

BODYEXPRESS™

ULTRATHIN VIBRATION PLATFORM



An oscillating vibration device

USER MANUAL

Please read entire manual carefully before
using this product.



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IMPORTANT SAFETY INFORMATION

Keep this manual in a safe place for reference

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, **READ THE FOLLOWING** important precautions and information before operating the vibration platform.

It is the responsibility of the owner to ensure that all users of this Vibration platform are adequately informed of all warnings and precautions.

Use the Vibration Platform and Body Express Workouts only as instructed in this manual.

Place the Vibration Platform on a level surface with at least eight feet of clearance behind it. Do not place the Vibration Platform on any surface that blocks air openings. Do not operate under a blanket or pillow. Keep all air openings free of lint, hair, and other debris.

Always step onto the middle of the platform first, before widening your stance. Stepping onto one end of the platform could cause the platform to tip over, which could result in injury.

Keep Vibration Platform indoors, away from moisture and dust. Do not put the Vibration Platform in a garage or covered patio, or near water.

Do not operate the vibration platform where aerosol products are used or where oxygen is being administered.

Keep children under the age of 12 and pets away from the Vibration Platform at all times.

The Vibration platform should not be used by persons weighing more than 150kg (or 330lbs). Never allow more than one person on the Vibration Platform at a time.

Never leave the Vibration Platform unattended while it is running. Always remove/unplug the power cord when the vibration platform is not in use. To disconnect, turn all controls to the off position, then remove the plug from the outlet. Keep the power cord away from heated surfaces. Connect this appliance to a properly grounded outlet only. See Grounding Instructions for details.

Inspect and tighten all parts of the Vibration Platform regularly. Wrong usage could influence the stability of the Vibration Platform.

Never insert any object into any opening. Do not carry this appliance by the supply cord or use the cord as a handle.

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. Return the appliance to a service center for examination and repair.

DANGER: Always unplug the power cord immediately after use, before cleaning the platform. 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 authorize service representative only.

This Vibration Platform is intended for in-home use only. Do not use this Vibration Platform in any commercial, rental, or institutional setting.

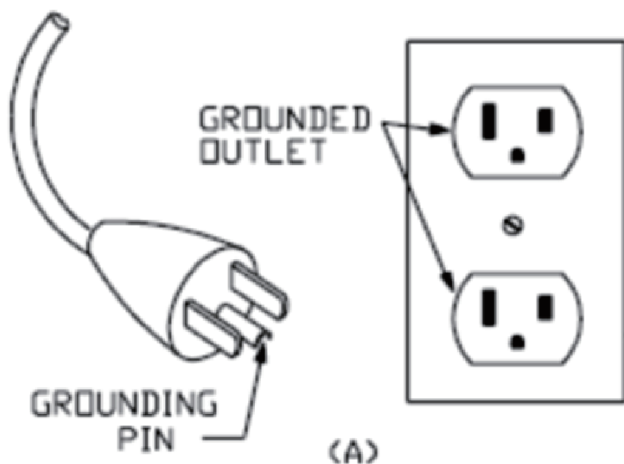


GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



AA200

Electrical Information

Working Voltage - 120V

Working Frequency - 60Hz

Working Power - 200W



HEALTH AND SAFETY DISCLAIMER

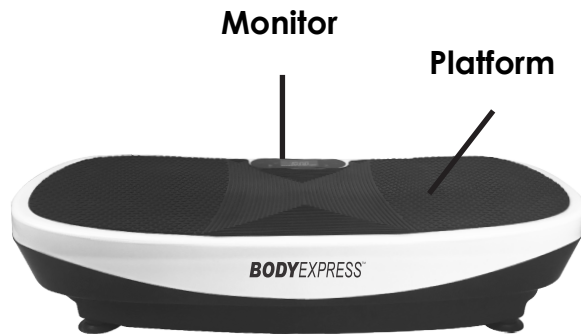
It is strongly recommended you consult your doctor before using this Vibration Platform or Exercise DVDs.

