



User Manual & Tech Specs

High Frequency Linear Vibration Plate

Model VT003F

2019 Model



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 needed health and fitness benefits.

From years of studies and customer feedback, we have gained in-depth understanding of vibration therapeutic theories, mechanism, applications, limitations and risks. We believe if properly used, whole body vibration plate can bring you with great health benefits.

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

The following suggestions are the basics in using this vibration machine.

- 1) Daily use of this machine helps achieve and stabilizes incremental results. Long term persistent vibration therapy will lead to fundamental health condition improvement.
- 2) Start with low frequency and low amplitude. Gradually increase the intensity as you feel comfortable and begin to enjoy the benefits.
- 3) Vibration therapy combined with physical exercise can greatly enhance the effectiveness.

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

If there is any issue with the product, or you are not satisfied with the purchase, please don't hesitate to contact us via sc@VibrationTherapeutic.com. We will be happy to do what makes it right for you.

We are gladly committed to 100% customer satisfaction!

Thank you!!!

Disclaimer

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

The use of this vibration machine is entirely on user's discretion. Please read all instructions carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

Warning

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

If you have heart disease, joint cartilage damage, or motion sickness, please seek expert advice whether high frequency vibration therapy is a good fit to you.

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

Do some warm-up exercise before using the machine. Don't use the machine immediately after meal.

Some users experience dizziness or nausea using this machine. The reason is that linear vibration plate transmits high frequency vibration to the upper body. Vibration on head and stomach can make people feel dizzy and nauseous.

New users 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. Keeping your knees bent can reduce and adjust the amount of vibration transmitted to the upper body.

Excessive exposure to intensive vibration can pose a health hazard.

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

Safety Instruction

The machine is designed to use indoor in dry environment without flammable gas. 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 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 footplate and the base plate, even though the motor and eccentric wheel assembly is securely enclosed and insulated.

Keep the machine away from the children.

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.

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.

30 Day Return Policy

Please email us via sc@VibrationTherapeutic.com to initiate product return process.

For orders fulfilled from SpecsPro LLC warehouse, within 30 days of receipt, you are allowed to return the product to our Minnesota warehouse for a full purchasing price refund. The product should be returned brand new, unused (except for minor trial use), and in the original undamaged packaging. Our customer service representative will contact you to issue a return merchandise authorization form (RMA) and the return instruction. You should receive full purchasing credit within 3 business days the returned product received in our warehouse. If packaging inside the box is damaged or any accessory missing, we may charge up to 10% restocking fee. Buyers are responsible for the return shipping cost.

For the return or replacement of a defected unit within 30 days of receipt, SpecsPro LLC is responsible for the shipping cost of return or replacement.

For orders fulfilled by Amazon, please follow Amazon's return policy. We would appreciate if you contact us first.

2 Year Product Warranty

For Model VT003F High Frequency Vibration Plate, SpecsPro LLC provides two-year product warranty against defects in material and workmanship. The machine contains no user-serviceable parts. Within two years, if the unit is damaged or not functioning properly under normal use, it needs to be sent to SpecsPro's Minnesota facility for repair. Customer is responsible for the inbound shipping cost. SpecsPro shall repair or replace the machine within 3 business days, and be responsible for the outbound shipping cost.

Product warranty is automatically registered at the time you purchase the product. To file a product warranty claim, please send email to warranty@VibrationTherapeutic.com to initiate the claim process. You will need to provide the proof of purchase, usually the order copy, as well as the reason of claim.

Machine Operations

The machine comes as plug-and-play, no further assembly needed, except for attaching the two hand straps if desired. There is no maintenance needed over the life time of the machine.

Place the machine on a flat carpeted floor. Connect the machine to 110V / 60Hz 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.

Machine can be controlled from either control panel or remote control. Using remote control is recommended. Remote control is IR (infrared) type. You need to point the remote control to the remote receiver window on the control panel to work.



Some users experience dizziness or nausea using HIGH frequency vibration. That is because the vertical vibration is transmitted to the head and stomach.

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.

Keep your knees bent to reduce the vibration transmitted to the upper body and head.

