

Safety Instructions	3
Technical Information – Product View	4
Assembly Instruction	5-10
Warranty	11
Origin – Vibration Training	12
The Benefits of Vibration Training on the Human Body	12
Technical Information	13
Product Specification	13
Operating Instructions	14
Console Operations	14-17
References	18-19
More About A3 Vibration	20

Safety Instructions:

*ATTENTION

Please do not use this product if you have any of the following conditions.

Always consult with your physician **FIRST** before starting any exercise program.

- Acute arthritis and rheumatoid arthritis
 - Cardiovascular disease
 - Epilepsy
 - Acute migraine
 - Pregnancy
 - Other serious diseases
 - Keep children under age 12 and pets away from the vibration platform at all times.
-
- **STOP** use of this product immediately if you encounter any discomfort or if the machine is not functioning properly!

Product View:

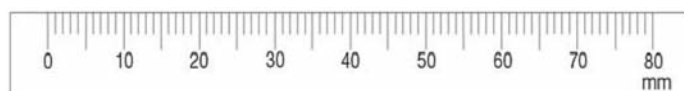
1. Handlebar
2. Console
3. Stem
4. Minor Control Panel
5. Strap Hook
6. Platform



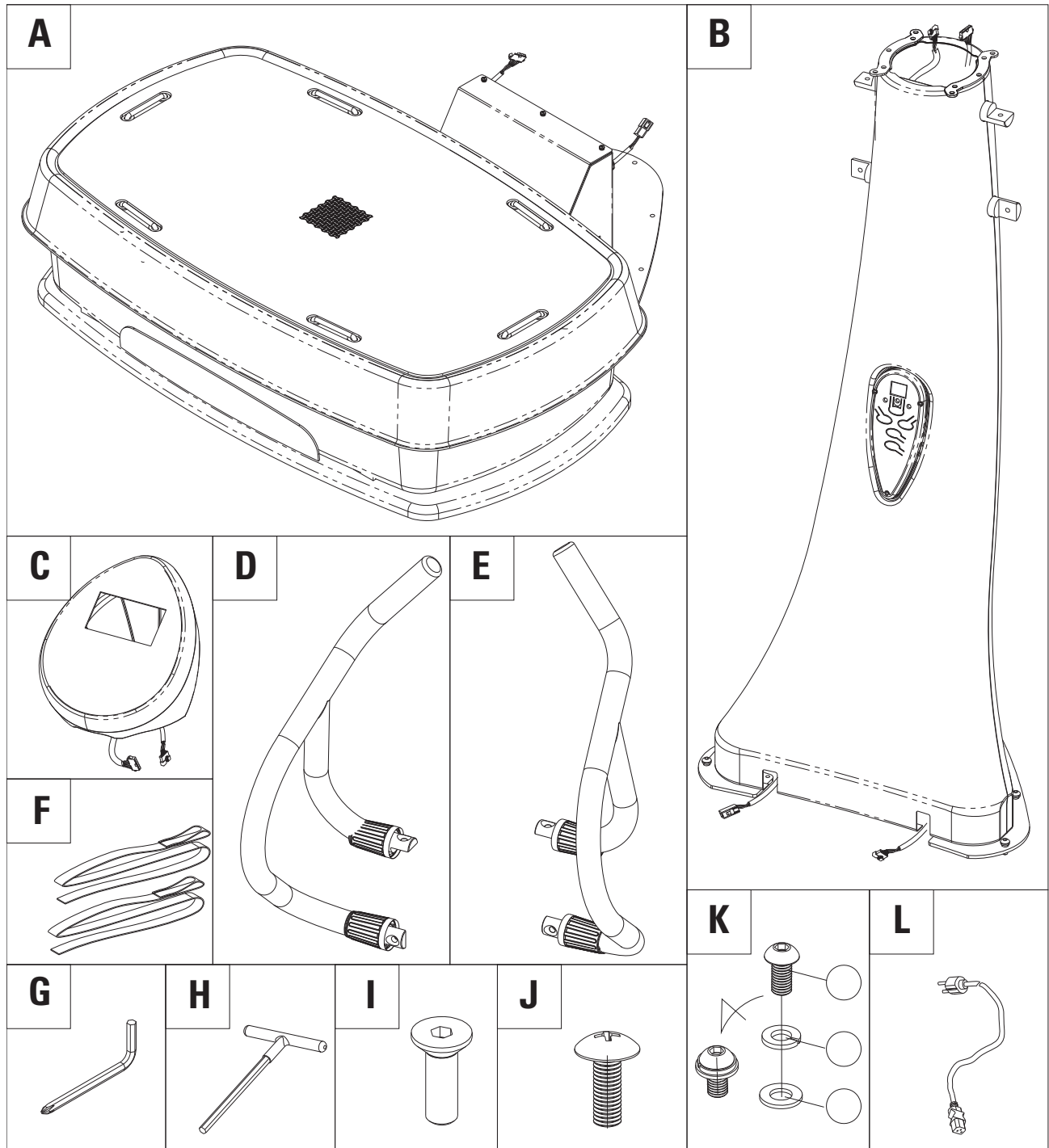
Assembling Instructions:

Numbers	Description	Spec	Quantity
A	Platform assembly		1
B	Stem assembly		1
C	Console assembly		1
D	Left handlebar		1
E	Right handlebar		1
F	Strap		2
G	L wrench	CRV 6mm and Philip head	1
H	T wrench		1
I	Screw	M8x25L	4
J	Screw	M5x15L	4
K	M8 screw set		7
K1	Screw	M8x25L	7
K2	Spring washer (SW8)	SW8	7
L	Power cord		1

Please apply a ruler to measure the screw. For example, M8 x 1.25 x20 L It means the diameter is 8mm and 20mm long.



