



VT009 Vibration Plate Exercise Machine

User Manual & Tech Specs



[Optional Handlebar]

VT009 is designed with a detachable handlebar, offered as an optional accessory that can be ordered from shop.vibrationtherapeutic.com/VT009-handlebar

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Scan to register your VT009

www.vibrationtherapeutic.com/registration





User Manual

Vibration Plate Exercise Machine

Model VT009



Linear Vibration
High Frequency – Low Amplitude

Versatile ♦ Robust ♦ Reliable ♦ Durable

Exceptional Customer Service ♦ Lifetime Support

www.vibrationtherapeutic.com

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Message for New Users

New users of the VT009 vibration plate should begin with a lower frequency and low amplitude setting, along with shorter exercise sessions. As your body adapts to the vibration, you can gradually increase the frequency, switch to a high amplitude setting, and exercise for a longer session time.

Product Registration

Product registration is convenient at

www.vibrationtherapeutic.com/registration

Product registration helps facilitate customer services and allows us to reach you for potential product recalls, updates and safety warnings.

After registering, you will receive a confirmation email containing our service contact info, product return policy and product warranty.

Customer Service

Customer service is always our pleasure and priority.

Please don't hesitate to contact us through our website.

Replacement Parts Supply

Replacement parts can be ordered free of charge at

www.vibrationtherapeutic.com/parts

We guarantee the supply of replacement parts for at least 10 years after the purchase.

Thank You for Choosing Us!

We hope the regular use of the VT009 vibration plate will bring you long-term health benefits.

Disclaimer

This vibration plate is sold as exercise equipment. If you intend to use it for managing a medical condition, please consult a healthcare professional beforehand.

We share our research and experiences on using vibration plates for health improvement. However, please note that we are not certified to provide medical advice for individual cases.

The health benefits suggested or implied in this user manual and on our websites are not approved or endorsed by any regulatory authority or medical institute.

The potential negative impacts of using our products have not been thoroughly studied. If you have a serious medical condition, please consult your doctor before using this vibration plate.

The use of this product is entirely at the user's discretion.

Please carefully read all contents in this user manual before using this machine. We assume no responsibility for personal injury or property damage resulting from the use of this machine.

Scientific Research

Scientific research on vibration therapy has been gaining momentum in recent years.

While most research projects are literature reviews, some limited clinical trials were conducted to test using vibration plates to treat various medical conditions. Positive results are observed.

However, due to limited resources, none of the clinical trials conducted was adequately designed to test enough variables and their combinations. Many trials were not completed as designed.

Current scientific studies have not led to consistent results to conclude any treatment modality in terms of parameters, procedure, dosage, and efficacy.

Visit our blog website www.vibrationcare.com for our studies.



Risks, Warnings & Hazards

Excessive exposure to intensive vibration can pose a health hazard. The US Labor Department and the National Institute for Occupational Safety and Health advise caution for the extensive use of vibrational equipment and machinery. However, there is no set of safety standards regulated for vibration exposure.

We do not consider using this machine for a few ten-minute sessions per day to be hazardous.

Individuals with certain medical conditions may not be suitable to use the VT009. These conditions include, but are not limited to, the following.

Pregnancy	Epilepsy	Kidney stones
Implant	Seizures	Bladder stone
Pacemaker	Motion sickness	Acute arthritis
Heart disease	Migraines	Detached retina
Recent surgery		

For general information about risks, warnings and hazards about using vibration plates, please visit our website.

Nausea and Dizziness

Some users may experience nausea and dizziness while using this machine, particularly when the vibration is transmitted to the upper body and head.

You can avoid these negative effects by bending your knees or lifting your heels to prevent the vibration from being transmitted to your upper body and head.

Squats and calf-raises are highly effective exercises to use on this vibration plate for effective lower limb muscle training. These poses minimize the impact on knee joints and reduce vibration transmission to the upper body.

New users should always start with low vibration intensity and shorter session times. Most users can gradually adapt to the vibration and overcome nausea and dizziness.

Safety Instructions

The VT009 vibration plate is designed for indoor use on a flat, dry floor, free from flammable gas or dust.

For users who lack physical strength and balance to use this vibration plate, we recommend holding onto a wall-mounted handrail or a sturdy piece of furniture.

Never leave this vibration plate running unattended.



