



User Manual & Tech Specs

High Frequency Linear Vibration Plate

Model VT007



Solid ♦ Reliable ♦ Reasonably Simple

100% Customer Satisfaction!

www.VibrationTherapeutic.com

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Dear Customer,

Thank you for choosing our model VT007 vibration plate. We sincerely wish this high frequency vibration machine to bring you great health and fitness benefits.

At Vibration Therapeutic®, we are dedicated to the design and manufacture of high-quality home use vibration machines that come with exceptional customer services.

Thousands of users have enjoyed using our popular linear vibration model VT003F, many life changing stories. This newly designed VT007 adopts the same movement pattern and parameters as VT003F. Great efforts are made to optimize the structure and refine the material and components, in order to achieve high durability, reliability and performance. VT007 is made to deliver perfect vibration.

Please note that just like it can produce positive stimulation for better health, vibration can also adversely impact you. Vibration therapy has not been well studied for its applications and efficacy. Each person responds differently to the frequency, amplitude, and movement pattern. Please discuss with your doctor about using this high frequency linear vibration machine.

For new users, please begin with a low frequency and low amplitude setting. 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 VT007 machine, and to have many years of pleasure enjoying it, please read this user manual carefully.

We are passionate about vibration therapy. We love to share our learning and understanding with you, and hope to learn from your experience.

For more information about our products and the applications, please visit our website.

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.

We are not medical professionals. We never intend to provide medical advice to any specific person for any specific use. We do share our understanding and learnings about vibration therapy, its applications, benefits, limitation and risks, Please do your own research and consult a medical expert about the use of a high frequency linear vibration machine like the VT007.

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

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.



Hazard & Warnings

Excessive exposure to intensive vibration can pose a health hazard.

In the US, there is not a set of regulated safety standard for vibration exposure. US Labor Department and National Institute for Occupational Safety and Health published advisory information on profession related vibration exposure, which is for prolonged continuous use of vibrational equipment and machineries.

Regular use of vibration plated, for example, 10 minutes a session, a few sessions a day would not be considered to be hazardous.

If you have implant, serious motion sickness, or certain medical conditions, vibration therapy may not be for you.

Do not use vibration immediately after physical injury or surgery.

Do not use vibration immediately after eating.

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

High frequency vibration transmitted to the upper body and head can cause nausea and dizziness.

For new users, please start with a low frequency and low amplitude setting. You can gradually increase the frequency and switch to the high amplitude setting after you get used to the vibration and start to enjoy the benefits. Please be patient and persistent to achieve your goal.

Please discuss with your doctor to decide if using high frequency linear vibration is suitable for your situation.

Safety Instructions

The machine is designed to be used indoor in a dry environment without flammable gas or dust. Vibration can produce statics

The machine must be connected to a properly grounded electricity outlet.

The machine is designed to use on a solid floor.

The suction feet of VT003 can effectively attach on to a smooth cement floor. If the floor surface is not smooth and the suction feet could not securely attach to the floor, and there is no body weight on the machine, it may drift with vibration. Placing the machine on a carpeted floor can create a friction that deters the drifting.

The machine will not drift with vibration if there is body weight on it. So please always keep your body weight on the machine when it is vibrating. Do not let the machine running unattended.

Do not put any object or reach into the area between the upper plate and the lower plate, even though the motor and eccentric wheel assembly is securely enclosed and insulated.

For users that lack physical strength, please hold on to a stable chair for better balance.

Vibration Noises

Vibration plate generates mechanical and soundwave noises. When the frequency is above 20Hz, the soundwave becomes audible. The higher the vibration frequency, the higher the noise level.

Visit our website for detail noise level measurement results and comparisons with other regular household electric appliances.

EMF Exposure

Like all other household electric appliances, VT007 produces electric and magnetic fields (EMF). The maximum magnetic field strength measured at one foot above the footplate is 1.3 milligauss at the highest intensity setting. Visit our website for detailed EMF measurement results and comparisons with other regular household electric appliances.

According to EPA, there is no clear scientific evidence that EMF affects health. EPA does not define a safe or hazardous level of EMF exposure.

VT007 Open Box

Inside the box of VT007 are the following components:

- 1) VT007 Vibrating Unit (the main machine)
- 2) VT007 Control Box
- 3) Power cord
- 4) Remote Control
- 5) Inelastic Balance Straps (a pair)
- 6) This User Manual
- 7) Warranty Certificate

Set up VT007

Place the machine (the vibrating unit) on a flat solid floor. If using the machine on a wood frame structure floor, the machine may vibrate the floor. Placing a 1" thick EVA material exercise mat beneath the machine can effectively reduce the vibration transmitted to the floor.

