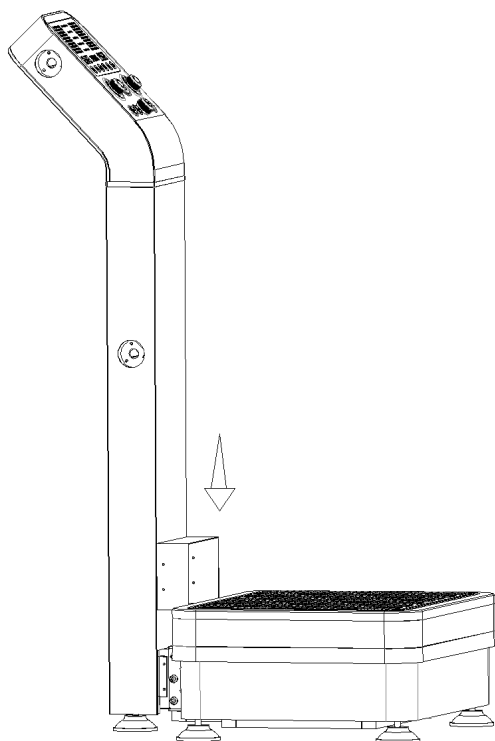
Press the START/STOP button on the panel and the platform will start moving. Turning the oscillation dial will increase/decrease the oscillation speed. Turning the spiral dial will increase/decrease the spiral movement speed. Once you confirmed the machine is working properly, press START/STOP to stop the machine. Turn the red switch to off position and unplug the power cord to continue installation. **Contact Vmax immediately if the machine doesn't operate as noted above.**



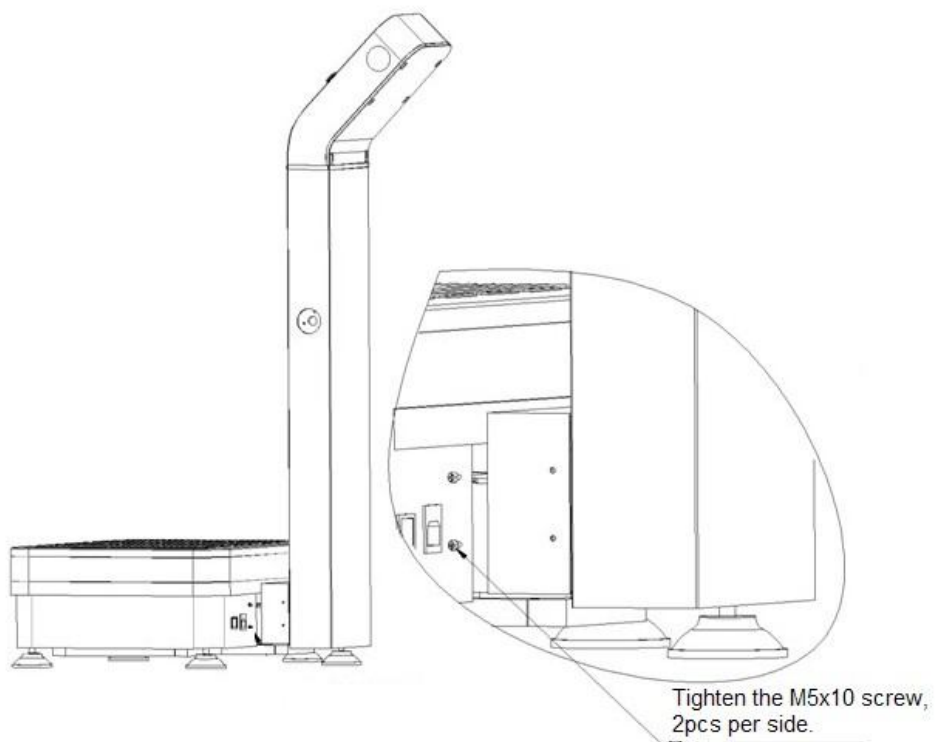
2. Fasten the upright column with 10pcs M8\*16 Inner hexagon disk head screws, 10pcs M8 flat washers/spring washers as pictured below.



