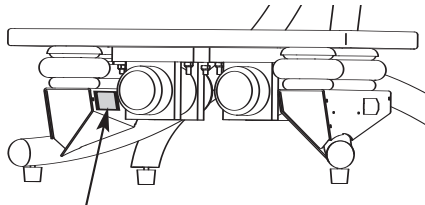


FREEMOTION[®] i Tonic

Model No. _____

Serial No. _____

The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.



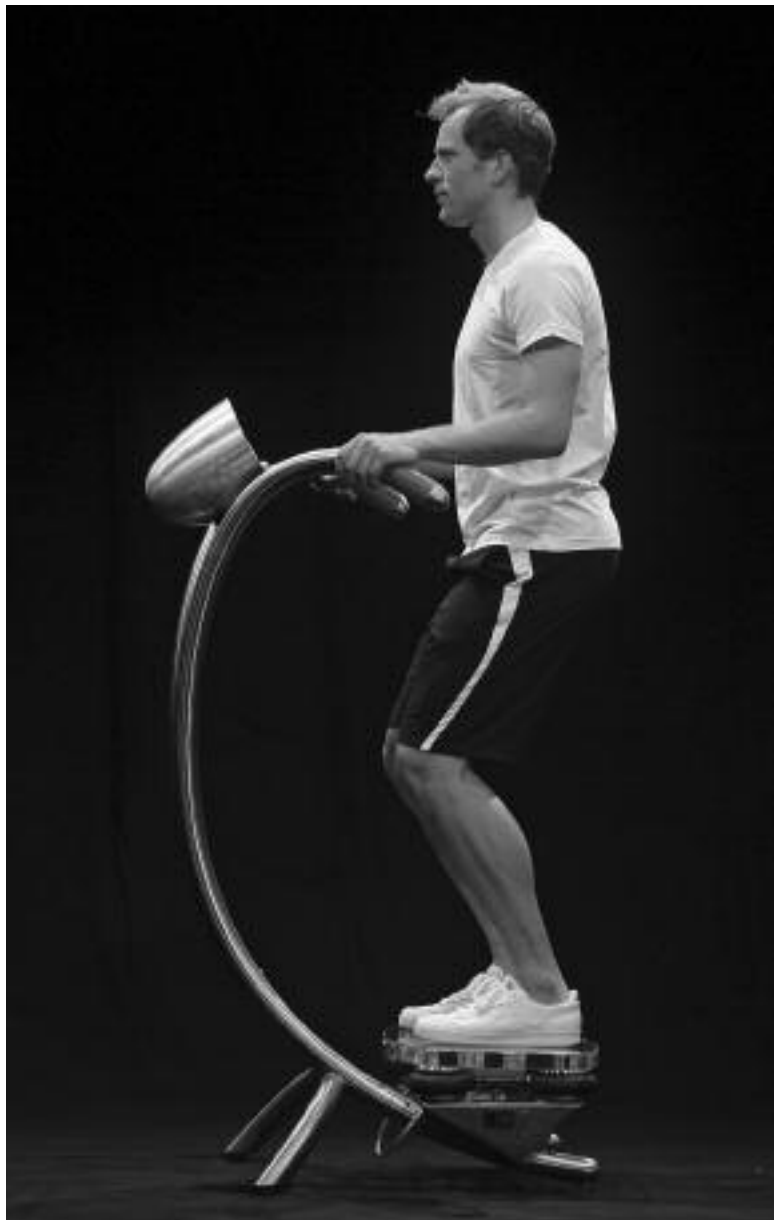
Model and Serial Number Decal

QUESTIONS?

At FreeMotion Fitness, we're committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on page 2.

CAUTION

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



USER'S MANUAL



TABLE OF CONTENTS

	How to Contact Customer Care	2
SECTION 1		
	Important Precautions	3
	Warning Decal Placement	4
	Before You Begin	5
	How to Set Up the Vibration Platform	6
SECTION 2		
	How to Use the Vibration Platform	7
SECTION 3		
	Maintenance	9
	Troubleshooting	10
SECTION 4		
	Exercise Guidelines	13
SECTION 5		
	How to Order Replacement Parts	29

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address and phone number listed below. Please be prepared to provide the following information:

- the MODEL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)
- the NAME OF THE PRODUCT (FREEMOTION® ITONIC vibration platform)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)

Customer Care: 1-800-201-2109, Monday–Friday, 8 a.m.–5 p.m. Mountain Time
FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions and information before operating the vibration platform.

1. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all warnings and precautions.
2. Operate the vibration platform only as described in this manual.
3. Do not operate the vibration platform until it is properly assembled (see HOW TO SET UP THE VIBRATION PLATFORM on page 6).
4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.
5. Place the vibration platform on a level surface. To protect the floor or carpet from damage, place a mat beneath the vibration platform.
6. Regularly inspect and tighten all parts of the vibration platform.
7. Keep children under the age of 12 and pets away from the vibration platform at all times.
8. The vibration platform should not be used by persons weighing more than 400 lbs. (182 kg).
9. Never allow more than one person on the vibration platform at a time.
10. Always wear appropriate exercise clothes and athletic shoes when operating the vibration platform. Do not wear loose clothes that could become caught on the vibration platform.
11. Keep your back straight when using the vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The following is a list of factors and conditions that 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
14. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.
15. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.

16. When connecting the power cord, follow the instructions on page 6. No other appliance should be on the same circuit as the vibration platform.

17. 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.

18. Never leave the vibration platform unattended while it is running.

19. Never insert or drop any object into any opening on the vibration platform.

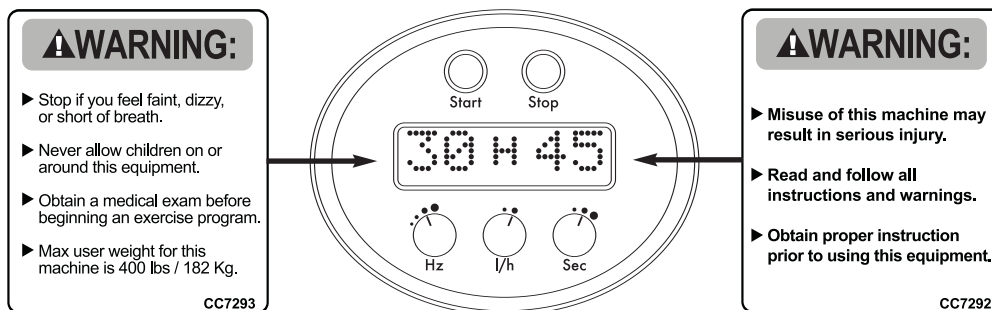
20. **DANGER:** Always unplug the power cord before cleaning the vibration platform and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

⚠ 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. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

WARNING DECAL PLACEMENT

The warning decals shown below have been placed on the console in the locations shown. **If a decal is missing or illegible, see HOW TO CONTACT CUSTOMER CARE on page 2 and order a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



BEFORE YOU BEGIN

Congratulations for selecting the revolutionary FREEMOTION® ITONIC vibration platform. The vibration platform offers whole body vibration options that will make your workouts effective and enjoyable.

For your benefit, read this manual carefully before using the FREEMOTION ITONIC vibration platform.

If you have questions after reading this manual, please see HOW TO CONTACT CUSTOMER CARE on page 2. To help us assist you, note your product model number and serial number before contacting us. The model number and serial number can be found on a decal attached to the vibration platform (see the front cover of this manual for the location of the decal).

HOW TO SET UP THE VIBRATION PLATFORM

HOW TO ATTACH AND ADJUST THE LEVELING FEET

Turn the four leveling feet into the underside of the frame, one in each corner. If the vibration platform rocks slightly during use, turn the leveling feet under the front and rear of the frame until the rocking motion is eliminated.

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man 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.

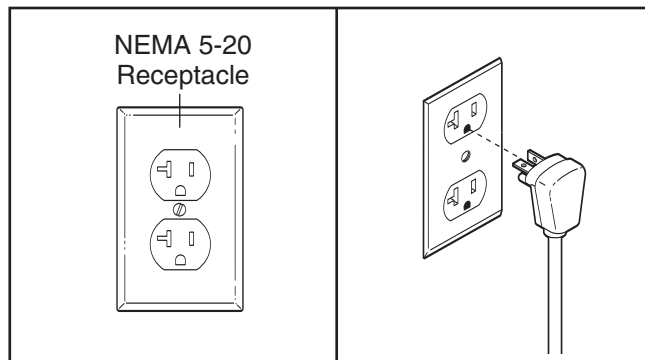
HOW TO CONNECT THE POWER CORD IN THE UNITED STATES

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.

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 exten-

sion cord. Note: If the included power cord is not long enough, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual and order a 3.6 m (12-foot) power cord. The receptacle must be grounded.

