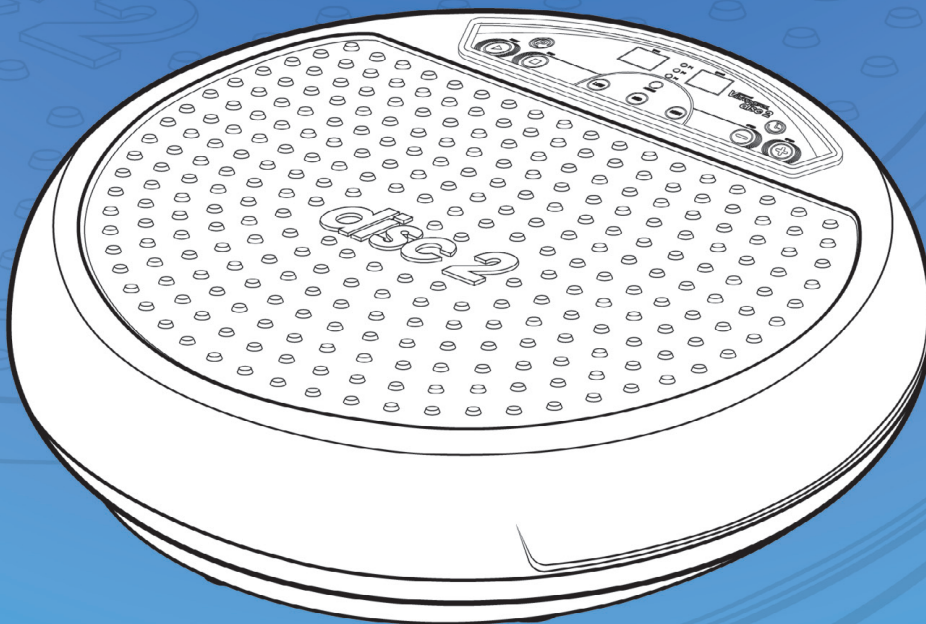


Vibrapower™ disc 2

INSTRUCTION MANUAL
MODEL NUMBER: HSM-08VS



WARNING: To reduce risk of injury, the user must read and understand this instruction manual before using the Vibrapower Disc 2. This machine is intended for domestic, indoor use only in accordance with the instructions provided in this manual.

Please read these instructions carefully and retain for future use.
Ideal Sourcing Ltd, Ideal Home House, Newark Road, Peterborough PE1 5WG



CONGRATULATIONS on the purchase of your Vibrapower Disc 2. Please study these instructions carefully before use paying special attention to the following guidelines.



For your safety and the safety of others the following safeguards are very important. Failure to read and follow these instructions may lead to serious injury.

MEDICAL RECOMMENDATIONS

You **MUST NOT** use the Vibrapower™ Disc 2 without your doctor's consent if you:

- Are pregnant
- Have had a recent operation or surgery
- Have knee, shoulder, back or neck injuries
- Retinal Conditions

You are strongly recommended to consult your doctor before using the Vibrapower Belt if you have any of the following:

- Heart condition or cardiovascular disease
- High blood pressure
- Acute thrombosis
- Acute hernia
- Severe diabetes
- Epilepsy

- Severe migraines
- Malignant tumour
- Pacemaker, metal implant, artificial joint(s) or limb(s), stents or IUDs, metal plates or pins
- Any recent illnesses or infections
- Deep Vein Thrombosis
- Cancer

Discontinue using if you experience dizziness, nausea, shortness of breath, pain, or any other abnormal symptoms.

GENERAL SAFETY INSTRUCTIONS

- Consult your doctor before beginning this or any exercise or diet programme.
- Follow the warm-up exercises before you commence your workout.
- Increase speed, intensity and duration of exercises gradually.

**GENERAL SAFETY
INSTRUCTIONS CONTINUED...**

- Vibrapower Disc 2 is NOT suitable for use by children.
- Do not jump on the plate or the machine as this may cause damage.
- After each use, the machine must always be switched off and unplugged.
- Always switch off the machine and disconnect the power supply before cleaning.
- Do not let the Vibrapower Disc 2 get wet with any type of liquid.
- In addition, do not use the Vibrapower Disc 2 while your hands are wet.
- Only use the Vibrapower Disc 2 on a surface that will not be dented or damaged by the weight of the machine.
- Place the Vibrapower Disc 2 on an old cloth or training mat before use, to avoid marking the floor or carpet.
- Only one person is allowed to use the machine at any time.
- Leave yourself 1 metre of space either side of the Disc 2 to avoid injury.
- The voltage and electrical circuit to which the Vibrapower Disc 2 is connected must always comply with the laws in force.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Children should be supervised so that they do not play with the appliance.



