

VT003F Vibration Plate

User Manual & Tech Specs



VT003F User Manual Page Index	
General Info & Warnings 01	Tech Specs, Setup & Use 04
Manual Control & Program06	FAQ 07
Troubleshooting 08	Exploded View & Part List 10

Register your VT003F vibration plate at

www.vibrationtherapeutic.com/registration



Product registration will make the warranty claim process smooth and allow us to reach you for product recalls, upgrades, and safety warnings.

www.vibrationtherapeutic.com



Vibration Plate Model VT003F



Linear Vibration
High Frequency – Low Amplitude

Frequency: 15 – 40Hz
Amplitude: 1.2 – 3.1mm

Versatile ♦ Robust ♦ Durable

Vibration Therapeutic® is devoted to making high quality vibration plates for health and wellness improvement applications.

Exceptional Customer Service ♦ Lifetime Support

www.vibrationtherapeutic.com

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General Info & Warnings

Message for New Users

New users of the VT003F vibration plate should begin with low frequency, low amplitude setting, and a short session time. You can gradually increase intensity and exercise for a longer time when you adapt to the vibration.

Product Return

We offer 90-day free return for full refund for orders from the 48 contiguous states of the US.

Please keep the machine and the packaging material in good condition for potential return.

10 Year Product Warranty

We offer a straightforward 10-year product warranty. Visit our website for the terms and conditions.

Customer Service

Please don't hesitate to contact us via
www.vibrationtherapeutic.com/support

We assure you of our exceptional customer service.

Supply of Replacement Parts

Replacement parts can be ordered at
www.vibrationtherapeutic.com/parts

We guarantee the supply of replacement parts for at least 10 years after the purchase.

Product Registration

Product registration is convenient at
www.vibrationtherapeutic.com/registration

Product registration makes customer service and warranty service process convenient for you. It also allows us to reach you for potential product recalls, safety warnings, and product upgrades.

Disclaimer

VT003F vibration plate is sold as exercise equipment. Please consult a medical professional if you intend to use this device to treat a medical condition.

The health benefits suggested or implied in this user manual and our websites are not approved or endorsed by any regulatory authority or medical institute.

Although we share our studies and experiences of using vibration plates in general in our websites and product literature, we are not qualified to provide health or medical advice to any individual for any specific medical condition.

The negative impact of using the VT003F has not been well studied. Please discuss with your doctor about using this vibration plate if you have a serious medical condition.

The use of the VT003F is entirely at the user's discretion.

Please read all instructions in this user manual carefully before using this machine. We assume no responsibility for personal injury or property damage sustained by or through using this machine.

Scientific Research

Scientific research on vibration intervention has been gaining momentum in recent years. Most research projects are literature reviews. Some small sample size clinical trials were conducted to test vibration intervention applications across a wide variety of subjects.

From these clinical trials, scientists observed solid evidence of health improvement results using vibration intervention.

However, due to limited resources, current clinical trials were not adequately designed to test enough parameters and their combinations. Many trials were not completed as designed. They did not lead to consistent results to conclude any treatment modality in terms of parameters, procedure, dosage and efficacy.



Risks, Warnings & Hazards

Excessive exposure to intensive vibration can pose a health hazard. Vibration hazard is advised by the US Labor Department and the National Institute for Occupational Safety and Health for the extensive use of vibrational equipment and machinery. There are no safety standards regulated for vibration exposure.

Normal use of this vibration plate, for example, a couple of ten-minute sessions a day, would not be considered hazardous.

People with certain medical conditions may not be suitable to use the VT003F. These conditions include but are not limited to the following.

Pregnancy	Epilepsy	Kidney stones
Implant	Seizures	Bladder stone
Pacemaker	Motion sickness	Acute arthritis
Heart disease	Migraines	Detached retina
Recent surgery		

For general information about risks, warnings and hazards about using vibration plates, please visit

www.vibrationtherapeutic.com/risks

Nausea and Dizziness

Some users can get nausea and dizziness when vibration is transmitted to their upper body and head.

You should bend your knees or lift your heels to reduce or avoid vibration transmission to your upper body and head.

These two poses are also recommended for lower limb muscle exercise with minimized knee joint impact.

New users should always begin with low vibration intensity and a short session time. Most users can gradually adapt to the vibration and overcome nausea and dizziness.

Safety Instructions

VT003F is designed to be used indoors on a flat floor, in a dry environment without flammable gas or dust.

