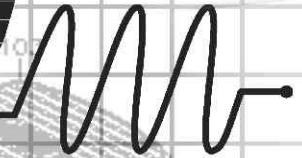


The World's Only Dual-Mode Vibration Trainer

PULSE TRAINER

VIBRATION TECHNOLOGY



ASSEMBLY AND SETUP INSTRUCTIONS

www.pulsetrainer.com

PULSE TRAINER ASSEMBLY INSTRUCTIONS

INTRODUCTION

Congratulations on your Pulse Trainer purchase. This product has been designed and manufactured to meet the needs and requirements for domestic use.

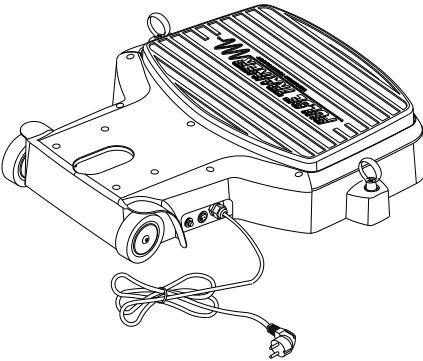
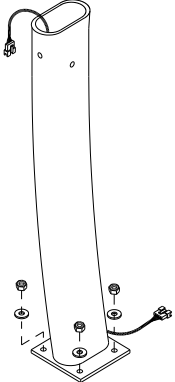
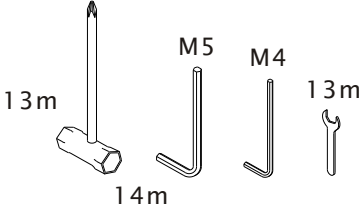
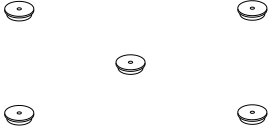
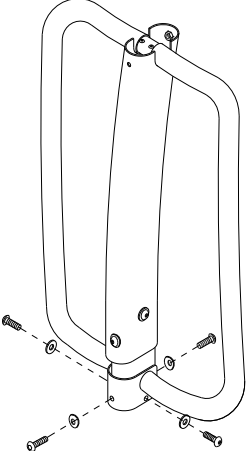


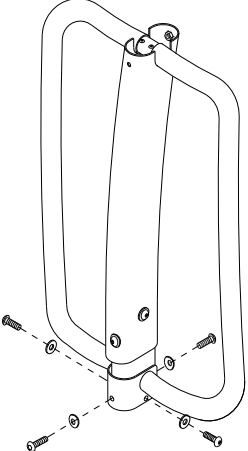


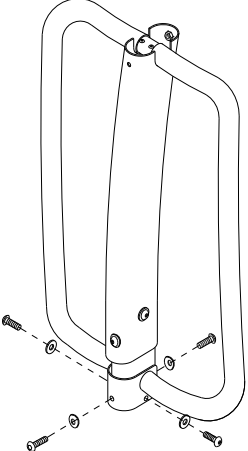

Please read the Assembly Instructions prior to assembly and the Setup Instructions before using the machine. Be sure to keep these instructions for future reference. If you have any further questions please contact us at www.pulsetrainer.com.

We wish you lots of success and fun while training

Unpack the carton and refer to the CHECK LIST below.

TABLE OF CONTENTS	PAGE
Introduction.....	1
Check List	1
Assembly Instructions 1~6	2
Assembly Instructions 7~10.....	3
Setup Instructions 1.....	4
Setup Instructions 2.....	5
Setup Instructions 3.....	6
Parts List	7
Exploded Drawing	8

CHECK LIST IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.

