

Tech Specs, Setup & Use

VT007 Unbox

Inside the box of the VT007 are the following items:

- 1) VT007 vibration unit
- 2) VT007 control box
- 3) Power cord
- 4) Remote control
- 5) A pair of inelastic balance straps
- 6) This user manual



Connect the Control Box

The VT007 comes with a separated plug-in type control box. Connect the control box to the vibration unit to use. The connector is a 3-pin plug / socket set.

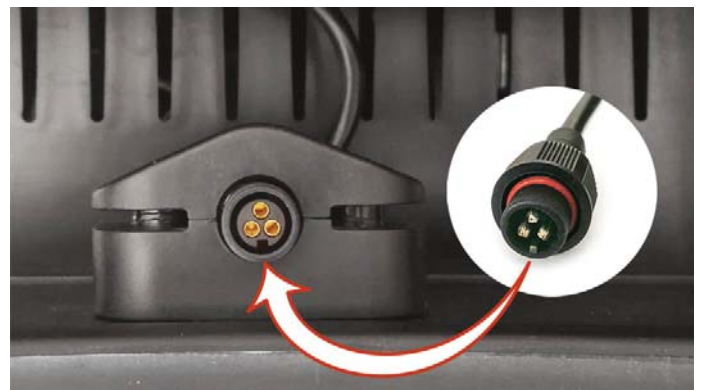


Below are the steps to make the connection:

- 1) Locate the position key on the plug and the keyhole on the socket.
- 2) Match the key to the keyhole and then push the plug into the socket.
- 3) Once the plug is fully pushed into the socket, screw the plug cap onto the socket.

Tech Specs

Type of Vibration	Linear Vibration
Frequency Range	15 – 40 Hz Adjustable
Amplitude @ Hi	1.5 - 3 mm without load
Amplitude @ Lo	0.7 -1.2 mm without load
Power Supply	AC 110V – 240V, 50/60Hz
Electric Motor	PMDC motor 120V 80W
Machine Dimensions	560 x 420 x 145 mm 22 x 16.5 x 5.7 inches
Machine Weight	10.4 KG / 23 LB
Max User Weight	140 KG / 308 LB



Once the control box is connected to the vibration unit, you can now plug in the power cord and connect the control box to your home AC supply.

The power switch is located at the front side of the control box, next to the AC power socket.

Default Settings

When the VT007 is powered on, the default settings are as below:

- Manual control mode – P0
- Vibration frequency: 15Hz
- Amplitude: Lo (Low)
- Session time: 10 minutes



Quick Start Guide

When you power on your VT007, the displays of the control box will light up. You can then control the machine from either the control panel or remote control.

You can immediately start using your VT007 by pressing the Start button to run vibration with the default settings.

For beginners, it is highly recommended to start with the default settings and short exercise time.

When you are adapted to the vibration, you can gradually increase the frequency, switch to Hi amplitude setting, and exercise for longer time.

The VT007 has adjustable frequency from 10 to 40Hz, and two amplitude settings (Hi and Lo).

To use the program control mode, you can use P button to select program mode P1, P2 or P3 when the machine is idle.

Always keep your body on the vibration plate when it is running.

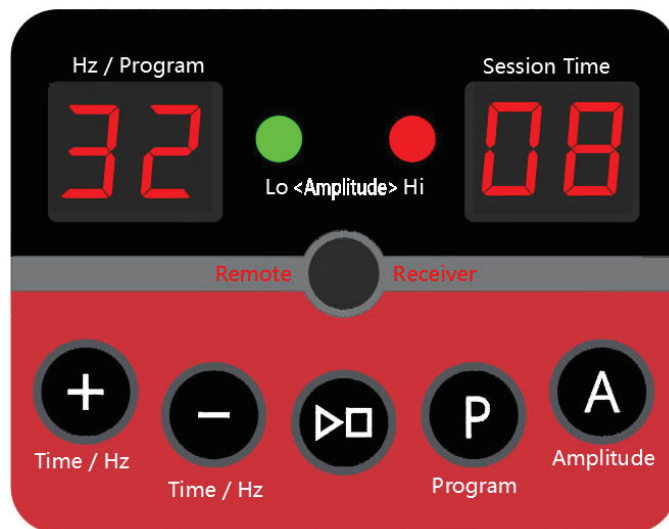
Bend your knees or lift your heels on the VT007.

Adjust your position to minimize vibration noise.

New users should begin with low frequency and short exercise time.






If the default frequency 15Hz is still too high for you, you can lower the frequency to 10Hz.

