

PROGRESSION

Fitness™

PV2690 MANUAL



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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this vibration plate:

DANGER – To reduce the risk of electric shock:

- 1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this vibration plate is used by, or near children, invalids, or disabled persons.
- 4) Use this vibration plate only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this vibration plate if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the vibration plate to a service center for examination and repair.
- 6) Do not carry this vibration plate by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the vibration plate with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove plug from outlet.

13) Before beginning any exercise program, consult your personal physician. If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

14) In an event should you find this product to be defective please stop exercise and contact your place of purchase.

15) No person weighing over 120 kgs should use this product.

16) Only one person at a time should use this equipment.

17) Do not leave machine until it stops.

18) Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.

19) Do not maintain vibration for an extended period of time.

20) **WARNING-** Connect this vibration plate to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS

Consult a physician before using this product if you have any of the following conditions.

- Pregnancy
- Acute thrombosis conditions
- Cardio-vascular disease
- Fresh wounds resulting from an operation or surgical intervention
- Hip- and knee replacements
- Acute hernia, discopathy, spondylolysis
- Diabetes
- Epilepsy
- Heavy migraine
- Wearing a pacemaker
- Wearing recently fitted i.u. coils, metal pins, bolts or plates
- Tumour

RATING

Rated voltage: 120V~

Rated frequency: 60Hz

Rated power: 170W

MAINTENANCE

It is necessary to clean the equipment and keep the area around the equipment clean, including underneath the equipment.

Wipe the equipment with a clean soft towel weekly. Spray mild cleaner on towel and use towel to wipe. NEVER spray directly on the surface of the equipment.

WARNING: Unplug the power cord from the outlet before cleaning.

Any other servicing should be performed by an authorized service technician.

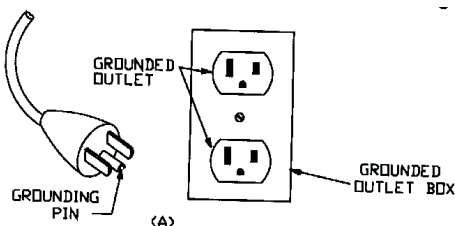
GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

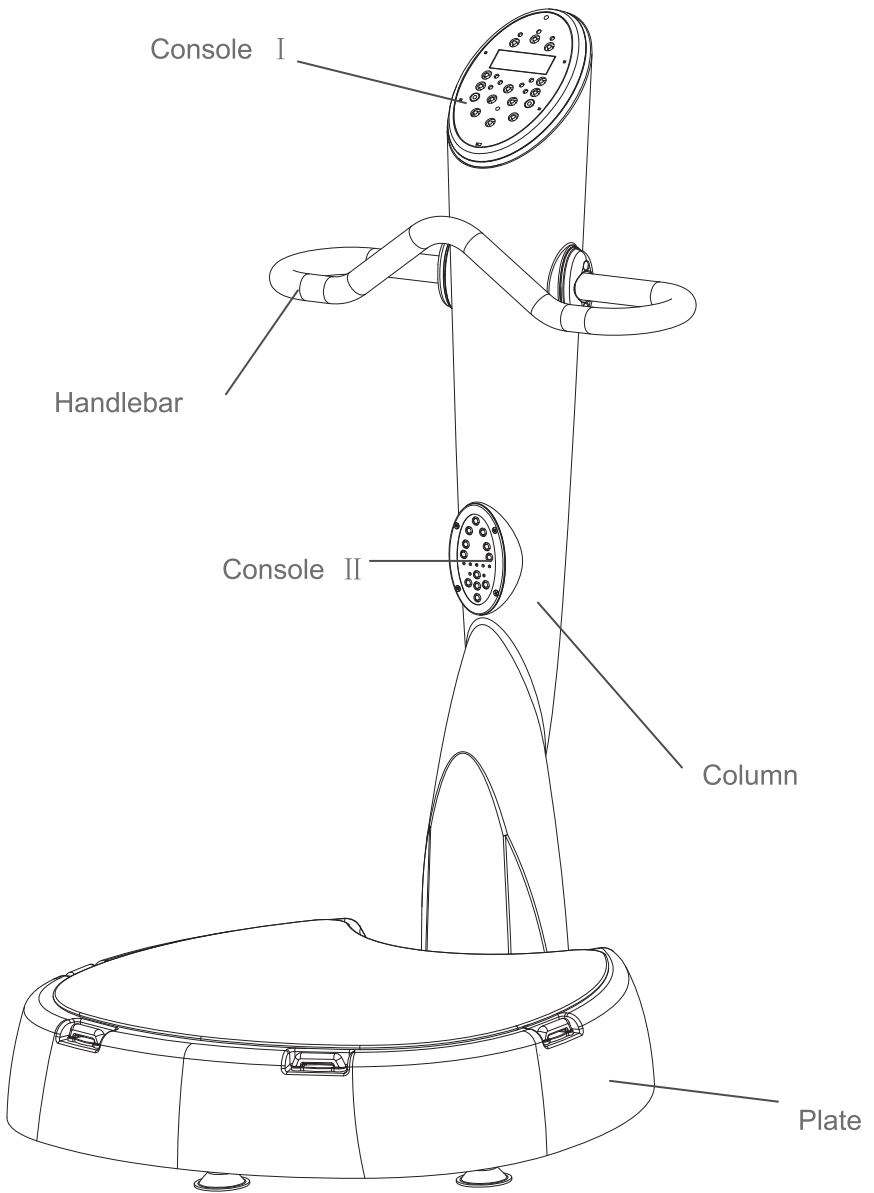
DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

