

Please read all the instructions before using this product and keep this manual for future consultations.



# **POWERFIT™**

*Accelerated training*

**MODEL  
E380**

**USER GUIDE AND WORKOUT**





***POWERFIT***™

***Accelerated training***

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## **INTRODUCTION**

### **POWER FIT**

We congratulate and thank you for buying Power Fit, a training system by acceleration that will help you to fortify your body and burn fat without getting tired or making excessive physical exercise. It produces horizontal vibrating, rhythmic movements transmitted to the entire body, activating and contracting the muscles. By placing your feet in different positions on the exercise area, you will be able to simulate walking, jogging and running while you stand on Power Fit inside the comfort of your own home.

It is advisable to use Power Fit for 10 minutes, 3 days a week. Walking, jogging and/or running will help you to:

- Speed up weight reduction
- Remove body fat
- Tone and toughen up your muscles
- Improve bone density
- Stimulate the gastrointestinal system
- Get better sleep and rest
- Cholesterol control
- Improve the resistance to physical strain
- Reduce depression, stress and insomnia, amongst other illness
- This product is not intended to be used as a massager

### **SAFETY INFORMATION**

Please read this user manual carefully before using your Power Fit gym.

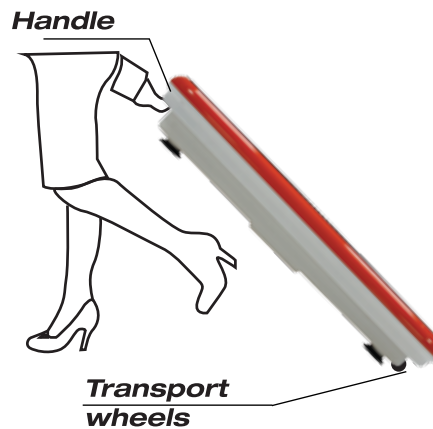
- The maximum user weight is 120kg.
- Power Fit use is not recommended for people with a heart pacemaker or other electronic medical implants.
- It is not advisable to use the Power Fit during pregnancy.
- Children should be supervised to ensure they do not play with the Power Fit.
- Do not put fingers or foreign bodies into the gap between the middle cover and the base.
- Do not use after drinking alcohol.
- After eating allow time for your food to digest before use (1 hour recommended).
- Use Power Fit on a flat stable surface with at least 20cm clearance from other objects.
- Before use take off any jewellery, watches etc. that may be shaken loose or damaged.
- In order to avoid injury do not jump or kneel on while the device is working.
- Only one person may use the Power Fit at a time.
- Do not place all your weight on only one wing or it may overturn.
- Do not place other devices or loads other than the user's weight on the Power Fit.
- In case of variations of power supply, do not use the device and unplug it immediately.
- Keep Power Fit away from humid places and direct sunlight; do not use outdoors.
- Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition.
- Power Fit is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

**FIRST USE**

- To transport Power Fit, take the handle located on the right side of the device and lean it in order to make its wheels to touch the floor, now pull it to move gently.
- Make sure of placing the device on a plane, stable and horizontal surface, keep away 20 cm from any wall or object at least.
- When you will use the device for first time, it is advisable that you sit down on a chair placed in front of the device and put your feet on it. Now turn on the device in order to test the intensity of the movements, in this way you will be able to adapt to the vibration and mode of use.
- Make sure to wear comfy clothes and footwear for exercise.

**POWER FIT PARTS & BUTTONS**

1. Anti-slip superior cover
2. Anti-slip rubber bases
3. Power switch
4. Socket of the electric plug
5. Base cover
6. Intermediate cover
7. Transport wheels
8. Time/program display
9. Speed/program display
10. Infrared receptor for the remote control
11. Increase time
12. Decrease time
13. Increase speed
14. Decrease speed
15. On/off
16. Program selection
17. Start exercise
18. Stop exercise
19. Exercise elastic bands with Fit TENSOR technology

