

FREEMOTION®

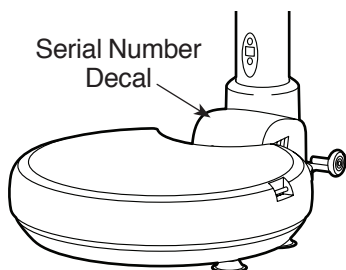
v 11.6 Vibration Trainer

Model No. FMVB4909.3

Model No. FMVB4920.3

Serial No. _____

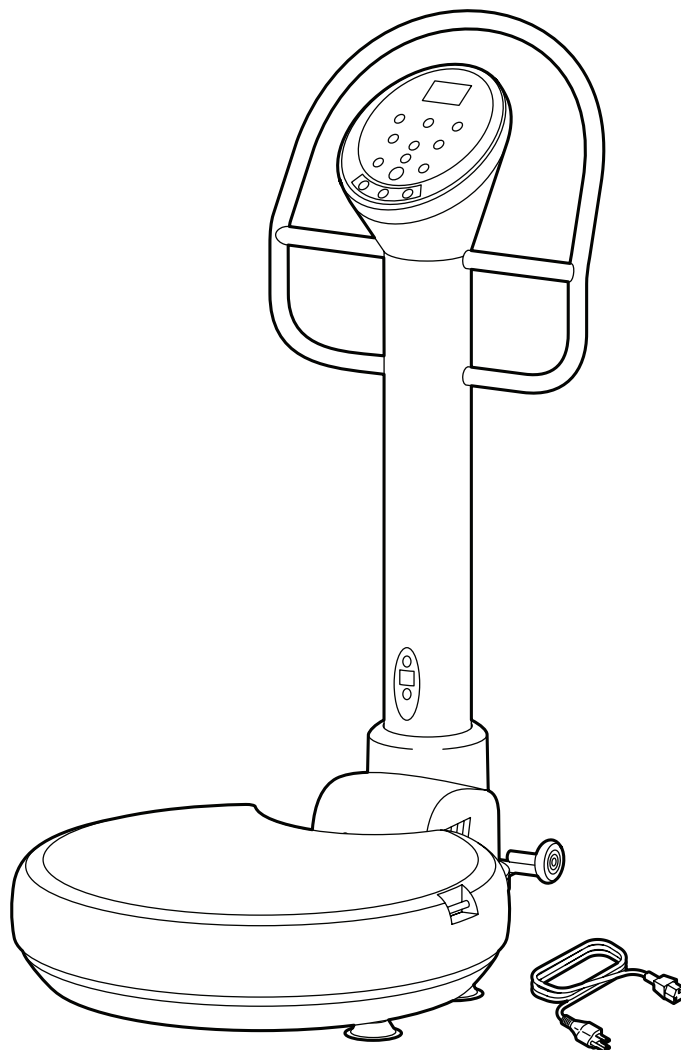
Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.



CAUTION

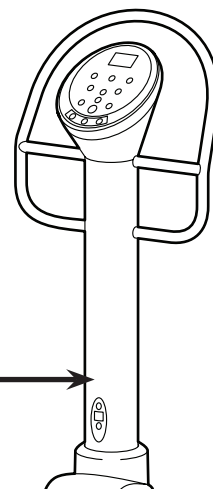
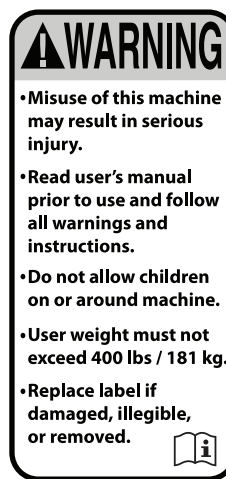
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
HOW TO USE THE VIBRATION PLATFORM	8
MAINTENANCE AND TROUBLESHOOTING	12
PART LIST	14
EXPLODED DRAWING	15
HOW TO CONTACT CUSTOMER CARE	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on the vibration platform before using the vibration platform. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Keep the vibration platform indoors, away from moisture and dust. Do not put the vibration platform in a garage or covered patio, or near water.
4. Place the vibration platform on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the vibration platform to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly.
6. Keep children under age 12 and pets away from the vibration platform at all times.
7. The vibration platform should not be used by persons weighing more than 400 lbs. (181 kg).
8. Never allow more than one person on the vibration platform at a time.
9. Keep your back straight while using the vibration platform; do not arch your back. While standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.
10. It is recommended that you use the vibration platform for no longer than 15 minutes per day and no more than 3 times per week.
11. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.
12. The following factors and conditions may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the vibration platform.
 - Knee or hip implant
 - Pacemaker
 - Recently placed screws, pins, bolts, or spirals
 - Acute hernia, discopathy, or spondylitis
 - Serious heart or vascular disease
 - Acute thrombosis
 - Tumor
 - Serious migraine
 - Epilepsy
 - Serious diabetes
 - Recent wound due to operation
 - Fresh inflammation
 - Pregnancy
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use the vibration platform only as described in this manual.