1) This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

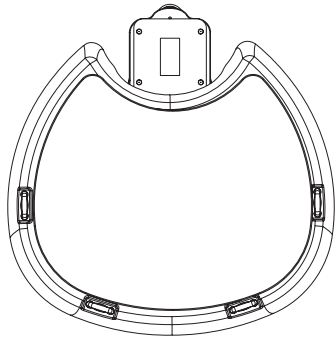
Grounding method



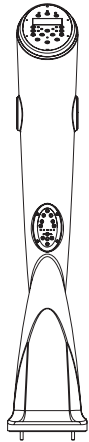
FEATURES



ASSEMBLY PART LIST



plate



plate



handlebar



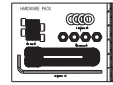
power cord



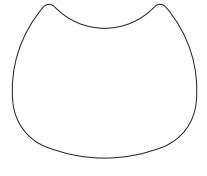
front cover and plastic bolt



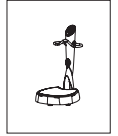
hand strape



hardware packing



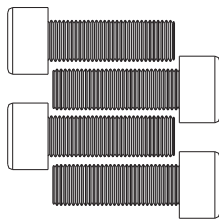
mat



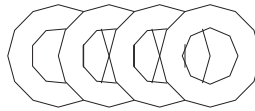
user manual

HARDWARE PACK

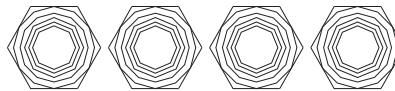
HARDWARE PACK



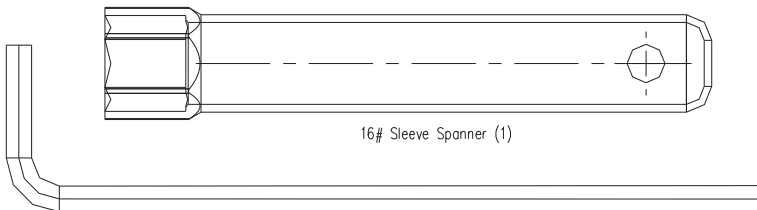
M8 Bolt (4)



Ø10 washer (4)

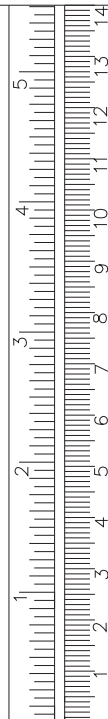


M10 Locknut (4)



16# Sleeve Spanner (1)

6# Wrench (1)

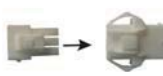
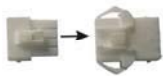
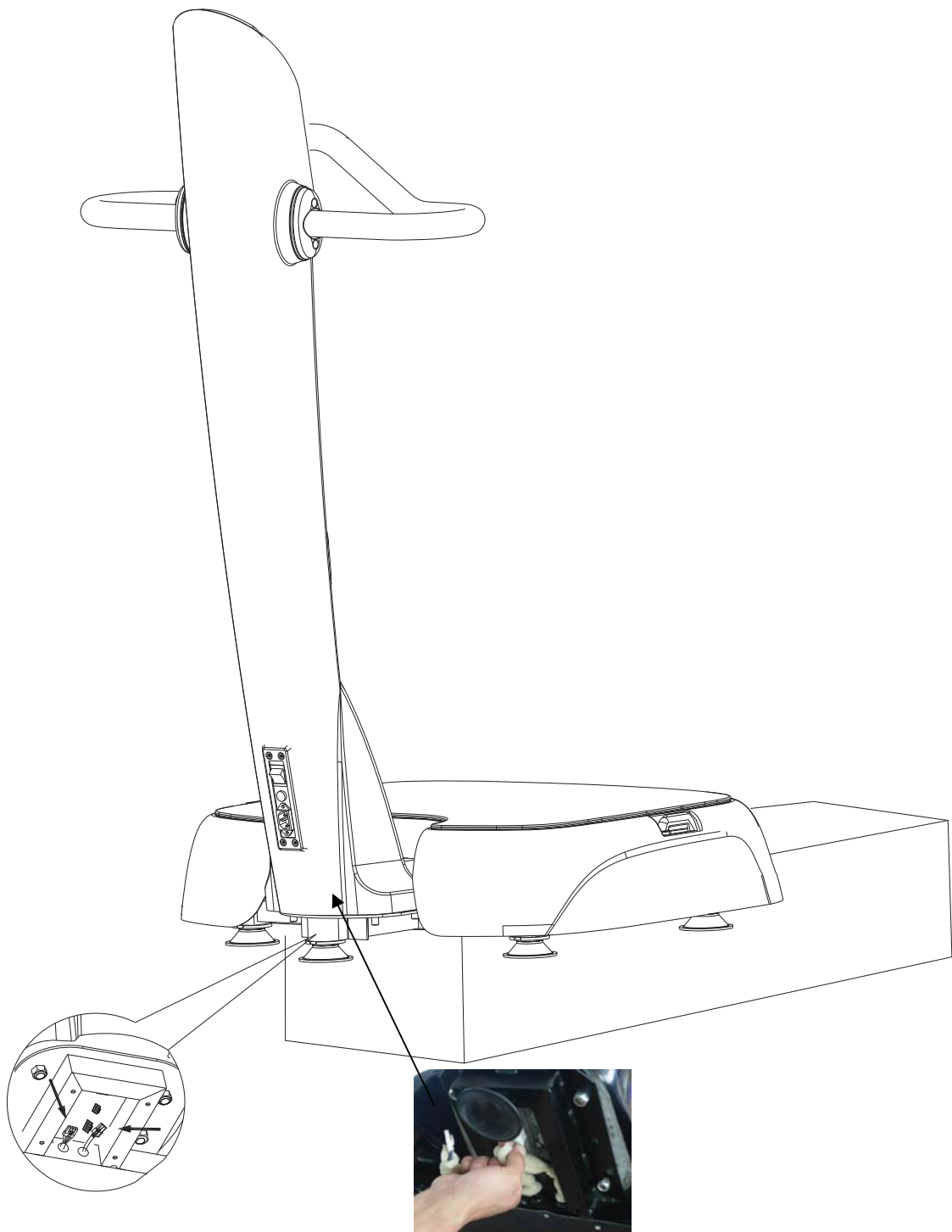


