

VIBRA TRIM™

Creating a new you!!

VT100

USER'S MANUAL & INSTRUCTION BOOK



Oscillating Vibration

Table of Contents

.....

- Introduction _____ 2
- VT100 In Your Home or Office _____ 3
- VibraTrim Illustrations
 - VibraTrim Diagram And Parts Description _____ 4
 - Control Panel Display & Description _____ 5
- Assembly Instructions and Procedures _____ 6-7
- Operation Instructions _____ 7
- How to Begin _____ 8
- Using Your VibraTrim _____ 8
- Setting the Time _____ 9
- Setting the Mode _____ 9
- Setting the BMI _____ 9
- Features & Benefits _____ 11
- Exercise Diagrams _____ 12-13
- Safety Warnings _____ 13
- Safety Precautions _____ 14
- Contraindications _____ 15
- Product Maintenance _____ 16
- Specifications - _____ 16
- Warranty _____ 17

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Introduction

Thank you for purchasing your VibraTrim VT100. Please read the entire user manual thoroughly before you begin operating the VibraTrim. This operation manual should be kept available for future reference after you have read it through.

- **Please read the assembly instructions on page 3 before beginning assembly. ●**
It may save you some time and headaches.

Our company has the absolute right to alter the design pictures and material color without prior notice. Design, pictures and material color seen in this manual are solely for illustration purposes.

The VT100 is the original model that we have produced .VibraTrim does manufacture other whole body vibration machine models. All of our models feature the oscillation style of vibration. We believe this is the best form of vibration for the body as it is mimicking the natural walking movement.

If you should find something wrong with your unit, please notify us right away either by phone at 888-683-1163 or by email at service@vibra-trim.net. You are covered by our outstanding 2 year warranty.

There are hundreds of stories of how these units have changed people's lives. If you have a story that you would like to share, after using this unit for awhile, we would love to hear it.



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The VT100 in your home or office

The VibraTrim VT100 has a compact, comfortable design which is perfect for use in your home. The user-friendly display panel allows even inexperienced users to begin training immediately.

Sit, stand or even lie on the vibration plate while doing simple weight-bearing exercises such as push-ups, sit-ups and stretching. Whether you want to retune your golf swing, trim your body, improve your fitness and flexibility, build up your muscles or simply improve your general health the VibraTrim will help you reach your goals.

The VibraTrim increases flexibility, co-ordination and circulation, toning all parts of the body through vibration training – a method used by astronauts by developing their muscles and helping them to prepare for the unusual stresses and strains their bodies will be exposed to in space.

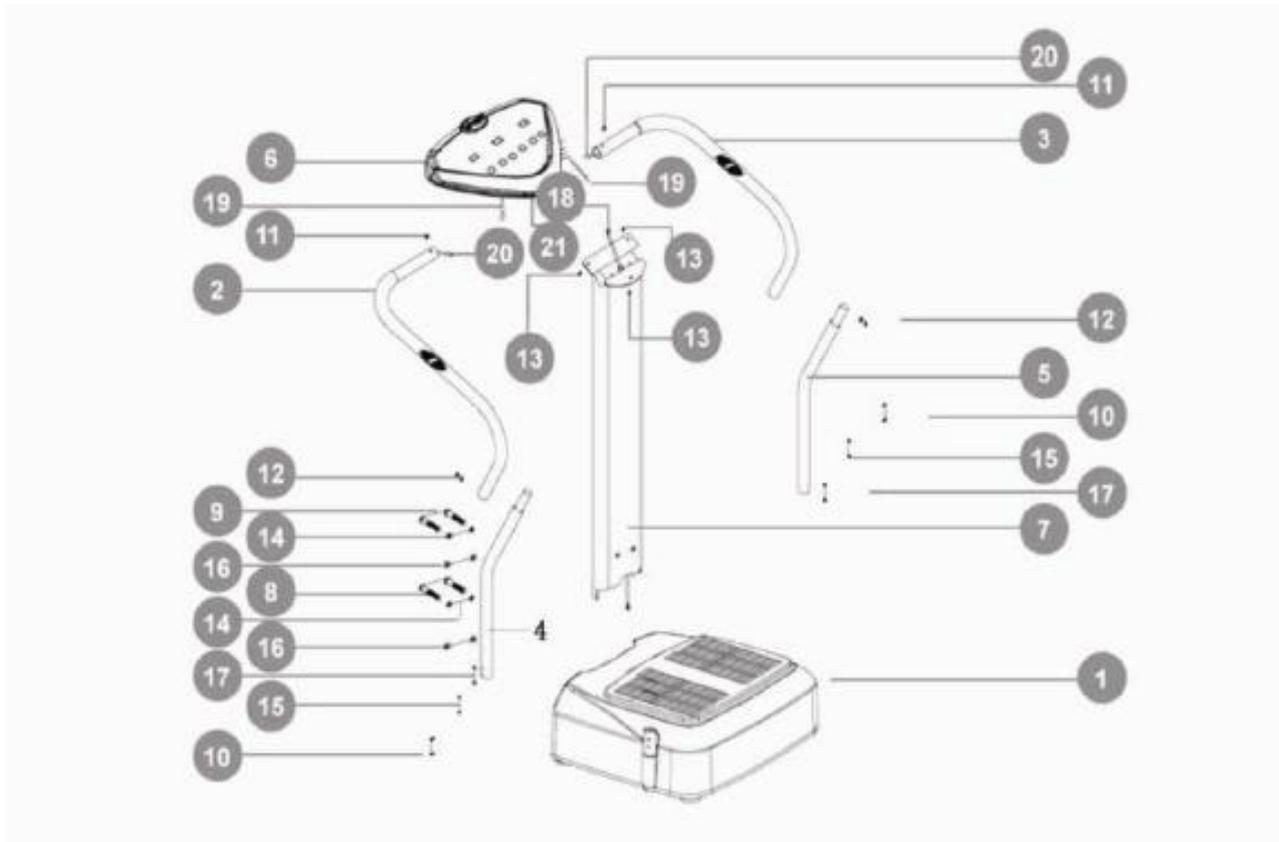
The effects of the VibraTrim can be literally out of this world, benefiting anti-ageing by staving off the dreaded orange peel effect of cellulite.