For users that lack physical strength and balance, please hold on to a wall mounted handrail or a piece of heavy furniture.

Never leave the vibration plate running unattended.



Floor Shake & Jump/Drift

[Floor Shake]

VT003F should be used on a solid floor that resists vibration. If used on a wood frame construction floor, the vibration can shake your floor and the connecting walls. Over time, vibration can cause damage to your house structure.

If necessary, put a large EVA exercise mat beneath the vibration plate to absorb some downward transmitted vibration.

[Jump/Drift]

If there is no body weight on VT003F, vibration can cause the machine to jump/drift on the floor. A carpeted floor can prevent the machine from drifting. You should always keep your body on the vibration plate when it is running.

EMF Exposure

Like all other household electric appliances, VT003F vibration plate produces electric and magnetic fields (EMF).

According to EPA, there is no clear scientific evidence that EMF affects health. EPA does not define a safe or hazardous level of EMF exposure.

Visit the VT003F product page on our website for the EMF measurement results and the comparisons with other regular household electric appliances.

Vibration Noises

VT003F vibration plate produces mechanical noise and soundwave noise. The higher the vibration frequency, the higher the noise level.

Excessive or high-pitched mechanical noise indicates defective parts or assembly error.

Visit the VT003F product page on our website for the noise measurement results and the comparisons with other regular household electric appliances.



Recommended Exercises

We highly recommend performing the following core strength physical exercises on the VT003F.

Exercise	Muscle Trained
Squat	Muscles around knees
L-Squat	Muscles around hips
Deadlift	Lower back muscles
Calf-raises	Calf muscles
Tiptoeing	Foot muscles
V-sit	Abdominal muscles
Push-ups	Chest, triceps and shoulder

To better understand how vibration stimulation can enhance these exercises, please visit

www.vibrationtherapeutic.com/vibration-exercise.html



Join our discussions about vibration therapy on our blog site: www.vibrationcare.com.

Tech Specs, Setup & Use

VT003F Unbox

Inside the box of the VT003F are the following items:

- 1) VT003F vibration plate
- 2) Power cord
- 3) Remote control
- 4) A pair of inelastic balance straps
- 5) This user manual



Tech Specs

Type of Vibration	Linear Vibration
Frequency Range	15 – 40 Hz Adjustable
Amplitude at Hi	1.5 - 2.8 mm without load
Amplitude at Lo	1.2 -1.8 mm without load
Power Supply	AC 110V – 120V, 50/60Hz
Electric Motor	120V 80W PMDC motor
Machine Dimensions	560 x 480 x 18 mm 22 x 19 x 7.1 Inches
Machine Weight	11.7 KG / 25.8 LB
Max User Weight	120 KG / 264 LB

Default Settings

When VT003F is powered on, the default settings are as below:

- Program Mode: P0 – manual control
- Vibration Frequency: 15Hz
- Amplitude: Lo (Low)
- Session Time: 10 minutes



Quick Start Guide

When you power on your VT003F, the displays of the control box will light up. You can then control the machine from either the control panel or remote control.

You can immediately start using your VT003F by pressing the Start button to begin vibration on the default settings.

For beginners, it is highly recommended to start with the default settings and short exercise time.

When you are adapted to the vibration, you can gradually increase the frequency, switch to Hi amplitude setting, and extend your exercise time.

To use program control mode, you can use P button to select program mode P1, P2 or P3 when the machine is idle.

Always keep your body on the vibration plate when it is running.

Bend your knees or lift your heels on the VT003F.

Adjust your position to minimize vibration noise.

New users should begin with low frequency and short exercise time.






Control Panel










Control Panel Digit Displays and Indicators

Hz / Program Display	When the VT003F is powered on but idle, this display shows operation mode. You can select either manual mode (P0) or programmed mode (P1, P2 or P3).
	When the VT003F is vibrating, this display shows the vibration frequency in Hz.
Session Time Display	When the VT003F is powered on but idle, this display shows the session time in minutes.
	When the VT003F is vibrating, this window displays the remaining minutes of the running session.
Green Light	Green light indicates the machine is on low amplitude setting.
Red Light	Red light indicates the machine is on high amplitude setting.
Remote Receiver	IR signal receiving sensor for remote control.