Assembly Steps

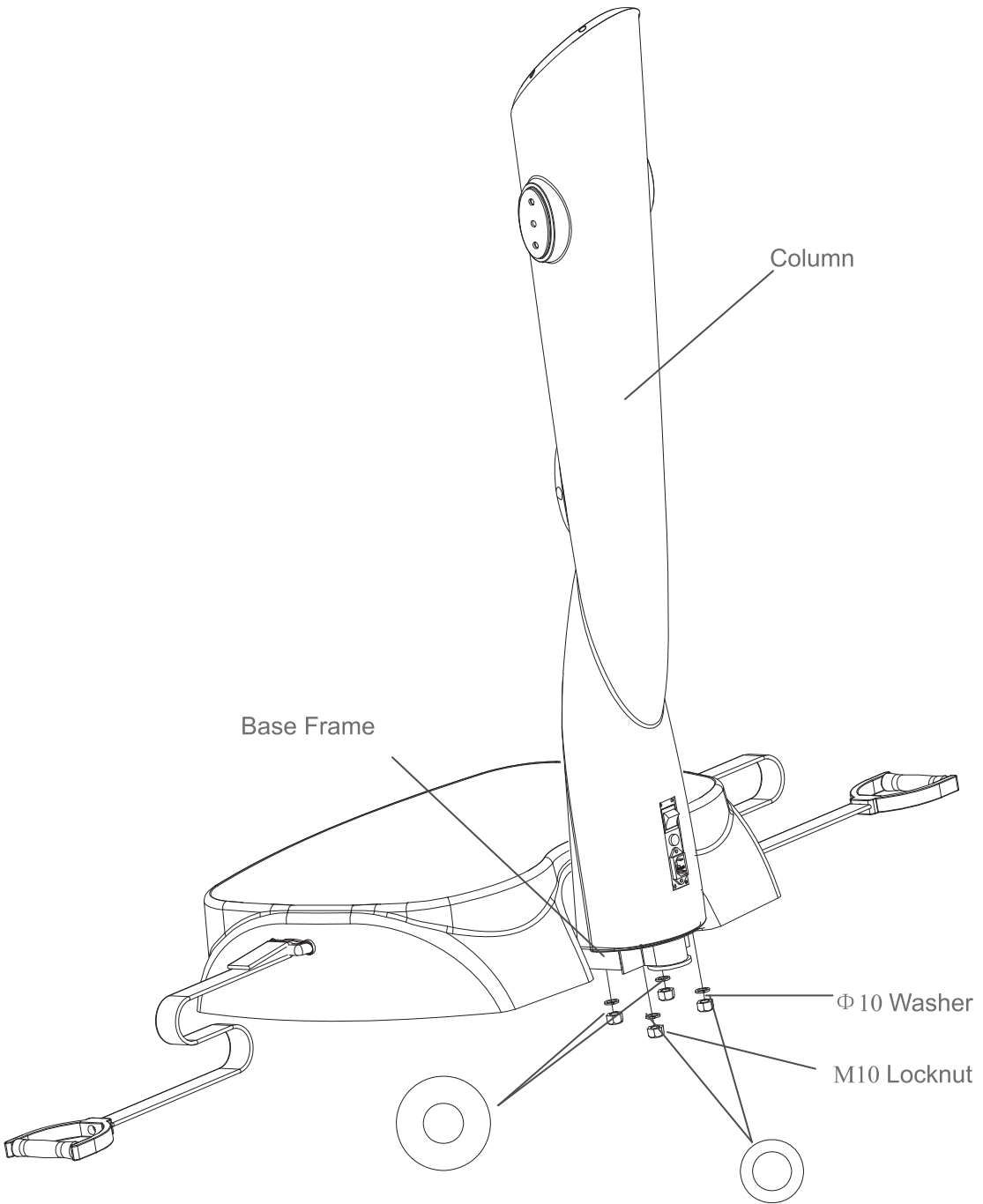
ATTENTION: THIS PRODUCT IS FOR HOUSEHOLD ONLY

STEP 1- Install the Column to the Base Frame

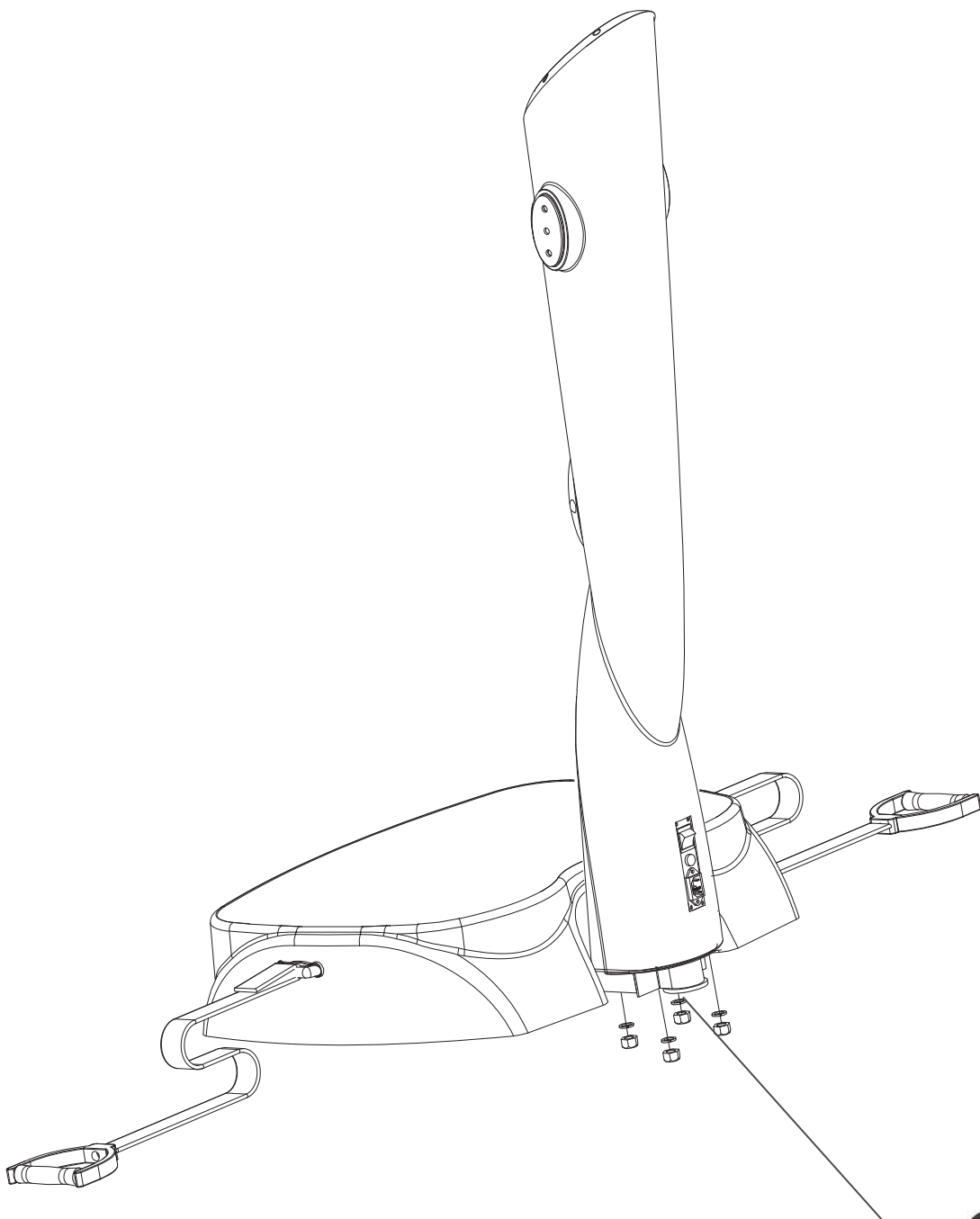
A/ Connect the electronic wires (inside the Base Frame and the Column) and put them into the Column. Then install the column to the base frame according to the steps.



