



BH FITNESS YV 20 VIBRON

OWNER'S MANUAL



INTRODUCTION

Thank you for purchasing our product. While we do our best to ensure the quality of all our products, occasional errors or omissions may occur. If you notice a defect or missing parts, contact the distributor of the product. Read through the whole manual before using this machine.

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BEFORE YOU BEGIN

It is very important to become familiar with the **USER PRECAUTIONS AND SAFETY INSTRUCTIONS** for this product.



TABLE OF CONTENTS

<u>SECTION</u>	<u>PAGE</u>
1. IMPORTANT SAFETY INSTRUCTIONS	3
2. ASSEMBLY INSTRUCTIONS.....	6
3. CONSOLE ELEMENTS.....	11
4. AUXILIARY KEYPAD.....	12
5. SUGGESTED EXERSICES	13
6. START-UP	21
7. TECHNICAL SPECIFICATIONS.....	22
8. WARRANTY	23

SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the VibroMax.

Notice: Before using this or any other exercise equipment **consult your family physician or health care professional** to develop a well planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

WARNING!

1. Keep children away from machine while in use.
2. Product should not be used by minors without adult supervision.
3. Maximum user weight for this machine is 350 lbs.
4. Keep a minimum clearance of 18" on each side and 24" at the rear of the VibroMax for safety.
5. The VibroMax should never be left unattended while in operation.

SHOULD NOT BE USED WITH THE FOLLOWING CONDITIONS:

1. Retinal related visual disorders.
2. Serious vascular diseases and cardiovascular problems in general.
3. Pregnancy
4. Serious types of hernia.
5. Hip and knee prostheses (at high vibration levels).
6. Epilepsy.
7. Use of plates, pins and artificial limbs in general or any other internally fitted electric device.
8. Tumors and metastatic disease.
9. Being particularly tired, unwell or overly stressed.
10. Inflammation caused by injuries of an electro-muscular nature.
11. Do not use after surgery (for at least 2 months), post-traumatic situations or transient generic illnesses such as headache, backache, etc. ... until the symptoms disappear.
12. Vocal cord disorders.
13. Use of contraceptive coils (IUD)
14. Psychological intolerance to vibratory stimulation.

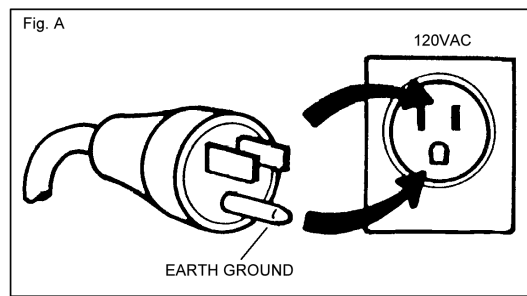
SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS CONTINUED

POWER SAFETY INSTRUCTIONS

This product must have an earth grounded outlet. In the event that the appliance malfunctions the ground earth connection will redirect the electrical current away from the machine and reduce the risk of an electrical shock. The plug must only be used with an appropriate wall socket, installed correctly and connected to earth, in accordance with local regulations.

DANGER! If the equipment is not grounded correctly then there is a risk of electrical shock. If in doubt, get an electrician to check that the earth ground connection is correct. Do not modify the plug supplied with the equipment, if it does not fit the wall socket then get an electrician to install an electrical socket that does. This product must only be used on a 120 volts AC circuit, with an earthed grounded receptacle similar to that shown in Fig. A. **Do not use an adaptor with this appliance.**



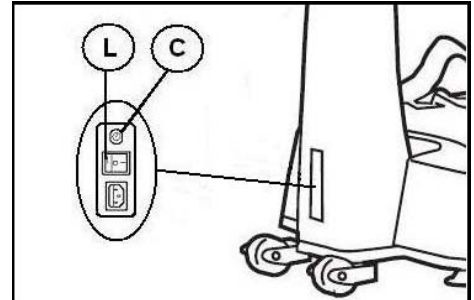
Always observe the following recommendations when using electrical equipment:

1. Do not use any type of adapter or remove the ground prong.
2. To reduce the risk of electrical shock, always unplug the unit immediately after use and before proceeding to clean it.
3. Only plug the machine into suitably earth grounded wall sockets, as shown in Fig. A.
4. Never leave the unit unattended when it is plugged in. Unplug it after use.
5. Do not allow children or the disabled to use the equipment without the strict supervision of an adult guardian.
6. Do not use the machine if the power cord becomes damaged or worn. Keep the power cord away from hot surfaces.
7. Do not use the machine outdoors.
8. To unplug the machine, first put the switch to the "0" position and then unplug it from the wall socket.

SAFETY BREAKER.-

This model is equipped with an electronic circuit breaker to protect both the electronic and electrical circuits. This safety device (fuse) will be automatically triggered if the unit is subjected to abnormal force or heat.