UNPACKING

OWNERS MANUAL

Warning: Vibrapower Disc 2 may be heavy for you to lift. You may need a friend or family member to help you unpack and position the unit.

- **To avoid danger of suffocation, please keep all plastic bags out of the reach of children.**
- **Check that there is no damage to the unit prior to use. In case of visible damage before or during use, unplug the Vibrapower Disc 2 and contact your Vendor. Do not attempt to use the Vibrapower Disc 2.**
- **Vibrapower Disc 2 is designed for home use only and is not intended for commercial use. Please do not use outdoors.**
- **Please retain all packaging and paperwork for future use and store safely away from**

children and animals.

- **The Remote Control, Resistance Bands and Power Cord are all located in the polystyrene packaging, please take care not to dispose of these important items by accident.**

WHAT YOU WILL FIND IN THE BOX

- Vibrapower Disc 2 unit
- Remote control
- Two resistance bands with carabiner fixings
- Power Cord

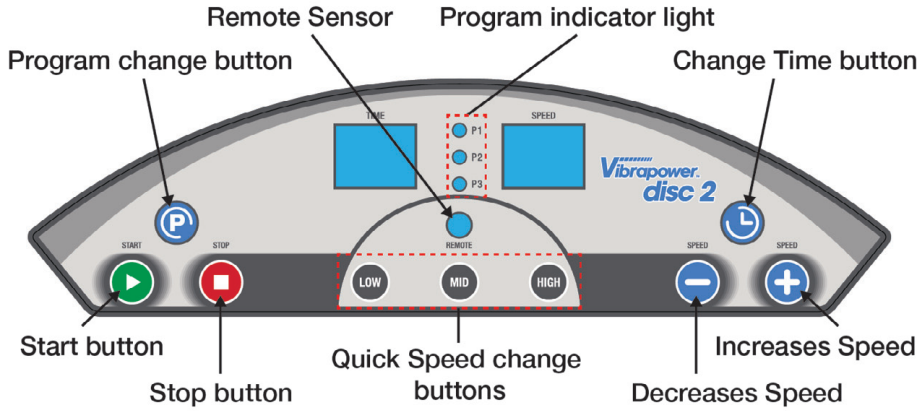
YOU WILL NEED

- 2 x AAA Alkaline batteries for the remote control

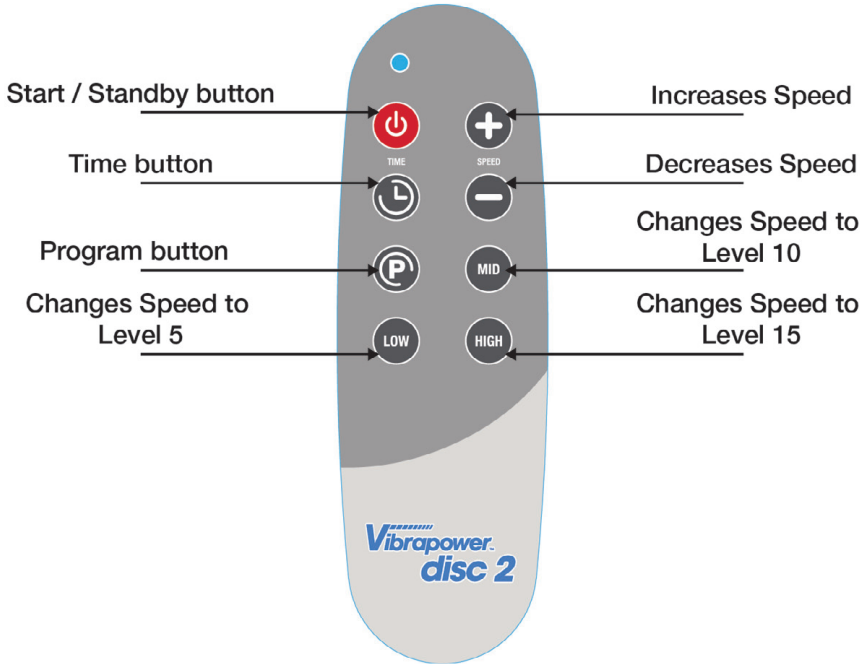




DISPLAY



REMOTE CONTROL





INSTRUCTIONS FOR USE

OWNERS MANUAL

Choose a suitable place for your Vibrapower Disc 2 and workout. Place the machine on a solid, flat level surface with a suitable cover for your floor or carpet.

