VIBRATION THERAPEUTIC ®

User Manual & Tech Specs

High Frequency Linear Vibration Plate

Model VT003F

2020 Version

Activate Your Self-Healing Power

www.VibrationTherapeutic.com

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Dear Customer,

Thank you for choosing our vibration plate model VT003F. We sincerely wish this high frequency vibration machine to bring you with great health and fitness benefits.

If you have negative experience using the machine or find any product quality issue, please don't hesitate to contact us. We will do our best to make it right for you.

At Vibration Therapeutic®, we are dedicated in designing and manufacturing high quality home-use vibration machines, delivered with exceptional customer services.

Thousands of people have enjoyed and benefited from using VT003F machine. There are many life changing stories.

However, just like it can produce positive health results, vibration can adversely impact you. Vibration therapy has not been well studied for its applications and efficacy. Each person responds differently to vibration frequency, amplitude, and movement pattern. Vibration therapy may not work for everyone.

We are passionate about promoting vibration therapy, however our suggested health benefits have been not evaluated by any government authority or medical institute.

For new users, please start with low frequency and low amplitude. You can gradually increase the intensity as you feel comfortable and begin to enjoy the benefits.

In order to take the full advantage of this VT003F machine, and to have many years of pleasure enjoying it, please read this user manual carefully.

For more information about our products, applications and conditions, and to download the latest user manual, please visit our website www.VibrationTherapeutic.com.

Thank you!!!

Disclaimer

The health benefits and efficacy suggested or implied in this user manual and our other product literatures including our websites are not certified or endorsed by any regulatory authority or medical institute.

We are not medical professionals. Although we share our understanding and learnings about vibration therapy, its applications, benefits, limitation and risks, we never intend to provide health and therapeutic advice to any specific person for any specific use. Please do your own research and consult medical expert about the use of high frequency linear vibration machine like VT003F, before using it.

The use of this vibration machine is entirely on user's discretion.

Please read all instructions carefully before using this machine. We assume no responsibility for personal injury or property damage sustained by or through using this machine.

Health Hazard Warning

Just like it can positively affect the user, vibration machine can adversely impact the user if not used properly or used under a wrong condition.

This machine is not for children or pregnant women to use.

If you have medical conditions, please do discuss with medical expert to decide if using this machine for vibration therapy is a good fit for you.

If you have implant, joint cartilage damage, or serious motion sickness, vibration therapy may not be for you.

Do not use vibration immediately after physical injury and surgery.

Please do some warming-up exercise before using the vibration machine.

Do not use vibration immediately after meal

For users that lack of physical strength, please hold on to a stable chair for better balance while using this machine.

If standing on the machine straight, high frequency vibration can transmit to the upper body and head, possibly causing nausea and dizziness.

Always keep your knees bent to avoid impact on joint cartilage, and to control the amount of vibration transmitted to the upper body and head.

If you are new to vibration machine, please start with low frequency and low amplitude settings. You can gradually increase the frequency and switch to high amplitude after you get used to the vibration and start to enjoy the benefits. Please be patient and persistent to achieve your goal.

Excessive exposure to intensive vibration can pose a health hazard.

Please contact your physician if you experience sustained discomfort after using this machine.

Safety Instructions

The machine is designed to use indoor in dry environment without flammable gas or dust. It must be connected to a properly grounded electricity outlet.

Always use VT003F on a carpeted floor. Carpet effectively prevents the machine from drifting with the vibration.

On a carpeted wood frame floor, if needed, put extra cushion pads beneath the machine to absorb the residual downward vibration transmitted to the floor.

Do not put any object or reach into between the upper plate and the lower plate, even though the motor and eccentric wheel assembly is securely enclosed and insulated.

Do not let the machine running unattended.

Do not use this machine if it is damaged.

Vibration Noises

Vibration plate generates mechanical and soundwave noises. When frequency is above 20Hz, the soundwave becomes audible. The higher the vibration frequency, the higher the noise level.

At the high amplitude setting and the max frequency, the noise level of model VT003F is between 59dBA and 65dBA, measured 6 inches above the footplate. Visit our website for detail noise level measurement results and comparisons.

EMF Exposure

Like all other household electric appliances, VT003F produces electric and magnetic fields (EMF). The maximum magnetic field strength measured at one foot above the footplate is 1.3 milligauss at the highest intensity setting. Visit our website for detail EMF measurement results and comparisons.

Our EMF measurement are performed in house, not certified or confirmed by lab.

According to EPA, there is no clear scientific evidence that EMF affects health. EPA does not define a safe or hazardous level of EMF exposure.

