

VIBROfit^{ONE}

TONE | SHAPE | BURN



USER MANUAL

CONTENTS

INTRODUCTION	1
SAFETY FIRST	2
GETTING TO KNOW YOUR VIBROFIT ONE	4
USING YOUR VIBROFIT ONE — PRESET PROGRAMS	5
USING YOUR VIBROFIT ONE — MANUAL PROGRAM	6
FUNCTIONS OF THE REMOTE CONTROLLER	7
ATTACHING THE RESISTANCE STRAPS	8
PAIRING WITH A BLUETOOTH DEVICE	9
VIBRATION EXERCISES	10
MAINTENANCE AND STORAGE	18
SPECIFICATIONS	18
HELP, SOMETHING'S GONE WRONG!	19
WARRANTY	20
CONTACT US	21

INTRODUCTION

Congratulations on your purchase of the sleek workout whiz, Optimum VibroFit One, suitable for all ages with varying exercise capacities. One machine is all you need for you and your family to stay healthy and active. The VibroFit One is a multi-directional vibration system that provides you with a well-rounded total body workout at home.

Its control panel features a digital display and press button controls with 200 adjustable speeds and preset programs so you can start working out with just one push of the button. We have also included resistance straps with your VibroFit One so you can customise your workout to your desired intensity. With Bluetooth pairing capabilities and remote control operation, the VibroFit One will be your best workout companion that helps you stay in shape while listening to your favourite music anytime you want, however you want to.

TO ENSURE YOUR SAFETY AND TO GET THE BEST PERFORMANCE FROM YOUR VIBROFIT ONE, PLEASE READ THESE INSTRUCTIONS CAREFULLY.

SAFETY FIRST



BEFORE USING YOUR VIBROFIT ONE, PLEASE READ THESE SAFETY INSTRUCTIONS CAREFULLY.

Environment For Use

- Do not use the appliance in a humid or dusty environment to avoid electrical shock or malfunction.
- Do not use the appliance in an indoor environment of over 40°C.
- Do not use the appliance in open air or under direct sunlight.
- Do not use the appliance immediately after moving it from an environment of lower temperature to an environment of higher temperature to prevent condensation in the machine from causing malfunction. Ensure one hour's allowance is given before using the machine.

Suitability For Use

People with the following conditions should not use the appliance:

- Unable to perform conventional exercise (you are strongly advised to consult your doctor before use);
- Currently undergoing medical treatment;
- Having a malignant tumour;
- Pregnant women or women having their menstrual period;
- Suffering from heart disease;
- Suffering from osteoporosis;
- Implanted with a heart pacemaker or any other medical electronic instrument;
- Having artificial limbs;
- Sensitivity towards vibration or strenuous exercises.

Operation Precaution

- Remove any accessories e.g. watches, bracelets; valuable items e.g. cell phone, wallet; sharp objects e.g. keys, knife; to avoid damage or injury when using the appliance.
- Use the appliance on a flat and stable surface with at least a 20cm radius clearance from other objects to avoid damage or injury.
- Do not lean on one side of the appliance or it may overturn.
- Do not jump on the appliance.
- Do not smoke while using the appliance.
- Do not use the appliance in conjunction with any other medical equipment or as any form of medical treatment.
- Do not use the appliance right after a meal or drink.
- Do not use the appliance under the influence of alcohol or medication.
- Keep children and pets away from the appliance when in use. Do not place any foreign object in the gap between the middle and base covers.
- Children should always be supervised to ensure they do not play with the appliance.
- Supervision is required for use of the appliance by children under the age of 10 and the elderly over the age of 60.

- The maximum load of the appliance is 120kg; people above the weight limit is strongly advised not to use the appliance.
- This appliance is intended for use by one person at a time only.