Control Panel










Control Panel Digit Displays and Indicators

Hz / Program Display	When the VT007 is powered on but idle, this display shows operation mode. You can select either manual mode (P0) or programmed mode (P1, P2 or P3).
	When the VT007 is vibrating, this display shows the vibration frequency in Hz.
Session Time Display	When the VT007 is powered on but idle, this display shows the session time in minutes.
	When the VT007 is vibrating, this window displays the remaining minutes of the running session.
Green Light	Green light indicates the machine is on low amplitude setting.
Red Light	Red light indicates the machine is on high amplitude setting.
Remote Receiver	IR signal receiving sensor for remote control.

Control Panel Buttons	
Button	Function
 Time/Hz	When the VT007 is powered on but idle, press this button to increase vibration session time.
	When the VT007 is vibrating on manual mode, press this button to increase vibration frequency.
	This button is disabled when the machine is running on a program mode.
 Time/Hz	When the VT007 is powered on but idle, press this button to decrease vibration session time.
	When the VT007 is vibrating on manual mode, press this button to decrease vibration frequency.
	This button is disabled when the machine is running on a program mode.
	Start / Stop button.
	Selects between manual mode (P0) and program mode (P1, P2 or P3).
	Toggles vibration amplitude settings between Hi and Lo. This button is disabled when the machine is running on any program mode.



Remote Control Buttons	
Button	Function
	Sets desired session time when the VT007 is powered on and idle. The default session time is 10 minutes.
	Time buttons are disabled when the VT007 is vibrating.
	Adjusts frequency when the machine is running on manual mode.
	Frequency buttons are disabled when the VT007 is running on any program mode.
	Start / Stop button.
	Selects between manual mode (P0) and program mode (P1, P2 or P3).
	Toggles vibration amplitude settings between Hi and Lo. This button is disabled when the machine is running on any program mode.



The remote control is an infra-red type. It must be pointed to the remote receiver sensor on the control box to work.

For the first use, please remove the battery insulation sheet inserted at right side of the remote control.

Battery Type: CR2032

In the following situations, some control buttons are logically DISABLED:

1. Session time buttons and program buttons are disabled when the machine is vibrating.
2. All buttons except for the Stop button are disabled when the machine is running on any program mode.

Manual Control & Program

You can use manual control or program to get your desired vibration frequency and amplitude.

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

Manual Mode

On manual control mode (P0), before running vibration, you can set up exercise session time from 1 to 20 minutes. The default session time is 10 minutes.

You can only change vibration frequency when the machine is running. The default frequency is 15Hz.

You can toggle the amplitude setting between Hi and Lo anytime.

For beginners, it is highly recommended to start with the default settings and short exercise time.

If the default frequency 15Hz is too high for you, you may lower the frequency to 10Hz.

Program Mode

On program mode (P1, P2 or P3), the frequency and amplitude are programmed to change on a certain pattern in a 10 minute session. All buttons, except for the Start/Stop button, are disabled.

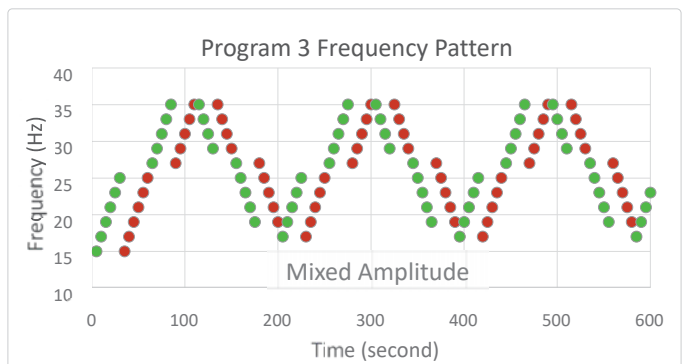
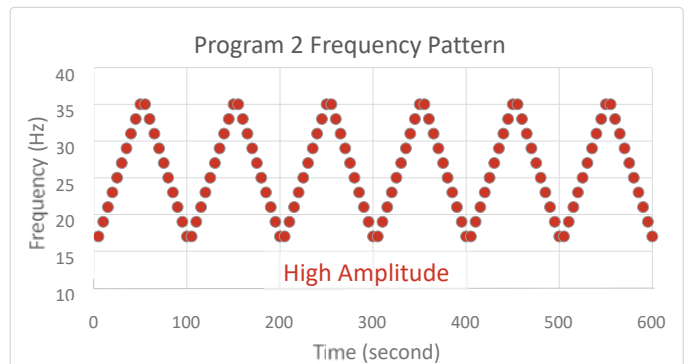
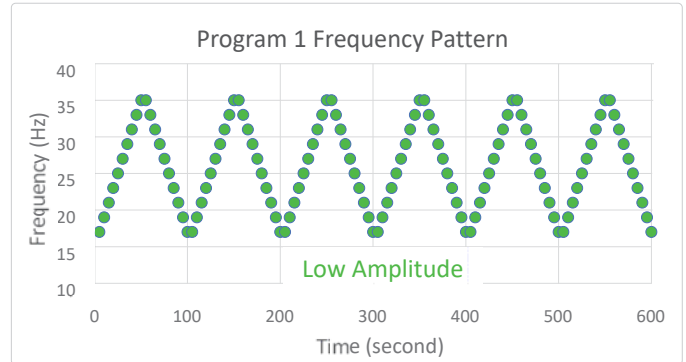
The purpose of program modes is to create a spectrum of patterns and magnitudes of stimulation, through the change of frequency and amplitude.