Product Warranty & Return Policy

Product warranty, return policy and all other conditions of sale are issued and maintained by the actual seller of this machine.

We sell our products to the consumers by ourselves. Also, for the market that we are not capable to service, we may authorize local retailers and distributors to sell our products under their own terms and conditions. Please contact your seller for warranty claim and other after-sale services.

Machine Operations

The machine comes as plug-and-play right out of the box. No assembly needed, except for attaching the two hand straps if desired. There is no maintenance needed over the lifetime of the machine.

Place the machine on a flat carpeted floor. Connect the machine to your household electricity outlet (must be properly grounded). Switch on the main switch at the backside of the machine. You are ready to take the ride.

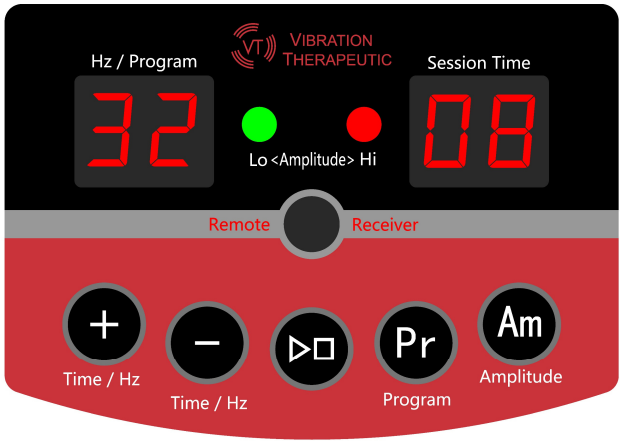
VT003F has a default running session time of 10 minutes. Running session time can be set to 20 minutes maximum. Vibration frequency can be adjusted from 15 Hz to 40 Hz. Vibration amplitude can be toggled between Hi and Lo.

The machine can be controlled from either control panel or remote control. Using remote control is recommended. Remote control is IR (infrared) type.

Some users experience dizziness or nausea using HIGH frequency vibration. That is because the vibration is transmitted to the head and stomach. Keep your knees bent to reduce the vibration transmitted to the upper body and head.

We suggest new users to start with low frequency and low amplitude settings. You can gradually increase the frequency and switch to high amplitude after you get used to the vibration and start to enjoy the benefits.

Control Panel and Remote Control



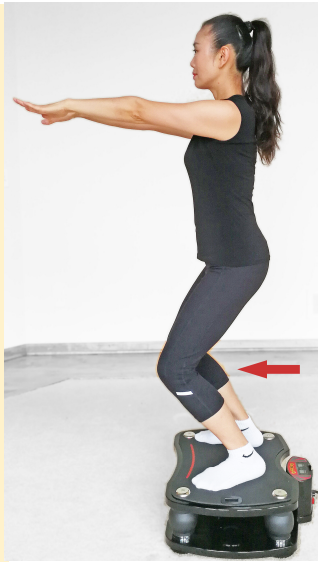
Control Panel LED Digit Displays and Indicators	
Session Time Window	When the machine is powered on but in the idle mode, this window displays the total session time in minutes.
	When the machine is running, this window displays the remaining minutes of the running session.
Hz / Program Window	When the machine is idle, this window displays operation mode, either manual (00) or a programmed play mood (P1, P2 or P3).
	When the machine is running, this window displays the vibration frequency in Hz.
Lo Amplitude	Green light indicates the machine is on low amplitude setting.
Hi Amplitude	Red light indicates the machine is on high amplitude setting.
Remote Receiver	IR signal receiving window for the remote control.

Control Panel Buttons	
Button	Function
+ Time/Hz	When the machine is idle, press this button to increase vibration session time, maxium 20 minutes.
	When the machine is running on manual mode, press this button to increase vibration frequency, 15 – 40Hz.
	This button is disabled when the machine is running on a programmed play mode.
− Time/Hz	When the machine is idle, press this button to decrease vibration sesssion time, minumum 1 miunute.
	When the machine is running on manual mode, press this button to decrease vibration frequency, 15 – 40 Hz.
	This button is disabled when the machine is running on a programmed play mode.
▷□	Start / Stop vibration, after the power switch is turned on (powered on)
Pr	Select manual mode 00, or a programmed play mode, P1, P2 or P3.
Am	Toggle vibration amplitide between Hi and Lo. The button is disabled when the machine is running on preset program play modes.

Keep Your Knees Bent

The knee-bent helps achieve better balance and allows you to adjust the amount of vibration transmitted to the upper body.