Parts Package:



The owner's manual is only for customers' reference
 The supplier can not guarantee for mistakes occurring due to
 translation or changes in technical specifications of the product.

ATTENTION:

- Please follow the steps for product A3 V3000 assembly.
- Make sure all of the screws are tightened during assembly.

Assembly sequence: left and right handlebar > console > stem and platform > strap and power cord

Step 1: left and right handlebar > console > stem and platform > strap and power cord

Tool: L wrench (with Philip head) (G) or T wrench (H)

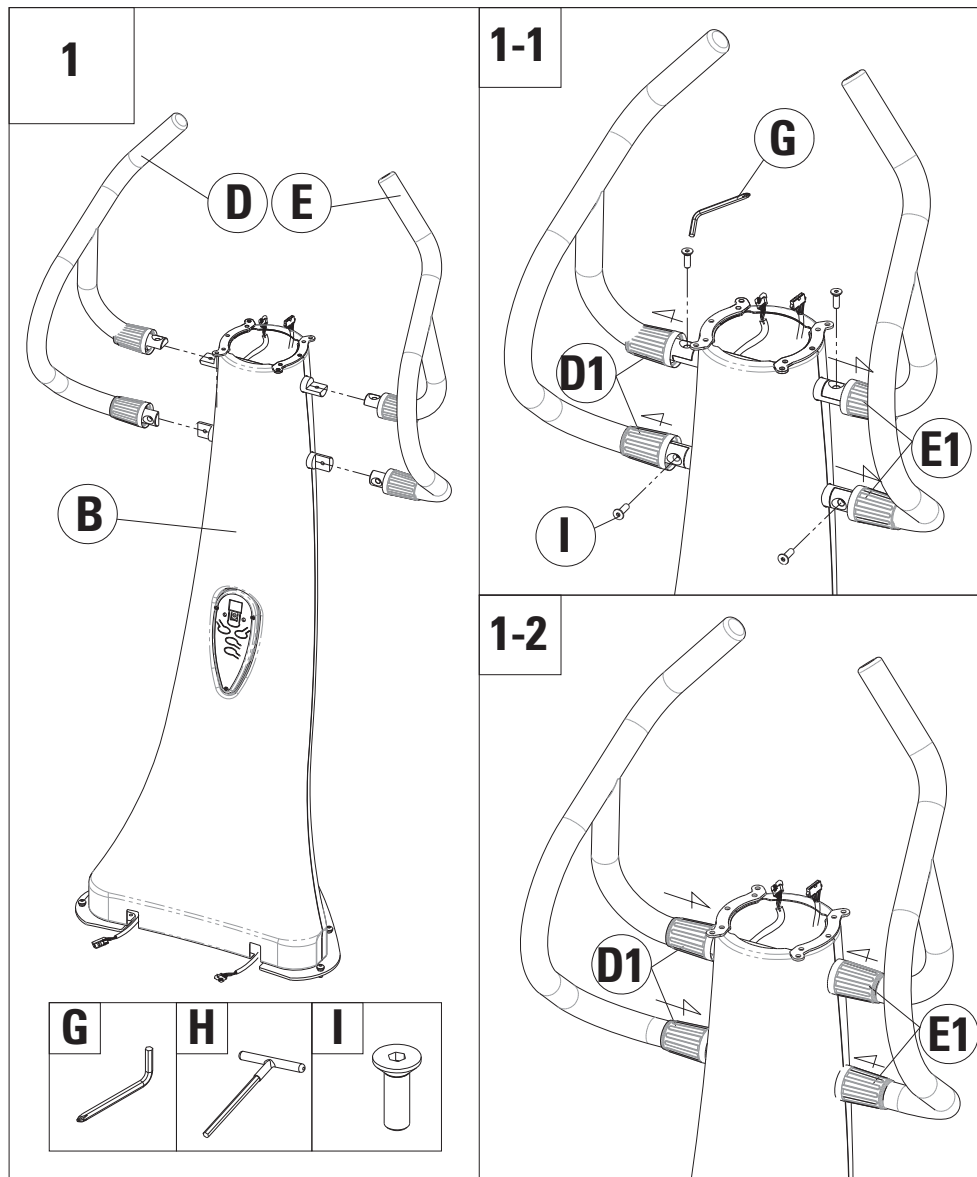


Diagram 1: left and right handlebar assembly (D) (E)

(1) Insert handlebar protector (D1) (E1) into left and right handlebar until we can see the screw hole. Use the L wrench (with Philip head) (G) or T wrench (H) to fasten the M8 screw (I). Assemble left and right handlebar (D) (E) onto stem assembly (B).

