



# insportline 19893 Vibration Platform Julisa Exercise Machine User Manual

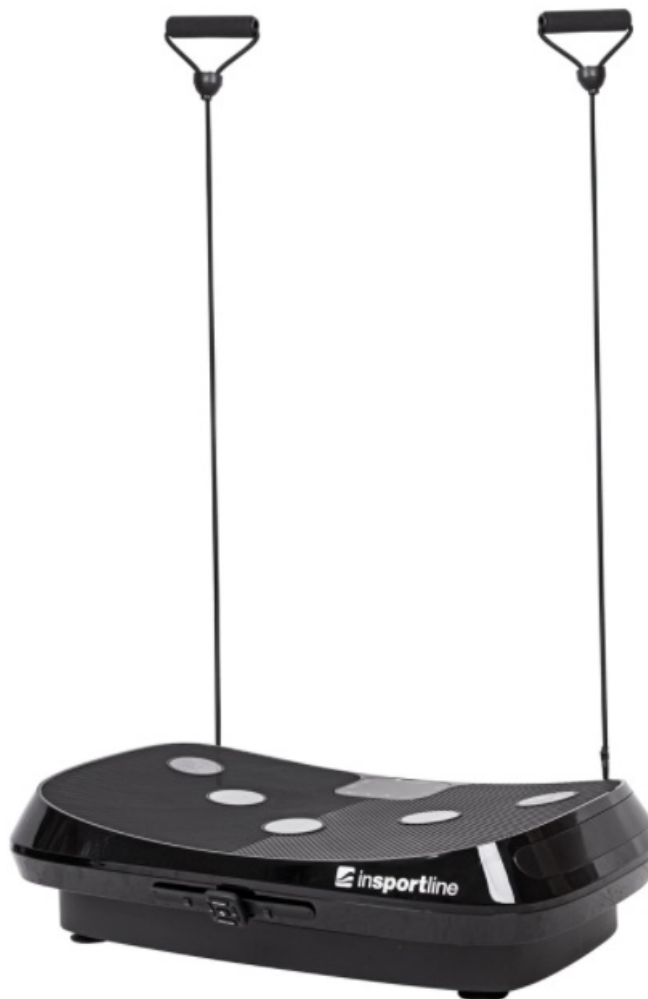
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insportline 19893 Vibration Platform Julisa Exercise Machine



## SAFETY INSTRUCTIONS

- Read the manual carefully before use and keep it for future reference.
- Do not use in humid environments such as saunas and bathrooms.
- Do not use if the room temperature is above 40 ° C.
- For indoor use only.
- Keep away from the sun.
- Place the product on a flat and solid floor.
- If you move the product from a lower temperature to a higher temperature, allow the product to warm to the room temperature.
- The product is not suitable for pregnant or menstruating women.
- The product is not suitable for people suffering from: tumors, heart disease, osteoporosis, nausea or are recovering after surgery.
- The product is not suitable for people with artificial limbs, pacemakers.
- Before use, remove watches, bracelets, chains, earrings, keys and any items in your pockets.
- Remove any object that endangers people using the equipment from your surroundings.
- There must be 0.6 m of free space around the unit.
- Do not smoke, use alcohol or other drugs during use.
- The product is not a medical device.
- Keep out of reach of children and pets.
- Do not insert fingers or other body parts into the openings.

- If the product is used by children under 10 or older than 60, adult supervision is required.
- Do not repair the product yourself or make any unauthorized modifications.
- If sharp edges appear on the product, stop using the product immediately.
- Keep away from water.
- If any part is damaged, immediately stop operation of the device and unplug it.
- Do not connect or use the product if your hands are wet.
- Do not pull or hang the product by the power cord.
- Do not use vibration for too long.
- Do not leave the product turned on or plugged in unattended.
- Check the expanders regularly for signs of wear or damage.
- Check the unit regularly for signs of wear or damage.
- Use should be pleasant. If you feel sick, stop exercising immediately and contact your doctor.
- Always stand in the middle of the device.
- Maximum weight limit: 120 kg
- Use: Category H for home use according to EN 957
- Certificates: 1808095 / 1808096

## **PRODUCT DESCRIPTION**

	1. Middle cover
	2. Base
	3. Rubber cover
	4. Lights (green, orange, red)
	5. Foot pad
	6. AC socket
	7. Front cover
	8. Handle
	9. Lights (green, orange, red)
	10. Running
	11. Jogging
	12. Walking
	13. Jogging
	14. Running