15. When connecting the power cord (see page 9), plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
16. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
17. Do not operate the vibration platform if the power cord or plug is damaged, or if the vibration platform is not working properly.
18. Never leave the vibration platform unattended while it is running. Always unplug the power cord and switch the on/off switch to the off position when the vibration platform is not in use. (See the drawing on page 5 for the location of the on/off switch.)
19. **DANGER:** Always unplug the power cord when the vibration platform is not in use and before cleaning the vibration platform. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

SAVE THESE INSTRUCTIONS

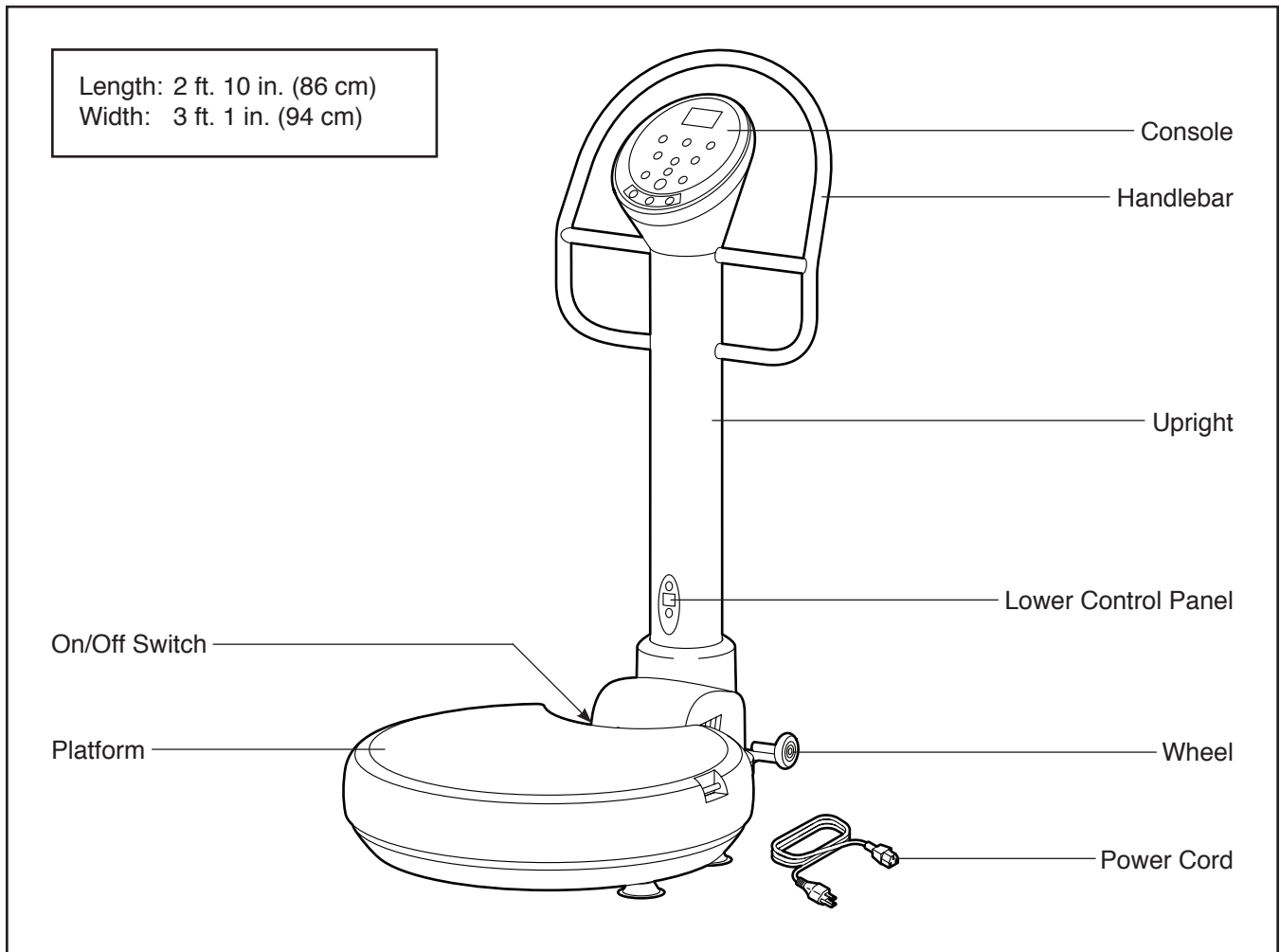
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® V11.6 VIBRATION TRAINER. The V11.6 VIBRATION TRAINER offers whole body vibration options designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the vibration platform. If you have questions after reading this manual, please see the back cover

