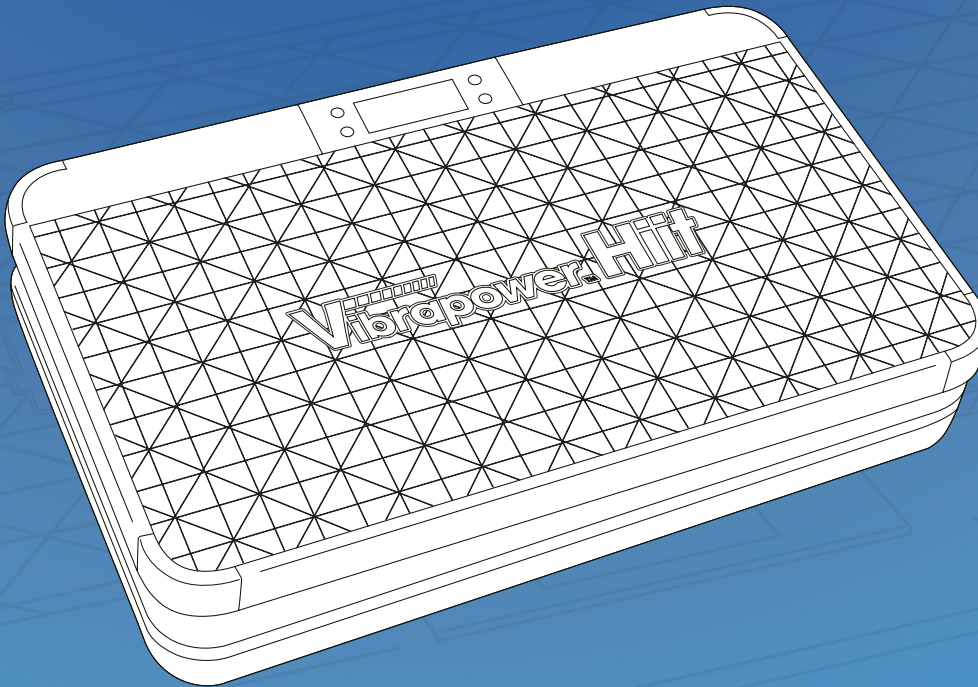


# Vibrapower™

# Hiit

**INSTRUCTION**  
**MANUAL**

**MODEL NUMBER: ETF010C**



**WARNING:** To reduce risk of injury, the user must read and understand this instruction manual before using the Vibrapower HIIT. This machine is intended for indoor, domestic 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™ HIIT. HIIT or High-Intensity Interval Training is a training technique in which you give all-out, 100% effort. This is done through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training raises your heart rate, keeps it up and burns fat in less time. 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.**

#### 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.
- Vibrapower HIIT is NOT suitable for use by children.
- Do not jump on the plate 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 HIIT get wet with any type of liquid.
- In addition, do not use the Vibrapower HIIT while your hands are wet.
- Only use the Vibrapower HIIT on a surface that will not be dented or damaged by the weight of the machine.
- Place the Vibrapower HIIT 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.
- Keep your fingers away from the edge of the footplate while the machine is in use.
- For comfort and before use, make sure there is enough space around you (at least 1 metre).
- The voltage and electrical circuit to which the Vibrapower HIIT is connected must always comply with the laws in force.

#### GENERAL SAFETY INSTRUCTIONS CONTINUED...

- This appliance is not intended for use by persons 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.

