



## INSTRUCTION MANUAL

 **IMPORTANT**  
Please read instructions carefully before using  
Retain for future reference

WARRANTY INFORMATION ENCLOSED



Congratulations on your purchase of this fitness product to complement your healthcare needs.

To enjoy the full advantages of your product safely, we ask you to read and adhere to the instruction manual carefully.

Physical and mental fitness not only requires regular physical activity, but also having a balanced, nutritious diet. Fitness equipment like **Genki** can be used to target specific muscle areas, to stimulate and strengthen them.

The right exercises can improve your balance and flexibility, helping your ability to focus your mind while simultaneously reducing the risk of cardiovascular diseases and obesity.

We wish you a lot of fun with your personal Genki!



#### Genki, for better Health

Since our establishment in 2011, Genki has been relentless in creating functional, easy to use and high quality products to our customers in fulfilling their health and wellness needs.

We pride ourselves in constant research and development of our products with a clear focus on design and usability. Most importantly, we are committed to making our products affordable to the masses without compromising on our quality.

## 12 Month Limited Warranty

Genki supplies products with the intent that they are free of manufacturing and workmanship defects for a period of one (1) year from the date of original purchase, subject to conditions specified herein. Genki warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to commercial users or retailers. In the unlikely event that this Genki Product ("product") develops any malfunction within 12 months of purchase due to inherent defects, faulty materials or workmanship, we will repair or replace it for you at our expense. Convincing proof of purchase has to be presented, with sufficient validation of the product's purchase date. This warranty is only applicable to products purchased as new through our authorised distributors and retailers and is only valid in the country of original purchase.

Your product warranty does not cover misuse, negligent handling, cosmetic damages, or improper storage of the product, nor product parts that are subject to wear and tear, that can be considered as consumable parts by their nature or that are made of glass. Parts subject to wear and tear include the electric motor (rated for 1000 hours), gears, as well as any contacting surfaces such as the rubber stop, rubber mat, electrical contact points, machine body, external coverings and anchor points. Rate of wear and tear varies according to usage patterns and may be prolonged or shortened depending on environment, operating conditions, storage, frequency of use as well as user maintenance. Accessories used in or with the product such as (but not limited to) batteries, adapters, external cables, cords, filters, remote controllers or add-on options are also not covered by the guarantee.

The warranty does not cover damage to household surfaces as a result of using your appliance, nor does it cover transport costs. We reserve the right to change the terms and condition of this warranty without prior notification.

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**Designed and manufactured under the commission of:**  
**AUSWAY PACIFIC PTY LTD**  
Unit 2, 5 Brear St, Springvale, VIC 3171, Australia



## Troubleshooting guide

Fault	Solutions
Machine vibrating at reduced speed.	The load on the machine is excessive. Reduce load and try again or increase speed.
Machine is noisy	Under normal usage conditions, vibrations may sometimes generate noises which could vary with applied load.
	Ensure machine is placed on a solid and level surface. Do not shift your weight to either side of the machine while in use. Ensure that your feet are apart while standing on machine.
	If there are loud rattling noises, turn off product and check if there are any loose objects in the machine. If suspected, stop using and contact service centre.
Vibration speed is not constant	Auto program may be activated. Switch to manual mode and set desired speed.
Machine switches off suddenly	Machine may have been in use for 15mins. Auto-shut-off function activated. Continue using by pressing the 'Start' button.
	Over-heat protection function activated. Machine is switched off for your safety. Please rest machine for 15-30mins before restarting. Product may require longer time to cool in warmer environments.
Machine fail to start	Check if machine has been used for more than 15mins. Let machine cool down and restart.
	Check if on/off switch is switched on.
	Check if power input is connected to the product and plug is plugged into power socket.
Unable to vary speed or timer using the control panel or remote control	Auto program might be activated. Switch to manual mode and try again.
	If still unresponsive, turn off and on the machine and try again.
Remote control doesn't seem to work.	Check if product is in auto mode. If so, please switch to manual mode and try again.
	-- or --
	Remote controller is out of range of receiver. Please point controller directly at the receiving window.
	-- or --
	Remote controller batteries are flat. Change batteries to new ones.

**NOTE:** Should the fault remain even after troubleshooting, please contact our customer service centre. **DO NOT ATTEMPT TO REPAIR THE PRODUCT.**

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## Safety Instructions

### IMPORTANT SAFETY INSTRUCTIONS. PLEASE READ BEFORE USE!

#### FAILURE TO ADHERE TO SAFETY INSTRUCTIONS MAY PUT YOURSELF AND OTHERS AT RISK

This equipment is maintenance free. Any necessary repairs must be performed by an authorised professional. Improper use and unauthorised repairs are prohibited for safety reasons and will void the warranty.

#### Warning:

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 use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

Changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

#### Electrical Safety

- Ensure that the power supply to the equipment complies to the electrical rating specified.
- Do not handle the power plug or electrical outlet with wet hands.
- Never use a damaged power plug or cord. Damaged plug or cords must be replaced by the manufacturer or an authorised personnel.
- Avoid the equipment coming into contact with water, high temperatures or direct sunlight.
- Do not use equipment in areas with high humidity or damp environment.
- Do not use if condensation forms on the equipment, especially when product is brought from low temperature region to high temperature region. Allow at least an hour for condensation to evaporate before switching on the power.
- Unplug the equipment from power point when not using for extended periods to eliminate risk of a short circuit.
- In the event of malfunction, unplug the equipment from power mains immediately.