of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and serial number are found on the serial number decal. The location of the serial number decal is shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

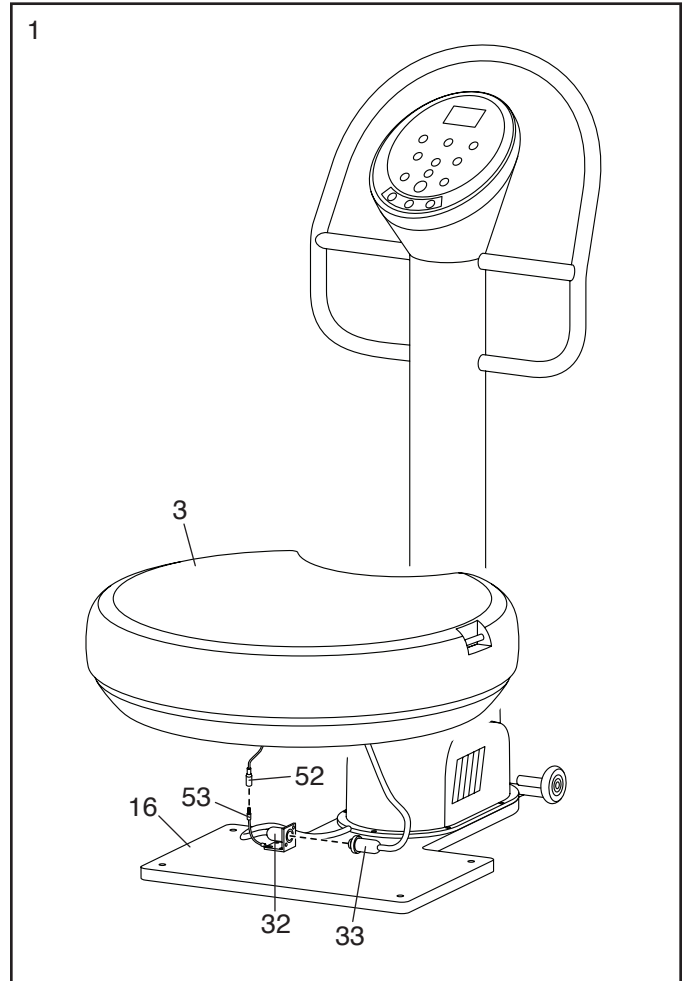


ASSEMBLY

Assembly requires two persons. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

1. Orient the Platform (3) and the Base (16) as shown.

While a second person holds the Platform (3) near the Base (16), connect the Platform Motor Wire (33) to the Base Motor Wire (32). Then, connect the 165mm Ground Wire (52) to the 90mm Ground Wire (53).



