

# Fit Toner Vibration Machine



## Contents:

1 Fit Toner Vibration Machine, 1 Power Cord, 1 Remote Control,  
2 Exercise Straps (For Toning and Stability)

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## **SAFETY PRECAUTIONS**

Please keep this manual in a safe place for reference.

**WARNING:** To reduce the risk of injury read the following important precautions and information before operating your Fit Toner Vibration Machine

Before beginning this or any exercise program, consult your physician. This is especially important for those with pre-existing health problems. **READ ALL INSTRUCTIONS** before using.

1. It is the responsibility of the owner to ensure that all users of this Fit Toner Vibration Machine are adequately informed of and follow all warnings and precautions.
2. Use the Fit Toner 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 Fit Toner Vibration 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. The Fit Toner Vibration Machine should not be used by persons weighing more than 113.5KG or 250 pounds.
7. Never allow more than one person on the Fit Toner Vibration Machine at a time.
8. Keep the power cord away from heated surfaces.
9. Never leave the Fit Toner 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 Fit Toner Vibration Machine when it is moved from low to high temperature, so as 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 so as to avoid body harm or damage to machine.
13. Do not smoke while using the Fit Toner Vibration Machine
14. Do not use the Fit Toner Vibration Machine right after a meal or drinking.
15. The Fit Toner 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.

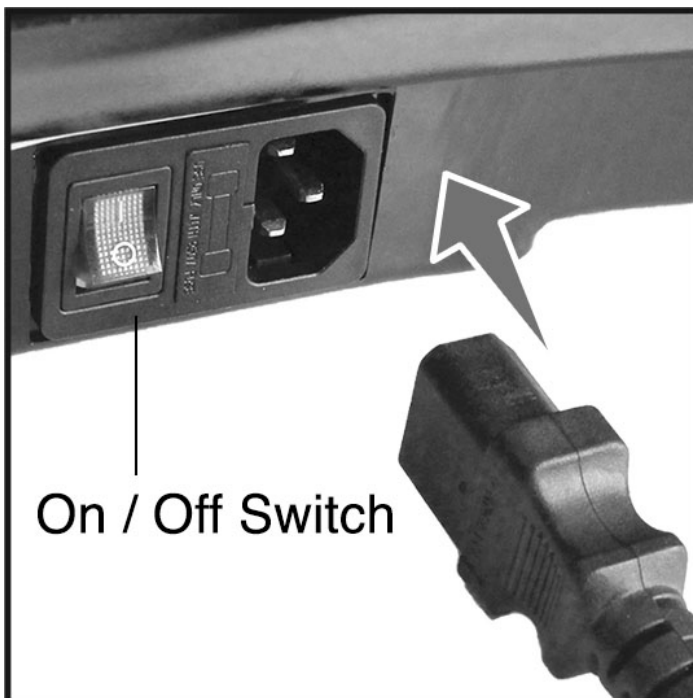
It is not recommended for people with the following conditions to use the Fit Toner Vibration Machine (remember to consult your doctor before use):

- 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+)

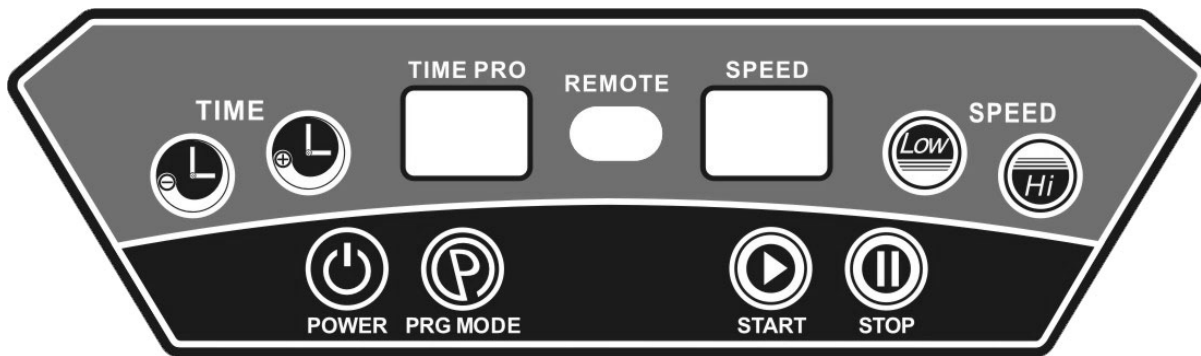
**WARNING:** Unauthorized dismantling, disassembly or renovations will void warranty and can result in electrical shock or malfunctions.