Control Panel Buttons

Button	Function
 Time/Hz	When the VT003F is powered on but idle, press this button to increase vibration session time.
	When the VT003F is vibrating on manual mode, press this button to increase vibration frequency.
	This button is disabled when the machine is running on a program mode.
 Time/Hz	When the VT003F is powered on but idle, press this button to decrease vibration session time.
	When the VT003F is vibrating on manual mode, press this button to decrease vibration frequency.
	This button is disabled when the machine is running on a program mode.
	Start / Stop button.
	Selects between manual mode (P0) and program mode (P1, P2 or P3).
	Toggles vibration amplitude settings between Hi and Lo. This button is disabled when the machine is running on any program mode.

Remote Control Buttons	
Button	Function
	Sets desired session time when the VT003F is powered on and idle. The default session time is 10 minutes.
	Time buttons are disabled when the VT003F is vibrating.
	Adjusts frequency when the machine is running on manual mode.
	Frequency buttons are disabled when the VT003F is running on any program mode.
	Start / Stop button.
	Selects between manual mode (P0) and program mode (P1, P2 or P3).
	Toggles vibration amplitude settings between Hi and Lo. This button is disabled when the machine is running on any program mode.



The remote control is an infra-red type. It must be pointed to the remote receiver sensor on the control box to work.

For the first use, please remove the battery insulation sheet inserted at right side of the remote control.

Battery Type: CR2032

In the following situations, some control buttons are logically DISABLED:

1. Session time buttons and program buttons are disabled when the machine is vibrating.
2. All buttons except for the Stop button are disabled when the machine is running on any program mode.

Tissue Resonance Effect

Human soft tissues have a natural frequency ranging from 10Hz to 50Hz. When the vibration frequency is at the same level of our tissue's natural frequency, resonance occurs. The tissue vibration amplitude maximizes at resonance. As the vibration intensifies, skeletal muscles contract more forcefully to damp the vibration amplitude. Such active and the counteractive reactions intensify the stimulation on the muscles, tendons, ligaments, nerves and bones.

VT003F provides a wide range of vibration frequency (15-40Hz), and two amplitude settings to serve many different exercise and therapeutic applications.

Amplitude Hi vs Lo

Tiptoe on the vibration plate and you will feel the intensity difference between Hi and Lo amplitude settings.



- ✓ Quality & Performance
- ✓ Simplicity & Solidity
- ✓ Customer Satisfaction
- ✓ Passion for Better Life

Manual Control & Program

You can use manual control or program to get your desired vibration frequency and amplitude.

Mode	Amplitude	Suggested Applications
P0	Manual	Custom
P1	Lo	Relax exercise
P2	Hi	Cardio exercise
P3	Lo / Hi	Mixed exercise

Manual Mode

On manual control mode (P0), before running vibration, you can set up exercise session time from 1 to 20 minutes. The default session time is 10 minutes.

You can only change vibration frequency when the machine is running. The default frequency is 15Hz.

You can toggle the amplitude setting between Hi and Lo anytime.

For beginners, it is highly recommended to start with the default settings and short exercise time.

Program Mode

On program mode (P1, P2 or P3), the frequency and amplitude are programmed to change on a certain pattern in a 10 minute session. All buttons, except for the Start/Stop button, are disabled.

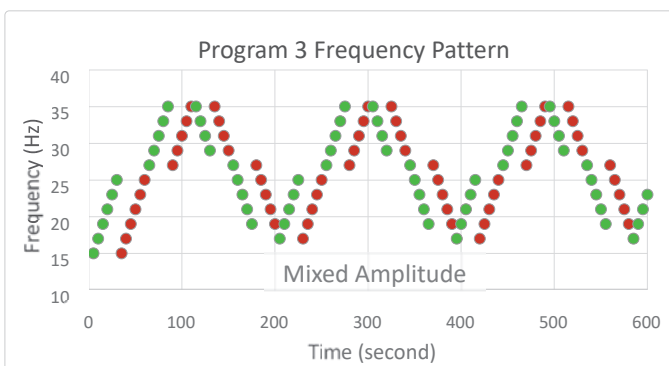
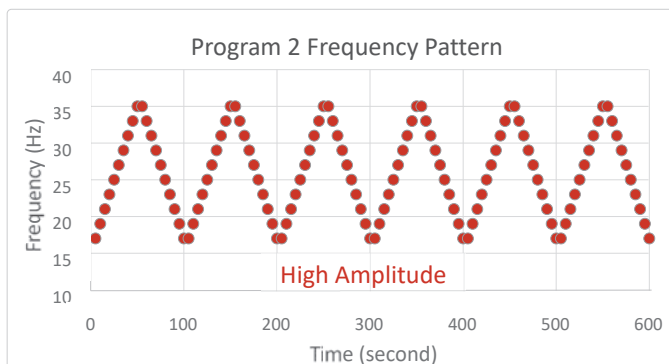
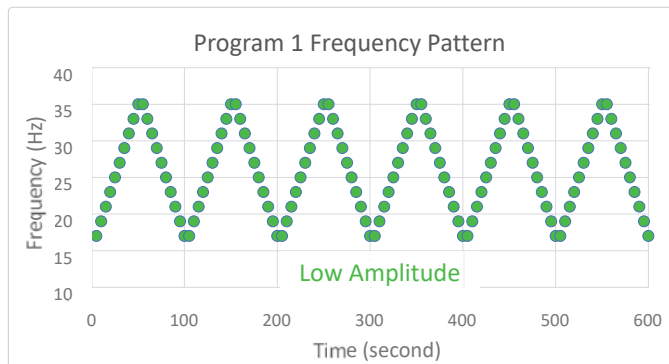
The purpose of program modes is to create a spectrum of patterns and magnitudes of stimulation, through the change of frequency and amplitude.