1. Set switch (L), located on the casing, to the "0" (OFF) position.
2. Change the fuse (C) (15 Amp).



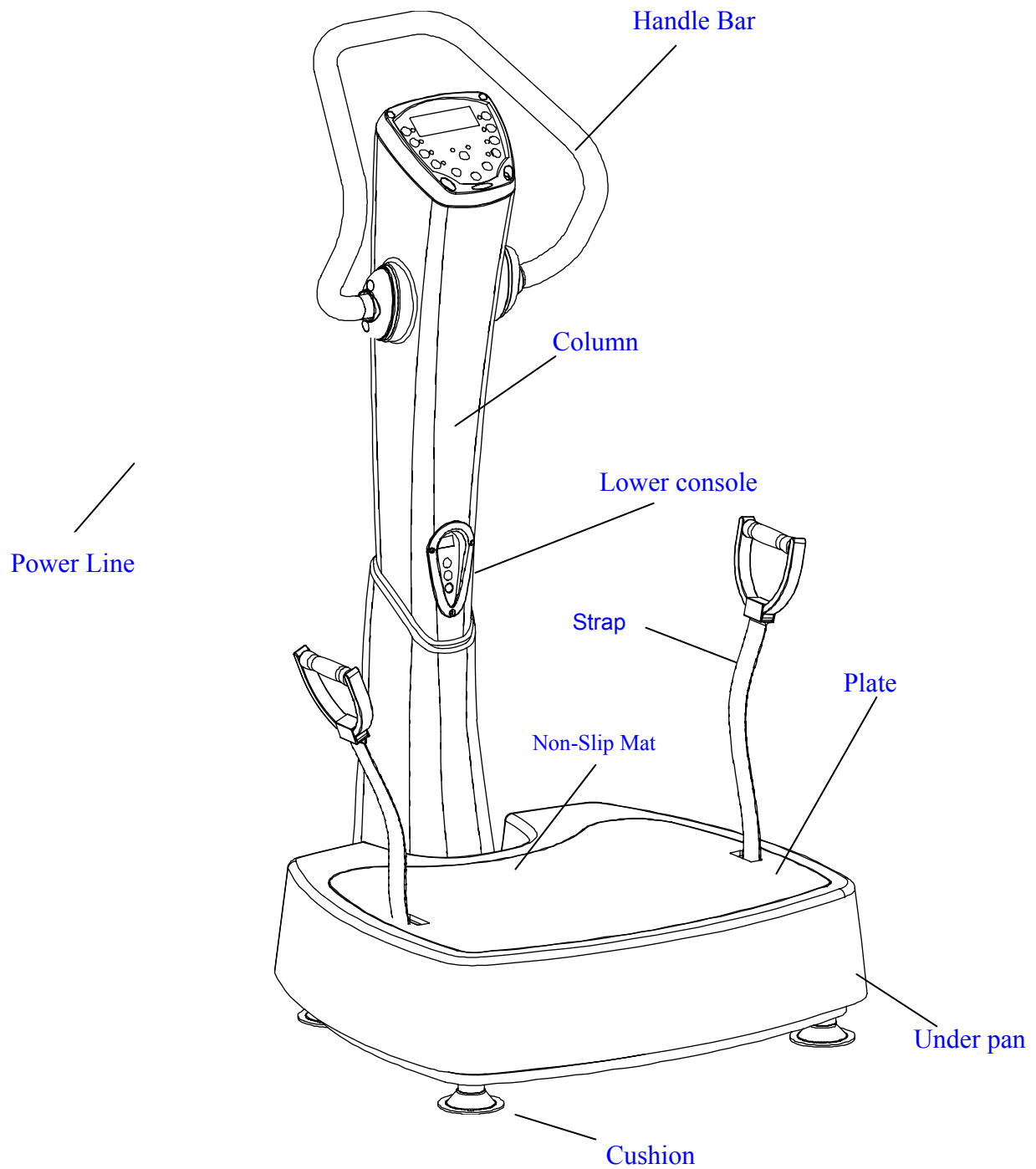
3. Next, set switch (L) to the "I" (ON) position and the unit will be ready for use again. Plug the unit into a wall receptacle with an EARTH ground connection. Set switch (L) to Position [1].

CLEANING

Clean with soap and slightly damp cloth only; never use solvents.

SECTION 2

ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS CONTINUED

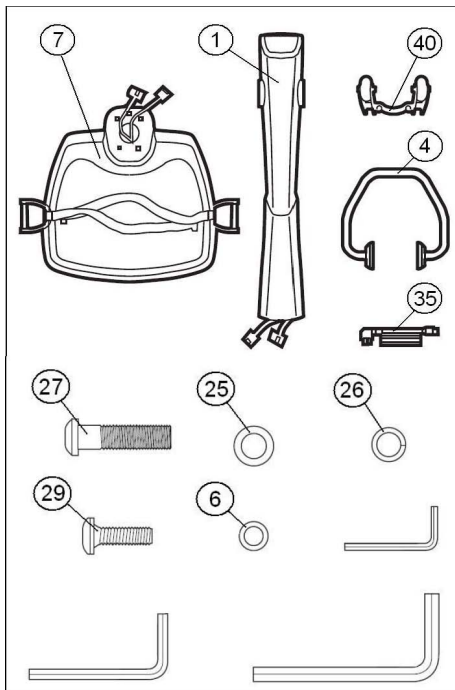


Fig. 1

ITEM	DESCRIPTION	QTY
1	Platform Column	1
4	Handlebar	1
6	Flat Washer M-8	4
7	Platform	1
25	Flat Washer M-10	4
26	Lock Washer M-10	4
27	Allen Screw M-10X40	4
29	Allen Screw M-8X25	4
35	Power Cord	1
40	Transport Wheels	1

