

vive®



# VIBRATION PLATFORM

Owner's Manual  
RHB1070

## OVERVIEW

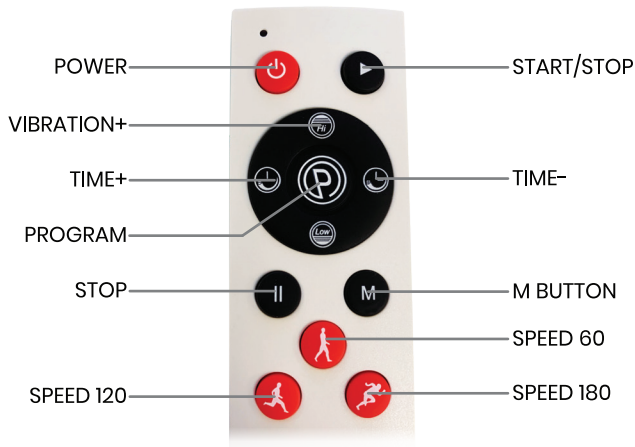
We are constantly answering questions and recording helpful videos to make using your Vive Vibration Platform as easy as possible. Check out the included links and QR codes to help you through the process.

## WHAT'S INCLUDED

- Ⓐ Vibration Platform (20" x 12" x 4")
- Ⓑ Power Cord
- Ⓒ Remote Control
- Ⓓ 2 x Resistance Bands



## REMOTE CONTROL



## LCD SCREEN



## HOW TO TURN ON THE PLATFORM

- Press the POWER button on the remote control or on the far left side of the LCD screen.

## HOW TO USE PROGRAM SETTINGS

- By pressing the center program “P” button on the remote control, you can toggle through the 5 pre-set settings. Each setting is timed in 10 minute intervals. Speed levels will vary during the 10 minutes depending on which program you choose. See chart for more information.

### Speed Intervals

Program	0.5 min	1 min	1.5 min	2 min	2.5 min	3 min	3.5 min	4 min	4.5 min	5 min
P1	10	20	40	60	80	100	80	60	40	20
P2	20	120	20	120	20	120	40	120	40	120
P3	40	80	120	160	120	80	40	80	120	160
P4	15	35	55	75	95	105	135	155	175	135
P5	20	40	60	110	120	130	140	150	160	170

chart continued..

Program	5.5 min	6 min	6.5 min	7 min	7.5 min	8 min	8.5 min	9 min	9.5 min	10 min
P1	10	20	40	60	80	100	80	60	40	20
P2	40	120	60	120	60	120	60	120	60	120
P3	120	80	40	80	120	160	120	80	40	60
P4	95	55	75	95	105	135	105	95	55	5
P5	171	172	173	174	175	176	177	178	179	180

- Press the left or right + / - buttons on the 3 and 9 o'clock positions on the remote to set your desired time. Your chosen time will appear on the LCD screen.
- Press the START button to start the program. Press it again to stop the program.

## HOW TO SET A PERSONALIZED TIME/INTENSITY

- Press the top or bottom + / - buttons on the remote to set your desired level of intensity. Your chosen intensity level will appear on the LCD screen.
- Press the START button to start your workout. Press it again to stop your workout.

## HOW TO ATTACH THE RESISTANCE BANDS

To attach your resistance bands, simply twist to unlock the carabiner located at the bottom of each band, then attach each carabiner to each side of the machine where the metal tab with hole are each located.

## SAMPLE EXERCISES

NOTE: The Vibration Platform works most effectively when your body is in a stress position. You will receive the best results when you do these exercises with bent knees or arms, depending on which limb is holding you to the platform.

**Whole Body Exercise**  
**(Increases overall circulation and improves muscle tone)**

Stand with both feet on the platform, about shoulder width apart and legs straight.



**Squat Exercise**  
**(Increases circulation in legs and improves muscle tone in thighs)**

Stand with both feet on the platform, about shoulder width apart and knees bent so that you are in a squat position.



**Single Foot Exercise**  
**(Increases circulation and improves muscle tone in leg, knee, and foot)**

Stand with one foot on the platform and one foot on the floor. For a more challenging exercise, lean forward over your bent knee into a lunge position. Position yourself where you feel most comfortable with the vibration.



### **Push Up Exercise**

**(Works core and leg muscles while providing a better push up work out)**

Place feet on the platform while stretching out into a normal push up position. Do push ups as normal.



### **Single Arm Row**

**(Works core and back muscles while focusing on toning your upper back and biceps)**

Place one foot on the platform and slightly bend your knee. Slightly bend your back forward with one resistance band held at your side. Pull the resistance band upwards so your arm is level with your shoulder and your elbow is bent at a 90 degree angle. You should feel your back muscles pinch together.



### **Curl Exercise**

**(Works core and arm muscles while providing a better bicep workout)**

Stand on the platform with both resistance bands at your side with your palms facing out. Pull bands straight up almost to touch your shoulders with them.



## WARNINGS

- Please read all instructions and warnings before using this product.
- Consult your physician before starting any exercise program.
- Do not use this product for anything other than the intended use.
- This product is intended for in home use only.
- This product must be used on a level surface. Do not use on any surface that blocks air openings.
- Make sure you have at least eight feet of clearance around the platform before use.
- Place a mat under the platform to protect the floor or carpet.
- Do not use this product outdoors.
- Do not use this product near water, moisture, or dust.
- Do not use this product near aerosols or where oxygen is being administered.
- This product should not be used by children under the age of 12 years old.
- The recommended weight limit for this product is 400 pounds.
- Only one person should use this product at a time.
- Never leave this product unattended while running. Unplug when not in use.
- Keep this product away from heated surfaces.
- Do not attempt to take this product apart.
- If you experience any pain, discomfort, dizziness, or adverse effects, stop immediately and consult your physician.
- Do not exert excessive pressure on one side of the device while in operation.