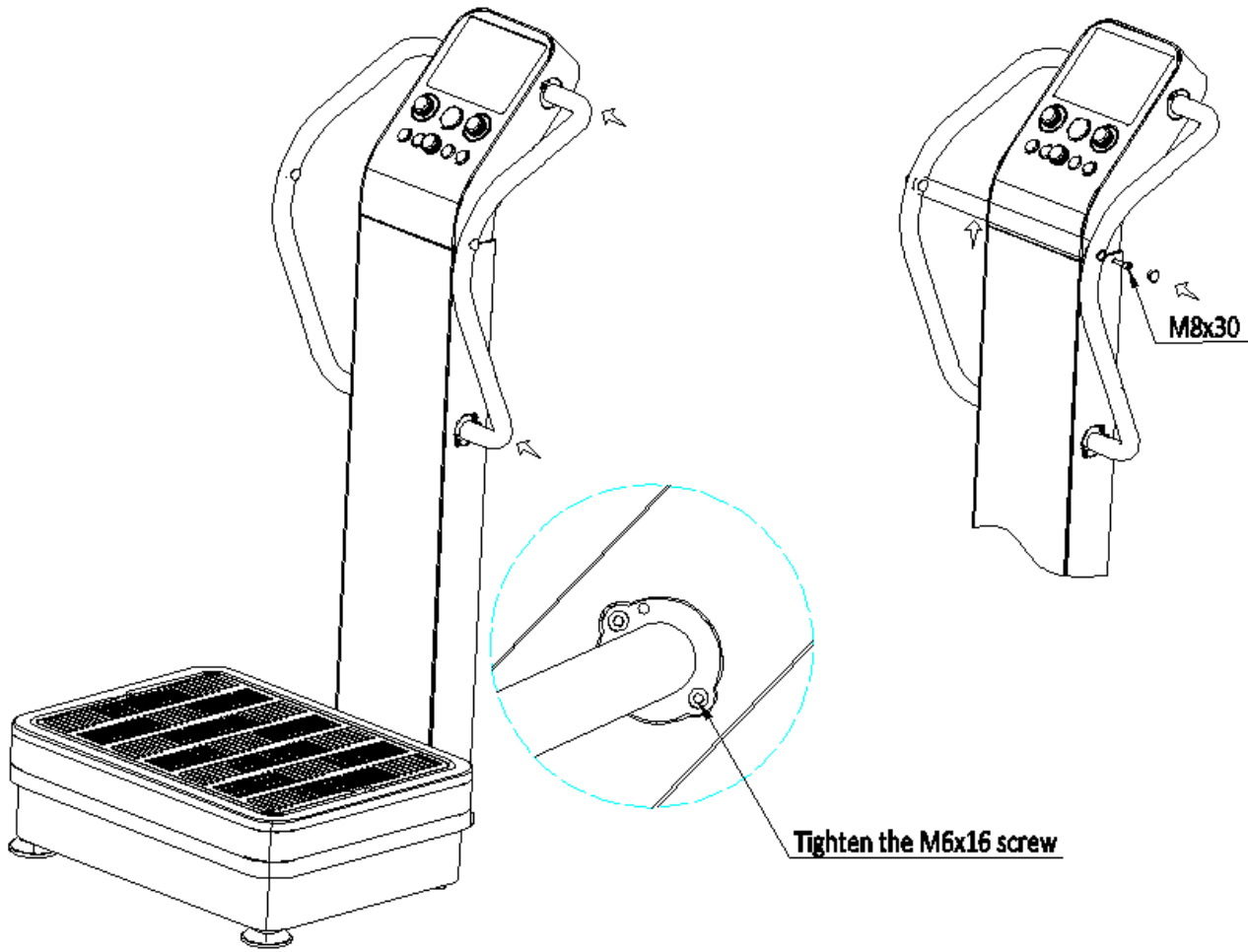
3. Install the metal decorative cover as pictured below.



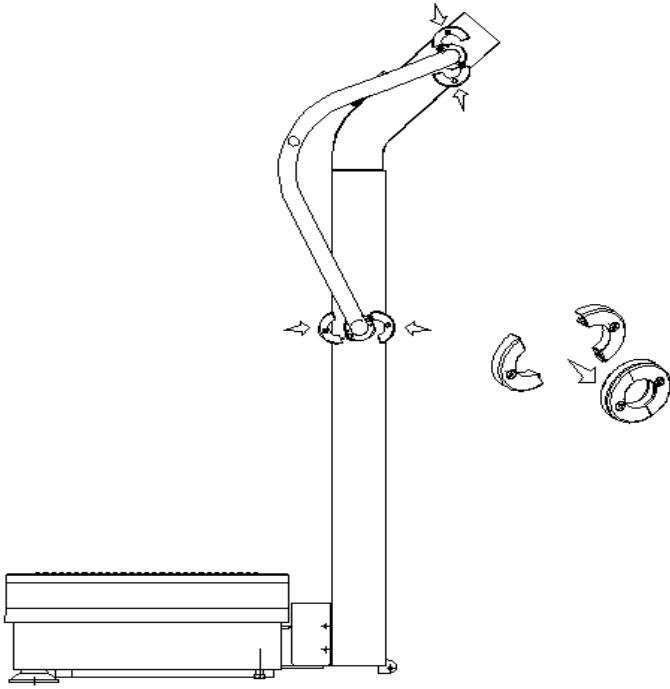
4. Tighten the metal decorative cover onto the base with 4 pieces cross recess head screw M5x10. Tighten the screws as pictured below, 2 pieces per side.