#### Operational Safety

- Do not apply excessive pressure on the vibration board. Maximum allowable load is 160 Kgs. Excessive loads can damage the equipment and may endanger user.
- Do not allow children under 12 years of age to use or play with the fitness equipment.
- Close supervision is necessary if the product is near children, infants, disabled persons or pets.
- Resistance bands may pose tripping hazard and pose strangulation risk to young children.
- Do not put or insert anything into any gaps on the equipment to prevent injury.
- Do not step onto the equipment when it is in motion.
- Never carry sharp or pointed objects when using equipment.
- Avoid wearing jewellery or accessories when using the equipment.
- Do not allow more than 1 person to use the equipment at any time.
- Avoid using the equipment after meals.
- Do not exceed the maximum training time of 15 minutes per interval.
- Depending on the physical condition of the user, avoid excessive use to prevent over stimulation of muscles and nerves.
- Always ensure proper body posture to avoid damage to joints or organs.
- Do not place your head or chest directly on the equipment.
- Do not use the equipment for medical purposes. Consult your physician before starting on a new exercise regime.
- Do not use if intoxicated, feeling unwell, on medication, fitted with an implant, pace-maker or IUD or if you are pregnant or suspect that you might be pregnant.
- Persons with disability, sensory or mental impairment should not use the product without proper supervision and medical advice.
- Stop exercising if you experience any discomfort, dizziness, or lack of balance while using the product.
- There are some contraindications to the use of vibration equipment for exercising. Notwithstanding, persons with heart diseases, high blood pressure, infections, osteoporosis, physical or joint pain, having inflammation, open wounds should not use the product. When in doubt, always consult your physician before exercising.

 Failure to observe the above instructions may constitute misuse of the product and can cause serious injury or fatalities.

## Auto Program Quick Guide

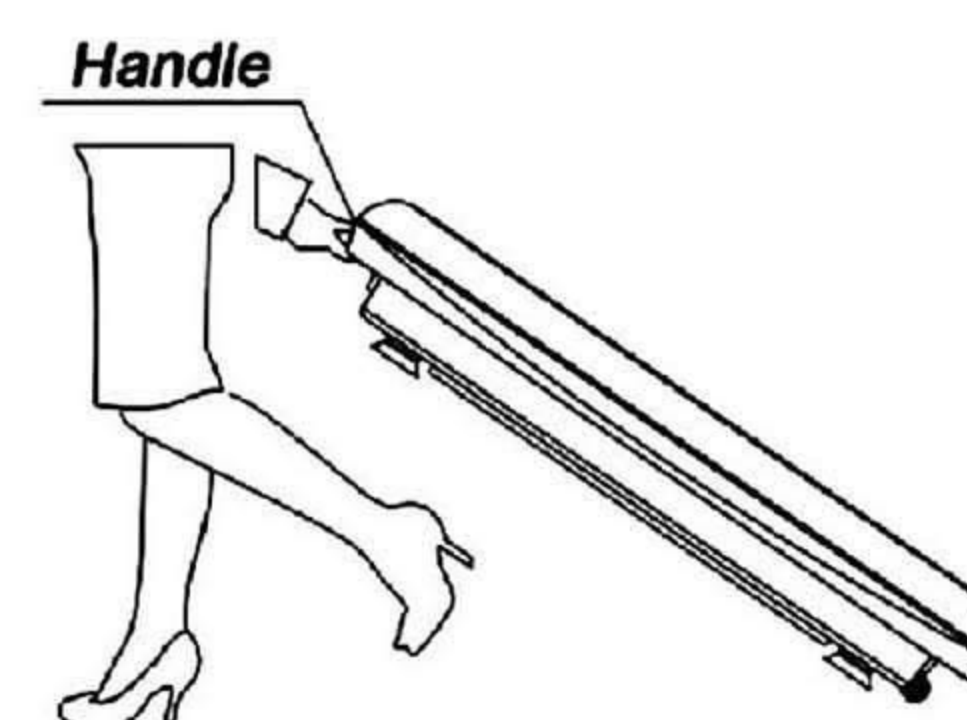
The Auto program functions enables you to quickly select the desired workout type and start using the product.

The table below shows the various programs available on Genki.