Floor Shake & Jump / Drift

[Floor Shake]

The machine should be used on a solid, vibration-resistant floor. If used on a wood frame floor, vibration can agitate your floor and the connecting walls, potentially damaging your house structure over time.

Visit our website for detail information of floor shake issue and the methods that may mitigate the negative effect.

[Jump / Drift]

If there is no body weight on the machine, vibrations can cause it to jump or drift across the floor. Using the machine on a carpeted surface can help minimize drifting. Always ensure your body is on the vibration plate while it is in operation.

EMF Exposure

Like all other household electric appliances, the VT009 vibration plate produces electric and magnetic fields (EMF).

According to EPA, there is no definitive scientific evidence demonstrating that electromagnetic fields (EMF) have an impact on health. The EPA does not establish specific levels designating EMF exposure as either safe or hazardous.

Visit our website for the EMF measurement results of the VT009 and the comparisons with other household electric appliances.

Vibration Noises

The VT009 generates both mechanical and soundwave noise. The higher the vibration frequency, the louder the noise.

Excessive or high-pitched mechanical noise indicates defective parts or assembly error.

Visit our website for the noise measurement results of the VT009 and the comparisons with other household electric appliances.



Vibration-assisted Exercises

We recommend performing the following exercises on the VT009 vibration plate.

Exercise	Target Muscles
Squat	Muscles around knees
L-Squat	Muscles around hips
Deadlift	Lower back muscles
Calf-raises	Calf muscles
Tiptoeing	Foot muscles
V-sit	Abdominal muscles
Push-ups	Chest, triceps and shoulder

To better understand how vibration stimulation can enhance these exercises, please visit

www.vibrationtherapeutic.com/vibration-exercise.html

L-Squat

When performed on a VT007 vibration plate, it becomes revolutionary.



Join our discussions about vibration therapy on our blog site: www.vibrationcare.com.

Specs, Setup & Operations

VT009 Unboxing

Inside the box of the VT009 are the following items:

- 1) VT009 Vibration Unit
- 2) VT009 Control Console
- 3) Power Cord
- 4) Remote Control
- 5) This User Manual



Connect the Control Box

The VT009 is designed with a separated plug-in type control console.



Connecting the control console to the vibration unit:

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

Tech Specifications

Type of Vibration	Linear Vibration
Frequency Range	10 – 40 Hz Adjustable
Amplitude @ Hi	1.7 – 3.1 mm @ no load
Amplitude @ Lo	0.8 -1.4 mm @ no load
Power Supply	AC 110V – 240V, 50/60Hz
Electric Motor	80W DC Motor
Machine Dimensions	560 x 420 x 145 mm 22 x 16.5 x 5.7 inches
Machine Weight	21 KG / 46 LB
Max User Weight	136 KG / 300 LB



Match the key with the keyhole

If needed, you can order an extension cable (4 ft) for the control console from our website.

After connecting the control console, you can connect the AC power cord with the control console, making sure to push the power cord plug all the way into the socket on the control console.

Default Settings

When the machine is powered on, the control console will light up, displaying the default settings as below.

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



Quick Start Guide

Switch on the machine from the control console, and then you can operate the machine on either the control console or remote control.

VT009 has adjustable frequency from 10 to 40Hz, and two amplitude settings (Hi and Lo).

For beginners, we highly recommended starting with the default settings and short exercise time – press the Start button after you switch on the power.

Once you are adapted to the vibration, you can gradually increase the frequency, switch to Hi amplitude setting, and extend the exercise time.

To use the program control mode, you can press the 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 you knees or lift your heels on the VT009.

Adjust your position on the platform so that you are right above the intensity center and minimize the vibration noise.

If the default frequency of 15Hz is still too intensive for you, you may lower it down to 10Hz.

This allows you to progressively build your physical strength to endure higher frequencies.

