

## LIMITED WARRANTY

This manufacturer's product warranty extends to the original consumer purchaser of the product. Neither the retailer nor any other company involved in the sale or promotion of this product is a co-warrantor of this manufacturer warranty.

**WARRANTY DURATION:** All materials and workmanship are warranted to the original consumer purchaser for a period of ninety (90) days from the original purchase date.

**WARRANTY COVERAGE:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty doesn't cover the following which may be supplied with this product, including but not limited to: LCD Screens, glass parts, lenses, etc. This warranty is effective only if the product is purchased and operated in USA, and does not extend to any units which have been used in violation of written instructions furnished by manufacturer or to units which have been altered or modified or to damaged products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**WARRANTY DISCLAIMERS:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for manufacturer any other liability in connection with the sale of our products. There shall be no claims for defects or failure under any theory of tort, contractor commercial law including but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**WARRANTY PERFORMANCE:** During the above 90 day warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at manufacturer's option). The repaired or replacement product will be in warranty for the balance of the 90 day warranty period and an additional one month period. No charge will be applicable for such repair or replacement.

**SERVICE AND REPAIR:** If service is required for this product, you should first contact PulseTV by filling out a service ticket at <http://www2.pulsetv.com/contactus.asp> or by calling (800) 711-1361, Monday to Friday 9am to 5pm CST.

**NOTE:** Manufacturer cannot assume responsibility for loss or damage during incoming shipment. As a precautionary measure, carefully package the product for shipment, and insure it with the carrier. Be sure to enclose the following details with the product: your full name, return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

# Fit Body

## Toning & Vibration Machine



# Manual

# Contents

Safety Precautions

Product Contents

Display Instructions

Remote Control Functions

Usage Instructions

Auto Program Workout Time Sheet

Moving Method

Cleaning & Storage

Troubleshooting

Technical Specification

Warranty Info

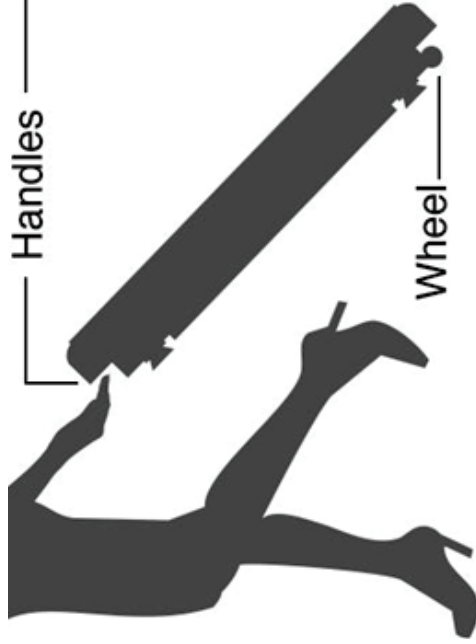
# Troubleshooting

Problem	Causes	Solution
Unit can not be started	The Plug is not plugged in, Power Switch is not turned on	Insert the plug (in both the unit and the power supply), Turn switch on so that the red indicator lights up
Unit is not responding to the Remote Control	Batteries are not working, the remote control is too far away from the unit	Replace batteries, make sure the remote control is no further than 6 feet away from unit
Unit stops suddenly	Default working time or program time is over	Restart after 10 minutes
Unit is not responding	Too many commands sent via Remote Control that has "jammed" the infrared eye	Power unit off for a minute then restart

## Technical Specifications:

- Rated Voltage 110V AC
- Rated Power: 200W
- Rated Frequency: 60Hz
- Length: 28"
- Width: 16"
- Height: 6"
- Weight: 40 lbs

## Moving Method



Two handles are designed on both ends. When moving the *Fit Body - Toning and Vibration Machine*, lift the end opposite of the castor, grasp the handle and roll (move) to desired place. Make sure power plug and exercise straps are not connected.

## Cleaning & Storage

### Surface Cleaning:

Unit: Before cleaning, ensure the power switch is turned off and the attached plug is pulled out of the wall socket.

The rubber foot surface area can be cleaned with a wet cloth containing a little detergent. All detergents should be removed with a damp cloth.

Notice: Do not clean with corrosive detergent such as benzene or thinner as it may cause fading, corrosion or crack the plastic and/or rubber. Be careful not to splash water into the open gaps of the product so as not to create a short circuit.

