

GoFit Platinum Power Vibe

GFVT011



CAUTION

Read all precautions and instructions in this manual before using this equipment.
Save this manual for future reference.

GoFit Platinum Pty Ltd

Phone 1800 446 348 fax 1300 446 348

www.gofit.com.au

IMPORTANT PRECAUTIONS

When using an electrical appliance, the basic following precautions should always be followed:

Read all instructions before using this equipment

DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in.
Unplug from outlet when not in use and before adding or removing parts.
- 2) Do not operate under a blanket or pillow.
Excessive heating can occur and cause fire, electric shock, or injury.
- 3) Close supervision is necessary when this appliance is used by, or near children and disabled persons.
- 4) Use this appliance only for its intended use as described in this manual.
Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
In this case, return the appliance to a service center for inspection.
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the appliance with the air openings blocked.
Ensure air openings are always free of debris.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 13) A thermal limiter is installed within the motor. If the motor becomes over heated, the equipment will shut down automatically. In this case, please shut off the equipment and wait until the motor cools down to room temperature. (this can take up to 4 hours.)
- 14) Do not use this machine with an extension cord.

SAFETY INSTRUCTIONS

Before you start training on your exerciser, please read the instructions carefully.

- This exerciser is made for home use only and is tested up to a maximum body weight of 120 kg.
- Do not use this GoFit Platinum Power Vibe in any commercial, rental, or institutional setting.
- Follow the steps of the assembly instructions carefully.
- Use only the original parts as delivered.
- Before the assembly, ensure the delivery is complete by checking the included parts list.
- For assembly, use only suitable tools and ask for assistance if necessary.
- Place the exerciser on a flat, stable base, and non-slippery surface. You will need levelling for an uneven floor. Because of possible corrosion, the use of any exerciser in moist areas is not recommended. Keep the GoFit Platinum Power Vibe indoors, away from moisture and dust. Do not put the GoFit Platinum Power Vibe in a garage or covered patio, or near water.
- Make sure before each use that you have enough space around the exerciser (at least 1 meter) so that you clear of potential obstructions ie. walls and surrounding furniture.
- Check before the first training session and every 1-2 months to follow that all connecting elements are tight fitting and in good condition.

WARNING: The safety level of this exerciser can be maintained only if it is examined regularly for damage and wear, e.g. connection points, power cord, etc.

- Replace defective components immediately and keep the equipment out of use until repair.
- For repairs, use only original spare parts and when in doubt, ask your dealer for advice.
- Avoid the use of aggressive detergents when cleaning.
- Ensure that training starts only after correct assembly and inspection. For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This exerciser is designed for adults. Please ensure that children (under 14) use the exerciser only under the supervision of an adult. Important: Keep unsupervised children away from the exerciser.
- Ensure that those present are aware of possible hazards, eg. movable parts during training.
- Only one person is permitted to use this exerciser at the same time.
- Do not use this exerciser while eating, drinking, or smoking.
- The maximum load capacity is 120 kg, user height limit 195 cm.

DANGER:

Always unplug the power cord immediately after use, before cleaning the exerciser and before performing the maintenance and adjustment procedures described in this manual.

- Never leave the exerciser unattended while it is running.
- Never remove the motor hood unless instructed to do so by an authorized service representative.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Please follow the advice for correct training as detailed in training instructions.
- Warning: incorrect/excessive training can cause health injuries or death.
- If you experience any sickness, pain or other symptoms, stop exercising immediately.
- Pregnant woman should not use this exerciser unless having consulted and approved by their doctor.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using.

All data displayed are approximate guidance and cannot be used in any medical application.

SAVE THESE INSTRUCTIONS


BEFORE YOU BEGIN

Thank you for selecting the revolutionary GoFit Platinum Power Vibe. The GFVT011 offers an impressive array of features to make your home workouts more enjoyable and effective. For your benefit, read this manual carefully before using the GoFit Platinum Power Vibe.