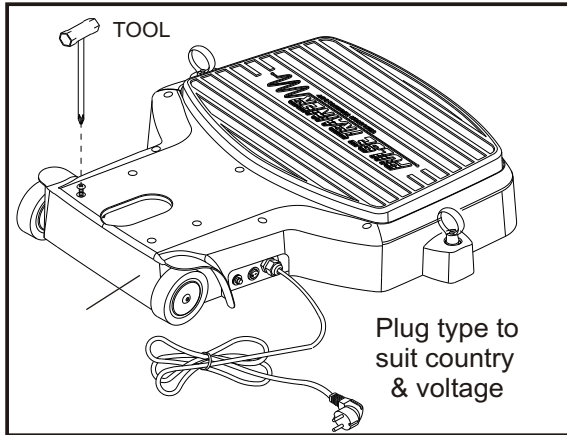
IMPORTANT NOTICE

Operation of the Pulse Trainer must be done in conjunction with the instructions contained in the separate Owner's Manual.

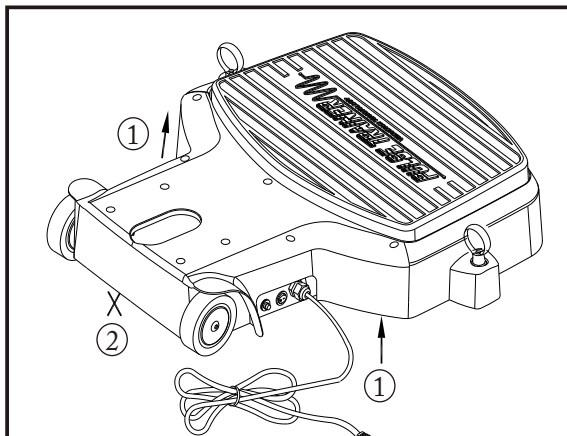
Please read and follow the **SETUP INSTRUCTIONS** section of this manual before attempting to use your **PULSE TRAINER**.

PULSE TRAINER ASSEMBLY INSTRUCTIONS

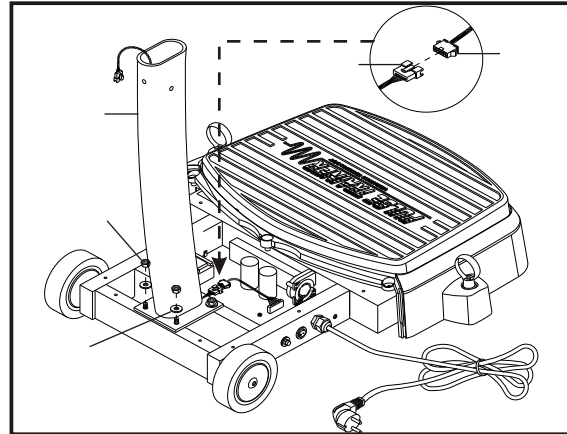
You will need to remove the REAR COVER [100] before fitting the UPRIGHT TUBE-LOWER [002]. The cover was fitted at the factory to ensure correct hole alignment with the holes in the frame.



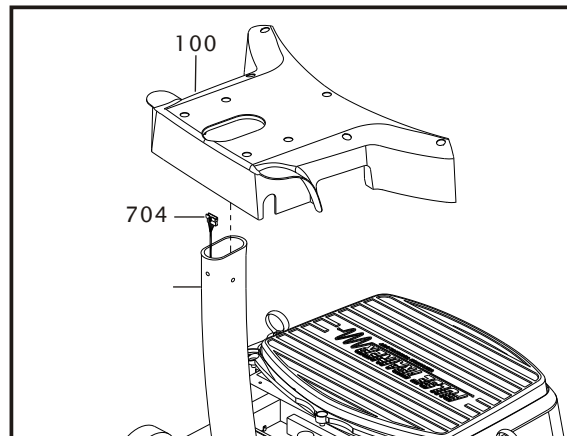
Carefully lift the REAR COVER at the points indicated (1). Do not lift the cover only at the back (2). There are mating ribs to locate the FRONT COVER with the REAR COVER. These ribs can only be disengaged by lifting the cover directly upwards.