Warning

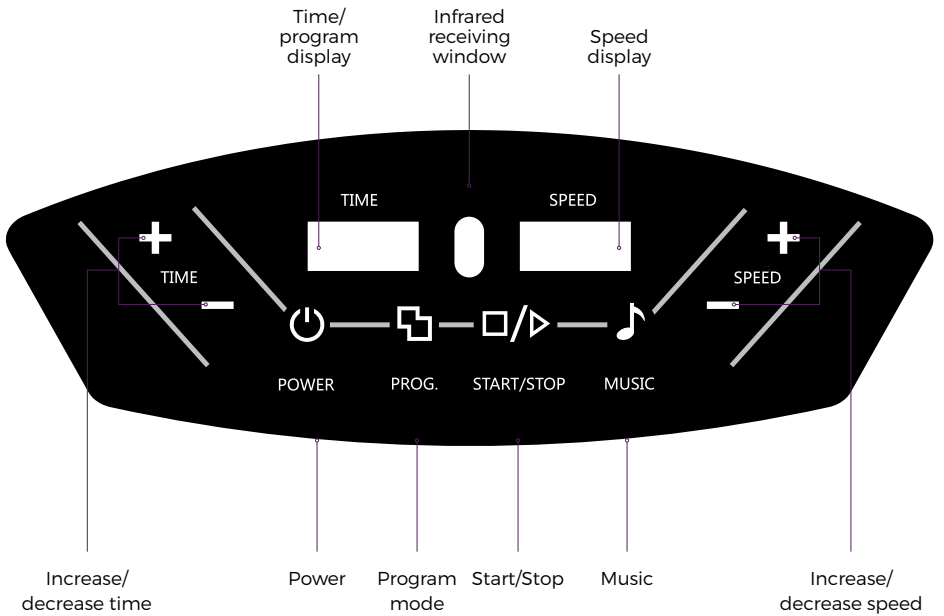
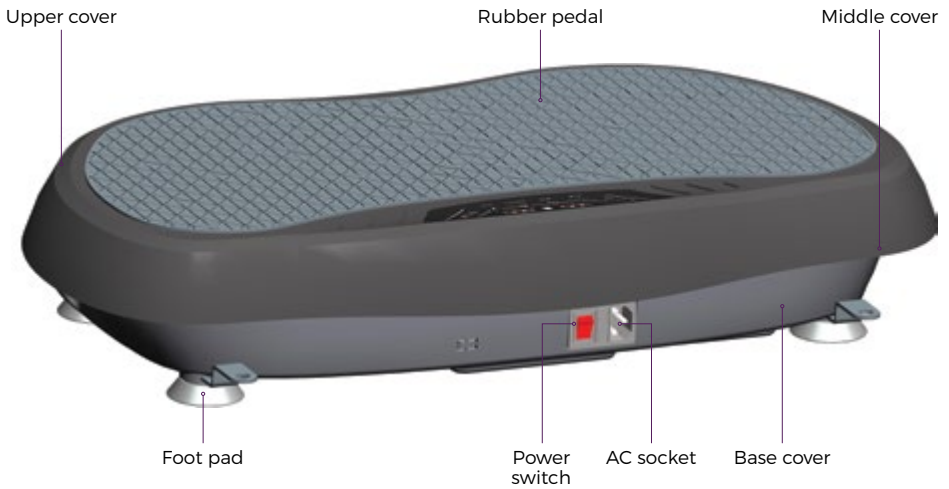
- Unauthorised dismantle, disassembly or reconstruction is strictly not allowed to prevent electrical shock and malfunction. Please contact customer service immediately if your appliance requires repair and servicing.
- Ensure that the voltage supplied by your power source complies with the specific voltage of the appliance.
- Do not remove power plug using wet hands to prevent electrical shock. Always hold the power plug instead of the power cord when removing the power plug from power source. Turn off the power switch and remove the power plug from the power source in the event of power failure or long period of disuse.

Stop use of the appliance immediately, turn off the power switch and remove the power plug from the power source under the following conditions:

- Water or other liquids have been spilled on the appliance or remote controller;
- The appliance is found to be damaged, or its internal parts are exposed;
- Abnormal or severe pain felt during use;
- Power failure;
- The power cord is damaged. Contact customer service for repair and servicing.

**FAILURE TO FOLLOW SAFETY INSTRUCTIONS AND WARNINGS COULD RESULT
IN SERIOUS INJURY. MISUSE OF YOUR VIBROFIT ONE MAY DAMAGE YOUR
APPLIANCE AND VOID YOUR WARRANTY.**

GETTING TO KNOW YOUR VIBROFIT ONE



USING YOUR VIBROFIT ONE – PRESET PROGRAMS

1

Connect the power cord to the appliance and switch on the red power switch located at the back of the appliance. The screen will display "----" representing standby mode.

2

Press the "POWER" button to turn on the appliance.

3

Press the "PROG" button to select your desired preset program.