Insert 2 x AAA Alkaline batteries into the remote control unit.

RESISTANCE BANDS

Attach the resistance bands to the Vibrapower Disc 2 by locating the metal arm underneath the machine. Move it out so the arm is pointing out from underneath the disc. Loosen the carabiner lock (if required) on the end of the resistance band, clip it through the hole at the end of the metal bar, then screw the lock on the carabiner clip in place.

Make sure that the carabiner clip is fastened by screwing the lock in place, to ensure the clip does not come loose during use.

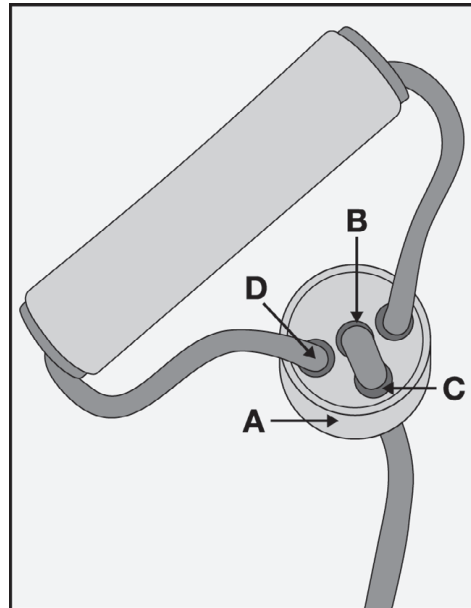
ADJUSTING RESISTANCE BANDS

If you find you need to adjust the length of your resistance band, take Part A in one hand and start to thread through the band from underneath. This should create a small loop at point B. Pull point D away from Part A (whilst keeping hold of Part A) so that the loop disappears. This will shorten the length of the resistance band overall.

To lengthen your resistance band, thread a small amount of band through Part A as before to create a loop at

point B. Then pull the band at point C so that the handle moves towards Part A. This should increase the loop and now you will need to thread the loop through Part A so it disappears.

When not in use please ensure resistance bands are stored away safely so they are not a potential trip hazard.





INSTRUCTIONS FOR USE

OWNERS MANUAL

Turn the machine on by ensuring the supplied power cord is plugged in to the machine first, then plugged in to a suitable power socket and turning the power switch on the rear of the machine to the “I” position ensuring the switch illuminates.

The display will read “-- “ in both the **Time & Speed** display. This is **Standby Mode**

To start the machine, press the ► (start) button on the machine’s display or the start/standby button on the remote control. This will start the machine in manual mode and display 10 minutes at speed level 1.

Manual Mode

Once the machine has started it is in manual mode, you will be able to change the length of time of the workout by pressing or holding the Time button on the remote control or display. The speed of the machine can also be changed in this mode by pressing the +(plus) or -(minus) button on the remote control or display. In manual mode the machine will start at the lowest speed, so you will not be able to decrease the speed.

You can stop the workout at any time by pressing the ■ (**stop**) button on the remote control or display.

Note: The speed will always start at 10 minutes and will cycle to 20 minutes before cycling to 1 minute.

The cycle is constant: 10-11-12-13-14-15-16-17-18-19-20-1-2-3-4-5-6-7-8-9-10.

There is also three quick speed change buttons on the display and remote control, designed to change the speed to set levels, these are:

Low – Level 5

Med – Level 10

High – Level 15

These will only work in Manual mode.



Program Mode

The Vibrapower Disc 2 has 3 pre-set programs built in. To use these start the machine as instructed by pressing the ► **(start)** button on the display or power button on the remote control. This will automatically start the machine in manual mode.

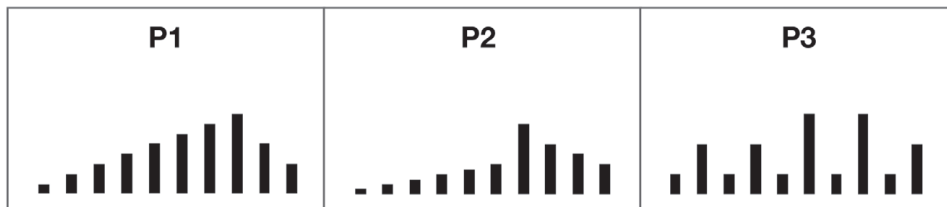
At the end of your workout, turn off the machine using the switch at the back and remove the plug from the mains supply.