Control Panel



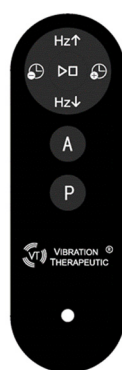
Control Panel Digit-Displays and Indicators

Hz / Program (left display)	Displays operation mode when the machine is powered on but idle. You can select manual mode (P0) or program mode (P1, P2 or P3).
	Displays vibration frequency in Hz when the machine is vibrating.
Session Time (right display)	Displays session timer in minutes when the machine is powered on but idle.
	Displays the remaining minutes of the running session when the machine is vibrating.
Green Light	Indicates the machine is at low amplitude setting (Lo).
Red Light	Indicates the machine is at high amplitude setting (Hi).
Remote Receiver	IR sensor for receiving signal from remote control

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



Remote Control Buttons	
Button	Function
	Start / Stop button
	Set desired session time when the machine is powered on and idle. The default session time is 10 minutes.
	Time buttons are disabled when the machine is vibrating.
	Adjusts the frequency when the machine is running on manual mode.
	Hz buttons are disabled in program mode.
	Selects between manual mode (P0) and program mode (P1, P2 or P3).
	Switch vibration amplitude settings between Hi and Lo. This button is disabled in 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 the right side of the remote control.

Battery Type: CR2032 or CR2025

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 program mode.

Manual Control & Programs

You can operate your VT009 using manual control or program control.

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

Manual Mode

In manual mode (P0), you can

- 1) Set the session timer between 1 and 20 minutes, prior to starting the vibration. The default session time is 10 minutes.
- 2) Adjust the vibration frequency only when the machine is running. The default frequency 15Hz.
- 3) Switch the amplitude setting between Hi and Lo at anytime.

For beginners, we highly recommend starting with the default settings and shorter exercise time.

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

Program Mode

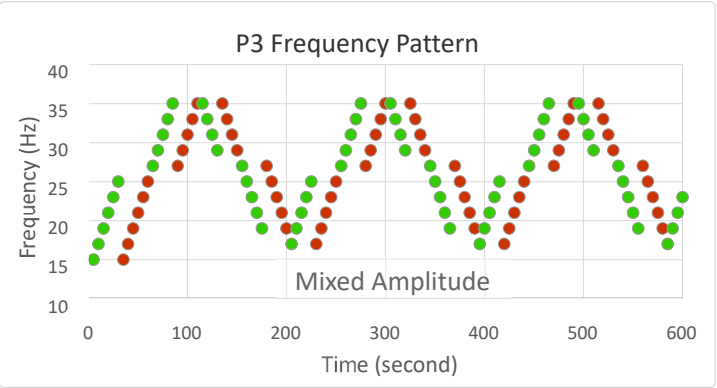
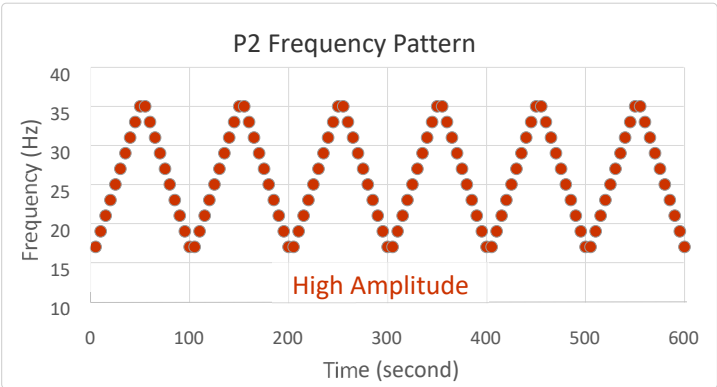
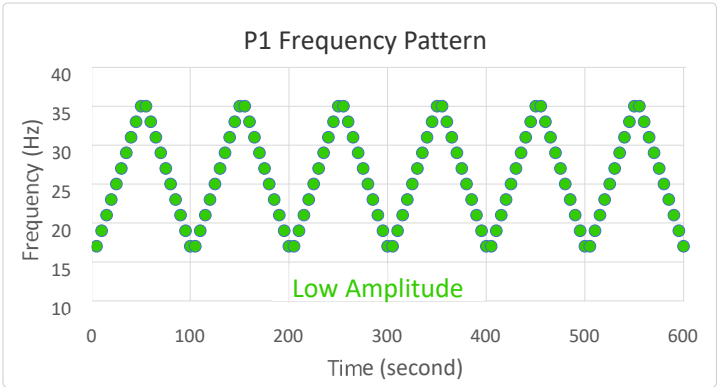
In program mode (P1, P2, or P3), the frequency and amplitude are pre-programmed to run in a specific pattern in a 10-minute session. All buttons, except for the Start/Stop button, are disabled.