B/ Attach the Column to the Base Frame using four $\Phi 10$ Washers and four M10 Locknuts. Tighten it securely with wrench.



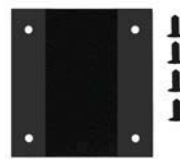
C/ Attached the cover board under column with plastic bolt.

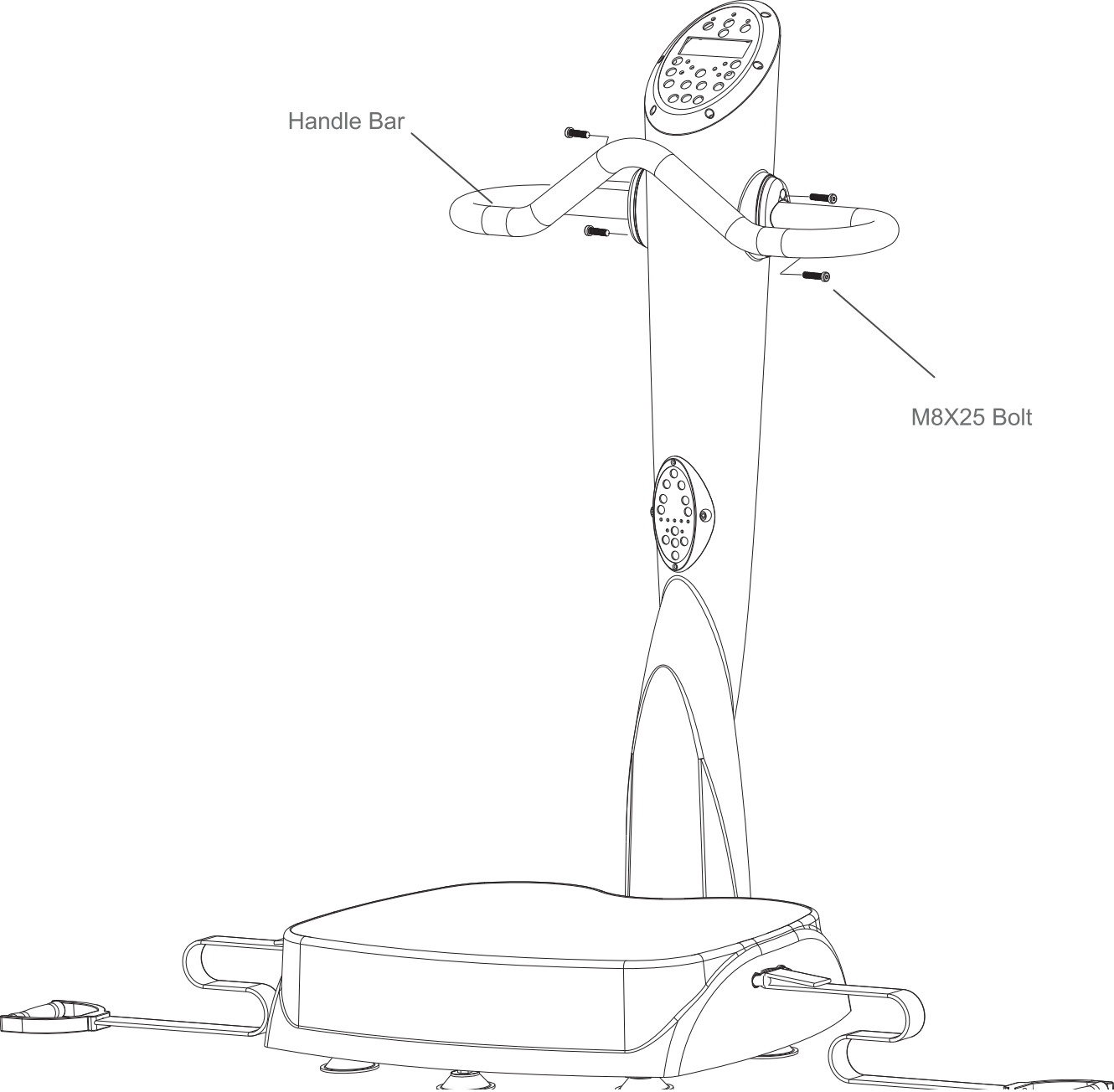


STEP 2- Install the handle bar to the column

A/ Connect the pulse sensor wires and then make sure the holes alignment.

B/ Install the handle bar to the column using four M8X25 bolts.





