

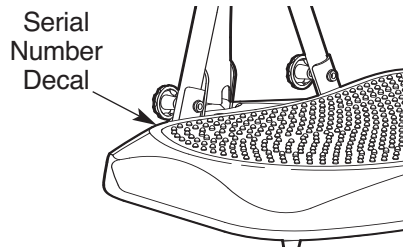
# PRO-FORM<sup>®</sup>

## BIOVIBE

Model No. PFVB2907.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

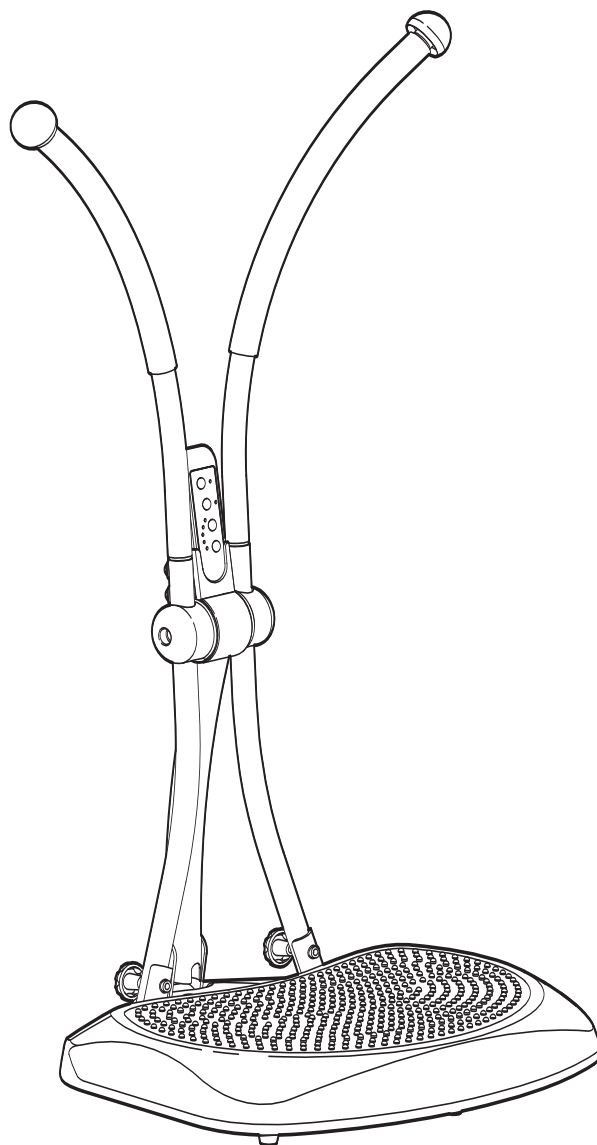
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at

**[www.proform.com](http://www.proform.com)**

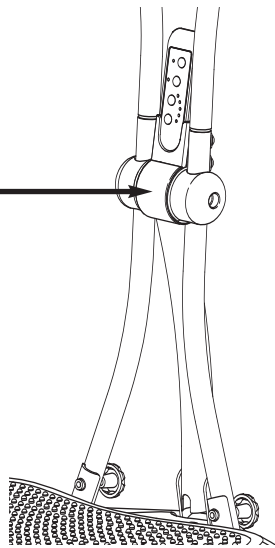
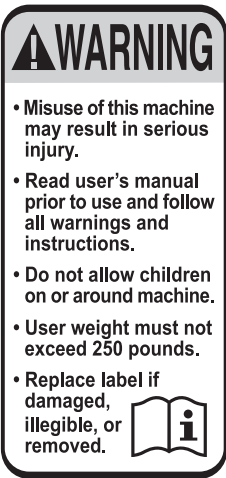
new products, prizes,  
fitness tips, and much more!

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
ASSEMBLY .....	5
MAINTENANCE .....	6
HOW TO USE THE VIBRATION PLATFORM .....	7
PART LIST .....	10
EXPLODED DRAWING .....	11
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

## WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your vibration platform before using your vibration platform. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all precautions.
3. Your vibration platform is intended for home use only. Do not use your vibration platform in a commercial, rental, or institutional setting.
4. Keep your vibration platform indoors, away from moisture and dust. Place your vibration platform on a level surface, with a mat beneath it to protect the floor or carpet. Do not place the vibration platform in a garage or covered patio, or near water.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your vibration platform at all times.
7. Your vibration platform should not be used by persons weighing more than 250 lbs. (113 kg).
8. Never allow more than one person on the vibration platform at a time.
9. Keep your back straight while using your vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.
10. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.
11. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.
12. The following is a list of factors and conditions that may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the vibration platform.
  - Knee or hip implant
  - Pacemaker
  - Recently placed screws, pins, bolts, or spirals
  - Acute hernia, discopathy, or spondylitis
  - Serious heart or vascular disease
  - Acute thrombosis
  - Tumor
  - Serious migraine
  - Epilepsy
  - Serious diabetes
  - Recent wound due to operation
  - Fresh inflammation
  - Pregnancy
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your vibration platform only as described in this manual.
15. When connecting the power cord, follow the instructions on page 7.
16. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces.
17. Never leave the vibration platform unattended while it is running.
18. **DANGER:** Always unplug the power cord when the vibration platform is not in use and before cleaning the vibration platform. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

# BEFORE YOU BEGIN

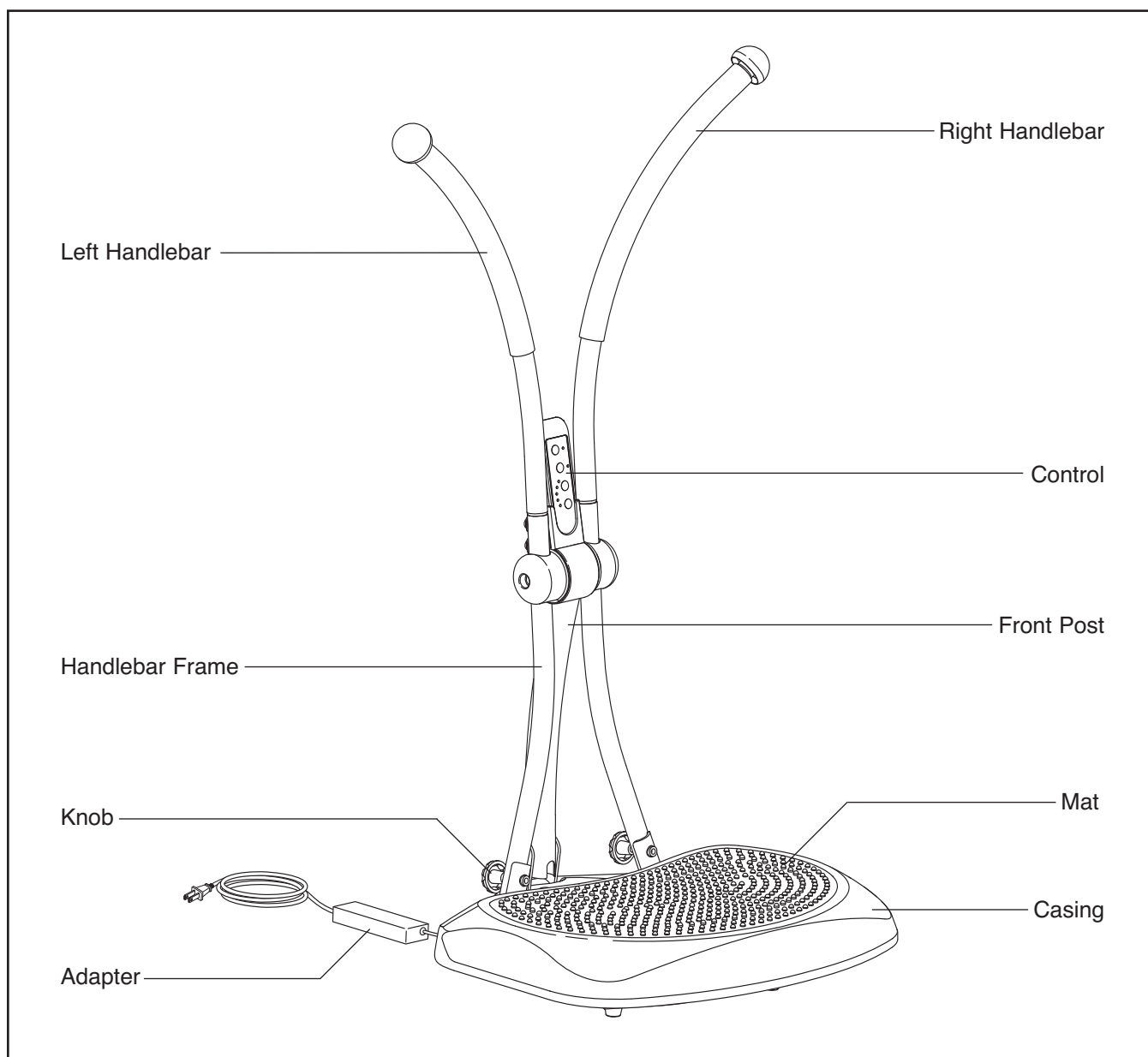
Thank you for selecting the revolutionary PROFORM® BIOVIBE vibration platform. The vibration platform offers whole body vibration options that will make your workouts effective and enjoyable.