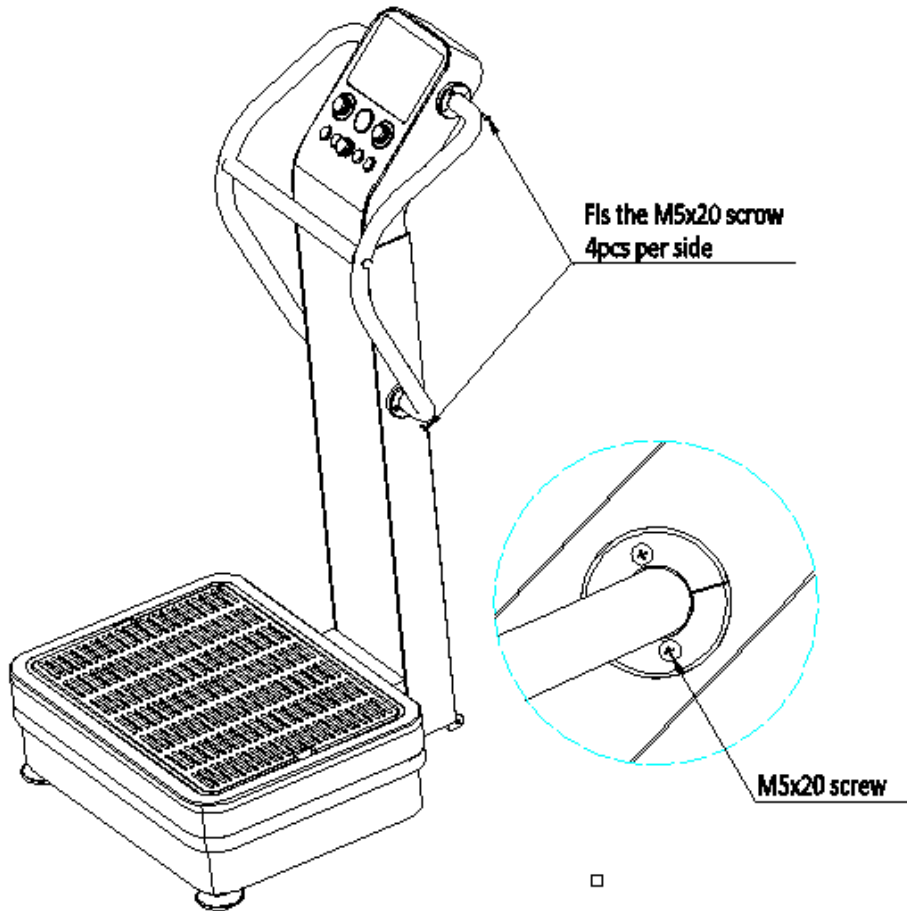
5. Align the 2 side handrail flanges with the mounting holes on the upright column. Tighten the M6x16 screw as pictured.



6. Install the 4pcs decorative rings as pictured below.



7. Close the decorative ring and secure it by using the M5x20 screw as pictured to complete assembly.



# MACHINE OPERATION

The Vmax Pulser comes with the following 3 modes for your workout: Manual Mode, PRESET Mode, and User Defined Mode. You can select the mode by rotating the MODE dial; the display will light up the mode currently selected. Once you selected the desired mode, press START to begin the routine.

## Manual Mode (M)

Allows you to independently adjust the full range of spiral and oscillation speed levels. This is the default mode. After you power up the machine by the red switch, just press START to engage this mode.

## Preset Modes (P1, P2, P3, ... P9)

There are 9 auto presets preprogrammed into the machine, each preset mode has its own vibration pattern lasting 10 minutes. Because the preset modes use the full speed range of the machine, you should only use these presets after you have used the higher speed settings in Manual mode.

Below shows the preset mode's speed changing pattern, each speed interval is 30 seconds.