Make sure unit is completely dry before using again.

Remote Control: Because a wet cloth may cause a malfunction of the remote control, it is recommended to use only a dry cloth to wipe clean.

### Storage:

Make sure the power switch is turned off and the plug is removed from the power supply. Clean off the dust and dirt on the unit and store away from high temperatures and high humidity.

If the unit is not used for a long period, a dust proof cover or plastic should be put over unit to prevent dust from getting into the unit.

## Important Safety Precautions

READ ALL INSTRUCTIONS before using.

**WARNING:** To reduce the risk of injury read the following important precautions and information before operating. Before beginning this or any exercise program, consult your physician. This is especially important for those with pre-existing health problems.

1. It is the responsibility of the owner to ensure that all users of this *Fit Body - Toning and Vibration Machine* are adequately informed of and follow all warnings and precautions.
2. Use the *Fit Body - Toning and Vibration Machine* only as stated in this manual.
3. Place on a level surface with at least eight feet of clearance behind it. Do not place on any surface that blocks air openings. To protect the floor or carpet from damage you may place a mat under it.
4. Keep the machine indoors, away from moisture and dust. Do not put in a garage, covered patio or near water.
5. Keep children under the age of 10 and pets away while in operation.
6. This should not be used by persons weighing more than 265 pounds.
7. Never allow more than one person on the *Fit Body - Toning and Vibration Machine* at a time.
8. Keep the power cord away from heated surfaces.
9. Never leave the *Fit Body - Toning and Vibration Machine* unattended while it is running. It is best to unplug the power cord when not in use.
10. Never insert or drop any object into any opening.
11. Please wait for one hour before using the machine when it is moved from low to high temperature, to prevent water vapors from condensing on the machine which could result in failure.
12. Before use please remove watches, bangles, cell phones or other valuable objects and keys, pocket knives or other objects from pockets to avoid bodily harm or damage to machine.

13. Do not smoke while using the *Fit Body - Toning and Vibration Machine*.
14. Do not use the *Fit Body - Toning and Vibration Machine* right after a meal or drinking.
15. The *Fit Body - Toning and Vibration Machine* is not intended for medical treatment purposes.
16. Do not put fingers or other foreign objects into the gap between the middle cover and base cover.

It is not recommended for people with the following conditions to use any vibration machine (remember to consult your doctor before use):

- Patients with a malignant tumor
- Pregnant women
- Women who are menstruating
- People with heart disease
- Osteoporosis patients
- People with pacemakers or other medically implanted electronic devices
- People with artificial limbs
- People who are sensitive to vibration and strenuous exercise
- Unsupervised children (recommended age is 10+)

**WARNING:** Unauthorized dismantling, disassembly or renovations will void warranty and can result in electrical shock or malfunctions.

Stop using the product if the below conditions occur... immediately power off and remove the plug from the power supply:

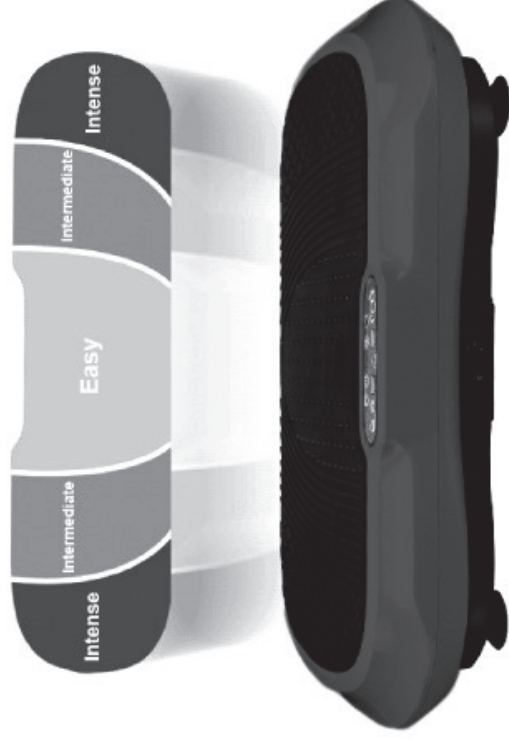
- Water or other liquid is accidentally splashed onto the Fit Toner Vibration Machine
- Any accessory is found damaged or internal component is exposed
- Power failure
- During a Lightning Storm
- If you feel dizzy or severe pain while using

## Auto Program Workout Time Sheet:

Your *Fit Body - Toning and Vibration Machine* is programmed with 10 preset workouts. Below is a chart to explain each program. The speed in each program changes depending on the minute you are on. Example: if you are running Program 3 when the time display says 15 minutes the corresponding speed will be 3. When the time display is at 8 minutes the speed will increase to 19.