Program	Speed														
	Begin .....>>> Timer countdown >>>.....End														
	15 <sub>min</sub>	14 <sub>min</sub>	13 <sub>min</sub>	12 <sub>min</sub>	11 <sub>min</sub>	10 <sub>min</sub>	9 <sub>min</sub>	8 <sub>min</sub>	7 <sub>min</sub>	6 <sub>min</sub>	5 <sub>min</sub>	4 <sub>min</sub>	3 <sub>min</sub>	2 <sub>min</sub>	1 <sub>min</sub>
P1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	2
P2	4	8	10	12	17	20	24	20	17	6	12	17	20	24	4
P3	8	20	10	30	12	40	20	14	8	20	40	8	20	35	8
P4	12	23	29	18	40	18	60	40	22	50	38	18	40	22	12
P5	20	55	30	65	40	75	50	85	60	95	75	55	35	50	20
00:00	manual mode														

## Care and Cleaning Instructions

1. Do not immerse the product in water. Any liquid spills onto the machine must be cleaned and wiped dry.
2. Always switch off and unplug when not in use.
3. Remove the plug from the socket with clean, dry hands before cleaning.
4. The massager can be wiped with a slightly moist cloth and dry thoroughly. Do not wipe the product with alcohol or harsh chemicals such as thinner or bleach.
5. Do not overstretch the elastic resistance bands.
6. Keep resistance bands away when not in use.
7. Keep away from heat, moisture, fire or exposure to direct sunlight.
8. Do not apply excessive pressure onto the machine. Application of a direct force in excess of 150kg may damage your product and invalidate your warranty. Refrain from over usage of the product.
9. Store the product in a cool, dry place out of reach of children.



Your Genki is made for easy movement and storage.

Built-in castor wheels allow you to move it easily.

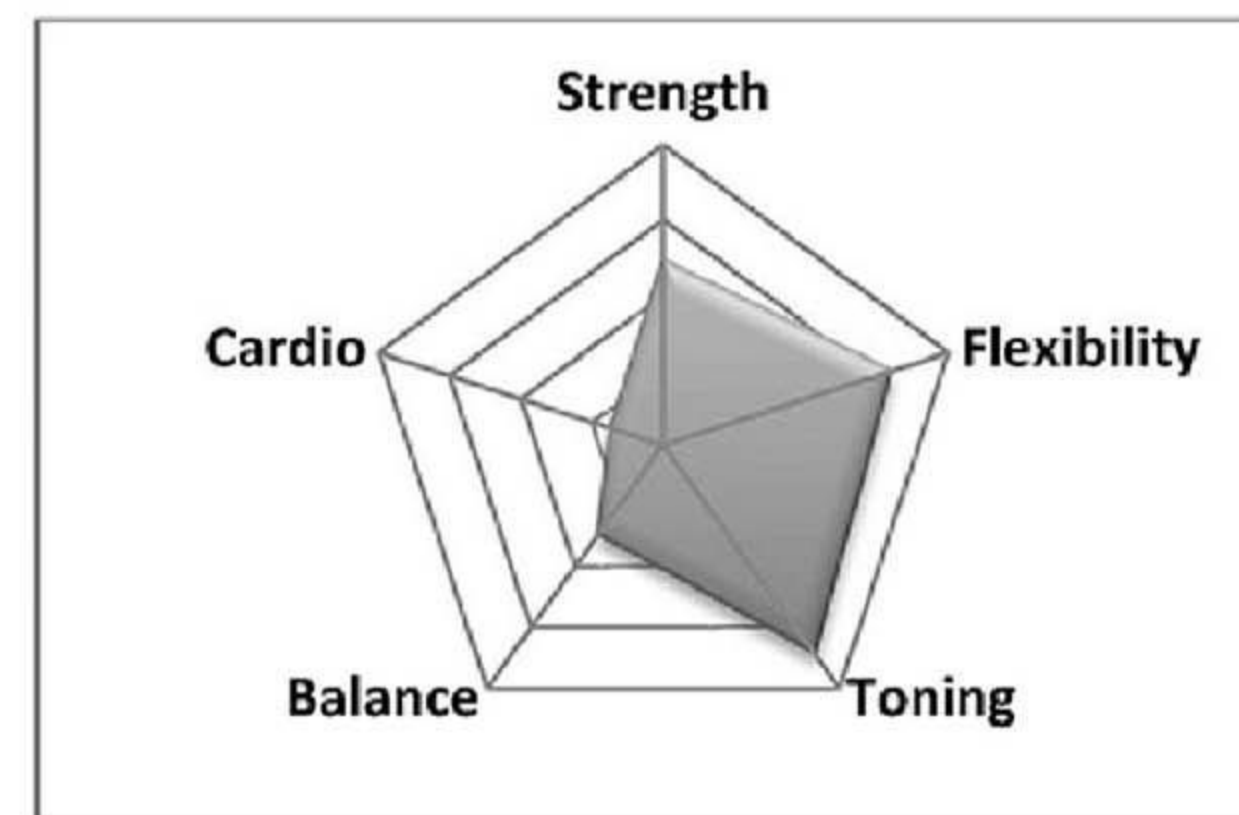
Simply grab the handle underneath the top cover and move it to where you want to place it.



## Resistance band training

### Benefits:

- ☑ Improves strength
- ☑ Tones muscles
- ☑ Increases metabolism
- ☑ Improves skin and joint flexibility



### Recommended settings:

- ☑ Program - Manual
- ☑ Speed - 5 - 10 (max)
- ☑ Duration: 1 min per rep.



#### Vibrating lateral deltoid raise

Stand with both feet on board. Arms by your side and lift arms to shoulder level with palms facing the ground. Repeat.

Targets: Deltoids, shoulders, hips

*Alternate: Keep palms facing up to target biceps and triceps*



#### Stepped lateral deltoid raise

Place right foot on board and left foot on ground. Lift arms upward above head with palms facing ground and hold for 1 sec. Repeat.