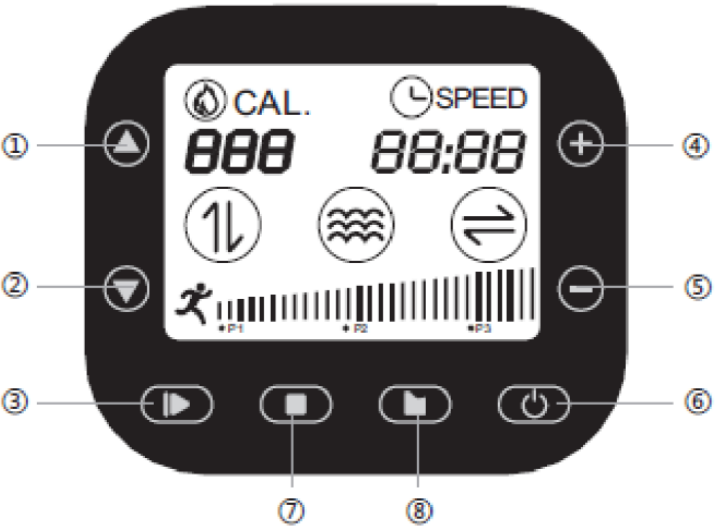
Lighting colors change with speed.

**Package contains:**

				
Remote controller	Floor mat	Rubber expanders	Manual	Power cord

## CONTROLS

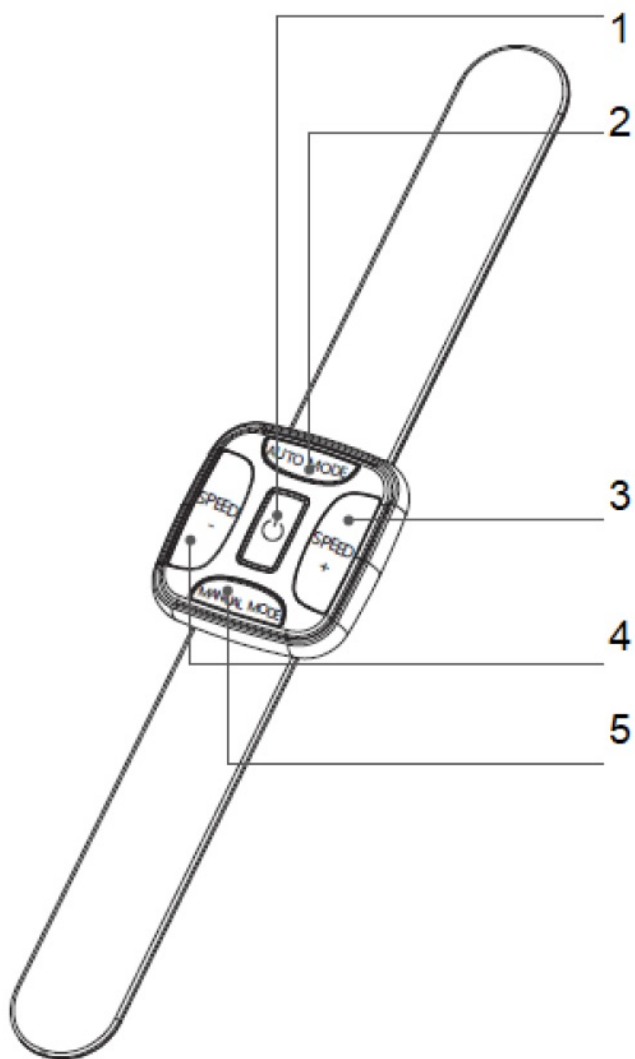
### DISPLAY

	1. Speed +
	2. Speed –
	3. START / STOP
	4. Time +
	5. Time –
	6. Turn on / off
	7. Function
	8. Mode

The preset value for the training time is 10 min divided into 10 segments.  
Use the Time + / – buttons to adjust the time.

### REMOTE CONTROLLER

	1. If the device is plugged in, press to turn on the device, press again to turn it off.
	2. Auto mode: Press to select a preset function. P1 + 3D oscillation + blood circulation support P2 +3D swing P3 +3D blood circulation support + linear
	3,4. SPEED + / -: Manual speed adjustment from 1 to 6 0. Can be set during training.