Your electricity outlet must be properly grounded.

Connecting the Control Box

VT007 comes with a separated vibrating unit and a control box. They need to be connected so the power and control signals can be sent to the vibrating unit.



The connector is a couple of 3-pin plug and socket. Below are the steps to make the connection:

- 1) Observe the 3-pin plug on the cable from the control box, and the 3-pin socket mounted at the back of the vibrating unit. Locate the position guiding slot below the metal pins.
- 2) Align the slot on the plug and the slot on the socket, and then push the plug into the socket.
- 3) Once the plug is pushed all into the socket, turn up the plug cap onto the socket. Then the connection is done.



Once the control box is connected to the vibrating unit, you can now plug in the power cord to your home A/C supply. Your VT007 is ready to use.

You may want to attach the pair of balance straps to the vibrating unit for balance and arm vibration.

For physically weak people, it is suggested to hold onto a heavy chair for better balance.

The machine can be controlled from either control panel or remote control.

Always keep your body weight on the machine when it is vibrating.



Potential Negative Impact

Some users experience dizziness or nausea using HIGH frequency vibration. That is because the vibration is transmitted to the head and stomach. Keep your knees bent to reduce the vibration transmitted to the upper body and head.

We suggest new users to start with low frequency and low amplitude settings. You can gradually increase the frequency and switch to high amplitude after you get used to the vibration and start to enjoy the benefits.



Keep Your Knees Bent

The knee-bent posture helps achieve better balance and allows you to adjust the intensity of vibration to be transmitted to your upper body. This posture helps enhance muscles, tendons, ligaments, bones and nerves without big stress on your knee joints.

Start with the Lowest Intensity

If you are a new user for high frequency linear vibration, you should start with short session time and the lowest intensity setting, which is 15Hz and low amplitude.

When you feel comfortable with the intensity, you can gradually increase the frequency, switch to high amplitude and/or increase the session time. Please be patient and persistent.






Control Panel


Control Panel Digit Displays and Indicators

Hz / Program Window	When the machine is idle, this window displays operation mode, either manual (P0) or a programmed play mood (P1, P2 or P3).
	When the machine is running, this window displays the vibration frequency in Hz.
Session Time Window	When the machine is powered on but in the idle mode, this window displays the session time in minutes.
	When the machine is running, this window displays the remaining minutes of the running session.
Lo Amplitude	Green light indicates the machine is on low amplitude setting.
Hi Amplitude	Red light indicates the machine is on high amplitude setting.
Remote Receiver	IR signal receiving window for the remote control.

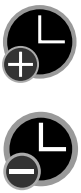
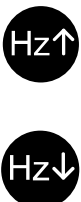





Control Panel Buttons

Button	Function
 Time/Hz	When the machine is idle, press this button to increase vibration session time, maximum 20 minutes.
	When the machine is vibrating on manual mode, press this button to increase vibration frequency, 15 – 40Hz.
	This button is disabled when the machine is vibrating on a program mode.
 Time/Hz	When the machine is idle, press this button to decrease vibration session time, minimum 1 minute.
	When the machine is vibrating on manual mode, press this button to decrease vibration frequency.
	This button is disabled when the machine is vibrating on any program mode.
	Start / Stop vibration, after the power switch is turned on (powered on)
	Select manual mode P0, or a program mode, P1, P2 or P3.
	Toggle vibration amplitude between Hi and Lo. The button is disabled when the machine is vibrating on any program mode.

	<p>Please note that the remote control is an infra-red type. It needs to point to the remote receiver window on the control box to work.</p> <p>Battery size: CR2025 or CR2032.</p> <p>Battery included in a new machine</p>
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Remote Control Buttons

Button	Function
	<p>Set desired session time when the machine is idle. Default session time is 10 minutes, maximum 20 minutes, minimum 1 minute.</p> <p>These buttons are disabled when the machine is vibrating.</p>
	<p>Increase and decrease frequency when the machine is running on manual mode.</p> <p>These buttons are disabled when the machine is vibrating on any program mode.</p>
	Start / Stop vibration, after the power switch is turned on.
	Select manual mode P0 or preset program play modes P1, P2 and P3.
	Toggle vibration amplitude between Hi and Lo. This button is disabled when the machine is vibrating on any program play mode.

Low Amplitude vs Hi Amplitude

VT007 is low amplitude linear vibration machine. Without load, at Lo setting, the amplitude is 1.5mm, and Hi setting 3mm. Your body weight will reduce the amplitude. Some users do not feel much difference between Hi and Lo, but if you tiptoe on the vibration plate, you will feel the intensity difference between Hi and Lo amplitude settings.