### P1

Oscillation	2	5	8	11	14	17	20	17	14	11	8	5	8	11	14	17	20	17	8	5
Spiral	0	5	0	5	0	5	0	5	0	5	0	5	0	5	0	5	0	5	0	0

### P2

Oscillation	2	0	4	0	6	0	4	0	2	0	4	0	6	0	4	0	4	0	2	0
Spiral	5	10	15	10	15	20	15	10	15	10	5	10	15	10	15	20	15	10	15	5

### P3

Oscillation	2	5	8	11	14	17	20	17	14	11	8	5	8	11	14	17	20	17	8	5
Spiral	5	10	15	10	15	20	15	10	15	10	5	10	15	10	15	20	15	10	15	5

### P4

Oscillation	4	10	16	22	28	34	40	34	28	22	16	10	16	22	28	34	40	34	16	10
Spiral	0	5	0	10	0	5	0	20	0	10	0	20	0	10	0	20	0	10	0	5

### P5

Oscillation	4	0	8	0	12	0	8	0	4	0	8	0	12	0	8	0	8	0	4	0
Spiral	10	20	30	20	30	40	30	20	30	20	10	20	30	20	30	40	30	20	30	10

### P6

Oscillation	4	10	16	22	28	34	40	34	28	22	16	10	16	22	28	34	40	34	16	10
Spiral	10	20	30	20	30	40	30	20	30	20	10	20	30	20	30	40	30	20	30	10

### P7

Oscillation	6	15	24	33	42	51	60	51	42	33	24	15	24	33	42	51	60	51	24	15
Spiral	0	5	0	10	0	5	0	20	0	25	0	25	0	10	0	20	0	10	0	5

P8

Oscillation	6	0	12	0	18	0	12	0	6	0	12	0	18	0	12	0	12	0	6	0
Spiral	13	26	39	26	39	52	39	26	39	26	13	26	39	26	39	52	39	26	39	13

P9

Oscillation	6	15	24	33	42	51	60	51	42	33	24	15	24	33	42	51	60	51	24	15
Spiral	13	26	39	26	39	52	39	26	39	26	13	26	39	26	39	52	39	26	39	13

### User Defined Modes (U1, U2, U3)

There are 3 user programmable slots allowing you to create your own customized vibration pattern.

## USER DEFINED MODES PROGRAMMING INSTRUCTIONS

Each programmable routine consists of 12 programming "steps." Each step consists of one oscillation speed level between 0 to 60, one spiral speed level between 0 to 60, and one time interval for the duration of that particular step. The programming routine allows you to enter up to 12 steps. Pressing PROG button during programming will move you to the next "step", while pressing the START/STOP button will complete the current "step" and exit the programming mode.

### Programming Instructions

Rotate the MODE rotary dial to select one of the user programmable slots (U1, U2, or U3). Press the PROG button, this will start the programming routine for the storage slot you selected and will allow you to enter the first set of information, oscillation/spiral/time, for the first "step". Press the Time buttons to set the duration for the first "step". Then you can adjust the oscillation speed and spiral speed for the first step by rotating the oscillation and spiral dial respectively. When you finished setting the first "step", press PROG button to program the next "step". Repeat the above procedures to program up to 12 "steps". To end the programming before completing all 12 steps, press the START/STOP button to exit.

### NOTE:

If you operate one of the user programs that you created and the machine becomes non-responsive, it means you programmed the machine incorrectly. In this case, simply turn off the main red power switch on the base of the machine, wait for 10 seconds, then turn the main power switch on again, the machine will resume to normal operation. You can then try to program the machine again. If you still have problems, contact us and we can guide you through the process.



# GETTING STARTED

## **New Users**

New users should get comfortable with the machine by standing on it without performing any major exercises. Start with the standing position, ensure your knees are slightly bent and your feet shoulder width apart. Keep your back straight and maintain a good posture. Start the machine in manual mode and select oscillation and/or spiral speeds below 20. Start with a low speed and gradually increase the speed to determine which speed is most comfortable for you. After a few vibration sessions and as you get more comfortable using the machine, you can further increase the speed combination for the two motions. Every individual has a different tolerance for vibration and one set of speed combination for one individual may be too intense for another individual—set speed combinations that are most comfortable for you.

## **Standing Positions and Feet Spacing**

Standing with the legs and back straight would allow the maximum amount of vibration energy to be transferred from the machine to the entire body. If you want to maximize the vibration effects, this is the standing method to use. Most users can alternate between standing straight and standing with knees slightly bent during a session, thus allowing the body to rest between the two positions.

Standing with the legs further apart or closer together will affect the intensity of the oscillation vibration to your body. However, the spiral vibration intensity is unaffected by your feet spacing. The general guideline is to stand shoulder width apart. If you want stronger vibrations from the oscillation motion, then you can stand further apart, whereas putting your feet closer together lowers the intensity.

