

# Genau VibroFit V2 Vibration Platform

User Manual

This translation was made automatically.

## THANK YOU FOR YOUR PURCHASE!



You have just purchased a product designed with quality, safety and functionality in mind. This equipment lets you exercise safely and comfortably without leaving home. Regular exercise is one of the best ways to stay healthy. For your safety and health, please read this manual before use.

Please read all instructions before using this product and keep them for future reference.

## SAFETY INSTRUCTIONS

The translation of this section has not been reviewed yet. The official text is in Russian.

**Attention!** To reduce the risk of burns, fire, electric shock or injury, read the following important precautions and information before using the vibration platform.

### Operating conditions

- Do not use the unit in a damp or dusty environment, to avoid a short circuit or motor failure.
- Do not use the device if the room temperature exceeds 40 °C.

- Do not place the product outdoors or in direct sunlight.
- Place the unit only on a flat, stable surface.
- Attention: when moving the device from a cold room to a warm one, wait at least 1 hour before switching it on to avoid condensation and damage to the unit.

## **Who should not use this product?**

Consult a doctor before use if you:

- You are under medical supervision or feel unwell;
- You have cancer;
- You are pregnant or menstruating;
- You have heart disease or osteoporosis;
- You have a pacemaker or other implants;
- You are younger than 10 or older than 60;
- You have a prosthesis or difficulty walking;
- Have poor tolerance of vibration or intense physical exertion.
- You have diabetes or circulatory disorders.

## **Operating rules**

- Remove metal and sharp objects such as jewelry, mobile phones, keys, knives, etc.
- Do not smoke while using the unit.
- Do not use together with other medical devices.
- Do not use the device for medical purposes.
- Do not use immediately after eating or drinking.
- Keep away from children and pets. Do not insert fingers or objects into gaps in the structure.
- Maximum permitted user weight is 150 kg. Do not use the unit if you exceed this limit.
- Do not use at the same time as another person.
- Do not disassemble or modify the unit. This may cause a short circuit or other damage.

## **Stop using the unit immediately in the following cases:**

- Water or other liquids get on the housing or the remote control;
- The housing is damaged or an unusual noise appears;
- Painful sensations during a session;
- Power supply failures;
- Lightning.

## Power supply and cable:

- Make sure that the voltage meets the requirements of the unit.
- Do not pull on the cord — disconnect by holding the plug.
- Switch the device off and unplug it from the socket during long periods of non-use.
- If the cable is damaged or the device breaks down, stop using it, disconnect the power and contact a service center.

**WARNING!** Consult a doctor before starting this or any other exercise program. This is especially important for people over 35 or people with existing health problems. Read all instructions before use.

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## PRODUCT DESCRIPTION



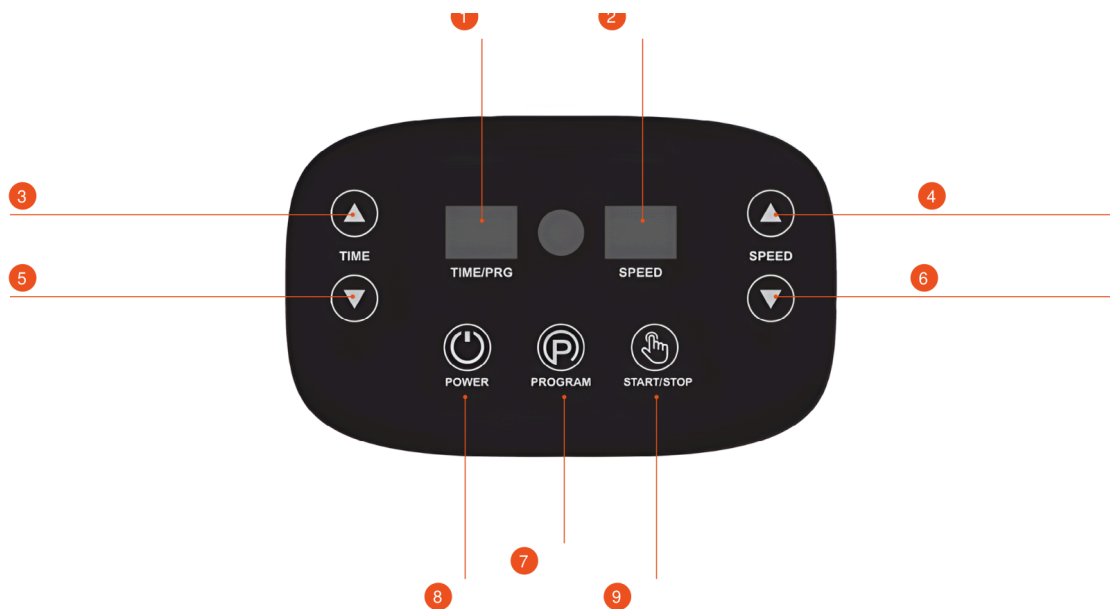
In the picture:

1. Platform
2. Top cover
3. Non-slip feet
4. Base
5. Power plug
6. Middle section cover

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## CONTROL PANEL AND REMOTE CONTROL

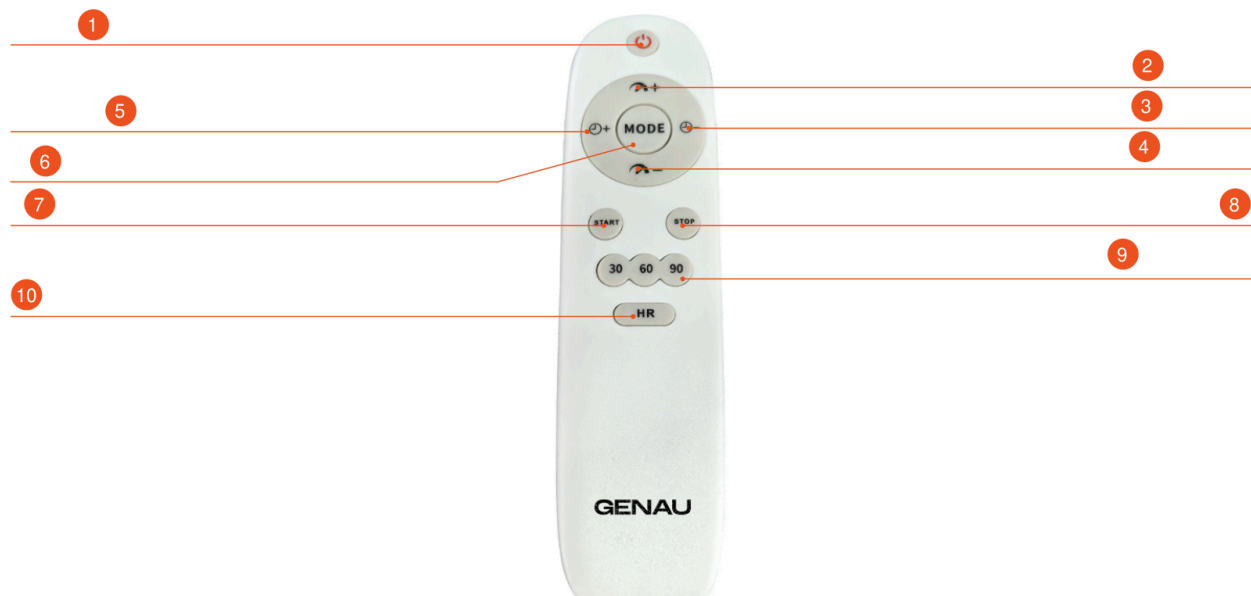
### Control Panel



In the picture:

- 1. Time
- 2. Speed
- 3. Increase time
- 4. Speed up
- 5. Decrease time
- 6. Speed down
- 7. Program
- 8. Power
- 9. Start/stop

## Remote control



In the picture:

- 1. Power button
- 2. Speed up
- 3. Decrease time
- 4. Speed down
- 5. Increase time
- 6. Mode
- 7. Start
- 8. Stop
- 9. Speed selector
- 10. HR

**Note:** The remote control requires two 1.5 V AAA batteries (not included). Make sure the batteries are installed with the correct polarity in the battery compartment on the back of the remote control.

**Note:** The effective range of the remote control signal is 2.5 meters. Please make sure the remote control is pointed toward the receiver of the product.

Button Functions

| Function | Description                                                                                  |
|----------|----------------------------------------------------------------------------------------------|
| Speed+   | In manual mode, press this button to increase the speed. Speed range: 1–99.                  |
| Speed-   | In manual mode, press this button to decrease the speed during operation. Speed range: 1–99. |
| Start    | Connect the power, turn on the main switch and press this button to start the device.        |

| Function       | Description                                                                                                                                                                                                                                                                                                                                                                                                                      |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Time+          | The default is 20 minutes. Press this button to increase the time up to the maximum of 30 minutes.                                                                                                                                                                                                                                                                                                                               |
| Time-          | The default is 20 minutes. Press this button to decrease the time down to the minimum of 5 minutes.                                                                                                                                                                                                                                                                                                                              |
| Stop           | Press this button to stop the device.                                                                                                                                                                                                                                                                                                                                                                                            |
| Power button   | Press this button to switch the power off while the device is running.                                                                                                                                                                                                                                                                                                                                                           |
| Mode           | Manual mode is set by default. Press this button to select an automatic mode: "P1", "P2" and "P9". "HR" is a manual mode. Automatic mode is an adaptive program that adjusts the vibration frequency automatically. In automatic mode, speed and time cannot be adjusted; in manual mode, the time can be adjusted. In standby mode the speed can be adjusted, but the time cannot. The time cannot be adjusted during start-up. |
| Speed selector | 30: switch to speed 30, 60: switch to speed 60, 90: switch to speed 90                                                                                                                                                                                                                                                                                                                                                           |
| HR             | Switch to HR mode                                                                                                                                                                                                                                                                                                                                                                                                                |

## EXERCISE GUIDE

The vibration platform uses the body's own reflexes to train the muscles in a convenient way that does not require excessive effort. The vibration platform works best when you are in a tense position, for example with bent knees, and your muscles work to hold you in that position. When the vibrating platform moves quickly, your muscles automatically move by a small amount to keep you in that position, which means they are trained very effectively. The vibration platform is very effective, but only if you use it in one of the positions shown, and you will get the best results only if you bend your knees or arms (depending on which one presses on the vibrating plate), so that your muscles perform the automatic movement described.