The purpose of program modes is to provide different patterns of stimulation by varying the frequency and amplitude.

The charts below illustrate the frequency changes and amplitude switches for each program mode.

In these charts, each dot represents a 5-second period of vibration at a specific frequency. Green dots indicate a low amplitude setting, while red dots indicate a high amplitude setting.

Frequency & Amplitude Charts of Program Modes



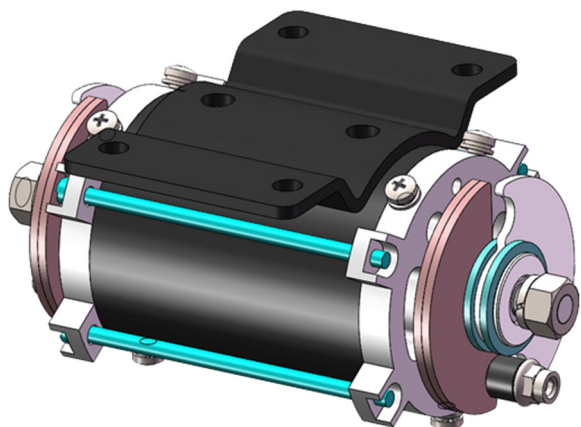
Amplitude switching only occurs in P3 Mode. When the amplitude is switched between Lo and Hi, the vibration is paused.

FAQ

Clunk Sound

You can hear a clunk sound when you activate vibration or switch amplitude. This is normal.

You can also hear this clunk sound in program P3, because the amplitude setting is switched between Hi and Lo multiple times in P3 mode.



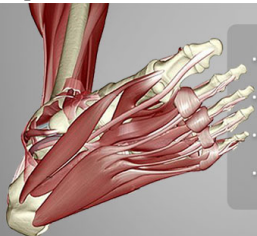
The VT009 switches amplitude by reversing motor rotation direction to reposition the eccentric wheels. The clunk sound is produced when the eccentric wheels reverse and strike the position block.

There is also a short grinding sound, which is from the friction between eccentric wheels when they rotate to the position.

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



Recommended Exercise: Foot Muscle Training



- Balance & Mobility
- Circulation
- Injury Prevention
- Deformity Prevention

Tiptoe on vibration plate, the most effective foot muscle training.

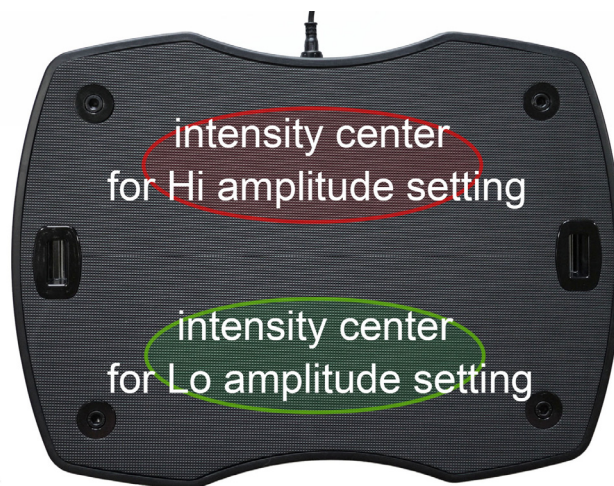


Visit www.vibrationcare.com for benefits and tips.

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 VT009 and avoid excessive vibration noise.

