

Welcome to

# Whole Body Vibration

Thank you for purchasing the Whole Body Vibration System.  
You are on the right path to enjoying an improved quality of life.



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## IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this system.

1. To reduce the risk of burns, fire, electric shock, or injury, always unplug the unit from the electrical outlet immediately after using, and before cleaning.
2. Unplug the unit from the outlet when not in use, and before putting on or taking off parts.
3. Only one person should use the unit at a time. This unit is not for children.
4. Use this system only for its intended use as described in this manual.
5. Do not use any attachments with this unit.
6. If the cord or plug becomes damaged, unplug it immediately.
7. Do not operate the unit if it has been dropped or damaged, or dropped into water. IF this has happened, contact Style For Life.
8. Do not use outdoors.
9. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
10. This system is designed for personal, indoor use; do not use in a commercial environment.
11. This product must be grounded. DO NOT bypass the grounding plug. Bypassing the grounding plug may lead to serious damage the user. If you do not have a grounded outlet, do not use the system until you have one installed by a qualified electrician.
12. If the power cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.

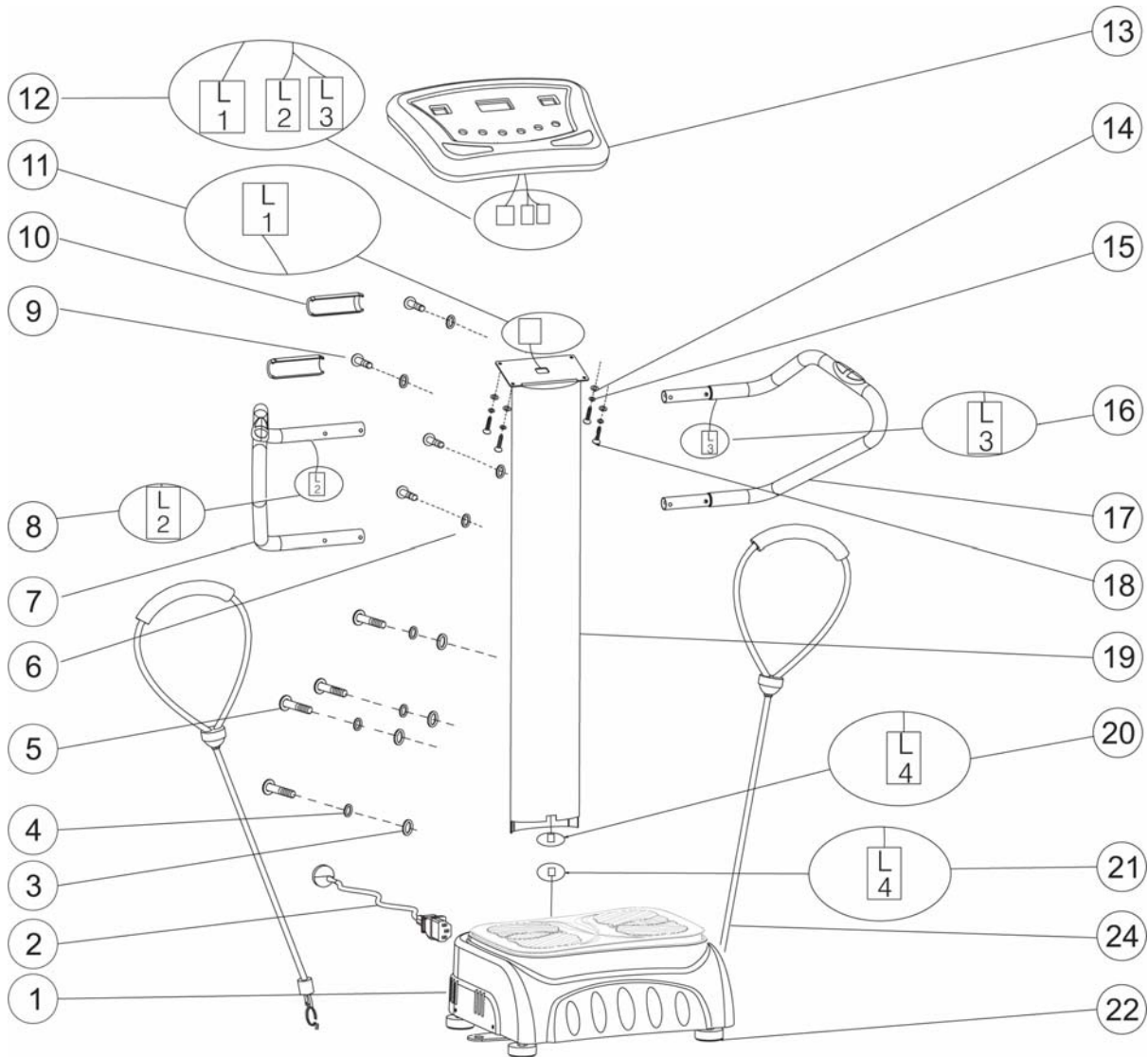
## For Your Safety

Please review the 15 questions below. For your own safety, you must be able to answer a definite “No” to all the questions, before you can start training on the Whole Body Vibration Machine. If any answer is a “Yes,” or “Maybe,” for your own safety, consult your physician before using this system.

1. Do you suffer acute joint problems such as arthrosis or acute rheumatoid arthritis? .....  No  Yes  Maybe
2. Do you have any acute inflammations or infections? .....  No  Yes  Maybe
3. Are you an epileptic? .....  No  Yes  Maybe
4. Do you have gallstones or kidney stones? .....  No  Yes  Maybe
5. Do you have joint implants such as foot, knee, or hip? .....  No  Yes  Maybe
6. Do you suffer from serious cardiovascular disease?.....  No  Yes  Maybe