**For your benefit, read this manual carefully before you use the vibration platform.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the

serial number decal are shown on the front cover of this manual.

**To avoid a registration fee for any service needed under warranty, you must register the vibration platform at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

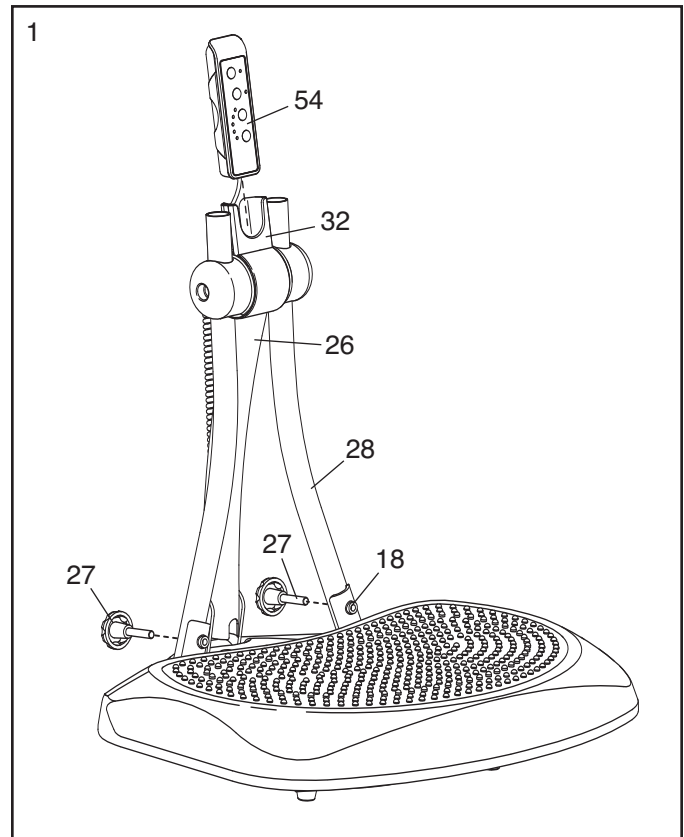
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

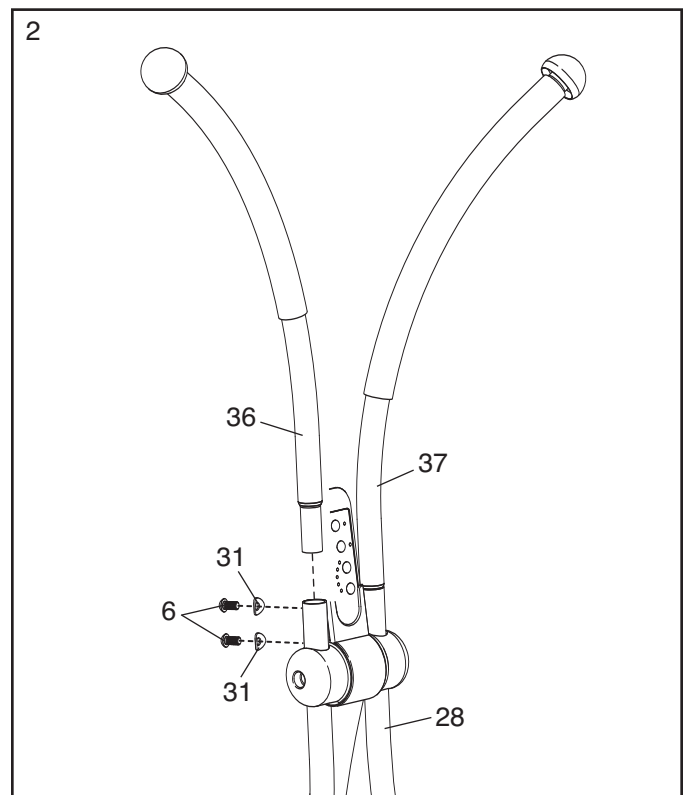
Place all parts of the vibration platform in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

1. Lift the Handlebar Frame (28) and the Front Post (26) to the position shown. Attach the Handlebar Frame to the Bottom Frame (18) with the two M8 Knobs (27). Then, insert the Control (54) into the Control Holder (32).