Once it has started press the P button on the display or remote control to put it onto program 1 (P1), the speed will automatically change to the starting speed of P1 and the time will countdown from 10 minutes. If you press the P button twice it will go onto P2 and press it 3 times to go onto P3, pressing it a fourth time will take you back to Manual mode. An LED light on the display will indicate which program you are using (If no LED light is lit, you will be in Manual mode).

You will not be able to adjust the speed or time when using the pre-set programs.

You can stop the workout at any time by pressing the ■ **(stop)** button on the remote control or display.

The programs are depicted in the graph below:



**Vibrapower Disc 2 offers the following benefits:**

- Muscle building
- General fitness
- Endurance
- Muscle relaxation

In order to maximise the benefits of Vibrapower Disc 2 you should always remember the following points:

In order to achieve the desired results, you should use Vibrapower Disc 2 regularly. Longer-term use will ensure you maintain your desired goals. Please remember to follow the warm-up exercises first before using the machine. When using Vibrapower Disc 2 for the first time, increase the intensity of vibration, and duration of exercise, gradually.

Remember always start the machine from the lowest speed setting and then increase the speed step by step.

You will enhance your results by following a calorie-controlled diet along with your exercise routine.

Do NOT use your Vibrapower Disc 2 when you have a full stomach; Eating a meal a couple of hours before your workout is best.

Remember to stay hydrated

Never overwork yourself on the Vibrapower Disc 2, stop exercising if you feel tired, exhausted or dizzy.

When you are ready to progress, we recommend increasing the intensity of

the vibration, rather than the duration of your workout.

Note: Vibrapower Disc 2 is a vibrating fitness appliance; the more you increase the intensity, the louder the noise caused by the vibrations will be.

**WARMING UP AND COOLING DOWN – IMPORTANT**

One of the most important parts of your workout is to prepare your body for exercise on the Vibrapower Disc 2.

Warming up the muscles substantially decreases the chances of injury and only takes a few moments to do. Warming up exercises can be done using the Vibrapower Disc 2 as a pedestal or away from the machine.

Cooling down removes the lactic acid build-up in the muscles by oxygenating the muscles after your exercise routine. Lactic acid is what makes you ache after a workout, cooling down should be undertaken soon after the last set of exercises you intend to complete.

Warming up and cooling down exercises are identical and easy to remember. Both warming up and cooling down should be done slowly and accurately, there is no hurry to complete these exercises, it is more important to complete them. In addition, it is good practise to move around after the cool down exercises to further dissipate the lactic acid.

In addition, if you are tiring between your sets, you can use one or more of the following routines to keep your body warm whilst you are recovering.

TOP TIP: Use a chair or a wall to help keep your balance if you need to.

**QUADRICEPS STRETCH**

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.) Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



**CALF AND ACHILLES STRETCH**

Stand approximately one arm's length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.

**INNER THIGH STRETCH**

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inner thighs.



**BUTTOCKS, HIPS AND ABDOMINAL STRETCH**

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominal and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.

**STANDING HAMSTRINGS STRETCH**

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips and lean forward until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.



**OVERHEAD/TRICEPS STRETCH**

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.

Warming up and cooling down should take around ten minutes each. It is sensible to adjust this timing according to your own situation. You would benefit from a longer warm-up session if you exercise soon after waking up than you would after a walk to the shops and back for example.

Take your time warming up and cooling down, enjoy the stretches as they will make you feel better.

Top Tip: As you progress, you can create your own warm up and cool down exercise routine, you do not need to keep strictly to the above routine so long as you utilise all the basic muscle types included above.



NOTES





1. SQUAT

Stand on the Vibrapower Disc 2 with your feet slightly apart. Keep your back straight, knees slightly bent and gently tense your leg muscles. You should then feel tension in your quadriceps, buttocks and back.



2. CALVES

Stand on tiptoe in the centre of the Vibrapower Disc 2. Keep your back straight, your abdominal muscles tight and you will feel tension in your calf muscles. To vary this exercise, you may also bend your knees to 90°.





3. PELVIC BRIDGE

Lie down with your shoulders on the floor and your feet flat on the Vibrapower Disc 2. Raise your buttocks with your knees slightly bent. Gently pull your heels towards your upper body by tensing the thigh and buttock muscles.