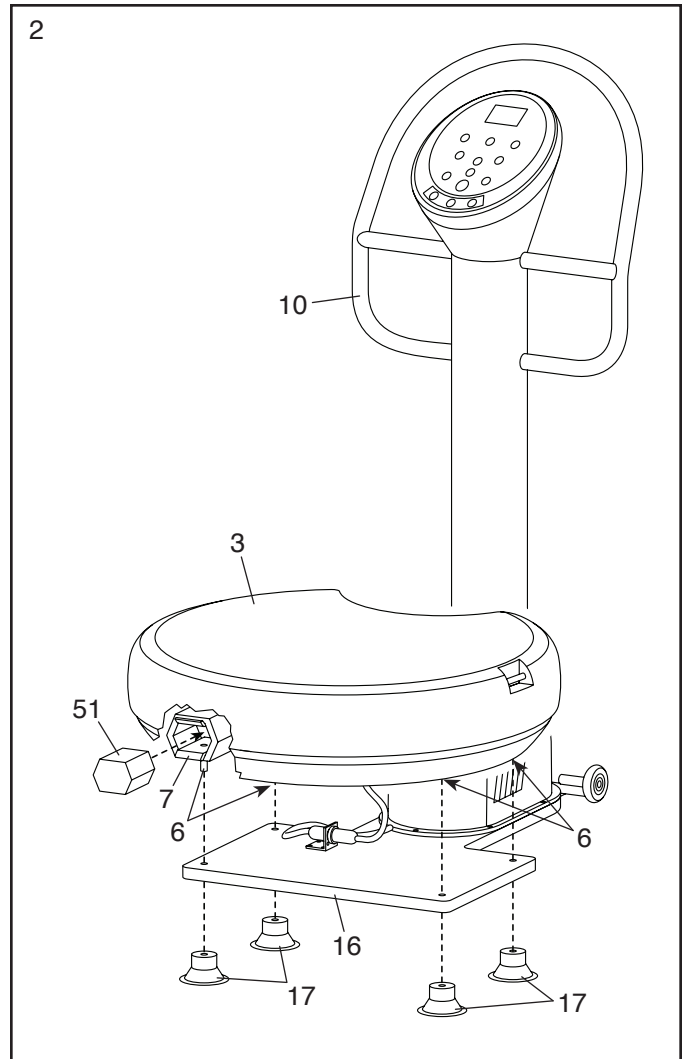
2. Set the Platform (3) on the Base (16).

Tip: Have a second person hold the Handlebar (10) and tip the Base (16) to the left and to the right while you perform the following actions:

Insert the four Sound Absorbers (51) into the four Isolators (7).

Next, insert the four Flanged Bolts (6) on the underside of the Platform (3) into the holes in the Base (16).

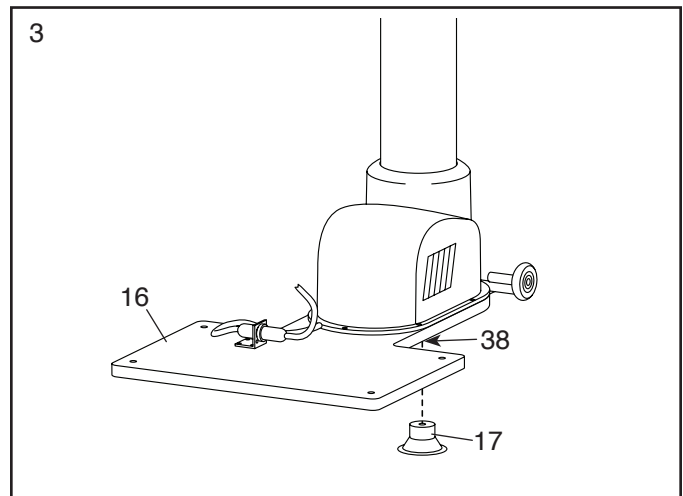
Then, tighten a Suction Foot (17) onto each Flanged Bolt (6).



3. **Note: For clarity, the Platform (3) is not shown in this drawing.**

Tip: It may be helpful to tip the vibration platform onto its side for this step.

Tighten a Suction Foot (17) onto the M10 x 35mm Hex Bolt (38) in the underside of the Base (16).



4. **Make sure that all parts of the vibration platform are properly tightened.**