It does not create big impact on your knee joints, and still helps enhances muscles, tendons, ligaments, and bones that are conneced to the joints.



Please note
The remote control needs to **point to** the remote receiver window on the control panel to work.

Remote Control Buttons	
Button	Function
Time	Set desired session time when the machine is idle. Defualt session time is 10 minutes, maximum 20 minutes, mininum 1 minute. These buttons are disabled when the machine is running.
Hz	Increase and decrease frequency when the machine is running on manual mode. These buttons are disabled when the machine is running on preset program play modes.
▷□	Start / Stop vibration, after the power switch is turned on.
Pr	Select manual mode 00 or preset program play modes P1, P2 and P3.
Am	Toggle vibration amplitide between Hi and Lo. This button is disable when the machine is running on preset program play modes.

Hi vs Lo

Tiptoe on the vibration plate and you will feel the intensity difference between Hi and Lo amplitude settings.

Please note, in the following situations, certain control buttons are DISABLED for logical reasons:

1. When the vibration is running in any mode, time button and program buttons are disabled.

2. When the vibration is runing on programmed play mode, amplitude switch, time and frequency buttons are disabled.

In the idle (powered on) mode, all buttons are active. Setting timer and selecting control mode are enabled when the machine is idle.

Setting the Parameters

1. Power on the machine using the main power switch at the backside. The control panel will light up.

2. Use Pr button on the control panel or the remote control to select manual mode 00 or preset program mode P1, P2 or P3.

3. In the manual mode, indicated as 00 on the Hz / Program LED display, user can use plus or minus buttons on either the Control Panel or the Remote Control to choose frequecny levels from 15 Hz to 40 Hz, and set session timer from 1 to 20 minutes.

4. In the manual mode, user can select high amplitude mode and low amplitude mode using Am button on the control panel or Hi / Lo botton on the remote control.

5. In the preset program play mode P1, P2 or P3, the frequency and amplitude are programmed to run with a certain pattern in a 10 minutes session. The frequency button and time control buttons are disabled.

6. Press Play / Stop button on either control panel or remote control to start the vibration session.

It is highly recommended for new users to start with low intensity settings, which is low frequency and low amplititue. Gradually increase the intensity as you feel

comfortable and enjoy the benefits.

Manual Control Mode

User can manually control session time, frequency, and amplitude at the manual control mode (displayed as 00), or choose from three programmed play modes (displayed as P1, P2 and P3) for various designed applications.

At manual control mode (00), the default session time is 10 minutes. Session time can ONLY be changed when the machine is idle. When the machine is running on vibration, time button is deactivated. User can change frequency and toggle amplitude level between Hi and Lo while the machine is running.

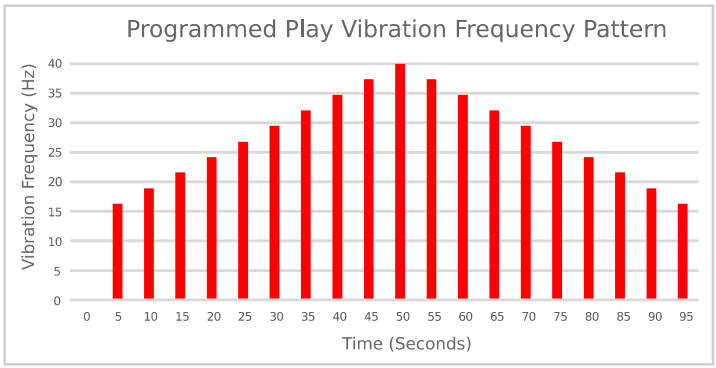
Shoulder Blade Muscle Pain Relief

Use your elbows to support your upper body on the upper plate, the vibration can be transmitted to your shoulder blade to treat shoulder muscle knot pain. Relax and lower your waist, keep your upper arm vertical, adjusting your pose to achieve maximized vibration on your shoulder and back.

Programmed Play Modes

At Programmed Play modes (P1, P2 and P3), the vibration runs on cycles with frequency increase or decrease every 5 second, combined with intensity switch. Each Program Play is set to run 10 minutes in 6 cycles, each cycle 95 seconds plus a 5 second interval.

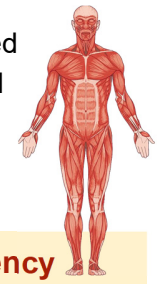
The chart below shows the frequency change pattern in each cycle.



Three Programmed Plays are each designed to provide different dynamics of movement pattern for certain presumed fitness and therapeutic applications.