4

Press the "START/STOP" button to initiate the program.

5

The program automatically stops once the default time setting of 10 minutes is reached. **Note:** Press the "START/STOP" button if you wish to stop the program midway.

6

To switch the appliance to standby mode, press the "POWER" button. The screen will display "----" representing standby mode.

7

To turn the appliance off, switch off the red power switch located at the back of the appliance.

USING YOUR VIBROFIT ONE – MANUAL PROGRAM

1

Connect the power cord to the appliance and switch on the red power switch located at the back of the appliance. The screen will display "----" representing standby mode.

2

Press the "POWER" button to turn on the appliance.

3

Press the "+" or "-" button on the left to adjust the time. The maximum time limit is 10 minutes.

4

Press the "START/STOP" button to initiate the manual program.

5

Press the "+" or "-" button on the right to adjust speed levels while the program is running.

6

The program automatically stops once the time you have set is reached.
Note: Press the "START/STOP" button if you wish to stop the program midway.














7

To switch the appliance to standby mode, press the "POWER" button. The screen will display "----" representing standby mode.

8

To turn off the appliance, switch off the red power switch located at the back of the appliance.

FUNCTIONS OF THE REMOTE CONTROLLER

	Power: To turn the appliance on or off.
	Start: To start programs.
	Stop: To stop programs.
	Time: When the appliance is running a manual program, press the 'up' or 'down' button to increase or decrease the program time. The maximum time limit is 10 minutes.
	Speed: When the appliance is running a manual program, press the 'up' or 'down' button to increase or decrease the speed level, ranging from 1 to 200.
	P1/P2: Press "P1/P2" to select between automatic programme P1 or P2*.
	P3/P4: Press "P3/P4" to select automatic programme P3 or P4*.
	P5/P6: Press "P5/P6" to select automatic programme P5 or P6*.
	P7/P8: Press "P7/P8" to select automatic programme P7 or P8*.
	P9/P10: Press "P9/P10" to select automatic programme P9 or P10*.
	M: to select manual programme.
	X60: When the appliance is running a manual program, press this button to switch between speed levels of 60, 120 and 180.
	Music: To switch Bluetooth on and off.

***Note:** While in automatic mode, it is not possible to adjust the speed or time.

ATTACHING THE RESISTANCE STRAPS

1

Loosen (1) and (2), as shown in Picture 1, using a spanner.

2

Pull the sliding bars (3) out to (4) as shown in Picture 1.

3

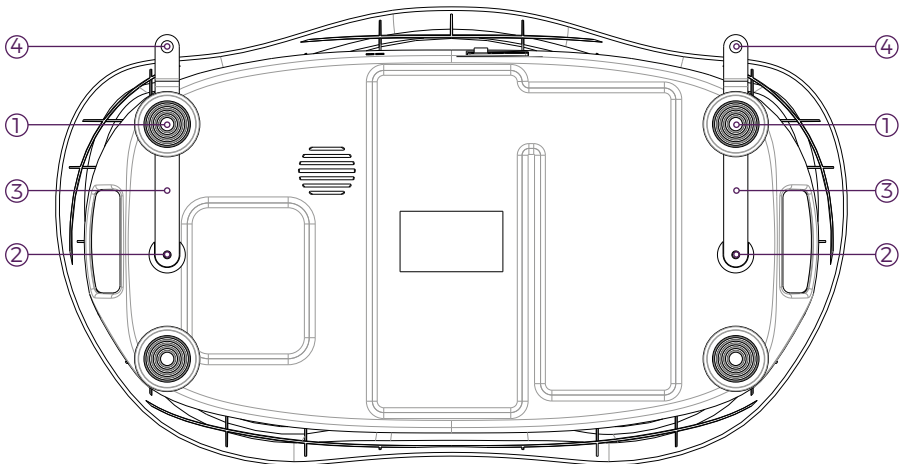
Tighten (1) and (2).

4

Hook the resistance straps to (4).

Warning:


- Allow sufficient clearance space around you when using the appliance to avoid damage or injury.
- Place the sliding bars back to their original positions after use to avoid damage or injury.



Picture 1

PAIRING WITH A BLUETOOTH DEVICE

1

You will be able to detect the appliance on your device as soon as you switch on the bluetooth by pressing the  button on the remote.