2) Push handlebar protector (D1) (E1) to stem assembly (B).

Make sure all the screw are well fastened

Step 2: left and right handlebar > console > stem and platform
 > strap and power cord

Tool: L wrench (with Philip head) (G)

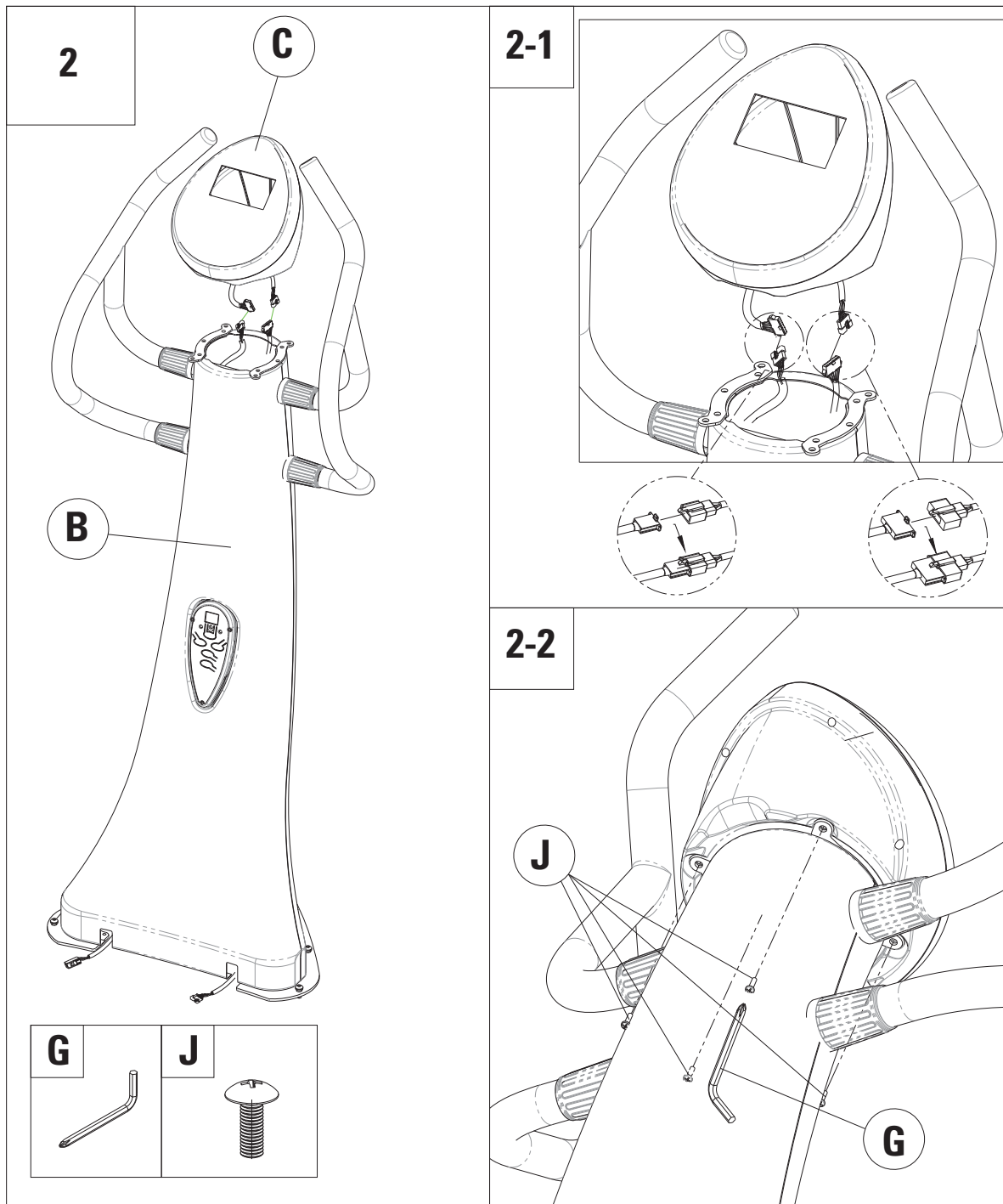


Diagram 2: console assembly (C) and stem assembly (B):

- 1) Connect console assembly (C) stem assembly (B) wires.
- 2) Use L wrench (with Philip head) (G) to fasten screw M5x15L (J) x4pcs,
 Mount console (C) onto stem assembly (B).