How does it work?

The movement of the vibration plate simulates the body's natural stretch reflex. This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking your body responds with a strong involuntary muscle contraction forcing your leg to kick out. With the VibraTrim technology these strong muscle contractions can be repeated at a rapid rate. Due to the involuntary effect on the muscle contraction, nearly 100% of the muscle fibers are recruited. Compare this to conventional training where there is only on average 40% muscle recruitment. This benefits the rehabilitation patient looking to add stability and strength to all muscles around their joints and for the athlete looking to maximize strength gains.

The gentle contractions allow the muscle to work as a pump introducing blood to even the smallest blood vessels. This leads to the ability of the body to carry off the waste products much faster leading to increase peripheral circulation. At the same time the body is also eliminating other toxins due to the increase of lymphatic drainage that has also occurred.

VibraTrim VT100 Diagram



Item Numbers and Description

#	Description
1	Base Housing Cover
2	Upper Left Arm
3	Upper Right Arm
4	Lower Left Arm
5	Lower Right Arm
6	Control Panel
7	Support Column
8	Allen Head Screw (M6x25)
9	Allen Head Screw (M6x25)
10	Crossing Screw (M6X12)
11	Screw (M8X50)

#	Description
12	Crossing Screw (M6X12)
13	Crossing Screw (M6X12)
14	Spring Washer (M8)
15	Spring Washer (M8)
16	Washer (M8)
17	Washer (M8)
18	Cable – Control Panel
19	BMI Sensor Cable from Sensor
20	BFI Sensor Cable from Control Panel
21	Cable – Base

Control Panel Display and Button Description

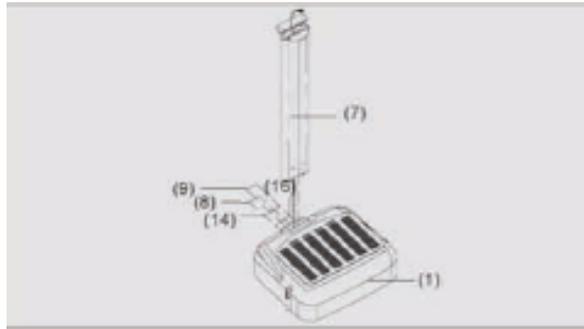


Buttons and Displays

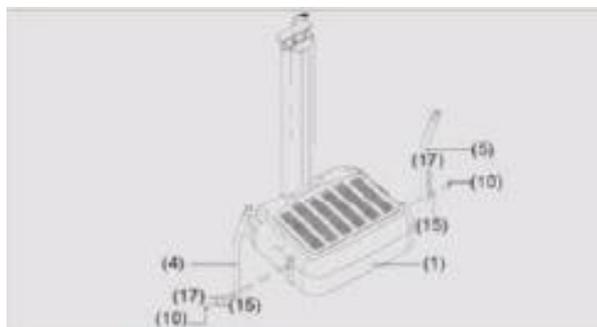
1. Auto / BFI Body Fat Indicator
2. Time
3. Speed
4. Power Stop Button
5. Start Button
6. Selection Button: Auto Programs / Manual Program / BFI Analysis Program
7. Performance Guide
8. Setting Button: Time / Gender / Age / Height
9. Increase or Decrease Button: Speed / Time / Gender / Age / Height / Weight