2

After hearing "Welcome to the VibroFit One. Bluetooth is ready to pair", from the appliance, select "VibroFit One" on your device.

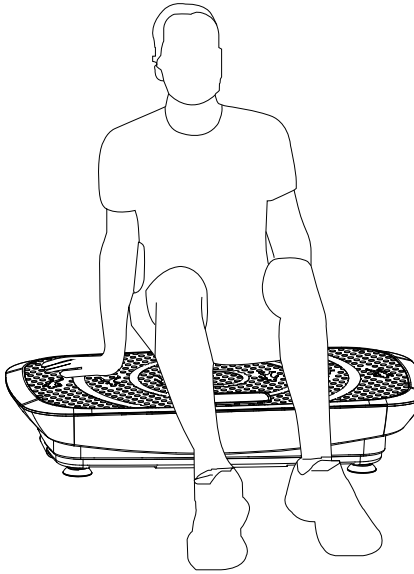
3

When the Bluetooth pairing is complete, you will hear "Bluetooth is now connected", from the appliance.

4

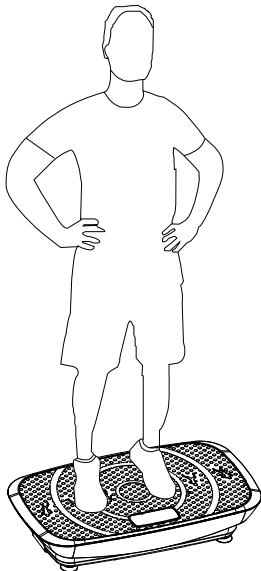
When Bluetooth is connected, press the "MUSIC" button to mute or unmute music.

VIBRATION EXERCISES



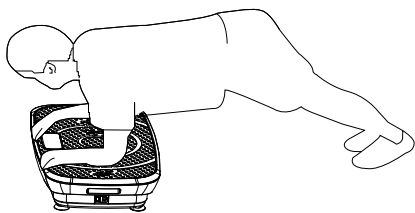
1. BACK RELAXER

Sit in the centre of the machine. Allow your upper body to lean forward. In this position, the vibrations will help to relax the muscles of your back, hip and thighs.



2. CALVES

Stand on the vibration machine with your feet shoulder width apart. Keep your back straight, your abdominal muscles tight and you will feel tension in your calf muscles. To vary this exercise, you could also bend your knees to 90°.



3. LOWER ABDOMINALS

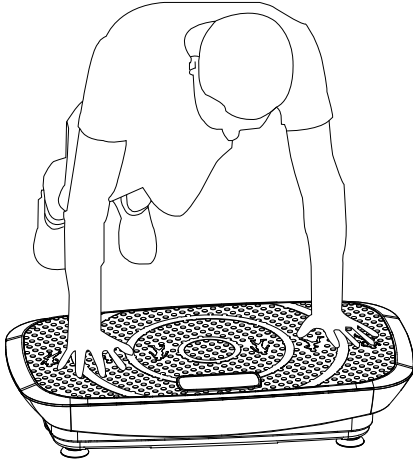
Lean on the machine with your lower arms flat on the platform and hold on tightly to the front edge of it. With your back straight, lift your buttock slowly as if you wanted to pull the platform towards your feet. You should then feel the tension in your abdominal muscles. You may also perform the same exercise in kneeling position.



4. SHOULDER & NECK RELAXATION

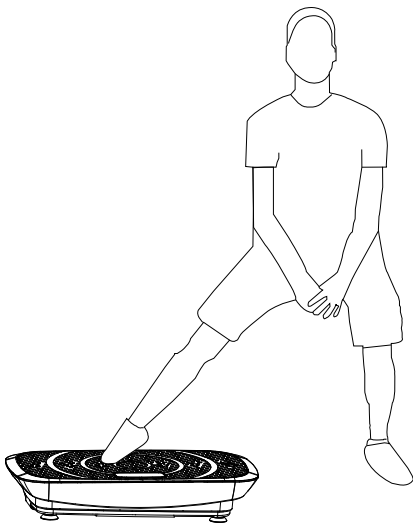
Kneel down in front of the machine and place your hands on the platform with your arms outstretched. Keep your back and neck straight. Swing your upper body backwards while resting your arms on the platform. This exercise helps to relax muscles of your neck and shoulders.