#### MEDICAL RECOMMENDATIONS

You must not use the Vibrapower HIIT without your doctor's consent if you:

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

You are strongly recommended to consult your doctor before using the Vibrapower HIIT 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, implants, artificial joint(s)

or limb(s), stents or IUD

- Any recent illnesses or infections
- Cancer

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

#### BENEFITS

Vibrapower HIIT offers the following benefits:

- Muscle building
- General fitness
- Endurance
- Muscle relaxation

**WARNING** - The Vibrapower™ HIIT is heavy. You may need some assistance unpacking 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 HIIT and contact your Vendor. Do not attempt to use the Vibrapower HIIT.
- Your Vibrapower HIIT 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

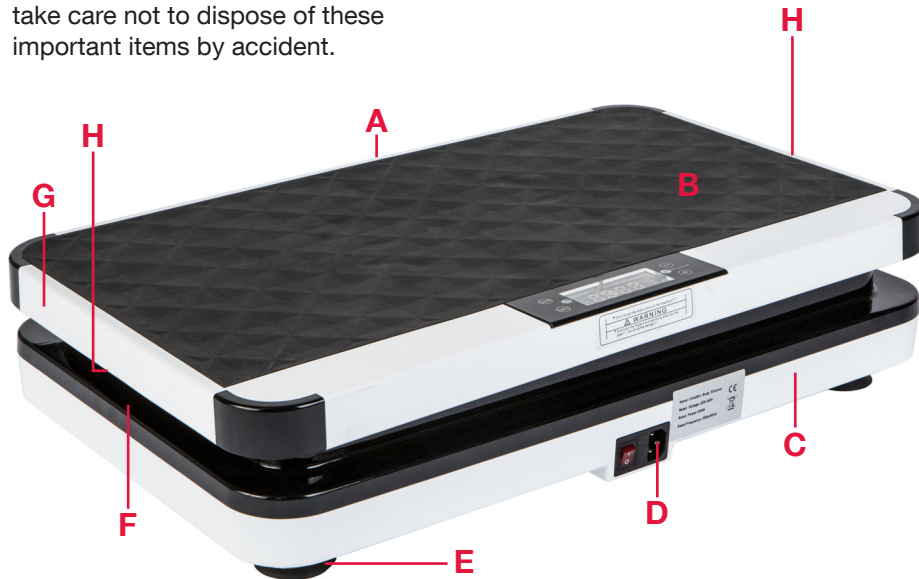
- Vibrapower HIIT unit
- Remote control
- Two sets of resistance bands with carabiner fixings (Red more resistance & Black less resistance)
- Power cord

#### YOU WILL NEED

- 2 x AAA Alkaline batteries for the remote control

#### FEATURES

- A. Built-in Bluetooth Player
- B. Rubber Mat
- C. Base Cover
- D. AC Socket
- E. Foot Pad
- F. Middle Cover
- G. Upper Cover
- H. Handle



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#### BEFORE YOU START

When handling your Vibrapower™ HIIT, make sure you use the handles on both sides of the machine to move it around.

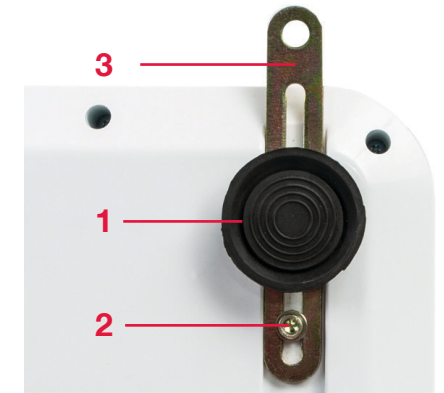
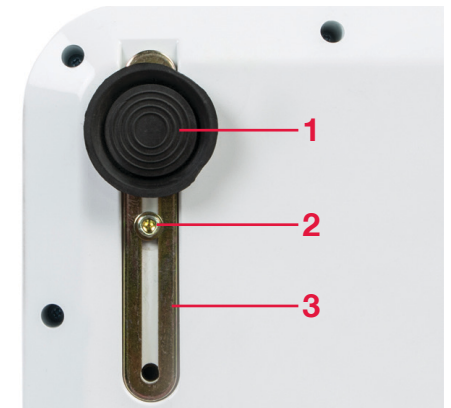
Choose a suitable place for your Vibrapower HIIT and workout. Place the machine on a solid, flat level surface with a suitable cover for your floor or carpet.