Assembly Instructions

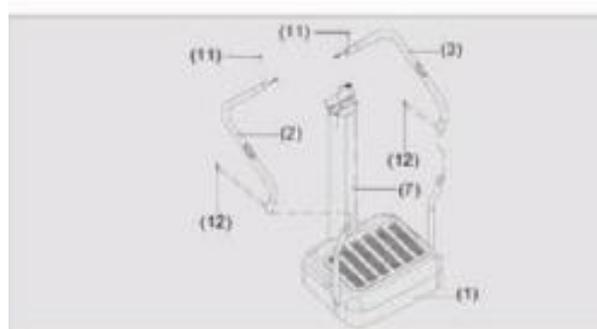
1. This unit is very heavy and requires two adults to assemble. Place the carton on the floor with the top of the box up. Open the carton and fold back the lid flaps. Then gently roll the carton over on its top. Lift off the carton, the bottom piece of the Styrofoam packaging and remove the plastic bag. Finally, gently roll the unit back on its feet and remove the top Styrofoam section. All of the screws have been put in place where they belong. Simply back them out, put the piece together and reinsert the screws.
2. With the base and the support column out of the cartons the first step is to connect the control wires from base unit to the support column. Insert the cable into the support column from the top. Use a piece of tape on the top to hold it in place while connecting the wire to the base unit. When they are connected, stuff the wire up inside the support column taking care that when the parts are put together the wire are not pinched. If it is pinched, the cable maybe destroyed and it is not covered under the warranty. Back the screws out of the base and slide the support column over the connecting part of the base and reinsert the screws, lock washer and washers.



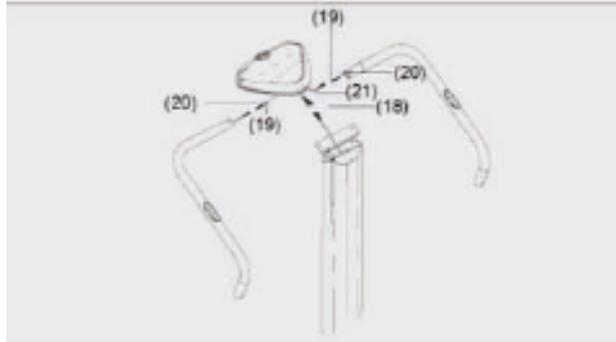
3. Remove the screws from the tubes on the base unit. Insert tubes 4 & 5 on the tubes from the base unit. The connecting holes will be on the outside and the angled part of the tubes will be leaning away from the support column. Reattach the screws connecting the tubes 4 & 5 to the base. Do not tighten them just yet.



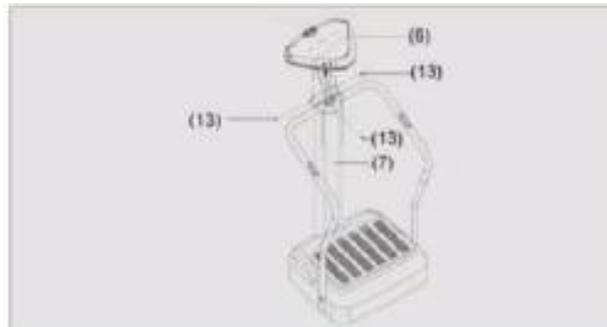
4. Connect the arm tubes 2 & 3 to tubes 4 & 5 with the screws from tubes 4 & 5. Then connect the arms to the support column with the large screws that were in the support column. Now you can tighten all of the screws.



5. Connect the Cable – Control Panel (18) to the Cable – Base (21) and the BFI Sensor Cable from Sensor (19) BFI Sensor Cable from control panel (20). Insert any of the excess wires into the support column.



6. Attach the Control Panel (8) to the Support Column (7) with the screws that are in place in the control panel.



7. Connect the power plug
8. Turn on the power switch located at the backside
9. Press the start button to check whether the product operates normally or not.

Operating Instructions

1. Insert the power plug correctly into the power socket of the back of the vibration plate. Turn the power switch on.
2. Choose your desired posture on the Vibration Plate as shown by the sketch maps that follow.
3. It is advisable that you perform stretching exercises before and after using you VibraTrim
4. Press the start button to begin the manual program. If one of the preset programs is desired, press the P button and select the program desired, then press the start button. When using the automatic program modes, the speed cannot be adjusted manually. The machine will change the vibration speed at the preset intervals.
5. The time defaults to ten minutes. If a longer or shorter time is desired, press the time button before pressing the start button. The time cannot be adjusted after a program is started.
6. Start slowly, doing too much too soon can lead to injury or effect the way you feel.
7. **DO NOT USE MORE THAN 20 MINUTES DURING ONE SESSION.** The VibraTrim will stimulate so much lymphatic drainage with the release toxins into your body that it may affect the way you feel. It is advisable to drink 500ml of lukewarm water, before use, in order to eliminate the toxic waste.
8. Always be aware of the way you feel when you exercise, If you feel dizzy or light headed stop immediately and rest.
9. Take a one hour break before starting the next session.