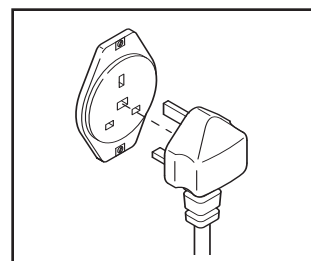


HOW TO CONNECT THE POWER CORD IN THE UK

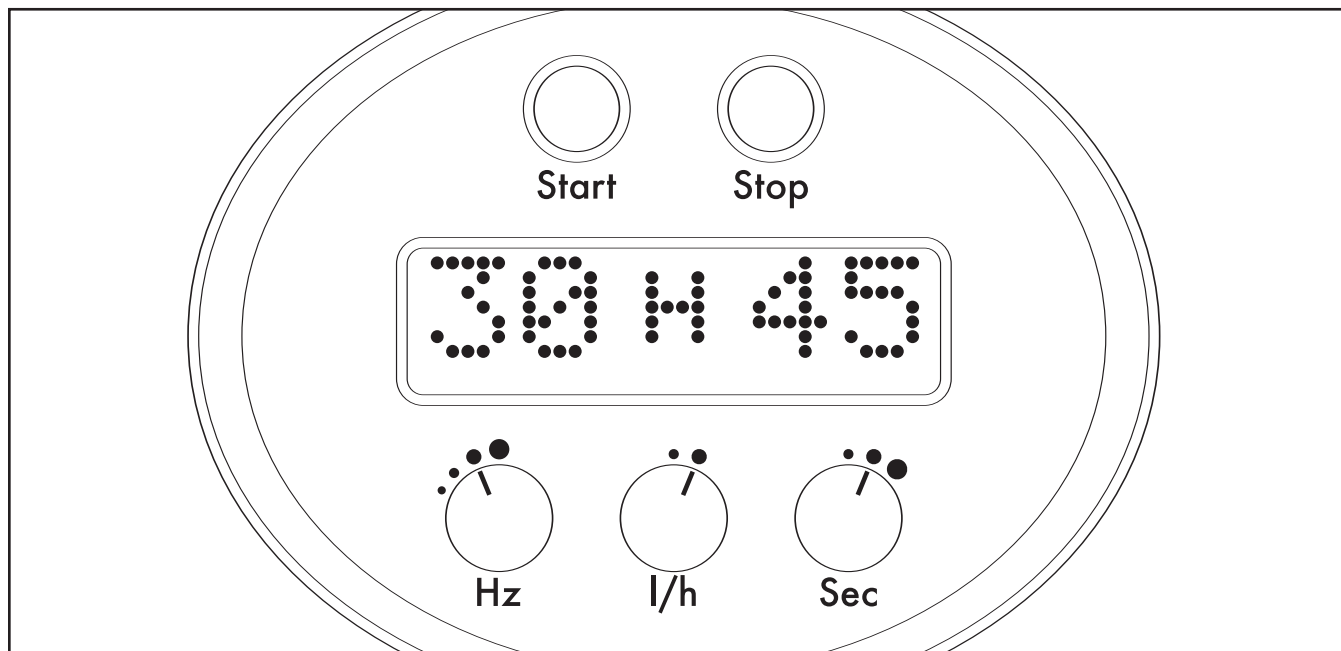
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is for use on a dedicated, 10-amp, 240-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.

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.



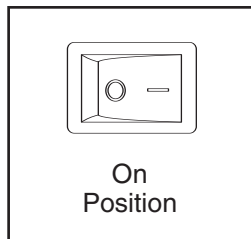
HOW TO USE THE VIBRATION PLATFORM



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 turning 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 6). Next, locate the on/off switch on the right side of the vibration platform near the power cord. Make sure that the on/off switch is in the on position.



HOW TO USE THE STRAPS

Some exercises on the vibration platform require the use of straps (see EXERCISE GUIDELINES on page 13). To use the straps, connect the ends of the straps to the hooks beneath the right and left sides of the platform. Then, adjust the straps to the desired length.

HOW TO USE THE CONSOLE

1 Turn on the power.

See HOW TO TURN ON THE POWER above.

When you turn on the power, the display of the console will light, the software version number will scroll across the display, and then the word ITONIC will appear. The console is now ready for use.

2 Select exercise settings.

Press the Start button, and then select the desired frequency, amplitude, and time settings for your vibration session:

Frequency (Hz)—Turn the Hz knob to set the frequency of the vibrations to 25Hz, 30Hz, 35Hz or Massage (50Hz). The selected setting will appear in the display above the knob.

Amplitude (I/h)—Turn the I/h knob to set the amplitude of the vibrations to low or high. An “L” or an “H” will appear in the display above the knob to indicate the selected setting.

Time (Sec)—Turn the Sec knob to set the length of the vibration session for 30, 45, or 60 seconds. The selected setting will appear in the display above the knob.

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 right side of the frame to begin the vibration session. Note: If you do not begin exercising within 30 seconds of entering your exercise settings, the vibration platform will enter a dormant mode and the word ITONIC will scroll across the display. To exit the dormant mode, press the Start button once.

See the accompanying exercise chart for the correct form of exercises that can be performed on the vibration platform. When standing on the vibration platform, 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.

4 Continue programming vibration sessions as desired.

When a vibration session is completed, you can continue to program additional vibration sessions as desired. Note: If you do not program or start a new vibration session within 90 seconds of the previous session, the vibration platform will enter a dormant mode and the word ITONIC will scroll across the display. To exit the dormant mode, press the Start button once.