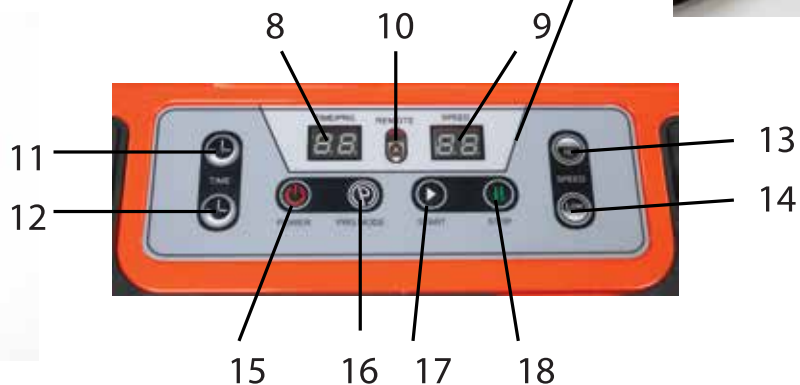


3 4

**DETAIL OF THE PANEL CONTROL**

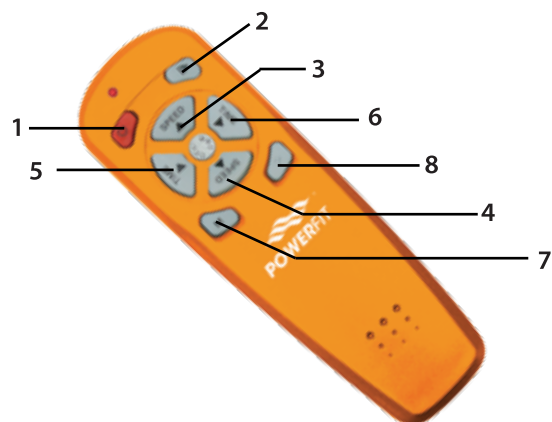


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## REMOTE CONTROL BUTTONS

1. On/off
2. Start/stop
3. Increase speed
4. Decrease speed
5. Increase time
6. Decrease time
7. Skip speed to 90, 60 and 30 level
8. Program selection



Remote control uses two 1.5V AAA batteries (not included). Make sure to install correctly the batteries according to polarity in the battery compartment located in the rear part of the remote control.

When you use the remote control, aim it towards the infrared receptor (10) of the panel control.










## MODES OF USE

Power Fit gives you two modes of use: manual mode and automatic mode. In both modes you can use the exercise elastic bands (19).

To use the elastic bands, insert the security hook in the gaps for that purpose, located at the back of the platform, as shown in the image.




**MANUAL MODE:** The user can set up the time and the speed of the exercise in order to adjust them to his or her necessities. To use this mode, follow the next instructions.

1. Connect the electric cable of the device in the outlet. Turn on the power switch (3).
2. Press the "On" button on the panel control (15), or the  button on the remote control.
3. First choose the exercise time, it can be from 1 to 10 minutes. To increase the time minute to minute, on the control panel press the (11) button, or on the remote control press the  button. To decrease the time, on the control panel press the (12) button, or on the remote control press the  button.  In the time display (8) will appear the exercise time left.
4. Start the exercise pressing the (17) button on the panel control or the  button on the remote control.
5. Now you will be able to choose the speed of the vibration. The speed levels are from 1 to 99. To increase the speed up to the desired level, on the control panel press the (13) button, or on the remote control press the  button. To decrease the speed level, on the control panel press the (14) button or on the remote control press the  button.
6. You can also make a quick selection of the speed using the M button on the remote control, while pressing it you can skip to the 90, 60 and 30 levels.
7. To stop at any time the exercise of the device, on the control panel press the (18) button or on the remote control press the  button. When you finish the exercise, turn off the device pressing the (15) on the panel control or the  button in the remote control.