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 higher intensity vibration.

The charts below exhibit the frequency change and amplitude switch of each program. In P3 mode, amplitude switching is added to frequency change.

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

Programmed Frequency & Amplitude Chart

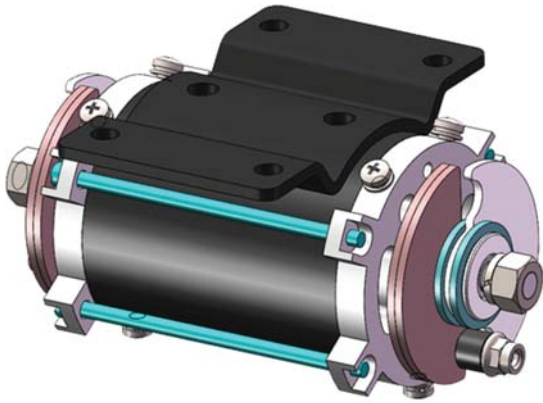


FAQ

Clunk Sound

You can hear a clunk sound when vibration starts, or amplitude setting is switched.

You will also hear this clunk sound when running program P3 as the amplitude setting is automatically switched in this mode.



The VT007 switches amplitude by reversing motor rotation direction to reposition the eccentric wheels. The clunk sound is produced when the eccentric wheels reverse and strike the position block.

There is also a short grinding sound, which is from the friction between eccentric wheels during repositioning.

The clunk and grinding sounds are not an issue. They don't harm the machine.



Recommended Exercise: Foot Muscle Training



Visit www.vibrationcare.com for its benefits and tips.

Vibration Intensity Center

At the Hi amplitude setting, the vibration intensity center is towards the control box side.

At the Lo amplitude setting, the vibration intensity center is away from the control box side.



The shift of the intensity center is because of the motor rotation reverse designed for two amplitude settings.

You should align your body weight right on the intensity center to get the best performance from the VT007 and avoid excessive vibration noise.

Replace Fuse

The fuse box is next to the power switch. Use a screwdriver to pry it out.