4. BACK RELAXER

Sit in the centre of the Vibrapower Disc 2. Allow your upper body to lean back and raise your feet off the ground. In this position, the vibrations will help to work the muscles of your abdominals.





5. TRICEPS DIP

Turn your back to the Vibrapower Disc 2 and grip firmly the edge of the platform. Bend your arms slightly and bring your hip to the level of the platform, so that your shoulder blades come close one to one another. You should then feel muscle tension in your upper arms and shoulders. You may also perform the same exercise with your legs stretched.

6. LOWER ABDOMINAL

Lean on the Vibrapower Disc 2 with your hands shoulder width apart on the platform. Have your legs stretched out behind you, so you are on your toes. You will feel this working through the tops of your arms, shoulders and upper back muscles. You may also perform the same exercise in kneeling position.





7. SHOULDER & NECK RELAXATION

Kneel down in front of the Vibrapower Disc 2 and place your hands on the platform with your arms outstretched. Keep your back and neck straight. Swing your upper body backwards while resting your arms on the platform.

This exercise helps to relax muscles of your neck and shoulders.



8. PUSH UP

Kneel down in front of the Vibrapower Disc 2. Place your hands on the platform shoulder width apart, hands pointing slightly inwards. With your back straight and abdominal muscles tight, push your chest up from the platform. This exercise aims to strengthen your chest, shoulder muscles and triceps. You may also perform the same exercise with your legs stretched.





9. ABDUCTOR STRETCH

Position yourself sideways on the Vibrapower Disc 2, one foot on the platform and the other on the floor. Legs apart, slightly bend the supporting leg while keeping the other one straight. Keep your upper body straight and lower your buttocks towards the floor. This exercise helps to stretch the muscles of your inner thighs. Repeat the same exercise by switching the position of the two legs. Swinging the arm across as in the photograph can intensify the results as you progress.



10. LUNGE

Step on the Vibrapower Disc 2 with one foot on the middle of the platform and the other on the floor behind. Bend your knee about 90°. Keep your back straight, your knees not extending beyond toes and position your bodyweight on the front leg. You should then feel muscle tension in the hamstrings, quadriceps and buttocks.





11. CALF MASSAGE

Lie down in front of the Vibrapower Disc 2, your back on the floor. Rest your calves on the platform with your toes pointing upwards. Simply relax and enjoy an invigorating calf massage.



12. QUADRICEPS MASSAGE

Lie face down on the floor in front of the Vibrapower Disc 2, your arms supporting your upper body. Rest your upper legs on the platform with your lower legs slight bent. While enjoying this relaxing massage, be sure to keep your back straight and tense your abdominal muscles.





13. ALTERNATE BICEPS CURL

Carefully stand on the Vibrapower Disc 2. Grip the strap handles, and then extend arms down with palms facing up. Lift one arm up towards your chest and down again, then repeat with the other arm.

Continue to lift your arms alternately up and down at your cadence. (You can do this exercise with or without the vibration plate active)



14. ALTERNATE SHOULDER PRESS

Carefully stand on the Vibrapower Disc 2. Grip the strap handles with palms facing down, then lift one arm above your head and down again. Repeat with the other arm, and continue to lift your arms alternately up and down at your cadence. (You can do this exercise with or without the vibration plate active)





15. SIDE DELTOID RAISES

Carefully stand on the Vibrapower Disc 2. Grip the strap handles and extend arms down to waist height at the side of your body. With palms facing down and arms slightly bent at the elbow, raise both arms sideways from your shoulder and down again. Continue to raise and lower both arms at the same time at your cadence. (You can do this exercise with or without the vibration plate active)

Top Tip: Don't forget your COOLING DOWN exercises!



STORAGE & CLEANING

- Clean the Vibrapower Disc 2 with a damp cloth and mild detergent only, immediately after use. Ensure the Vibrapower Disc 2 is unplugged from the mains before cleaning is undertaken.
- Regularly check the cord/cable for damage before storing. Should the cord/cable be damaged in any way it must ONLY be replaced by an identical cable of the same type and specification.
- Regularly check the Vibrapower Disc 2 but do not switch on if it appears to be damaged or operating incorrectly. Do NOT attempt to carry out any repair to the Vibrapower Disc 2 in any way as this must in all cases be referred to a suitably qualified technician.
- Never pull the cord/cable to disconnect from the power outlet. Always grasp the plug and pull to disconnect.
- Remove the plug when not in use.
- Should you need to store your Vibrapower Disc 2 between uses, it is advisable to seek help with moving it. Store on its feet at all times.