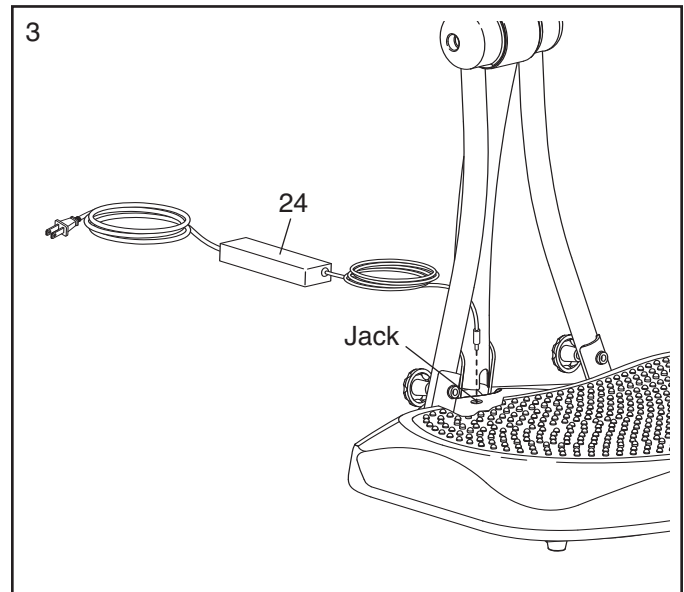
2. Attach the Left Handlebar (36) to the Handlebar Frame (28) with two M8 x 16mm Screws (6) and two M8 Arc Washers (31).

**Attach the Right Handlebar (37) to the Handlebar Frame (28) in the same way.**



3. Plug the Adapter (24) into the indicated jack.

**Make sure that all parts of the vibration platform are properly tightened.**

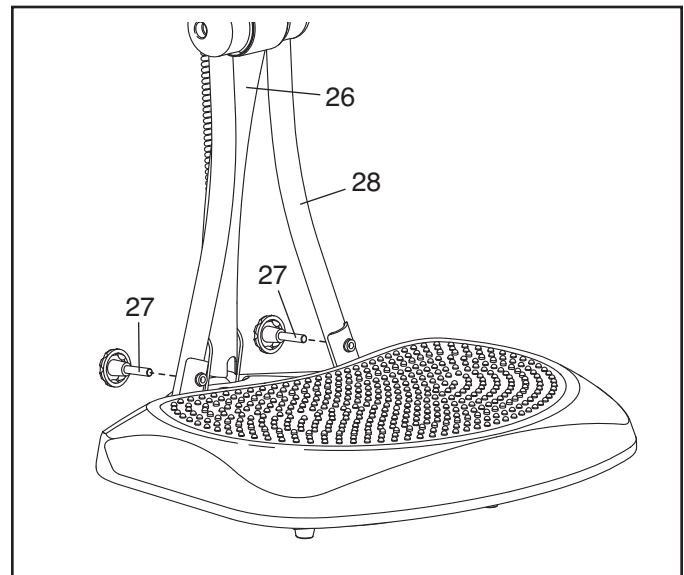


## MAINTENANCE

Make sure that all parts are properly tightened each time you use the vibration platform. Replace any worn parts immediately. Outer surfaces of the vibration platform can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the vibration platform.**