Control Panel and Remote Control

Control Panel LED Digit Displays and Indicators

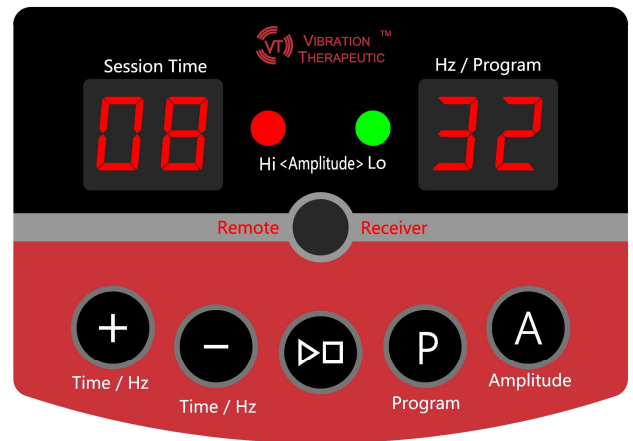
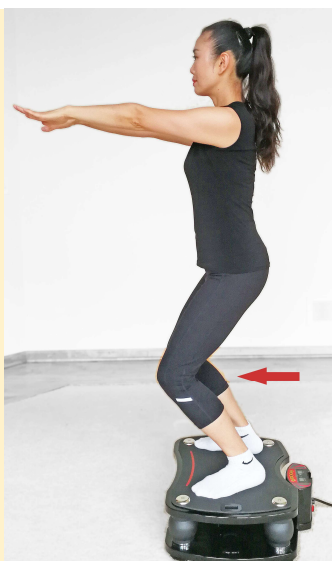
Session Time Window	When the machine is powered on but in the idle mode, this window displays the total session time in minutes.
	When the machine is running, this window displays the remaining minutes of the running session.
Hz / Program Window	When the machine is idle, this window displays operation mode, either manual (00) or a Programmed Play (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.








Keep Knees Bent

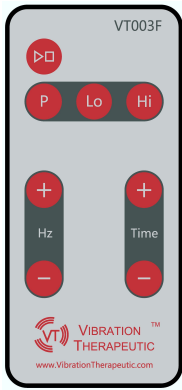
This pose helps achieve better balance and allow you to adjust the amount of vibration transmitted to the upper body.

It also helps reduce the impact on your knee joint cartilage, while enhancing muscles and tendons that are connected to the joints.



Control Panel Buttons

Button	Function
 Time/Hz	When the machine is idle, press to increase vibration session time as you desire, one minute incremental, maximum 20 minutes.
	When the machine is running on manual mode, press to increase vibration frequency, one Hertz incremental, 15 – 40 Hz.
	This button does not work when the machine is running on preset programmed play modes.
 Time/Hz	When the machine is idle, press to decrease vibration session time as you desire, minimum 1 minute.
	When the machine is running on manual mode, press to decrease vibration frequency, 15 – 40 Hz.
	This button does not work when the machine is running on preset programmed play modes.
	Start / Stop vibration, after the main switch on the backside is turned on (powered on)
	Select manual mode 00, or preset programmed play modes P1, P2 or P3.
	Toggle the amplitude between Hi and Lo. The button does not work when the machine is running on preset program play modes.



IR Remote Control









Please note that the Infrared type of remote control needs to point to the Remote Receiver Window on the control panel to work.

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 running 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.

Remote Control Buttons

Button	Function
 Time 	Set desired session time when the machine is idle. Default session time is 10 minutes, maximum 20 min, minimum 1 min. This button is disabled when the machine is running.
 Hz 	Increase and decrease frequency when the machine is running on manual mode. This button is disabled when the machine is running on preset program play modes.
	Start / Stop vibration, after the power switch on the backside is turned on.
	Select manual mode 00 or preset program play modes P1, P2 and P3.
	Switch to low amplitude mode. This button is disabled when the machine is running on preset program play modes.
	Switch to high amplitude mode. This button is disabled when the machine is running on preset program play modes.