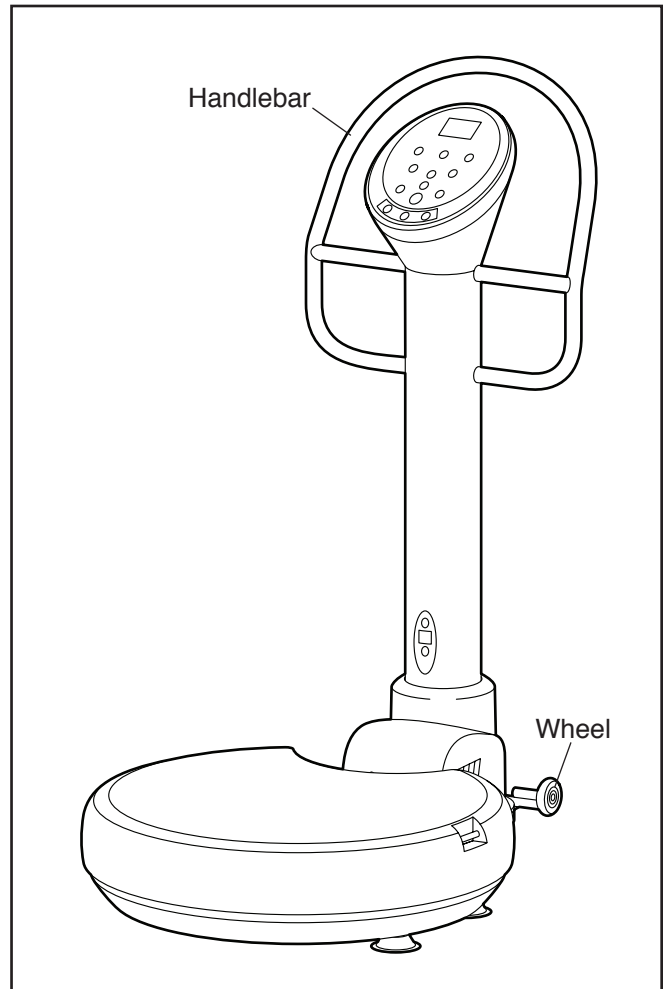
HOW TO USE THE VIBRATION PLATFORM

HOW TO MOVE THE VIBRATION PLATFORM

Hold the handlebar and place one foot against one of the wheels. Tilt the vibration platform until it rolls freely on the wheels.

Carefully move the vibration platform to the desired location. **To reduce the risk of injury, use extreme caution while moving the vibration platform. Do not move the vibration platform over an uneven surface.**

Then, place one foot against one of the wheels and lower the vibration platform until it rests on the suction feet.



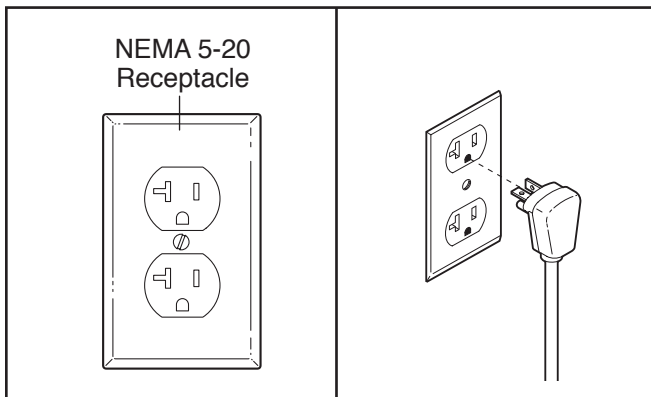
HOW TO CONNECT THE POWER CORD IN THE UNITED STATES

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased 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. Do not use an adapter to connect the plug to an improper receptacle.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is for use on a dedicated, 20-amp, 120-volt circuit. No other appliance should be on the same circuit. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **IMPORTANT: The vibration platform is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

Plug the grounding plug into a standard NEMA 5-20 receptacle. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord. Note: If the included power cord is not long enough, see the back cover of this manual and order a 3.6 m (12-foot) power cord. The receptacle must be grounded.