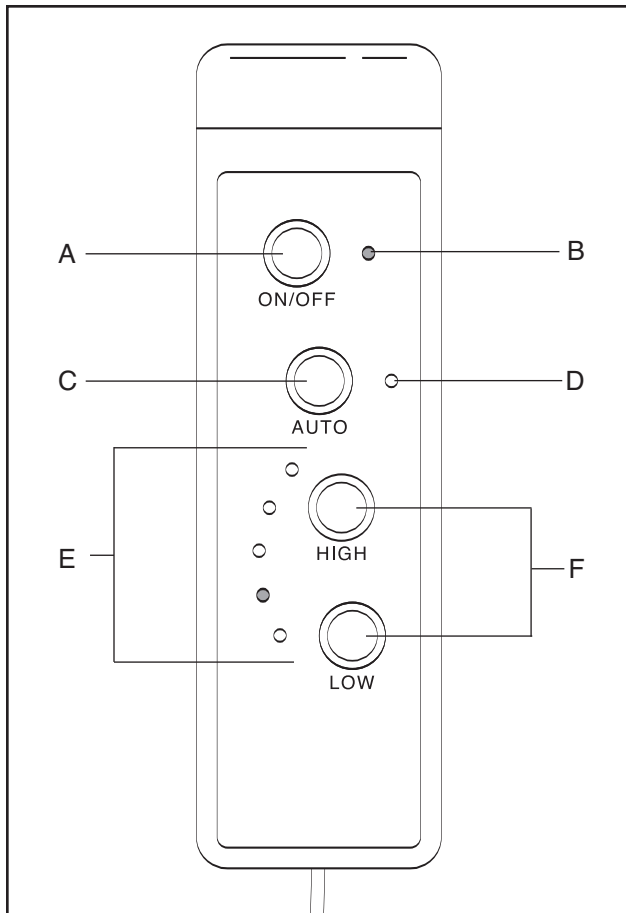
### STORING THE VIBRATION PLATFORM

To store the vibration platform, unplug the Adapter (not shown). Next, remove the two M8 Knobs (27) from the Handlebar Frame (28). Then, lower the Handlebar Frame and the Front Post (26).



# HOW TO USE THE VIBRATION PLATFORM

## DIAGRAM OF THE CONTROL



- A. On/Off Button—This button turns the power on and off.
- B. Power Indicator—This indicator lights when the power is on.
- C. Auto Button—This button selects the three auto modes that automatically change the vibration frequency.
- D. Auto Indicator—This indicator shows which auto mode is selected.
- E. Frequency Indicators—These indicators show which of the five vibration frequencies is selected.
- F. High and Low Buttons—These buttons increase and decrease the vibration frequency.

## HOW TO PLUG IN THE ADAPTER

Plug one end of the included adapter into the vibration platform (see assembly step 3 on page 6). Plug the

other end of the adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the vibration platform has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the electronic components may become damaged.

Plug in the adapter as described above. Next, press the On/Off button on the control. The power indicator will light and the vibration platform will begin to vibrate. **Note:** The vibration platform will automatically turn off after 10 minutes.

## HOW TO CHANGE THE VIBRATION FREQUENCY

When the power is turned on, the lowest vibration frequency will be selected and the lowest frequency indicator will light. If a different vibration frequency is desired, press the High or Low button repeatedly until the desired vibration frequency indicator lights.

## HOW TO USE THE AUTO MODES

Press the Auto button repeatedly to select one of the three auto modes. The Auto indicator will light to show which auto mode is selected.

When the first mode is selected, the third, fourth, and fifth vibration frequencies will be selected in a repetitive sequence.

When the second mode is selected, the first, second, third, fourth, and fifth vibration frequencies will be selected in a repetitive sequence.

When the third mode is selected, the second, third, and fourth vibration frequencies will be selected in a repetitive sequence.

## HOW TO TURN OFF THE POWER

To turn off the power, press the On/Off button. The power indicator will darken. **Unplug the adapter when the vibration platform is not in use.**

## CONTROL TROUBLESHOOTING

If the control does not function properly, make sure that the adapter is fully plugged into a 120-volt outlet.