Insert 2 x AAA batteries into the remote control unit.

#### ATTACHING THE RESISTANCE BANDS

To attach the resistance bands to your Vibrapower HIIT, loosen the rubber foot pad (1), then using the Allen key provided, release the screw (2).

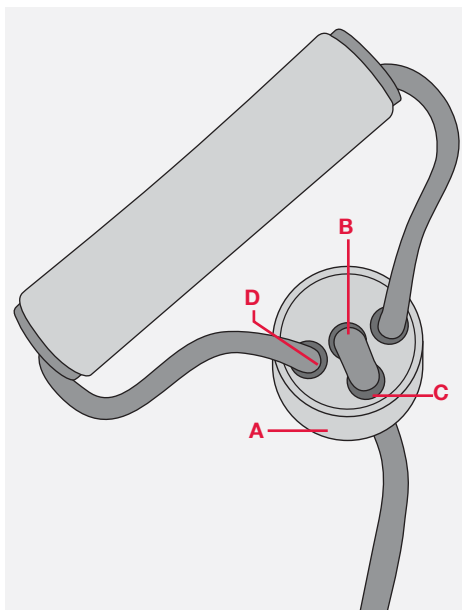
Slide out the metal bar (3) so the hole in the end is protruding. Tighten up the screw (2) with the Allen key and screw on the rubber foot pad (1). Attach the resistance band using the carabiner clip through the hole in the end of the metal bar (3). Make sure that the carabiner clip is locked into place.



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**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 the band at point **D** 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.

**SETTINGS AND USE**

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. Turn on the power switch at the rear of the machine to the "I" position, ensuring the switch illuminates. Then, press the power button on either the display unit or remote control.

The display will read 10:00. This is the time that it is automatically set to. To change the time use either the +/- on the display or Time ^ / v buttons on the remote. You cannot change the time once the program has started.



When in use, the display will rotate between time left in the exercise, level of intensity (between 1-20) and calories burnt.

**REMOTE CONTROL FUNCTION****POWER BUTTON**

Press the red power button to utilise stand-by mode option. The display will read "----" when in stand-by mode. Use this option when temporarily leaving the machine. We recommend you turn the machine off completely using the power switch at the back if leaving it for more than 30 minutes.

**START/STOP:** This button will start and stop the machine

**TIME UP:** The default time is set to 10 minutes. Press this button to increase the time.

**TIME DOWN:** The default time is set to 10 minutes. Press this button to decrease the time.

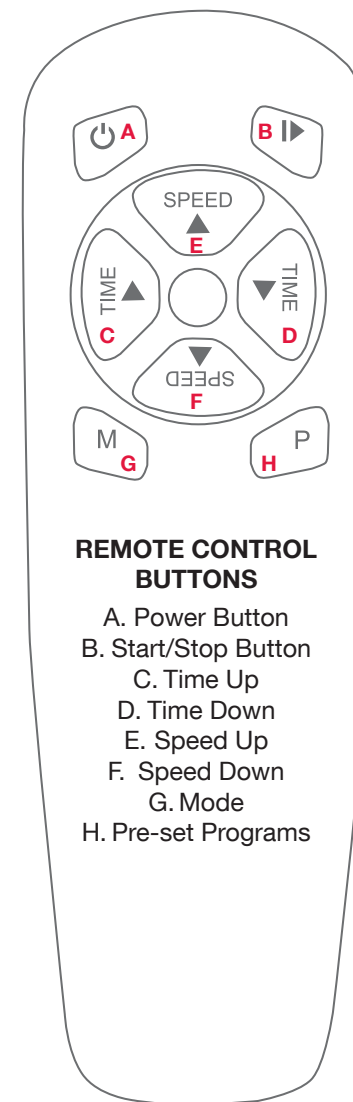
**SPEED UP:** In manual mode this will increase the speed of the machine until it reaches the maximum level 20.