Button	Massage Mode	Instruction	Timer	Speed
	STOP	Press this button to immediately terminate the massage function of the CFM	Adjustable	Adjustable
	START	The CFM is in standby mode once the power is on. You may set the time at this mode.	Press  /  to set the time. Maximum setting is 10 minutes.	
	AUTO PROGRAMME (P1-P2-P3)	Auto mode CFM is activated once this button is pressed. You may choose your CFM programme preference by pressing this button. P1, P2, P3 are shown sequentially each time the button is pressed.	Not Adjustable	Not Adjustable
	(BMI) BODY FAT PERCENTAGE ANALYSIS	Press this button until 1 is shown on the window display. You may set your gender, age, height and weight at this mode for body fat percentage (BMI).	A) Gender	1: Male 2: Female
			B) Age	Default Age: 20 Press  /  to adjust your age.
			B) Height	Default Height 1.7m Press  /  to adjust your height.
			B) Weight	Default Weight 70kg Press  /  to adjust your weight.
 	TIMER / SETTING	At standby mode, press this button to set time, the initial and maximum setting is 10 minutes.	Initial Time 10 minutes Press  /  to set the time.	
	INCREASE / DECREASE	At Manual Mode, press these button to adjust the massage speed.	Maximum setting is 10 minutes.	

How to begin

- Start with a low speed setting, with your feet fairly close together. Do the exercises listed in this manual or on the wall chart for ½ to 1 minute per muscle group. Do this for 2 -3 for the first week.
- Warm up & stretch for a few minutes before using the machine.
- Increase the intensity (spreading your feet further apart), the speed of the vibration and the length of the exercise as you become used to it. You can also repeat the exercise. Many sets can eventually be incorporated in your regime.
- At the end of each exercise session, stretch your muscles that you have just worked to prevent injury and cramping.

Usage of the VibraTrim VT100

Category	Exercise Cycle	Exercise Time	Exercise Speed
Exercise	1-3 times a day	5-20 minutes / time	At a constant speed
Slimming	4-8 times a day	10-20 minutes / time	Slow

Setting the Time

1. When the power is on, the Time/BMI display shows the maximum exercise time of 10 Minutes.
2. Press the Time/Enter button to select the desired period of exercise.
3. Press the adjust up or down to change the length of time. Each time the button is pushed the length of the program will be adjusted by one minute.

Setting the Mode

1. Press the mode button to select the following modes: Manual, Auto Program 1, Auto Program 2, Auto Program 3 and fat testing.
2. Press the Mode button once to select the manual program. The Mode Display will show 88. The manual program allows the user to change the speed while the program is running. The Automatic programs do not allow the user to change the speed.
3. Press the Mode button twice to select the automatic program P1 mode. The Mode Display will show P1.
4. Press the Mode button three times to select the automatic program P2 mode. The Mode Display will show P2.
5. Press the Mode button four times to select the automatic program P3 mode. The Mode Display will show P3.
6. Press the Mode button five times to select the fat testing mode. The Mode Display will show 1.

Built-in Program Comparison

There are 3 built-in programs. Each automatic program works for 10 minutes.

Time Left (minutes)		1	2	3	4	5	6	7	8	9	10
Program											
P1		2	4	6	8	10	12	14	16	10	6
P2		1	2	3	4	5	6	14	10	8	6
P3		4	10	1	10	4	16	4	16	4	10

Setting the BMI or Fat Testing

The BMI or fat testing mode uses personal information provided by the user to calculate the body fat percentage. The fat testing mode requires the user to put in their Sex, Age, Height and Weight.

1. Select the Mode button to select the fat testing mode.
2. The Time/BMI screen will display 1 This is the default Sex (male) setting. Press the adjust up button to change the setting to female (2). The sex setting is (1) for male & (2) for female.
3. Press the Time/Enter to adjust the Age setting.
4. The Time/BMI screen will display 20. This is the minimum age setting. Press the adjust buttons to select your actual age.
5. Press the Time/Enter button to adjust the height setting.
6. The Time/BMI screen will display 170 which is the minimum height. The height setting is in Centimeters. The formula for converting inches to centimeters is 1 inch = 2.54 centimeters.
7. Press the Time/Enter button to adjust the weight setting.
8. The Time/BMI screen will display 70 which is the minimum weight. The weight setting is in Kilograms. The formula for converting pounds into kilograms is 1 pound = 0.4536 kilos.
9. Press the Time/Enter button to adjust the height setting.
10. Press the Time/Enter and the Time/BMI screen will display - - after all the values are set.
11. Hold the Fat Sensors on each arm for about 5 seconds or longer. The body fat percentage will display in the Time/BMI screen.

Reference results of (BMI) Body Fat Percentage

Gender	Age	Under	Healthy Range	Overweight	Obese
Female	20-40 Years	Under 21%	21-33%	33-39%	Over 39%
	41-60 Years	Under 23%	23-35%	35-40%	Over 40%
	61-79 Years	Under 24%	24-36%	36-42%	Over 42%
Male	20-40 Years	Under 8%	8-19%	19-25%	Over 25%
	41-60 Years	Under 11%	11-22%	22-27%	Over 27%
	61-79 Years	Under 13%	13-25%	25-30%	Over 30%

Precautions

1. Read all of the instructions in this manual before using the VibraTrim. Use the VibraTrim only in the way that has been described in this manual.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the VibraTrim only indoors and on a flat surface. Keep your unit away from liquids, excessive moisture, heat and dust.
4. The safety level of the VibraTrim can only be maintained if the unit is inspected regularly for damage or wear. Replace any defective components immediately. Do not use the machine if there are any defective components. Check the tightness of all screws every two months.
5. Always pull the power plug when not in use.
6. Always switch off and disconnect the power before cleaning. Clean your unit with mild soap and damp cloth.
7. Keep all unsupervised children away from the VibraTrim at all times.
8. The VibraTrim should not be used by anyone weighing more than 350 pounds.
9. Wear appropriate clothing and footwear when exercising. Do not wear any loose clothing or jewelry as they may get caught in the moving parts.
10. If you feel dizziness, lightheaded or pain while exercising. Stop using the machine immediately, cool down and rest.
11. This VibraTrim model is designed for home use only.
12. The VibraTrim is not intended for therapeutic purposes.