Make sure all the screw are well fastened

Step 3: left and right handlebar > console > stem and platform > strap and power cord

Tool: L wrench (with Philip head) (G) or T wrench (H)

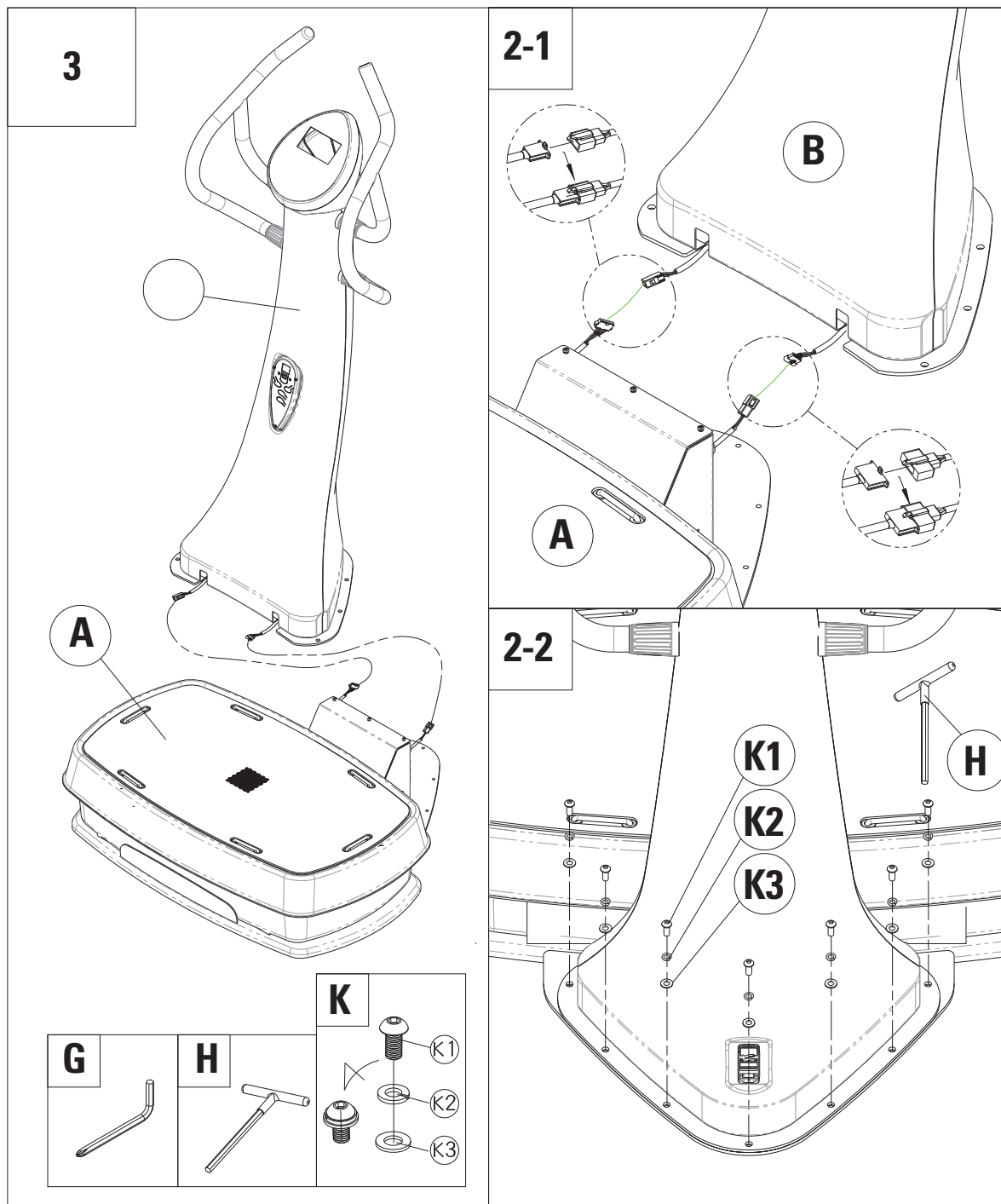


Diagram 3: stem assembly (B) and platform assembly (A):

- 1) Connect stem assembly (B) and platform assembly (A) wires.
- 2) Use L wrench (with Philip head) (G) or T wrench (H) to fasten M8 screw set (K) x7 set. Fasten stem assembly (B) onto platform assembly (A).

Make sure all the screw are well fastened

Step 4: left and right handlebar > console > stem and platform > strap and power cord