PART NO	DESCRIPTION	QTY
1	Motor case	1
2	Upper Handlebar (Left)	1
3	Upper Handlebar (Right)	1
4	Lower Handlebar (Left)	1
5	Lower Handlebar (Right)	1
6	Computer	1
7	Main Frame	1
8	Frame Cover (Left and Right)	2

BOLT SET

NO	DESCRIPTION		QTY
1		Screw M4 x 16 mm	2
2		Bolt M6 x 8 mm	4
3		Bolt M6 x 15 mm	4
4		Bolt M8 x 15 mm	3
5		Bolt M8 x 45 mm	2
6		Allen Wrench	1

ASSEMBLY

Assembly requires two people.

Unpack your **GoFit Platinum Power Vibe** where will be using it.
Do not dispose of the packing materials until assembly is completed.

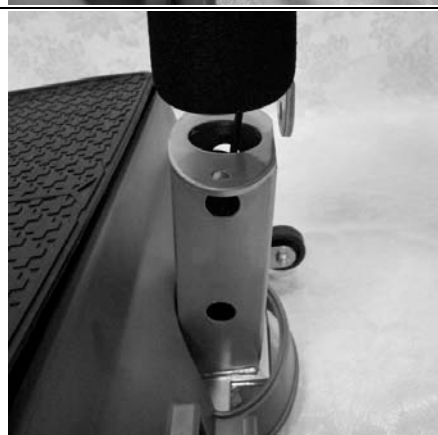
Place your GoFit Platinum Power Vibe on a level flat surface.
It is recommended that you place a protective covering on your floor.

Assembly requires the included Allen Wrench.

STEP 1: ASSEMBLE THE MAIN FRAME



Place the Motor case (1) on a level flat surface.
Pull out the cable of the Motor case and connect it with the cable from the Main Frame.



Attach the Main Frame (7) to the Motor Case (1).



Secure it with 3 pcs Bolt M8 x 15 mm.



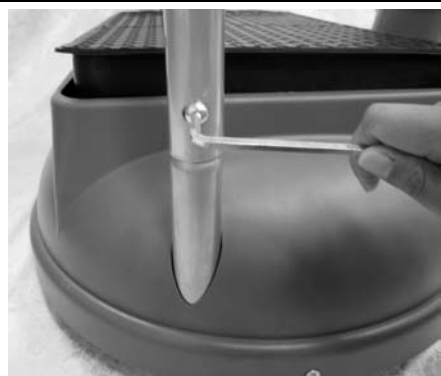
STEP 2: ASSEMBLE HANDLE BAR



Attach the Left and Right Lower Handlebar (4 & 5) to the Motor Case (1).
Do not tighten it with bolts yet.



Attach the Left and Right Lower Handlebar to the Left and Right Upper Handlebar (2 & 3). Secure it with 2 pcs Bolt M6 x 15 mm.



Secure the lower part with 2 pcs Bolt M6 x 15 mm.



Attach the Upper Handlebar to the Main Frame (7), secure it with 2 pcs Bolt M8 x 45 mm

STEP 3: CONNECTING THE COMPUTER



Connect the computer cables.



Attach the Computer to Main Frame (7) and secure it with 4 pcs Bolt M6 x 8 mm.

STEP 4: ASSEMBLE THE FRAME COVER



Attach the Left and Right Frame Cover (8) to the Main Frame (7).



Secure it with 2 pcs Screw M4 x 16 mm.

Make sure that all parts are tightened before you use the GoFit Platinum Power Vibe.

To protect the floor or carpet from damage, place a mat under the GoFit Platinum Power Vibe.

Trainings hints:

With buying this exerciser you have taken the first step toward improving your fitness.

With the help of this item you can add value to your life with improved health, wellbeing and lifestyle.

Goal of training:

Building of muscles

General fitness

Endurance

Feeling of wellbeing

The training success is mainly depending on the following points.

Continuous training

Good nourishment

Control of training progress

Who can exercise?

Generally every healthy person, young or old, can start to exercise.

Capacity:

The body, especially the heart and circulation needs time to adapt to any new exercise.

Therefore, it is very important to start slowly with your training and to take brakes between and after exercise. Only exercise at a level you are comfortable with.

After continuous training you can gradually increase the duration and intensity of your sessions.

After training you should always allow time to stretch and cool down.

Tips for successful and healthy training:

- Always remember that training is most effective when you follow the important rules.
- Exercise gives the best results when it is undertaken long term and continuously, short term exercising has very little effect.
- Wear comfortable clothing that is not too tight.
- Avoid exercise with a full stomach.
It is recommended not to eat any sooner than one hour before and after training.
- Do not exercise if you are very tired or feel exhausted.
- Your body needs liquid if you exercise, so ensure you have adequate water nearby at all times.