7. Do you have heart valve disorders or heartbeat irregularities? .....  No  Yes  Maybe
8. Do you have metallic or synthetic implants such as a pacemaker or IUD? .....  No  Yes  Maybe
9. Did you have a recent thrombosis or possible thrombotic disorders? .....  No  Yes  Maybe
10. Do you have serious back problems such as a herniated disk, discopathy, spondylolysis? .....  No  Yes  Maybe
11. Do you have any tumors? .....  No  Yes  Maybe
12. Do you have recent (operative) wounds?.....  No  Yes  Maybe
13. Do you have any recent inflammations?.....  No  Yes  Maybe
- 14. Are you pregnant?** .....  No  Yes  Maybe
15. Do you suffer from intense migraines? .....  No  Yes  Maybe

By using the Whole Body Vibration system, you agree you have been advised and fully informed about vibration technology, and sufficiently notified of all the risks associated with Whole Body Vibration. You hereby relieve and hold Style For Life, Inc., and all affiliates, harmless from all liability for injury or damage that may occur to you. You Further warrant: (1) You have read, understand, and fully agree to the foregoing consent; (2) the proposed vibration technology session has been satisfactorily explained to you, and you have read all the information you desire; and (3) have fully disclosed any potential medical contraindications, and are not now pregnant or trying to become pregnant; (4) you declare, having read this page, you can give a definite “No” to all the above questions.

## Specifications and Parts List



ITEM	PART	QTY
①	Vibrator	1
②	Power cord	1
③	Washer	2
④	Spring Washer	2
⑤	Bold	2
⑥	Washer	2
⑦	Left Handle	1
⑧	Pulse Detector: L2	1
⑨	Bold	2
⑩	Handle Cover	2
⑪	Connectors form main tube	1
⑫	Display connectors: L1/L2/L3	1

ITEM	PART	QTY
⑬	Computer / Display Panel	1
⑭	Washer	4
⑮	Sprint Washer	4
⑯	Pulse Detector: L3	1
⑰	Right Handle	1
⑱	Phillips screws	4
⑲	Main Tube	1
⑳	Bottom Tube Connector: L4	1
㉑	Vibrator Connector: L4	1
㉒	Foot	4
㉓	Plug for wiring hole	1
㉔	Pull rope	2

Power: 115V

Net weight of unit: 95 pounds

Maximum weight of person on system: 300 pounds

**ASSEMBLY:** You are now ready to assemble the Whole Body Vibration system. Having someone help you, will make assembly easier.