TIME (minutes)	SPEED FOR EACH LEVEL		
	BEGINNERS	INTERMEDIATE	ADVANCED
10	30-33	64-66	98-99
9	27-29	62-64	96-98
8	24-26	60-62	94-96
7	20-23	56-59	92-94
6	16-19	53-55	88-91
5	13-16	49-52	84-87
4	10-12	45-48	81-83
3	6-9	41-44	75-78
2	4-5	37-40	71-74
1	1-3	34-36	67-70

**AUTOMATIC MODE:** The device will follow a preset exercise program, saving the procedure of setting up manually the speed and time. To use this mode, follow the next instructions:

1. Connect the electric cable of the device in the outlet. Turn on the power switch (3).
2. Press the "On" button on the panel control (15), or the  button on the remote control.
3. There are 3 different exercise programs (P1, P2, P3), to choose them, in the control panel press repeatedly the (16) button, or on the remote control press repeatedly the **P** button until the program display (8) shows the desired program
4. In the next table appear the exercise speed of each program according to its time:

TIME (minutes)	SPEED FOR EACH PROGRAM		
	P1	P2	P3
9	16	20	10
8	18	40	44
7	28	60	99
6	38	80	33
5	48	99	99
4	58	40	22
3	48	99	99
2	38	40	11
1	28	99	99
	BEGINNERS	INTERMEDIATE	ADVANCED

5. When you have choose the desired program, start the exercise pressing (17) on the control panel or  in the remote control.
6. To stop at any time the exercise of the device, on the control panel press the (18) button or on the remote control press the  button. When you finish the exercise, turn off the device pressing the (15) on the panel control or the  button in the remote control.

## **MAINTENANCE AND CLEANING**

- Before cleaning the device, make sure that the power switch is off and that the power cable is unplugged from outlet.
- You can use a clean and dry broom or brush to sweep dust from device.
- The exercise area can be cleaned with a slightly wet cloth.
- Do not clean the machine with corrosive substances because you can damage it.
- Clean the remote control with a clean cloth.
- If you are not using the machine during a long time, put it in its package box and store it in a cool, and dry place. Also take out the batteries from the remote control.
- If Power Fit presents any failure, follow the instructions of the "Troubleshooting" section. If the problem continues, please contact with Customer Service.

## TROUBLESHOOTING

Issue	Cause	Fixing
The machine does not work	The power cable is not plugged into the outlet	Connect the power cable to the outlet
	The power switch is off	Turn the power switch to the ON position
The remote control does not work	Flat batteries	Replace the batteries
	The remote control is too far away from the infrared sensor of the machine	The effective distance of the infrared signal is 2 meters
The machine stopped working suddenly	The programmed exercise time ended	Reset the exercise time
The device is paralyzed	Too many commands were given to the machine and it cannot respond to all of them	Turn off the machine, wait a minute then turn it on again

# WORKOUT



## WALKING, JOGGING AND RUNNING

Power Fit is a vibrating platform that simulates the action of walking, jogging or running, through its horizontal oscillatory movements, depending on the position of your feet on the surface of the device: a greater separation, greater activity of the body and you can do it all at home.

3 Exercises in a single place.

With Power fit you can experience the sensation of walking, which is a soft and constant exercise, suitable for people of all ages; jogging, that strengthens the joints, immune system, and it's fun!; and running, that keeps you alert, lifts your mood and gives strength to the muscles.

You no longer have to suffer through bad weather outdoors or the danger that may represent the insecurity and busy streets. Now you can get all the benefits of these complete exercises without leaving home.

It is very easy; the following table shows the positions in which your feet must be for the 3 exercises:



	Feet Position	Description
<b>Walking</b>	Feet on the center	Walking is one of the simplest and healthiest exercises to get in shape properly and get a healthy and balanced body. It does not require an excessive strain and it is easy to do.
<b>Jogging</b>	Feet slightly separated	Jogging is an exercise that requires higher effort on the body and it gives results more quickly because it activates 70% of the muscles.
<b>Running</b>	Feet separated in the ends of the exercise area	Running is a complete and demanding exercise that gives the best results. Running will activate practically all your body and works naturally



## **STRETCHING ROUTINES**

Before starting any exercise routines with this device, we recommend doing stretching exercises to gain flexibility and reduce the muscle pain.