Table #1

Fig. 2

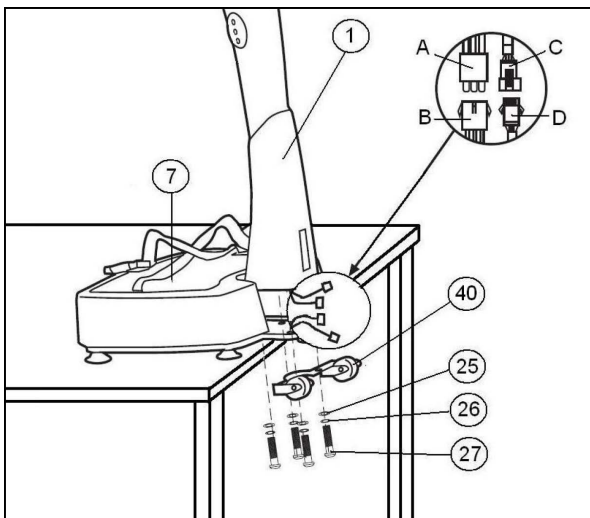


Fig. 3

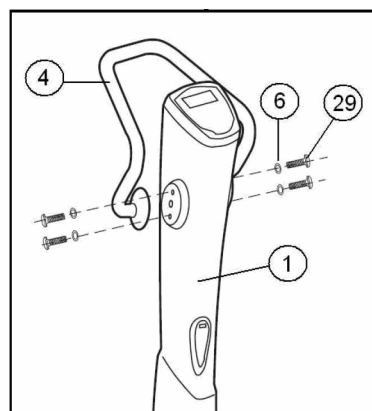
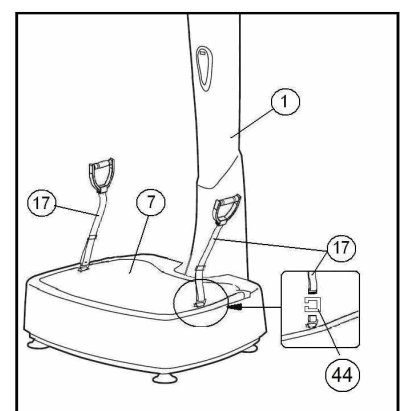


Fig. 4



ASSEMBLY INSTRUCTIONS CONTINUED

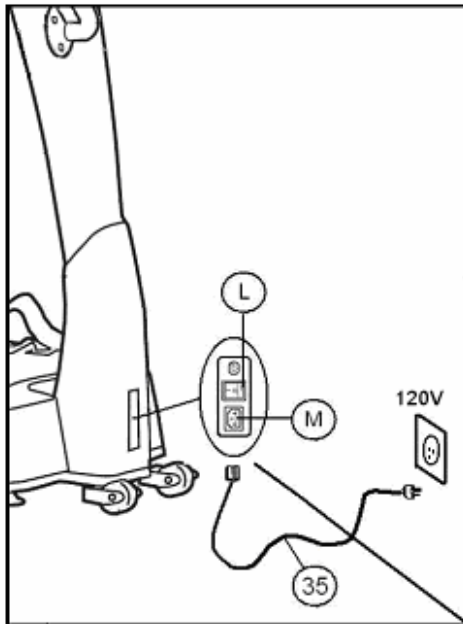


Fig. 5

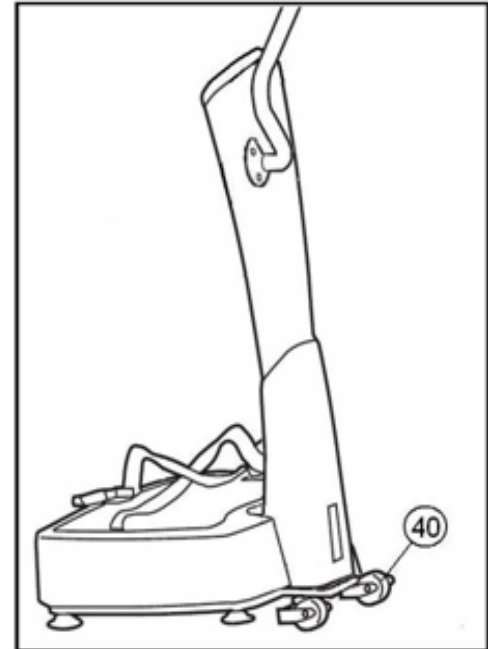


Fig. 6

Take the unit out of the box and place it on the floor as shown in **Fig.1**.

The assistance of a second person is advisable for the assembly work.

Make sure that all of the pieces are there:

(1) Platform column; (4) Handlebar; (7) Platform; (40) Transportation wheels; (35) Power Cord; (27) Allen screw M-10x40; (25) Flat washer M10; (26) Lock Washer M-10; (29) Allen screw M-8x25; (6) Flat washer M-8; Allen key 4mm; Allen key 6mm; Allen key 8mm.