1. Mount the stand tube (19) onto the main unit; connect the down-lead from the both parts. See Figure 1.

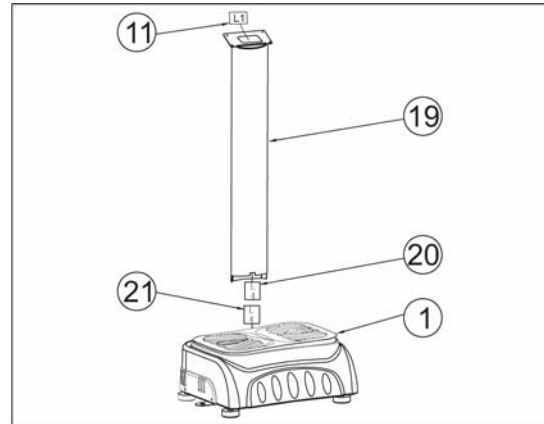


Figure 1

2. After you set the main tube on the main part, you attach them by using the washers, spring washers, and bolts. Align the corresponding screw holes. See Figure 2 .

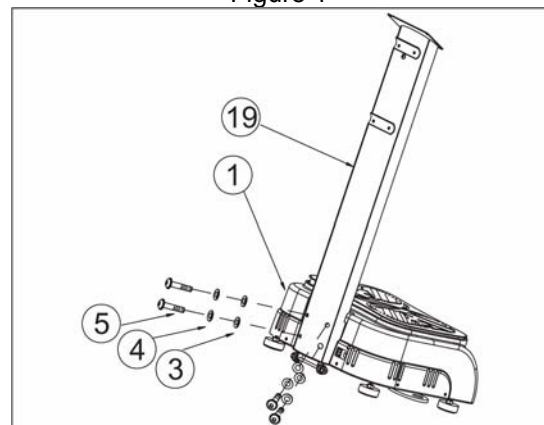


Figure 2

3. Insert the parts of handle bar together, aligning the four holes. See Figure 3 .

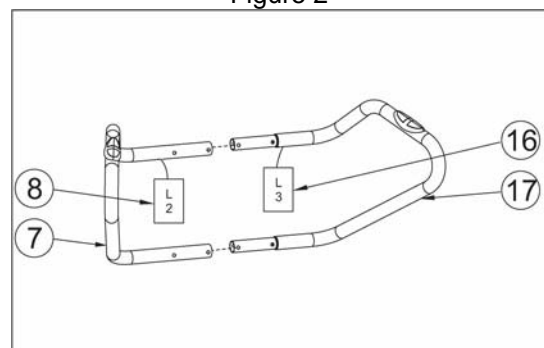


Figure 3

4. Put washers and bolts into their corresponding holes, and secure them with a spanner or wrench. See Figure 4 .

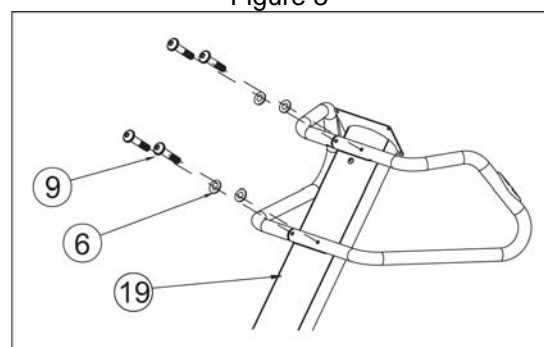


Figure 4

- Screw the handle bar to the stand tube; secure the handle tightly. Pull out the end cap (23) for the wiring hole on the rear of the stand tube (19). See Figure 5.

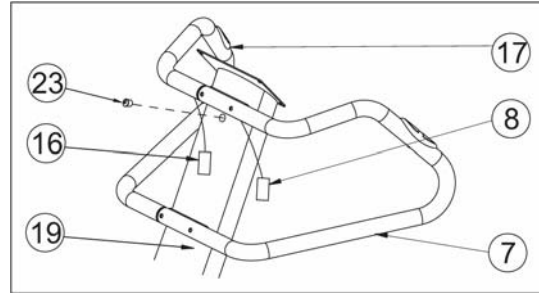


Figure 5

- Attach the hand pulse wires (8) and (16) to the end cap (the wires enter through the wiring hole on the rear of stand tube). Mount the end cap to the corresponding holes on the stand tube. See Figure 6.