Stretching routine must be done slowly and gently, without any swift movements or jumping. Perform the exercises until you feel a slight and not painful tension, while holding on by 20 or 30 seconds. You must breathe slowly, rhythmically and naturally in order to oxygenate your body thoroughly.

**Note: Follow the images along with the instructions, as a guide.**

### **QUADRICEPS STRETCHING**

Standing with your back straight, step forward with right foot and place your left foot behind your body, right hand on your leg. Stretch your left side while maintaining a straight position. Stay 20 to 30 seconds and repeat with the other leg.



### **BACK STRETCHING**

Stand up with your feet shoulder-width apart. Bend your back forward and place your hands on the thighs as support. Flex your lower back in a position to "arch" and hold of 20 to 30 seconds. Then straighten your back and repeat.



### **TENDON STRETCHING**

Stand with your feet close to one another, pointing toward the front. Extend your right foot, with the heel on the ground and tiptoe facing upwards, while flexing slightly your left leg. Lean your upper body forward, hands on the thighs as support. Stay in that position for 20 to 30 seconds and repeat with the other leg.



### **CALF AND CURTAIN STRETCHING**

With your tiptoes pointing towards the front, step forward with right foot. Lean forward while bending your left knee. Do not allow your knee surpass the tip of the foot. Keep left leg unbent and your foot on the floor, stay in position for 20 to 30 seconds and release. Repeat exercise alternating legs.



### **CALF AND HIPS STRETCHING**

With your tiptoes pointing towards the front, step forward with right foot. Lean forward while bending right knee. Do not allow your knee surpass the tip of the foot. Keep left leg straight with the heel on the floor. Twist your torso and face forward with the hip in order to stretch your hips. Stay in position for 20 to 30 seconds and release. Repeat this action with the other leg.



### **SHOULDER STRETCHING**

Stand straight with your feet together. Cross right arm to the other side of the body. Keep your arm with your left hand and push. Keep the position for 20 to 30 seconds. Repeat this action with your other arm.





### ***INNER THIGH STRETCHING***

Stand with your legs apart at a comfortable distance away. Lean forward, bending the right knee, and do not let this go beyond the tip of the foot. Place your hands on the thighs to have a support. Keep the position for 20 to 30 seconds. Repeat this action with the other leg.



### ***OBLIQUE MUSCLES STRETCHING***

Stand with your legs apart and feet pointing toward the front. Extend your right arm above the head and take it over as far as you can. Hold for 20 to 30 seconds and repeat with the left arm.



### ***BUTTOCKS, HIPS AND OBLIQUE MUSCLES STRETCHING***

Seated on the floor, bend a leg over the other. While keeping the body in a straight position, press your hand against the outer part of the thigh in order to bring it closer to the body. Keep the position for 20 to 30 seconds and release. Repeat this action with the other leg.



### ***TRICEPS STRETCHING***

Extend both arms above your head. Bend the left arm and lower the hand to touch the rear part of the neck. Keep the left elbow with the right hand and pull back as far as you can. Keep the position for 20 to 30 seconds and release. Repeat this action with the other side of the body.



### ***ARM AND BUTTOCKS STRETCHING***

Stand up onto the machine, lower the upper body while bending slightly the knees. Stretch your back and legs as far as you can. Wait a couple of seconds and get back to the initial position.



### ***BACK AND THIGHS STRETCHING***

Sit down on the appliance with the legs apart and the soles on the floor. Arch your back and lean forward to touch the tips of the feet with your hands.



### ***ABS AND HIPS STRETCHING***

Lie on your side with the hip on the device, elevate your legs and hold on with only one arm on the floor, keep the abdomen tight. Switch sides and repeat.



### ***CALVES AND LEGS STRETCHING***

With your hands on your hips and in front of the platform, put your right leg in front of the device and bend the left knee down to touch the surface of the platform, hold the position for a few seconds, return to the starting position and change leg.

## COMPLEMENTARY WORKOUTS

Stand up onto the machine with your legs separated, aligned with your shoulders. Take the elastic bands with your hands. Place hands at the broadside of the legs and rise them at the same time towards outside as far as you can with the elbows always in straight position while you hold up firmly the bands. Repeat the motion until the time of vibration of the machine ends.