WARNING

Before beginning this or any exercise program, consult with your doctor. This is especially important for those over 45 or those with pre-existing health problems. Read all the instructions before using your VibraTrim.

Features & Benefits

Features

- **3 Different Preset Programs**

Choose from 3 preset programs, each stimulating different profiles with different speed & vibration levels:

- **P1:** Cardiovascular Exercise
- **P2:** Detoxify Program
- **P3:** Body Perfection Program
- **20 Variants of Speed Range**
- **Ergonomic Construction with Streamlined Design**
- **Easy-to-operate Control Panel**
- **Durable Steel tube insert support column**
- **Disturbance and Static Electricity Resistance**

Benefits of Whole Body Vibration

Improves your fitness

- Increases muscle strength, flexibility, mobility and coordination
- Strengthens and enhances posture
- Increases bone strength and density
- Improves muscle strength and tone, enhancing athletic performance
- Increases tendon strength
- Enhances balance, coordination and post ACL repair

Improves your Health

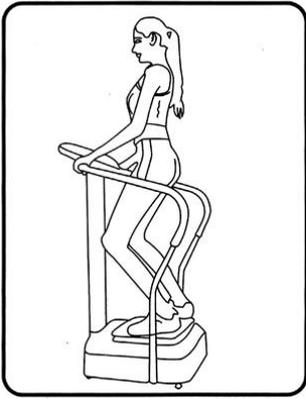
- Gentle training - no physical strain of the joints
- Strengthening of bone tissues - Combats osteoporosis
- Improves circulation and increases blood oxygenation
- Decreased diastolic blood pressure
- Strengthening of muscles - particularly the back/spine
- Decreases level of Cortisol (hormone released when we're under stress)
- Reduces back pain and stiffness
- Improves cellulite reduction
- Improved collagen production
- Stimulation of the metabolism and lymph drainage
- Highly effective body fat combustion
- Rehabilitate injuries and ailments Rapid recovery after exercising

Improves your well being

- General improvement of skin quality
- Reducing the effects of stress and treatment of stress incontinence
- Boosts levels of Testosterone and natural HGH
- Creating a balance of body and mind
- Positive results on neurological conditions such as Parkinson's
- Revitalization

The information above is based on the research of Whole Body Vibration that can be provided by VibraTrim. It is not implied that everyone will receive these results from a VibraTrim.

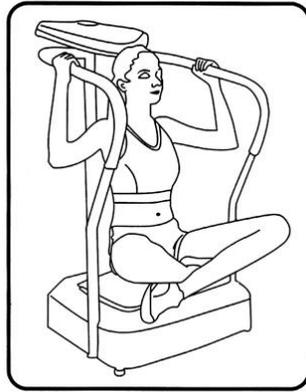
Exercise Diagrams



Exercise 1

Feet flat on the plate, hands on the handrails, knees slightly bent.

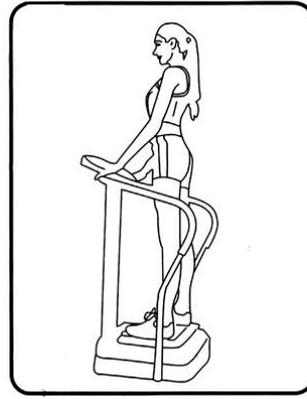
Exercises the lower back, hips and legs.



Exercise 2

Sit on the plate; fold your legs, hands on the handrails

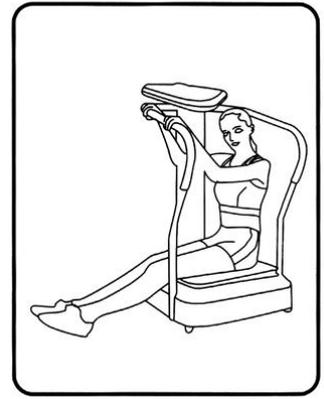
Exercises the leg muscles, shoulders, wrists and stomach.



Exercise 3

Feet on the side of the plate, balance on toes, knees only slightly bent, stomach muscles flexed, hands on the handrails

Exercises the back and arms



Exercise 4

Sit on the plate, hands on the handrails, keep legs straight.