Targets: Deltoids, shoulders

*Alternate: Keep palms facing up to target biceps and triceps*



#### Torso twist

Stand with both feet on board. With both arms grabbing the bands, twist body to your right while maintaining your left arm straight. Keep toes pointing to the front. Alternate by turning your body to the left with your right arm straight.

Targets: Waist, arms



#### Forward lunge bicep curl

Place left foot on board and bend right knee to lunge body forward. Curl biceps while lowering body. Alternate between legs.

Targets: Biceps, abs, thighs, calves

*Alternate: Hold the forward lunge position and do 15 reps of bicep curls. Recover and repeat with alternate leg.*

## Package items:



Vibration machine



Remote control

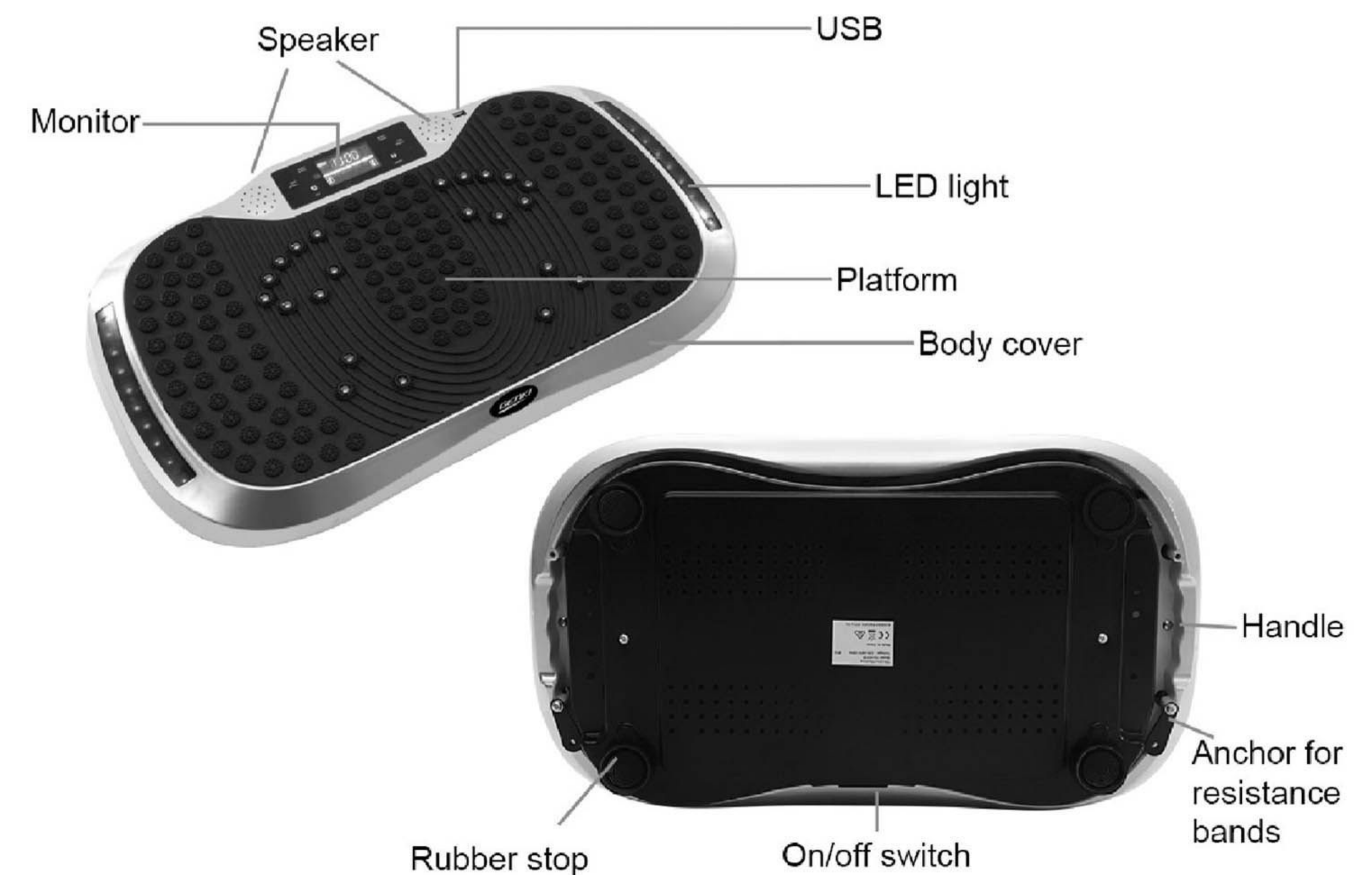


Power cord



Resistance cords

- Vibration fitness board
- Remote controller
- Power cord
- A pair of resistance bands
- User manual with warranty information





## Product Description:

Genki complements your regular workout regime and injects vibrancy to your training. Designed for the busy individual, you can now train and exercise in the comfort of your home or office. Play your favourite music or watch TV shows while giving your body a complete workout without having to make a trip to the gym. No more waiting at the gym for your turn or judging glances.

Genki is space-saving and easily stores under your bed/sofa or in your wardrobe after exercising.