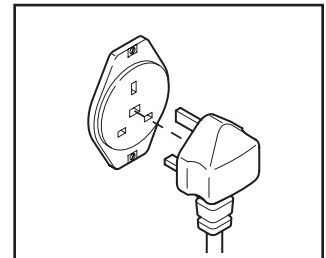


HOW TO CONNECT THE POWER CORD IN THE UK

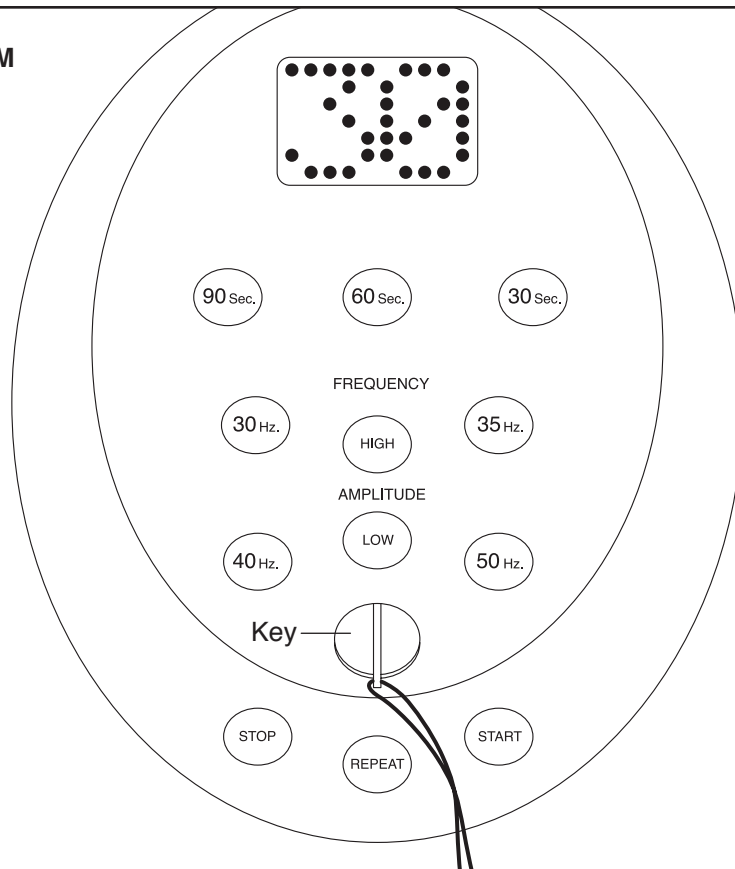
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is for use on a dedicated, 10-amp, 230-volt circuit. No other appliance should be on the same circuit. The product is equipped with a cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: The vibration platform is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

Plug the earthing plug into a receptacle as shown at the right. Do not modify the plug or the receptacle. Do not use an adapter or an extension cord. The receptacle must be earthed.



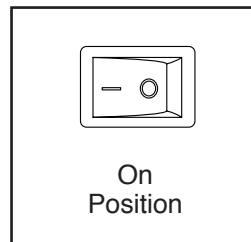
CONSOLE DIAGRAM



HOW TO TURN ON THE POWER

IMPORTANT: If the vibration platform has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, the console displays or other electronic components may become damaged.

Plug in the power cord (see page 9). Next, locate the on/off switch on the side of the vibration platform near the power cord. Make sure that the on/off switch is in the on position.



Then, insert the key into the console. After a moment, the displays will light.

HOW TO USE THE PLATFORM PAD

Some exercises on the vibration platform can be performed more comfortably using the platform pad. To use the platform pad, set the platform pad over the traction pad on the platform.

HOW TO USE THE CONSOLE

1. Turn on the power and insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

When you turn on the power and insert the key into the console, the display on the console and the display on the upright will light. The console will then be ready for use.

2. Select exercise settings.

Select the desired time, frequency, and amplitude settings for your vibration session:

Time (Sec.)—Press the desired button to set the length of the vibration session for 30, 60, or 90 seconds. The selected setting will appear in the displays.

Note: You must select a time setting before you can select a frequency or an amplitude setting.

Frequency (Hz.)—Press the desired button to set the frequency of the vibrations to 30, 35, 40, or 50 hertz. The selected setting will flash in the displays for a few seconds.

Amplitude—Press the desired button to set the amplitude of the vibrations to Low or High. The word “Lo” or the word “Hi” will flash in the displays for a few seconds to indicate the selected setting.

3. Start the vibration session and exercise on the vibration platform.

Press the Start button on the console or press the Start button on the upright to begin the vibration session.

Consult a reputable source or guide for the correct form of exercises that can be performed on the vibration platform. When standing on the vibration platform, keep your back straight, bend your knees slightly, and balance your weight on the balls of your feet.

The display will count down the seconds remaining in the session. When there is no time remaining, the vibration platform will stop automatically.

To stop the vibration session at any time, press the Stop button on the console or press the Stop button on the upright.

4. Repeat the vibration session if desired.

Press the Repeat button to start the previously programmed vibration session. You can continue to repeat a vibration session as many times as desired.

IMPORTANT: It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.

5. Continue programming vibration sessions as desired.

When a vibration session is completed, you can continue to program additional vibration sessions as desired (see steps 2 and 3).

IMPORTANT: It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.