If you have not adapted to a full session high intensity vibration, you can use a program mode to ease in. It can help you gradually progress to higher intensity vibration.

The charts below exhibit the frequency change and amplitude switch of each program. In P3 mode, amplitude switching is added to frequency change.

Each dot represents a 5 second period vibration at a certain frequency. Green dots mean low amplitude setting. Red dots mean high amplitude setting.

Programmed Frequency & Amplitude Chart

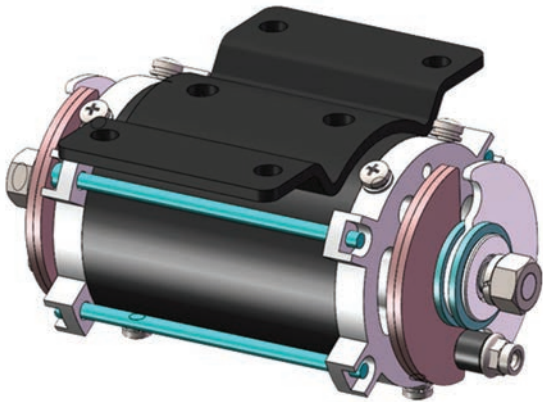


FAQ

Clunk Sound

You can hear a clunk sound when vibration starts, or amplitude setting is switched.

You will also hear this clunk sound when running program P3 as the amplitude setting is automatically switched in P3 mode.



The VT003F switches amplitude by reversing motor rotation direction to reposition the eccentric wheels. The clunk sound is produced when the eccentric wheels reverse and strike the position block.

There is also a short grinding sound, which is from the friction between eccentric wheels during repositioning.

The clunk sound and the grinding sounds are not an issue. The strike does not harm the machine.

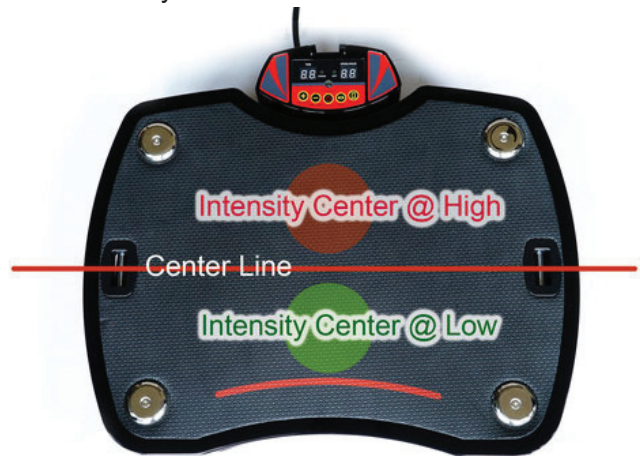
Exercise Recommendation: Half-plank



Vibration Intensity Center

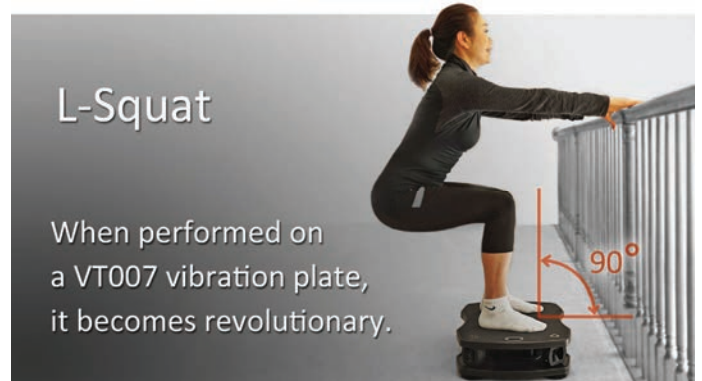
At the Hi amplitude setting, the vibration intensity center is towards the control box side.