It is NOT recommend you use this product if you:

- are undergoing treatment of any kind
- have a malignant tumor
- are a woman who is pregnant or in menstrual period
- have heart disease
- have osteoporosis
- have a pacemaker or other medical electronic instrument implanted
- have an artificial limb
- are sensitive to vibration or continuous exercise

PRODUCT COMPONENTS

Item # in (parentheses)

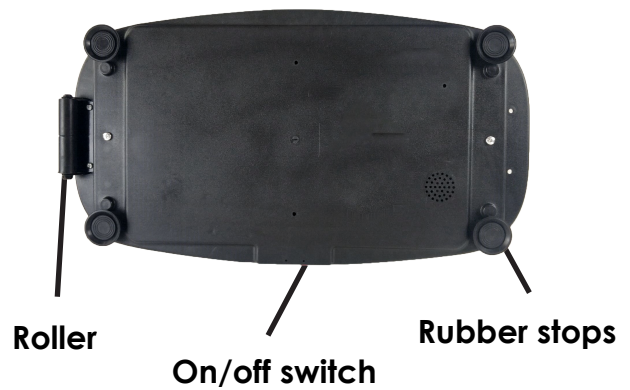


Monitor

Platform

(TL-VIBE0101...WHITE
TL-VIBE0105...BLACK
TL-VIBE0120...RED)

BOTTOM VIEW



Roller

On/off switch

Rubber stops



1 lb Handweights (x2)
(51-VIBEW11B2P)



Remote
(51-VIBERMT01)

DISPLAY INSTRUCTIONS

The LCD Control Panel displays helpful information for your workout. The display will automatically cycle through showing the **TIMER**, **SPEED**, and **DISTANCE**.

You can also adjust the SPEED, music VOLUME, and START/STOP your workout by simply pressing the touch sensitive buttons on either side of the display. Or control these settings using the hand remote (see p. 7)