In the following situations, certain control buttons are DISABLED for logical reasons:

1. Session time buttons and program buttons are disabled when the vibration is on.
2. All buttons except for the Stop button are disabled when the vibration is on and is in a program mode.
3. Frequency buttons are disabled unless the vibration is on and on manual control mode.

Setting the Parameters

1. The power switch is located at the backside of the control box. When the machine is powered on, the default parameters are as below:
 - Program Mode: P0 – manual control
 - Vibration Frequency: 15Hz
 - Amplitude: Lo (Low)
 - Session Time: 10 minutes
2. When the machine is powered on and idle, you can use P button on the control panel or the remote control to select manual mode P0 (default) or program mode P1, P2 or P3.
3. In manual control mode – P0
 - While the machine is vibrating, you can change vibration frequency from 15 Hz to 40 Hz, and amplitude 1.5mm or 3mm.
 - While the machine is NOT vibrating, you can set session timer from 1 to 20 minutes.
4. In program mode, P1, P2 or P3, the frequency and amplitude are programmed to run with a certain pattern in a 10 minutes session. All buttons, except for the Play/Stop button are disabled.
5. Press Play / Stop button on either control panel or remote control to start the vibration session.

If you are a new user of vibration exercise, we highly recommended you to begin with low intensity settings, which is low frequency and low amplitude. After a few days's of use, if you don't have any negative impact, you can gradually increase the intensity.

Upper Body Vibration

To achieve effective vibration on your upper body and head, you can sit on the vibration plate with the spinal column straightened.

Please be aware that sitting posture more likely causes dizziness and nausea.

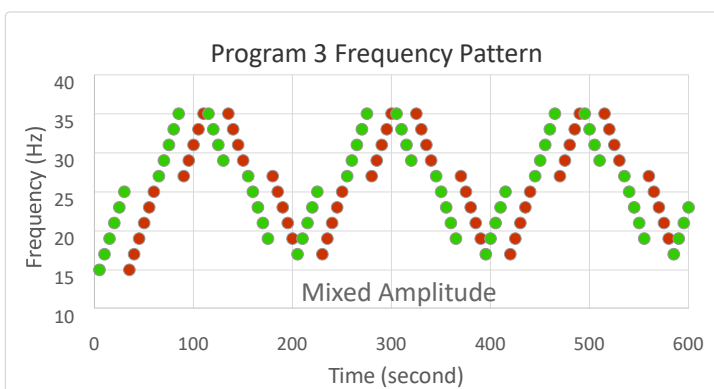
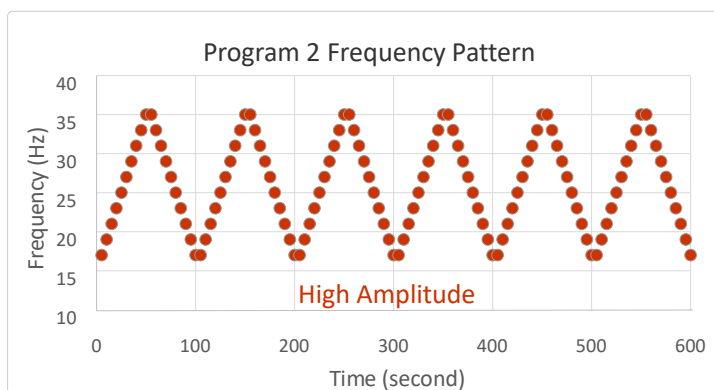
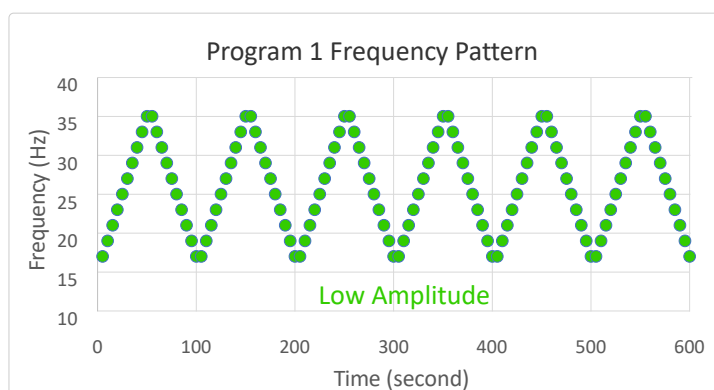
Program Modes

In program modes (P1, P2 and P3), the vibration runs a series of spectrums of frequencies, changing every 5 seconds. Each program runs a 10-minute session time.

