



User Manual & Tech Specs

Model VT027

Pivotal Oscillation Vibration Plate



100% Customer Satisfaction!

www.VibrationTherapeutic.com

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Dear Customer,

Thank you for choosing our vibration plate model VT027. We sincerely wish this vibration machine to bring you with great health and fitness benefits.

If there is any negative experience using the machine or 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 our vibration machines, many life changing stories.

However, just like it can produce positive health results, vibration can adversely impact you if not used properly. 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 any health benefit that we suggest or imply has not been 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 VT027 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.

We also encourage you to join our vibration therapy forum at www.vibration.health.

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

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 research and consult medical experts about the use of vibration machine, before you actually use this machine.

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 discuss with your doctor to decide if vibration therapy is a good fit for you.

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

Do not use vibration immediately after physical injury and surgery.

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

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

If you are new to vibration machine, please start with low

frequency and low amplitude. You can gradually increase the frequency after you get used to the vibration and start to enjoy the benefits. 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 VT027 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. That can hinder the machine movement and cause injury.

Do not let the machine running unattended.

Product Warranty & Return Policy

Product warranty, return and replacement policy and all other sales conditions and policies are issued and implemented by the actual seller of this product.

If you purchased the product from our company through our own retail channels including our retail stores, our ecommerce websites and other ecommerce platform, the general sales terms and conditions are stipulated in our website or other ecommerce platform. For return, replacement and warranty services, Please contact us via warranty@vibrationtherapeutic.com, Order specific sales conditions and terms override our general sales condition and terms.

If you purchased the product through a third party retailer or distributor, please contact the actual seller for return, replacement and warranty services.

Packing List

The following items are included in the box of VT027.

Item name	Quantity
VT027 machine	1
This user manual	1
Handles	2
Resistance bands	2
Remote control	1
Power cord	1

Tech Specifications

Manufacturer's Model#	VT027
Vibration Pattern	Pivotal oscillation
Vibration Frequency Range	5Hz – 14Hz In 20 speed level
Max Vibration Amplitude	10 mm
Max G-force	2.97
Power Supply*	AC 110V 60Hz for US AC 220V 50Hz for Europe
Electric Motor	200 W PMDC motor
Product Dimension	630 x 400 x 115 mm 24.8 x 15.7 x 4.5. Inches
Product Weight	12.5 KG / 27.5 LB
Packaging Dimension	720 x 460 x 155 mm 28.3 x 18.1 x 6.1 inches
Package Weight	14.5 KG / 31.9 LB
User's Max Body Weight	120 / 264 LB

*The 110V version machine cannot be used with 220V electricity supply, and vice versa.

Machine Setup

VT027 machine comes as plug-and-play right out of the box. No assembly needed, except for attaching a pair of handles or a pair of resistance bands that are designed for arm and upper body exercises. There is no maintenance needed over the lifetime of the machine.

Place the machine on a flat carpeted floor. Using the power cord to securely connect the machine to your household electricity supply, which must be properly grounded. Switch on the main power switch at the backside of the machine. You are ready to take the ride.



VT027 has a default running session time of 10 minutes. Running session time can be set between 1 and 20 minutes. Motion speed can be adjusted in 20 levels, covering a vibration frequency range from 5 Hz to 14 Hz.

The machine can be controlled from either control panel or remote control. Using remote control is recommended. Remote control is IR (infrared) type. It needs to point to the remote control signal receiving window to work.



Session time, programs, and frequency can be controlled using either control panel or remote control. The parameters are displayed in two LED digit display windows on the control panel.

Handles

If desired, you can attach to the machine the two handles that are designed for upper body exercises. The two handles are stored in two compartments at the back side of the machine. See the picture below. They can be easily installed and conveniently stored. Below are the steps to install the handles.

Step 1: Slide out the two handles from each of their compartments at the back side of the machine



Step 2: Insert the handles to the desired position. There are 10 holes with pop-down caps to accommodate four handle positions.



Four handle positions designed for different muscle group workout.



Chest Muscle Workout



Shoulder Muscle Workout



Back Muscle Workout



Tricep Workout

Resistance Bands

If desired, you can attach the pair of resistance bands designed for arm exercises.

Below illustration shows how to attach the resistance bands to the machine.