**SPEED DOWN:** In manual mode this will decrease the speed of the machine until it reaches the minimum level 1.

**M:** Manual mode button, starts off at 10 minutes at level 1. When in manual mode the machine speed can be adjusted up or down while still in use. Use the Speed Up or Speed Down buttons for a level at a time. To move through the speeds quickly press M, once for level 6, twice for level 10, three times for level 16. See **page 8** for more information on the manual mode.

**P:** Press to access the pre-set programs. Once for P1, twice for P2, three times for P3 & four times for P4. Then press Start/Stop to begin.

The range of the remote controller is approx. 2.5metres. Aim the remote controller's infrared light at the reception window on the display panel to operate the machine.

**REMOTE CONTROL BUTTONS**

- A. Power Button
- B. Start/Stop Button
- C. Time Up
- D. Time Down
- E. Speed Up
- F. Speed Down
- G. Mode
- H. Pre-set Programs

**BLUETOOTH CONNECTIVITY**

Your Vibrapower HIIT has built in Bluetooth and a speaker. You can use this to play music while you work out without the need for headphones. Bluetooth mode is activated the moment you turn on the Vibrapower HIIT, you will hear "Bluetooth mode"

- Make sure Bluetooth is activated on the smart device you wish to connect to the Vibrapower HIIT.
- On your smart device, search for Bluetooth devices; the Vibrapower HIIT will show up as "Wishing".
- Tap or select "Wishing" to connect, within a few moments you should hear "Bluetooth connected".

You can then choose the music you wish to play through your Vibrapower HIIT using your smart device. Control the volume through your smart device.

When turning Bluetooth off on your smart device, you will hear "Bluetooth disconnected" from your Vibrapower HIIT.

Note: Bluetooth connection is available using most Bluetooth enabled smart devices. Not all devices are compatible.

**PROGRAMS**

The machine can be used in various modes as described below.

**MANUAL MODE**

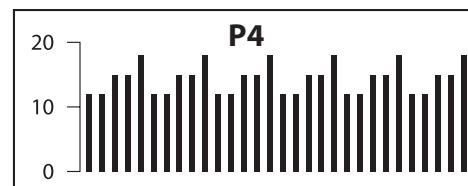
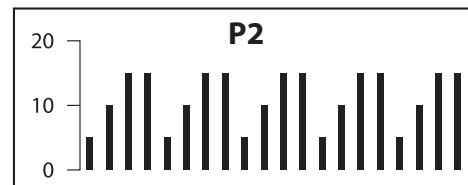
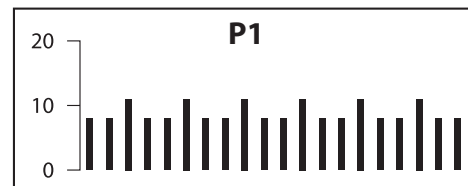
Before starting, select the time length of the program (Maximum time is 20 minutes). Press TIME UP or TIME DOWN on the remote or +/- on the display to select the desired workout time in minutes and then press ► on the remote or POWER on the display. The Vibrapower HIIT will start to oscillate

at speed "01". To increase or decrease the speed, simply press SPEED UP or SPEED DOWN according to your abilities.

To stop the machine at any time, press ► or the POWER button on the display, and the machine will return to ready mode.

**PROGRAM MODE**

There are four different HIIT programs automatically set in the unit.



To use one of these pre-set programs when in the ready mode, press "P" on the remote control or MODE on the display unit until you reach the desired program. If you press "P" 5 times it will get you back to the Manual Mode. Then press the ► button on the remote control or POWER on the display to start the program.

To stop the machine at any time, press ► on the remote control or POWER on the display, and the machine will return to ready mode.

**When your workout has ended, turn off the power switch at the back of the machine and disconnect from the mains supply. The machine will return to stand-by mode if untouched for approx. 3 minutes.**

**GENERAL**

Until you are used to vibration training technology, we suggest you start on the slowest speed and "test" the unit's effects for a few seconds by gently stepping onto the machine one foot at a time.