In P3 mode, amplitude switching is added to frequency change.

The charts below exhibit the frequency change and amplitude switch of each program.

Each dot represents a 5 second period vibration at a certain frequency. Green dots mean low amplitude setting. Red dots mean high amplitude setting.



The purpose of program modes is to create a spectrum of patterns and magnitudes of stimulation to human body, through the change of frequency combined with amplitude switch.

If you have not adapted to a full session high intensity vibration, you can use a program mode to ease in. It can help you gradually progress to high intensity vibration.



No Solid Scientific Conclusion

There is no solid scientific conclusion on medical treatment efficacy in terms of different frequencies and amplitudes.

Presumably, VT007 is designed to offer these program modes for the following purpose.

Mode	Amplitude	Suggested Applications
P0	Manual	Custom
P1	Lo	Relax exercise
P2	Hi	Cardio exercise
P3	Lo / Hi	Mixed exercise



Tissue Resonance Frequency

Human skeletal muscles have natural frequency ranging from 10Hz to 50Hz. When the vibration frequency is at the same level of skeletal muscle's natural frequency, resonance occurs. The skeletal muscle vibration amplitude tends to maximize at resonance but the skeletal muscles contract forcefully to damp the vibration amplitude. Such active and counteractive reaction intensifies the stimulation on the muscles, tendons, ligaments, nerves and bones.



VT003F provides a wide range of vibration frequency (15-40Hz), and two amplitude setting to accommodate different fitness and therapeutic applications.

G-force of VT003F

G-force is an acceleration rate expressed in the unit 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 VT003F is 3.86.

Visit www.vibrationtherapeutic.com for vibration G-force explanation and calculation.

Tech Specifications

Vibration Pattern	Linear Vibration
Vibration Frequency Range	15Hz – 40Hz 1 Hz Incremental
Max Vibration Amplitude on Hi	3 mm without load
Max Vibration Amplitude on Lo	1.5 mm without load
Power Supply	AC 120V 60Hz for US AC 220V 50Hz for Europe
Electric Motor	120V 80W PMDC motor
Machine Net Dimension	560 x 420 x 14.5 mm 22 x 16.5 x 5.7 Inches
Machine Net Weight	10.4 KG / 23 LB
User's Max Body Weight	140 KG / 308 LB

Product Registration & Support

Product registration is optional but recommended. Registration will make warranty process easy in case you lose your order information. Registration will also allow us to reach you for potential product recall, safety warning and upgrade.

Register your machine online at www.VibrationTherapeutic.com/support/

Troubleshooting

Issue	Possible Causes	Solution / Action
After powered on, the control panel lights are not on.	Electricity supply NOT available.	Check the circuit break at your house.
	Power cord NOT properly plugged in the control box or the electricity supply socket.	Properly plug in the power cord.
	Machine fuse burned (5 Amp fuse tube, Diameter 2mm / Length 20mm)	Replace the fuse. For new machine, contact the seller
After powered on, the machine does not vibrate when the Play button is pressed. Control panel lights are on.	Control box not properly connected with the vibrating unit.	Properly connect the control box with the vibrating unit.
Remote control does not work.	Remote control not pointed to the remote signal receiving window on the control box.	Point the remote control to the Remote Receiving window.
	Remote control runs out of battery.	Replace the battery (CR2025)
	Defective remote control.	Contact the seller for a replacement
After power-off, the control panel lights stay on for a few seconds.	The remaining electricity stored in the control circuit needs a few seconds to be completely discharged, after powered off.	No action needed. It is not an issue.
Before power-on, the control panel lights blink once when stepping on to the machine.	Your movement causes the eccentric wheel to turn the motor slightly. Electricity thus generated and makes the lights blink.	No action needed. It is not an issue.
Excessive noise.	The power cord touches the vibrating unit.	Re-arranged the power cord
	Accessories or other stuff left between the upper board and the lower board	Remove the accessory or other stuff.
	Your body weight is not balanced on the vibrating plate*.	Find the right standing spot that cause the least noise.
	Assembly quality issue cause high pitch excessive noise.	Contact the seller.
Clunk sound heard when switching amplitude and in P3 mode	When the motor reverses the direction to change amplitude, the eccentric wheels strike the stop block and produce this sound. It is not a defect. It does not hurt the machine.	This is not a defect. No worry!

* Due to the two amplitude design, the vibration intensity is not evenly distributed on the platform. If you stand facing the control box, at high amplitude setting, the intensity center is towards your toes; at low amplitude setting, the intensity center is towards your heels.