At the Lo amplitude setting, the vibration intensity center is away from the control box side.



The shift of the intensity center is because of the motor rotation reverse designed for two amplitude settings.

Exercise Recommendation: L-squat



Exercise Recommendation: Tiptoeing



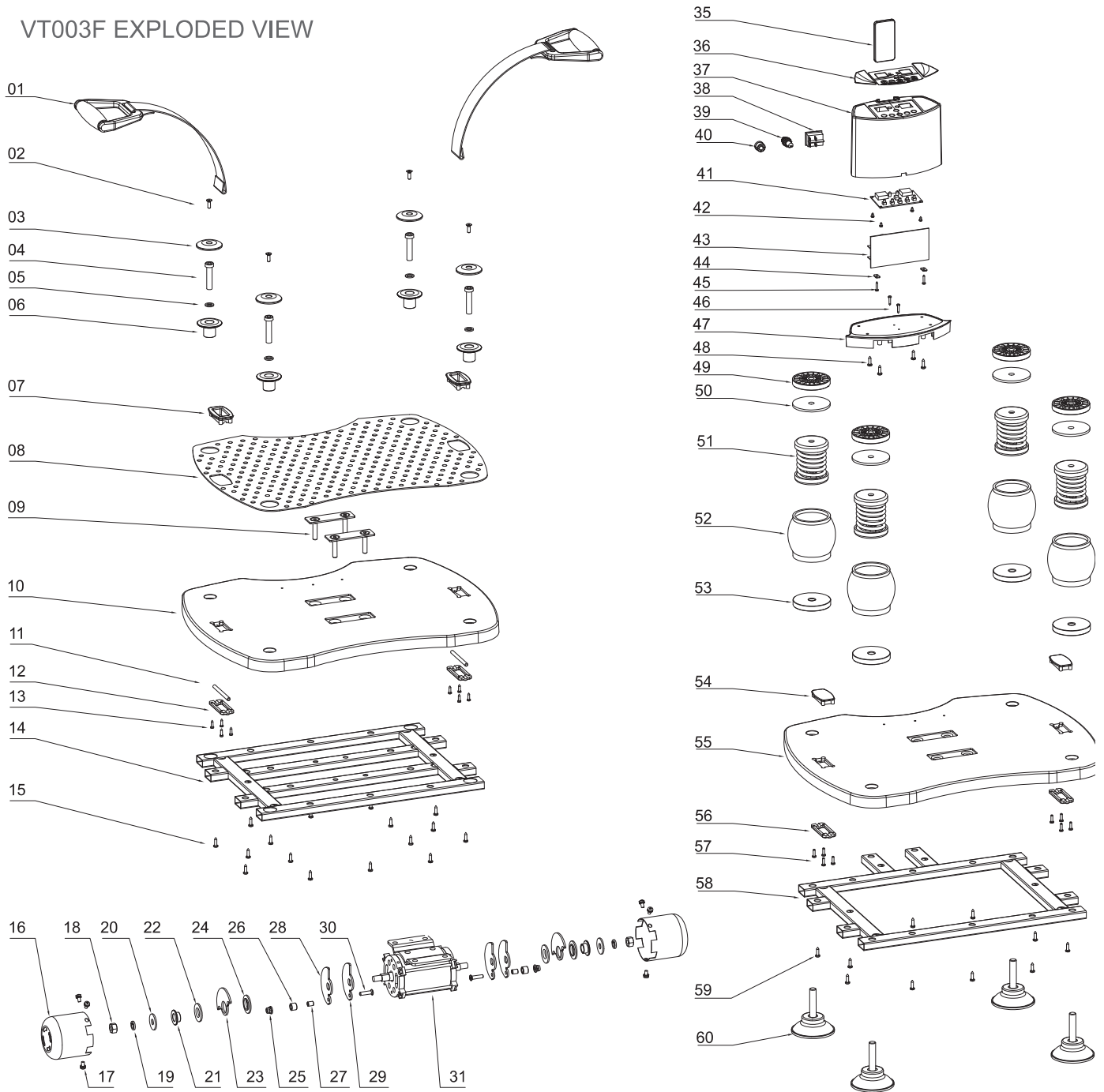
Visit www.vibrationcare.com for benefits and tips.