Follow these step-by-step assembly instructions.

ASSEMBLY INSTRUCTIONS CONTINUED

The assistance of a second person is recommended when assembling this platform.

STEP 1

Position the platform as shown in **Fig.2**, lifting and resting the four feet on a table. At least two people are needed for this step. When fitting the column, one person should hold the column while the other one follows the assembly instructions. This will prevent any possible accidents.

STEP 2

Next take the column (1) and put it into assembly position, **Fig.2**, connect terminal (A), sticking out of the column, (1) with the terminal (B) sticking out of the platform (7).

STEP 3

Next, connect terminal (C), sticking out of the column, to terminal (D), sticking out of the platform (7). Once all of the terminals have been connected, push them inside the column (1) to protect them and fit the column (1) on the platform, lining up the bolt holes.

STEP 4

Next take the transportation wheel (40) support along with the lock washers (26) and the flat washers (25), and tighten securely using the 8mm Allen key.

STEP 5

For the next stage of the assembly it is advisable to place the platform back on the floor with the help of a second person. Take the handlebar (4) as position it as shown in **Fig.3**, lining up the holes. Fit the screws (29) and flat washers (6) and use the 6mm Allen key to tighten them securely.

It is possible that the hand straps may have come loose during shipment. Fit them back on their buckle as shown in **Fig.4**.

MOVEMENT & STORAGE

The unit is equipped with wheels (40), **Fig.6**, to make it easier to move. Make sure that the power cord is unplugged from the wall socket. To prevent accidents **DO NOT** move the platform across uneven floors.

INSPECTION & MAINTENANCE

Switch the unit off and unplug the power cord. Use a damp cloth or towel to clean the dust off the platform, especially the handrails and the electronic console. Do not use solvents.

ATTENTION: Periodically check that all of the fastening elements are duly tightened and connected correctly.

Check and tighten all the parts on your unit every three months.

When in doubt about any parts on the machine, do not hesitate to get in touch with the Technical Assistance Service by phoning customer services. We recommend that you use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.