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 When, you are finished exercising, turn off the power.

When you are finished using the vibration platform, switch the on/off switch to the off position and unplug the power cord.

MAINTENANCE

If you have questions about maintenance or troubleshooting, see **HOW TO CONTACT CUSTOMER CARE** on page 2.

Regularly inspect and properly tighten all external parts of the vibration platform. To clean the vibration platform, apply a small amount of mild multi-purpose cleaner to a 100 percent cotton cloth and wipe the console and external surfaces. **Do not spray cleaner directly onto the vibration platform or use ammonia or acid-based cleaners to clean the vibration platform.**

LEVELING THE VIBRATION PLATFORM

If the vibration platform rocks slightly during use, turn the leveling feet under the front and rear of the frame until the rocking motion is eliminated.

HOW TO MOVE THE VIBRATION PLATFORM

Before moving the vibration platform, make sure that the power cord is unplugged.

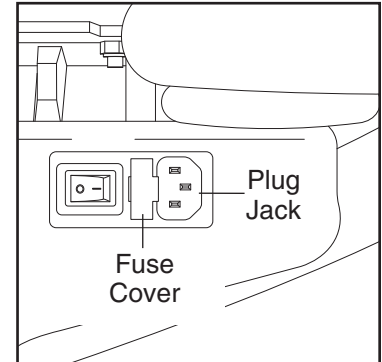
Due to the size and weight of the vibration platform, moving it requires two persons. While one person lifts the upper part of the frame, lift the rear of the frame and carefully move the vibration platform to the desired location. Then, lower the vibration platform to the floor. **CAUTION: To reduce the risk of injury, bend your knees and keep your back straight. Make sure to use your legs rather than your back to lift the vibration platform.**

HOW TO REPLACE THE FUSE

If the vibration platform does not function and the console does not light, even when 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 right side of the vibration platform. Then, using a flat-head screwdriver, remove the fuse holder located next to 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. 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. **If further assistance is needed, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual.**

TROUBLESHOOTING

Most vibration platform problems can be solved by following the steps below. If further assistance is needed, please see **HOW TO CONTACT CUSTOMER CARE** on page 2 of this manual.

STEP	INSTRUCTIONS	YES	NO
1	Check the position of the on/off switch. Is it in the on position?	Go to step 3	Go to step 2
2	Switch the on/off switch to the on position. Is the display working?	Go to step 9	Go to step 3
3	Pull the plug from the wall outlet. Check the plug for damage. Is the plug all right?	Go to step 5	Go to step 4
4	Reconnect the plug to the wall outlet. Is the display working?	Go to step 10	Go to step 5
5	Check to see if the wall outlet is connected to household/mains electricity. Is electricity available to the wall outlet?	Go to step 7	Go to step 6
6	Repair the household/mains electricity and reconnect the vibration platform plug to the wall outlet. Is the display working?	Go to step 9	Go to step 7
7	Check the fuse (see HOW TO REPLACE THE FUSE on page 9). Is the fuse all right?	Contact Customer Care	Go to step 8
8	See HOW TO REPLACE THE FUSE on page 9 and replace the fuse. Reconnect the vibration platform plug to the wall outlet. Is the display working?	Go to step 9	Contact Customer Care
9	Does the text on the console display normally?	Go to step 11	Go to step 10
10	Switch the on/off switch to the off position and then switch the on/off switch to the on position. Does the text on the console display normally?	Go to step 11	Contact Customer Care
11	Check the Start and Stop buttons on the console. Are these buttons stuck?	Contact Customer Care	Go to step 12
12	Program a vibration session as described on page 7. Do the settings enter normally?	Go to step 13	Contact Customer Care

STEP	INSTRUCTIONS	YES	NO
13	Press the Start button. Does the vibration platform begin running?	Go to step 17	Go to step 14
14	Check the connection between the motor and the platform. Is the motor plug connected correctly and is it undamaged?	Contact Customer Care	Go to step 15
15	Unplug the vibration platform from the wall outlet. Repair the motor plug, if possible. Is the connection between the motor and the platform all right?	Go to step 16	Contact Customer Care
16	Reconnect the vibration platform plug to the wall outlet. Press the Start button twice and test the vibration platform. Does the vibration platform begin running?	Go to step 17	Contact Customer Care
17	Is the vibration platform operating normally, without any unusual noise or vibration?	Go to step 18	Go to step 23
18	Does the time setting appear in the console display?	Go to step 19	Contact Customer Care
19	Program a vibration session as described on page 7. Press the Start button. After a few seconds, press the Stop button. Does the vibration platform stop running?	Go to step 20	Contact Customer Care
20	Press the Start button. Does the vibration session continue as programmed?	Go to step 21	Contact Customer Care
21	Press the Stop button. Press the start button on the lower right side of the frame. Does the vibration platform begin running?	Operating normally	Go to step 22
22	Check the start button on the lower right side of the frame. The button should move freely. If the button is stuck, loosen the button. Press the start button on the frame again. Does the vibration platform begin running?	Operating normally	Contact Customer Care
23	Make sure that the vibration platform is not touching any surrounding objects and that there are no loose objects on the platform. Make sure that all nuts and bolts are securely tightened. Program a vibration session as described on page 7 and press the Start button. Is any irregular vibration noticeable?	Contact Customer Care	Go to step 24
24	Is any irregular and/or strange noise noticeable?	Contact Customer Care	Operating normally