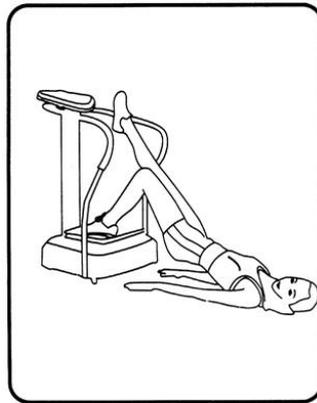
Exercises the legs and waist.



Exercise 5

Stand with one foot on the plate, the other on the ground and hands on your waist, alternate feet positions

Exercises part of the waist, stomach and thighs.



Exercise 6

Stand with one foot on the plate, the other on the ground and hands on the handrails, alternate feet positions

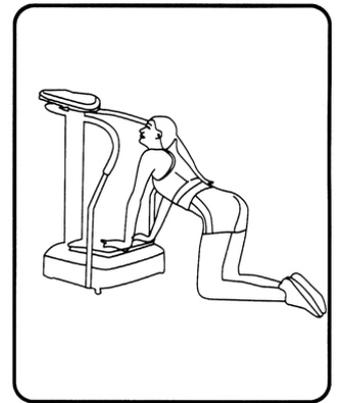
Exercises part of the waist, stomach and legs.



Exercise 7

Lie down in front of the machine, hands on the ground, place one foot on the plate; stretch the other leg out straight, alternate legs

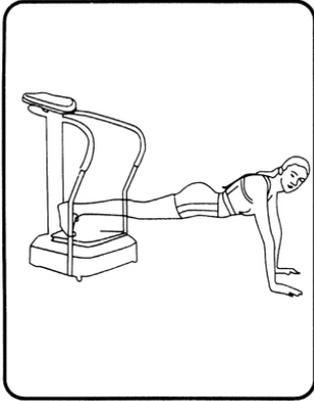
Exercises the legs, thighs, and hips.



Exercise 8

Kneel in front of the machine, hands on the plate.

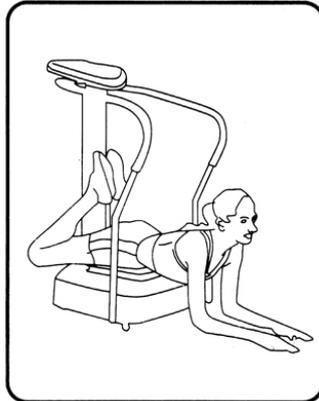
Exercises the legs, shoulders, arms and upper body muscles.



Exercise 9

Feet on the plate, hands on the ground, keep body straight and in balance

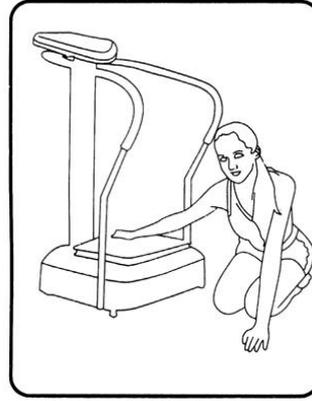
Exercises part of the shoulders, chest, arms and upper body.



Exercise 10

Lie body prone on the plate, rest legs against main support column, put fore arms on the ground.

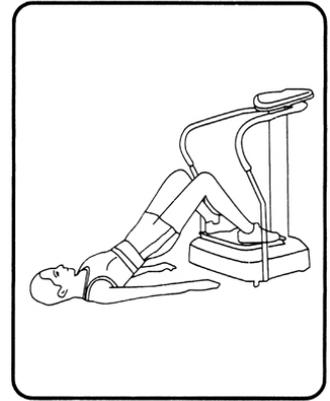
Exercises part of the thigh, chest and hips.



Exercise 11

Place on hand on the plate and knell next to the machine.

Exercises the hands and shoulders.



Exercise 12

Feet on the plate, upper back and arms on the ground, lift your body to a straight position from your knees to your upper back.

Exercises your thighs and hip muscles.



Safety Warnings

To maintain the optimum condition of the VibraTrim VT100, Please note the followings:

Before using your VibraTrim

- Use the VibraTrim for its intended use as described in this user manual.
- Do not use force to move. Prevent damages to the unit and to the surroundings. Use the wheels that are attached for moving the unit. Stand in back of the unit a pull it toward you so the unit is resting on the wheels. It is now very easy to move.
- Do not use the VibraTrim for 30 minutes before and after meal.
- Only one person should be on the VibraTrim at a time. Doing so, may cause injury to yourself or damage to the VibraTrim.
- Hold safety handle correctly before starting any exercise and also to help keep your to balance when you are using the VibraTrim.
- Check the exercise speed level before starting the unit and that is a safe and comfortable speed level for you. You may get hurt if the speed is too high.
- Make sure there is sufficient space between your feet at the initial stage. The closer your feet are together in the oscillation vibration mode the vibration will become less intense. Spreading your feet further apart will increase the intensity of the oscillation vibration. The normal range is to have your feet 6 inches apart to shoulder width.
- Do not use this machine for other purposes besides exercise.
- Do not operate or touch this VibraTrim with wet or humid hands,
- Do not use any kind of sharp items, such as a knife, or any dangerous materials, on the VibraTrim.
- **Do not insert fingers in the gap below the vibration plate..**

While using your VibraTrim

- If you experience any discomforts or abnormalities while using the VibraTrim, stop using the product and consult your physician immediately.
- Do not use force against the machine. (Risk for injuries and malfunction might occur).
- Do not exercise more than 10 minutes using the same pose. This can cause muscular cramps in some people.