Play Mode	Amplitude Setting	Suggested Applications
00	Manual	Custom
P1	Lo	Detoxication and pain relief
P2	Hi	Cardio exercise
P3	Lo & Hi	Muscle enhancement and toning

When the machine is running on Programmed Play mode, buttons on control panel and remote control that change frequency, amplitude and time are all disabled.



Human Tissue Resonance Frequency

Human soft tissues have natural frequency ranging from 10Hz to 50Hz. When the vibration frequency is at the same level of the tissue's natural frequency, resonance occurs. The tissue vibration amplitude tends to maximize at resonance. As the vibration intensifies, skeletal muscles contract more forcefully to damp the vibration amplitude. Such active and counteractive reaction intensifies the stimulation on the muscles, tendons, ligament, and bones.

VT003F provides a wide range of vibration frequency (15-40Hz), to serve many different applications.

G-force of VT003F

G-force is an acceleration rate expressed in units of G (the acceleration of gravity). G-force is determined by the vibration frequency and amplitude, it is an important vibration intensity indicator. The maximum empty load G-force calculated for VT003F is 5.82.

For more information about our formula and conditions about vibration G-force calculation, please visit our website www.VibrationTherapeutic.com.

Upper Body and Head Vibration

To achieve effective vibration on your upper body and head, you can sit on the vibration plate with the spinal column straightened.

Please be aware that intense vibration on upper body and head may cause dizziness and nausea. Reduce the intensity or stop the vibration if you do not feel comfortable.

Tech Specifications

Vibration Pattern	Linear Vibration
Vibration Frequency Range	15Hz – 40Hz 1 Hz Incremental
Max Vibration Amplitude on Hi	3 mm without load
Max Vibration Amplitude on Lo	1.5 mm without load
Power Supply	AC 110V 60Hz for US AC 220V 50Hz for Europe
Electric Motor	110V 80W PMDC motor
Machine Net Dimension	560 x 480 x 18 mm 22 x 19 x 7.1 Inches
Machine Net Weight	11.7 KG / 25.8 LB
User's Max Body Weight	120 KG / 264 LB

VIBRATION THERAPEUTIC® represents high quality vibration plate machines that SpecsPro LLC develops and delivers to global market.

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100% Customer Satisfaction!

Activate Your Self-Healing Power

VIBRATION ® THERAPEUTIC

User Reported Health Benefits

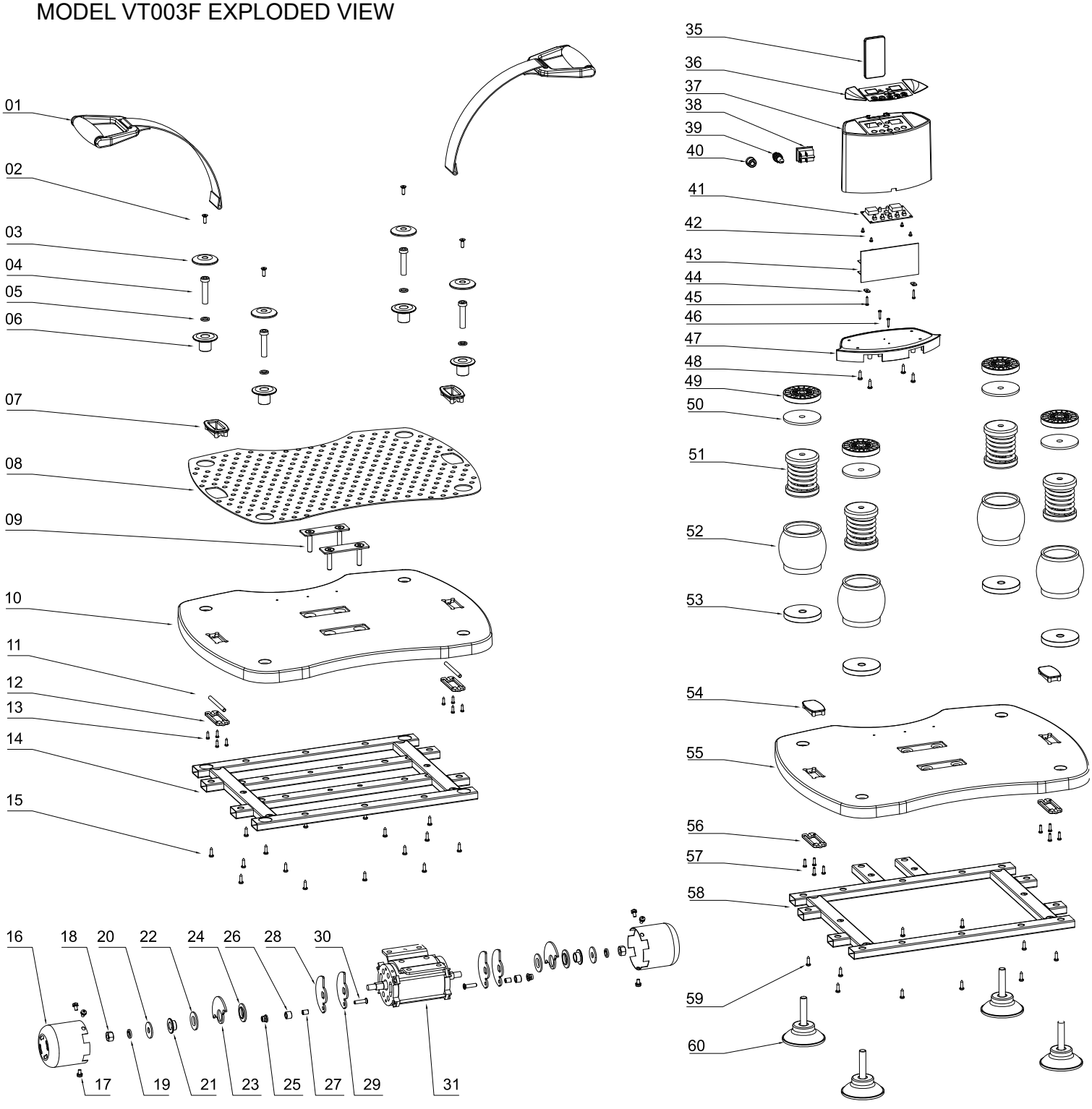
- Blood circulation, lymphatic drainage
- Muscle and tendon enhancement
- Pain and stress relief
- Bone density
- Metabolism