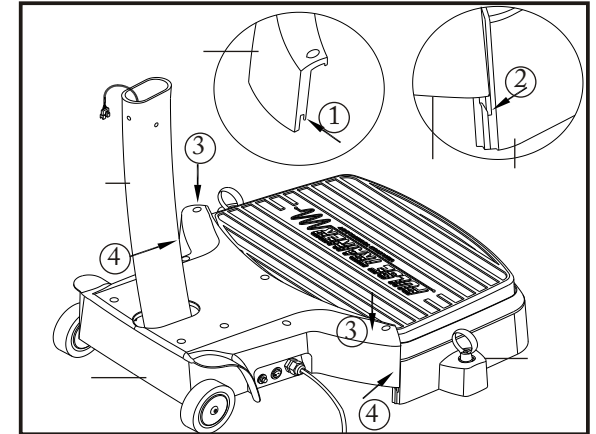
Fit the UPRIGHT TUBE - LOWER [002] over the exposed bolts and fit 4 x WASHERS [400] and 4 x NUT [200]. Tighten very firmly. Join the COMPUTER CABLE [704] to [710]. Remove the temporary protective tape covering the CONTROLLER [709].



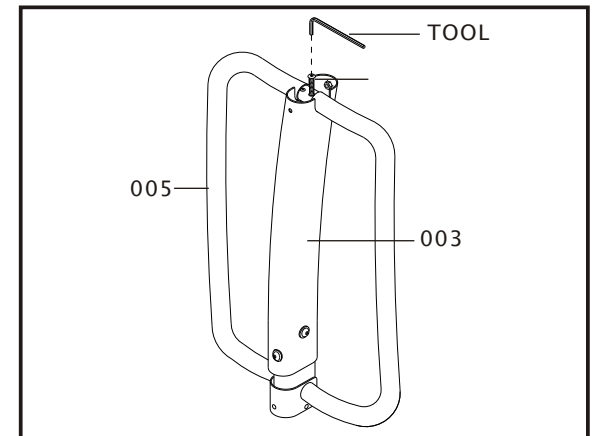
Slide the REAR COVER [100] over the UPRIGHT TUBE-LOWER [002] and COMPUTER CABLE [704].



Carefully slide the REAR COVER [100] onto the FRONT COVER [101] observing the mating ribs. NOTE: Make sure the REAR COVER is kept level during the alignment and fitting process. The covers are a good fit with each other. Do not fit SCREWS until STEP 10.

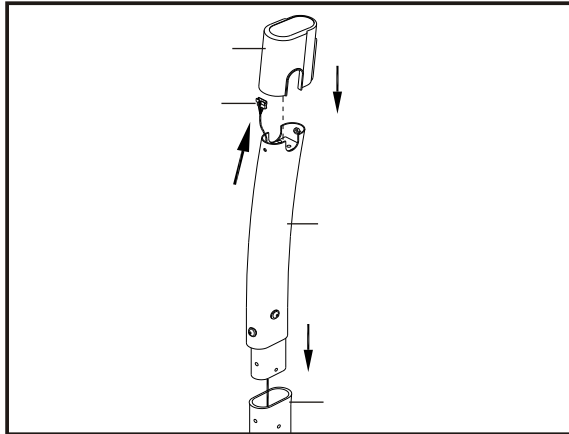


For packing purposes only, the HANDLE BAR [005] was bolted to the UPRIGHT TUBE-UPPER [003]. Remove x 2 BOLT [301] and continue the assembly process.