After you have completed your exercise session

- When not in use, please turn off the power and unplug the power cord. (Leaving the power button turned on presents risks for electric shock or fire).
- After using the VibraTrim, please rest and drink some water. Do not do strenuous activities after using the VibraTrim, such as playing basketball, etc. It is better to use the VibraTrim after exercising as it will help revitalize you.

Safety Precautions

Heed the following warnings and precautions. This will help prevent damage to your machine and to yourself.

When using the machine, comply with the operation instructions.

- Make sure that the power cord is not pinched by any portion of the machine or other object.
The power cord may get damaged leading to shorting, electrocution or fire.
- Connect the unit to a single power outlet only.
Connecting multiple products to an outlet may lead to fire, tripping the breaker or causing damage to the unit.
- Please remove dirt on the power plug using a dry cloth
- Leave a 6 inch space from the wall, when placing the unit for usage.
Good air circulation will prevent the product from malfunctioning.
- Install the product on a level surface
Noise and vibration might be created if surface is not level. Adjust the feet when it is not level.
- When you are through with your exercise session, please press the stop button. Step down from the machine when the machine comes to a complete stop.
Stepping off the unit while is running may lead to physical injuries.
- Unplug the power plug when the product is not in use.
This will prevent an unnecessary waste of electricity and may prevent fire.
- Do not run on the vibration plate when the product is in use.
The unit might get damaged.
- Elderly people and children should be attended or monitored when in using the machine.
Physical injuries might occur.
- Only one person should use the unit at a time.
The machine might get damaged.
- Before cleaning, remove any water particles using a dry cloth to prevent moisture from entering the machine. A micro fiber cloth is highly recommended.
Water particles could weaken the insulation causing a fire and damage to the unit.
- Clean the surface of the machine using proper cleaners suitable for the material.
Wipe the surface with a dry cloth if a wet towel had been used to clean the surface.
- Clean and dry the machine before storing the machine for a long period..
Clean the surface with dry clothes before storing to prevent corrosion.
- Do not unplug and plug the power plug with wet hands.
It might lead to shock or electrocution

Safety Precautions (Continued)

- Do not band the power cord and prevent the power cord from damage.
If the cord is ever damaged, replace it immediately. It might cause a fire.
- Do not install the machine in a wet place or near water.
It might lead to electrocution; the machine can also become corroded when used in wet place.
- Do not stack items on top of the plate.
- Do not sprinkle water or clean the machine using gasoline, benzene, thinner or chlorine.
There is danger of electrocution or fire. It also may damage the unit's electronic circuits.
- Remove the power plug before cleaning
- If the machine creates smoke or burning smell, remove the power cord immediately and stop exercising.
- Do not disassemble, repair or modify the machine.
Non-compliance will lead to product damage or financial damage due to fire or malfunctioning of the machine and will also void the warranty.

Contraindications

While the following list of medical conditions is not complete, we strongly advise that you consult with your physician before using the VibraTrim if any of the following conditions apply to you.

Pregnancy	Pulmonary embolism	Acute hernia, discopathy, spondylolysis
Acute Thrombosis	Severe diabetes	Known neurological conditions
Migraines	Epilepsy	Pre-existing deep vein thrombosis
Cardiovascular Disease	Recent infections	Pacemaker & Implantable Cardioverter Defibrillators
Cancer or Tumors	Known retinal conditions	Recently placed IUD's, metal pins, or plates.
Recently recovering from an operation or surgery, such as a hip or knee replacement.		Poor somatosensory receptor sensitivity on the plantar surfaces of the feet

WARNING

This product and information contained in this manual is not intended as a substitute for a medical treatment. All exercise carries with it some element of risk. To reduce the risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program. It is obvious, however, that even with such medical clearance; the risk associated with exercise can never be reduced to zero. Follow all training and safety tips and instructions in this manual. Keep children and pets away from equipment when in use.

Maintenance

Storage

Do not store the VibraTrim

- Near heat or open flame.
- Under direct sunlight for a long period time.
- Near harmful gas, dust and especially humidity.
- Temperature Range: 32-120°F.

Usage of the VibraTrim

- Usage temperature Range: 40-95°F
- Humidity Range 40-80%.

If the VibraTrim is not used for long period of time, cover it with a clean cloth to protect it from dust.

Do not coil the wire cord as it may cause malfunction to the machine.

Maintenance

Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.

Switch off power and remove the plug from the socket every time after use.

Usage

Do not use the VibraTrim too long for the first time. Try five minutes first and keep increasing the time each session. Refer to the wall chart for more information.

Do not use this machine in wet areas such as bathroom, swimming pool or spa.

Do not use it when there is too much dust, oil, smoke or caustic gas.