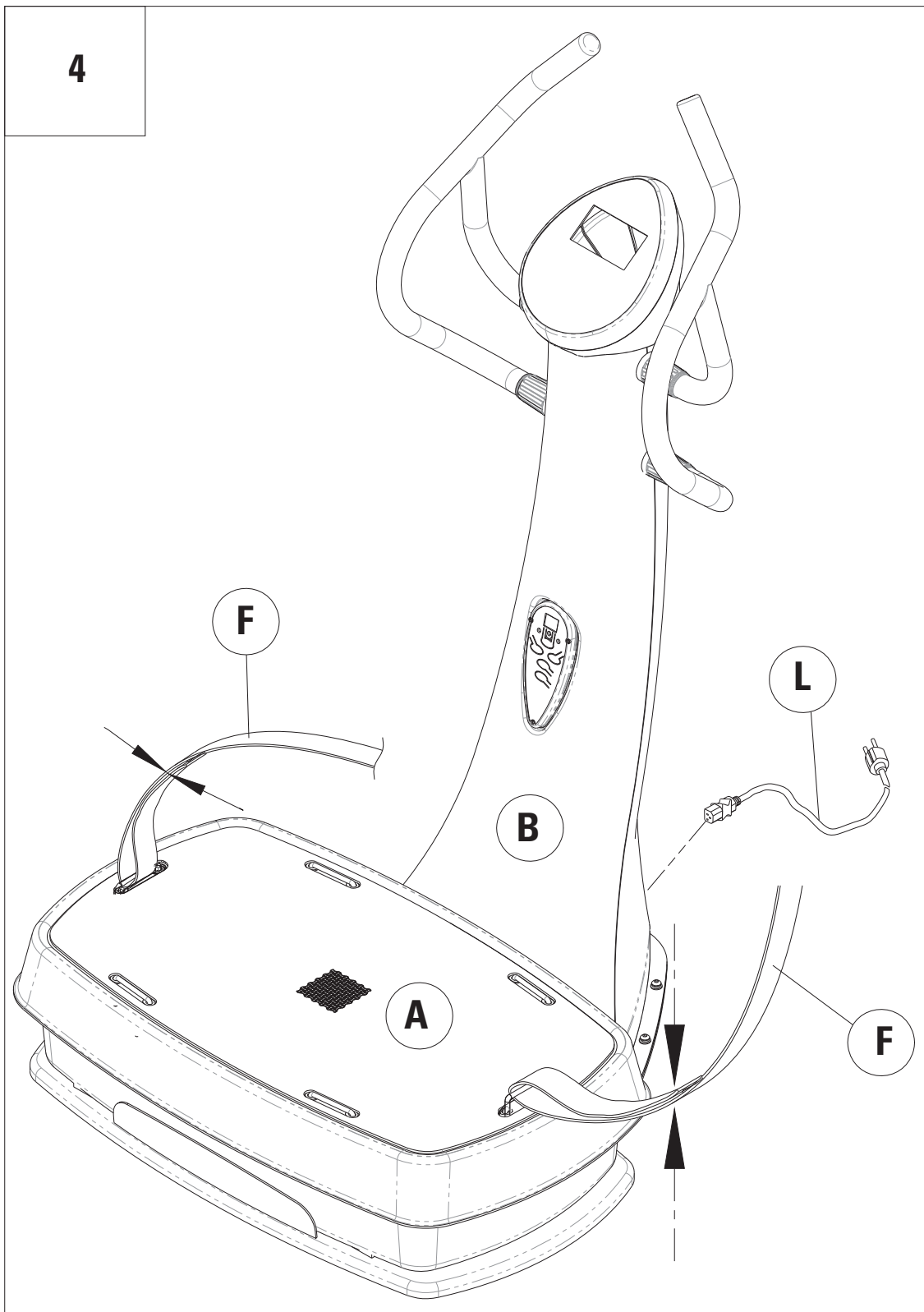


Diagram 4: connect strap (F) and plug power cord (L)
Refer the diagram to connect strap (F) (user depends on the their height to adjust the length) and plug power cord (L).

Complete Product Assembly

Warranty

Valid Period: Warranty starts from the time of purchase. Keep your receipt.

Proof of purchase is required at time of warranty validation.

PRODUCT	FRAME, MATERIALS & WORKMANSHIP	ELECTRICAL & MOVING PARTS
A3 - V3000	5 year parts	2 years

Warranty Limitations

The foregoing warranty shall not be applied to the following:

- If serial number is damaged, unreadable, modified or missing.
- Product has been used improperly, misuse, negligence, incorrectly maintained, modifications, dismantled, unauthorized service to or on the machine.
- Faulty wiring or electrical surges.
- If it is damaged by natural disasters, such as lightening, flood, typhoon, fire, earthquake or other natural disasters.
- The defective machines are not repaired by Pivotal's or dealer's technician.
- The defects caused during transportation.
- To upgrade the hardware, software, and firmware of the machine.

• The Benefits of Vibration Training on the Human Body

Function

- High intensity whole body vibration reflex training mechanism.
- Large console and wide LCM backlit display, clearly shows exercise information.
- Unique virtual instructor interface.
- Preset with 4 program models, 3 sets of editing exercise models and 1 manual model.
- Non-slip grip design
- Large platform design provides the changeable space of multi-exercise.
- Dual strap design strengthens training of the upper body.
- Dual side massage design reduces stressed soles and improves blood circulation.
- The platform is designed with a high coefficient of elasticity and improves balance training.
- High and low vibration force design.