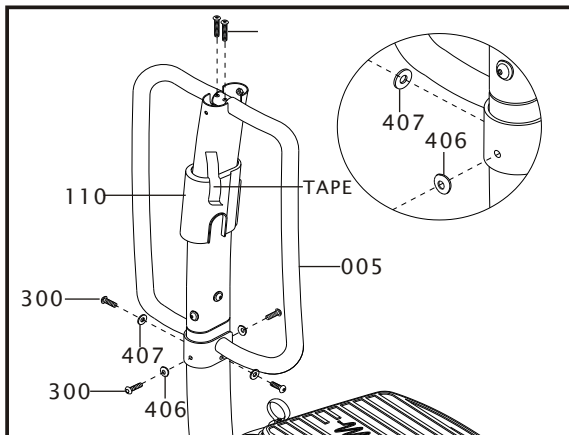


PULSE TRAINER ASSEMBLY INSTRUCTIONS

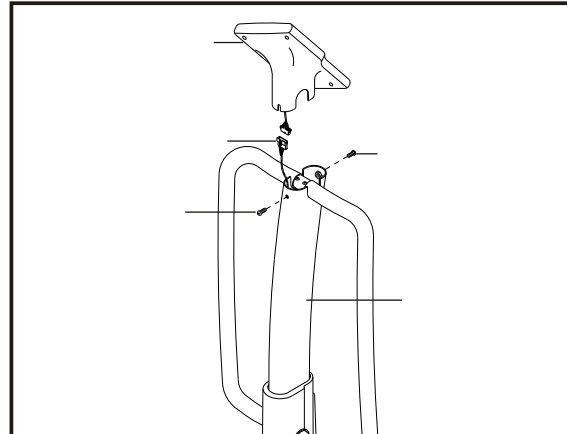
Feed COMPUTER CABLE [704] through UPRIGHT TUBE-UPPER. Slide the UPPER tube into the LOWER tube. Slide UPRIGHT TUBE COVER over the tube (observe correct direction) and use a piece of tape to hold this in position during STEP 8.



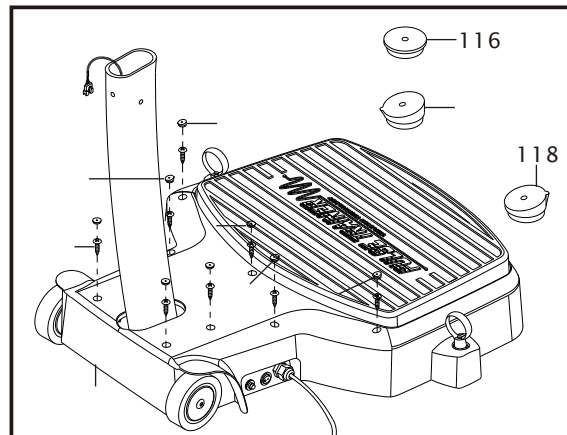
Secure the HANDLE BAR [005] with 2 x BOLT [301], 8 x BOLT [300] with 4 x WASHER [406] (curved) and 4 x WASHER [407]. Slide the UPRIGHT TUBE COVER [110] over the bottom section of the HANDLE BAR. Push firmly. It was designed to be a tight fit.



Join the COMPUTER CABLE [704] to the cable protruding from COMPUTER [700]. Tuck the cable inside the UPRIGHT TUBE and then fit the COMPUTER and secure with 2 x BOLTS [302]. Note; make sure the COMPUTER pushed all the way down.



Screw down the REAR COVER [100] with 9 x SCREWS [500]. Fit COVER PLUG [116], [117] and [118]. These COVER PLUGS have been designed to only fit into the correct hole.