NOTES

STEP UP/STEP DOWN

Hz: 30

Amplitude: L

Time: 30 seconds

Rest: 30 seconds

Reps: 1

Movement: Dynamic

Stand on floor facing vibration platform, feet hip-width apart. Engage abs. Press Start and slowly step forward onto platform. Follow with second foot.

Step down with lead foot and follow with second foot. Alternate stepping and maintain controlled breathing.



SQUAT

Hz: 30

Amplitude: L

Time: 30 seconds

Rest: 30 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Engage abs and maintain neutral head and spine. Press Start and

maintain controlled breathing while holding position. For dynamic exercise, extend upward and slowly lower to squat position.



CALF RAISE

Hz: 30

Amplitude: L

Time: 30 seconds

Rest: 30 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Rise up on toes, engage abs, and maintain neutral head and

spine. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



PUSH UP

Hz: 30

Amplitude: L

Time: 30 seconds

Rest: 30 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Face vibration platform, hands on platform shoulder-width apart. Extend to plank position on toes, chest over hands, arms extended, maintaining a straight spine and engag-

ing abs. Press start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



CRUNCH

Hz: 30

Amplitude: L

Time: 30 seconds

Rest: 30 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Sit on platform facing sideways, engage abs, and lift feet off floor. Bend knees and cross hands over chest. Press start button

on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower upper body and return to start position.



BICEPS CURL**Hz:** 30**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Stand on floor facing platform. Adjust straps to elbow height. With feet hip-width apart, stand in a 130-degree squat. Engage abs and maintain a neutral spine. With a strap in each

hand, palms face up, arms bent to 90 degrees, and elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

**ABS BRIDGE****Hz:** 30**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Face platform. Place forearms on platform, elbows shoulder-width apart. Maintain contact with platform and grip lower portion of frame. With feet on

floor, elevate hips, bending 70 degrees at waist. Rise on toes and engage abs. Press start button on frame and maintain controlled breathing while holding position.

**TRICEPS DIP****Hz:** 30**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Sit on platform edge facing away from vibration platform with legs extended, heels on floor. Press start button on frame, shift body off platform, and lower

until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.

**HAMSTRING STRETCH****Hz:** 35**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Stand on platform, facing away from vibration platform, feet hip-width apart, knees slightly bent. Push Start button and slowly bend forward at the waist,

extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.

**CALF MASSAGE****Hz:** 50/M**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on floor in front of vibration platform with calves resting flat on platform. Press

start button on frame and maintain controlled breathing while holding position.



STEP UP/STEP DOWN

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Stand on floor facing vibration platform, feet hip-width apart. Engage abs. Press Start and slowly step forward onto platform. Follow with second foot.

Step down with lead foot and follow with second foot. Alternate stepping and maintain controlled breathing.



SQUAT

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Engage abs and maintain neutral head and spine. Press Start and

maintain controlled breathing while holding position. For dynamic exercise, extend upward and slowly lower to squat position.



CALF RAISE

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Rise up on toes, engage abs, and maintain neutral head and

spine. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



PUSH UP

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Face vibration platform, hands on platform shoulder-width apart. Extend to plank position on toes, chest over hands, arms extended, maintaining a straight spine and engag-

ing abs. Press start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



CRUNCH

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Sit on platform facing sideways, engage abs, and lift feet off floor. Bend knees and cross hands over chest. Press start button

on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower upper body and return to start position.



BICEPS CURL**Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Stand on floor facing platform. Adjust straps to elbow height. With feet hip-width apart, stand in a 130-degree squat. Engage abs and maintain a neutral spine. With a strap in each hand, palms face up, arms

bent to 90 degrees, and elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

**ABS BRIDGE****Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Face platform. Place forearms on platform, elbows shoulder-width apart. Maintain contact with platform and grip lower portion of frame. With feet on

floor, elevate hips, bending 70 degrees at waist. Rise on toes and engage abs. Press start button on frame and maintain controlled breathing while holding position.

**TRICEPS DIP****Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Sit on platform edge facing away from vibration platform with legs extended, heels on floor. Press start button on frame, shift body off platform, and lower

until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.