Accelerate your workout with Genki. The controlled vibration transfers motion and stimulates the muscles. Muscles throughout the body tense and relaxes with every vibration. This increases your metabolism and tones your muscles. Watch the calories burn while you shake your body into shape. The whole-body vibration can also improve blood circulation and lymph flow, releasing blockades and cramps, and reducing tension. Muscle recovery is accelerated, letting you get back into the action with minimal downtime.

Combine your workout with a healthy, balanced diet and you will soon be looking at a slender and fitter self.

## Product Specifications:

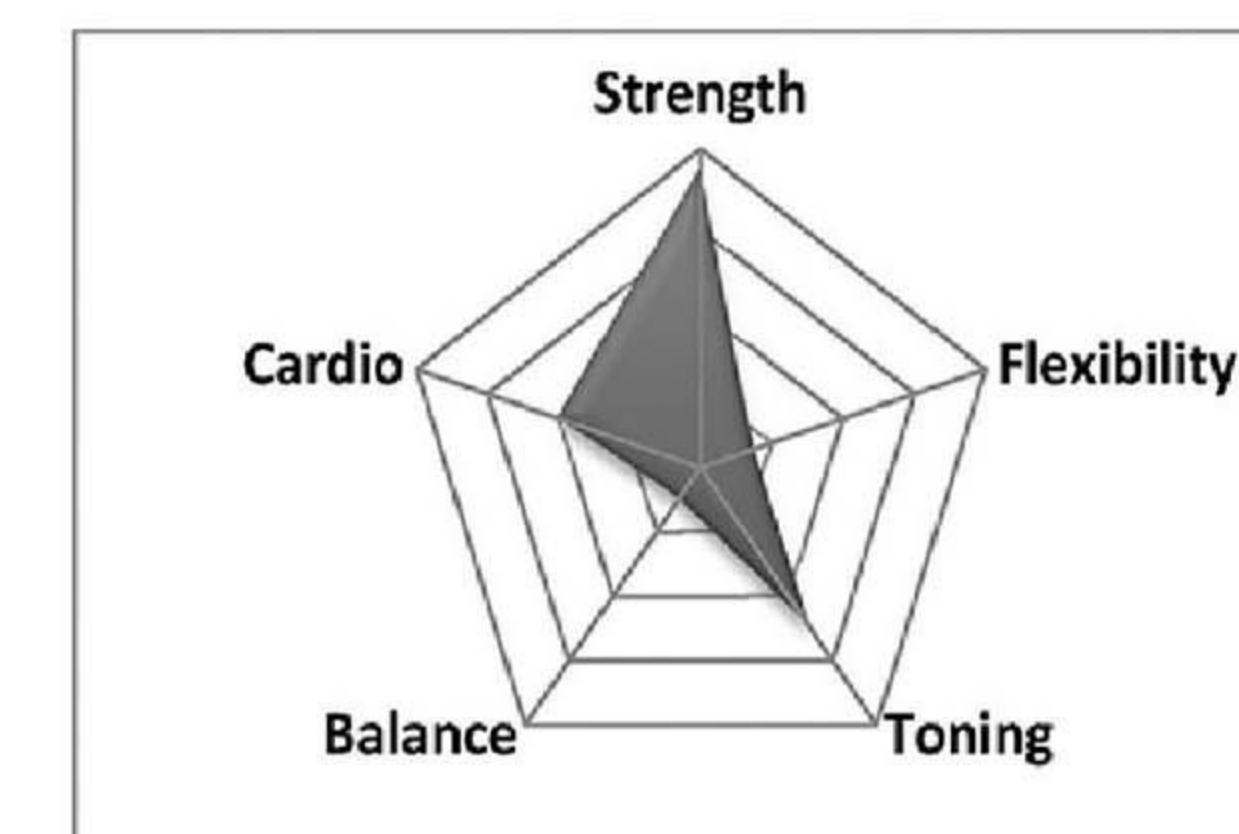
Product	Genki / YD-1015	Dimensions (mm)	W780 X H390 X D150
Colour	White / Black	Weight	12.3kg (machine only)
Enclosure material	ABS, PP, PVC, powder coated iron	Electrical input	120V~ 60Hz
Max recommended load	160kgs		
Input cable & Accessories	Electrical cable, Elastic resistance bands, Remote controller		

THIS INSTRUCTION SHEET ALSO APPLY TO THE MODEL YD-1015S YD-1015P YD-1015B YD-1015R YD-1015W DUE TO ONLY THE COLOR DEVIATION.

## Strength Training

### Benefits:

- ☑ Improves strength
- ☑ Builds muscles, bone mass
- ☑ Increases metabolism
- ☑ Burns calories
- ☑ Promotes cardiovascular function



### Recommended settings:

- ☑ Program - Manual
- ☑ Speed - 3 - 15 (max)
- ☑ Duration: 1 min per rep.



### Plank

Place forearms on machine and fists clenched. Straighten back inline with legs. Maintain posture for 1min, pressing down on forearms. Relax and repeat.

Targets: Core, shoulders, abs



### Push ups

Arms on machine and feet firmly on ground. Lower chest, bending elbows till 90 degrees. Beginner: Arms on machine and knees on ground. Lower chest by bending elbows till 90 degrees.

Targets: Arms, chest.