Training:

Warming up should be done with every sporting activity to decrease the risk of injury.

A suggested warm up is a 5-10 minute run on the spot or around the room with a few jumps at each minute interval.

Stretching:

The following stretches are gentle but effective in waking up your body, stimulating your circulation and making your ankles more flexible. Please do these each time before you start exercising.

SUGGESTED STRETCHES

The correct form for these basic stretches is displayed on the right. Move slowly as you stretch and avoid bouncing.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend the front leg.

Stretches: Calves, Achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax.

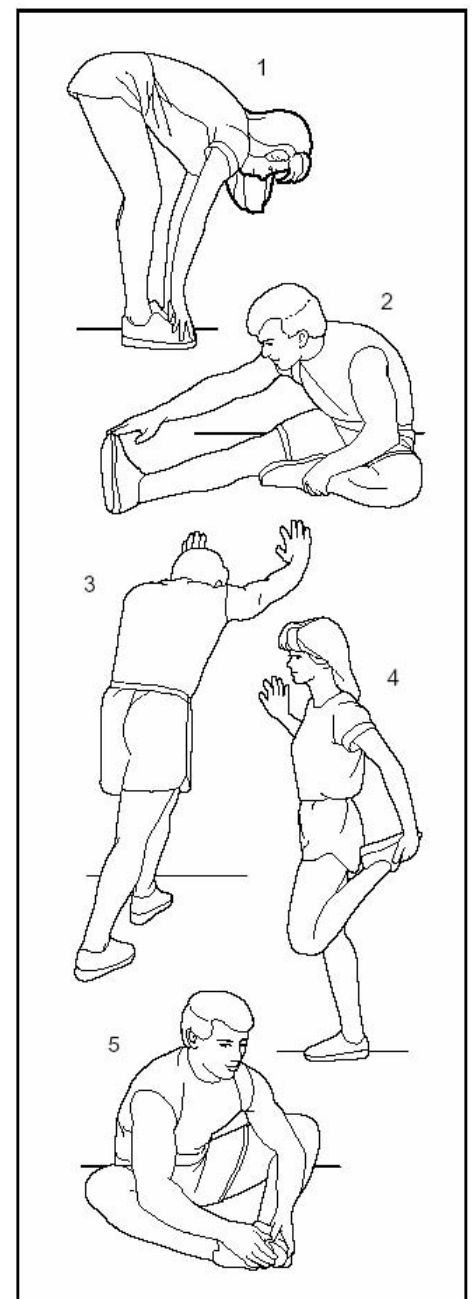
Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