And more…

Half squatting pose allows you to adjust the amount of vibration transmitted to your upper body. This pose also helps achieve better balance. It also reduces the impact on knee joint cartilage. Slightly move up and down on this pose can enhance strength and functionalities of knee muscles and tendons.

Appendix – VT003F Vibration Plate Exploded View

MODEL VT003F EXPLODED VIEW



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Appendix - VT003F Vibration Plate Parts & Components

No	Part Name	Specs	Qty	No	Part Name	Specs	Qty
1	Exercise straps		2	31	Motor		1
2	Decoration cover		4	32	Flat washer	8	4
3	Inner hexagon cylindrical	M8*-50	4	33	Spring washer	8	4
4	Spring washer	8	4	34	Hexagon locknut	M8	4
5	Flat washer	8	4	35	Remote controller		1
6	Plastic washer		4	36	Control panel sticker		3
7	Decorative part of exercise		2	37	Power switch		1
8	Upper plate mat		1	38	Fix bushing of power plug		1
9	Mounting plate of motor		2	39	Fuse		1
10	Upper plate		1	40	Control panel plastic cover		1
11	Fixed link of exercise straps		2	41	Circuit board1#		1
12	Fix of exercise straps		2	42	Phillips self-tapping screw	ST2.9*6.5	4
13	Phillips self-tapping screw	ST3.5*13	8	43	Circuit board 1#		1
14	Frame of footplate		1	44	Binder plate		2
15	Phillips self-tapping screw	ST4.2*9.5	16	45	Phillips self-tapping screw	ST2.9*9.5	2
16	Motor cover		2	46	Phillips self-tapping screw	ST2.9*9.5	2
17	Phillips self-tapping screw	M4*8	6	47	Fix of control panel		1
18	Hexagon nipples	10	2	48	Phillips self-tapping screw	ST4.2*13	4
19	Flat washer	10	2	49	Backup washer 1#		4
20	Steel washer of eccentric		2	50	Rubber washer		4
21	Plastic washer of eccentric		2	51	Spring rod		4
22	Eccentric wheel 1#		2	52	Spring cover		4
23	Plastic washer of eccentric		2	53	Backup washer 2#		4
24	Hexagon locknut	M6	2	54	Decorative part of exercise		2
25	Flat washer	6	2	55	Base plate		1
26	Flat washer	6	2	56	Flat washer		8
27	Bushing		2	57	Phillips self-tapping screw	ST3.5*9.5	8
28	Rubber boot		2	58	Frame of base plate		1
29	Eccentric block 2#		4	59	Phillips self-tapping screw	ST4.2*9.5	12
30	Inner Hexagon Cylindrical		2	60	Suction foot		4

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