

Good Vibrations 4 Life™  
Whole Body Oscillating Vibration GVM  
**(GVM)**



**Installation and Maintenance Manual**

## Some Benefits of Vibration Therapy Categorized by User Type

<b>Average Female</b>	<b>Average Male</b>	<b>Overweight M/F</b>	<b>Athlete M/F</b>	<b>Elderly M/F</b>	<b>Rehabilitation M/F</b>
Weight Loss	Weight Loss	Weight Loss	Increasing Strength	Increasing Bone Density	Increasing Circulation
Toning	Increasing Physical Strength	Lowering Blood Pressure	Increasing Speed	Reducing Joint and Back Pain	Improving Balance
Decreasing Cellulite	Increasing Endurance	Increasing Lymphatic Drainage	Increasing Balance	Lowering Blood Pressure	Increasing Physical Strength
General Health	General Health	General Health	Improving Coordination	General Health	Increasing Bone Density

\*For more benefits see page 1 of the ***Exercise Manual***



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## Introduction

Thank you for purchasing a Good Vibrations 4 Life Inc.™ Whole Body Oscillating Vibration Therapy GVM<sup>1</sup>. For the purpose of simplicity, the GVM will be referred to as the **GVM** for the remainder of this manual.

Please read this installation manual thoroughly before beginning use.

This manual concerns itself with setting up, operating and maintaining the GVM. How to use the GVM, from an exercise point of view, is covered in the **Exercise Manual**.

Keep this manual handy for future reference and be sure to check our website at [www.goodvibrations4life.com](http://www.goodvibrations4life.com) for frequent updates. If you have a question, you'll probably find an answer for it on the website. If you don't find the answer on the website, please email or telephone us. One of our staff will be happy to help.

Product support is offered for the life of the **GVM**. We wish you many years of enjoyable use with your Good Vibrations 4 Life Inc.™ Whole Body Oscillating Vibration Therapy GVM.

Pictures shown in this manual are for illustrative purposes - slight variations between the pictures shown in this manual and your **GVM** may occur.

## Featuring:

**Speed Range:** from 5 Hz to 30 Hz, adjustable to the nearest .1 Hz **(speeds above 30 Hz should not be considered without professional consultation)**

**Ergonomic Construction with Streamlined Design:** enjoy comfortable grab bars for a variety of exercise positions

**Easy to Operate Control Panel with Brightly Lit LED Display:** easily customize your workout or use preset training routines

**Durable Steel Frame with Sporty Graphics:** tough, great-looking and ready for years of use

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## Safety Precautions

To maintain the operational standard of the GVM, please note the following:

1. Use the GVM only for its intended use as described in this user guide
2. Do not use force to relocate the GVM. Move it gently, using the roller located on the bottom of the GVM. Undue care when moving may cause damage to the GVM or the floor surface.
3. When the machine is not in use, turn off the power on the GVM and unplug the power cord.
4. Take care not to damage the platform of the GVM. Do not place heavy objects on it, or scratch or bump the GVM with any force.

## Electrical Hazard

**The GVM is an electrical device and should be treated with appropriate care and caution.**

The Power Source for the GVM is 110 to 120 Volts AC

The machine includes a ground electrical cord (three-pronged electrical cord, see figure1, below).

Grounding reduces the possibility of electric shock if a short circuit occurs. Do not modify or interfere with the grounding mechanism. If a grounded power source is not available in your location, consult a qualified electrician for advice on grounding.

Do not use outside. The GVM is intended for indoor use.

Install the machine against a wall or other location where passersby will not trip over the power cord.

Protect the power cord from damage or abrasion. Do not roll up (coil) the power cord if the machine is to be used. Coiling the power cord can cause electrical resistance and a possible dangerous buildup of heat. Do not operate the machine with a damaged electrical cord.

Check the power cord for damage at regular intervals.

Do not touch the machine or the power cord with wet or damp hands, this could result in electrical shock, presenting a health hazard to the user and/or damage to the machine.

If you unplug the machine, good by removing the plug. Do not pull on the power cord.

Do not drop or otherwise forcefully relocate the machine.

Do not operate the machine if the machine appears to be damaged.

Do not attempt to fix the machine if it is damaged. This may void the warranty.