NOTICE: The picture is only for reference, please take object as standard

CONSOLE OPERATION



CONSOLE:

TIME: 30S、90S、180S

FREQUENCY SET: 35Hz、40Hz、45Hz、50Hz

COUNT DOWN: 180S~ 0S

H FREQ / L FREQ SET: L/H

PRESET PROGRAM : P1~ P5

GETTING STARTED

1. Plug the power cord into the wall power outlet and turn on the power switch.
2. Choose the TIME, the FREQUENCY and the H / L then press the [▶], the machine will start.
3. During the exercise, you can NOT change the TIME, FREQUENCY.
4. Press the [■] key the machine will stop.
5. You can use the "CONSOLE II" to control the machine

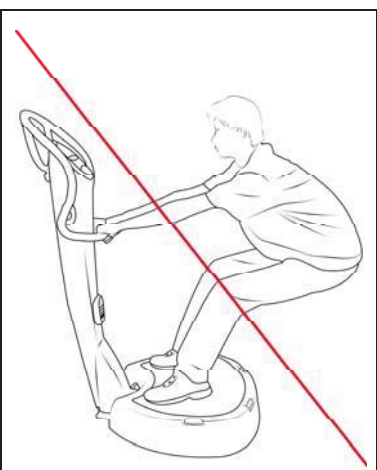
PRECAUTIONS

You always need to be balanced when standing on the vibration plate machine

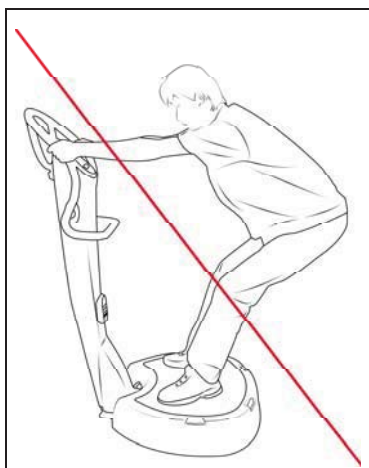
Never hang on to the handle, or push handlebar with strength, use them only to maintain balance

In order to protect the column, the following positions during exercise are not advised:

Positon 1



Postion 2



Position 3



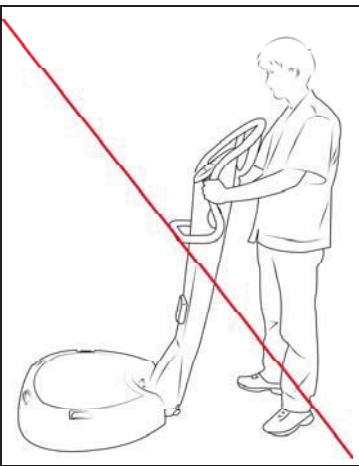
Moving the equipment

1. This is the correct way to move the equipment.

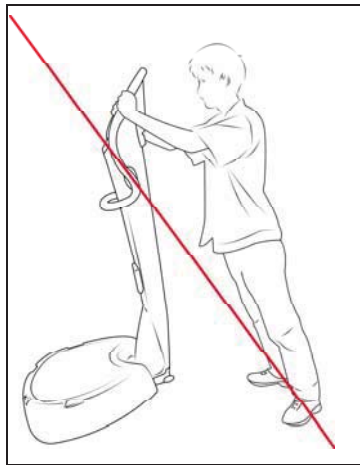


2. Moving the equipment as below can destroy the column.

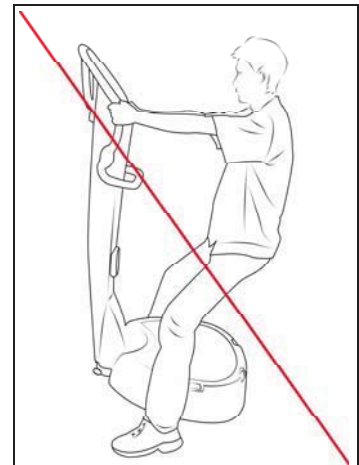
Position 1



Position 2



Position 3

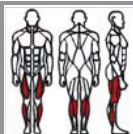


EXERCISE INSTRUCTIONS

A/ Strength

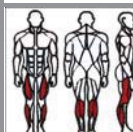
A01 SQUAT

Stand on the vibration plate with feet shoulder width apart. Keeping the back straight and knees slightly bent, gently squeeze the leg muscles. You should feel muscle stimulation in your quadriceps, buttocks and back.



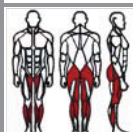
A 02 Deep Squat

Stand on the vibration 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.



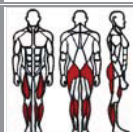
A 03 Wide Stance Squat

Stand on the vibration plate with legs wide apart and toes pointing outward. Keeping the knees directly above the feet at a 100 degree angle, gently bends the legs. You should feel muscle stimulation in the back, buttocks, quadriceps and inner thigh area.



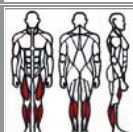
A 04 Lunge

Place one foot in the middle of the vibration plate and step back with the other planting it firmly on the ground behind. Keeping the back straight and the knee directly above the toes, squeeze the leg muscles. You should feel muscle stimulation in the hamstrings, quadriceps and buttocks.



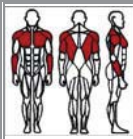
A 05 Calves

Standing in the centre of the vibration plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel muscle stimulation in your calf muscles. To add variation to the exercise, try bending your knees to 90 degrees.



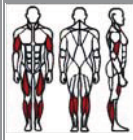
A 06 Triceps Dip

Facing away from the vibration 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 muscle stimulation in your upper arms and shoulders. For variation, repeat the exercise with your legs straight.



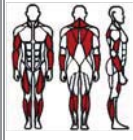
A 07 Biceps Curl

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 muscle stimulation in the shoulders and biceps.



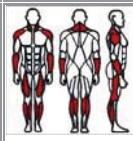
A 08 Bent Over Pull

Stand in front of the vibration 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 muscle stimulation in your upper back and shoulder area.



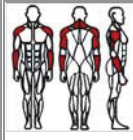
A 09 Front Raise

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



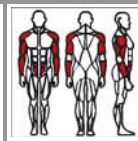
A 10 Shoulder Press

Position the body in a horizontal line parallel with the vibration 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 vibration plate then return to the starting position. This exercise is perfect for shoulders and upper arms.



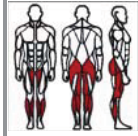
A 11 Lower Abdominals

Brace yourself on your elbows and hold onto the front edge of the vibration 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 muscle stimulation in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.