VT007 Troubleshooting

Issue	Possible Cause	Solution / Action
Machine powered on, but the control panel not lit up.	Electricity supply not available.	Check the electricity of your home AC power outlet.
	Power cord NOT fully plugged in the power supply	Properly plug the power cord into the power supply socket.
	Machine fuse burned.	Replace the fuse.
	Defective control box	Contact the seller for a replacement.
Machine powered on, control panel lit on, but does not vibrate when the Start button is pressed.	Defective control box or motor.	Contact the seller for a replacement.
Remote control does not work.	Remote control not pointed to the signal receiving sensor on the control box.	Point the remote control to the remote receiving sensor.
	Remote control out of battery.	Replace the battery (CR2032).
	Defective remote control.	Contact the seller for a replacement.
Machine does not respond to any button, runs on the highest speed.	Control circuit malfunction.	Contact the seller for a replacement control box.
Excessive noise	Power cord touching the vibration unit.	Rearrange the power cord.
	Accessories or alien objects left between the upper board and the lower board.	Remove the accessory or alien object.
	User's body weight is not centered on the vibration center.	Find the right standing spot with the least noise.
	High pitch noise.	Contact the seller.
	The 4 socket-cap screws above the rubber springs become loose over time.	Remove the metal caps and tighten the socket-cap screws moderately.

VT003F Exploded View

VT003F EXPLODED VIEW



Due to its industrial style design, VT003F vibration plate can be easily serviced. The machine can be disassembled using just a screwdriver and two hex wrenches. We guarantee the supply of replacement parts for at least 10 years after the purchase.

For VT003F repair please visit www.vibrationtherapeutic.com/vibration-plate-quality-issues-VT003F.html

VT003F Exploded View

No	Part Name	Specs	Qty	No	Part Name	Specs	Qty
1	Exercise straps		2	31	Motor		1
2	Decoration cover		4	32	Flat washer	8	4
3	Inner hexagon cylindrical screw	M8*-50	4	33	Spring washer	8	4
4	Spring washer	8	4	34	Hexagon locknut	M8	4
5	Flat washer	8	4	35	Remote controller		1
6	Plastic washer		4	36	Control panel sticker		3
7	Decorative part of exercise straps1#		2	37	Power switch		1
8	Upper plate mat		1	38	Fix bushing of power plug		1
9	Mounting plate of motor		2	39	Fuse		1
10	Upper plate		1	40	Control panel plastic cover		1
11	Fixed link of exercise straps		2	41	Circuit board1#		1
12	Fix of exercise straps		2	42	Phillips self-tapping screw screw	ST2.9*6.5	4
13	Phillips self-tapping screw	ST3.5*13	8	43	Circuit board 1#		1
14	Frame of footplate		1	44	Binder plate		2
15	Phillips self-tapping screw	ST4.2*9.5	16	45	Phillips self-tapping screw screw	ST2.9*9.5	2
16	Motor cover		2	46	Phillips self-tapping screw	ST2.9*9.5	2
17	Phillips self-tapping screw	M4*8	6	47	Fix of control panel		1
18	Hexagon nipples	10	2	48	Phillips self-tapping screw screw	ST4.2*13	4
19	Flat washer	10	2	49	Backup washer 1#		4
20	Steel washer of eccentric block 1#		2	50	Rubber washer		4
21	Plastic washer of eccentric block		2	51	Spring rod		4
22	Eccentric wheel 1#		2	52	Spring cover		4
23	Plastic washer of eccentric block 2#		2	53	Backup washer 2#		4
24	Hexagon locknut	M6	2	54	Decorative part of exercise straps 2#		2
25	Flat washer	6	2	55	Base plate		1
26	Flat washer	6	2	56	Flat washer		8
27	Bushing		2	57	Phillips self-tapping screw screw	ST3.5*9.5	8
28	Rubber boot		2	58	Frame of base plate		1
29	Eccentric block 2#		4	59	Phillips self-tapping screw screw	ST4.2*9.5	12
30	Inner Hexagon Cylindrical screw		2	60	Suction foot		4

Company Website

www.vibrationtherapeutic.com



Product Registration

www.vibrationtherapeutic.com/registration



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Studies & Experiences

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