### Leg lift

Arms on machine and keep feet on ground. Bent elbows at 90 degrees. Do not lock elbows. Lift left leg above ground and hold for 10 secs. Alternate between legs.

Targets: Core, thighs



### Glute bridge

Lie face-up from floor. Place feet on machine and push bum off floor. Lift hips to 45degree angle and hold for 1 min.

Targets: Glutes, hamstring, abs



### Half squat

Stand on machine, feet slightly apart. Bend knees in-line with toes of your feet. Straighten legs and repeat.

Targets: Thighs



### Forward lunge

Place right feet on machine and bend knees to lean body forward. Keep left leg straight. Alternate between legs.

Targets: Thighs, calves



## Exercises

### Stretching

Benefits:

- ☑ **Increases heart rate.**
- Improves blood circulation and flexibility.**



Recommended settings:

- ☑ Program - Manual
- ☑ Speed - 1 - 5 (max)
- ☑ Duration: 1 min per rep.



**Upward stretch**

Sit on ViboFit and stretch arms upwards above head.



**Lower legs posture**

Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.



**Waist Bend posture**

Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.



**Lats stretch**

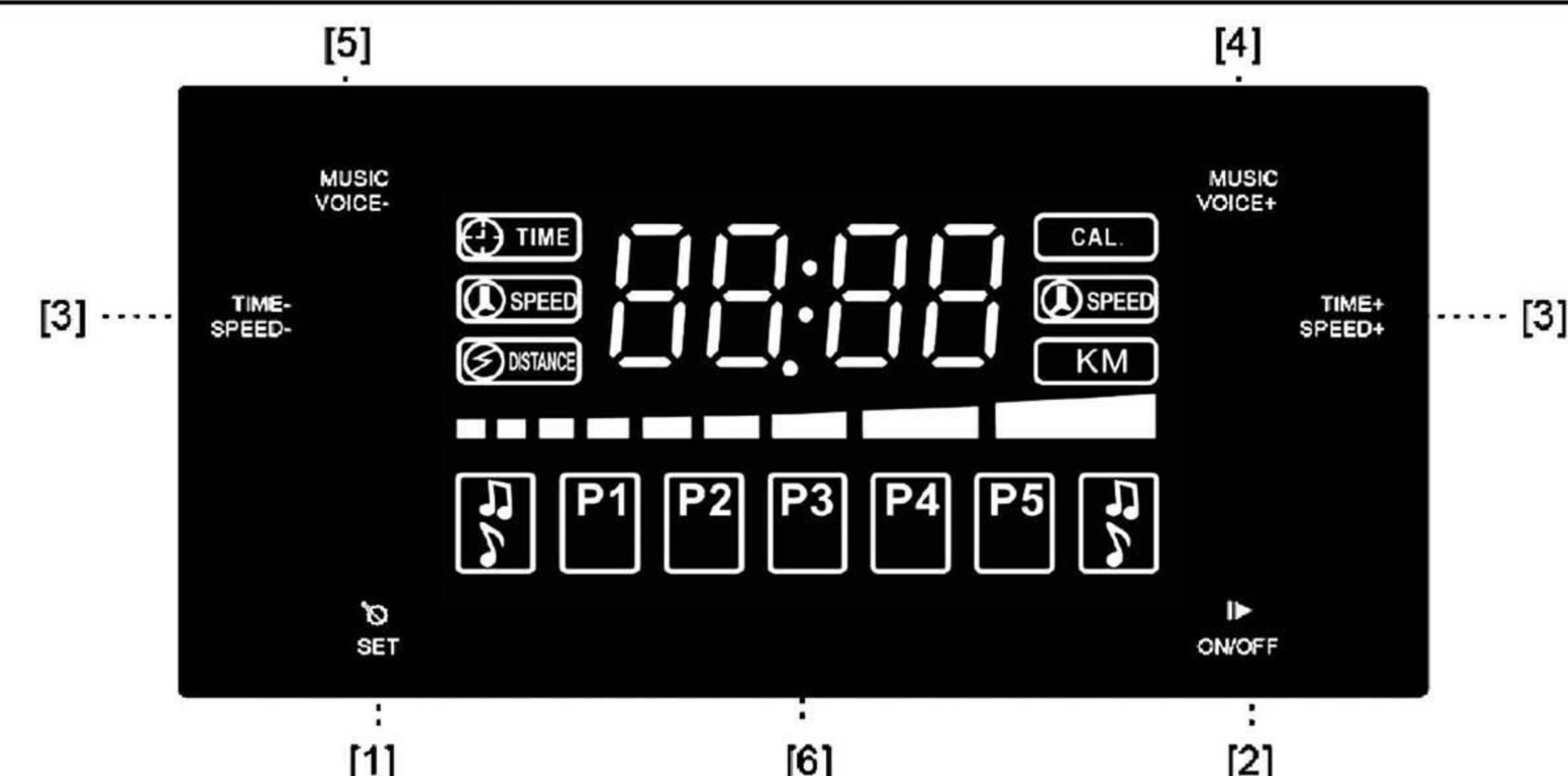
Facing control panel, kneel on floor. Arms on machine and keep back horizontal. Lean back onto heels.



**Hamstring stretch**

Place right foot onto machine. Lean body forward by bending knees. Straighten left leg and hold.