Amplitude Hi vs Lo

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



Setting the Parameters

1. Power on the machine using the main power switch at the backside. The control panel will light up.
2. Use P 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 Control Panel or Remote Control to choose frequency 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 A button on the control panel or Hi / Lo button 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 frequency and low amplitude. Gradually increase the intensity as you feel comfortable and enjoy the benefits.

Manual Control Mode

User can manually control 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

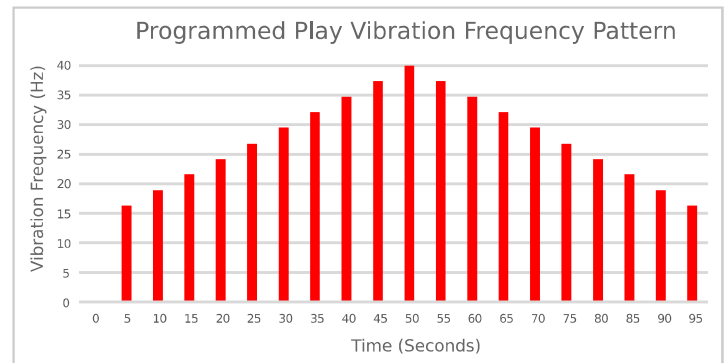
Use your elbows to support your upper body on the footplate, the vibration can be transmitted to your shoulder blade to treat shoulder muscle knot pain. Relax and lower your waist, keep your upper arm vertical, adjusting your pose to achieve maximized vibration on your shoulder and back.



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. Study shows, as the vibration intensified, the muscle is more activated to damp the vibration amplitude. Such active and counteractive reaction intensifies the stimulation on the tissues.

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). Because G-force is decided 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.

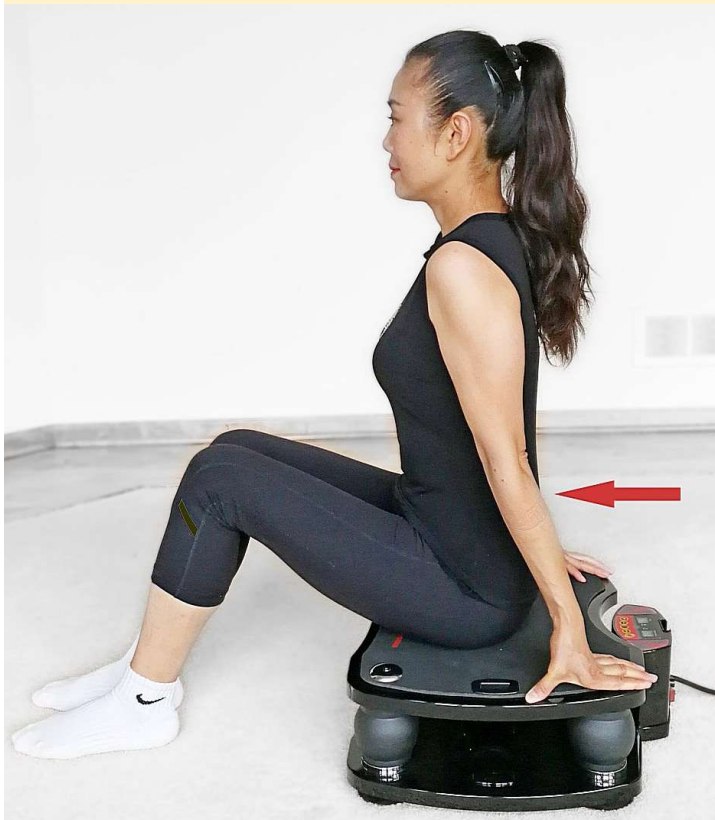
For more information about our formula and conditions about vibration G-force calculation, please visit our website www.VibrationTherapeutic.com.



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
Electric Motor	110V 80W PMDC motor
Machine Size and Weight	L22" W19" H7.1", 25.8LB
User's Max Body Weight	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!