**Works: Abs, thighs, biceps and arms.**



In the same position as in the previous exercise, with both arms alongside, and taking the elastic bands, lift your right hand with the elbow straight up to chest height. Lower the right hand and raise your left hand. Alternate movements until the time of vibration finishes.

**Works: Abs, thighs, arms, back and biceps.**



In the same position as in the previous exercise, hold the elastic bands and place arms with the palms facing up and raise the left arm flexing the elbow, as if you lift weight. Alternate arms and continue until the time of vibration finishes.

**Works: Abs, thighs, arms, back and biceps.**



Stand up onto the machine with your legs separated in line with the shoulders, and the knees slightly bended. Cross your arms placing the palms on the opposite forearm in order to keep balance.

**Works: Abs, thighs, triceps and buttocks.**



Stand up onto the machine with the legs separated at the level of the shoulders. Now place the hands on your nape and perform squats very slowly in order to not lose the balance.

**Works: Abs, thighs, triceps, buttocks and back.**



Place the heel of one foot on the machine, bend the legs without moving the other foot from the floor and keep tight the back.

**Works: Calf, thighs and buttocks.**



Place one foot on the machine and the other on the floor with the leg straight. Stretch as far as you can in order to touch the heel with the hand, while you stretch the other arm upwards.

**Works: Hips, calf and adductor muscles.**



Place both hands on the machine with your arms slightly bended to support the body weight, do not separate the elbows and keep tight the abs muscles.

**Works: Triceps, biceps, abs, forearm, dorsal muscles, back, shoulders and pectorals.**





Kneel on the floor with both hands on the machine and your arms stretched while bending the back slightly.

**Works: Back, hips, shoulders, forearms, biceps and triceps.**



Sit down on the floor and place the calves on the machine, with the palms of the hands on the floor. Keep your back straight.

**Works: Calf, femoral muscles and quadriceps.**



Sit on the machine with your legs in lotus position with your back straight. Keep the abs muscles tight.

**Works: Hips, abs muscles, buttocks and back.**



Place your forearms on the machine and feet on tiptoes. Keep all the body straight; tighten abs muscles and the buttocks.

**Works: Arms, back, abs muscles, buttocks, thighs, calf and shoulders, also helps to strengthen the neck.**



Place your palms on the machine and the feet on tiptoes. Keep all the body straight, tighten abs and buttocks.

**Works: Arms, back, abs muscles, buttocks, thighs, calf, and shoulders, also helps to strengthen the neck.**



Lie on your back on the floor with the soles of the feet on device; lift your hip, raising off the floor your lower back; abs and buttocks tighten. Hold for a few seconds, go back to start position and repeat

**Works: Calf, thighs, buttocks, abs muscles and back.**



Lie on your side on the floor, then place the forearm on the machine and support all your weight on it. Stretch your legs one against the other. Keep your body tighten.

**Works: Forearm, biceps, triceps, shoulders, back, buttocks and abs muscles, also helps to strengthen the neck.**



Sit down on the machine with hands on your nape or crossed on your chest. Bow slightly towards the back while bending the back a little. Raise both legs with your knees slightly bended.

**Works: Abs muscles, buttocks and legs.**



Place your left foot on the machine and the other on the floor with the knee slightly bended. Keep your back straight.

**Works: Calf and thighs.**



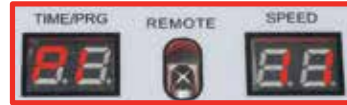
Place your body in a push up position, then place your feet in tiptoes on the machine and the palms on the floor. Keep your back straight.

**Works: Back, chest, shoulders, buttocks and calf.**

## COMPUTER

### P1 Automatic Mode

In this mode you will see in the screen **TIME/PRG** that the second one appears alternately and the program is active (P1,P2 & P3) as following:



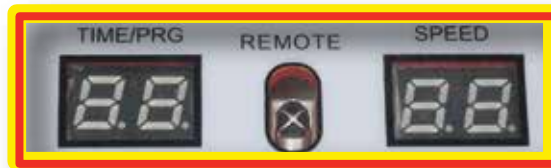
59/P1/57/P1/55/P1/53/P1/51/P1/49/P1/....  
this until completing the minute and initiating the following one.