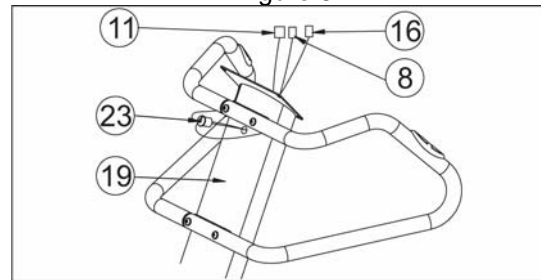


Figure 6

- Connect the down-leads of the computer (13) to the connectors from stand tube and the hand-pulse down-lead of the handle bar. See Figure 7.

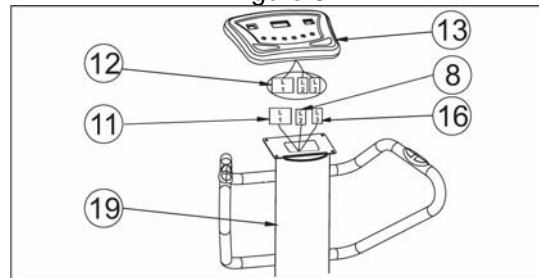


Figure 7

- Mount the computer (13) onto the stand tube and secure the two with flat washers (14), spring washers (15), and bolts (18). See Figure 8.

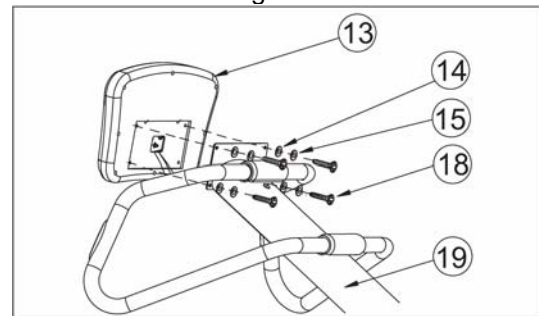


Figure 8

- Mount the ornament cover to the back of the handle tube. Insert the power cord to the plug on the rear of the main unit. Secure the pull ropes (24) to the unit. See Figure 9. Now you can enjoy Whole Body Vibration.

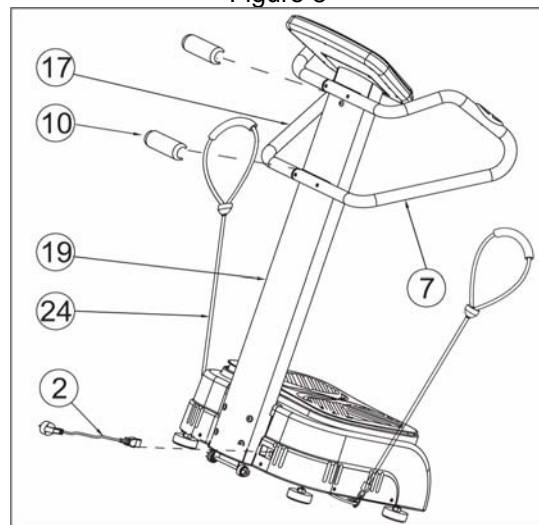


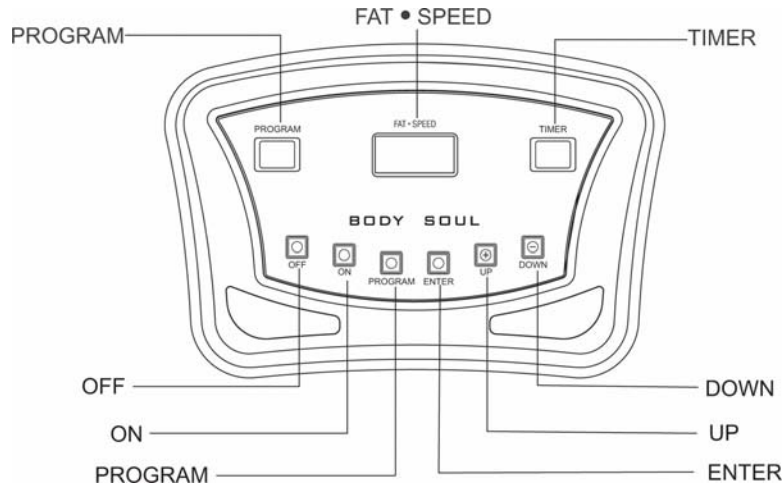
Figure 8

**Important Reminder:**

Make sure all parts are secure before using the Whole Body Vibration system.

