

## Quick Reference

Integrated 7" TFT LCD Touch Panel  
Display leading you to enjoy multi-  
media vibration and muscle training.

Made in Taiwan

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# ABOUT VIBRAMAX PRO 8



## Benefits of Whole Body Vibration:

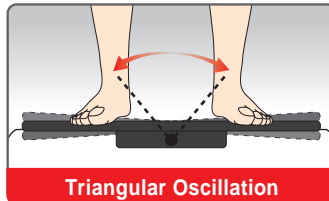
The benefits of vibration training have been pushed forward by fitness professionals and verified by academic medical research.

Generally, the benefits of vibration training are:

1. Workout to get rapid weight loss and toning.
2. Workout to reduce cellulite.
3. Effectively increase strength and flexibility.
4. Effectively improve circulation and bone density.
5. Effectively reduce recovery time from pain and injury.

## Features:

1. Integrated 7" TFT LCD Touch Panel Display with our software technology leading you to enjoy multi-media vibration and muscle training.

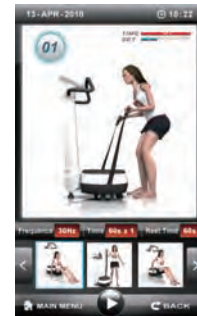


Triangular Oscillation

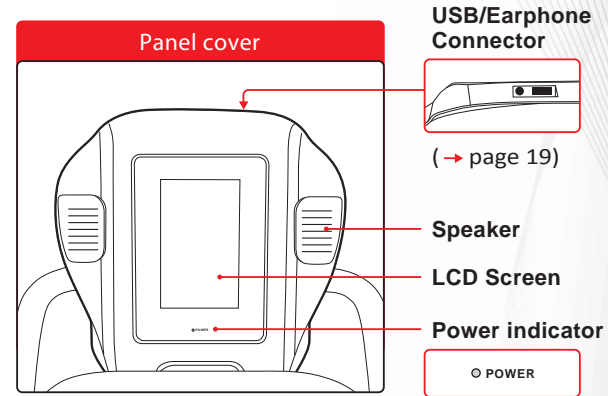
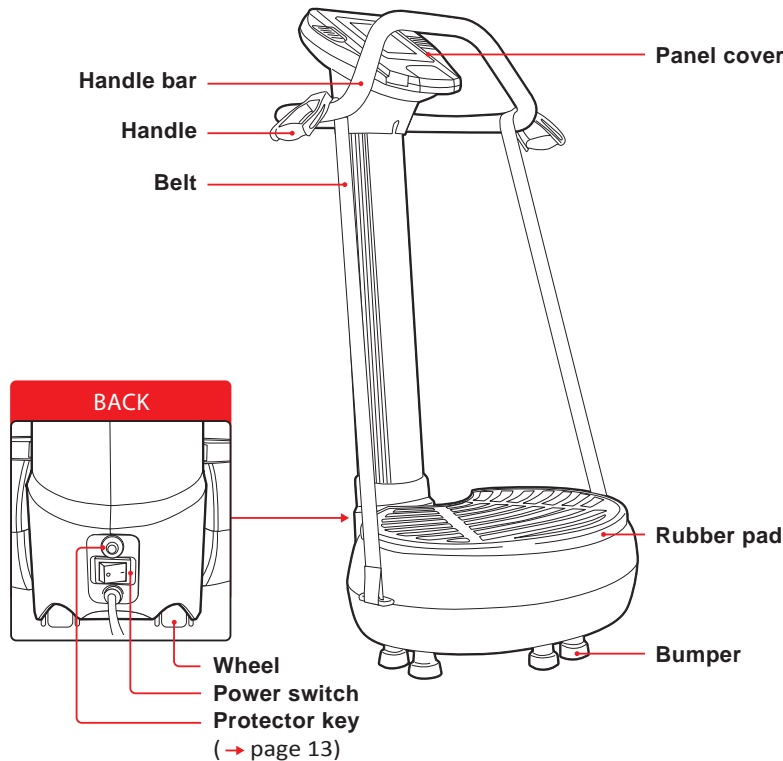
2. Built-in speaker compatible with MP3, Digital photo, Animation Training player.