6. When you are finished exercising, remove the key from the console and turn off the power.

When you are finished using the vibration platform, remove the key from the console and put it in a secure place.

Then, switch the on/off switch to the off position and unplug the power cord.

MAINTENANCE AND TROUBLESHOOTING

Inspect all parts of the vibration platform regularly. Some replacement parts are available; for information about ordering replacement parts, see the back cover of this manual.

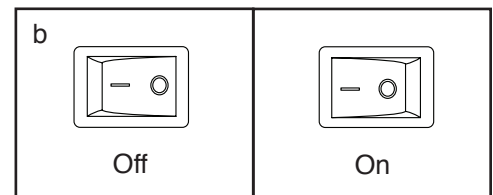
Clean the outer surfaces of the vibration platform, if necessary, with a damp cloth and mild, non-abrasive detergent; **do not use solvents to clean the vibration platform.**

Most vibration platform problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the back cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is fully plugged into the receptacle on the base of the vibration platform. Next, make sure that the power cord is plugged into an appropriate outlet (see page 9). **IMPORTANT: The vibration platform is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

b. Check the on/off switch located on the vibration platform base near the power cord. Make sure that the on/off switch is in the on position.

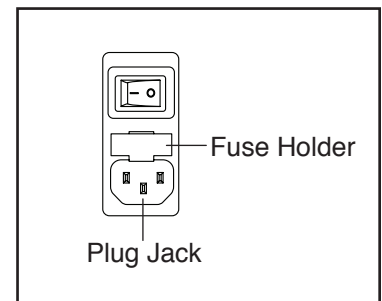


c. If the power cord is plugged in and the on/off switch is in the on position, the fuse may need to be replaced.

To replace the fuse, first switch the on/off switch to the off position and unplug the power cord.

Remove the power cord from the jack on the side of the vibration platform. Then, using a flat-head screwdriver, remove the fuse holder located above the plug jack. Remove the fuse from the fuse holder.

Check to see if the wire inside the fuse is intact. If the wire is broken or faulty, discard the fuse and insert a new fuse into the fuse holder. Note: The correct type of fuse to use is listed on the fuse holder. There may be an extra fuse included in the fuse holder.



Then, replace the fuse holder and plug the power cord into the jack.

Plug in the power cord, switch the on/off switch to the on position, and run the vibration platform to check for correct operation.

d. If the vibration platform still will not run, please see the back cover of this manual.

PROBLEM: The power turns off during use

- SOLUTION:**
- a. Check the on/off switch (see the drawing on page 12). Make sure that the on/off switch is in the on position.
 - b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it in.
 - c. If the vibration platform still will not run, please see the back cover of this manual.