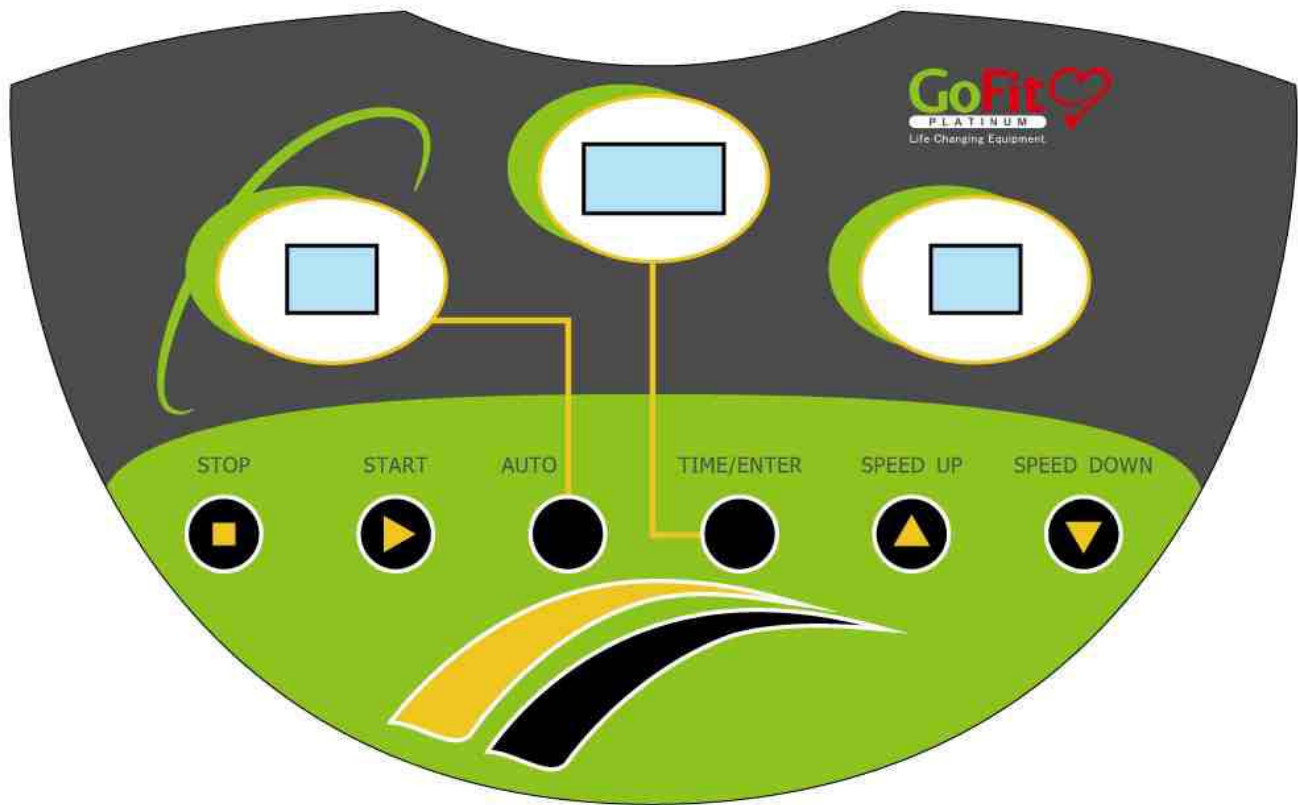
5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



COMPUTER INSTRUCTIONS



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts enjoyable and effective. When the manual mode of the console is selected, the vibration of the exercise can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. The console also offers 17 vibration speeds and 5 programs. Each program automatically changes the speed the exercise cycle and prompts you to increase or decrease your pace as it guides you through an workout.

Turning on:

- 1 Connect the electricity supply into the outlet with 220V.
- 2 Turn the Power Switch (ON). LED lighted.
- 3 Adjust to your desired speed and program.
- 4 Push the Start Button to begin exercising.

CAUTION:

Take care that nobody can stumble over any cables.

Keep the GoFit Platinum Power Vibe operating features out of reach of children.

Do not stand on the platform when turning on the power.

Adjust the speed in small increments.

To reduce the possibility of electrical shock, keep the console dry.

CONSOLE FUNCTION

A. DISPLAY WINDOW :

1. AUTO : show the program function
2. TIME : show the operation time
3. SPEED : show the speed level

B. CONSOLE BUTTON

1. STOP : to stop the GoFit Platinum Power Vibe, reset to the manual program (P0)
2. START : to start the machine
3. AUTO : to set the manual program (P0), automatic program (P1-P5)
4. TIME ENTER : to set the time (1-10 minutes)
5. SPEED Δ : to increase the speed level (1-17)
6. SPEED ∇ : to decrease the speed level (1-17)

1. MANUAL PROGRAM

The AUTO Button will display P0, TIME display 000, SPEED display 00

The preset time is 10 minutes at level speed 1.

Use the Time Enter Button to select the time 1-10 minutes.

After push the START button, use the SPEED UP/DOWN Button to select the speed level (1-17).

2. AUTOMATIC PROGRAMS

Push the AUTO Button to select the program P1->P2->P3->P4->P5->P0 (Manual).

The time interval is 10 minutes for each program.

NOTES:

Each automatic program has already fixed, the user can not change the Level Speed or Time.

PROGRAM	SPEED	TIME
P1	6	10 MINS
P2	10	10 MINS
P3	16	10 MINS
P4	3-6-9-12-15	10 MINS, with interval 5 SECS per level speed
P5	4-7-10-13-15-17	10 MINS, with interval 5 SECS per level speed



Phone **1800 446 348** fax **1300 446 348**

www.gofit.com.au