## Control Panel



### [1] -- PROGRAM Modes (Default mode is Manual)

Pressing the SET button will toggle between Auto Programs (Indicated by P1,P2,P3,P4,P5) and Manual mode (00:00)

For safety reason, pressing SET will only work under machine STANDBY condition.

Press STOP button to STANDBY machine before pressing SET to cycle through various modes.

Auto programs: Press SET to select from P1-P5. Press START to begin workout.

Manual program: Press SET until you see 00:00 on the LCD window. Use Time + / - buttons to adjust timer. To adjust Speed, begin workout by pressing START. Press Speed + / - buttons to adjust Speed (1 - 120 max).

### [2] -- START / STOP button

Starts running the selected program.

Pauses/Stops VibroFit by ending selected program. Machine will come to a complete stop.

### [3] -- TIME + / - SPEED + / - buttons (Manual mode only)

When machine is stopped and in standby mode, press TIME button to adjust timer duration (1 - 15 mins). Default is 15 mins. Button has no effect when machine is in Auto mode.

Adjusts speed (1 - 120 strongest) when machine is working in Manual mode. Button has no effect when machine is in Auto mode.

You can adjust the time before start the machine. When the machine is working, you can only adjust the speed.

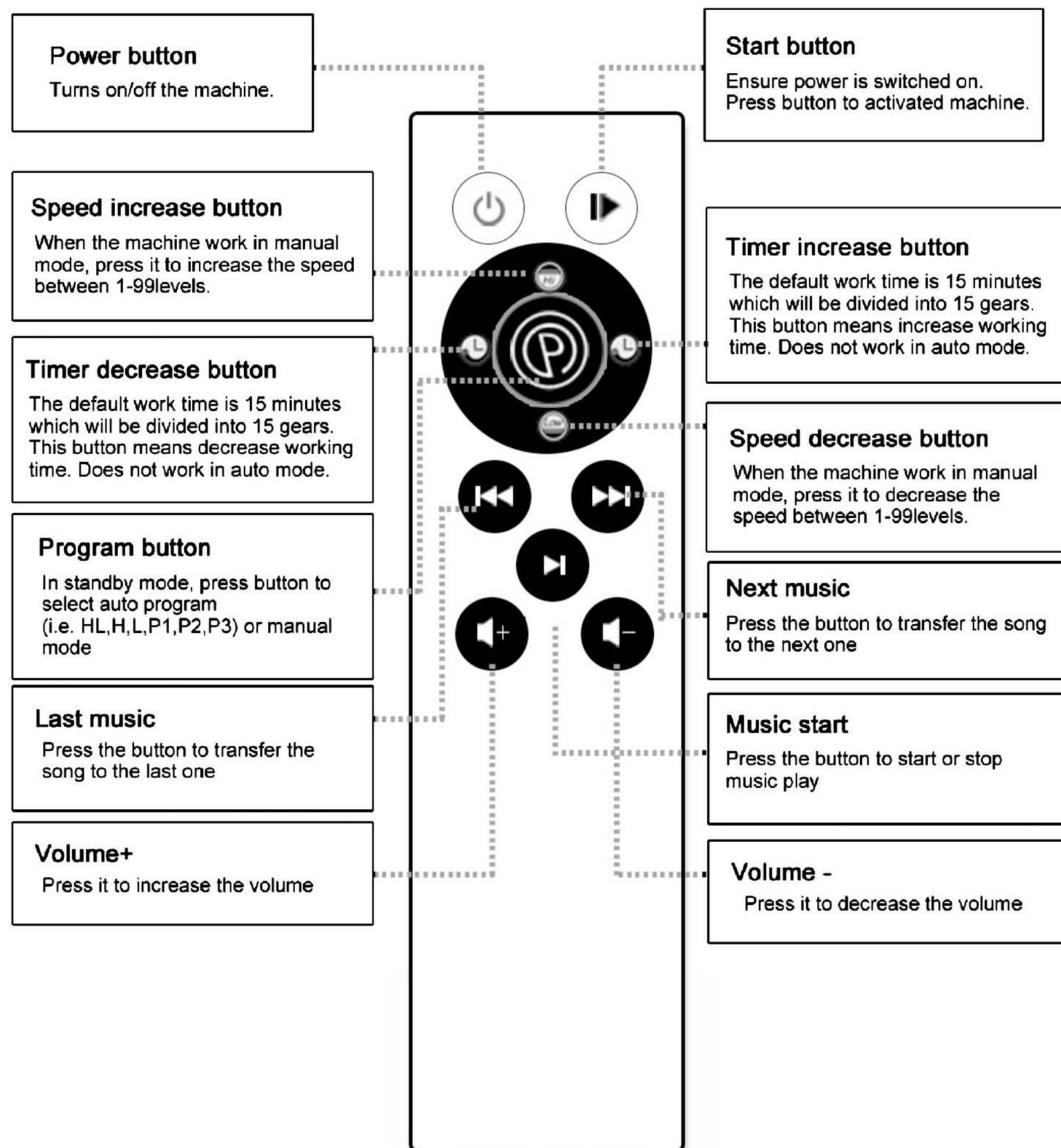
**[4] -- Voice+: Press it to increase the volume**