Appendix – VT003F Vibration Plate Poster

Activate Your Self-Healing Power




Therapeutic + Fitness

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

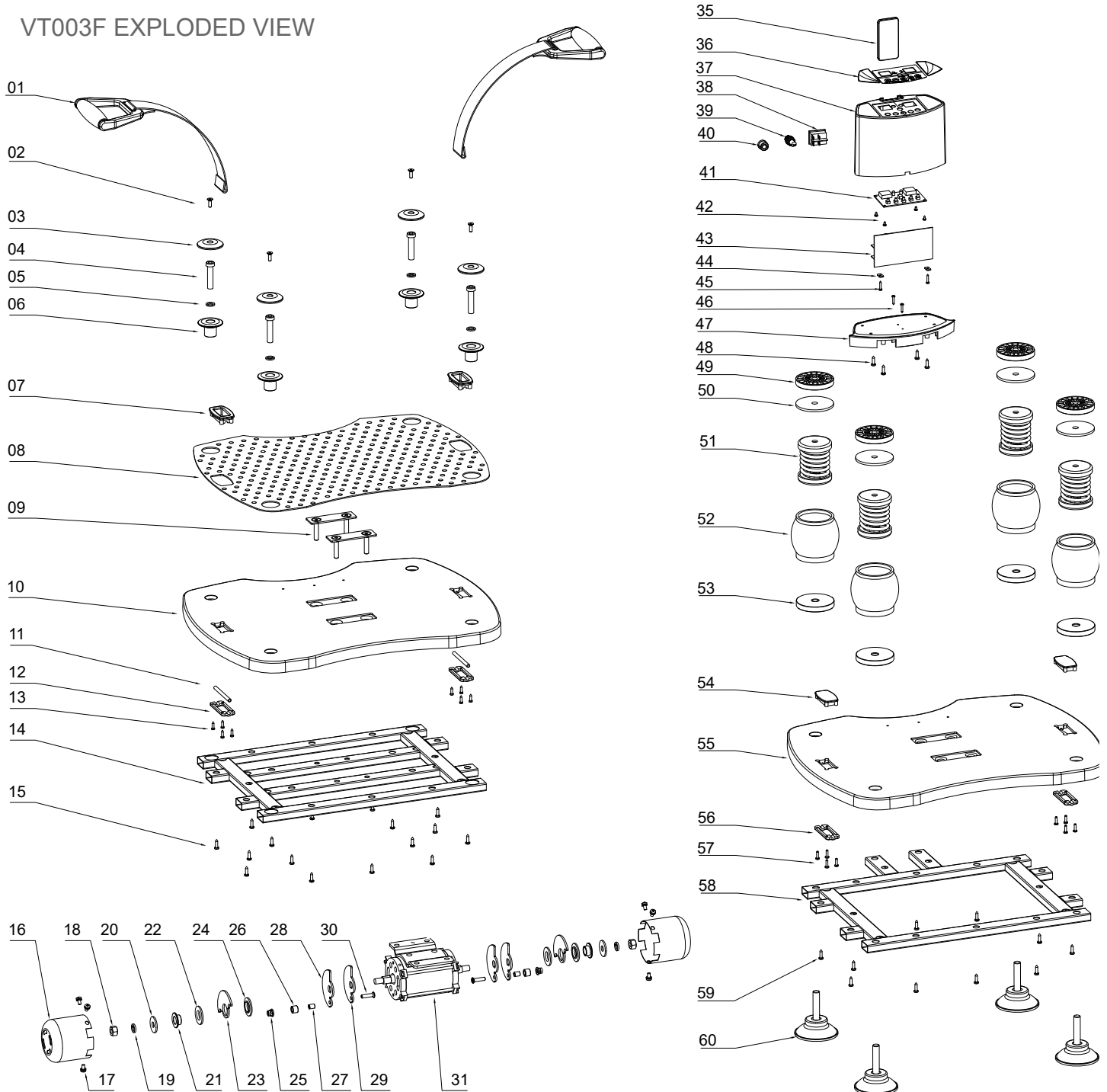
And more...



 Half squatting pose allows you to adjust the amount of vibration transmitted to your upper body. This pose also helps achieve better balance, as well as reduce 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

VT003F EXPLODED VIEW



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	Foot plate mat		1	38	Fix bushing of power plug		1
9	Mounting plate of motor		2	39	Fuse		1
10	Foot 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