**HAMSTRING STRETCH****Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Stand on platform, facing away from vibration platform, feet hip-width apart, knees slightly bent. Push Start button and slowly bend forward at the waist,

extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.

**CALF MASSAGE****Hz:** 50/M**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on floor in front of vibration platform with calves resting flat on platform. Press

start button on frame and maintain controlled breathing while holding position.



STEP UP/STEP DOWN

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Stand on floor facing vibration platform, feet hip-width apart. Engage abs. Press Start and slowly step forward onto platform. Follow with second foot.

Step down with lead foot and follow with second foot. Alternate stepping and maintain controlled breathing.



SQUAT

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Stand on platform, feet hip-width apart in 130-degree squat. Engage abs and maintain neutral head and spine. Press Start and

maintain controlled breathing while holding position. For dynamic exercise, extend upward and slowly lower to squat position.



CALF RAISE

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Rise up on toes, engage abs, and maintain neutral head and

spine. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



PUSH UP

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Face vibration platform, hands on platform shoulder-width apart. Extend to plank position on toes, chest over hands, arms extended, maintaining a straight spine and engag-

ing abs. Press start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



CRUNCH

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Sit on platform facing sideways, engage abs, and lift feet off floor. Bend knees and cross hands over chest. Press start button

on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower upper body and return to start position.



BICEPS CURL**Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Stand on floor facing platform. Adjust straps to elbow height. With feet hip-width apart, stand in a 130-degree squat. Engage abs and maintain a neutral spine. With a strap in each hand, palms face up, arms

bent to 90 degrees, and elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

**UPRIGHT ROW****Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Stand on floor facing vibration platform. With feet hip-width apart, stand in 130-degree squat. Adjust upper body straps to waist height and slide bar

through loops. Press Start, engage abs and pull upward, leading with elbows. Maintain controlled breathing while holding position.

**ABS BRIDGE****Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Face platform. Place forearms on platform, elbows shoulder-width apart. Maintain contact with platform and grip lower portion of frame. With feet on

floor, elevate hips, bending 70 degrees at waist. Rise on toes and engage abs. Press start button on frame and maintain controlled breathing while holding position.

**TRICEPS DIP****Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Sit on platform edge facing away from vibration platform with legs extended, heels on floor. Press start button on frame, shift body off platform, and lower

until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.

**SIDE PLANK****Hz:** 30**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on one side, place forearm in center of platform and rest other arm at side. Place feet one in front of other. Hips, torso, and upper body form straight

line. Engage abs. Press start button on frame and maintain controlled breathing while holding position. Repeat on other side.



HIP STRETCH**Hz:** 35**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Facing one side to platform, kneel on platform with inside leg. Place outside leg forward in lunge position, both legs bent to

90 degrees. Engage abs, press Start, and maintain controlled breathing while holding position. Repeat with other leg.

**HAMSTRING STRETCH****Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Stand on platform, facing away from vibration platform, feet hip-width apart, knees slightly bent. Push Start button and slowly bend forward at the waist,

extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.

**CALF MASSAGE****Hz:** 50/M**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on floor in front of vibration platform with calves resting flat on platform. Press

start button on frame and maintain controlled breathing while holding position.



STEP UP/STEP DOWN

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Stand on floor facing vibration platform, feet hip-width apart. Engage abs. Press Start and slowly step forward onto platform. Follow with second foot.

Step down with lead foot and follow with second foot. Alternate stepping and maintain controlled breathing.



SQUAT

Hz: 30

Amplitude: L

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Stand on platform, feet hip-width apart in 130-degree squat. Engage abs and maintain neutral head and spine. Press Start and

maintain controlled breathing while holding position. For dynamic exercise, extend upward and slowly lower to squat position.



UNSUPPORTED CALF RAISE

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Rise up on toes, engage abs, and maintain neutral head and spine. Release grip on

frame. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



PUSH UP

Hz: 30

Amplitude: L

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Face vibration platform, hands on platform shoulder-width apart. Extend to plank position on toes, chest over hands, arms extended, maintaining a straight spine and engag-

ing abs. Press start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



CRUNCH

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Sit on platform facing sideways, engage abs, and lift feet off floor. Bend knees and cross hands over chest. Press start button

on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower upper body and return to start position.



BICEPS CURL**Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on floor facing platform. Adjust straps to elbow height. With feet hip-width apart, stand in a 130-degree squat. Engage abs and maintain a neutral spine. With a strap in each hand, palms face up, arms

bent to 90 degrees, and elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

**UPRIGHT ROW****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on floor facing vibration platform. With feet hip-width apart, stand in 130-degree squat. Adjust upper body straps to waist height and slide bar

through loops. Press Start, engage abs and pull upward, leading with elbows. Maintain controlled breathing while holding position.