Product Specification

Product Name	A3 V3000
Voltage	120Vac / 60Hz; 230Vac / 50Hz
Frequency Output	25Hz~50Hz
Amplitude (Max)	HIGH: 2.5mm; LOW: 1.2mm
Force	HIGH: 2.5KN; LOW: 1.8KN
Motor	DC Motor 1HP (Heavy Duty)
Console Display	Backlit LCM 240*128
Stem console	7-segment LED * Manual mode * User mode: 10 sets (User can edit postures, time and frequency at one's own choice)
Exercise Programs	* Training Programs: 8 sets WHOLE BODY - Strength & Sculpture UPPER BODY - Strength & Sculpture LOWER BODY - Strength & Sculpture CORE TRAINING - Strength & Sculpture
Panel keys	* Upper console: Program key: WHOLE, UPPER, CORE, LOWER, User, ENTER, START/STOP, ▲, ▼, HIGH/LOW * Column console: START/STOP
Maximum Load	160Kgs (350lbs)
Dimension	(L)99cm x (W)97cm x (H)162cm (L)39in x (W)38.3in x (H)63.8in
Weight	N.W.: 100 Kgs , G.W.: 121.5Kgs
Certifications	CE, ETL, RoHS Compliant

Operating Instructions

- Console Panel



Major Console Panel

Item	Description	Display
LCD Display	<ul style="list-style-type: none"> Posture, Exercise Program, Exercise Time, Frequency, Muscle group. 	
Exercise Program	<ul style="list-style-type: none"> User, Whole Body, Core Training, Upper Body, Lower Body. 	
Enter	<ul style="list-style-type: none"> Press ENTER key to store the data which you key-in. Press ENTER key to carry on the next step in USER mode 	
Start/ Stop	<ul style="list-style-type: none"> Start/ Stop the machine, back to exercise mode. To get into Manual Mode 	
▲ ▼	<ul style="list-style-type: none"> Frequency adjustment Time adjustment Posture adjustment 	Frequency range: 25~50Hz. Preset: 25Hz. Increment/decrement: 5Hz. Time Range: 15~90s Preset: 15 seconds Increment/decrement: 5s Posture: 60 set
High / Low	Force of vibration adjustment	High and Low Preset: Low

- Lower Control Panel



Minor Control Panel		
Item	Description	Display
LED Display	<ul style="list-style-type: none"> • Time 	
Start/ Stop	<ul style="list-style-type: none"> • Start/ Stop the machine, back to exercise mode. • To get into Manual Mode 	

Console Operation

- Operating instructions

Preset Model

- Press Any key into program mode.
- Press Program key (Core Training, Lower Body, Whole Body, Upper Body)
- Press Start/Stop key to start the machine. Or press High/Low key to adjust force of vibration, and press Start/Stop key to start the machine
- Press High/Low key to adjust force of vibration during exercise.
- Press Start/Stop key to stop the machine.

Manual Model

- Press Start/Stop key into Manual mode.
- Press ▲▼ key Adjust time, meanwhile press High/Low key to adjust force of vibration.
- Press Start/Stop key to start the machine.
- Press ▲▼ key Adjust frequency during exercise, also can press High/Low key to adjust force of vibration during exercise.
- Press Start/Stop key to stop the machine.

Edit Model

- Setting

- Press User key
- Press ▲▼ key select User1 - User2 - User3 - User10
- Press User key to enter Edit model (It can be saved max. 15 set of programs)
- Press ▲▼ to choose posture > press Enter key for confirm
- Press ▲▼ to choose time > press Enter key for confirm
- Press ▲▼ to choose frequency > press Enter key for confirm
- Press Enter to proceed next setting; press Start key to save the parameters.

Execute

- Press User key
- Press ▲▼ key select User1 - User2 - User3 - User10
- Press Enter key
- Press Start/Stop key to start the machine. Or press High/Low key to adjust force of vibration, and press Start/Stop key to start the machine

- Press High/Low key to adjust force of vibration during exercise.
 - Press Start/Stop key to stop the machine.
- * The mode will automatically return to the main screen if you don't press any key in 2 minutes.
- * Press Start/Stop key for more than 3 seconds to go back to the main screen.
- * When it enters count down, there is no function of HIGH/LOW key.