SECTION 3

CONSOLE OPERATIONS

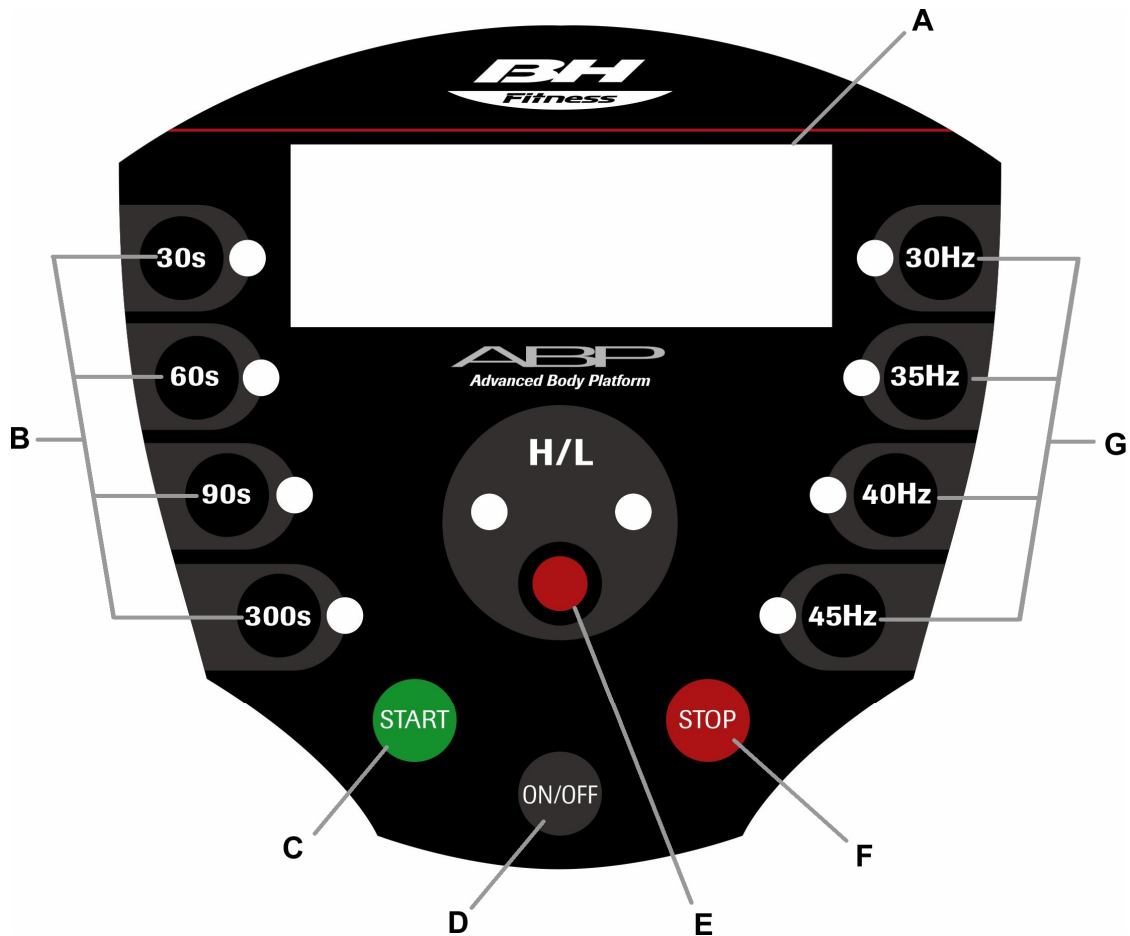


Fig. 7

- A. This display shows the Time and Programs. The electronic monitor has six push-buttons or keys.
- B. Quick access push-buttons or keys for time settings (30-60-90-300 seconds).
- C. **START**. – Program start key.
- D. **ON/OFF**. – Key to switch the platform on or off.
- E. **H/L** – Amplitude settings, H: High amplitude, L; Low amplitude.
- F. **STOP**. – Key to stop the machine.
- G. Frequency setting quick access keys or buttons (30Hz. – 35Hz. – 40Hz. – 45Hz.)

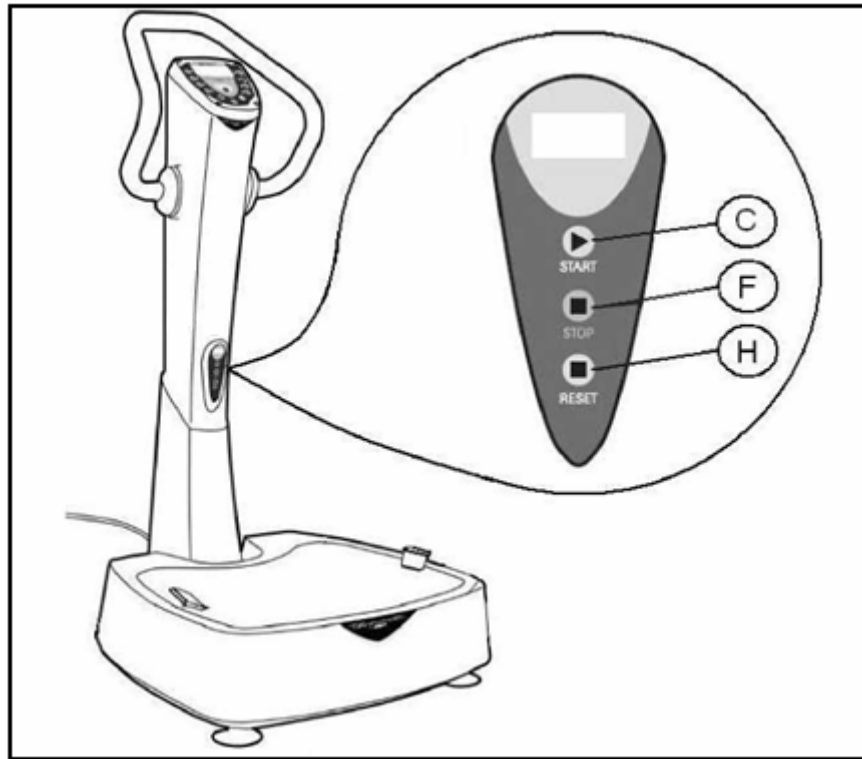
SECTION 4**AUXILIARY KEYPAD ON THE COLUMN**

Fig. 8

This platform has an auxiliary keypad, **Fig. 8**, close to the base of the platform, this allows you to change the settings when having to change position or stand up. The auxiliary keys are duplicates of the main keypad on the monitor.

C. – START the platform.

D. – ON/OFF switch

H. - RESET

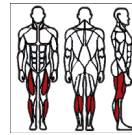
SECTION 5

EXERCISE INSTRUCTIONS

A/ Strength

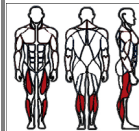
A01 SQUAT

Stand on the Power-Plate 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.



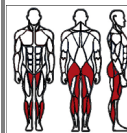
A 02 Deep Squat

Stand on the Power-Plate 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 muscles. Keeping the back straight, bend the upper body forward. This exercise aims to strengthen the back, buttocks and legs.



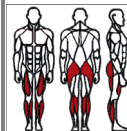
A 03 Wide Stance Squat

Stand on the Power-Plate with legs wide shoulder 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.



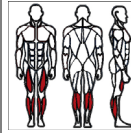
A 04 Lunge

Place one foot in the middle of the Power-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 muscles. You should feel tension in the hamstrings, quadriceps and buttocks.

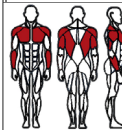


A 05 Calves

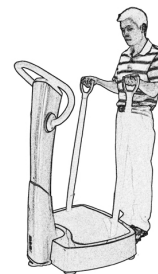
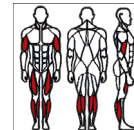
Standing in the center of the Power-Plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To intensify the exercise, try bending your knees to 90 degrees.


A 06 Triceps Dip

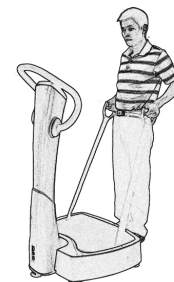
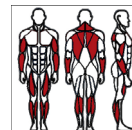
Facing away from the Power-Plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blades together. You should feel the tension in your upper arms and shoulders.


