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### Mediashop M23407

# Vibro Shaper - Fitness Vibration Platform User Manual

Model: M23407 | Brand: Mediashop

## 1. INTRODUCTION

Thank you for choosing the Vibro Shaper Fitness Vibration Platform. This manual provides essential information for the safe and effective use of your new fitness equipment. The Vibro Shaper is designed to help you achieve your fitness goals, whether it's improving physical condition, losing weight, or toning your body. With just 10 minutes of training per day, you can perform a full-body workout comfortably at home.



Image 1.1: The Vibro Shaper Fitness Vibration Platform and its remote control.

## 2. IMPORTANT SAFETY INFORMATION

Please read all safety warnings and instructions carefully before using the Vibro Shaper. Failure to follow these instructions may result in injury.

- Consult your doctor before starting any new exercise program, especially if you have pre-existing medical

conditions, are pregnant, or have recently undergone surgery.

- The maximum recommended user weight for this device is 100 kg.
- Use the Vibro Shaper on a stable, flat surface. Ensure there is enough clear space around the device.
- Keep children and pets away from the device during operation.
- Do not use the device if it is damaged or malfunctioning. Contact customer support immediately.
- Do not insert any objects into the openings of the device.
- Unplug the device from the power outlet when not in use or before cleaning.
- This appliance is for household use only. Do not use outdoors.
- The remote control requires batteries (not included). Ensure correct polarity when inserting.

### 3. PACKAGE CONTENTS

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Carefully unpack your Vibro Shaper and check that all items are present and undamaged.

- 1 x Vibro Shaper Classic Vibration Platform
- 2 x Power Stretch Bands (Resistance Bands)
- 1 x Nutrition Plan (Diet Plan)
- 1 x Remote Control (batteries not included)
- 1 x User Manual (this document)

### 4. SETUP

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1. **Placement:** Place the Vibro Shaper on a firm, level surface. Ensure there is sufficient space around the device for safe movement during exercises.
2. **Power Connection:** Plug the power cord into a standard electrical outlet.
3. **Remote Control Batteries:** Open the battery compartment on the back of the remote control and insert the required batteries (e.g., 2x AAA, check remote for specific type). Ensure correct polarity.
4. **Power On:** Locate the main power switch on the side or back of the Vibro Shaper and switch it to the "ON" position. The display on the platform should light up.

### 5. OPERATING INSTRUCTIONS

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The Vibro Shaper offers various settings to customize your workout.

#### 5.1. Control Panel and Remote Control

The device can be controlled via the integrated control panel on the platform or the included remote control. The remote control allows for convenient adjustment during your workout.

- **Power Button:** Turns the device on/off.
- **Start/Stop Button:** Starts or pauses the vibration.
- **Speed +/- Buttons:** Adjusts the vibration speed (99 levels available).
- **Program Buttons (P1, P2, P3):** Selects one of the three automatic training programs. Each program has varying speeds and vibration patterns.
- **Time Button:** Adjusts the workout duration (default is 10 minutes).

## 5.2. Starting a Workout

1. Ensure the device is powered on.
2. Step onto the platform or position yourself for your desired exercise.
3. Press the "Start" button on the control panel or remote control.
4. Select a program (P1, P2, P3) or manually adjust the speed using the Speed +/- buttons.
5. The default workout duration is 10 minutes. The device will automatically stop after the set time.

## 6. EXERCISE GUIDE

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The Vibro Shaper is versatile and can be used for various exercises targeting different muscle groups. Remember to maintain proper form and listen to your body. A detailed exercise plan with 20 relevant exercises is included in your package.

### 6.1. Basic Standing Position



Image 6.1: Standing position on the Vibro Shaper.

Stand with your feet shoulder-width apart on the platform. Keep your knees slightly bent and your core engaged. This position is ideal for general full-body vibration and improving circulation. Adjust foot placement to vary intensity: wider stance for higher intensity, narrower for lower.

## 6.2. Push-Up Position



Image 6.2: Push-up exercise using the Vibro Shaper.

Place your hands on the platform, slightly wider than shoulder-width apart, and extend your legs behind you into a plank position. Perform push-ups as usual. The vibration adds an extra challenge, engaging more stabilizing muscles in your chest, shoulders, and triceps.





Image 6.3: Another example of a push-up exercise.