Opening up the machine could expose a person to a risk of fire or electrical shock. Visit our website or call Good Vibrations 4 Life Inc. for advice on service and repair options.

Do not use the machine if you suspect a gas leak. If you suspect a gas leak, turn the machine off, vacate the building and report the gas leak immediately.

To not immerse the machine in water or any other liquid.

Do not install the machine near a water source such as a spa or swimming pool where users may use or be tempted to use the machine when wet.

Clean only with a damp cloth (see machine maintenance)

If the machine comes in contact with water, unplug the machine and do not plug it in again until it has completely dried. In such a case, do not step in the water to unplug the machine. Turn the electrical circuit off from a dry location.

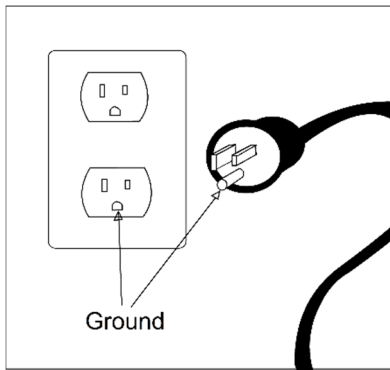


Figure 1, Power source: 110 to 120 V AC, showing ground terminal

## Product Maintenance

### Cleaning

1. Before cleaning, ensure the main switch is turned off and the AC plug is removed from the wall electrical outlet.
2. Dampen a soft, nonabrasive cleaning pad with a mild soap and water solution. Caution be damp, but not dripping. Do not get the GVM wet.
3. Do not use corrosive cleansers, benzene, thinner or insecticide on the GVM.

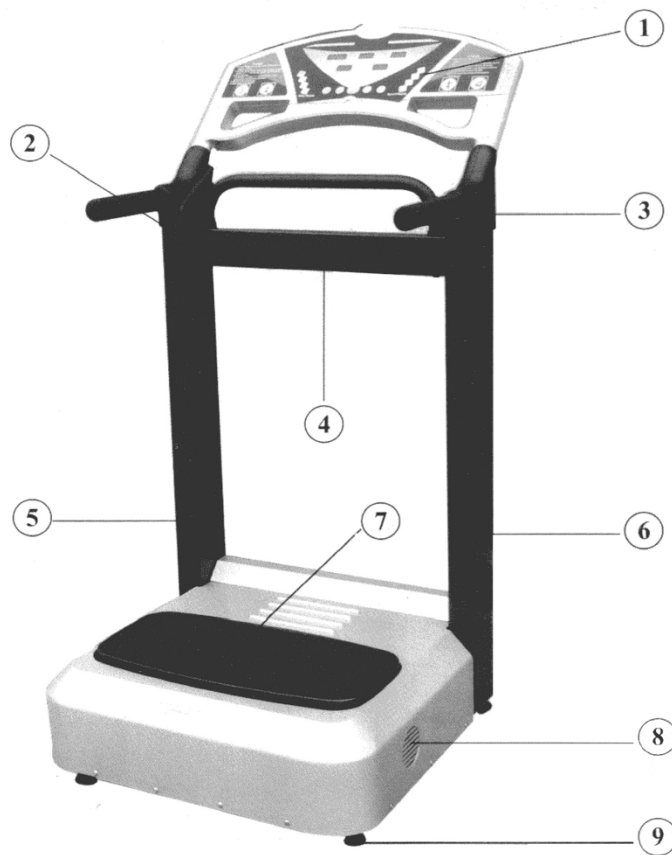
### How to Store the GVM

1. Do not store the GVM:
  - a. Near heat or open flame
  - b. Under direct sunlight for long period of time (no more than 20 minutes)
  - c. Around harmful gas, dust or in humid environments (ideal humidity: between 40% and 80%)
2. Keep the GVM:
  - a. Indoors, in a dry, shaded environment
  - b. Usage temperature: 0°C to 35°C
  - c. Storage temperature: 5°C to 50°C
  - d. Storage humidity: between 40% and 80%)
3. If the GVM is not in use for long period of time, cover with clean, breathable fabric to protect it from dust
4. Do not coil the electrical cord. Club wire can generate heat and electrical resistance when electricity passes through it