3. Vivid and interesting exercise coaching programs to achieve the maximum benefit of vibration training!



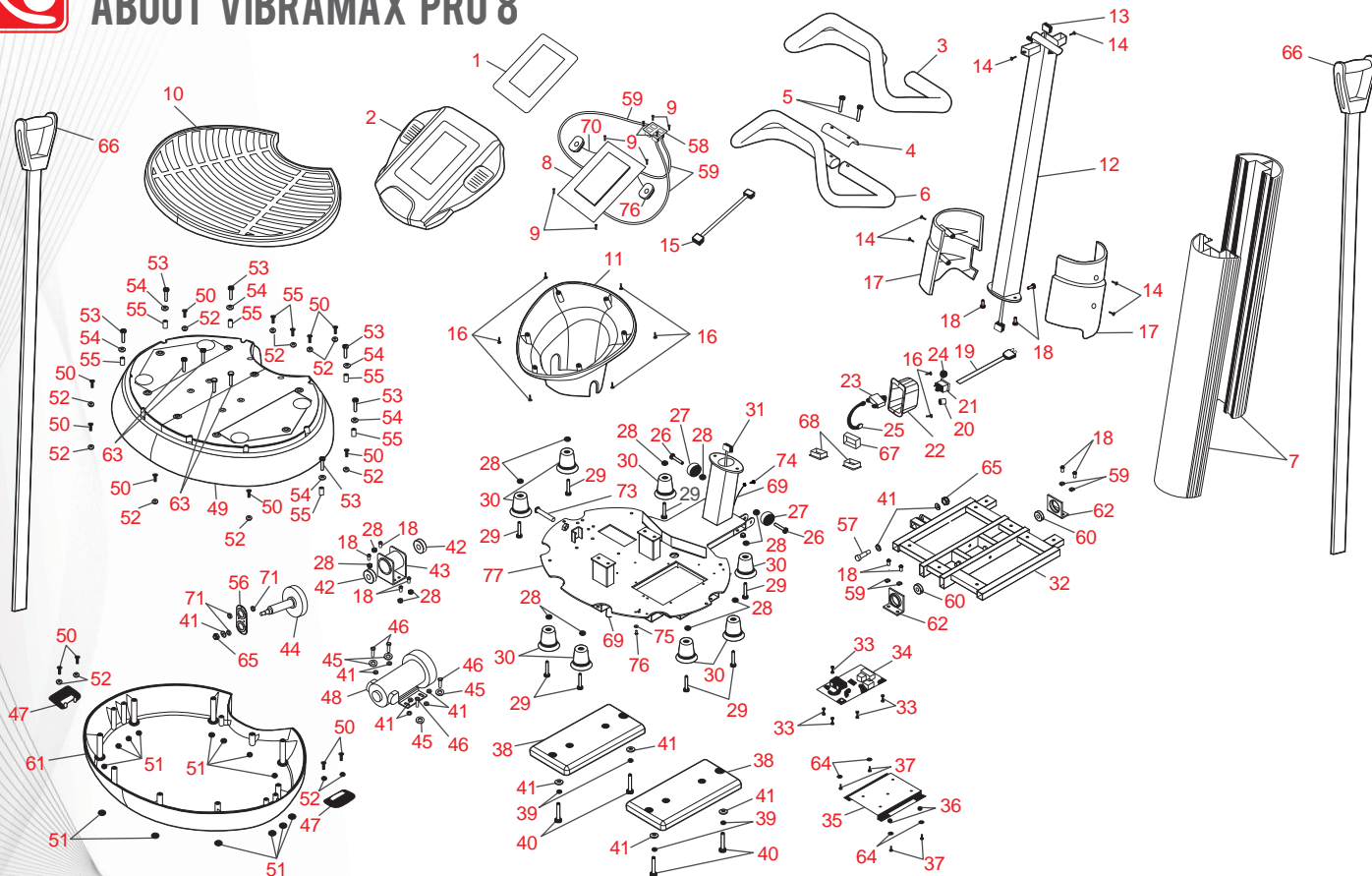
# ABOUT VIBRAMAX PRO 8





INTRODUCTION

# ABOUT VIBRAMAX PRO 8



# ABOUT VIBRAMAX PRO 8



No.	Description	Qty
1	Panel label	1
2	Panel cover(upper)	1
3	Foam	1
4	Reinforce	1
5	Bolt 8m/m*45m/m	2
6	Handle bar	1
7	Post cover	2
8	Panel controller	1
9	Bolt 2.6m/m*8m/m	8
10	Rubber pad	1
11	Panel cover(bottom)	1
12	Post	1
13	Cable connectors(middle)	1
14	Bolt 4m/m*12m/m	6
15	Cable(top)	1
16	Bolt 4m/m*12m/m	8
17	Right cover/Left cover	2
18	Bolt 8m/m*15m/m	3
19	Power cord	1