Manual mode:

1 press – oscillation 2 press – vibration 3 press – linear

4 press – oscillation + vibration 5 press – oscillation + linear

6 press – vibration + linear

7 press – oscillation + vibration + linear

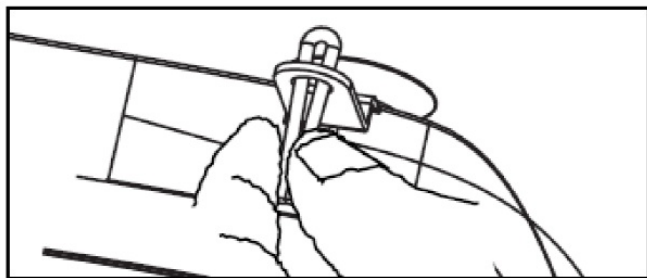
In standby mode: you can set the time, not the speed

During training: you can set the speed but not the time

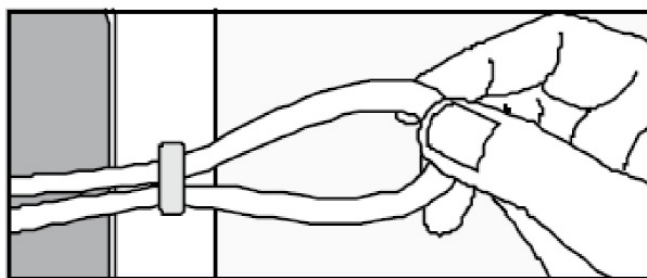
The controller has a range of 2.5 m.

The controller is power by button battery CR2032 3V that is not included.

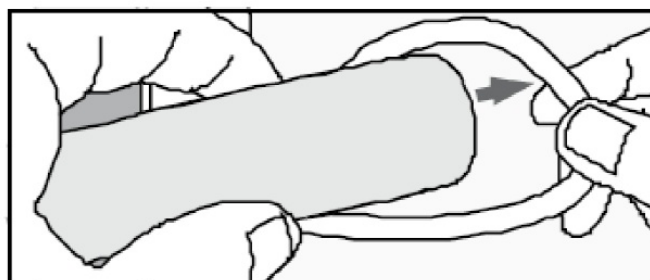
## RUBBER EXPANDERS



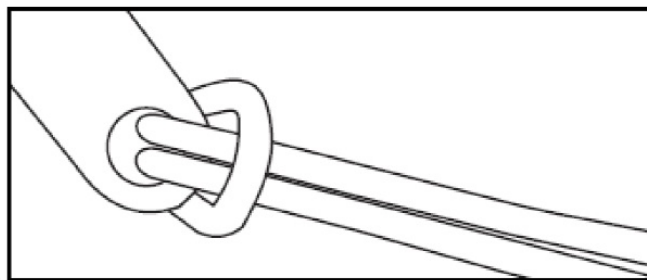
A



B



C

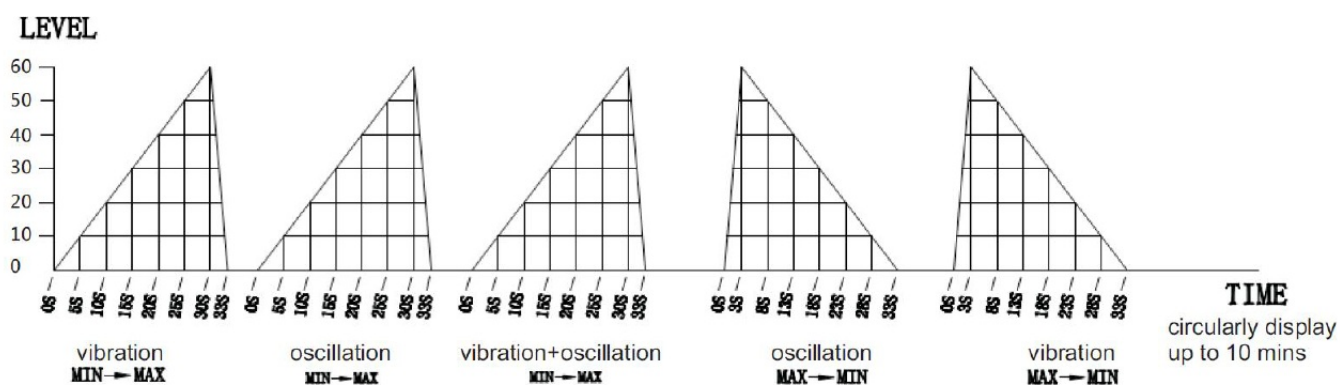


D

To use rubber expanders, expanders must be attached to the device. For proper attachment, make a loop at the end of the expander and pass it through the holder under the device. There is one expander handle on each side of the device. Once you thread the eye through the handle, pull the handle through the eye. Then pull the expander. Check the expander regularly for signs of wear or damage.