Program/ Time	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
P0	1	2	3	3	4	5	6	5	4	1	3	4	5	6	4
P1	2	1	1	2	2	3	3	4	2	2	2	2	3	3	3
P2	2	3	2	3	2	4	2	3	2	3	3	2	5	2	3
P3	3	5	7	9	12	14	17	19	12	7	9	12	14	17	19
P4	2	3	4	5	6	9	19	12	9	7	5	6	8	16	12
P5	4	13	5	12	6	12	5	12	6	12	12	5	8	6	12
P6	2	3	6	6	9	9	12	12	6	6	6	9	9	12	12
P7	7	7	12	12	18	18	10	10	15	15	12	18	18	10	10
P8	14	10	16	10	12	19	20	16	16	25	10	12	19	20	16
P9	10	21	19	16	6	24	19	15	16	20	16	6	24	19	15

## Three Different Stand Positions for Varied Workouts




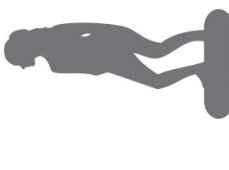






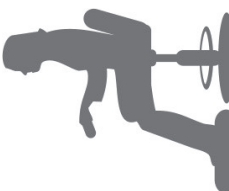



## Usage Instructions:

The *Fit Body - Toning and Vibration Machine* utilizes the body's own reflexes to exercise your muscles in a convenient manner that does not require you to exert yourself in a way that would make you out of breath. The *Fit Body - Toning and Vibration Machine* accomplishes this best when you are in a stress position such as a squat posture and your muscles are working to keep you in that position.

When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles efficiently. You will find the *Fit Body - Toning and Vibration Machine* extremely effective, but only if you use it while in the positions shown, but you always get the best results if you bend your knees or arms (depending which on the oscillating plate) so your muscles adopt the automatic motion described.

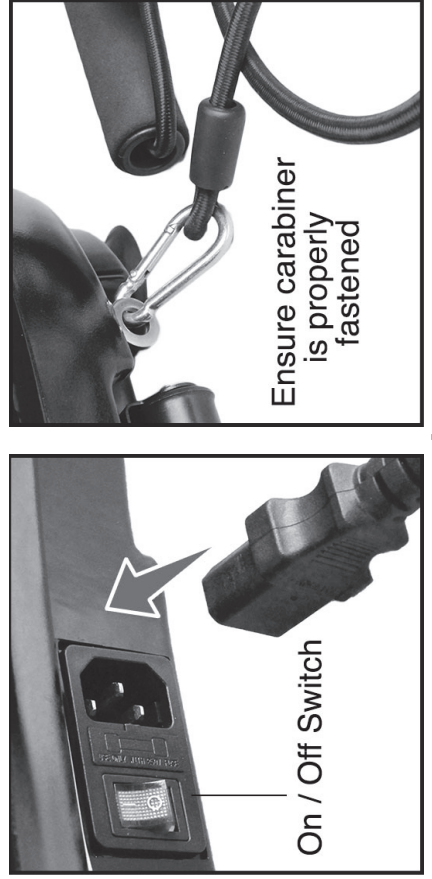
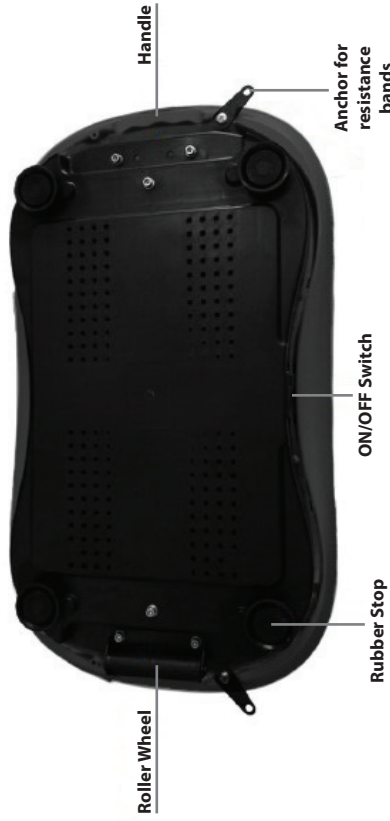
You can also use the *Fit Body - Toning and Vibration Machine* as a general massager to ease muscle pain and improve circulation. When doing this, you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes for a complete workout.