In the screen **SPEED**, you will see the intensity (1-99) in which its platform is operated.

In this mode 3 programs lasting 10 minutes are used, combining different intensities lasting 1 minute each one as it is shown in the following graph.

Time  
Program  
Intensity

TIEMPO	PROGRAMA	10	9	8	7	6	5	4	3	2	1
P1		16	18	28	38	48	58	48	38	28	18
P2		20	40	60	80	99	40	99	40	99	40
P3		10	44	99	33	99	22	99	11	99	44



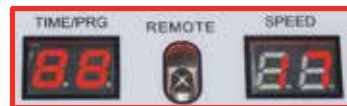
P1 Low Intensity Level, equivalent to the exercise of WALKING  
P2 Intermediate Intensity Level, equivalent to the exercise of JOGGING.  
P3 High Intensity Level, equivalent to the exercise of RUNNING

### 88 Manual Mode

In this mode you choose the work time and intensity.

In screen **TIME/PRG** you will see how each work minute passes and it appeared as following:

59/58/57/56/55/88/88/88/88/88/49/48/47/46/45/88/88/88/88/88/39... (The 88 only indicates that it is in manual mode). The maximum working time in this mode it is a 10 minutes lapse.



In the screen **SPEED** you will see the work intensity that you chose, with the possibility to work just by that intensity or to change it according to its necessity.

01-33 Low Intensity Level, equivalent to the exercise of WALKING  
34-66 Intermediate Intensity Level, equivalent to the exercise of JOGGING.  
67-99 High Intensity Level, equivalent to the exercise of RUNNING





## ONE (1) YEAR LIMITED REPLACEMENT WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- **For New Zealand Consumers:** We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- **For Australian Consumers:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

**Your warranty is subject to the following conditions:**

- **DO NOT** operate the appliance with a damaged plug or cord, or if the unit has been dropped, damaged or dropped in water. To avoid the risk of electric shock, do not disassemble or attempt to repair the appliance on your own. If the supply cord is damaged, **it must be replaced by a qualified electrician in order to avoid a hazard.** Incorrect re-assembly or repair can cause a risk of electric shock or injury to persons when the appliance is used.
- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

**Your warranty does not cover;**

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights.

This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

**Please note:**

Only the defective product or parts returned to place of purchase will be replaced under this warranty.

### **New Zealand Contact**

#### **Brand Developers Limited**

Unit H, 686 Rosebank Road,  
Avondale 1026, Auckland, New Zealand  
Private Bag 93204, Parnell, Auckland 1151  
FAX: +64 9 306 8203

**NZ Customer Care: 0800 002 999**

### **Australia Contact**

#### **Brand Developers Aust Pty Ltd**

461 Plummer Street,  
PORT MELBOURNE, VIC 3207  
FAX: +61 3 9681 7825

**AUST Customer Care: 1800 890 840**







## VIBRATING PLATFORM

Electrical specifications:  
**220-240 V~ 50/60 Hz 200 W**

Model: E380  
Made in: CHINA

**Warning!**  
**Please read all the instructions**

Do not allow children to use  
the device as a toy.

This machine is not designed for use by  
people (including children) whose sensorial,  
physical or mental capacities are lowered or  
reduced, likewise if they lack experience or  
knowledge, unless they are under supervision  
or training about the way of working of  
the device by a person responsible  
of their security.



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**Brand Developers Aust Pty Ltd**  
461 Plummer Street,  
Port Melbourne, VIC 3207, AUSTRALIA  
AUST Customer Care: 1800 890 840



**Brand Developers Limited**  
Unit H, 686 Rosebank Road,  
Avondale, 1026 Auckland, NEW ZEALAND  
NZ Customer Care: 0800 002 999