The vibration platform can also be used as a general massager to relieve muscle pain and improve circulation, but in that case you will not press down on the plate so hard and will let it do the work for you. For a full workout, use several different positions for a few minutes each.



### Whole-body workout position

Stand on the platform with your feet shoulder-width apart. This helps improve general circulation and increase muscle tone.



### **Bent-knee pose**

When squatting, place your feet as wide apart as your shoulders and bend your knees to 90 degrees if you can, and hold this position. This is an excellent exercise for training the thighs.



### **Push-up pose**

Place your hands shoulder-width apart. If you want to train the muscles more, bend your elbows to a 90-degree angle and hold this position.



### **Calf pose**

Place your shins on the platform as shown in the picture, resting your hands on the floor behind you. To make the exercise deeper, lift your buttocks off the floor and press down on your calves.



### **“Waist bend” pose**

Straighten your legs, bend at the waist and place your hands on the platform. To perform the exercise more deeply, bend your arms at the elbows.



### **One-leg pose**

Place one foot on the pedal and relax. For a deeper exercise, lunge forward, loading the platform with more of your body weight.



### **Seated pose 1**

Sit so that your buttocks rest on the vibrating platform. Sit comfortably, keeping your back straight.



### **Seated pose 2**

Sitting on a chair, place your feet on the platform. This is an excellent way to relieve tension and improve circulation in the legs.

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## CLEANING AND MAINTENANCE

Before cleaning, make sure that the power button is switched off and the plug is pulled out of the socket. The foot pedals and cover can be cleaned thoroughly with a damp cloth and detergent, and then the detergent carefully wiped off with a dry cloth.

**Note:** Do not use caustic or volatile cleaning agents such as gasoline, solvent, alcohol, kerosene, etc. to clean the product, as this may cause the paint to fade, or corrosion, cracking, etc. of the internal structure. Do not spill liquid into the housing, to avoid a short circuit.

### Remote control

Cleaning the remote control with a damp cloth may cause malfunctions, so use only a dry cloth to clean the remote control.

### Product maintenance

- Make sure the power button is off and the plug is pulled out of the socket.
- Wipe the product free of dust and dirt, keep it clean and away from places with high temperature and humidity.
- If you do not use this product for a long time, please cover it with a dust cover (to be purchased separately) to prevent dust from getting in.

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## WARRANTY

The translation of this section has not been reviewed yet. The official text is in Russian.

Genau guarantees the high quality and reliability of its products. We strive to offer only the best, which is why all of our equipment comes with a warranty.

**Attention!** Find the official A4 warranty card in the box and keep it for the entire period of use of the equipment.

**Note:** If you did not find the warranty card in the box, please contact the service center.

### Warranty Terms

1. The warranty period starts from the date of sale.
2. The warranty covers defects caused by manufacturing faults or defective materials.

- 3. Warranty service is carried out at authorized service centers.
- 4. If the product breaks down during the warranty period, the customer must bring this warranty card and the complete product to a service center for diagnostics and repair.
- 5. If the warranty claim is confirmed, the product will be repaired or replaced free of charge.
- 6. The warranty does not cover the following cases:
  - mechanical damage caused by improper use or transportation;
  - damage caused by liquids, fire, chemicals or other external factors;
  - failures caused by not following the operating instructions;
  - modifications to the design or repairs carried out by unauthorized persons without the approval of the Service;
  - consumables and components with a limited service life (belts, batteries, etc.).

Warranty claims

To receive warranty service, the customer should contact the seller (the place where the equipment was purchased).

Full Genau warranty card

TECHNICAL DATA

| Parameter           | Value              |
|---------------------|--------------------|
| Product Description | Vibration platform |
| Motor power         | 200 W              |
| Rated voltage       | AC 220–240 V       |
| Rated frequency     | 50/60 Hz           |
| Speed range         | 1–99 levels        |
| Max. user weight    | 150 kg             |

Manufacturer: KIMS Industry and Trade Co., Ltd. No 776 Xiangzhang west road, Daxu industrail zone, Yongkang city (321300), Zhejiang province, China.

SERVICE

For questions about assembly, operation and warranty, please contact Genau service in Kyrgyzstan.

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[Official website genau.kg](https://genau.kg)