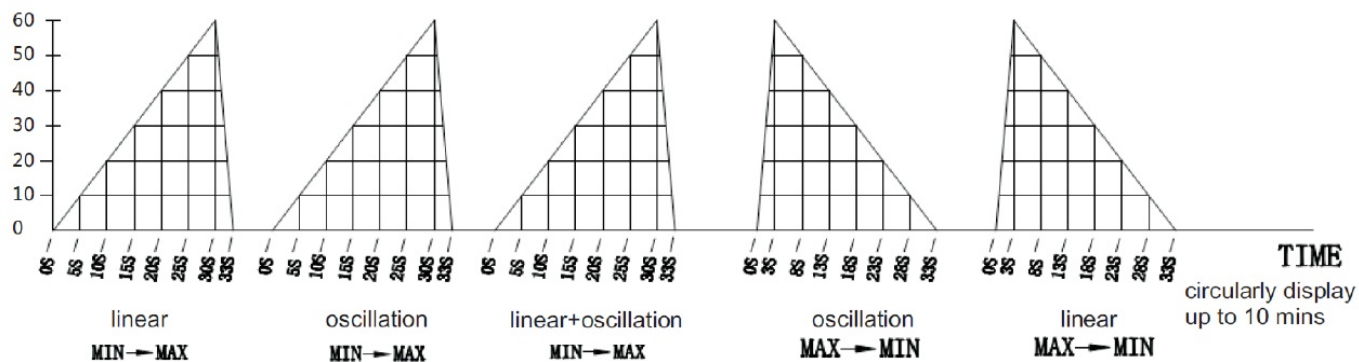
## PROGRAMS

### P1 (vibration + oscillation)

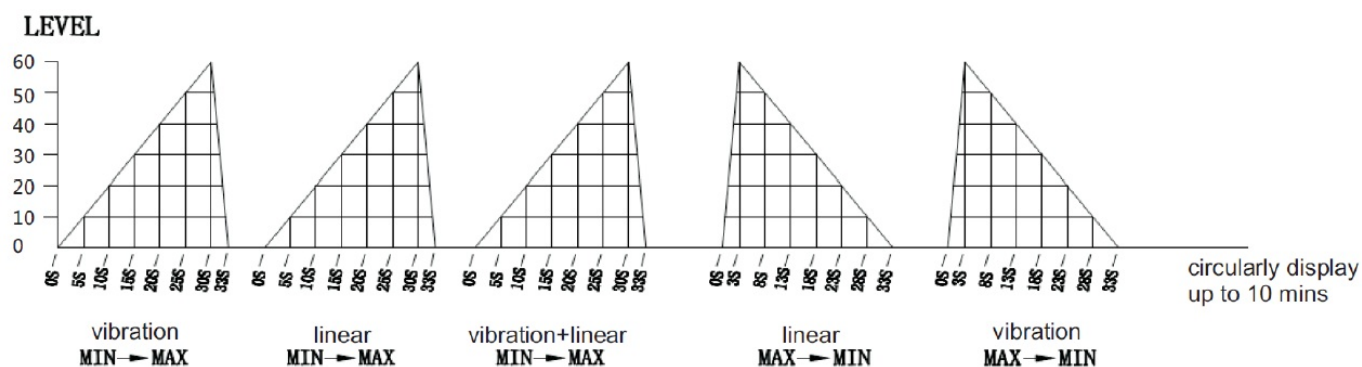


### P2 (linear + oscillation)

## LEVEL



## P3 (vibration + linear)



## USE



Stand on the platform, keep your feet shoulder wide. Grip the expanders. Slowly turn the torso to the right and left. Stay for a few seconds on each side, then return to the center. Exercise can also be done with expanders and stretched arms in front of you.



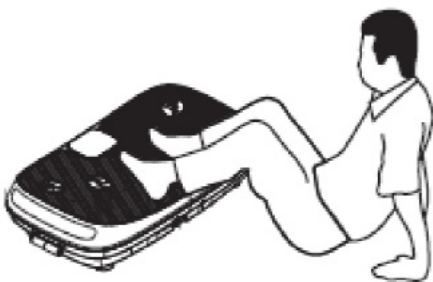


Stand on the platform, keep your feet shoulder wide. Grip the expanders. Straighten your back, bend your knees lightly and tighten your leg muscles. You can bend your knees more to increase intensity.