CHOOSE YOUR LOCATION

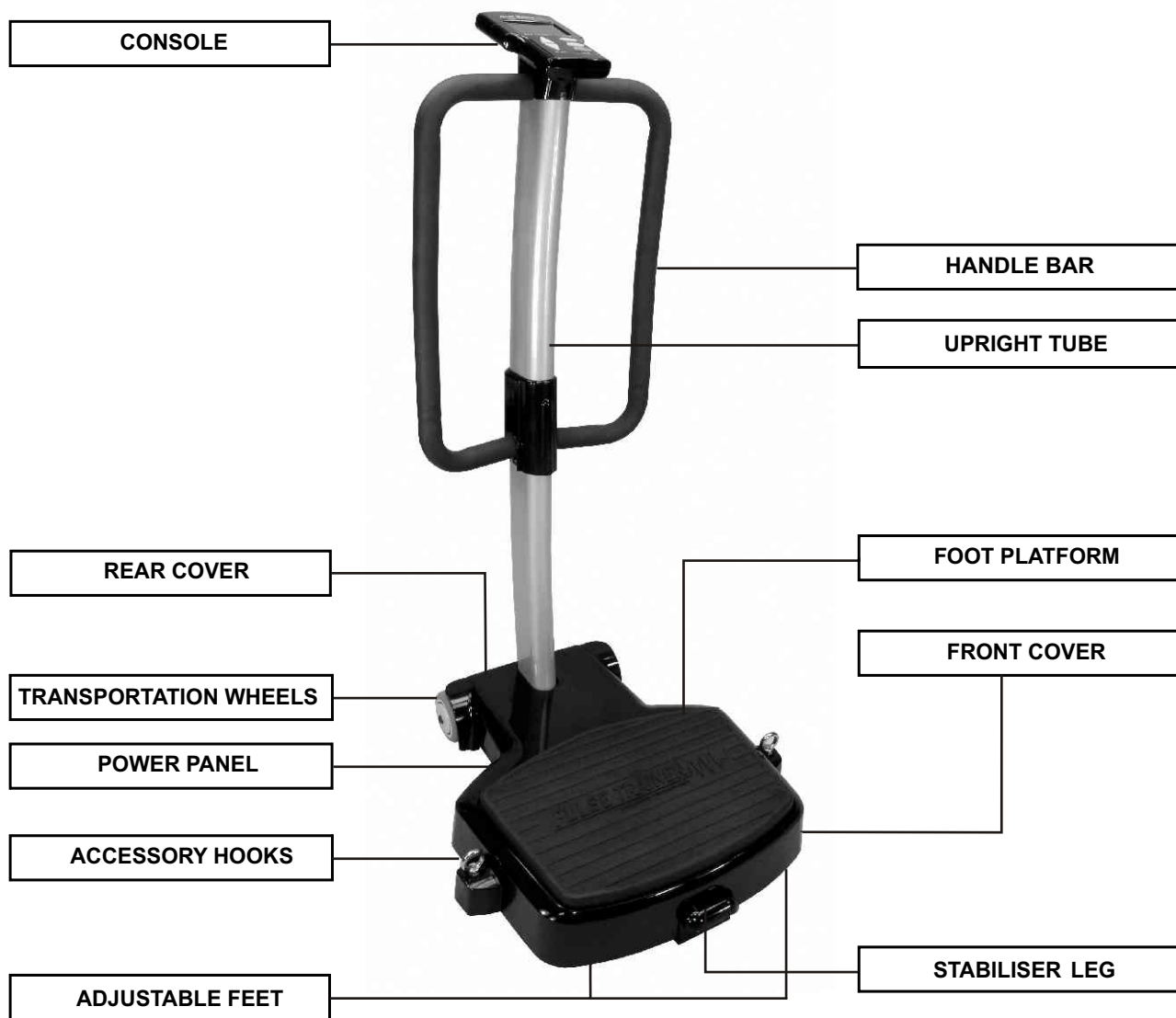
The Pulse Trainer is a vibration machine and like all vibration machines it is important to choose the best location. The Foot Platform vibrates but these vibrating forces are equal and opposite, it's the law of physics and the frame if not fully supported it will also vibrate. The composition of the floor is the main issue. A concrete floor is best regardless of the finish, tiles, wood or carpet. If you have a wooden floor then try and choose a position in the corner of the room, against a wall or over a floor joist. If after choosing the best location you still experience vibrations that are transmitted through the floor there are several things you can do.

1. Use a Frequency that has less resonant. All floors have a resonant frequency (where the vibrations appear stronger) so change the frequency slightly to avoid, as much as possible, the resonant frequency of the floor.
2. Reduce the Amplitude and train for longer. The Pulse Trainer is unique in that it has adjustable Amplitude so you can reduce the Amplitude and increase the exercise Time. If you reduce the Amplitude or more correctly the G Force by half (for example) then double the exercise Time. Refer to the G Force section for details about G Force in the Owner's Manual.
3. If the above solutions do not help to the degree necessary then contact your dealer. We have developed a vibration absorbing plinth designed for the Pulse Trainer to reduce vibration transmissions through the floor. This is especially useful if you live in an apartment building.