You can perform most exercises and stretches in any speed settings, depending mainly on your comfort level. There are no hard guidelines to use, because every individual person has a different tolerance to vibration. You should start out low (under 20), then gradually increase the speed as you feel more comfortable.

Remember, WBV works best when your muscles are bearing weight, which means putting your muscles under stress. Even for a simple standing position, you can have a simple routine like this: basic standing, then do a few squats, then stand, then do a few stretches, then stand, then do a few deep squats. The idea of using the machine is to speed up your exercise so you can get much more done in the 10 minutes vibration training session. If you hold dumbbells in your hands, the additional weight will cause your muscles to work harder allowing you to see results faster.

# USING OSCILLATION VIBRATION

## **Oscillation (speeds 1 to 20)**

At the lower speeds, you are able to control your muscles voluntarily to maintain proper balance and stance, excellent for warm up and new users.

Suggested use at this speed range includes:

- Circulation and warm up
- Balance and stability
- Injury recovery
- Neuromuscular (re)training
- Users with limited range of mobility
- Lymphatic drainage and stimulation
- Muscle relaxation

## **Oscillation (speeds 21 to 40)**

At these speeds the muscles are contracting and relaxing very quickly, causing involuntary muscle stretch-reflexes.

Suggested use at this speed range includes:

- Muscle strength training
- Coordination
- Muscle and skin toning
- Weight management

## **Oscillation (speeds 41 to 60)**

At these speeds the muscles are contracting and relaxing extremely quickly, causing involuntary muscle stretch-reflexes.

Suggested use at this speed range includes:

- Muscle strength training
- Neurological stimulation
- Intense muscle workout

## USING SPIRAL VIBRATION

The design of spiral vibration (Tri-planar) is fast and therefore, causes involuntary muscle stretch-reflexes in almost all speed settings.

### **Spiral (speeds 1 to 20)**

Suggested use at this speed range includes:

- Warm-up
- Balance and posture
- Injury rehabilitation
- Post-surgery rehabilitation
- Neuromuscular re-training (Movement retraining)
- Users with sensitive physiologies
- Seniors or users with limited range of motion or heart conditions
- Muscle relaxation
- Neurological stimulation

### **Spiral (speeds 21 to 40)**

Suggested use at this speed range includes:

- - Muscle strength
- - Bone and muscle strengthening
- - Improving coordination
- - Improving circulation
- - Stretching
- - Improving muscle tone
- - Massages

### **Spiral (speeds 41 to 60)**

Suggested use for the higher speed range includes:

- Advanced training
- Bone and muscle strengthening
- Intense muscle workout
- Lymphatic drainage
- Intense neurological stimulation
- Professional and athletic training

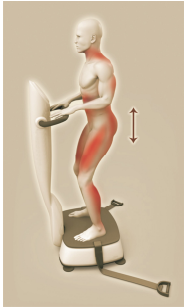




## USING DUAL MOTION VIBRATION

The Vmax Pulser provides maximum power when both the oscillation and spiral motor is activated. Say for example you want to achieve "Muscle strength training", which typically uses oscillation motion between 21 to 40 speed levels. To increase the intensity of the workout without increasing the oscillation frequency, you can activate the spiral motion and set the speed to your desired level.

If you want use the machine for "Massages", which typically uses spiral motion between 21 to 40 speed levels. You can add a variation to the machine's movement by adding oscillation motion to the workout, the speed of the oscillation is a matter of personal preference.






# EXERCISE ILLUSTRATIONS

## A. Strength Exercises

	<p><b>A01 Squat</b> Stand on the Vmax Pulser with feet shoulder width apart. Keeping the back straight and knees slightly bent; gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.</p>
	<p><b>A02 Deep Squat</b> Stand on the Vmax Pulser with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscle. Keeping the back straight, bend the upper body forward. This exercise aims to strengthen the back, buttocks and legs.</p>
	<p><b>A03 Wide Stance Squat</b> Stand on the Vmax Pulser with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps, and inner thigh area.</p>
	<p><b>A04 Lunge</b> Place one foot in the middle of the vibration plate and step back with the other; planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscle. You should feel tension in the hamstrings, quadriceps and buttocks.</p>
	<p><b>A05 Calves</b> Standing on the centre of the vibration plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add intensity to the exercise, try bending your knees to 90 degrees.</p>

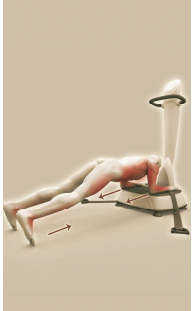
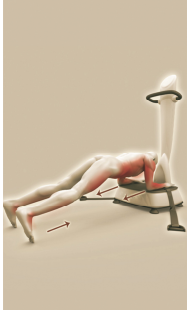