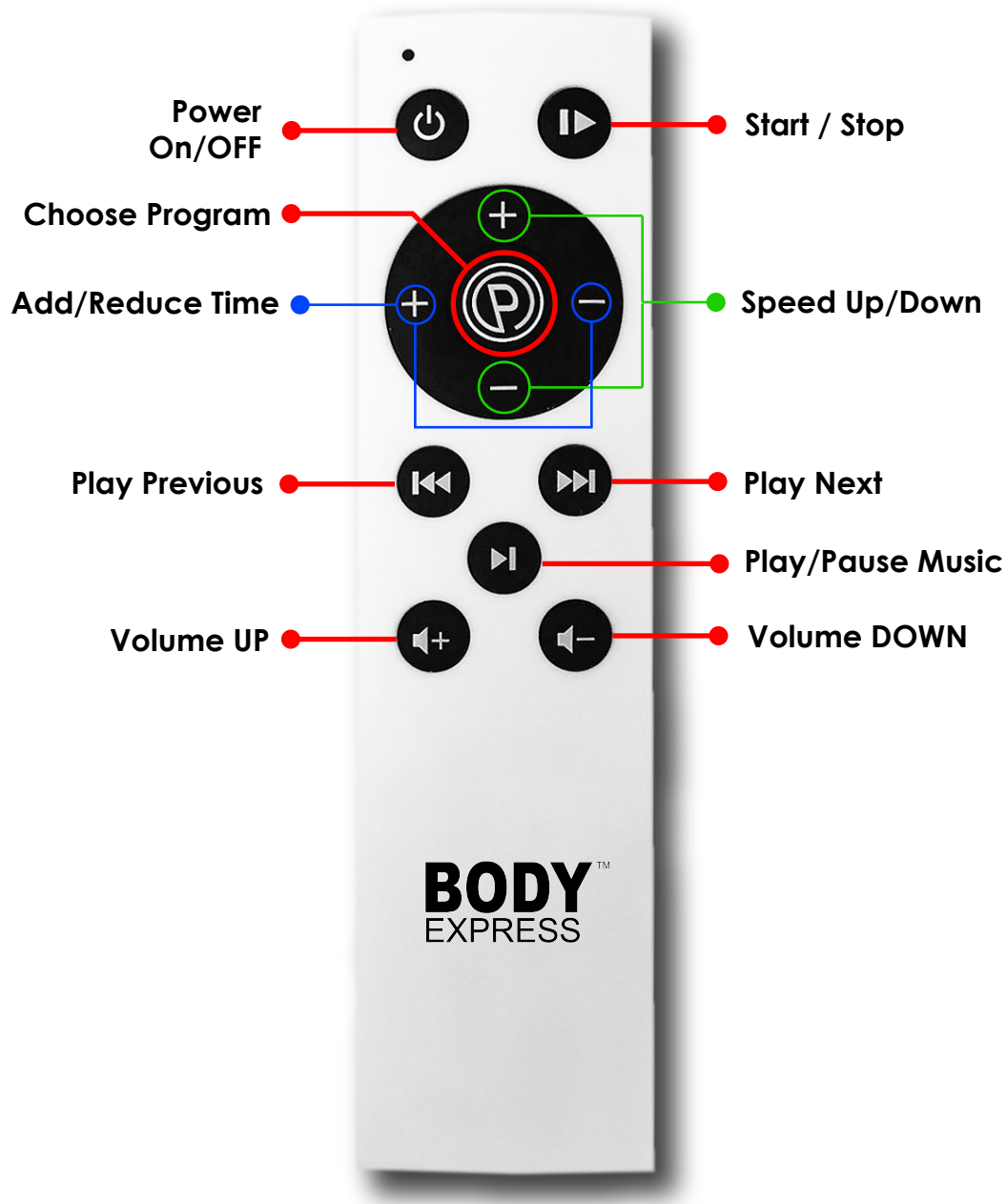


- To decrease the timer, tap **TIME-**
- To increase the timer, tap **TIME+**
- To decrease vibration speed, tap **SPEED-**
- To increase vibration speed, tap **SPEED+**
- To turn the machine On or Off, tap **ON/OFF**
- To cycle through the pre-programmed workouts, tap **SET**

REMOTE INSTRUCTIONS

The remote allows you to control every function of the Vibration Board without having to bend over to reach the LCD.

ATTENTION: Take time to fully understand your remote before using.



NOTE: The remote requires two AAA batteries (not included).

SETUP & OPERATION

SETUP

First plug the power cord into a wall outlet.

Then make sure the power switch on the back is in the ON position.

When mounting the platform, always step onto the middle of the platform first before moving to a wider stance. We recommend starting out near a wall, so that you can stabilize yourself as you step onto the platform, until you become more comfortable with using the machine.



The platform can be used with or without shoes, though you may find shoes to be more comfortable.

ADJUSTING TIMER / SPEED

When the vibration plate is in standby mode, you can set your workout timer by tapping the TIME+/- buttons on the display (Max Time = 15 mins.), or by pressing the corresponding buttons on the remote. You can adjust your starting speed by tapping the SPEED+/- buttons.

Regardless of fitness level, we recommend that all users start at “Beginner” before increasing speed to more advanced levels.

BEGINNER	INTERMEDIATE	ADVANCED	ATHLETE ADVANCED
1-20	21-40	41-70	71-99

NOTE: Recommended use in the beginning is 2 days a week with 1 rest day in between. Then, once comfortable, a maximum use of 3 days a week with a rest day in between.

PROGRAMS

The preset programs provide you with a sequence of varying speeds over a 15 minute time period. To start a program, tap the **SET** button on the Display, or press the Program button on the remote to cycle to your desired program.

H indicates the platform is in manual mode. You can select your time limit and adjust the speed manual during your workout in this mode.

The chart below indicates the sequence of speeds you will experience in each program as it counts down from 15 minutes. Each speed lasts one minute.









PRG/TIME	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1		MINS.
P1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	2		
P2	4	8	10	12	17	20	24	20	17	6	12	17	20	24	4		
P3	8	20	10	30	12	40	20	14	8	20	40	8	20	35	8		
P4	12	23	29	18	40	18	60	40	22	50	38	18	40	22	12		
P5	20	55	30	65	40	75	50	85	60	95	75	55	35	50	20		

TIP: We recommend finding your comfort level by starting at a Beginner level in Manual mode, and gradually work your way to higher speeds.

Neither the TIMER nor the SPEED can be adjusted during a program. To stop the program, simply press the Start/Stop button on the Display or the Remote.