Carefully stand on the platform. Grip the expanders so that they are in front of the chest. Slowly drag arms behind torso and then return to the original position. You can exercise both arms at the same time or alternate arms.




A more advanced user can perform a lunge or squat. The exercise can be done without a platform.



Sit on the floor and place your calves on the platform. Relax and massage your calves. Perform at lower vibration level 1-5.

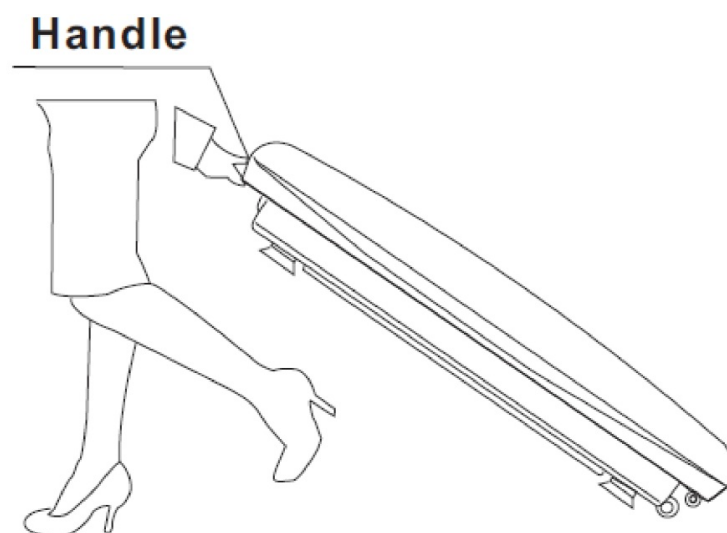


Sit on the center of the product. Lean forward slightly. Vibrations help relax your back, hips and thighs. Perform at lower vibration level 1-5.

	<p>Put the palms on the platform in the shoulder width. Legs stretch. Keep your back straight and your abdominal muscles clenched. Lift the chest from the platform. The exercise strengthens the muscles of the chest, shoulders and triceps.</p> <p>If the exercise is too difficult, kneel down.</p>
	<p>Put the palms on the platform in the shoulder width. Draw your arms. Neck and back straight. The platform helps to relax the back and shoulders. Perform at lower vibration level 1-5.</p>
	<p>Sit on a chair and place your feet on the vibrating platform. Vibrations help relax thighs and calves.</p>

## TRANSPORT

Move the product with the handle. Move the product carefully.



## MAINTENANCE AND STORAGE

- Make sure the product is turned off and unplugged before maintenance.
- Clean rubber surfaces with a damp soft cloth and warm water. For more durable dirt, you can use non-aggressive cleaners.
- Do not use thinners, aggressive cleaners, solvents, etc.
- Only use the dry cloth to wipe the controller. Moisture and water can damage the controller.
- Make sure that the product is turned off and unplugged before storing the product.
- Store the platform in a dry and shady place.
- Protect from dust, high temperature and humidity.

## TROUBLESHOOTING

Č.	Problem	Cause	Solution
1	The product will not turn on	It is not plugged in	Plug in the electricity
		Power switch off	Turn on the power switch
		Burned fuses	Replace the fuses
2	The engine makes sounds during exercise	Common mechanical sounds	Not necessary
3	The controller does not work	Low battery	Replace the batteries
		Insufficient reach	Range is 2.5 m
4	Sudden shutdown	Exiting the exercise	Turn the product off and on
5	Jamming	Too many commands sent	Restart the device
6	ER01 / ER02	The engine is not working	Contact the supplier

Always contact your supplier in the event of error.

## SPECIFICATIONS

Name	4D Vibration plate
Item No	19893
Voltage	220 V
Frequency	50 / 60 Hz
Power	440 W
Made	China

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws

and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure.

Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules. The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **The Warranty does not cover defects resulting from (if applicable):**

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity

of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**SEVEN SPORT s.r.o.**

Registered Office:

Headquarters:

Warranty &amp; Service Centre:

CRN:

VAT ID:

Phone:

E-mail:

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servis@insportline.sk



Web:

www.insportline.sk

Date of Sale:

Stamp and Signature of Seller:

**Documents / Resources**

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