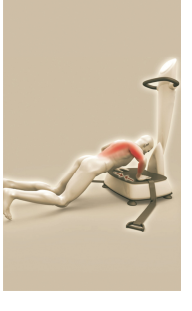

## EXERCISE ILLUSTRATION

### A. Strength Exercises

	<p><b>A06 Triceps Dip</b></p> <p>Facing away from the vibration plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blade together. You should feel the tension in your upper arms and shoulders. To add intensity, repeat the exercise with your legs straight.</p>
	<p><b>A07 Pectorals</b></p> <p>Facing to and keeping a proper distance from the vibration plate. Hold onto the bands and put your hands in front of your chest and backwards. You should feel the tension in your pectorals and back. To add intensity, repeat the exercise.</p>
	<p><b>A08 Back</b></p> <p>Keeping a broad shoulder, stand straight and bend the knees slightly. Your upper body should protrude slightly forward. Keep the shoulders back and pull the band as close to your waist as possible. You should feel the tension in your entire back and shoulder.</p>
	<p><b>A09 Shoulder</b></p> <p>Facing to and keeping a proper distance from the vibration plate. Hold the bands lightly and drag them upwards. You should feel tension in your entire shoulder. Change the lengths of the bands according to your height.</p>
	<p><b>A10 Shoulder Press</b></p> <p>Position the body in a horizontal line parallel with the vibration plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movement push your slight bend arms toward the vibration plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.</p>

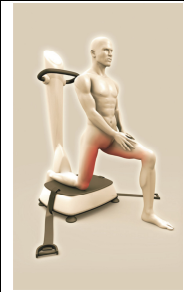
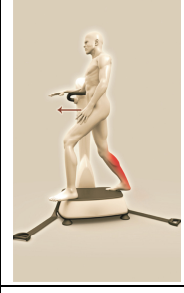

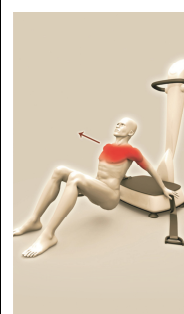
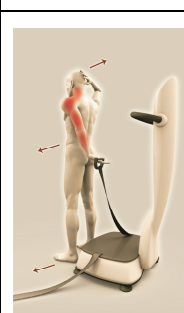
## EXERCISE ILLUSTRATION

### A. Strength Exercises

	<p><b>A11 Lower Abdominals</b> Brace yourself on your elbows and hold onto the front edge of the vibration plate. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the plate toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.</p>
	<p><b>A12 Standing Abdominals</b> Position yourself at the center of the vibration plate, feet shoulder width apart, and resting your elbows on the platform. Keeping the back straight and legs slightly bent, push your upper torso down. Immediately you will begin to feel tension in your abdominal muscles. To vary the exercise, bend your arms further.</p>
	<p><b>A13 Lateral Abdominals</b> With one foot directly behind the other, place one elbow on the vibration plate and lean sideways. Keeping your head, torso and legs straight, push your shoulder down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variations try to push your hips upward at the same time.</p>
	<p><b>A14 Push Up</b> Kneel in front of the vibration plate, placing hands on the plate shoulder width apart with finger facing inward. With a straight back and strong abdomen, push off the vibration plate platform. This exercise will strengthen chest, shoulder muscles and triceps. For variation, try to straighten your legs and lifting your knees.</p>
	<p><b>A15 Abdominal Crunch</b> Place a pillow under your back, raise your legs and place your hands under your head for support making sure to keep your elbows parallel with the floor. Crunch your upper body toward your legs and feel the tension in the abdominals. Ensure your buttocks and lower back do not lose contact with the mat.</p>

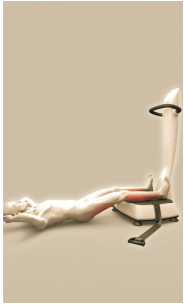


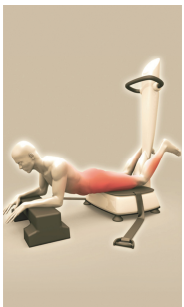
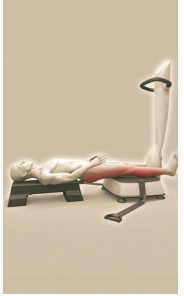
## EXERCISE ILLUSTRATION