No.	Description	Qty
20	Bushing 6N-2	1
21	Power switch	1
22	Switch stand	1
23	Breaker	1
24	Protector key	1
25	Cable	1
26	Bolt 8m/m*40m/m	2
27	Wheel 8m/m*50*24T	2
28	Nut 8m/m	14
29	Bolt 8*55	8
30	Bumper	9
31	Lower cable connector	1
32	Support Frame	1
33	Spacer	5
34	Controller	1
35	Controller bracket	1
36	Nut 1/4"	2
37	Bolt 4m/m*16m/m	4
38	Weight plate	2



# ABOUT VIBRAMAX PRO 8

No.	Description	Qty
39	Spring washer 8m/m	4
40	Bolt 8m/m*50m/m	4
41	Washer 5/16"*23*1.5	19
42	Bearing 6005ZZ	2
43	Bearing Housing	1
44	Propeller Shaft	6
45	Rubber Washer	8
46	Bolt 8m/m*30m/m	4
47	Belt clasp	2
48	Motor	1
49	Motor cover(top)	1
50	Bolt 6m/m*18m/m	14
51	Spring washer 6m/m	14
52	Washer 1/4"*13*1.0	14
53	Bolt 8m/m*45m/m	6
54	Washer 5/16"*18*1.5	6
55	Bushing14x8x22	6
56	Crank Set	1
57	Bolt FKE 12.9	1

58	Usb Board	1
59	Signal Cable	2
60	Bearing 6201ZZ	2
61	Motor cover(bottom)	1
62	Fixed Bearing Housing	2
63	Bolt 3/8"*1 1/4"	4
64	Washer 5*15*1.5	4
65	Nut M10	1
66	Straps with handle bar	2
67	End cap 30x60	1
68	End cap 25x50	2
69	Earth wire	2
70	Speaker	2
71	Bushing	3
72	Signal Cable	1
73	Bolt M8 x75	1
74	Bolt M4 x16	1
75	Washer M14	1
76	Bolt M5 x12	1
77	Main Frame	1

# SAFETY INSTRUCTIONS



Before you start training on your exerciser, please read the instructions carefully.

1. This exerciser is tested up to a max body weight of 150 kg(330.lbs).
2. Follow the steps of the assembly instructions carefully.
3. Use only original parts as delivered.
4. Before the assembly, be sure to check if delivery is complete by using the included parts-list.
5. For assembly, use only suitable tools and ask for assistance with assembly if necessary.
6. Place the exerciser on a flat, stable base, and non-slippery surface. You will need levelling for uneven floor. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
7. Keep the product indoors, away from moisture and dust. Do not put the product in a garage or covered patio, or near water.
8. Make sure before each use that you will have enough space around the exerciser (at least 1 meter ), so that you will not push against walls, furniture, or something like that when exercising
9. Check before initial use and every 1-2 months that all connecting elements are tight fitted and are in the correct place.
10. WARNING: The safety level of this exerciser can be maintained only if it is examined regularly for damage and wear, e.g. connection points, power cord, etc.
11. Replace defective components immediately and/or keep the equipment out of use until repaired.
12. For repairs, use only original spare parts.
13. In case of repair please ask your dealer for advice.
14. Avoid the use of aggressive detergents when cleaning.
15. Ensure that training starts only after correct assembly and inspection.
16. This exerciser is designed for adults. Please ensure that children (under 14) use the exerciser only under the supervision of an adult. Important: Keep unsupervised children away from the exerciser.
17. Only one person is permitted to use this exerciser during training.
18. Do not use this exerciser while eating, drinking, or smoking.





## SAFETY INSTRUCTIONS



caution

Always unplug the power cord immediately, before cleaning the exerciser, and before performing the maintenance and adjustment procedures described in this manual. Never leave the exerciser unattended while it is running. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

Color\_LCD screen is fragile; please protect it against the following conditions:

1. Hitting by hard or sharp objects.
  2. Dropping liquids on the console.
  3. Heat sources.
  4. Enormous shocking.
- 
1. You have to do some warming-up exercises before using this exerciser. Start your exercise slowly and increase intensity of exercise gradually. Follow all points of your exercise instruction.
  2. Warning: incorrect/excessive training can cause health injuries.
  3. Interrupt your exercises immediately when feeling sick, having pain of breast or joints, heartbeat or any other symptoms.
  4. Pregnant women should not use this exerciser or only after having consulted their doctor.
  5. Operation time: 10 minutes per session



# SAFETY INSTRUCTIONS



Consult your physician before starting with any exercise program. He/She can advise on the kind of training and which impact is suitable.

- The owner's manual is only for customers' reference.
- The supplier can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

All data displayed are approximate guidance and cannot be used in any medical application.