Replacing the Fuse

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

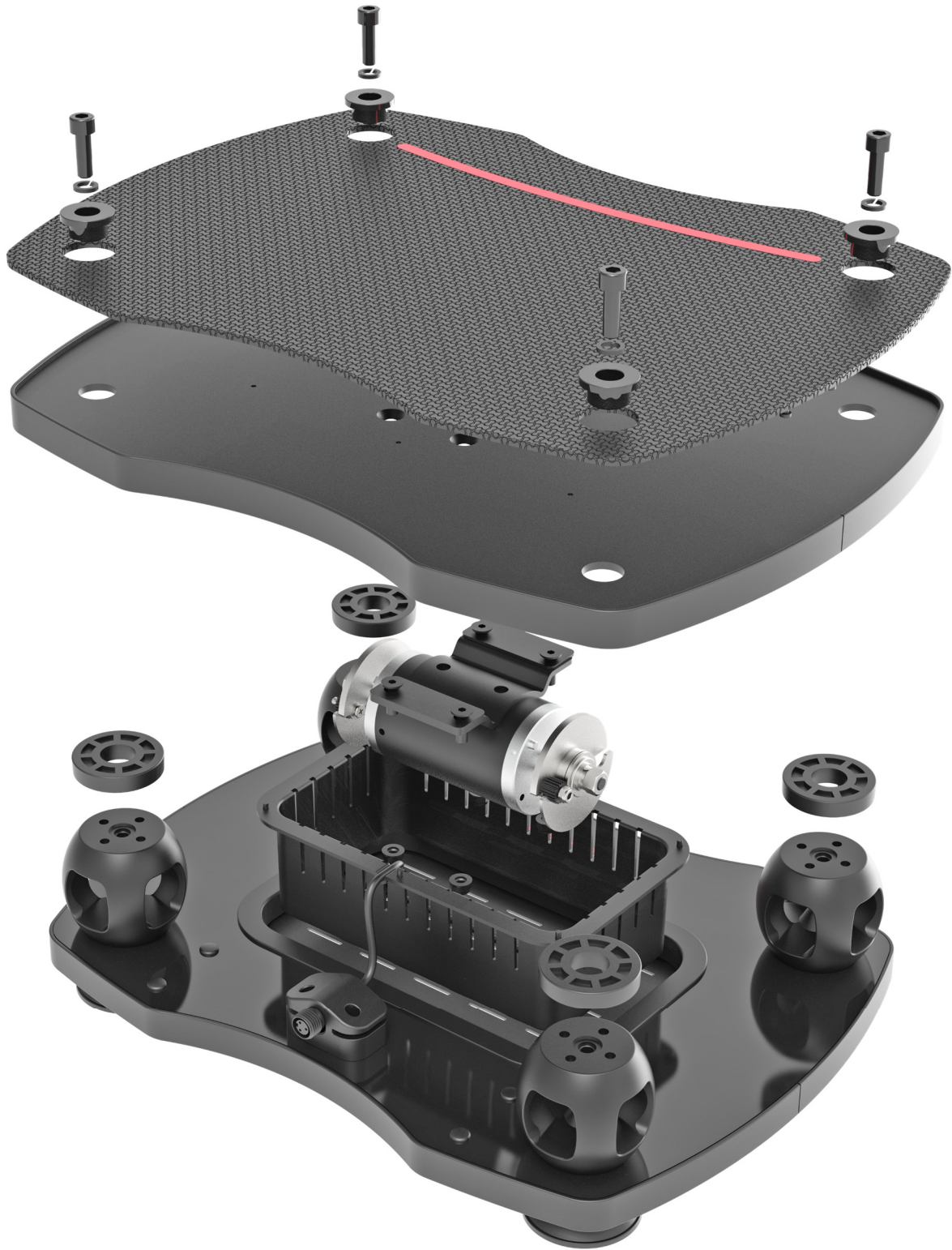


The fuse is a 5 amp glass tube fuse, length 20mm, diameter 5mm, available from most hardware stores.

VT009 Troubleshooting

Issue	Possible Cause	Solution / Action
Machine powered on, but the control console display not lit up. Or, The power connection is not stable.	Power cord NOT fully plugged in the control console	Forcefully push the power cord plug into the socket of the control console.
	Control console fuse burned	Replace the fuse.
	Defective control console	Contact the seller for a replacement.
Machine powered on, control panel lit on, but does not vibrate when the Play button is pressed.	Control console is not properly connected to the vibration unit.	Check the connector. The plug key needs to match the socket keyhole.
	Defective control console 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 console.	Point the remote control to the remote receiving sensor.
	Remote control out of battery.	Replace the battery (CR2032).
	Defective remote control.	Order a replacement remote control, free of charge.
Machine does not respond to any button, runs on the highest speed.	Control console malfunction.	Contact the seller for a control console replacement.
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 accessories or alien objects.
	User's body weight is not centered on the vibration intensity center.	Adjust the feet position.
	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.

Order VT replacement parts for free at www.vibrationtherapeutic.com/parts



User-Serviceable

VT009 vibration plate is user-serviceable due to its modularized industrial design. 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 VT009 repair please visit www.vibrationtherapeutic.com/VT009-repair.

Company Website

www.vibrationtherapeutic.com



Product Registration

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