Please also balance Whole Body Vibration system by adjusting the feet on the bottom of the unit.

## Top Panel Display



### Display Meter Operation :

- **OFF** Press to turn the system off
- **ON** Press to turn the system on
- **Setting up your work-out time**

Before you start, you press **ENTER** to set up your preferred workout time. When you see “00” flashing on the display **TIMER**, you can press **UP** to increase or **DOWN**. Ten minutes is the default; however, you can set the timer from one to ten minutes.

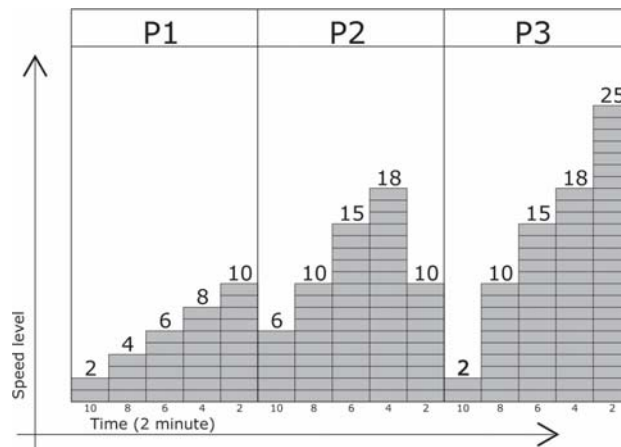
- **Set up speed range**

Once you start, you can increase the speed by pressing **UP**, or decrease it by pressing **DOWN**. The speed can be set from 0 – 30. Select a speed that is comfortable for you.

- **Set the programs:**

Before you start the workout, you can choose one of the built-in programs by pressing **PROGRAM**. You can see programs in sequences “88-P1-P2-P3-FA.” “88” is a manual mode. After pressing **ON**, you can choose different speed ranges By pressing **UP** or **DOWN**.

P1, P2, and P3, are built-in, automatic programs. You can choose P1, P2, or P3, and **ON** to enjoy a ten-minute workout.



“**FA**” program allows you to check body fat. Select the “**FA**” program. Press **ON**. Enter your gender (use the **UP** / **DOWN** buttons to select): 1 for male, 2 for female. Press **ENTER** to enter your age. Press **ENTER** to enter your height. Press **ENTER** to enter your weight. Press **ENTER**. You’ll see “ – –” on the display. Put both hands on the handle bars; in about two seconds, the display will show your BMI (Body Mass Index).

This information is for reference only, not for medical purposes. See the display on the unit for results:

Gender	Results Displayed on FAT • SPEED display		
Female	0 – 16	17 – 27	28 or more
Male	0 – 13	14 – 23	24 or more
Meaning	You are slim	Perfect Figure	Need more workout

## Training Goals

The Whole Body Vibration system is designed to bring you:

- Easy and enjoyable workouts
- Better heart strength and body circulation
- High calorie burning by shaking your whole body
- Great feelings after a workout program

We suggest you use the Whole Body Vibration System as often as possible; on a daily basis if possible. Ten-minutes a day will yield wonderful results. We do not recommend exercising more than once or twice a day. Using the system daily, or several times a week, is ideal.

Suggestions:

- Wear comfortable clothing
- Never exercise with your stomach full.
- Allow an hour after eating before getting on the unit
- If you are tired or exhausted, please do not start a workout program.

## WARMING UP:

We recommended you warm up and stretch before getting on the Whole Body Vibration System. The following warm-ups are for your reference:

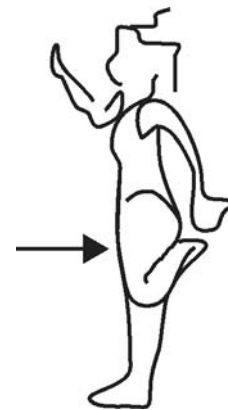
### 1. Calf Stretch

Hands up and lean your body to a wall, with one of your feet in the front and the other behind (see the illustration). Keep your back and your back leg in a straight line. Then, bend your front leg and move your body towards the wall. Stay as close to the wall and keep this position for 10 – 15 seconds. Relax. Repeat this twice.