## PREPARATION

# ASSEMBLY INSTRUCTIONS

### Screw Set



Bolt 8m/m\*45m/m X 2



Bolt 8m/m\*15m/m X 3



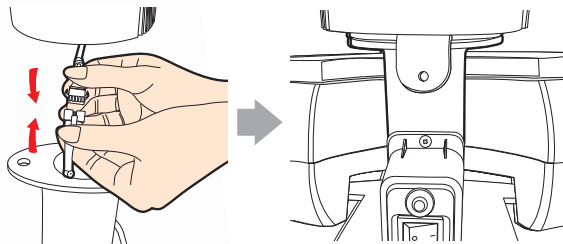
Wrench X 1



Bolt 4m/m\*12m/m X 6

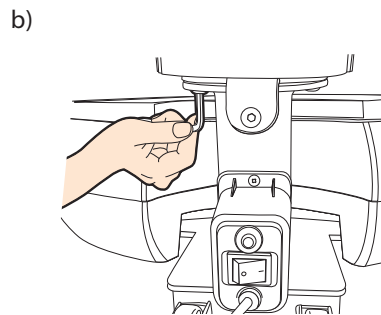
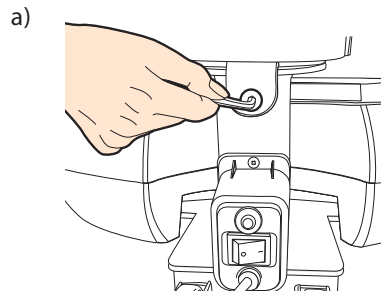
### STEP 1

Connect sensor cable as shown and assemble handlebar post onto the housing.



### STEP 2

After attaching on the housing, use 3 bolts of 8m/m\*15m/m to fix the set. Please well-tightened the bolts by the enclosed wrench.



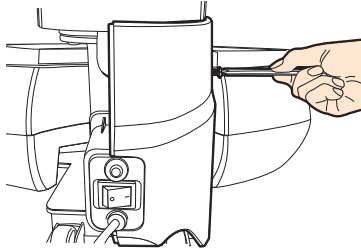


# ASSEMBLY INSTRUCTIONS

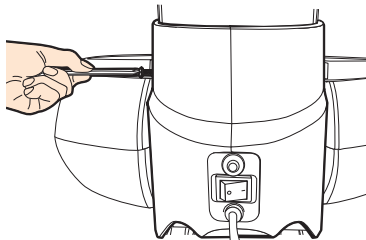
## STEP 3

Attach the Left and Right Frame Cover to the Main Frame.  
Please secure it with 4 pcs Bolt 4m/m\*12m/m.

a)

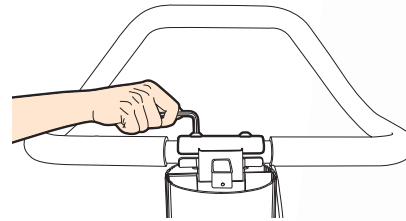


b)



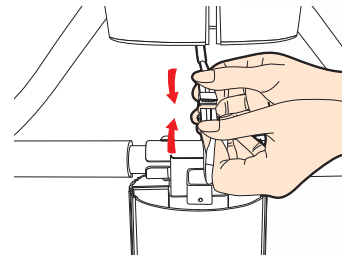
## STEP 4

Attach the Handlebar to the Main Frame, secure it with  
reinforce (4) & 2 pcs Bolt 8m/m\*45m/m.



## STEP 5

Connect the computer cable





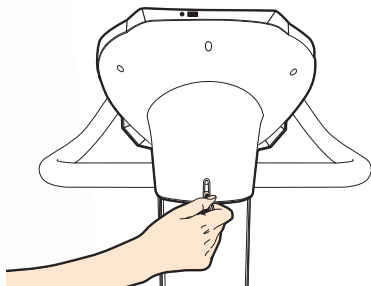
PREPARATION

# ASSEMBLY INSTRUCTIONS

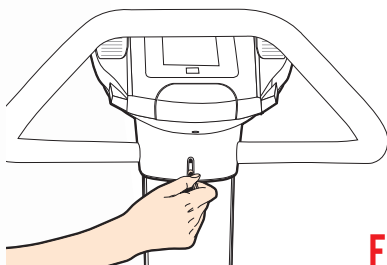
## STEP 6

Mount the computer to the hold of the handlebar post with 2 pcs of Bolt 4m/m\*12m/m.

a)



b)