				
<b>Whole Body Exercise</b> Stand on the plate and stretch your feet out, shoulder width apart. This will help improve overall circulation and muscle tone.	<b>Squat</b> Stretch your legs shoulder-width apart and squat to bend your knees 90 degrees if able, and hold the position. This is great for your thighs.	<b>Whole Body Exercise</b> Stand on the plate and stretch your feet out, shoulder width apart. This will help improve overall circulation and muscle tone.	<b>Whole Body Exercise</b> Stand on the plate and stretch your feet out, shoulder width apart. This will help improve overall circulation and muscle tone.	<b>Alternate Sitting Position</b> Put your feet on the plate while sitting on a chair to ease tension and improve circulation. This works great with the included remote.
				
<b>Waist Bend</b> Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.	<b>Single Leg</b> Put one foot on the unit and relax. For a deeper exercise, lunge forward, placing more body weight on the plate.	<b>Sitting Position</b> Sit with your buttocks on the vibration plate. Sit comfortably, keeping your back straight.	<b>Whole Body Exercise</b> Stand on the plate and stretch your feet out, shoulder width apart. This will help improve overall circulation and muscle tone.	<b>Whole Body Exercise</b> Stand on the plate and stretch your feet out, shoulder width apart. This will help improve overall circulation and muscle tone.

## Product Contents



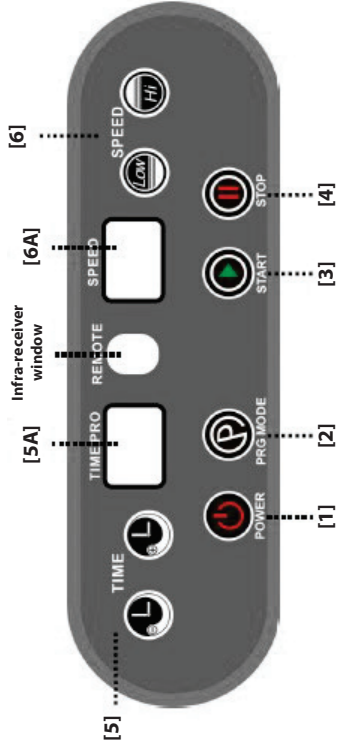
- Vibration Fitness Board
- Remote Control
- Power Cord
- Resistance Bands
- User Manual



Ensure carabiner is properly fastened

On / Off Switch

## Display Instructions



### ON UNIT:

1. **POWER:** Turn the master power switch on the front of the unit to ON.
2. **PRG MODE (Program Mode):** There are 10 pre-programmed workouts as listed in Auto Program Workout Sheet.
3. **START:** This button starts any manual or pre-programmed workouts.
4. **STOP:** This button stops the unit from vibrating.



+ When in the manual mode time can be set up to 15 minutes. Default time is 15 minutes.



- When in the manual mode time can be decreased down to 1 minute. Default is 15 minutes.

You can monitor the Time by looking at the display [5A]



5. Press the **Hi** button to increase the speed up to 25. To decrease the speed to as low as 1 press the **Low** button. **Please Note:** Speed can only be adjusted while machine is active.

You can monitor the Speed by looking at the display [6A].

## Remote Control Functions

**[1] Power Button**  
Turns On/Off the machine.



**[2] Program Button**  
In STANDBY mode, press button to select Auto programs (i.e. P0, P1...P9) or Manual mode.  
Press **▶** to activate machine and start workout.

**[3] Timer Increase / Decrease Button**  
Adjust timer duration in STANDBY mode . Press **▶** to start workout.  
Does not work in Auto mode.

**[3] Start/Stop Button**  
Ensure power is switched on. Press button to activate machine/selected program.

**[4] Speed Increase / Decrease Button**  
Adjust vibration speed in Manual mode.