Alternatively, you can place your feet on the platform and hands on the floor for an elevated push-up, increasing the challenge to your upper body.

### **6.3. Resistance Band Exercises**



Image 6.4: Using resistance bands with the Vibro Shaper.

Attach the Power Stretch Bands to the designated hooks on the Vibro Shaper. Stand on the platform and perform various upper body exercises such as bicep curls, tricep extensions, or shoulder raises. The vibration enhances muscle activation during these movements.

**6.4. Core and Lower Body Exercises**



Image 6.5: Plank exercise with feet on the platform.

Assume a plank position with your feet on the Vibro Shaper. This variation intensifies core engagement due to the instability and vibration.



Image 6.6: Glute bridge exercise with feet on the platform.

Lie on your back with your feet on the platform, knees bent. Lift your hips off the ground, squeezing your glutes. The vibration adds intensity to this lower body and core exercise.





Image 6.7: Crunches with feet on the platform.

Lie on your back with your feet on the platform, knees bent. Place your hands behind your head and perform crunches, lifting your upper body towards your knees. The vibration helps to engage your abdominal muscles more effectively.

## 7. MAINTENANCE

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Regular cleaning and proper care will ensure the longevity of your Vibro Shaper.

- **Cleaning:** Unplug the device before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the Vibro Shaper in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check the power cord and all components for any signs of wear or damage.

## 8. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; Main power switch off; Power outlet malfunction.	Ensure power cord is securely plugged in. Turn main power switch ON. Try a different power outlet.
Remote control not working.	Batteries are dead or incorrectly inserted; Remote control out of range.	Replace batteries, ensuring correct polarity. Point remote directly at the device's sensor. Ensure you are within effective range.
Vibration is weak or inconsistent.	Incorrect speed setting; Device overloaded.	Increase the speed setting. Ensure user weight does not exceed 100 kg.
Unusual noise during operation.	Loose component; Device on uneven surface.	Ensure device is on a flat, stable surface. If noise persists, discontinue use and contact customer support.

If you encounter problems not listed here or if solutions do not resolve the issue, please contact Mediashop customer support.

## 9. TECHNICAL SPECIFICATIONS

- Model:** M23407
- Brand:** Mediashop
- Dimensions:** 62.5 x 38.5 x 12 cm (24.6 x 15.2 x 4.7 inches)
- Weight:** 12.84 kg (28.3 lbs)
- Material:** Plastic
- Maximum Recommended User Weight:** 100 Kilograms (220 lbs)
- Control Type:** Remote Control
- Vibration Technology:** Oscillation (up to 50 muscle contractions/second)
- Speed Levels:** 99
- Training Programs:** 3 Automatic Programs

## 10. WARRANTY AND SUPPORT






Your Vibro Shaper is covered by the standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions.

For technical support, spare parts, or warranty claims, please contact Mediashop customer service.

**Mediashop Customer Service:** Please visit the official Mediashop website or refer to your purchase documentation for contact details specific to your region.



Related Documents - M23407

	<p><a href="#">VibroLegs Elliptical: Operation Manual and Training Plan</a></p> <p>Comprehensive user manual and training plan for the Mediashop VibroLegs Elliptical (models M30584, M30868). Learn about safe operation, features, workout programs, and maintenance for effective home fitness.</p>
	<p><a href="#">Kendox Life Tracker Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Kendox Life Tracker smartwatch, detailing setup, features, functions, app integration, and technical specifications. Learn how to use your smartwatch for health tracking, notifications, and more.</p>
	<p><a href="#">Kendox LifeTracker Smartwatch: Operating Instructions and User Guide</a></p> <p>Comprehensive operating instructions and user guide for the Kendox LifeTracker smartwatch. Learn setup, features, app integration, and troubleshooting for your wearable device.</p>
	<p><a href="#">Kendox RowShaper User Manual and Assembly Guide</a></p> <p>Comprehensive user manual and assembly guide for the Kendox RowShaper rowing machine, detailing safety instructions, assembly steps, product specifications, and computer functions. Includes parts list overview.</p>
	<p><a href="#">VibroShaper M12160/M13967 User Manual - Vibration Plate Exercise Guide</a></p> <p>Comprehensive user manual for the VibroShaper M12160/M13967 vibration plate, covering safety instructions, operating modes, maintenance, troubleshooting, and training exercises.</p>