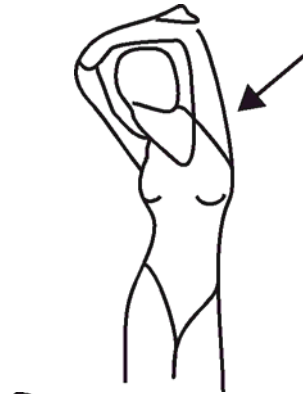
### 2. Thigh Stretch

Put your right hand on the wall for balance; grab your left foot with your left hand. Gently pull your heel towards your buttocks and keep your balance. Stay there for about 10 – 15 seconds. Relax. Repeat this twice.



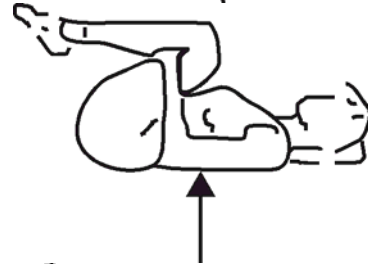
### 3. Upper Body Stretch

Stand with your legs shoulder width apart. Place your hands over your head, as shown in the illustration. Gently stretch your back to the side; hold for 10 – 15 seconds. Stretch to the other side and hold for 10 –15 seconds. Relax. Repeat this twice.



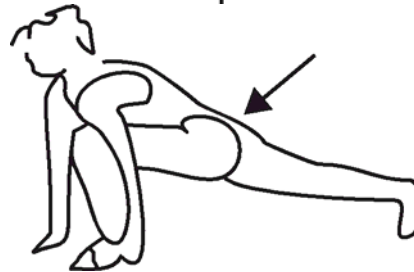
### 4. Kicking Stretch

Lie on the ground. Hold your thighs and gently kick your legs. Keep legs up high for 10 – 15 seconds. Relax. Repeat this twice.



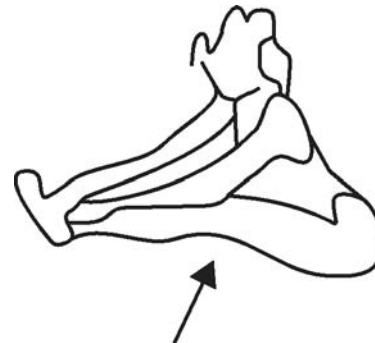
### 5. Waist and Bottom Stretch

Step one foot forward and bend your body. Place your hands on the floor. Keep your back leg straight. Balance your body while gently pushing your lower back down. Hold for 10 – 12 seconds. Relax. Repeat this twice with each leg forward.



### 6. Back Stretch

Sit on the ground with your thighs and legs on the ground. Grasp your ankles (or as low on your legs as you comfortably can). Gently you're your upper body towards your legs, touching your toes if possible. DO NOT STRAIN. Hold this position for 10 – 12 seconds. Relax. Repeat this twice.



## Exercise Demonstrations



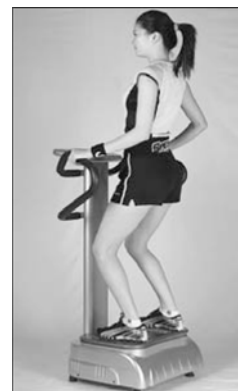
### One foot on the plate

Put one foot on the plate; the other on the ground. Place your hands on the handle bars. This will train your waist, stomach muscles, and legs.



### Cross Legs

Sit on the plate; cross your legs. Put your hands on the handle bars. This will train your legs, shoulders, waists and stomach muscles.



### Bend your knees

Stand on the plate with your hands on the handle bars; bend your knees a bit. This will train your waist, stomach muscles, and legs.



### Stand on

Simply stand on the plate with your hands on the handle bars. This will train your whole body muscles.



### L shape

Put your feet on the ground, with your rear end on the plate. Balance your body with your hands. This will train your arms, hips, and thigh muscles.



### Lean Forward

Put your knees on the ground and your hands on the plate. This will train your shoulders, arms, upper body, and thigh muscles.



### Turn 90°

Stand on the plate with one arm on the left handle bar; the other hand on our waist. This will train your back, arms, and whole body. Turn the other way.



### Sit on chair

Sit on a chair with your feet on the plate. This will train your legs and stomach muscles.



### Massage your legs

Put your legs on the plate with your hands on the ground supporting your body. This will train your legs, arms, and stomach muscles.