When you are ready to progress, we recommend increasing the intensity of the vibration, rather than the duration of your workout.

**NOTE** - Vibrapower HIIT is a vibrating fitness appliance; the more you increase the intensity, the louder the noise caused by the vibrations will be.

**In order to maximise the benefits of Vibrapower HIIT you should always remember the following points:**

In order to achieve the desired results, you should use your Vibrapower HIIT 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 your Vibrapower HIIT for the first time, increase the intensity of vibration, and duration of exercise, gradually.

Remember to 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 HIIT 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 HIIT; stop exercising if you feel tired, exhausted or dizzy.

**Important Notice: Do not use the Vibrapower HIIT for more than 10 minutes at a time. It is more effective to increase the intensity of the vibrations during the exercise, rather than increase the time.**

**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 HIIT.

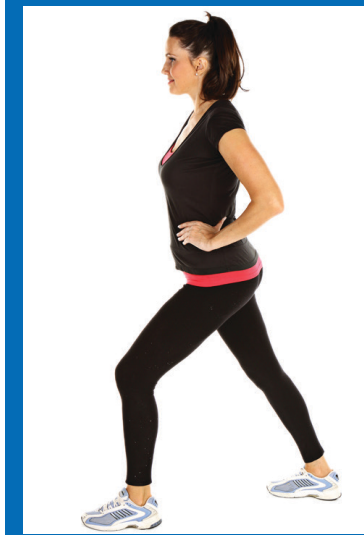
**WARMING UP** the muscles substantially decreases the chances of injury and only takes a few moments to do. Warming up exercises can be done using the Vibrapower HIIT as a pedestal or away from the machine.

**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.

**CALF AND ACHILLES STRETCH**

Stand approximately one arms-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.

**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.

**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**

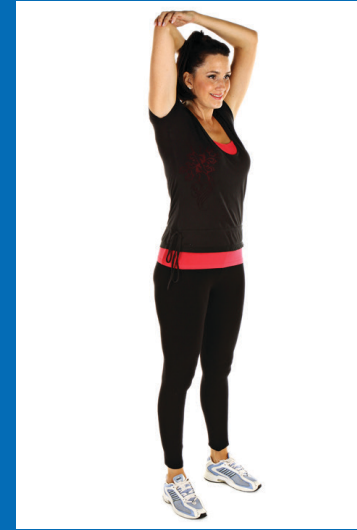
Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominal and lower back. Hold for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

**YOUR VIBRAPOWER HIIT TOTAL BODY WORKOUT**

Turn the page for some exercises for you to try out on your Vibrapower HIIT machine.

**BICEP CURL WITH BANDS**

Standing on the machine, slightly bend your legs and hold the resistance bands with your palms facing up. Bring your hands up towards your shoulders to perform a bicep curl, keeping the elbows by your side. Bring them down slowly in a controlled movement

**FORWARD ARM RAISE WITH BANDS**

Stand on machine with legs slightly bent. Hold the resistance bands with your palms facing down. Then raise your arms forward slowly to shoulder height with just a slight bend at the elbow. Bring your arms back down to their original position in a controlled movement.

**TRICEPS EXTENSION WITH BANDS**

Stand on machine with your legs slightly bent, holding the resistance bands. Keep your elbows close to your side and extend them back, then bring forward towards your shoulder in a 'skiing' action.

**REVERSE CROSSOVER WITH BANDS**

Stand on machine with legs slightly bent. Hold the bands with opposite hands with palms facing down, in front of your abdomen so your arms are crossed over each other and then slowly raise your arms up to shoulder height in a curved fashion. Bring them back to their original position in a controlled movement.



**PLANK**

Place your hands a shoulder width apart on the plate, with your shoulders over the wrists, body behind the machine - go onto your toes, keeping the body in a plank position and hold. This can also be done by resting your forearms on the plate. When performing this make sure your abdominal muscles are squeezed in.