## Structural Illustration

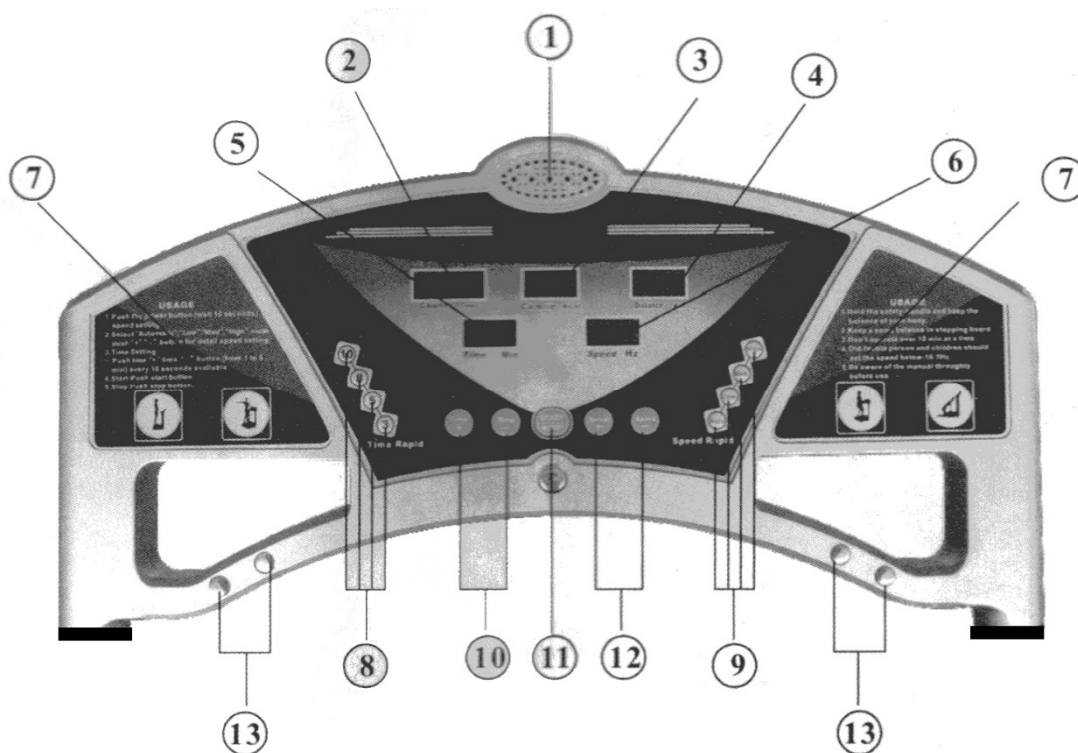
Names of the GVM parts:

1. Console
2. Safety Handle-Left
3. Safety Handle-Right
4. Transverse Frame
5. Support Tube-Left
6. Support Tube-Right
7. Stepping Board (Footplate)
8. Base Cover
9. Adjustable Feet



## The Console and Functions

1. Good Vibrations 4 Life Inc.™ logo
2. Count Indicator
3. Calorie Indicator
4. Distance Indicator
5. Time Indicator
6. Speed Indicator (Hertz<sup>2</sup>)
7. Usage
8. Time Shortcut Buttons (3 Minutes, 5 Minutes, 8 Minutes, 10 Minutes)
9. Workout Program Shortcut Buttons (Manual, Program 1, Program 2, Program 3)
10. Time Increase/Decrease Buttons
11. Start/Stop Button
12. Speed Increase/Decrease Buttons
13. High Gloss Cover