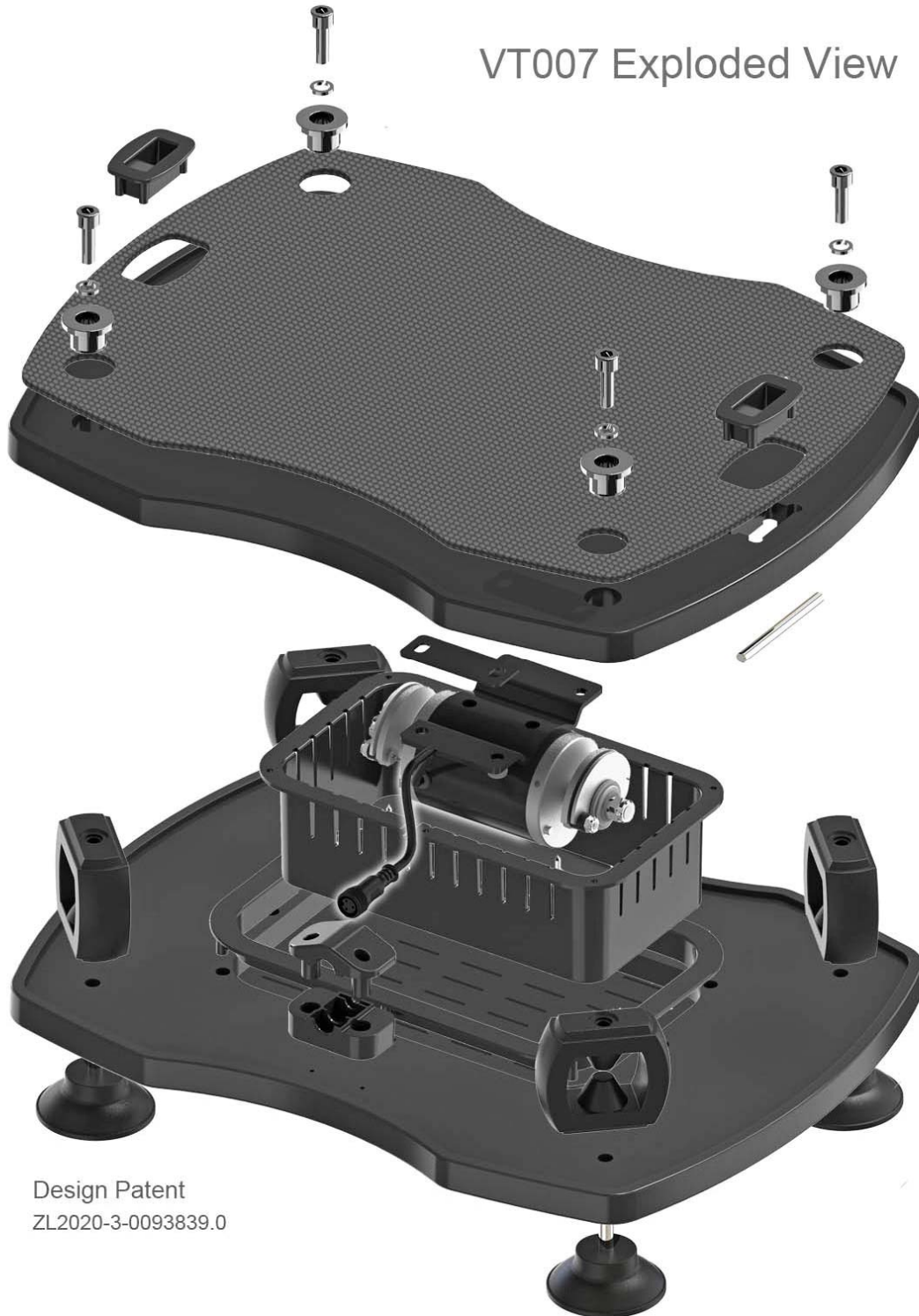


The fuse is a 5 amp glass tube fuse, length 20mm, diameter 5mm, available from most hardware stores.

VT007 Troubleshooting

Issue	Possible Cause	Solution / Action
Machine powered on, but the control panel not lit up.	Electricity supply not available.	Check the electricity of your home AC power outlet.
	Power cord NOT fully plugged in the control box.	Forcefully push the power cord plug into the socket of the control box.
	Machine fuse burned.	Replace the fuse.
	Defective control box	Contact the seller for a replacement.
Machine powered on, control panel lit on, but does not vibrate when the Start button is pressed.	Control box is not properly connected to the vibration unit.	Check the connector. The plug key needs to match the socket keyhole.
	Defective control box or motor.	Contact the seller for a replacement.
Remote control does not work.	Remote control not pointed to the signal receiving sensor on the control box.	Point the remote control to the remote receiving sensor.
	Remote control out of battery.	Replace the battery (CR2032).
	Defective remote control.	Contact the seller for a replacement.
Machine does not respond to any button, runs on the highest speed.	Control circuit malfunction.	Contact the seller for a replacement control box.
Excessive noise	Power cord touching the vibration unit.	Rearrange the power cord.
	Accessories or alien objects left between the upper board and the lower board.	Remove the accessory or alien object.
	User's body weight is not centered on the vibration center.	Find the right standing spot with the least noise.
	High pitch noise.	Contact the seller.
	The 4 socket-cap screws above the rubber springs become loose over time.	Tighten the socket-cap screws moderately.

VT007 Exploded View



Design Patent
ZL2020-3-0093839.0

Due to its industrial style design, VT007 vibration plate can be easily serviced. The machine can be disassembled using just a screwdriver and two hex wrenches. We guarantee the supply of replacement parts for at least 10 years after the purchase.

For VT007 repair please visit www.vibrationtherapeutic.com/VT007-repair.

Company Website

www.vibrationtherapeutic.com



Product Registration

www.vibrationtherapeutic.com/registration



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