PULSE TRAINER SETUP INSTRUCTIONS 1

You have followed the Assembly Instructions and your Pulse Trainer is now fully assembled and ready for use. Before you start using it there are some important information you need to know.

PARTS IDENTIFICATION



IMPORTANT NOTICE

The Pulse Trainer is an electrical appliance and as such it should not be used outdoors or in a wet or damp environment. Keep liquids away from the Pulse Trainer. The Pulse Trainer is not a toy so do not allow children to play on the machine.

POWER CABLE

The Pulse Trainer is fitted with a power cable that is 2M long and this should provide sufficient length to reach the power outlet from your chosen setup location. But if you do require an extension power cable please make sure that the ground/earth connection is not missing (only a 2-wire cable).

POWER PANEL

The Power Panel is located on the left-hand side of the machine. There are two user operable controls on the Power Panel.



PULSE TRAINER SETUP INSTRUCTIONS 2

Refer to Power Panel Photo.

1. **Circuit Breaker.** If there is an excessive amount of current drawn by the motor controller or the motors the Circuit Breaker will be activated. It will pop-out and the machine will not operate even if the Power Switch is "on." If this should occur turn the power off and reset the Circuit Breaker (push the toggle in) and turn on the power. If the Circuit Breaker is activated again contact your dealer. There is nothing else you can do.

2. **Power Switch.** This turns the AC power off and on. The Power Switch will illuminate when the power is turned. If the Power Switch does not illuminate check that the AC power outlet is turned on or if you use an extension power cable check the cable. Always turn the power off when the machine is not in use.

3. **Cable Clamp.** The Cable Clamp clamps the AC power cable. It was firmly tightened at the factory and should not require attention. However, from time to time you can check that the Cable Clamp is fully tightened by rotating the large nut through which the AC power cable passes.



ADJUSTABLE FEET

The two front feet of the Pulse Trainer are adjustable to ensure that all 4 feet are equally in contact with the floor. This is important as we will explain. When you have decided where you are going to use your Pulse Trainer check that the machine is stable. Stand on the machine and hold the handle bar and check for any instability. If you can feel some movement in the frame then you will need to adjust one of the ADJUSTABLE FEET [011]. During production both left and right adjustable feet were fully screwed-in so when you have identified which foot requires adjustment it needs to be rotated clockwise (down) until the machine is stable. If the machine is not stable (all 4 feet equally in contact with the floor) then this could generate unnecessary noise (depending on the type of floor you have).

ACCELEROMETER

An accelerometer is a device that measures G Force. An accelerometer is installed on the Foot Platform to measure the G Force that is directly applied to the body. The output from the accelerometer is fed to the Console and this is compared to the AMPLITUDE setting you have selected. The Console then adjusts the power to the motors so the AMPLITUDE setting is correct at the Foot Platform for your weight. This adjustment occurs during the first 5 seconds after START. Avoid moving during this 5 second period as you would if you were weighing yourself on a set of scales. If you move during this adjustment period and the machine sets the incorrect AMPLITUDE press STOP and START again.

SAFETY STOP

The accelerometer is very sensitive and if an abnormal change in G Force is detected the Console will STOP. If the user steps off the Foot Platform while the machine is running or if the machine is started without someone standing on the Foot Platform the G Force will dramatically increase and the SAFETY STOP will be automatically activated. If you move around too much on the Foot Platform while the machine is running this might also activate the SAFETY STOP. If this happens simple press the START key again and your program will continue.