VIBRATION EXERCISES



5. PUSH UP

Kneel down in front of the machine. Place your hands on the platform shoulder-width apart. With your back straight and abdominal muscles tight, push your chest up from the platform. This exercise aims to strengthen your chest, shoulder muscles and triceps. You may also perform the same exercise with your legs stretched.



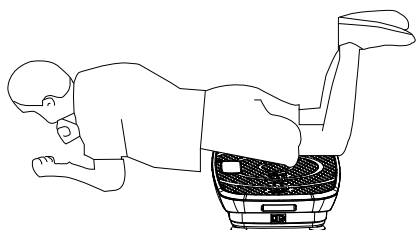
6. ADDUCTOR STRETCH

Position yourself sideways on the machine, one foot on the platform and the other on the floor. Legs apart, slightly bent the supporting leg while keeping the other one straight. Keep your upper body straight and lower your buttocks towards the floor. This exercise helps to stretch the muscles of your inner thighs. Repeat the same exercise by switching the position of the two legs.



7. CALF MASSAGE

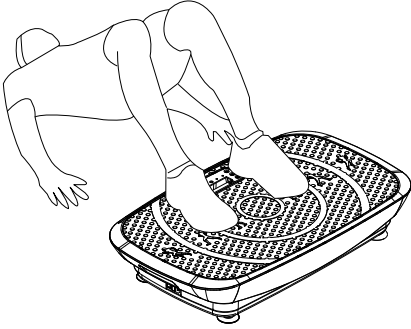
Lie down in front of the machine, your back on the floor. Rest your calves on the platform with your toes pointing upwards. Simply relax and enjoy an invigorating calf massage.



8. QUADRICEPS MASSAGE

Lie face down on the floor in front of the machine, your arms supporting your upper body. Rest your upper legs on the platform with your lower legs slightly bent. While enjoying this relaxing massage, be sure to keep your back straight and tense your abdominal muscles.

VIBRATION EXERCISES



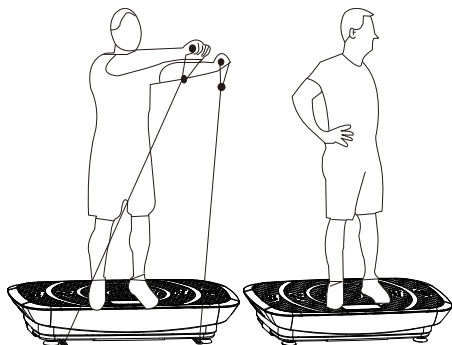
9. PELVIS BRIDGE

Lie down with your shoulders on the floor and your feet flat on the machine. Raise your buttocks with your knees slightly bent. Gently pull your heels towards your upper body by tensing the thigh and buttock muscles.



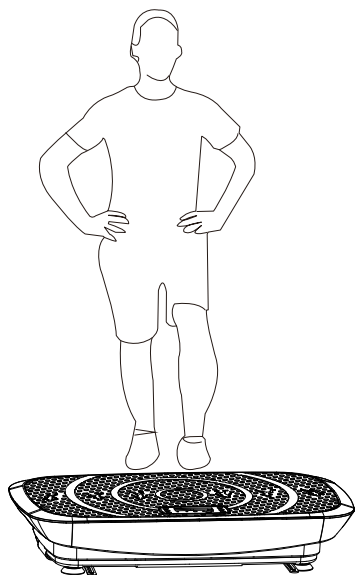
10. TRICEPS DIP

Turn your back to the vibration machine and firmly grip the edge of the platform. Bend your arms slightly and bring your hip to the level of the platform, so that your shoulder blades come close to one another. You should then feel muscle tension in your upper arms and shoulders. You can also perform the same exercise with your legs stretched for a more intense exercise.



11. ABDOMINAL TWIST

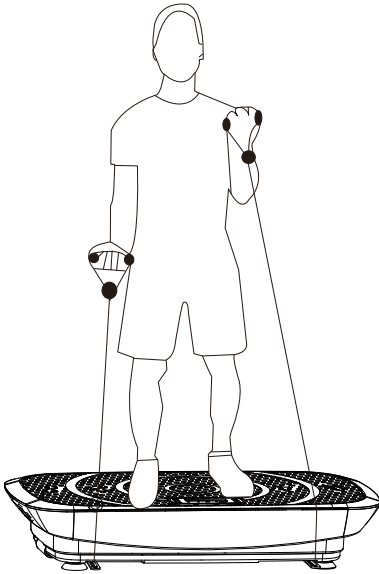
Stand on the vibration machine with your feet shoulder width apart and hands on your hips. Rotate your torso clockwise and hold for a few seconds before returning to the centre. Then repeat on the other side. This exercise can also be done using the resistance bands by holding them out in front of you at shoulder height and rotating. This will work your abdominal and oblique muscles.