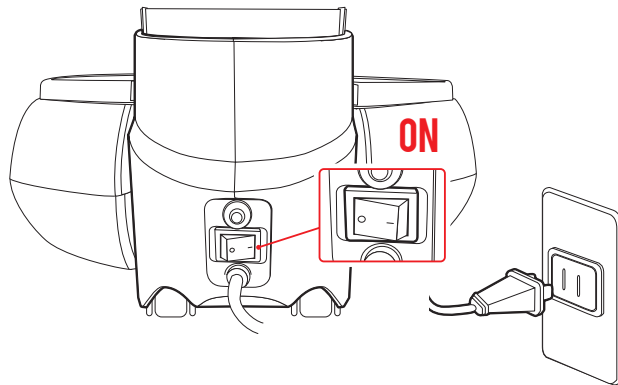
**FINISH**

# POWER FUNCTIONS



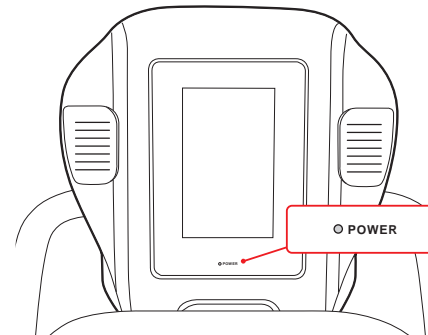
## Plug the electrical power

Plug the electrical power into the outlet and switch on the power. (Button behind the front post)



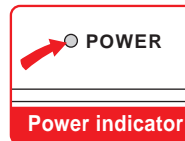
## Power

The power indication light will be lit when turning on the power. After a few seconds, this exerciser will start to work. (For safety and product life, please turn off the power of this exerciser in non-use time.)



The protector (breaker) will be bounced out to cut off power supply once overload detected. Once overload solved and then depress the protector key, power will be restored.

Protector key



Power indicator

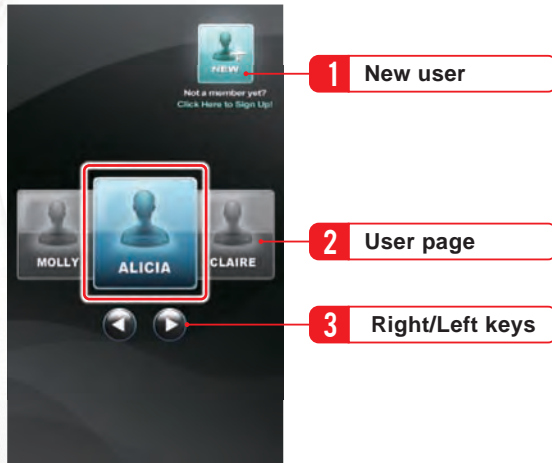
- Solid Red >> Power On
- Light Off >> Power Off



# USER LOGIN

## Login



Before starting the product operation, you need to login:



### 1. New user

If you are a new user, please input your basic personal data.

### 2. User page

Enter User Page, select your name by moving   (Right/Left keys) then login.

## New User

You can set up your own user account and input personal data.



### 1. User name

Press this input column, keyboard comes out.

### 2. Basic data

( → page 22)

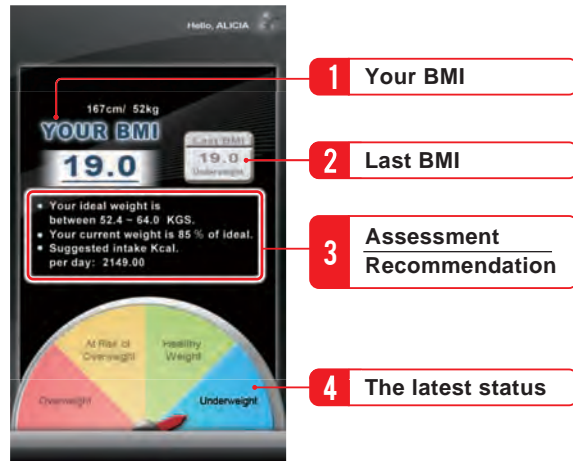
Once you become a user, you can also modify your data in User Mode.





## BMI Value

The product will work out your personal BMI value according to the data you've inputted. Give you an initial assessment and recommendation.



1 Your BMI

2 Last BMI

3 Assessment Recommendation

4 The latest status

### 1. Your BMI (→ page 22)

Work out your BMI value according to height/weight data input, you can also find this data in USER mode.

### 2. Last BMI

This system will show your last BMI value to easily maintain basic health management.



### 3. Assessment and Recommendation

The product will provide you the latest assessment and recommendation according to the data you have inputted.

### 4. The latest status

The product will give you advice about whether you've already achieved your ideal and healthy weight according to your BMI value.