EXERCISE SESSION

The Vibration Platform utilizes the body's own reflexes to exercise your muscles in a convenient manner. The Vibration Platform accomplishes this best when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, thereby exercising your muscles efficiently. You will get the best results if you bend your knees or arms (depending on which is pressing on the platform) so your muscles adopt the automatic motion described. Use several different postures for a few minutes each for a complete workout. The vibration motion helps tone muscles while you are doing mild exercises. You can also use the platform as a general massager. For this, you do not need to press on the plate - simply let your arms or legs rest, and let the platform do the work for you.

			
Whole-body-exercise posture: Stand on the plate and extend your feet as wide as your shoulders.	Squat posture: Extend your legs as wide as your shoulders and bend your knees down as far as you can to squat, not extending past 90 degrees, and hold the position.	Press-Up posture: Stretch your arms as wide as your shoulders and lean on the plate. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.	Lower legs posture: Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your hips off the floor and press down on your calves.
			
Waist Bend posture: Stretch your legs, bend at the waist, and put your hands on the plate. Bend your elbows for a deeper exercise.	Single-foot posture: Put one foot on the plate and relax yourself. For a deeper exercise, lunge forward, placing more body weight on the plate.	Sitting posture I : Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.	Sitting posture II : Place your feet on the plate while sitting on a chair. Sit comfortably, keeping your back straight.