PART LIST

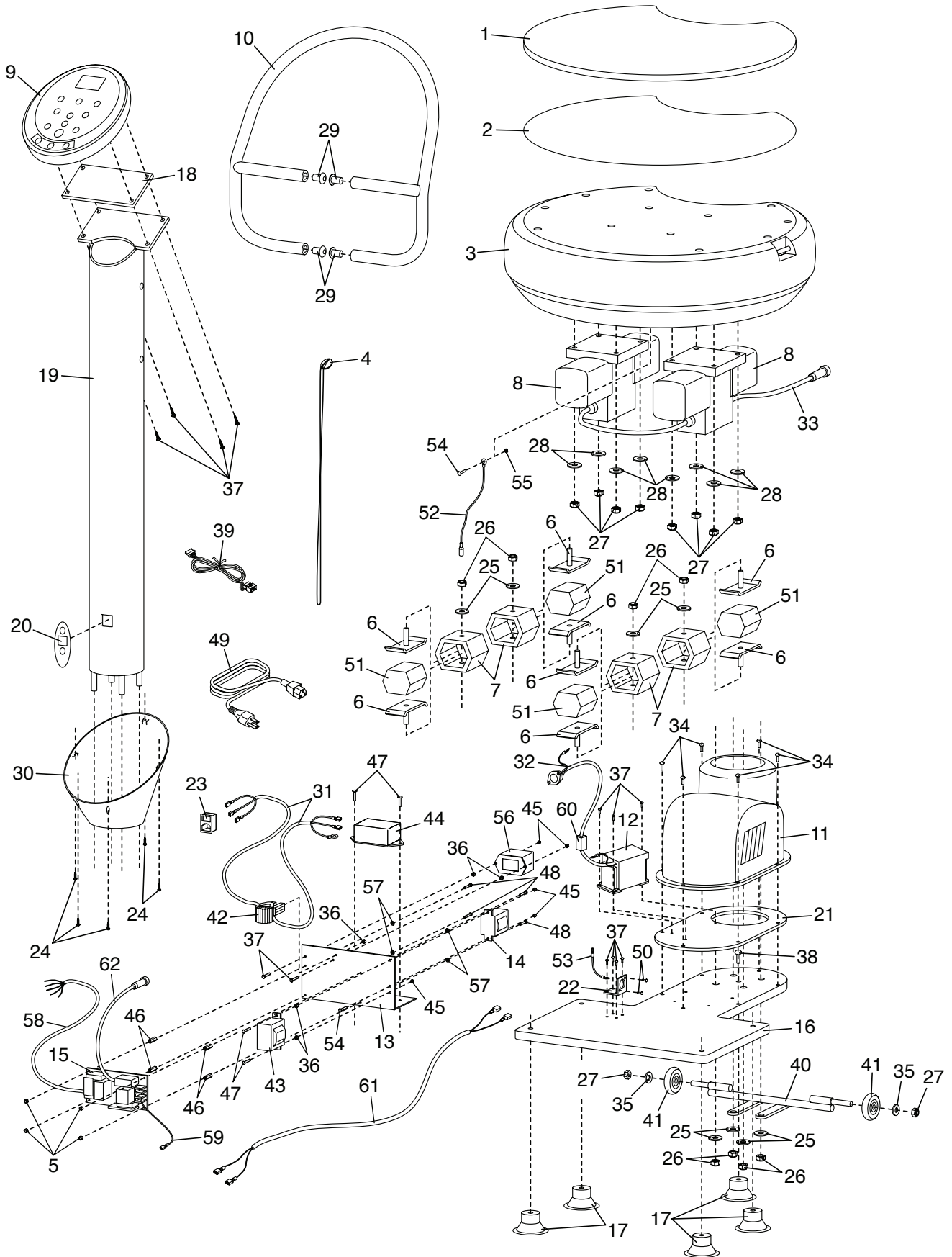
Model No. FMVB4909.3/FMVB4920.3 R0213A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Platform Pad	33	1	Platform Motor Wire
2	1	Traction Pad	34	6	M4 x 12mm Screw
3	1	Platform	35	2	M8 x 19mm Washer
4	1	Key	36	5	M5 Hex Nut
5	4	M3 Nut	37	13	M5 x 12mm Screw
6	8	Flanged Bolt	38	1	M10 x 35mm Hex Bolt
7	4	Isolator	39	1	Wire Harness
8	2	Motor	40	1	Axle
9	1	Console	41	2	Wheel
10	1	Handlebar	42	1	Noise Suppressor
11	1	Motor Controller Cover	43	1	Choke
12	1	Motor Controller	44	1	Filter
13	1	Motor Controller Bracket	45	5	M4 Locknut
14	1	Transformer	46	4	Standoff
15	1	Power Board	47	4	M4 x 20mm Screw
16	1	Base	48	4	M3 x 18mm Screw
17	5	Suction Foot	49	1	Power Cord
18	1	Console Pad	50	2	M3 x 12mm Screw
19	1	Upright	51	4	Sound Absorber
20	1	Lower Control Panel	52	1	165mm Ground Wire
21	1	Motor Controller Pad	53	1	90mm Ground Wire
22	1	Bracket	54	2	M4 x 8mm Bolt
23	1	On/Off Switch/Power Socket	55	1	M4 Locknut
24	5	Upright Cover Screw	56	1	Filter (FMVB4920.3 only)
25	8	M10 Washer	57	4	M3 x 7mm Washer
26	8	M10 Locknut	58	1	260mm Wire
27	10	M8 Locknut	59	1	Filter Wire
28	8	M8 x 16mm Washer	60	1	Noise Suppressor Clip
29	4	M10 x 25mm Bolt	61	1	Motor Controller Wire
30	1	Upright Cover	62	1	Signal Wire
31	1	Power Socket Harness	*	–	User's Manual
32	1	Base Motor Wire	*	–	Exercise Chart

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. FMVB4909.3/FMVB4920.3 R0213A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States and Canada

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States and Canada

Call: 001-800-527-5417 or 001-435-786-3521

Mon.–Fri. 6 a.m.–6 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com