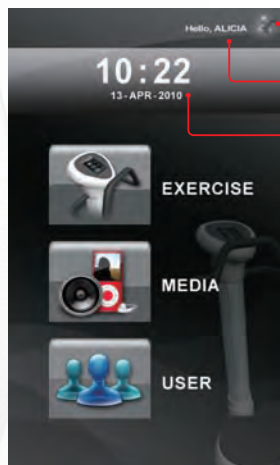




# MAIN MENU

## Introduction

After Login, enter main menu.



1 Logout

2 User name

3 Time display

( → page 22)



**EXERCISE** ( → page 17)

Basic Training / Indication / Muscle Group



**MEDIA** ( → page 19)

Photo / Music / Animation



**USER** ( → page 22)

Personal Data / Time&Date Setting  
/ Engineering Mode



## Basic Training

In basic training, you can adjust time and frequency anytime as you like and need to come to a personalized training purpose.

13-APR-2010 10:22

**1 Time display**

**2 Training time (m/s)**

**3 Frequency**

**4 Instant response key**

**5 Function keys**

**6 Back**

**7 Main menu**

TIME  
01 00

FREQUENCY  
20 Hz

ONE TOUCH QUICKLY START

6 Hz 1 Min	12 Hz 3 Min	16 Hz 3 Min	20 Hz 1 Min
---------------	----------------	----------------	----------------

REPEAT START STOP

MAIN MENU BACK

### 1. Time display

(→ page 22)

Set up time in USER MODE.

### 2. Training time (m/s)

- a) Select "Time" block  
b) Adjust desired time by moving  

 (Up/Down keys).

### 3. Frequency

Adjust desired frequency by moving  

 (Up/Down keys).

### 4. Instant response key

You can press any Instant response key to start your workout quickly.



### 5. Function keys

- REPEAT>>Repeat the last setting.
- START>>Start the workout. (Icon will become "PAUSE" once started.)
- PAUSE>>Pause the workout
- STOP>>Stop all workout.



# EXERCISE MODE

## Muscle Group

You can choose the muscle position for training, virtual fitness coach sets up training courses for you to achieve your fitness goal.



1 Muscle group

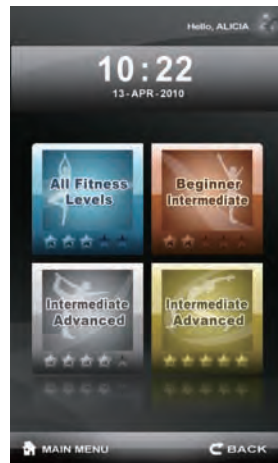
2 Fitness coach

3 Turning key

4 Start training courses

## Indication

Vibramax divides the courses into four different levels according to the individual need of the user. Choose your ideal level for training.



### All Fitness Levels



### Beginner/Intermediate



### Intermediate/Advanced



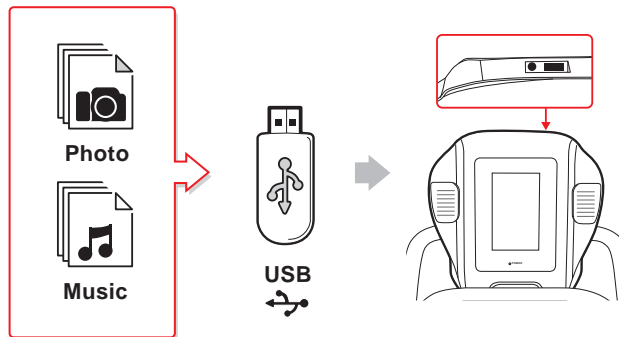
### Intermediate/Advanced





### File Transmission

With Vibramax owns built-in multimedia player function, you can save your music/video files into USB device, insert into this Vibramax USB port to enjoy your colorful multimedia world during your workout.



### Photo Mode

You can select your preferred files from the list to play photo show.



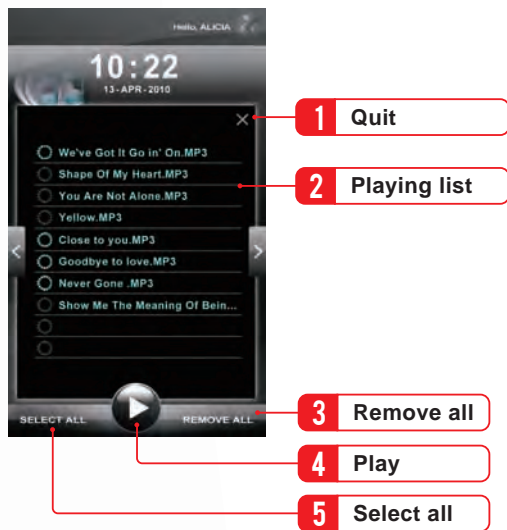
Compatible with JPEG/PNG/BMP Format files.