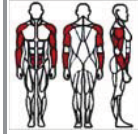
A 12 Standing Abdominals

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



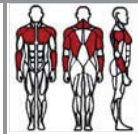
A 13 Lateral Abdominals

With one foot directly behind the other, place one elbow on the vibration 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.



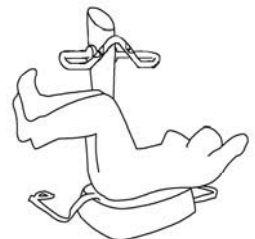
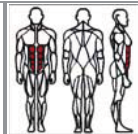
A 14 Push Up

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



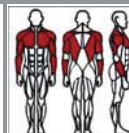
A 15 Abdominal Crunch

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 muscle stimulation 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 Lattisimus Dip

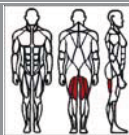
Place the hands on the mat shoulder-width apart. Keeping wrists and forearms straight, gently push off the hands. It is important to keep the hips straight and to push the shoulders downward. This exercise promotes muscular arms, shoulders and abdomen. Try doing the same exercise but this time keep your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



B/ STRETCH

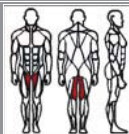
B 01 Hamstring Stretch

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



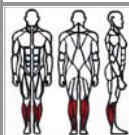
B 02 Quadriceps Stretch

Place on shin on the vibration 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.



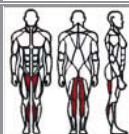
B 03 Calf Stretch

Stand sideways on the vibration 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 muscle stimulation in your calves. To vary this exercise, keep your back straight and push your pelvis forward.



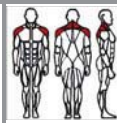
B 04 Adductor Stretch

Stand sideways on the vibration 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.



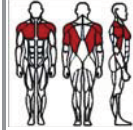
B 05 Shoulder Stretch

Stand with your back to the vibration 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

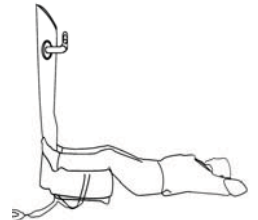
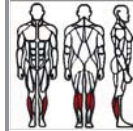
Sit with your back to the vibration plate. Hold the vibration plate behind your back so that your fingers grip the edges. By pushing your shoulders down you'll stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.



C/ MASSAGE

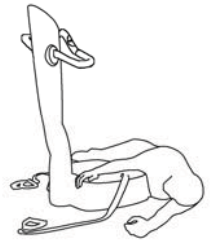
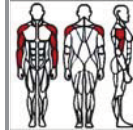
C 01 Calf Massage

Lie in front of the unit with both calves resting on the vibration plate, toes pointing upwards. The rest is easy, simply relax and enjoy an invigorating calf massage.



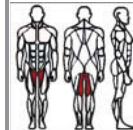
C 02 Upper Arm Massage

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



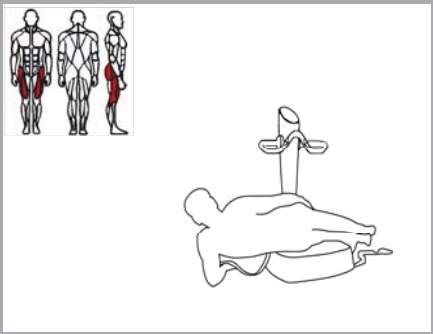
C 03 Adductor Massage

Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Making sure your body does not touch the plate. Repeat the massage with the other leg.



C 04 Abductor Massage

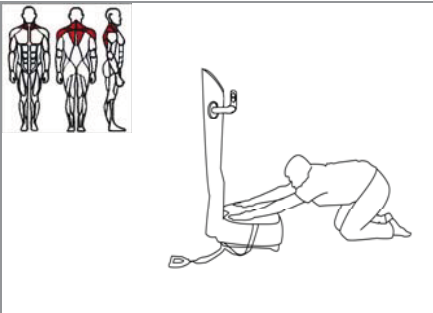
Lie sideways on the Vibration Plate with your legs pulled up to your hips. Use your elbow to support your upper body. Your back must be straight. You should feel the massage on the outside of your leg and hip. Repeat the same massage on your other side.



D/ RELAXATION

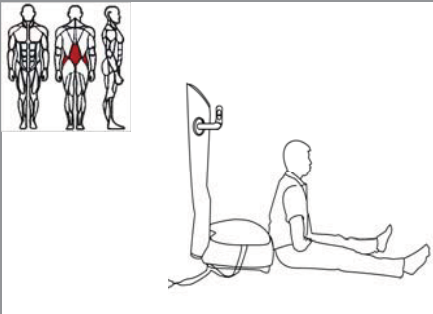
D 01 Shoulder & Neck Relaxer

Kneel down in front of the Vibration 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.



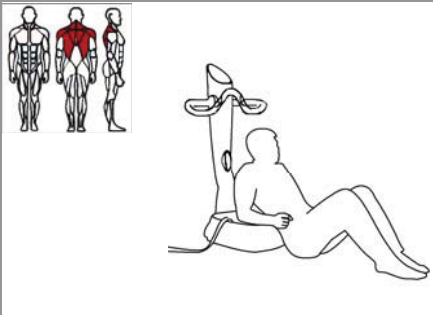
D 02 Lower Back Relaxer

Sit on the floor facing away from the Vibration Plate with your legs apart. Place the mat between your body and the Vibration Plate and hold the edges 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 Vibration Plate.