U.S. & European References

1. Ardinale, J Wakeling (2005) – Whole body vibration exercise: are vibrations good for you?
2. J. Mester, H. KLEINODER, Z. Yue (2005) – Vibration Training: benefits and risk V.B. Issurin (2005)–Vibrations and their applications in sport–A review.
3. Jin Luo, Brian McNamara and Kieran Moran (2005) – The Use of Vibration Training to Enhance Muscle Strength and Power.
4. Jorn Rittweger, MD, Karsten Just, MD, Katja Kautzsch, MsPsych, Peter Reeg, MD and Dieter Felsenberg (2002) - Treatment of Chronic Lower Back with Lumbar Extension and Whole-Body Vibration Exercise – A Randomized Controlled Trial.
5. K. Kersch-Schindl, S. Grampp, C. Henk, H. Resch, E. Preisinger (2001) - Whole-body vibration exercise leads to alterations in muscle blood volume.
6. Matthew J. Jordan, Stephen R. Norris, David J. Smith, and Walter Herzog (2005) – vibration Training: An overview of the Area, Training Consequences, and Future Considerations.
7. J. Rittweger, G. Beller, and D. Felsenberg (1999) – Acute physiological effects of exhaustive whole body vibration exercise in man.
8. V.E Issurin and G. Tenenbaum (1999) – Acute and Residual Effects of Vibratory Simulation on Explosive Strength in Elite and Amateur Athletes.
9. Saila Torvinen, Pekka Kannus, Harri Sievanen, Tero A. H. Jarvinen, Matti Pasanen, Saija Kontulainen, Teppo L. N. Jarvinen, Markku Jarvinen, Pekka Oja, Ilkka Vuori (2002) – Effect of vibration exposure on muscle performance and body balance. Randomized cross-over study.
10. C. Bosco, R. Colli, E. Intorini, M. Cardinale, O. Tsarela, A. Madella, J. Tihanyi and A. Viru (1998) – Adaptive responses of human skeletal muscle to vibration exposure.
11. Roelants, M., Delecluse, C., Goris, M., Verschueren, S. (2004) - Effects of 24 weeks of whole body vibration training on body composition and muscle strength in untrained females.
12. Othmar Schuhfried, Christian Mittermaier, Tatjana Jovanovic, Karin Pieber and Tatjana Paternostro-Sluga (2005) – Effects of whole –body vibration in patients with multiple sclerosis: a pilot study.
13. Clinton Rubin, PhD, Malcolm Pope, DrMedSci + J. Chris Fritton, PhD, DSc, MS, Marianne Magnusson, DrMedSci, Tommy Hansson, MD, PhD, and Kenneth McLeon (2003) – Transmissibility of 15 Hertz to 35Hertz Vibrations to Human Hip and Lumbar Spine: Determining the Physiological Feasibility of Delivering Low-Level Anabolic Mechanic Stimuli to Skeletal Regions at Greatest Risk of Fracture Because of Osteoporosis.
14. Saila Torvinen (2003) – Effect of Whole Body Vibration on Muscle Performance, Balance, and Bone.
15. C. Bosco, M. Tsarpela, M. Cardinale, M. Bonifazi, J. Tihanyi, M. Viru (2000) – Hormonal responses to whole-body vibration in men.
16. Christophe Delecluse, Machteld Roelants, and Sabine Verschueren (2003) – Strength Increase After Whole Body Vibration Compared with Resistance Training.
17. Carmelo Bosco, Marco Cardinale, Olga Tsarpela and Elio Locatelli – New Trends in Training Science: The Use of Vibrations for Enhancing performance.
18. Bosco C. M. Cardinale, R. Colli, J. Trhanyi, S.P. von Duvillard, A. Viru – The influence of Whole Body Vibration on the mechanical behaviour of Skeletal Muscle.

19. Jeffery M. McBride, John P. Porcari, and Mark D. Scheunke (2004) – Effect of vibration During Fatiguing Resistance Exercise on Subsequent Muscle Activity During Maximal Voluntary Isometric Contractions.
20. W. Rohmert, H. Wos, S. Norlander, and R. Helbig (1989) – Effects of vibration on arm and shoulder muscles in three body postures.
21. M. Roelants, C Delecluse, M. Goris, S. Verschueren (2004) – Effects of 24 Weeks of Whole Body Vibration Training on Body Composition and Muscle Strength in Untraining Females.
22. M. Cardinale, J. Lim (2003) –The Acute effects of two different whole body vibration frequencies on vertical jump performance.
23. Sabine MP Verschueren, matchteld Roeleants, Christophe Delecluse, Stephen Swinnen, Dirk vanderschueren, and Steven Boonen (2004) – Effect of 6-Month Whole Body Vibration training on Hip Density, Muscle Strength, and postural Control in Postmenopausal women: A Randomized Controlled Pilot Study.
24. Darryl J. Cochrane, Stephen J. Legg, and Michael J. Hooker (2004) – The Short-Term Effect of Whole Body Vibration Training on Vertical Jump, Sprint and Agility Performance.
25. W. Rohmert, H. Wos, S. Norlander, and R. Helbig (1989) – Effects of vibration on arm and shoulder muscles in three body postures.
26. Vibration and Stretching Effects on Flexibility and Explosive Strength in Young Gymnasts. Kinser, A. M., Ramsey, M. W., O'Bryant, H. S., Ayres, C. A., Sands, W. A., Stone, M. H. (2008) Sports Performance Enhancement Consortium, Kinesiology, Leisure, and Sports Science, East Tennessee State University, Johnson City, TN, USA.

Asia References

1. Lin Hung-yen、 Liu Li-yu (2007)- effects of vibration stimulus frequency on explosive force- balance and agility –National University of Tainan.
2. Hu Ching-jung (2006) – effect of vibration training on the frequency of steps and speed to youth s printer –Master report of National Taiwan Sport University.
3. Hou Hsiu-wen (2007) – effect of different frequency vibration training on serotonin -- Master report of National University of Tainan.
4. Chen Wan-chin (2004) – effect to f different vibration stimulus mode to same length of contracted muscle activation – Master report of National Taiwan Sport University.
5. Lai Liang-chuan、 Lin Tse-pin、 Lin Fu-mei translated (People 87) : Human physiology and Mechanisms of Disease。 Taipei: Farseeing Publishing Organization.
6. Chung Shu-hung (2007) – effect of Whole Body Vibration training to women’s bones and skeleton metabolism – Master report of National University of Tainan



More About A3 Vibration

Personal, light commercial and commercial units available now!