Avoid damaging the surface of the VibraTrim with heavy object, scratching with force.

Cleaning

Do not use a corrosive cleanser. Do not use benzene or thinner to clean. Do not spray an insecticide on the machine.

Specifications

Product Name _____	VibraTrim VT100
Input Voltage _____	100-120V; 60 Hz \
Power Consumption _____	500W DC Motor
Oscillation Amplitude _____	10mm
Oscillation Vibration Frequency _____	5Hz – 50Hz
Speed Level _____	20 Speed Levels
Program _____	3 Preset Programs & a manual mode
Display _____	Program, Time, Speed, BMI.
Dimensions _____	L 29” x W 27.4” x H 48”
Plate Dimensions: _____	20.87" X 14.5"
User Weight Capacity _____	330 lbs.
Weight _____	89 lbs.

2 YEAR LIMITED WARRANTY

The VibraTrim equipment carries a manufacturer's limited warranty granted by VibraTrim LLC. This limited warranty covers manufacturing flaws and labor that is required during the warranty period. VibraTrim will, at its discretion, either repair, rebuild or replace the faulty part or equipment in accordance with the terms set forth below.

Warranty Terms

This owner's limited warranty is only valid if the item is used in an environment approved by VibraTrim for that particular model. VibraTrim distinguishes three operating environments:

1. Home. Only members of the family for whom the equipment is purchased use the equipment.
2. Professional. The equipment is used by a limited user group, the manner and environment of usage is similar to home or controlled testing use, for example in schools, hotels, housing organizations, nursing homes, retirement communities, companies, etc.

3. Commercial Fitness Center. The equipment is accessible without limitations by exercisers in a commercial fitness center. The usage does not have to be controlled.

This owner's limited warranty applies to VibraTrim.

This owner's warranty for the VibraTrim only applies to use of VibraTrim in the home or professional use and is not used by a person weighing more than 350 pounds.

This warranty covers the materials and parts needed to repair, rebuild or replace the equipment, at VibraTrim's option, for a period of two (2) years and the cost of labor needed to repair, rebuild or repair the equipment for a period of two years. The warranty period commences from the date on which the original buyer purchases the equipment. Warranty repairs will not extend the warranty period.

Warranty Restrictions

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 owner's manual, and providing that VibraTrim's instructions on installation, maintenance and use have been followed.
- C. The original purchaser of the equipment who holds an original proof of purchase.

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

- A. Equipment or components that have been modified without the consent of VibraTrim LLC.
- B. Faults resulting from natural wear and tear; use in conditions for which the equipment is not intended; corrosion; damage incurred during loading or shipping; by accident, fire, flood, war or acts of God.
- C. Maintenance activities, such as cleaning, lubricating or normal checking of parts; or installation procedures that customers can do themselves and that do not require dismantling/reassembling the equipment.
- D. Faults resulting from natural wear and tear; use in conditions for which the equipment is not intended; corrosion; damage incurred during loading or shipping; by accident, fire, flood, war or acts of God.
- E. Maintenance activities, such as cleaning, lubricating or normal checking of parts; or installation procedures that customers can do themselves and that do not require dismantling/reassembling the equipment. Damage or equipment failure caused by (i) electrical wiring not in compliance with applicable electrical codes, (ii) electrical wiring not in compliance with the owner's manual or (iii) electrical wiring that has not been maintained as outlined in the owner's manual.
- F. Repairs performed by someone other than an authorized VibraTrim representative.
- G. Repairs due to limitations or corrections in the equipment's software.
- H. Repairs to consumable or cosmetic items, e.g., grips, seals, labels or wheels.
- I. Repairs performed on equipment missing a serial number or with a serial tag that has been altered or removed.
- J. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
- K. Pick-up, delivery, or freight charges involved with repairs.

VibraTrim makes no express warranties or conditions beyond those stated in this owner's warranty. VibraTrim disclaims all other warranties and conditions express or implied, including without limitation implied warranties and conditions of merchantability and fitness for a particular purpose. Some states (or provinces or jurisdictions) do not allow limitations on implied warranties or conditions, so this limitation may not apply to the user or owner.

VibraTrim's responsibility for malfunctions and defects in the equipment is limited to repair and replacement as set forth in this owner's warranty.

These warranties give the user or owner specific legal rights, and the user or owner may also have other rights, which vary from state to state (or provinces or jurisdictions).

VibraTrim does not accept liability beyond the remedies set forth in this warranty statement or liability for incidental or consequential damages. Some states (or provinces or jurisdictions) do not allow the exclusion or limitation of incidental or consequential damages, so the preceding exclusion or limitation may not apply to the user or owner.

Despite continuous quality control efforts, faults or operating errors in equipment may result from individual components. Delivering the complete piece of equipment for repair is often unnecessary, because the flaw can usually be fixed by replacing just the faulty part. It is preferable that you make any inquiries, about the warranty, directly to your VibraTrim retailer or to VibraTrim.

To arrange service for your VibraTrim, please contact customer service at service@vibra-trim.net or visit us at www.vibra-trim.net