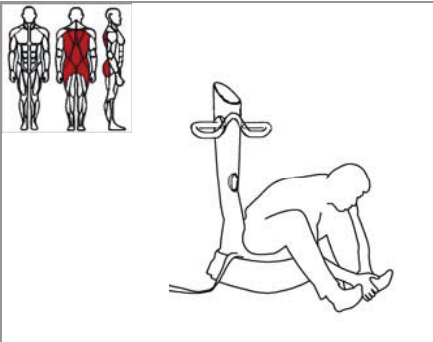
D 03 Upper Body Relaxer

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

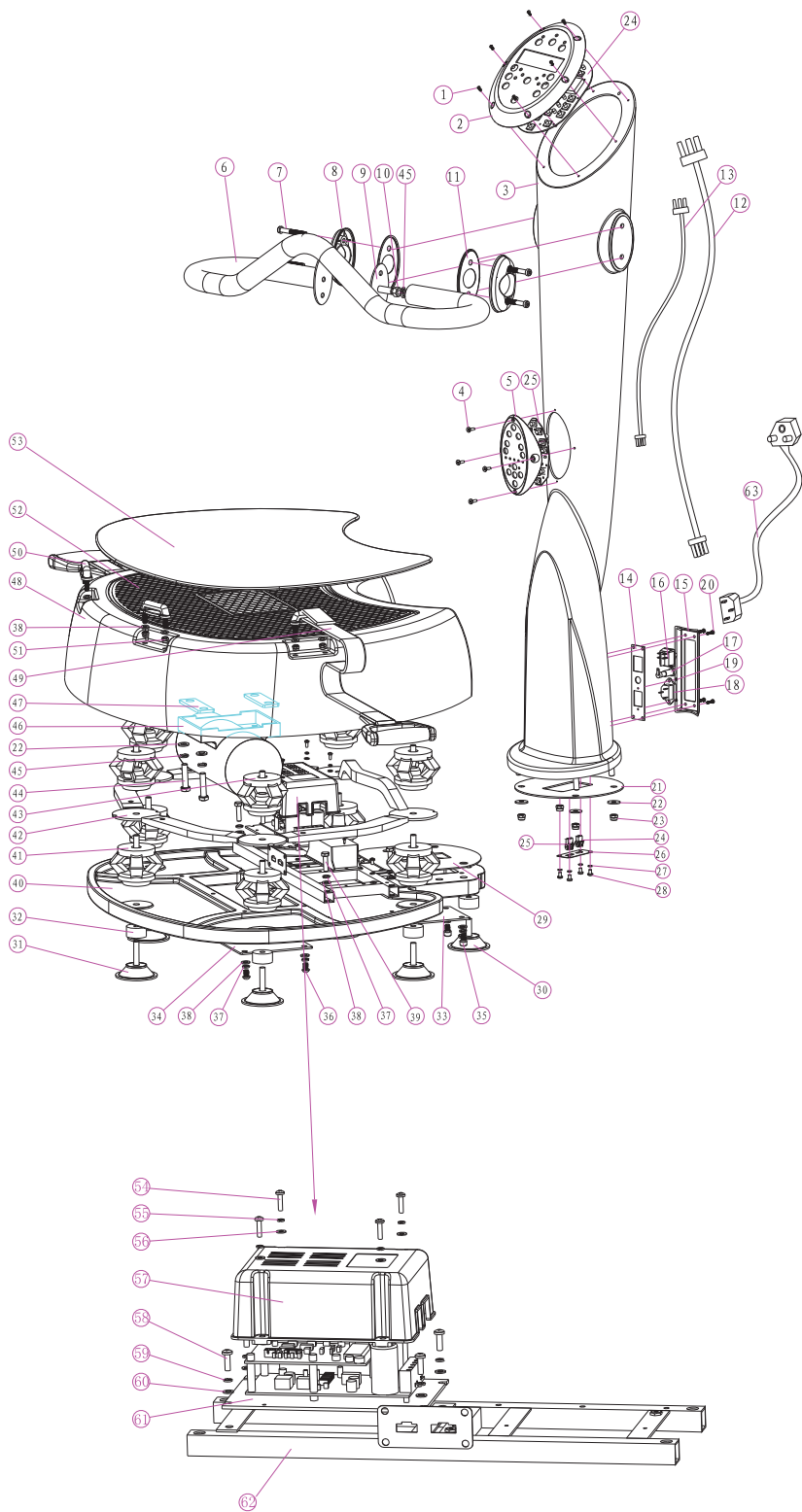


D 04 Back Relaxer

Sit in the center of the Vibration 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 area.