TOP TIP: Use a weak solution of anti-bacterial washing up liquid in warm water and a microfibre cloth to clean your Vibrapower Disc 2, be sure to wring out the cloth so that it is just

damp. Do ensure your Vibrapower Disc 2 is unplugged before attempting cleaning.

TROUBLESHOOTING

No lights; does not respond to Control Panel or Remote Control

Check Vibrapower Disc 2 is plugged in and switched on at the mains. Check socket works with an alternative electrical product. Replace fuse in plug.

Excessive vibration and noise from Vibrapower Disc 2

This is a vibration trainer, some noise is to be expected.

Remote Control does not operate Vibrapower Disc 2, but unit does respond to Control Panel.

Point Remote Control transmitter directly at the Control Panel's sensor. Replace batteries in remote control (2 x AAA alkaline batteries are required).

Speed too fast!

Adjust speed using the speed buttons on the Remote Control or the machine display.

Vibrapower Disc 2 making unusual noises or smells.

Immediately turn off Vibrapower Disc 2 and call service centre or Ideal World for assistance.



FREQUENTLY ASKED QUESTIONS

“I’m new to this, how would I know which settings are right for me?”

- **FACT:** Your body begins to burn fat at around 65% of your maximum recommended heart rate.
- Your heart rate is the key to successful training. You should work out your own suggested heart rate which is easy. The key figure for heart rate is 220. Subtract your age from this figure and this will be your maximum heart rate aim for your workout.
E.g.: If your age is 35, then 220 minus 35 (your age) means your maximum heart rate should not exceed 185 BPM (Beats Per Minute) during exercise.
- **BUT, IF YOU ARE NEW TO THIS OR ANY OTHER EXERCISING,** you should aim for approximately 65% of this figure to start with and slowly increase as the weeks, and your fitness, progress. If you exercise daily, you should see your heart rate decrease over time, and then you can look to increase the intensity of the vibration when you feel able to do so.
- **THE GOLDEN RULE** is to stop exercising if you feel dizzy, faint or exhausted. **LISTEN TO YOUR BODY!**

“How often should I use the Vibrapower Disc 2?”

- We recommend you build up your workouts gradually. We recommend starting with the 10 minute option on a low speed setting. Make sure you follow the routines contained in this manual (but do not do one exercise for 10 minutes). As you progress, increase the Speed setting (vibration intensity) before you increase the time. As you progress still further, you can begin to increase the Time as well, but remember to lower the Speed.
- Remember, a lot depends on the time you have to hand. You could get a workout done in 10 minutes at higher speeds (intensities), but if you have the time you may be better to do 45 minutes on moderate to medium speeds (intensities).



FREQUENTLY ASKED QUESTIONS CONTINUED...

“How does Vibrapower HIIT work?”

- Originally invented for the Russian Space Programme, vibration training was created to help astronauts stay fit in space where weight training would not work due to the lack of gravity.
- Whereas between 40 and 60% of the muscles fibres are recruited to perform free-weight or resistance machine exercising, performing similar exercises on the vibration plate, almost 100% of the target muscles fibres are used. This is achieved by creating an almost constant state of reflex in the muscles, known as a tonic stretch/reflex. This means that the muscles are flexing and contracting at a very high frequency producing faster increases in muscular strength.

SPECIFICATIONS

Model No.: HSM-08VS
 Size: Diameter 60cm; Height 15cm
 Weight: 17kg approx. (unit only)
 Maximum User Weight: 120kg
 Voltage: 220V-240V
 Frequency: 50/60 Hz
 Input Power: 300W
 Made in China

Disposal of Old Electrical & Electronic Equipment (Applicable in the European Union and other European countries with separate collection systems).



This symbol on the product or on its packaging indicates that this product (including batteries) shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. The recycling of materials will help to conserve natural resources.

For more detailed information about recycling of this product, please contact your local Council, your household waste disposal service or the shop or source where you purchased the product.



NOTES

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NOTES

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E&OE 08/15

The logo for Vibrapower, featuring the word "Vibrapower" in a bold, blue, italicized sans-serif font. Above the letter "i" in "Vibrapower" are several horizontal lines of varying lengths, suggesting vibration or motion. A small "TM" trademark symbol is located to the right of the word.

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