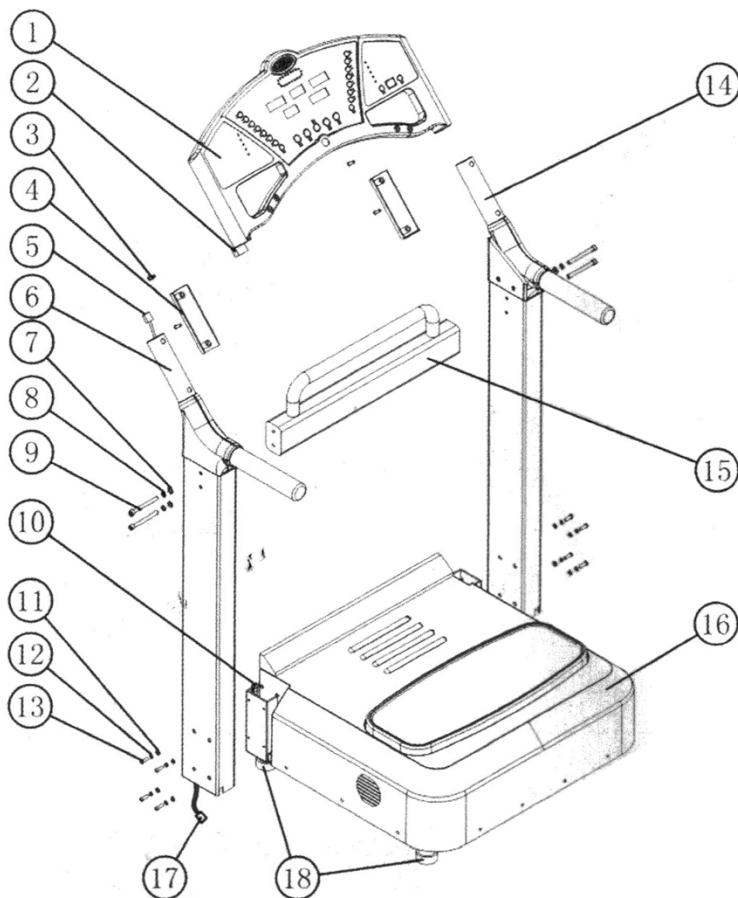
<sup>2</sup> Hertz = cycles per second



# Installation

## Parts

1. console
2. signal Cable A
3. cross recessed pan head tapping screw
4. plastic handle cover
5. signal cable B
6. support tube-left
7. washer (M8)
8. washer (M8)
9. screw (M8 X 80
10. signal cable D
11. washer (M6)
12. lock washer (M6)
13. screw (M6 X 20)
14. support tube-right
15. Traverse frame
16. base cover
17. signal cable C
18. adjustable feet



## Assembly Steps

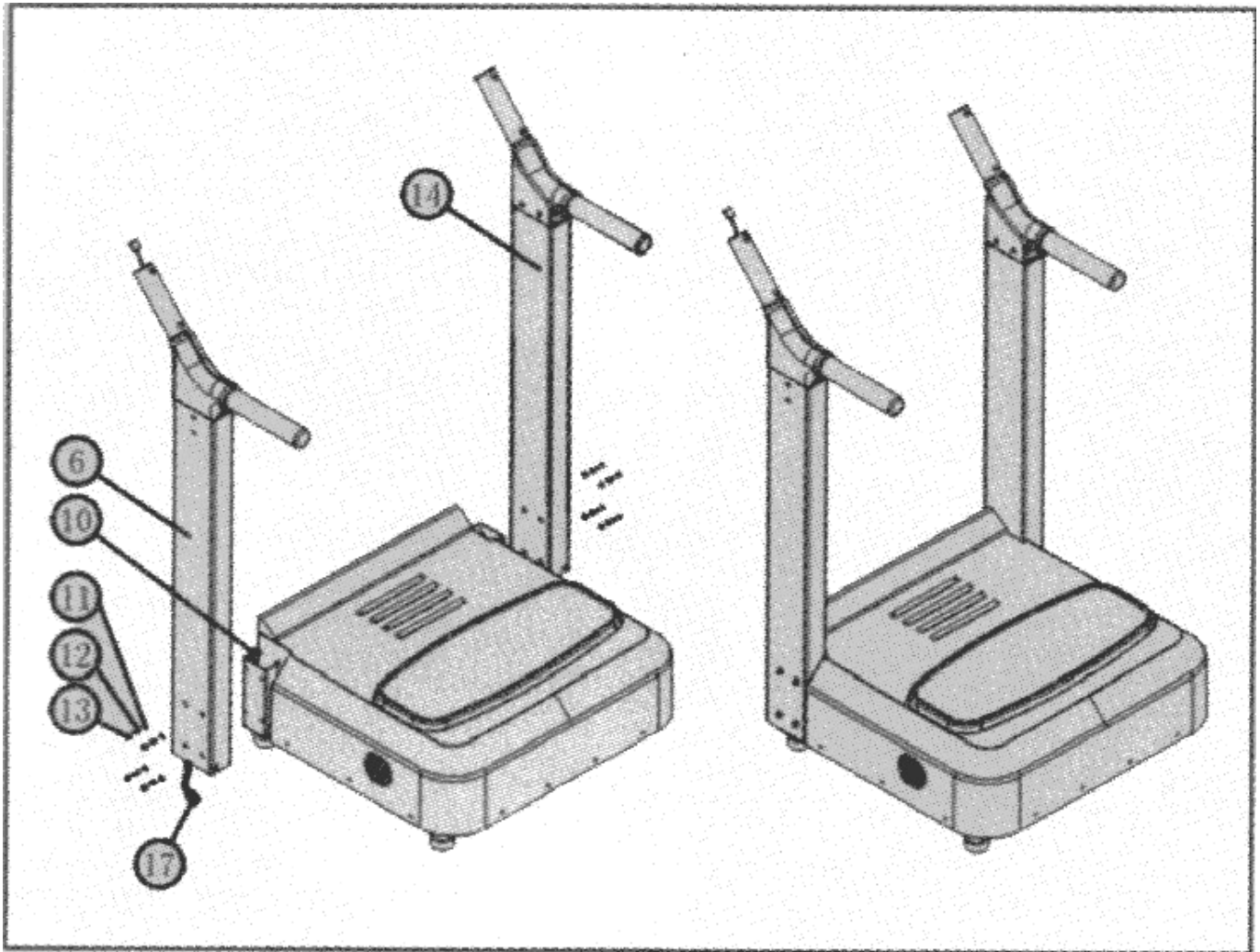
### Step 1.