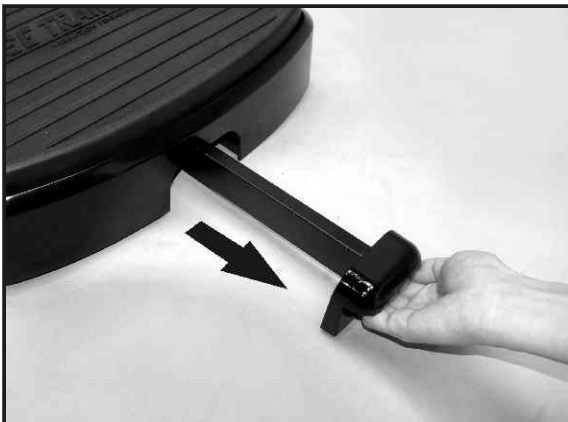
PULSE TRAINER SETUP INSTRUCTIONS 3

TEMPERATURE SENSOR

We have installed a temperature sensor on the motors. If the motor temperature reaches 80°C the machine will stop. To restart the machine you will first need to “reset” the controller CPU by turning the power off and then on again. If the machine stops again check that the fan is still operating. You can easily hear the fan running when the power is turned on. The fan keeps the motors running within acceptable temperature limits. If you cannot hear the fan running then contact your dealer to have a replacement fan installed.

STABILISER LEG

Your Pulse Trainer is fitted with a retractable STABILISER LEG for exercises where your body weight is not directly over the Foot Platform. In the Training Section of the Owner’s Manual there is an indication for each exercise that requires the STABILISER Leg to be extended.



ACCESSORY HOOKS

There is an Accessory Hook located on each side of the Pulse Trainer. These hooks are designed for the Body Straps which is an optional extra. The Training Section of the Owner’s Manual shows which exercises require the Body Straps.

TRANSPORTATION



Your Pulse Trainer is fitted with high quality Transportation Wheels so it is easy to move around in spite of being a heavy machine. To move your Pulse Trainer to go to the rear of the machine and grip the Handle Bar at the top of the machine. Place your foot against the Rear Cover and tilt the machine toward you until the balance feels comfortable. When you have moved the machine to its new location reverse the process to set it upright.