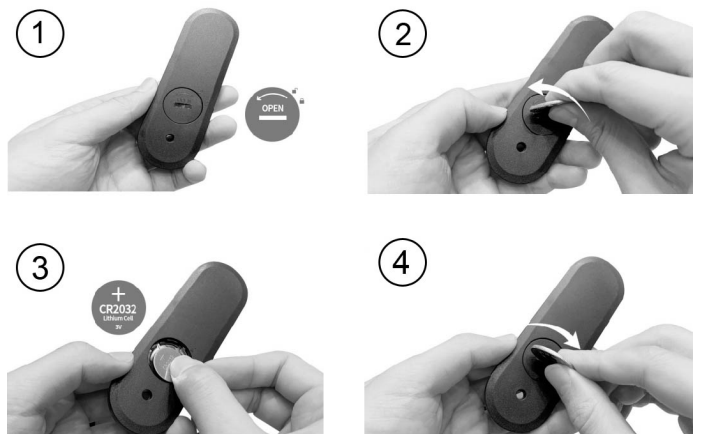
1. Turn-slide out the metal latch at the bottom of the machine.
2. Attach the spring hook of the resistance band onto the latch.
3. Repeat to attach both resistance bands.

Battery

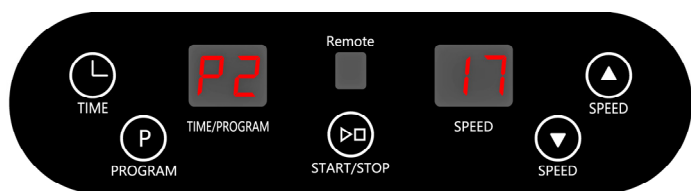
The remote control uses a lithium cell battery, CR2032 3V, which is included in a new machine. A battery can last for a couple of years of regular use.

A new remote comes with a thin plastic sheet at the right side of the remote to insulate the battery. Remove the plastic sheet to use the remote control.

When the battery needs to be replaced, follow the illustrations below to replace the battery. You can use a coin to unscrew the battery compartment cover.



Control Panel Display Windows



TIME / PROGRAM Window

This window displays session time or play modes. Play modes include manual control (P0) or programmed control (P1, P2 or P3)

When the machine is powered on and idle, this window displays a number 10, indicating the default session time of 10 minutes. The following functions can be performed:

- ❖ Set up session time by pressing the TIME button, to adjust the session time between 1 minute and 20 minutes.
- ❖ Set up program by pressing the Program button (P) to select either manual control P0, or, programmed control P1, P2 or P3.

When the machine is running, this window displays the remaining session time and the running program (P0, P1, P2 or P3), in a 5-second alternating sequence.

SPEED Window

This window displays the motion speed level. The speed can be adjusted in 20 levels, cover a vibration frequency from 5 Hz to 14 Hz.

The speed can only be adjusted when the machine is running. The default speed level is 1 (5Hz).

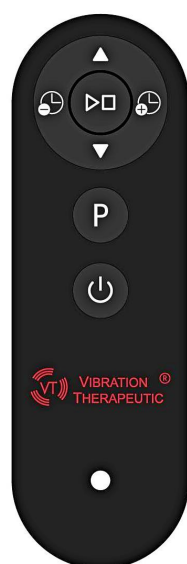
In program modes, this window displays the programmed speed level.

Middle Window – Remote Control Receiver

This window receives remote control signal.

The remote control uses infrared light signal to transfer orders, therefore it needs to point to this remote control receiver window to work.

Control Buttons



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

Buttons Functions

Button	Function
	Standby - put the machine to standby, or wake up the machine from standby. Functional when power is switched on. The button is only on remote control.
	START/STOP - start or stop the vibration,
	PROGRAM - select manual mode P0, or a program mode, P1, P2 or P3.
	TIME (remote control) - set up vibration session time, from 1 to 20 minutes, when the machine is powered on but in idle status. These two buttons are disabled when the machine is running.
	TIME (control panel) - set up vibration session time, from 1 to 20 minutes, when the machine is powered on but in idle status. This button is only on the control panel
	SPEED - adjust vibration speed level from 1 to 20 levels, when the machine is running on manual control mode. These buttons are disabled when the machine is running on program mode.

Operation Instruction

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

Each time the machine is powered on, the default mode is manual control P0, and the default session time is 10 minutes.