Connect the signal cable C (17) to the signal cable D (10).

Put the support tube-left (6) into the pedestal, and lock them with the screw (13) washer (12), washer (11).

Put the support tube-right (14) into the pedestal and lock them with screw, and washer as above with the left .

\*do not tighten the screws yet. Leave them slightly loose for this step.

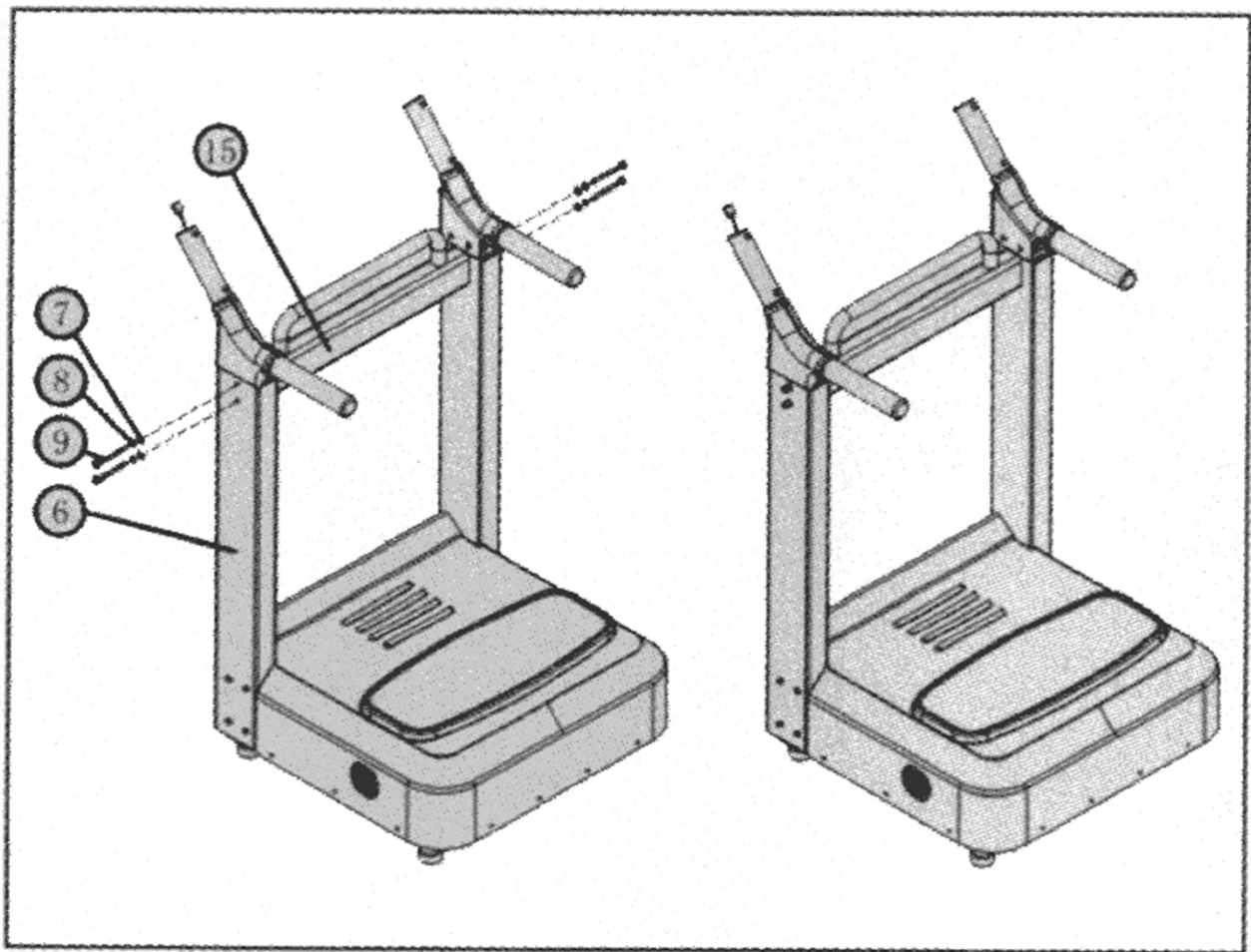


## Step 2

Secure the transverse frame (15) to the support tube-left (6) with screw (9), washer (8), and washer (7)

Secure the right side of the transverse frame using the same method

\*after this step, tighten the screws until they are locked tight



### Step 3

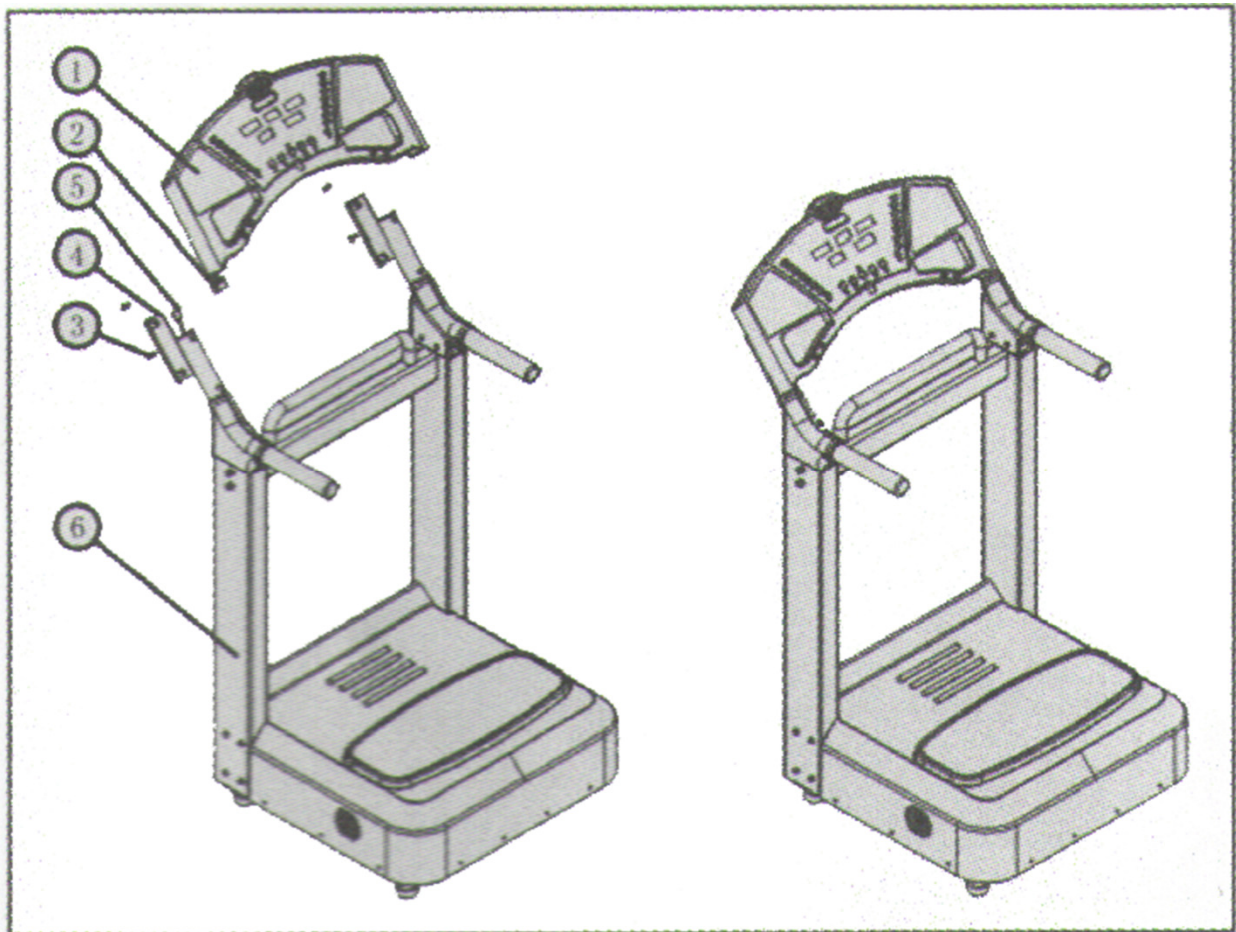
Remove the plastic handle cover (4)