A 07 Biceps Curl

Position your toes slightly under the edge of the unit for support and hold the straps tightly at waist height. Knees should be slightly bent, back and wrists kept straight. Pull your arms upward. You should feel tension in the shoulders and biceps.

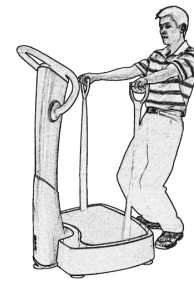
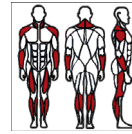

A 08 Bent Over Pull

Stand in front of the Power-Plate. Pull the belts upward on the side of your body. Push your chest out and shoulder-blades together. Pull your arms backwards in a smooth motion and you should feel tension in your upper back and shoulder area.

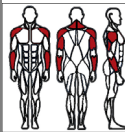


A 09 Front Raise

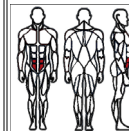
Stand in front of the Power-Plate, legs shoulder width apart and raise both arms horizontally in front of your torso. Keeping your back straight and abdomen tense pull the straps upward. For variation, perform the same exercise from a standing position on the Power-Plate.


A 10 Shoulder Press

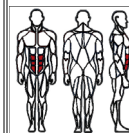
Position the body in a horizontal line parallel with the Power-Plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movements push your slightly bent arms toward the Power-Plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.


A 11 Lower Abdominals

Brace yourself on your elbows and hold onto the front edge of the Power-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.

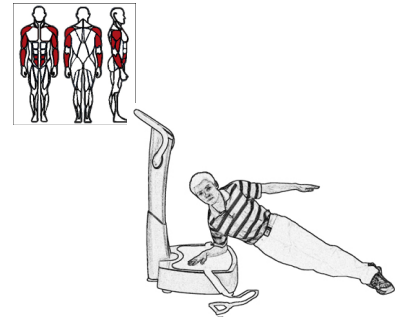

A 12 Standing Abdominals

Stand in the center of the Power-Plate; feet shoulder width apart, holding the railing at chest height. Keeping the back straight and legs slightly bent push your upper torso down. Immediately you'll begin to feel tension in your abdominal muscles. To vary the exercise simply bend your arms further.

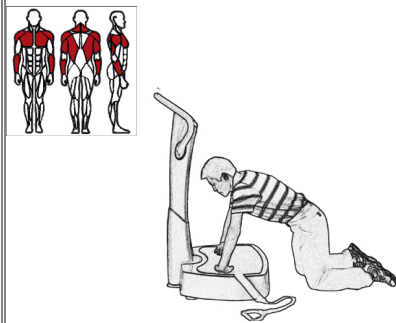


A 13 Lateral Abdominals

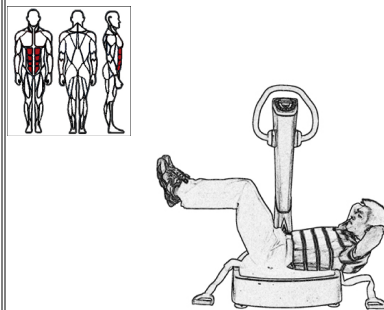
With one foot directly behind the other, place one elbow on the Power-Plate and lean sideways. Keeping your head, torso and legs straight, push your shoulders down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try pushing your hips upward at the same time!


A 14 Push Up

Kneel in front of the Power-Plate, placing hands on the plate shoulder width apart with fingers facing inward. With a straight back and tense abdomen, push off the Power-Plate platform. This exercise will strengthen chest, shoulder muscles and triceps. For variation, try straightening your legs and lifting your knees.


A 15 Abdominal Crunch

Place a pillow under the small of 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. To vary the routine, place your feet on the step.

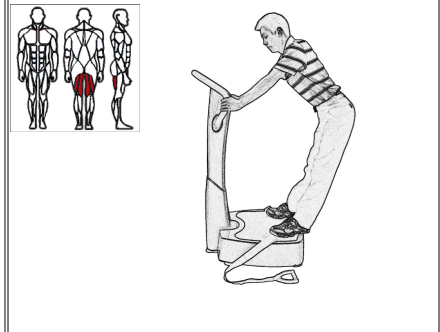

A 16 Latissimus Dorsi Dip

Place the handles on the mat shoulder width apart. Keeping wrists and forearms straight gently push off the handles. It is important to keep the hips straight and to push the shoulders downward. This exercise promotes muscular arms, shoulders and abdomen. Try doing the same exercise but this time keep your legs straight.