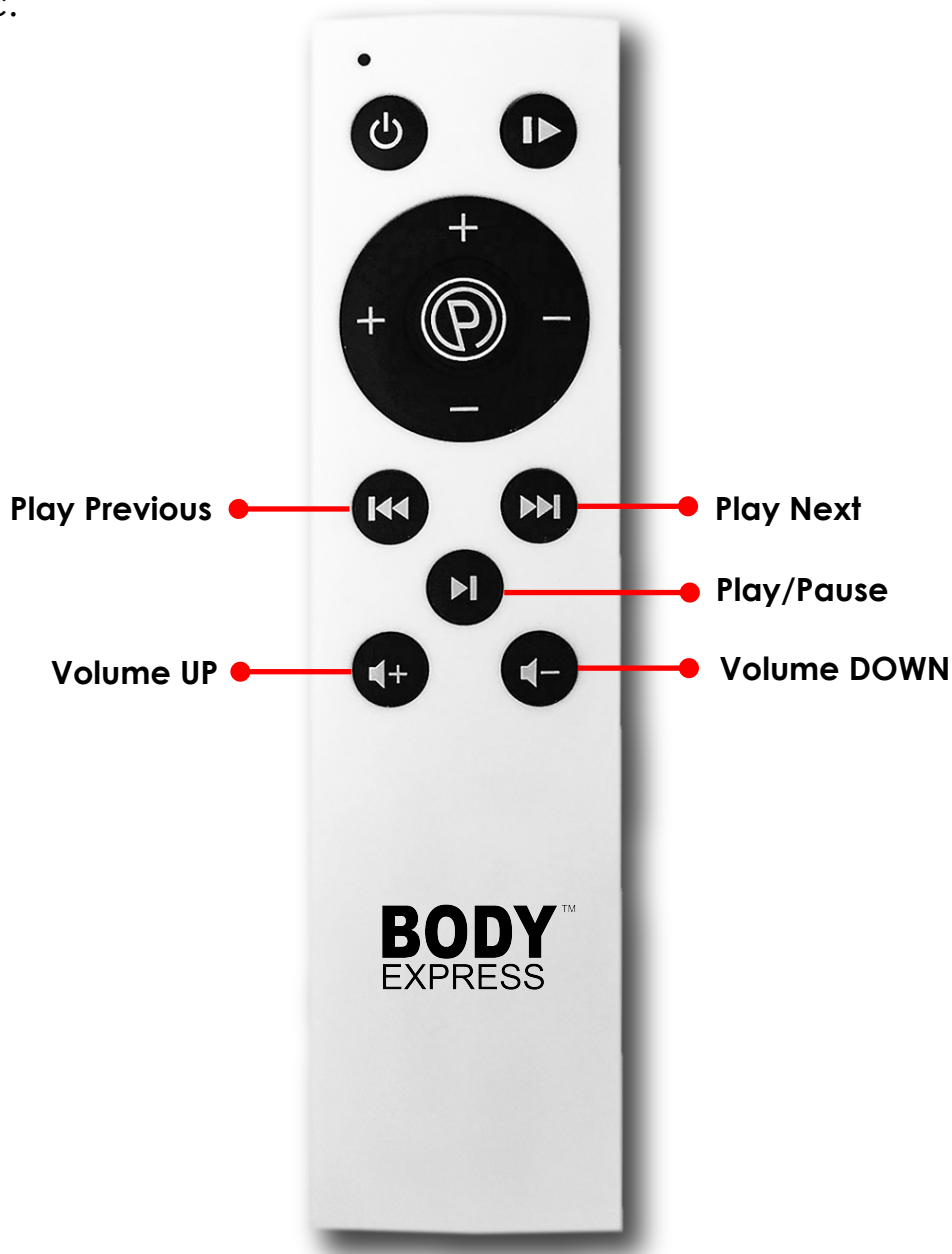
Bluetooth® Technology

Play music from your phone while you work out!

To connect your phone:

1. Make sure the Body Express is turned **ON**
2. open **SETTINGS**
3. open **BLUETOOTH**
4. find **BODY EXPRESS** under “other devices” and tap to connect

The Body Express will beep to indicate you are successfully connected. Select your music from the preferred app on your phone. Using the remote you can adjust the volume, skip to the next track, return to the previous track, and Play/Pause your music.

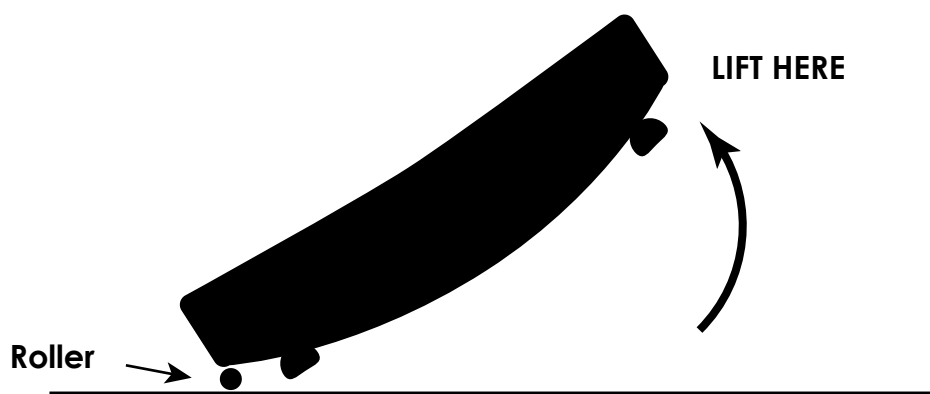


CLEANING & CARE INSTRUCTIONS

1. Do not wash in washing machine or immerse the product or the cord in water.
2. Always switch off before cleaning and remove the cord from the socket with clean, dry hands.
3. The platform should be wiped with a slightly moist cloth and dried thoroughly. Do not wipe the product with alcohol or harsh chemicals such as thinner or bleach.
4. Keep away from heat, fire or exposure to direct sunlight.
5. Store the platform in a cool, dry place out of reach of children.

TRANSPORTATION

To move the Vibration Platform, lift the right end of the Platform using the built in handle until the left end rests on the roller. Roll the platform to the new location and return it gently to rest on the rubber stops.



WARRANTY

Comfort Products warrants this product to be free from defects in material and workmanship for 1 year. This warranty is made by Comfort Products only to the original end-user customer acquiring the product directly from Comfort Product's authorized dealers as shown by the original sales receipt. Any problems arising from misuse, attempts to repair, dropping or extreme wear are not covered by this warranty. If you experience any problems, or have any questions regarding the operation of this unit, please visit www.comfortproducts.net/. This warranty applies only to end-user customers in the United States.

For claims, requests for parts, or questions, please visit our website at:
www.comfortproducts.net

or e-mail:
customerservice@comfortproducts.net

or call:
1-800-971-4630

Keep your sales receipt as documentation of your ownership.

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