EXPLODED DRAWING

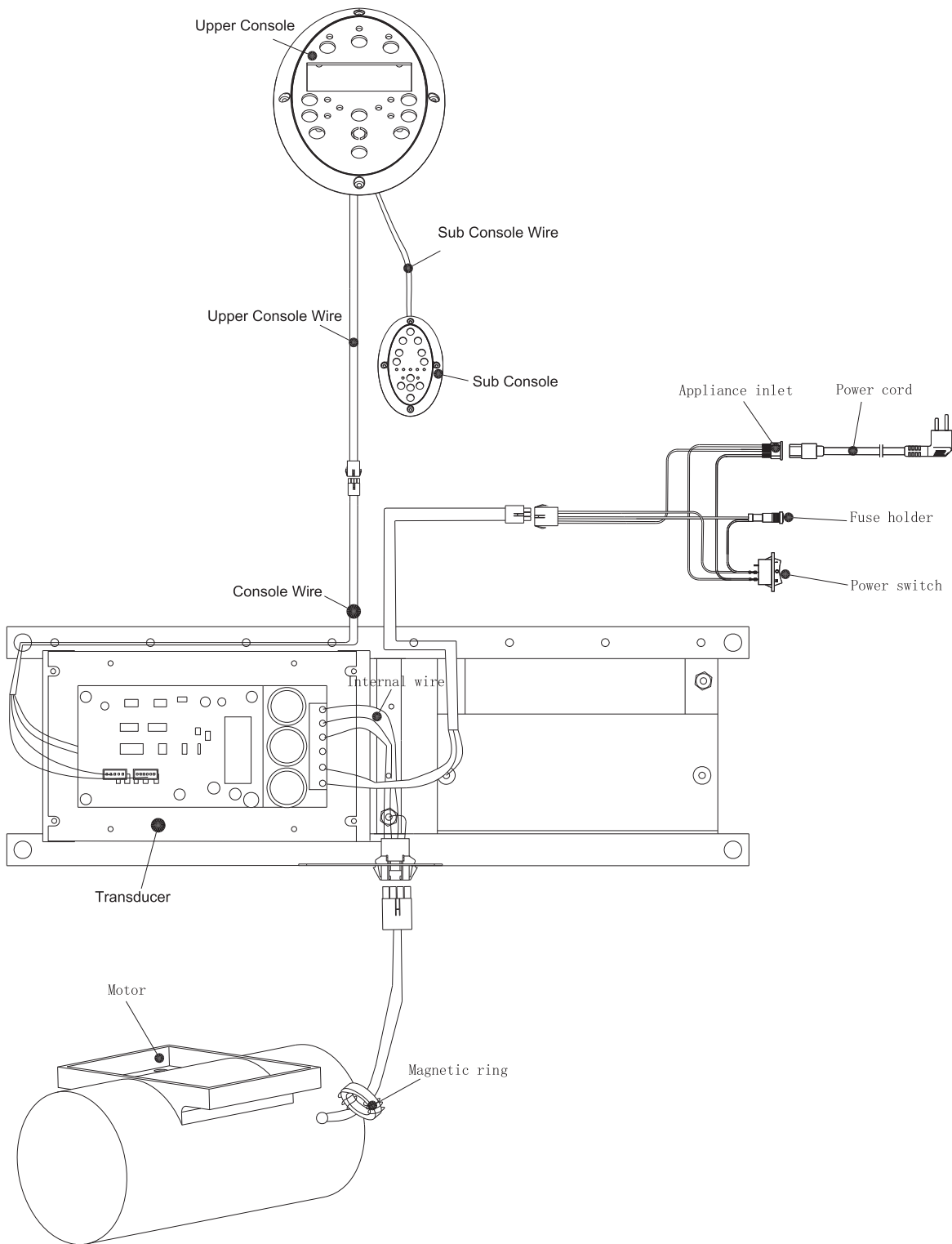


PART LIST

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
1	Self-Tappig Screw(ST3.0X16)	6	35	Cylinder Head Inner-Hexangular Bolt(M8X15)	4
2	Upper Console Cover	1	36	Inner- Hexangular Bolt(M8X15)	6
3	Column	1	37	Spring Washer (ϕ 8)	14
4	Phill Head Self-Tapping Screw(ST3.8X20) Self-Tapping	4	38	Flat Washer (ϕ 8)	22
5	Sub Console Cover	1	39	Hexangula Head Bolt (M8x35)	1
6	S Handle Bar	1	40	Steel Base Board	1
7	Iner -Hexangular Bolt (M8x30)	4	41	Drum Cushion	5
8	Handle Bar seat cover	2	42	Midle Connecting Frame	4
9	Handle Bar Dead Seat	2	43	Drum Cushion	5
10	Nut M12	1	44	Hexangula Head Bolt (M10x45)	4
11	Handle Bar Cushion	2	45	Spring Washer (ϕ 10)	4
12	Upper Console Wire	1	46	Mortor	1
13	Sub Console Wire	1	47	Motor Mat	2
14	Power Line Seat Dead Plate	1	48	Vibrating plate (26)	1
15	Power Line Board Protection	1	49	Srap and Handle	4
16	Power Switch	1	50	Strap Belt dead seat	4
17	Fuze Seat	4	51	Nut	8
18	Power Line Inlet	28	52	Rubber Mat	4
19	Self-Tappig Screw(ST3.0X10)	2	53	Mat	1
20	Self-Tappig Screw(ST3.8x16)	4	54	Phill Head Bolt (M4x15)	4
21	Collumn Decorated Cushion	1	55	Spring Washer (ϕ 4)	4
22	Flat Washer	4	56	Flat Washer (ϕ 4 \times ϕ 9 \times 0.8)	1

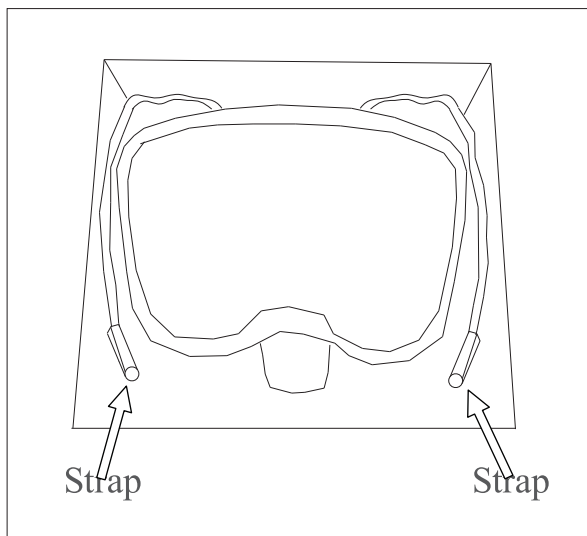
23	Nut(M10)	4	57	A.C.machine Box	1
24	Upper Console Panel/ Line Plug	1	58	Phill Bolts (M5×15)	4
25	Sub Console Panel /Line Plug	1	59	Spring Washer (φ 50)	1
26	Control line Seat Dead Plate	1	60	Flat Washer (φ 5)	6
27	Spring Washer(φ 6)	4	61		1
28	Phill Bolt (M6X10)	4	62	Electronical Devices Supporting Frame	1
29	Rubber Cushion Column	1	63	Power Line	1
30	Rubber Foot (59mm)	1	64	Phill Bolt (M5X15)	2
31	Rubber Foot (79mm)	1	65	Power Filter	1
32	Rubber Foot Cushion	6	66	Spring Washer (φ 5)	2
33	PS Front Protecting Board	1	67	Phill Bolt (M5×8)	1
34	PS Base Protecting Board	1			

CIRCUIT DIAGRAM

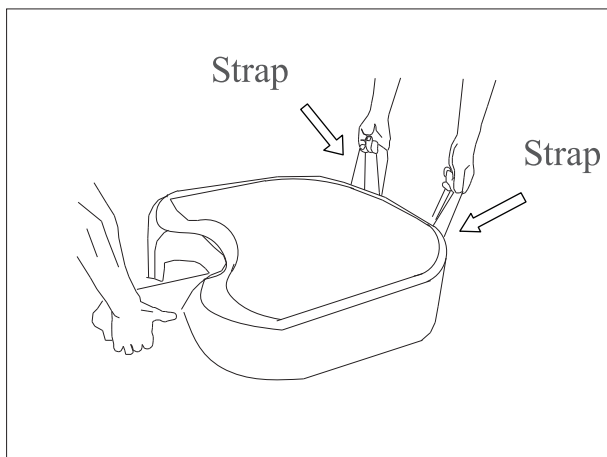


Attaching Straps

STEP 1



STEP 2



STEP 3