Exercising with a Vibration Plate is fast, effective, affordable, and most of all, safe.

Until recently, the cost to really evolve your training methods with the use of professional vibration training machines was too prohibitive! Pivotal Health Solutions is now able to offer you the A3 Vibration Plates for only a fraction of the price of similar products.

It is well known that WBV is fantastic for - rehabilitation, -delaying the on-set of osteoporosis, -improving circulation and blood flow, - toning muscles and -strengthening joints and ligaments, -increasing calorie burning potential, - bone density, as well as -improving your mental state, -aiding restful sleep, -reducing stress and -enhancing overall happiness. All of these benefits are now available in a much quicker time with the use of WBV.

The A3 Whole Body Vibration units: WBV is based on a system used by NASA to help its astronauts build muscle and bone density in space. Decades of research and use by professional athletes and celebrities ensure that this innovative machine produces effective results.

Research suggests that whole body vibration, or WBV, with the precise frequency levels between 20 to 50 Hz is necessary to increase blood flow and tissue temperature, increase bone density, and increase muscle strength and flexibility by stimulating muscle spindles, motor neuron activity and isometric muscle contractions. The highest muscle reflex response occurs between 20Hz to 50Hz. The A3 Vibration Training System operates at all these levels in 5Hz intervals (20Hz, 25Hz, 30Hz, 35Hz, 40Hz, 45Hz and 50 Hz). This fantastic range allows you to tone any muscle in the desired way and the desired frequency.

The vibration produced by these machines penetrates the body to stimulate a natural reflexive response within the muscle, which leads to a high level of muscle activation and exertion.

The vibration plate makes the muscles work harder than conventional workouts, in a much shorter timeframe. This means that less time is required to work muscle groups completely and results come faster.

You can perform virtually any exercise on this platform; static or dynamic movements including standing, sitting, kneeling, lying, and placing your hands on it.

Using the Vibration training for just 10 minutes per day, three times per week, can compare to 60 minutes of conventional training with weights in a fitness facility. Training on the V1000 is similar to any other form of training – it just uses only a third of the time. You start with easy, short training sessions, and gradually progress to a more intense program. Increasing the intensity of the training, you will achieve a stronger body. The use of the machine can be adjusted according to your objectives, as well as your physical condition, sex and age.

Health and Wellness:

The increased metabolic rate as a result of using this machine results in calories being burnt. In addition, vibration training helps to develop leaner muscle tissue, which improves the body's tone. In combination with lymphatic drainage and increased blood circulation; both outcomes of vibration; enhanced training and conditioning is achieved.

Mental Effects:

Besides the physiological effects vibration training has also proven to have a positive effect on the mental level. A higher output of serotonin, higher output of testosterone and lower output of stress hormones are reported in the research.

Rehabilitation:

Vibration treatment is being hailed not only as a way to get fit faster but due to its non – impact nature is also used as a means of resisting recovery from sore muscles and other soft tissue conditions by reducing pain and increasing circulation to inflicted joints.

The A3 Vibration Training units essentially offer a complete workout at a fraction of the time of traditional methods through its use of vibration technology. Pivotal Health Solutions offers 3 different levels of performance in their A3 vibration line of products: Home/Office- for home users and or a smaller office-for health and wellness programs, smaller, lighter patients, geriatric care, general practice.

Office – for the busy office that treats lots of athletes, heavier people, sports practices.

Commercial – perfect for institutional facilities, gyms, High school/College teams. All units have the same frequency range, yet vary in amplitude of platform movement, size and max. user weight.

Each unit comes with a console that walks you through the workout with LED graphic action displays so you don't need to have an expensive personal trainer to show you what to do! The easy to use consoles have buttons to adjust the time and/or intensity of the workout to ensure total personalization of each session, and the easy click programs allow you to focus on various body areas.

The LED window shows you what to do, with the figure description being shown on the console to ensure you are doing the right activity. Specific programs included are:

- Upper Body Workout - this targets the upper body particularly allowing you to concentrate on those key upper body areas.
- Lower Body Workout - As before, this targets the legs, gluts, calf muscles, ankle knee and hip joints, and really works those key area's to tone and strengthen
- Abdominals - This is targeted as shaping up and improving the trunk area as well as fighting off those love handles and strengthening the core muscles and lower back region
- Total Body Workout - This allows a general focus over the whole body to give an all over general toning and training workout.
- Manual - This allows you to completely customize your workout to focus any specific area's, which is ideal for you have an area of concern that you want to address.

Using revolutionary technology once only available to elite athletes, and since adopted by commercial gymnasiums and health studios, the whole line of A3 vibration plates are now available from Pivotal Health Solutions!



For more on A3 Vibration visit: vimeo.com/pivotalhealthsolutions/a3vibration