# MEDIA MODE

## Music Mode

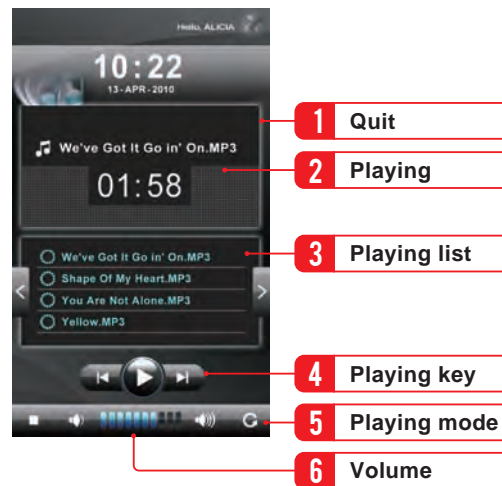
Select the songs that you want to listen to from the music list.



Compatible with MP3

## Playing mode

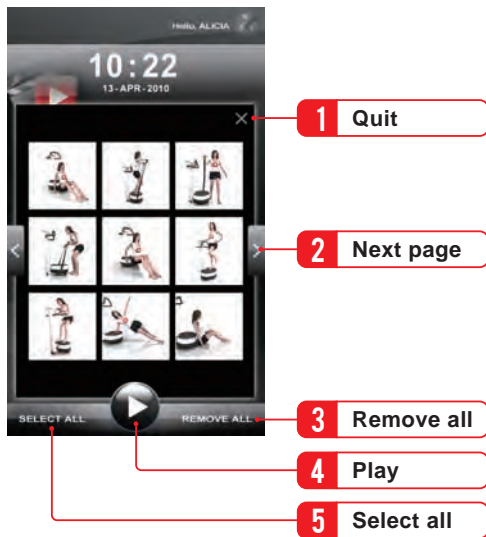
You can play the music you select here, Vibramax provides different playing mode for your selection.





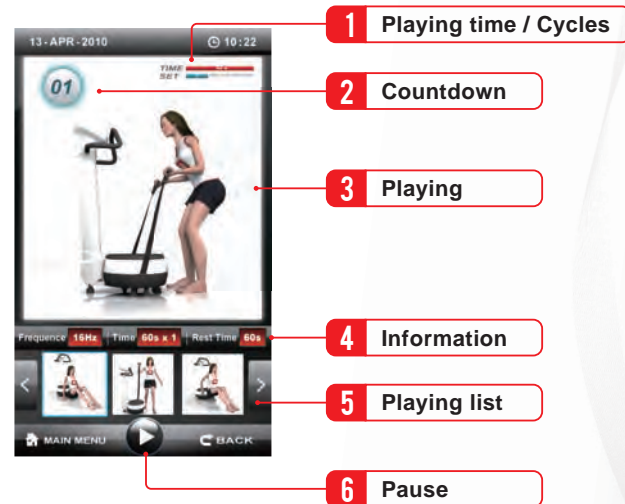
## Animation Mode

You can select your preferred animation video from the list to play.



## Playing mode

Countdown finished, starts to execute the time and cycles playing.







# USER MODE

## Personal Data

Enter personal data page, modify your own data, age, height, weight, etc.



### 1. Delete this User

If you want to delete this user, perform this operation.

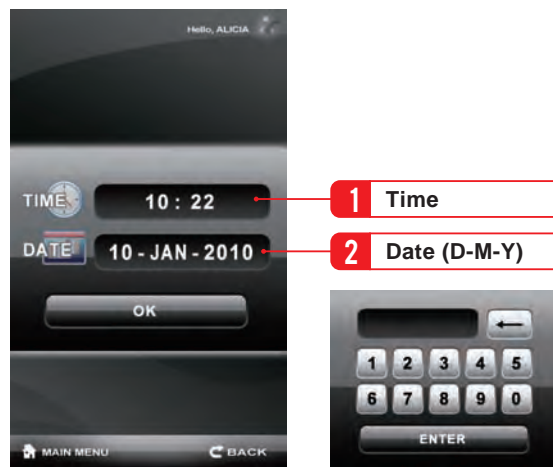


### 2. Basic data

Modify your basic data by moving  (Up/Down keys).