### B. Stretch Exercises

	<p><b>B01 Quadriceps Stretch</b> Place one shin on the vibration plate ensuring the foot remains off the plate. Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you will be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.</p>
	<p><b>B02 Calf Stretch</b> Stand sideways on the vibration plate. With one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.</p>
	<p><b>B03 Adductor stretch</b> Stand sideways on the Vibration plate with your feet near the support column. Place the outside foot on the floor close to the plate so legs are apart. Bend the outside leg while keeping the other leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the insides of your thighs. Repeat on the opposite side.</p>
	<p><b>B04 Pectoral Stretch</b> Sit with your back to the vibration plate. Now hold the vibration plate behind your back so that your fingers grip the edges. By pushing your shoulders down you will stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.</p>
	<p><b>B05 Shoulder Stretch</b> Stand backwards to the vibration plate. You only need 1 band in this exercise. Hold the arm band at hip height and the other hand should be pulling your head towards your shoulder. Pull the arm band; you will stretch your shoulder and neck muscles. Repeat exercise with the other arm.</p>

## EXERCISE ILLUSTRATION


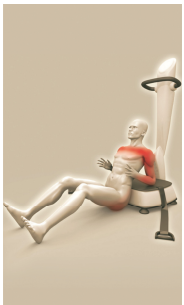
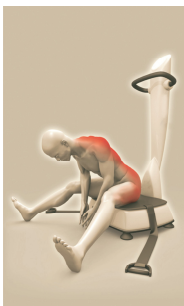


### C. Massage Postures

	<p><b>C01 Calf Massage</b> Lie in front of the vibration plate with both calves on the vibration plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.</p>
	<p><b>C02 Upper Arm Massage</b> Lie sideways facing the vibration plate, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the vibration plate and relax.</p>
	<p><b>C03 Adductor Massage</b> Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Ensure sure your body does not touch the plate. Now repeat the massage with the other leg.</p>
	<p><b>C04 Front Thigh Massage</b> Position yourself with the front of the thighs on the vibration plate. Lean your feet slightly against the console. Lift your upper back up and use an elevated object as a support. Flatten and relax your abdominals.</p>
	<p><b>C05 Thigh Massage</b> Lie on a desk and put your Legs and half of Buttocks are on the vibration plate. Put your calf close to the upright column. You should feel a gentle massage on your legs and bottom buttocks. To vary the routine, slide your Buttocks a little more onto the vibration plate.</p>



## EXERCISE ILLUSTRATION

### D. Relaxation Exercises

	<p><b>D01 Shoulder and Neck Relaxation</b> Kneel down in front of the vibration plate with your arms outstretched. Keep your back and neck straight. Now pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder area.</p>
	<p><b>D02 Upper Body Relaxation</b> Sit facing away from the vibration plate with your legs bent. Using your elbows for balance, raise your upper body off the vibration plate. Keeping your neck and back straight, pull your shoulders back. The vibration will relax your upper body.</p>
	<p><b>D03 Back Relaxation</b> Sit in the center of the vibration plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax toward. You should feel a gentle massage on the back, hip, and thigh area.</p>
	<p><b>D04 Lower Back Relaxation</b> Sit on the floor facing away from the vibration plate with your legs apart. Place the mat between your body and the vibration plate and hold the edges for support. Relax during the vibration, targeted primarily in the lower back. As an alternative, angle your legs and push your body harder against the vibration plate.</p>
	<p><b>D05 Feet and Legs relaxation</b> Put a chair close to the vibration plate. Sit down on the chair and put your leg on the center of the Vibration plate. This exercise improves circulation to your legs and feet. Move feet further away from the center of the platform to increase intensity.</p>

## ADVANCED TRAINING

Advanced training is assuming any position other than the basic standing position. Usage of the vibration machine using different positions should be closely monitored. To increase the intensity of your workout, try the following:

- Extend the time spent on each exercise routine to about 30 – 60 seconds in duration;
- Perform exercises in motion or with rotation (Ex. Push-ups on the platform);
- Perform exercises with a single limb (Ex. One-legged squats, Side abdominal exercise);
- Increase load by adding free weights and utilizing resistance bands.

You should try to experiment with many different speeds, as the different intensities will affect a wider range of organs, muscles, bones, and other body parts. Avoid performing exercises that require you to rest your spine on the platform. For added comfort, you may place a towel or mat over the platform.

Always start from a lower speed setting and gradually increase the speed as you feel more comfortable and can maintain your posture at a higher speed. The duration you spend on the machine depends on your fatigue threshold. Start at 2 to 5 minutes, and work towards 10 minute sessions.

**Note:** If you feel any sort of sharp pain or dizziness (try to reduce speed, and bend your knees), please stop exercising, rehydrate, and rest.