**[5] -- Voice-: Press it to decrease the volume**

**[6] -- Auto program: P1-P5**



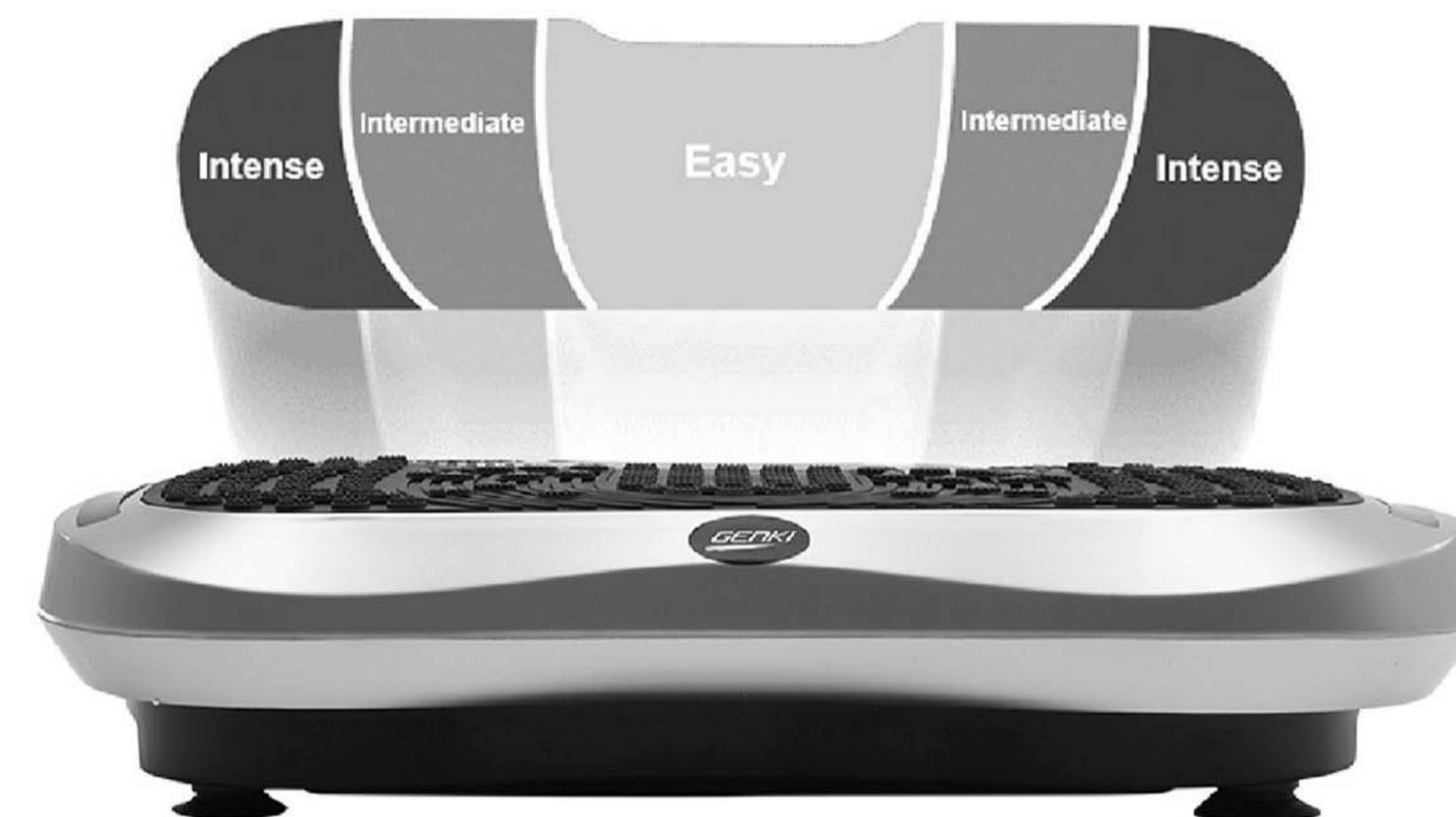
## Remote Controller



**CAUTION:** Use only approved AAA batteries for remote controller and check frequently for leaks.  
Warranty does not cover device malfunction due to battery leaks.

## Using Genki:

1. Place Genki on a flat, steady surface.
2. Switch on power.
3. Stand with both feet apart and firmly on the vibration board. Keep your back straight. Press START to begin workout.
4. Ensure proper footwear is worn when exercising to prevent injury.
5. 3 intensity zones (**Walk, Jog, Run**) on the vibrating surface provide varying levels of vibration intensity to your body. Stand with both feet apart corresponding to the respective zones to customise your workout intensity.



6. Ensure correct posture whilst exercising. **Knees should always be bent slightly** to minimise vibrations affecting the head and potentially causing headaches. If this occurs, adjust your posture or reduce the vibration speed. We recommend beginners not to exceed Speed level 20 for prolonged periods.
7. Keep workouts to last no more than 15 mins per session, 2-3 times per week. You may gradually increase frequency of workouts per week according to your comfortable pace.
8. You can attach the elastic bands onto the Genki to work on your arms and torso.
9. Never place the head or chest directly on the vibration board. With incorrect usage, you may potentially suffer serious injuries.