2. Use P button on the control panel or the remote control to select manual mode P0 or program mode P1, P2 or P3.
3. Use Time button on the control panel or Time+ or Time- buttons on the remote control to set up session time. Session time can be set up between 1 minute and 20 minutes, only in manual mode.

In program mode P1, P2 or P3, session time is preset at 10 minutes, and cannot be changed. Session time can only be change in manual control mode P0.

4. Once the program and time are set up, press Play / Stop button on either control panel or remote control to start the vibration session.
5. When the machine is running on manual mode (P0), you can adjust the speed level from 1 to 20.

It is highly recommended for new users to start with low speed level. You can gradually increase the speed as you feel comfortable and enjoy the benefits.



After each use, user can press the Standby button on the remote control to turn off the machine. No need to turn off the power using the power switch on the back. If there will be a long time not using the machine, turn off the power switch.

Manual Control Mode

At manual control mode (displayed as P0), user can manually set up session time and adjust speed. Each time the machine is powered on, the default session time is 10 minutes, and default speed level is 1.

Session time can be set up only when the machine is idle. The session time can be set up between 1 minutes and 20 minutes.

Speed level can only be adjusted when the machine is running on manual mode. The speed level range is from 1 to 20. The table below shows the relationship between speed level and vibration frequency (Hz).

Speed	1	2	3	4	5	6	7
Hz	5	5.5	5.9	6.4	6.9	7.4	7.8
Speed	8	9	10	11	12	13	14
Hz	8.3	8.8	9.3	9.7	10.2	10.7	11.2
Speed	15	16	17	18	19	20	
Hz	11.6	12.1	12.6	13.1	13.5	14.0	

Program Mode

Programs are designed to provide different movement patterns of speed change, which create a spectrum of stimulation to your muscles, bones, tendons, ligaments and nerves.

Three programs are built in. Each program runs a set of speed levels that change every minute, for a total 10 minutes session.

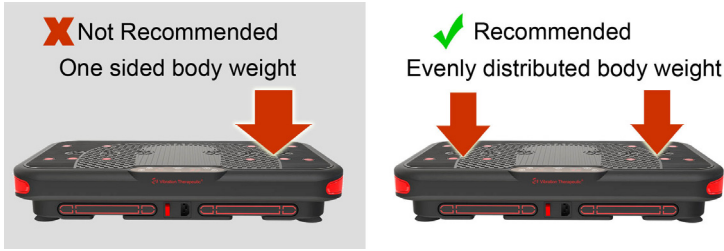
- P1: Low intensity spectrum
- P2: High intensity spectrum
- P3: Mixed intensity spectrum

	Speed Level									
P1	16	18	12	8	18	10	15	6	12	8
P2	20	20	15	18	20	16	20	10	20	15
P3	10	4	20	12	20	10	20	6	20	14
P0	Manual control speed level									

Time buttons and Speed buttons are disable when the machine is running on program mode.

Avoid One Sided Weight

VT027 is designed for user to evenly distribute the body weight on both sides of the platform.



If user puts the entire body weight on a single side of the platform, the load on the motor is doubled.

A protection program is built in to prevent motor from overloading. If a user's entire weight is on one side of platform, the motor will run faster to generate more power to adapt to the increased load. This is called speed compensation, which protects the motor and extends the life of the machine.

We don't recommend user to constantly put the entire body weight on only side of the machine.

The designed maximum load of VT027 is 120 KB / 264LB. Overload can damage the machine.

G-force of VT027

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 VT027 is 2.97.

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



Troubleshooting

Remote control does not work

Remote control needs to point at the remote signal receiving window on the control panel to work.

The distance from the remote control to the control panel should not exceed 4 ft.

Remote control can run out of battery in a couple of years.

The control panel display windows do not light up

Check if the power switch at the back of the machine is turned on.

Or, check if the fuse is broken. Fuse box is located between the power switch and the power cord socket. Use a flat-headed screwdriver to remove the fuse box cap and remove the fuse and check. If fuse is broken, replace it with a 5A /125V fuse.



If the replaced fuse breaks again, it is possible the control box is defective. Please contact the seller for warranty service.

The power is off, but the display LED light up when step on the machine

This is normal. The motor rotation generates induction electricity that light up the display LED light.

After power off, the display LED is still on for a while

This is normal. It is the discharge of electricity stored in the circuit.

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

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