**STEP SIDE**

Standing on machine with both feet, step with one leg at a time to the side of the machine, alternating one leg at a time. It is advisable to do this at a low intensity setting to begin with until you are confident with this exercise.

**STEP BACK**

Standing on machine with both feet, step back one leg at a time to the floor behind you, then place back onto the plate. Repeat and alternate stepping back, one leg at a time. It is advisable to do this at a low intensity setting to begin with until you are confident with this exercise.

**KNEE LIFT**

Stand on the floor behind the machine, step onto the plate with one leg, then bring the other knee forward as you raise it out in front of you. Replace this knee/leg to the floor behind the machine and repeat with the opposite leg. It is advisable to do this at a low intensity setting to begin with until you are confident with this exercise.

**SUPERMAN**

Place both hands on the plate, shoulder width apart, with shoulders over the wrists. Knees stay together and close to the machine. Outstretch one arm forward and the opposite leg back behind you. Return to original position and alternate to the other side, repeating this action.

**OBLIQUE TWIST**

Sitting on the plate, lean back slightly, place hands comfortably behind your head and rotate the shoulders from side to side, bringing one forward at a time in a twisting motion

**BRIDGE LIFT**

Lying behind the machine on your back, place your feet on the plate, hip width apart. Squeezing your buttocks, raise your hips towards the ceiling slowly, pause and then lower back down and repeat.

**EAGLE LUNGE**

Stand behind the machine, holding the resistance bands palms facing towards each other. Step onto the plate with one leg in to a lunge position (knee bent), at the same time you perform the move raise your arms out to the side in a 'flying' action. Alternate between legs





### TRICEP DIP WITH LEG KICK

Sit on the back of the machine, hands placed on the front of the plate, legs stretched out in front, heels on the ground. Slowly lift your buttocks off the plate, slightly in front of it and as you dip down, raise one leg off the floor. Alternate and repeat.



### MOUNTAIN POSE WITH OR WITHOUT FREE WEIGHTS

Standing on the machine, arms by your side (holding light weights - optional), slightly bend your knees, raise your arms up towards the ceiling until they almost touch, breathing in on the way up, then exhale as you lower arms back to your side. Repeat.

**TOP TIP** - Don't forget your COOLING DOWN exercises!

### STORAGE & CLEANING

- Clean the Vibrapower HIIT with a damp cloth and mild detergent only, immediately after use. Ensure the Vibrapower HIIT 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 cord type in order to avoid a hazard.
- Regularly check the Vibrapower HIIT 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 HIIT 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.
- Disconnect from the mains when not in use.
- Should you need to store your Vibrapower HIIT 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 HIIT; be sure to wring out the cloth so that it is just damp. Do ensure your Vibrapower HIIT is unplugged before attempting cleaning.

### TROUBLESHOOTING

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

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

#### **Remote Control does not operate Vibrapower HIIT, 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 is too fast?**

Adjust speed using the speed buttons on the Remote Control or the Control Panel.

#### **Vibrapower HIIT making unusual noises or smells.**

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

#### **Bluetooth won't connect with HIIT machine**

Check your device to make sure that the Bluetooth is switched on. Search for devices if needed. Not all devices are compatible

## 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 HIIT?”

- The key is to use the Vibrapower HIIT every day!
- Use the Vibrapower HIIT up to three times a day for 10 minutes following the above guidelines for heart rate. As your fitness level increases, you can increase the intensity of the vibrations. It is far better to increase the vibration intensity than it is the length of the workout

“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.: ETF010C

Size: 62cm x 38cm x 14cm

Weight: 12.4kg approx. (unit only)

Voltage: 230V~

Frequency: 50/60Hz

Input Power: 200W

Maximum User Weight: 120kg

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.

Due to our ongoing improvements programme, the images of the machine in this manual may differ slightly to the machine you have received.

E&OE 06/16v3a

**Vibrapower™**



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