Connect the signal cable A (2) and the cable B (5)

Put the console (1) on the support tube-left

Lock the plastic handle cover (4) on the console (1) with the cross recessed pan head tapping screw (3)

Lock the console on the support tube-right using the same method.



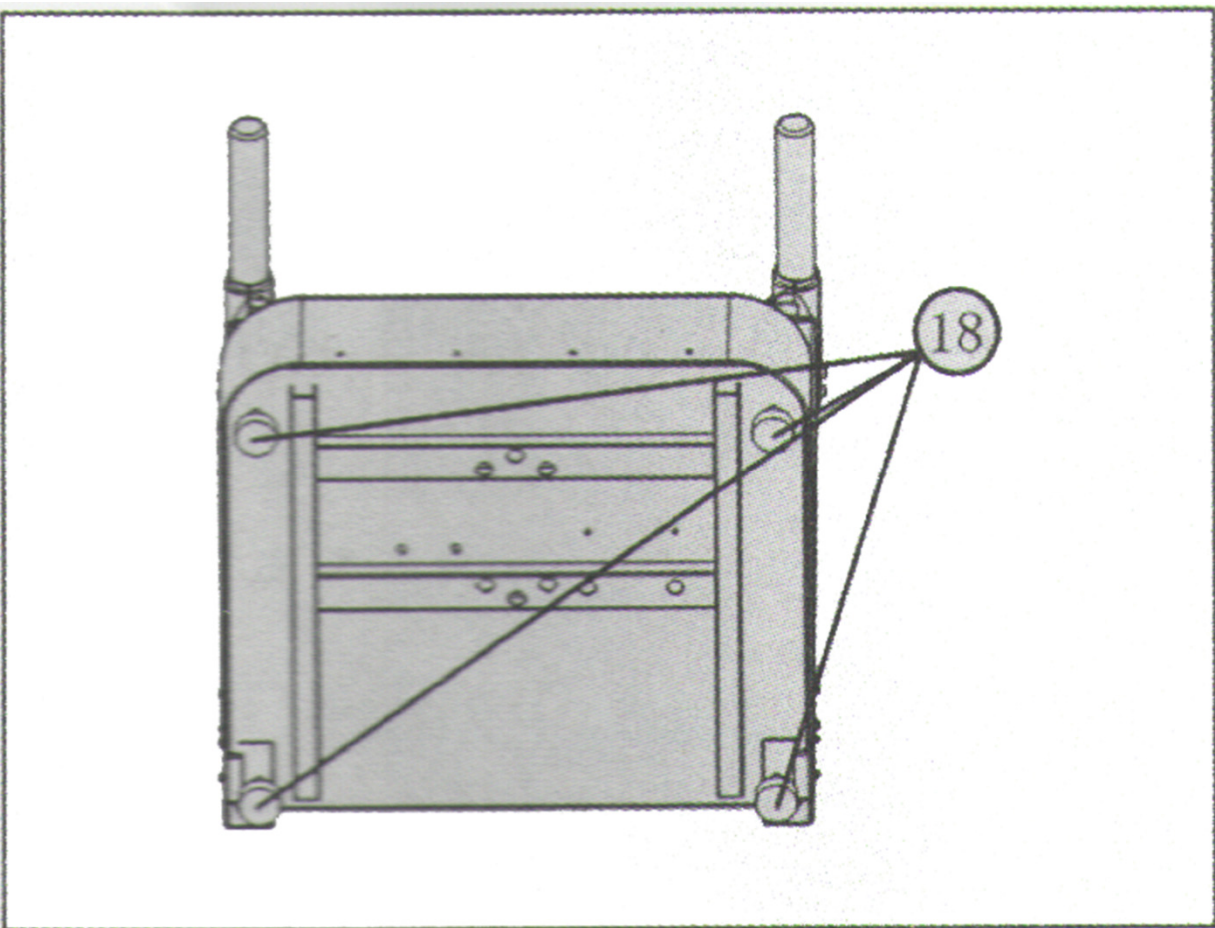
#### Step 4

Tilt the GVM so that the underside is exposed and you can see the threaded holes for the feet. Screw the feet (with lock nut) carefully into the threaded holes, then stand the GVM upright.

Level the GVM, by turning the feet, so it sits firmly on all 6 feet.

Lock the feet in place using the lock nut and wrench (provided).

The GVM is now ready for use.



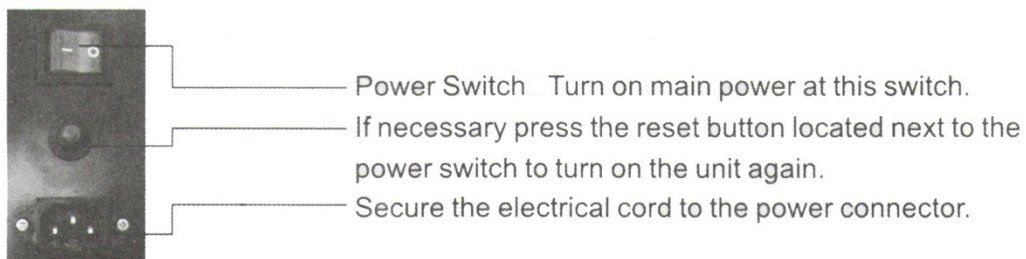


## Operating Instructions

### Preparing the GVM

1. Make sure the exercise environment is safe and free of obstacles before proceeding.
2. Ensure the voltage of the wall outlet is correct (120 V),
3. Plug the power cord into the power socket at the back of the GVM.
4. Plug the GVM into the wall outlet