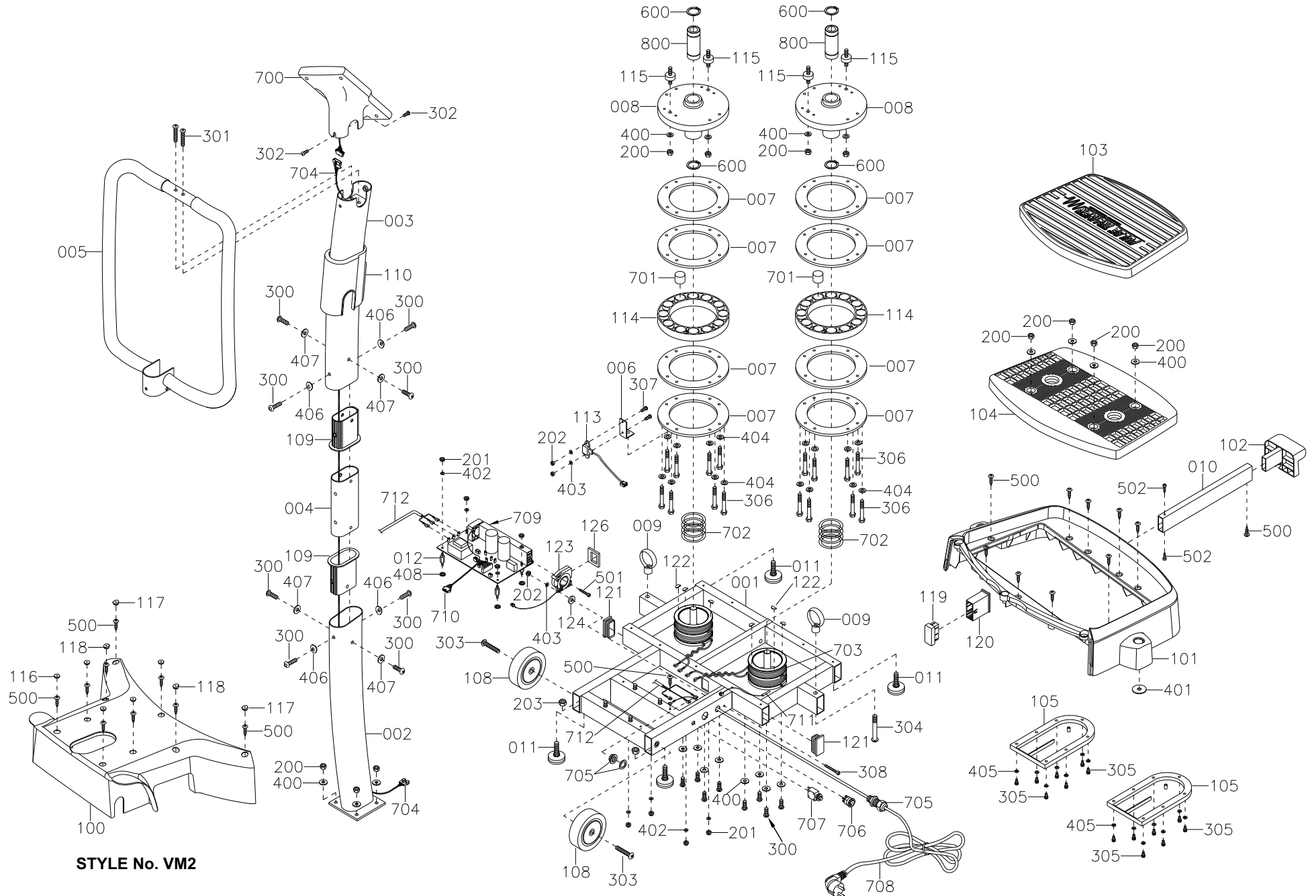
CARE AND MAINTENANCE

Your Pulse Trainer requires no maintenance. However we suggest you keep the machine clean. The TRP MAT [103] can be removed and washed in warm soapy water. Reinstall when dry. The silver paint and plastic parts can be cleaned with a regular furniture polish.

PULSE TRAINER PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	MAIN FRAME	1	300	BOLT	16
002	UPRIGHT TUBE - LOWER	1	301	BOLT	2
003	UPRIGHT TUBE - UPPER	1	302	BOLT	2
004	UPRIGHT TUBE - JOINER	1	303	BOLT	2
005	HANDLE BAR	1	304	BOLT	2
006	SENSOR PLATE	1	305	BOLT	14
007	MOTOR PLATE	8	306	BOLT	16
008	MOTOR SPACER	2	307	BOLT	2
009	EYE NUT	2	308	BOLT	1
010	SLIDER BAR	1	400	WASHER	20
011	ADJUSTABLE FOOT	4	401	WASHER	2
012	PCB STAND OFF	4	402	WASHER	8
100	REAR COVER	1	403	WASHER	3
101	FRONT COVER	1	404	WASHER	16
102	SLIDER CAP	1	405	WASHER	14
103	TPR MAT	1	406	WASHER	4
104	FOOT PLATE	1	407	WASHER	4
105	AIR DUCT	2	408	WASHER	4
108	WHEEL	2	500	SCREW	20
109	UPRIGHT TUBE SPACER	2	501	SCREW	1
110	UPRIGHT TUBE COVER	1	502	SCREW	2
113	SENSOR	1	600	RETAINING RING	4
114	MAGNET HOLDER	2	700	COMPUTER	1
115	VIBRATION ISOLATOR	4	701	MAGNET	24
116	COVER PLUG	5	702	SPRING	2
117	COVER PLUG	2	703	MOTOR STATOR	2
118	COVER PLUG	2	704	COMPUTER CABLE	1
119	SLIDER PLUG	1	705	CABLE CLAMP	1
120	SLIDER SPACER	1	706	POWER SWITCH	1
121	PLUG	2	707	CIRCUIT BREAKER	1
122	SILICONE BUFFER	6	708	POWER CORD	1
123	FAN	1	709	CONTROLLER	1
124	SPACER	1	710	CONTROLLER COMPUTER CABLE	1
126	BLOWER SEAL	1	711	TEMPERATURE SENSOR	1
200	NUT	12	712	PCB POWER CABLE	1
201	NUT	8	800	LINEAR BEARING	2
202	NUT	3			
203	NUT	2			

PULSE TRAINER EXPLODED DRAWING



STYLE No. VM2

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