## ADDITIONAL INFORMATION

In this section we will include a variety of information on the history, technology, and terminologies used in this field.

### History of Whole Body Vibration

The root of Whole Body Vibration (WBV) training can be traced all the way back to ancient Greece. There, a primitive method of using a saw covered in cotton was used to treat injury to specific body parts.

The world first saw its effectiveness when the Russians started winning all the Gold at the Olympic Games in 1960. Then, they started keeping their cosmonauts in space longer and longer — eventually, over a year longer than we could.

It was one of Russia's key sports scientists, Dr. Vladimir Nazarov, by experimenting with a vibration system, who began the research of this technology. Nazarov was an active sportsman, a member of the Soviet gymnastics team and occupied a chair for sports biomechanics at the State College in Minsk. Finding his experiment a success, he introduced this technology to competitive sports, ballet, and medicine in the former USSR. After the fall of the Soviet Union, Nazarov's research on whole body vibration made its way to Europe in the early 1990's.

By the 1880s and 90s, doctors were using vibrating chairs, platforms and bars to treat maladies both physical and mental. In modern times, the most notable usage of WBV began with the Russian space program. The Russian Space Program continues to use the technology — while the cosmonauts are in space — as physical therapy to help the cosmonauts

overcome the considerable decrease of bone mass and muscle tone that they risk during extended periods of weightlessness.

Since 1990, Germany, Israel and South Korea have each done extensive research on whole body vibration. In addition, the European Space Agency and NASA are actively using vibration technology in ongoing studies for the maintenance of muscle strength, mass, and bone density. Now, all over the world, whole body vibration therapy is being used in hospitals, physical therapy clinics, and rehabilitation facilities. Everyone from the elderly, the person with physical disabilities, to the general person looking to get toned is using this form of exercise.

Due to its many benefits, the technology is quickly gaining acceptance by universities, professional sports teams, and health professionals in the rehabilitation and medical fields.

### **Vibration Frequency (Hz)**

Frequency, when applied to whole body vibration machines, is the number of times the platform completes a cycle of movement per second. For pivotal/oscillation, one cycle of movement means the platform does a complete teeter-totter motion on the platform and returns to its original starting position. For spiral motion, one cycle of movement means the platform completes one multi-directional movement and returns to its original starting position.

The higher the frequency, the faster the machine vibrates per second. A 3 Hz machine only vibrates 3 times per second, whereas a 50Hz machine vibrates 50 times a second!

### **Amplitude**

If frequency is how fast a machine vibrates per second, then amplitude is how strong the vibration is or how high the platform moves from its resting place. Because of the physical design of the hardware does not allow for any adjustments in amplitude. The only way to "adjust the amplitude" is to move your feet closer or further away from the center (or the fulcrum) of the platform. The further away your feet are from the center of the platform, the higher the amplitude and the stronger the vibration impact.

### **Gravitational Load (G-force)**

The single most important element to an effective Whole Body Vibration machine is the G-force, or the gravitational load. This is what makes your muscles relax and contract when you stand on the vibration machine. Imagine standing in an elevator. If the elevator suddenly moves downward at a high speed, you will feel like you are floating (muscles relaxed). If the elevator suddenly stopped and moved upwards at a rapidly increasing speed, you would have to push down with your legs to keep yourself upright (muscles contracted). This force you feel is the gravity of Earth trying to pull you down, and your body is responding to this by contracting your muscles to remain standing upright. This is a perfect example of why your muscles contract and relax when you are standing on a vibration machine and why your muscles are actually subconsciously doing work.

Now imagine doing that not once in one second, but 15 or 30 times per second and you can calculate how many times your muscle has to contract and relax when you perform a squat on the vibration platform. Not only that, because each time the machine goes up and down, it may be producing 3-17 times the force of gravity on its up cycle and your muscles have to work that much harder to stay upright. This is where the work comes in, and the machine helps you do all that without you realizing.

## SPECIFICATIONS

---■ Product Name	■ Vmax Pulser 2
---■ Input Voltage	■ □ 100-120V/ 60 Hz
---■ Power Consumption	■ □ 1100W+500W
---■ Max Power	■ 3HP
---■ Seesaw Amplitude	■ 0 - 11mm
---■ Seesaw Vibration Frequency	■ 5Hz – 22Hz
---■ Horizontal Displacement	■ 0 - 2mm
---■ Spiral Vibration Frequency	■ 20Hz – 50Hz
---■ Speed Level	■ 1-60 Speed Levels
---■ Dimensions	■ Approx, 83 (L) x 68 (W) x 146cm (H)
---■ Load Weight	■ 200 KG

Questions/Concerns/Warranty Services

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