5. Turn on the main power switch at the back of the GVM.

### Main power switch layout (on the back of the GVM)





***Enjoy your Good Vibrations 4 Life Inc.™ Vibration Therapy!***

## Specifications

**Product Name:** Good Vibrations 4 Life Inc.™ Whole Body Oscillating Vibration Therapy GVM

**Input Electricity Source:** 100-120 V AC@60 Hz

**Maximum Power Consumption:** 1000 W

**Motor:** 2 Hp

**Display:** LED Indicating Time, Speed, Approximate Exercise Amount, Calories Used and Distance

**Dimensions (Assembled):** Approx. 28.2 (L) X 36.6 (W) X 60.25 (H) Inches  
or 71.6 (L) X 93 (W) X 153 (H) Centimeters

**GVM Weight:** Approx. 102 Pounds or; 46.25 Kg

**Gross Weight:** Approx. 130 Pounds or 59 Kg

**Maximum Speed Range:** 5 to 50 Hz

**Operating Speed Range:** 5 to 30 Hz (Adjustable to the Nearest .1 Hz)

**Amplitude:** 0 to 0.469 Inches or; 0 to 12 Mm

**Preset Programs:** 3

**Maximum User Weight:** 440 Pounds or 200 Kg

# Good Vibrations 4 Life™

## Whole Body Oscillating Vibration GVM

### (GVM)



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