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





## Display Instructions



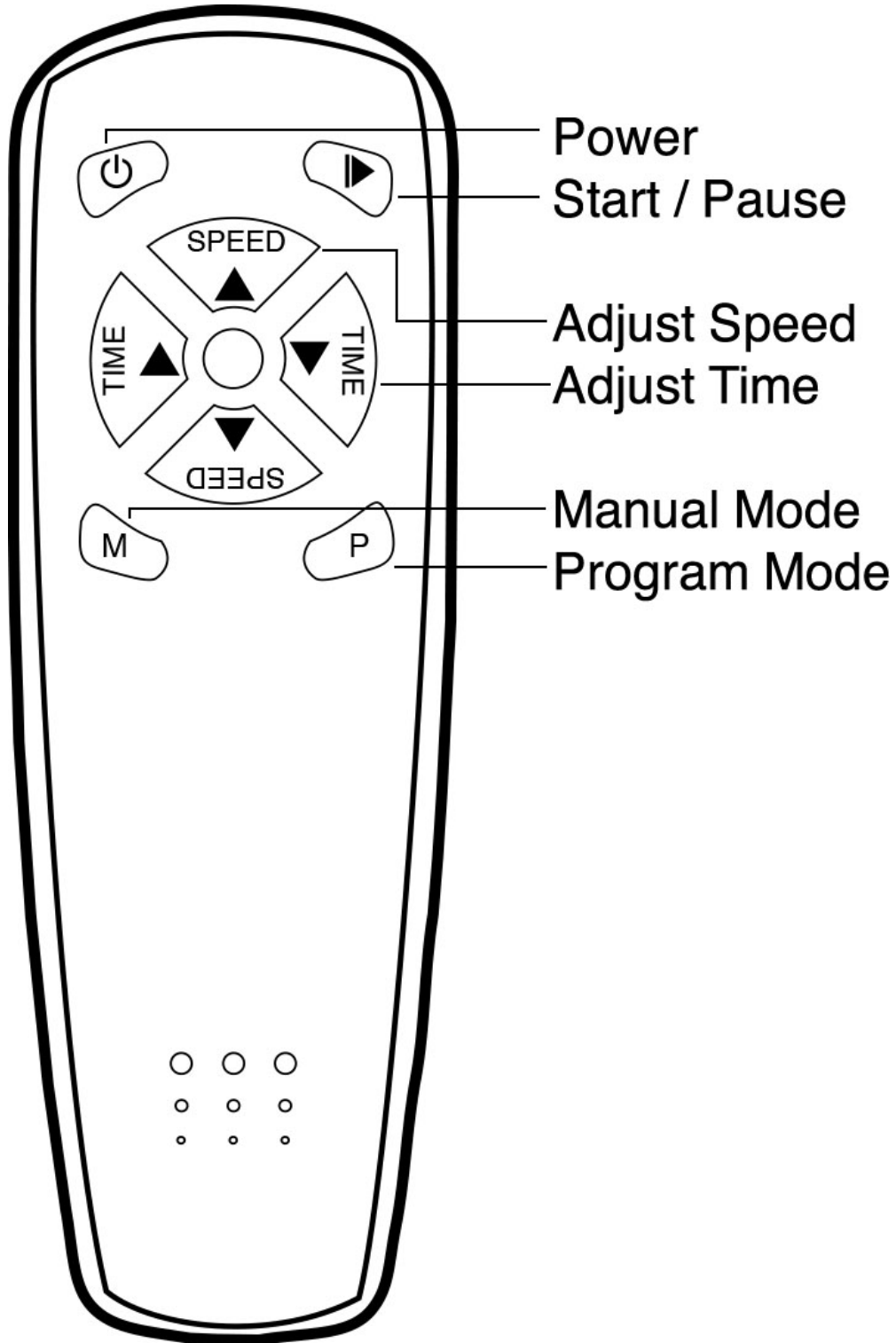
### ON UNIT:

1. **POWER:** After turning the machine on via the switch on front of unit, you must press the Power button on the Display screen to power on the display. You can put the machine in standby by pressing the Power button. The LED will show “\_ \_ \_”. Press the Power button again to resume.
2. **START:** This button starts the unit into a preset program.
3. **PRG MODE (Program Mode):** There are four modes of operation as listed below:
  - a. **Manual:** LED Display shows HA 00. In this mode you can set the time between 1 to 20 minutes. When you press the start button you can adjust the speed up to 20.
  - b. **P1 (Low Intensity):** LED Display shows P1 01. This mode will run at a pre-programmed speed of 7 and time of 9 minutes. Please note: speed and time cannot be changed.
  - c. **P2 (Medium Intensity):** LED Display shows P2 03. This mode will run at a pre-programmed speed of 9 and time of 9 minutes. Please note: speed and time cannot be changed.
  - d. **P3 (High Intensity):** LED Display shows P3 05. This mode will run at a pre-programmed speed of 10 and time of 9 minutes. Please note: speed and time cannot be changed.

### 4. TIME / SPEED:

- a.  **+** : When in the manual mode time can be increased up to 20 minutes. Default time is 10 minutes.
- b.  **-** : When in the manual mode time can be decreased down to 1 minute. Default time is 10 minutes.

## Remote Control Functions



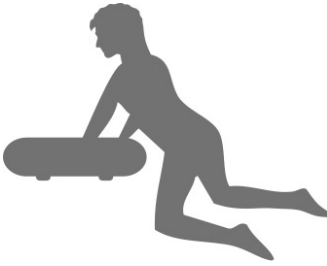







**Usage Instructions:**

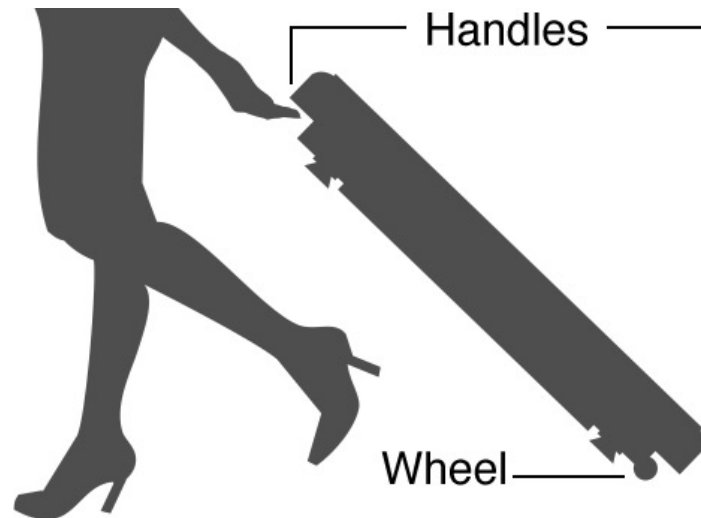
The Fit Toner Vibration Machine utilizes the body’s own reflexes to exercise your muscles in a convenient manner that does not require you to exert yourself in a way that would make you out of breath. The Fit Toner Vibration Machine accomplishes this best when you are in a stress position such as a squat 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 Toner 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 Toner 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.

			
<p><b>Whole Body Exercise</b></p> <p>Stand on the plate and stretch your feet out, shoulder width apart. This will help improve overall circulation and muscle tone.</p>	<p><b>Squat</b></p> <p>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.</p>	<p><b>Push or Press-Up</b></p> <p>Stretch your arms as wide as your shoulders. To increase the intensity, bend your elbows 90 degrees and hold the position.</p>	<p><b>Lower Legs</b></p> <p>Put your lower legs as shown, with your hands supporting behind you on the ground. To increase the intensity, raise your seat off the floor.</p>
			
<p><b>Waist Bend</b></p> <p>Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.</p>	<p><b>Single Leg</b></p> <p>Put one foot on the unit and relax. For a deeper exercise, lunge forward, placing more body weight on the plate.</p>	<p><b>Sitting Position</b></p> <p>Sit with your buttocks on the vibration plate. Sit comfortably, keeping your back straight.</p>	<p><b>Alternate Sitting Position</b></p> <p>Put your legs on the plate while sitting on a chair to ease tension and improve circulation. This works great with the included remote.</p>

## Moving Method



Two handles are designed on both ends. When moving the Fit Toner 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.



## Troubleshooting

<b>Problem</b>	<b>Causes</b>	<b>Solution</b>
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: 50Hz
- Length: 30"
- Width: 18"
- Height: 5 ½"
- Weight: 40 lbs

## 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