

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [Ultrasport](#) /

› [Ultrasport VP 400-3D Vibration Platform User Manual](#)

Ultrasport VP 400-3D

Ultrasport VP 400-3D Vibration Platform User Manual

Model: VP 400-3D

1. INTRODUCTION

Thank you for choosing the Ultrasport VP 400-3D Vibration Platform. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly or operation and keep it for future reference.

The Ultrasport VP 400-3D is a mobile vibration platform designed for effective full-body training at home. It utilizes 3D vibrations to facilitate short, high-impact training sessions through passive and active muscle contractions.

2. SAFETY INFORMATION

To ensure your safety and prevent damage to the equipment, please observe the following precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- The maximum user weight for this device is **100 kg**. Do not exceed this limit.
- Place the vibration platform on a stable, level surface. Ensure adequate space around the device for safe operation.
- Keep children and pets away from the equipment during operation.
- Do not use the device if you are pregnant, have a pacemaker, or suffer from acute thrombosis, severe diabetes, or epilepsy.
- Always wear appropriate athletic footwear when using the platform.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Ensure the power cord is not damaged and is placed where it will not be tripped over.

3. PRODUCT OVERVIEW

The Ultrasport VP 400-3D Vibration Platform is designed for ease of use and effective training. Familiarize yourself with its components:



Image: The Ultrasport VP 400-3D Vibration Platform, showcasing its compact design and integrated control panel.

Components:



Image: Diagram illustrating the components of the Ultrasport VP 400-3D Vibration Platform, including the base, control panel, remote control, resistance band hooks, rubber dampers, and rubber feet.

- **Base:** The main platform where you stand or perform exercises.
- **Control Panel:** Integrated display and buttons for direct operation.
- **Remote Control:** For convenient adjustment of settings during your workout.
- **Resistance Band Hooks:** Points to attach the included adjustable training bands.
- **Rubber Dampers:** Components that facilitate the vibration movement.
- **Rubber Feet:** Provide stability and protect your floor.

Key Features:

- Effective 3D vibrations for comprehensive muscle stimulation.
- Integrated console with start/stop function, 3 automatic programs, and display for frequency and time.
- Easy-to-use remote control with dedicated program buttons and frequency/time adjustments.
- Compact dimensions (approx. 57 x 48 x 14 cm) for home use.

- Includes adjustable training bands for varied exercises.
-

4. SETUP

The Ultrasport VP 400-3D Vibration Platform requires minimal setup:

1. **Unpacking:** Carefully remove the vibration platform and all accessories from the packaging. Retain packaging for storage or transport.
 2. **Placement:** Choose a flat, stable, and non-slip surface for the platform. Ensure there is enough clear space around the device for safe movement during exercises.
 3. **Power Connection:** Plug the power cord into a suitable electrical outlet. Ensure the power switch on the device is in the 'off' position before connecting.
 4. **Resistance Bands (Optional):** If you plan to use the resistance bands, attach them securely to the designated hooks on the platform.
-

5. OPERATING INSTRUCTIONS

The vibration platform can be operated via the integrated control panel or the remote control.



Image: Detailed view of the Ultrasport VP 400-3D Vibration Platform's control panel and remote control, highlighting buttons for frequency, time, programs, and power.

Control Panel and Remote Functions:

- **ON/OFF Button:** Powers the device on or off.
- **Frequency (+/-) Buttons:** Adjust the vibration frequency.
- **Time (+/-) Buttons:** Adjust the duration of your workout session.
- **Program (P) Button:** Cycles through the 3 pre-set automatic programs (P1, P2, P3).
- **Display:** Shows current frequency and remaining time.

Starting a Workout:

1. Ensure the platform is plugged in and the power switch is on.
2. Step onto the platform.
3. Press the **ON/OFF** button on the control panel or remote.
4. **Manual Mode:** Use the **Frequency (+/-)** buttons to set your desired vibration intensity and the **Time (+/-)**

buttons to set the duration.

5. **Program Mode:** Press the **Program (P)** button to select one of the three automatic programs (P1, P2, P3). Each program has pre-defined frequency and time settings.
6. The platform will begin vibrating according to your settings.
7. To stop the workout, press the **ON/OFF** button again.



Image: Illustration of the multi-directional 3D vibration movement of the Ultrasport VP 400-3D Vibration Platform.

6. EXERCISE GUIDE

The Ultrasport VP 400-3D Vibration Platform can be used for a variety of exercises to target different muscle groups. The included detailed instruction manual provides warm-up and stretching exercises, along with specific workout routines.



Image: Collage of images demonstrating various exercises that can be performed on the Ultrasport VP 400-3D Vibration Platform, including squats, stretches, and exercises with resistance bands.

Remember to maintain proper form and listen to your body. Start with lower frequencies and shorter durations, gradually increasing as your fitness improves.

General Exercise Tips:

- **Warm-up:** Always perform a light warm-up before starting your vibration training.
- **Posture:** Maintain a slightly bent knee position to absorb vibrations effectively.
- **Core Engagement:** Engage your core muscles throughout your workout.
- **Resistance Bands:** Utilize the adjustable resistance bands for upper body and arm exercises.
- **Cool-down:** Finish your session with stretching exercises.

7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your vibration platform.

- **Cleaning:** Wipe down the platform with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a dry, cool place away from direct sunlight and moisture.
- **Inspection:** Periodically check all components, especially the power cord and resistance band attachments, for any signs of wear or damage. Do not use the device if any part is damaged.

8. TROUBLESHOOTING

If you encounter issues with your Ultrasport VP 400-3D, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not power on.	No power supply; Power cord not properly connected; Power switch off.	Check power outlet; Ensure power cord is securely plugged in; Turn the main power switch on.
No vibration.	Device is on but not started; Frequency set to zero.	Press the ON/OFF button to start the program; Increase the frequency using the '+' button.
Remote control not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and receiver.	Replace batteries; Ensure correct battery polarity; Remove any obstructions.
Unusual noise during operation.	Loose components; Device not on a level surface.	Check for loose screws or parts; Ensure the platform is on a flat, stable surface. If the noise persists, discontinue use and contact support.

9. SPECIFICATIONS

Detailed technical information for the Ultrasport VP 400-3D Vibration Platform:



Image: Image showing the approximate dimensions (length, width, height) and weight capacity (100 kg maximum user weight) of the Ultrasport VP 400-3D Vibration Platform, along with the remote control dimensions.

- **Model:** VP 400-3D
- **Product Model Number:** 331400000698
- **Dimensions (L x W x H):** Approximately 57 x 48 x 14 cm
- **Weight:** Approximately 10.66 kg
- **Maximum User Weight:** 100 kg
- **Material:** Plastic
- **Color:** White / Red
- **Manufacturer:** Ultrasport

10. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your

product or contact Ultrasport customer service directly. Keep your purchase receipt as proof of purchase.



© 2023 Ultrasport. All rights reserved.