12. LUNGE

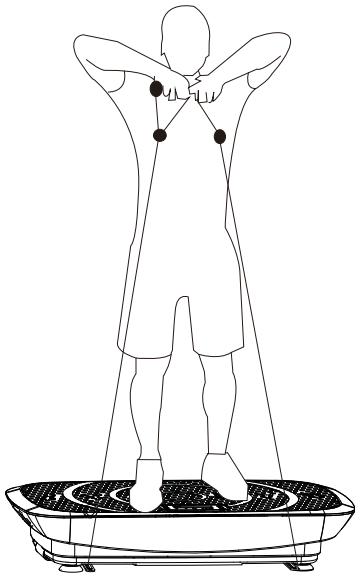
Step on the vibration machine with one foot on the middle of the platform and the other on the floor behind. Bend your knee about 90°. Keep your back straight, your knees not extending beyond toes and position your bodyweight on the front leg. You should then feel muscle tension in the hamstrings, quadriceps and buttocks. This exercise can be used in conjunction with other exercises such as bicep curls using the resistance bands to enhance the workout.

VIBRATION EXERCISES



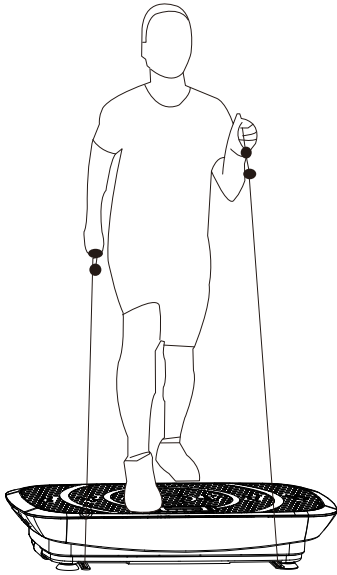
13. BICEPS CURL

Carefully stand on the vibration machine. Grip the resistance band handles, and then extend arms down with palms facing up. Lift one arm up towards your chest and down again, then repeat with the other arm. Continue to lift your arms alternately up and down in a controlled manner. You can do this exercise with or without the vibration plate active. This exercise can be done with both arms at the same time also. To advance this exercise it can also be done in the lunge or squat position.



14. HIGH PULL

Stand on the vibration machine with your feet shoulder width apart. Grasp the resistance bands so the palms of your hands are facing the body. Keeping your back straight raise the handles of the resistance bands up towards your chin and then lower. This will work your shoulders, back and triceps. To advance the exercise you could bend your knees when lowering the resistance bands.



15. TRICEPS EXTENSION

Carefully stand on the vibration machine. Hold the resistance bands in front of your chest so that palms are facing each other. Lower arms slowly behind you so that they are outstretched and straight, then bring them back into the starting position. This can be done either alternately or at the same time. To advance this exercise, it can be done either in the squat or lunge position. You can do this exercise with or without the vibration plate active.

MAINTENANCE AND STORAGE

Remote Controller

Only use a dry cloth to clean the remote controller. Using a wet cloth may result in malfunction.

Appliance

The surface can be cleaned with a damp cloth and detergent. Remove the detergent with a clean damp cloth and avoid splashing water on the appliance.

Storage

Ensure that the power switch is turned off and the power plug is removed from the power source after each use. Clean the appliance after use and store it in a cool and dry environment. Keep appliance away from high temperature and humidity. We recommend purchasing a dust-proof cover (not provided) to protect the appliance, especially for long periods of disuse.

SPECIFICATIONS

Product	VibroFit One
Model	VBF200
Max Motor Power	350W
Rated Power	200W
Voltage	220-240V
Frequency	50-60Hz
Dimensions	655 x 380 x130mm
Net weight	10.5kg
Max Load	120kg



Only for EU countries: Do not dispose of electric appliances together with household waste material! In observance of European Directive 2002/96/EC on waste electrical and electronic equipment and its implantation in accordance with national law, electric appliances that have reached the end of their life must be collected separately and returned to an environmentally compatible recycling facility.