**ABS BRIDGE****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform and place core board lengthwise in front of platform. Face platform. Place forearms on platform, elbows shoulder-width apart. Maintain contact with platform and grip lower portion

of frame. With feet on floor, elevate hips, bending 70 degrees at waist. Rise on toes and engage abs. Press start button on frame and maintain controlled breathing while holding position.

**TRICEPS DIP****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Dynamic

Place mat on platform. Sit on platform edge facing away from vibration platform with legs extended, heels on floor. Press start button on frame, shift body off platform, and lower

until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.

**SIDE PLANK****Hz:** 30**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on one side, place forearm in center of platform and rest other arm at side. Place feet one in front of other. Hips, torso, and upper body form straight

line. Engage abs. Press start button on frame and maintain controlled breathing while holding position. Repeat on other side.



HIP STRETCH**Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Facing one side to platform, kneel on platform with inside leg. Place outside leg forward in lunge position, both legs bent to

90 degrees. Engage abs, press Start, and maintain controlled breathing while holding position. Repeat with other leg.

**HAMSTRING STRETCH****Hz:** 35**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on platform, facing away from vibration platform, feet hip-width apart, knees slightly bent. Push Start button and slowly bend forward at the waist,

extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.

**CALF MASSAGE****Hz:** 50/M**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on floor in front of vibration platform with calves resting flat on platform. Press

start button on frame and maintain controlled breathing while holding position.



STEP UP/STEP DOWN

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Stand on floor facing vibration platform, feet hip-width apart. Engage abs. Press Start and slowly step forward onto platform. Follow with second foot.

Step down with lead foot and follow with second foot. Alternate stepping and maintain controlled breathing.



SQUAT

Hz: 30

Amplitude: H

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Stand on platform, feet hip-width apart in 130-degree squat. Engage abs and maintain neutral head and spine. Press Start and

maintain controlled breathing while holding position. For dynamic exercise, extend upward and slowly lower to squat position.



UNSUPPORTED CALF RAISE

Hz: 30

Amplitude: H

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Rise up on toes, engage abs, and maintain neutral head and spine. Release grip on

frame. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



PUSH UP

Hz: 30

Amplitude: H

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Face vibration platform, hands on platform shoulder-width apart. Extend to plank position on toes, chest over hands, arms extended, maintaining a straight spine and engag-

ing abs. Press start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



CRUNCH

Hz: 30

Amplitude: L

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Sit on platform facing sideways, engage abs, and lift feet off floor. Bend knees and cross hands over chest. Press start button

on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower upper body and return to start position.



BICEPS CURL**Hz:** 30**Amplitude:** H**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on the floor facing platform. Adjust straps to elbow height. With feet hip-width apart, stand in a 130-degree squat. Engage abs and maintain a neutral spine. With a strap in each hand, palms face up, arms

bent to 90 degrees, and elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

**UPRIGHT ROW****Hz:** 30**Amplitude:** H**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on floor facing vibration platform. With feet hip-width apart, stand in 130-degree squat. Adjust upper body straps to waist height and slide bar

through loops. Press Start, engage abs and pull upward, leading with elbows. Maintain controlled breathing while holding position.

**ABS BRIDGE****Hz:** 30**Amplitude:** H**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Face platform. Place forearms on platform, elbows shoulder-width apart. Maintain contact with platform and grip lower portion of frame. With feet on

floor, elevate hips, bending 70 degrees at waist. Rise on toes and engage abs. Press start button on frame and maintain controlled breathing while holding position.

**TRICEPS DIP****Hz:** 30**Amplitude:** H**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Dynamic

Place mat on platform. Sit on platform edge facing away from vibration platform with legs extended, heels on floor. Press start button on frame, shift body off platform, and lower

until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.

**SIDE PLANK****Hz:** 30**Amplitude:** H**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on one side, place forearm in center of platform and rest other arm at side. Place feet one in front of other. Hips, torso, and upper body form straight

line. Engage abs. Press start button on frame and maintain controlled breathing while holding position. Repeat on other side.



SINGLE LEG SQUAT**Hz:** 30**Amplitude:** L**Time:** 30 seconds**Rest:** 30 seconds**Reps:** 1**Movement:** Static

Stand on platform sideways with inside foot in center of platform. Bend knee of inside leg to 130-degree squat. Hold other foot off platform in front for balance. Engage abs.

Press Start and maintain controlled breathing while holding position. For dynamic exercise, lower to 90-degree squat and extend slowly.

**HIP STRETCH****Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Facing one side to platform, kneel on platform with inside leg. Place outside leg forward in lunge position, both legs bent to

90 degrees. Engage abs, press Start, and maintain controlled breathing while holding position. Repeat with other leg.

**HAMSTRING STRETCH****Hz:** 35**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on platform, facing away from vibration platform, feet hip-width apart, knees slightly bent. Push Start button and slowly bend forward at the waist,

extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.