## Time / Date setting

Set up time and date

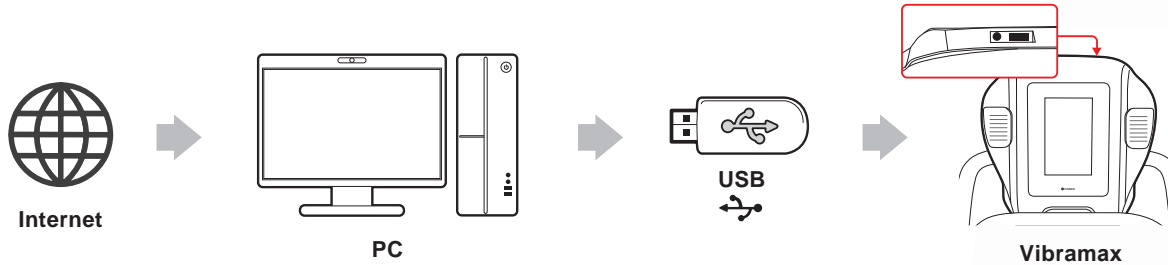




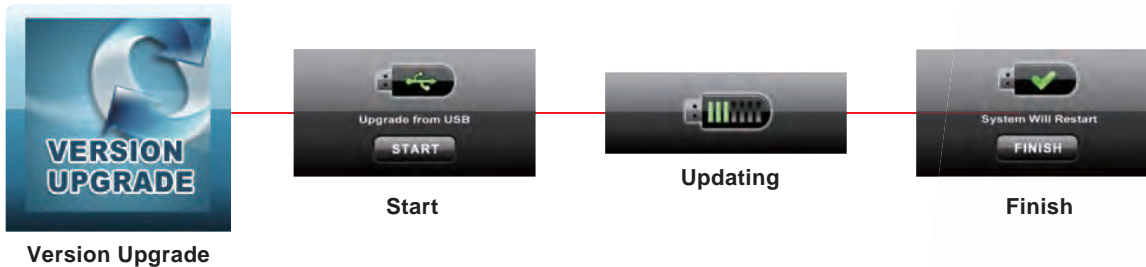


Version Upgrade

Prior to any operation on the program version upgrade, please contact authorized service agent whom you purchased this product from for more instructions. You can download the upgraded version from our designated website server into your USB device, insert into your product and upgrade the program.



Update Procedure





## FAQ



Prior to any actions to solve the problems, please make sure power is normally supplied and power cord is plugged in completely.

Error Situation	Possible Root Causes	Solution
<b>No power</b>	1. Power switch is not turned on.	1. Make sure the power of this machine is turned on
	2. Breaker was actuated and bounced out to protect MCB.	2. Press the breaker button and restart.
	3. Malfunction of the fuse in motor controller	3. Replace fuse
	4. The console connection wires were damaged or loosened.	4. Check the connection of the cables and replug them, if damaged, replace new ones.
	5. Malfunction of motor controller	5. Replace motor controller with a new one.
	6. Malfunction of console PCB	6. Replace Console PCB with a new one.
<b>Console doesn't work</b>	1. The console connection wires were damaged or loosened.	1. Check the connection of the cables and replug them, if damaged, replace with new ones.
	2. System Crashed	2. Restart the system
	3. Malfunction of console PCB	3. Replace Console PCB with a new one.
	4. Malfunction of motor controller	4. Replace motor control board with new good one.
<b>USB Function Incomplete</b>	1. Overlarge size of USB data.	1. Delete unnecessary data from USB device.
	2. System Crashed	2. Restart the system



Error Situation	Possible root causes	Solution
<b>Motor doesn't work</b>	1. Connection between motor and motor control board failed.	1. Check the motor connection wires and replug them, if damaged, replace with new ones.
	2. Malfunction of motor	2. Replace Motor
	3. Malfunction of motor controller	3. Replace motor control board with a new one.
	4. The console connection wires were damaged or loosened.	4. Check the connection of the cables and replug them, if damaged, replace with new ones.

## Accessories:



4G USB Stick



Cotton Wristband



Jump Rope



Rubber Mat



Straps



Elastic Cords



Exercise Mat

### **Vibration Console Display Specification:**

- OS : Linux 2.6
- Software : Vibramax V1.00a
- Hardware : VAR 950
- CPU : Embedded 200 MHz
- Memory : 64MB RAM / 4G Flash Disk
- InterFace : USB 2.0 Port × 1
- Display : 7" TFT Digital LCD With Touch panel
- Speaker : 5W X 2
- Power : AC IN 100~240V /DC Out 12V
- Media : MP3 、 MPEG format
- Photo : JPG 、 PNG 、 BMP Format

Improving your muscle and mental flexibility!

— [www.vibramax.com](http://www.vibramax.com) —



**vibramax**<sup>TM</sup>

Vibramax Pro 8 Oscillation