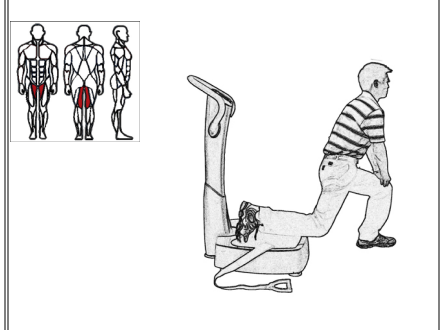


B/ STRETCH
B 01 Hamstring Stretch

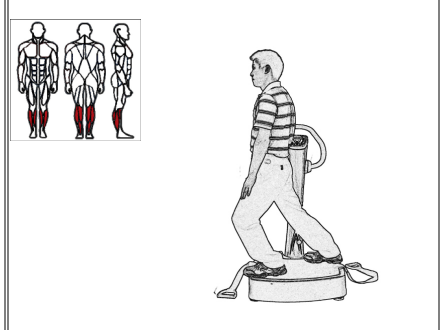
Position your body in a wide stance on the Power-Plate, buttocks pushed backwards. Holding the handles, let your upper torso drop as far forward as possible. This exercise will stretch the buttock and hamstring muscle groups. Alternatively, stand up straight and let your upper torso and arms drop forward.


B 02 Quadriceps Stretch

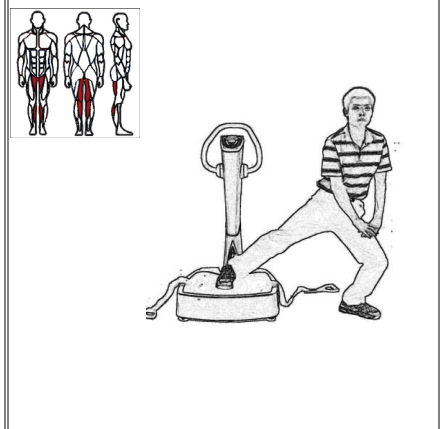
Place one shin on the Power-Plate - ensuring the foot remains off the Plate! Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you'll be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.


B 03 Calf Stretch

Stand sideways on the Power-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.

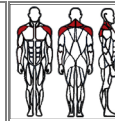

B 04 Adductor Stretch

Stand sideways on the Power-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.

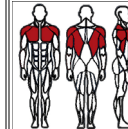


B 05 Shoulder Stretch

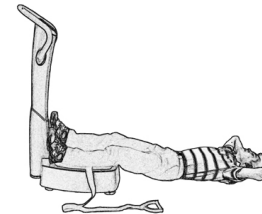
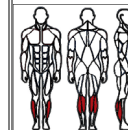
Stand with your back to the Power-Plate and use your left hand to pull the strap up to your buttocks. Your right hand placed on your head and pulling it slightly to the right. This shoulder stretch works best by alternating sides.


B 06 Pectoral Stretch

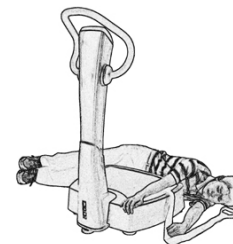
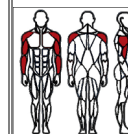
Sit with your back to the Power-Plate. Now hold the Power-Plate behind your back so that your fingers grip the edges. By pushing your shoulders down you'll stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.


C/ MASSAGE
C 01 Calf Massage

Lie in front of the unit with both calves resting on the Power-Plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.

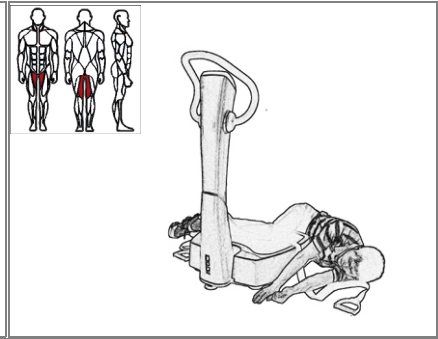

C 02 Upper Arm Massage

Lie sideways facing the unit, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the Power-Plate and relax.

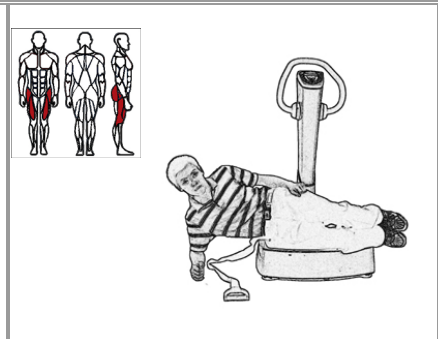


C 03 Adductor Massage

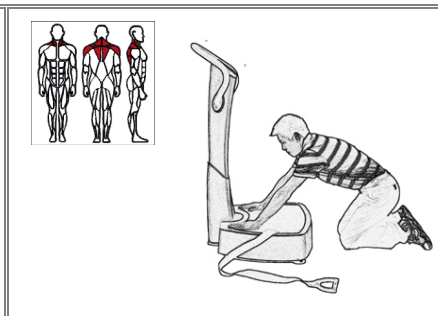
Lie on your side facing the Power-Plate. Slightly bend one leg and rest it on the Power-Plate. Making sure your body does not touch the Plate. Now repeat the massage with the other leg.


C 04 Abductor Massage

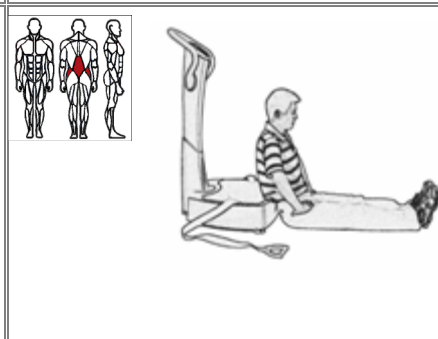
Lie sideways on the Power-Plate, with your legs pulled up to your hips. Use your elbow to support your upper body. Your back must be straight. You should feel the massage on the outside of your leg and hip. Repeat the same massage on your other side.