**GLUTE STRETCH****Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Sit sideways on platform, drop outside leg, and bring knee to the floor. Place inside leg on platform, slightly bent. Bend forward

at the waist, press start button on frame, and maintain controlled breathing while holding position. Repeat with other leg.

**CALF MASSAGE****Hz:** 50/M**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on floor in front of vibration platform with calves resting flat on platform. Press

start button on frame and maintain controlled breathing while holding position.



STEP UP/STEP DOWN

Hz: 30

Amplitude: L

Time: 45 seconds

Rest: 45 seconds

Reps: 1

Movement: Dynamic

Stand on floor facing vibration platform, feet hip-width apart. Engage abs. Press Start and slowly step forward onto platform. Follow with second foot.

Step down with lead foot and follow with second foot. Alternate stepping and maintain controlled breathing.



SQUAT

Hz: 30

Amplitude: H

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Stand on platform, feet hip-width apart in 130-degree squat. Engage abs and maintain neutral head and spine. Press Start and

maintain controlled breathing while holding position. For dynamic exercise, extend upward and slowly lower to squat position.



UNSUPPORTED CALF RAISE

Hz: 30

Amplitude: L

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Static

Stand on platform, feet hip-width apart in 130-degree squat. Rise up on toes, engage abs, and maintain neutral head and spine. Release grip on

frame. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



PUSH UP

Hz: 30

Amplitude: L

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Face vibration platform, hands on platform shoulder-width apart. Extend to plank position on toes, chest over hands, arms extended, maintaining a straight spine and engag-

ing abs. Press start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



CRUNCH

Hz: 30

Amplitude: L

Time: 60 seconds

Rest: 60 seconds

Reps: 1

Movement: Dynamic

Place mat on platform. Sit on platform facing sideways, engage abs, and lift feet off floor. Bend knees and cross hands over chest. Press start button

on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower upper body and return to start position.



BICEPS CURL**Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on floor facing platform. Adjust straps to elbow height. With feet hip-width apart, stand in a 130-degree squat. Engage abs and maintain a neutral spine. With a strap in each hand, palms face up, arms

bent to 90 degrees, and elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

**UPRIGHT ROW****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on floor facing vibration platform. With feet hip-width apart, stand in 130-degree squat. Adjust upper body straps to waist height and slide bar

through loops. Press Start, engage abs and pull upward, leading with elbows. Maintain controlled breathing while holding position.

**ABS BRIDGE****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Face platform. Place forearms on platform, elbows shoulder-width apart. Maintain contact with platform and grip lower portion of frame. With feet on

floor, elevate hips, bending 70 degrees at waist. Rise on toes and engage abs. Press start button on frame and maintain controlled breathing while holding position.

**TRICEPS DIP****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Dynamic

Place mat on platform. Sit on platform edge facing away from vibration platform with legs extended, heels on floor. Press start button on frame, shift body off platform, and lower

until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.

**SIDE PLANK****Hz:** 30**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on one side, place forearm in center of platform and rest other arm at side. Place feet one in front of other. Hips, torso, and upper body form straight

line. Engage abs. Press start button on frame and maintain controlled breathing while holding position. Repeat on other side.



SINGLE LEG SQUAT**Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Dynamic

Stand on platform sideways with inside foot in center of platform. Bend knee of inside leg to 130-degree squat. Hold other foot off platform in front for balance. Engage abs.

Press Start and maintain controlled breathing while holding position. For dynamic exercise, lower to 90-degree squat and extend slowly.

**HIP STRETCH****Hz:** 35**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Facing one side to platform, kneel on platform with inside leg. Place outside leg forward in lunge position, both legs bent to

90 degrees. Engage abs, press Start, and maintain controlled breathing while holding position. Repeat with other leg.

**HAMSTRING STRETCH****Hz:** 35**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Stand on platform, facing away from vibration platform, feet hip-width apart, knees slightly bent. Push Start button and slowly bend forward at the waist,

extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.

**GLUTE STRETCH****Hz:** 35**Amplitude:** L**Time:** 45 seconds**Rest:** 45 seconds**Reps:** 1**Movement:** Static

Sit sideways on platform, drop outside leg, and bring knee to the floor. Place inside leg on platform, slightly bent. Bend forward

at the waist, press start button on frame, and maintain controlled breathing while holding position. Repeat with other leg.

**CALF MASSAGE****Hz:** 50/M**Amplitude:** L**Time:** 60 seconds**Rest:** 60 seconds**Reps:** 1**Movement:** Static

Place mat on platform. Lie on floor in front of vibration platform with calves resting flat on platform. Press start button on frame and maintain controlled breathing while holding position.



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts for the vibration platform, please see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual.



FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907