HELP, SOMETHING'S GONE WRONG!

S/N	PROBLEM	CAUSE	SOLUTION
1	My appliance does not start.	The power plug is not attached securely.	Secure the power plug to the power source.
		The main switch is not turned on.	Turn on the main switch.
		The fuse is burnt.	Replace the burnt fuse with a new fuse of the same model.
2	There are sounds produced by my appliance when I turn it on.	The appliance naturally generates a soft sound from the motion and friction in the motor.	No action required. Your appliance is safe to use.
3	My remote controller does not work.	The batteries of the remote controller need to be replaced.	Replace the batteries in the remote controller.
		The remote controller is too far away from the product.	The infrared signal of the remote controller is effective within a 2.5m radius. Use the remote controller with your appliance within effective radius of the remote controller.
4	My appliance stopped abruptly.	The default time setting for the appliance has ended.	Restart your appliance after the 10-minute interval.
5	I am unable to operate the appliance.	Too many commands have been sent to the appliance. The appliance is unable to respond.	Turn off the power switch and restart your appliance.

WARRANTY TERMS & CONDITIONS (INTERNATIONAL)

This warranty as outlined below solely covers distributors of the RFR range of appliances. Please contact your distributor for full product warranty.

Effective as of 1st January 2014

1. RFR® warrants this appliance to be free from defects in materials and workmanship and to perform satisfactorily in household use for a period of 3 years from the date of purchase when used in accordance with the accompanying instruction book.
2. Any warranties exceeding this standard period are offered as extended terms by the selling distributor and claimable only through that provider.
3. Defects that occur within this manufacturers warranty period, under normal use and care will be repaired or replaced at our discretion only if the selling distributor is unable to do so. This is done solely at our option with no charge for parts. This warranty does not extend to accessories included or purchased separately. Replacements can be offered for major faults as determined by your distributor and at their own discretion.
4. In the event that the goods requiring repair are under warranty, and this distributor is unable to provide the repairs, the customer is responsible for the cost of the return of the product to RFR® (or their approved service provider) and also the cost of return to the customer.
5. Whilst in transit the goods are at the owner's risk and any further damage during this transportation is not covered under warranty.
6. Customers should ensure that the product being returned is properly packaged so as to ensure that no damage occurs to the product during transit. To be able to process the warranty claim, ensure you have included an explanation of any problem; RFR® will not fault-find and will only repair described faults as covered under warranty.
7. This full warranty is void if this appliance has been subjected to abuse, negligence, accident, alteration, failure to follow operating instructions, or the product has been exposed to abnormal or extreme conditions.
8. Cosmetic changes that do not affect performance, such as discolouration of parts of the product in the hands of the user or the effects of the use of abrasive cleaners will not be warranted or considered defects. The cleaning or removal of food products along with any damage caused by allowing them to build up is not covered by this full warranty.
9. This warranty does not cover normal wear and tear of the product or parts.
10. This warranty does not cover any defect caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorised medication, loss of parts, tampering or attempted repair by a person not authorised by RFR®.
11. The warranty will not apply if damage, malfunction or failure resulting from alterations, accident, misuse, abuse, fire, liquid spillage, maladjustment of customer controls, use on an incorrect voltage, power surges and dips, thunderstorm activity, acts of God, voltage supply problems, tampering or unauthorised repairs by any persons, use of defective or incompatible accessories, exposure to abnormally corrosive conditions or entry by any insect, vermin or foreign object in the product.
12. Warranty does not cover damage done to any product by using the machine with an alternate power source (solar, inverter, generator, etc.) and the use of these devices to power your appliance is not recommended.
13. You must keep your purchase docket/receipt as proof of purchase and as proof of the date on which the purchase was made. The purchase docket or receipt must be presented when making a claim under this warranty.
14. In the event the receipt of purchase is not presented, then this warranty is invalid. Consumer Law allows us to request reasonable proof of purchase to service a warranty claim.
15. This warranty does not imply, intend to or detract any consumer rights listed in and able to be enforced from Regulated Consumer Law, any condition which is found to be in breach of the consumer law, the single condition shall be void only and all other conditions remain in place.

CONTACT US

Please contact the distributor located in the country where you made your original purchase for all Support, Servicing and Warranty.