D/ RELAXATION
D 01 Shoulder & Neck Relaxer

Kneel down in front of the Power-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.

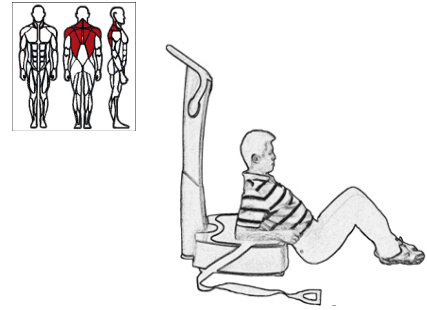

D 02 Lower Back Relaxer

Sit on the floor facing away from the Power-Plate with your legs apart. Place the mat between your body and the Power-Plate and hold the edge's 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 Power-Plate.

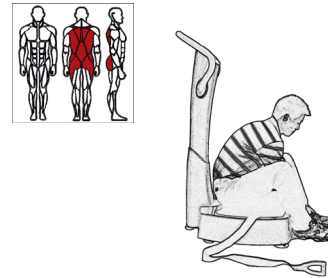


D 03 Upper Body Relaxer

Sit facing away from the Power-Plate, with your legs bent. Using your elbows for balance, raise your upper body off the Power-Plate. Keeping your neck and back straight, pull your shoulders back. The vibration will relax your upper body.

**D 04 Back Relaxer**

Sit in the center of the Power-Plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax forward. You should feel a pleasant vibration relaxing the back, hip and thigh areas.



SECTION 6

START-UP

1. Plug the power cord (35) into the socket (M) on the column, **Fig.5**. The other end of the cable is plugged into the electric wall socket (120V). Set switch (L) to position (I), **Fig.5**.

Note:

A mechanical knocking noise is normal when the vibration motors first begin to turn, this will stop as soon as the motors reach working speed. Similarly, when the motor is switched off you will also hear this knocking noise as the motor slows down, but it will stop as soon as the motor is at a standstill.

2. Press the ON/OFF key, select the desired time, frequency and amplitude. Press the START key and the platform will start after a few seconds.
3. If you have not selected any settings (Time, Frequency and Amplitude), the system will be set to 30 seconds, 30 Hz and low amplitude by default. You can change the time and frequency setting during use but **NEVER CHANGE THE AMPLITUDE SETTING WHILE THE MOTOR FOR THE PLATFORM IS RUNNING.**

Note:

A mechanical knocking noise is normal when the vibration motor first begins to turn, this will stop as soon as the motors reach working speed.

Similarly, when the motor is switched off you will also hear a knocking noise as the motor slows down, but it will stop as soon as the motor is at a standstill.

Suggested Routines

Week 1 to 3

Frequency 30Hz. • Amplitude low L. 8 x 30 second sets of vibration with a 30 seconds minute rest after each set and 4 minutes rest halfway through the session (after set 4)

Week 4 to 9

Frequency 35Hz. • Amplitude low L 10 x 30 seconds sets of vibration with 30 seconds rest after each set and 5 minutes rest halfway through the session (after set 5)

Week 10 to 19

Frequency 30Hz. • Amplitude high H. 10 x 30 seconds sets of vibration with 30 seconds rest after each set and 5 minutes rest halfway through the session (after set 5)

4. You can stop the platform at any time by pressing the STOP key.

SECTION 7**TECHNICAL SPECIFICATIONS**

MODEL	VIBRON YV-20
POWER	2 x 150 W MOTORS
VOLTAGE	120VAC. 50/60Hz.
VIBRATION FREQUENCY	30; 35; 40; 45Hz.
VIBRATION AMPLITUDE	Low.-1 to 2 mm wave displacement. High.-3 to 4mm wave displacement.
PROGRAMMING	30, 60, 90, 300 seconds
VIBRATION TYPE	TRIAxIAL (Three spatial axes)
MATERIAL	FIBREGLASS
DIMENSIONS	Length 28"; Width28"; Height 53" in.
NET WEIGHT	128lbs.
USER MAXIMUM WEIGHT:	330lbs.
ELECTRICAL PROTECTION	15 Amp fuse.

SECTION 8

WARRANTY

USA Warranty Warranties may vary in other countries. See your local BH Fitness Dealer.

BH FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, or light commercial facilities with use of the product not to exceed 6 hours per day. Any other use of the device shall void this warranty.

FRAME – 10 Years - (Home Warranty)

BH Fitness warrants the Frame against defects in workmanship and materials for 10 years from the date of original purchase, so long as it remains in the possession of the original owner for home use.

PARTS – 2 Years (Home Warranty) BH Fitness warrants all original parts against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner for home use. (The above warranty applies to plastic parts with manufacturing defects, but excludes breakage or non-confirmatory due to excesses wear and tear or abuse.)

LABOR – 1 Years – (Home Warranty)

BH Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner for light/full commercial use.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited as detailed above. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.



EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear.

BH FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.