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## NOTES



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## NOTES

# PART LIST—Model No. PFVB2907.0

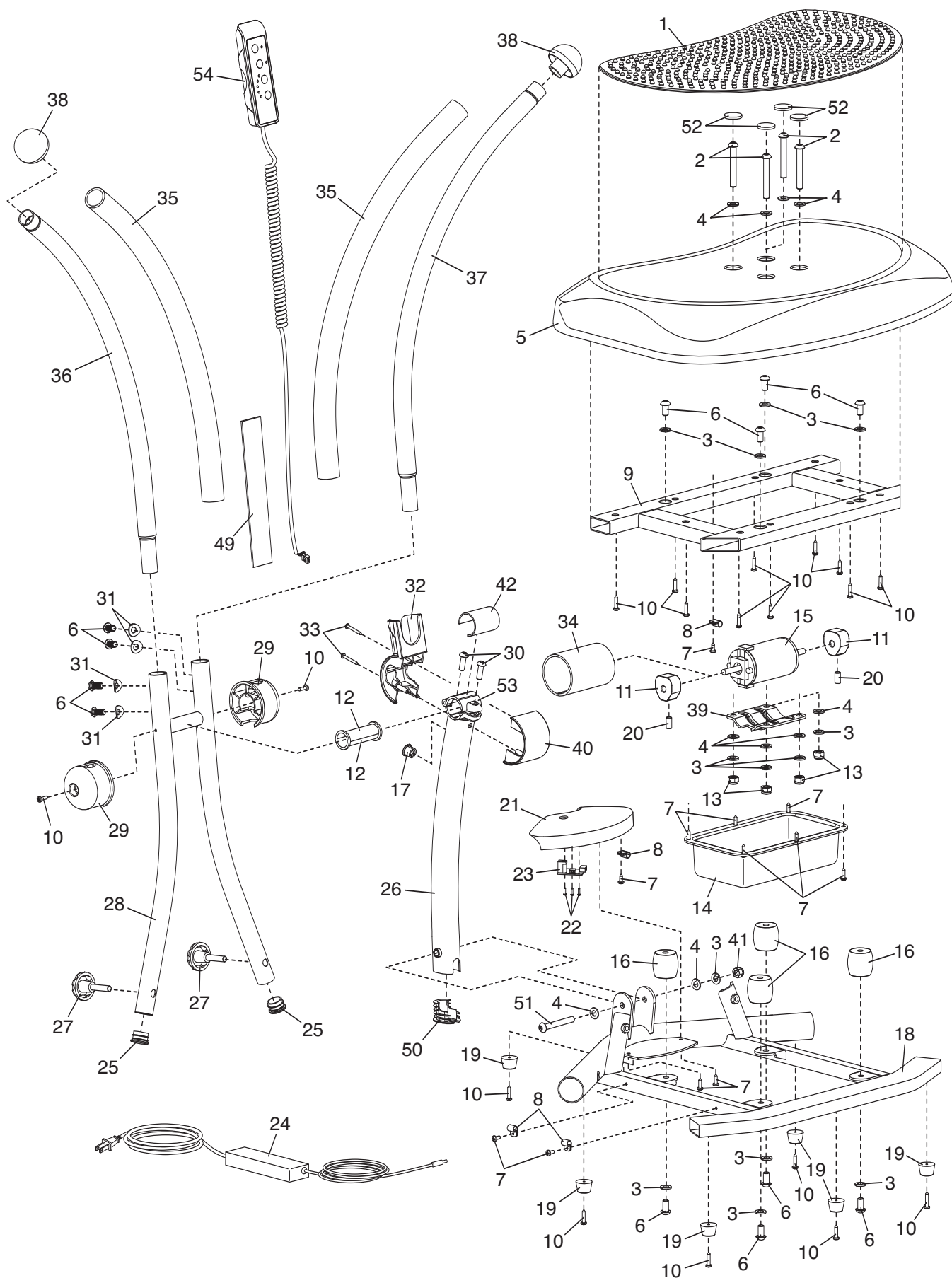
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Mat	29	2	Handlebar Frame Cover
2	4	M8 x 60mm Bolt	30	2	M8 x 25mm Screw
3	13	M8 Spring Washer	31	4	M8 Arc Washer
4	10	M8 Flat Washer	32	1	Control Holder
5	1	Casing	33	2	M3.5 x 32mm Self-tapping Screw
6	12	M8 x 16mm Screw	34	1	Motor Pad
7	12	M4.2 x 13mm Self-tapping Screw	35	2	Handlebar Cover
8	4	Cable Tie	36	1	Left Handlebar
9	1	Vibration Frame	37	1	Right Handlebar
10	18	M4.2 x 16mm Self-tapping Screw	38	2	Handlebar Endcap
11	2	Flat Block	39	1	Motor Base
12	2	Bushing	40	1	Front Post Cover
13	4	M8 Nylon Locknut	41	1	M8 Nut
14	1	Motor Cover	42	1	Front Post Pad
15	1	Motor	43	—	(not used)
16	4	Damping Mat	44	—	(not used)
17	1	13mm x 12mm Endcap	45	—	(not used)
18	1	Bottom Frame	46	—	(not used)
19	6	Small Foot	47	—	(not used)
20	2	M6 x 12mm Screw	48	—	(not used)
21	1	Bottom Cover	49	1	Control Cord Pad
22	3	M2.2 x 6.5mm Self-tapping Screw	50	1	Front Post Endcap
23	1	Connector Board	51	1	M8 x 60mm Bolt
24	1	Adapter	52	4	Casing Pad
25	2	Upright Endcap	53	1	Front Post Clamp
26	1	Front Post	54	1	Control
27	2	M8 Knob	*	—	User's Manual
28	1	Handlebar Frame	*	—	Tool

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

# EXPLODED DRAWING—Model No. PFVB2907.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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