

# POWER PLUS



**MANUAL INSTRUCTION**

## SAFETY INSTRUCTIONS

**Before you start training on your exerciser, please read the instructions carefully.**

- This exerciser is made for home use only and tested up to a max. body weight of 100 kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Before the assembly, be sure to check if delivery is complete by using the included parts-list.
- For assembly uses only suitable tools and ask for assistance with assembly if necessary.
- Place the exerciser on a flat, stable base, and non-slippery surface. You will need levelling for uneven floor. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
- Make sure before each use that you will have enough space around the exerciser (at least 1 meter ), so that you will not push against walls, furniture, or something like that when exercising
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. **WARNING:** The safety level of this exerciser can be maintained only if it is examined regularly for damage and wear, e.g. connection points, power cord, etc.
- Replace defective components immediately and/or keep the equipment out of use until repair.  
For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning.
- Ensure that training starts only after correct assembly and inspection.  
For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This exerciser is designed for adults. Please ensure that children (under 14) use the exerciser only under the supervision of an adult. Important: Keep unsupervised children away from the exerciser.
- Ensure that those present are aware of possible hazards, e. g. movable parts during training.
- Only one person is permitted to use this exerciser at the same time.
- Do not use this exerciser while eating, drinking, or smoking.
- Do not use this exerciser in case of visible damages on cable or plug.
- User height limit is 195 cm.
- **DANGER :** Always unplug the power cord immediately after use, before cleaning the exerciser, and before performing the maintenance and adjustment procedures described in this manual.
- Never leave the exerciser unattended while it is running.
- This item is not suitable for therapeutic use!
- Please follow the advice for correct training as detailed in training instructions.
- You have to do some warming-up exercises before using this exerciser. Start your exercise slowly and increase intensity of exercise gradually. Follow all points of your exercise instruction.
- Warning: incorrect/excessive training can cause health injuries or death.
- Interrupt your exercises immediately when feeling sick, having pain of breast or joins, heartbeat or any other symptoms.
- Pregnant woman should not use this exerciser or only after having consulted their doctor.
- **Operation time: 10 minutes for each use, then rest 10 minutes in order not to make this exerciser overheat.**

**Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable.**

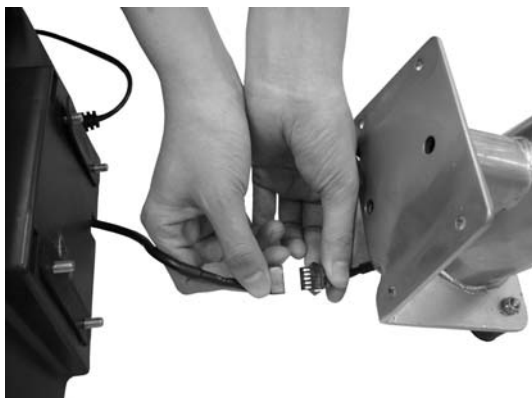
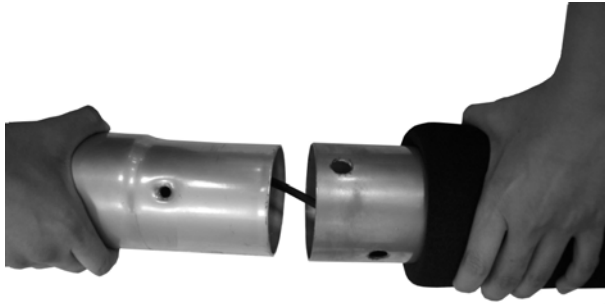
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**All data displayed are approximate guidance and cannot be used in any medical application.**

### Technical details:

Model	: POWER PLUS
Model No	: QF-2008
Power Input	: 230V~ / 50-60 Hz
Power Consumption	: 450 Watt
Max. Load Capacity	: 100 kgs
Net Weight	: 15 KGS

## ASSEMBLY INSTRUCTIONS



### STEP I:

Slide sensor cable through upper and lower front post, assemble both using 3 hexagonal bolts and tighten well. Position foam protector as shown.

### STEP II:

Connect sensor cable as shown and assemble handlebar post onto the housing using the 4 hexagon nuts and washers.



**STEP III:**

Mount the computer to the hold of the handlebar post with the enclosed bolts and connect the computer cable.

## USER INSTRUCTIONS



## Training Instructions

If you have not been physically active for a long period of time and also to avoid health risks you should consult your general physician before starting to exercise.

This bodytoner is a first step to a complementary body conditioning using faradic treatment and cellular toning of your muscular mass. Your body, and very specifically your heart and bloodcirculation, needs time to adjust to more intensive training. Therefore it's advisable to gradually increase the training resistance, and to take breaks regularly. Start training at a pace that makes you feel comfortable, and gradually start increasing the time, resistance and pace. Never start or stop a training program in an abrupt way. Bear in mind you are training at home, so no need to rush, take your time.

**This bodytoning is complementary to a general conditional training, therefore please take the time to read the following training guide, it might help you a lot in improving your allover body condition.**

## OPERATING INSTRUCTIONS

### Switch on

Plug the electrical power into the outlet (230V) and switch on the Power Plus.

(Button underneath the computer panel)

### Manual Function

Push timer to select exercise time: 30, 60 or 300 seconds.

Select vibration cycle speed

Level 0 = off mode

Level 1 to 9 = speed increase

### Auto Function

Push autofunction to select auto vibration cycle program:

A1 = speed level 3 + 5

A2 = speed level 2 + 4 + 6 + 8

A3 = speed level 3 + 6 + 9

Push timer to select exercise time: 30, 60 or 300 seconds.

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to achieve the most efficient training should be followed:

### Intensity

To achieve maximum results the right intensity has to be chosen. The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used:

$$\text{Maximum pulse rate} = 220 - \text{Age}$$

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate.

For your personal training rates please see the attached pulse rate chart.

When starting to exercise you should keep your rate at 70% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

This is a personal orientation value. Consult your physician for professional advise before adapting a heart rate recovery program.

## **Fat burning**

The body starts to burn fat at approx. 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70% – 80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate =  $220 - 52(\text{age}) = 168$  pulse/min

Minimum pulse rate =  $168 \times 0.7 = 117$  pulse/min

Highest pulse rate =  $168 \times 0.85 = 143$  pulse/min

During the first weeks it is advisable to start with a pulse rate of 117, afterwards increase it to 143.

With increasing improvement of fitness the training intensity should be increased to 70% - 85% of your maximum pulse rate.

This can be done by increasing the pedalling resistance, by using a higher pedalling frequency or with longer training periods.

## **TRAINING ORGANISATIONS**

### **Warm-up**

Before every training session you should warm-up for 5-10 minutes.

Some stretching and pedalling with low pedalling resistance will get you started.

### **Warming-up program**

Stretch or flexibility training is vital for a fit and healthy physique. By training your body to become more supple, you will improve circulation and help keep your muscles mobile. The warming-up programme allows you to achieve a supple and well-toned form.

If you have not focused on stretch training before, start with gentle stretches and increase the length or time of the stretch as you become more flexible over time. With a wide variety of fitness items throughout the range, you will always find a product to match your fitness level.

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot or use a treadmill, bike or elliptical strider. Try to include some similar movements that make up your workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

## **Work-out**

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your work out can be calculated with the following rule of thumb:

Daily work-out: approx. 10 min. per unit

2-3 x per week: approx. 30 min. per unit

1-2 x per week: approx. 60 min. per unit

## **Cool down**

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle ache.

## **Success**

Even after a short period of regular exercises you will realise that you constantly have to increase the pedalling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your work out and do not start training too aggressively.

An old saying amongst sportsmen says:

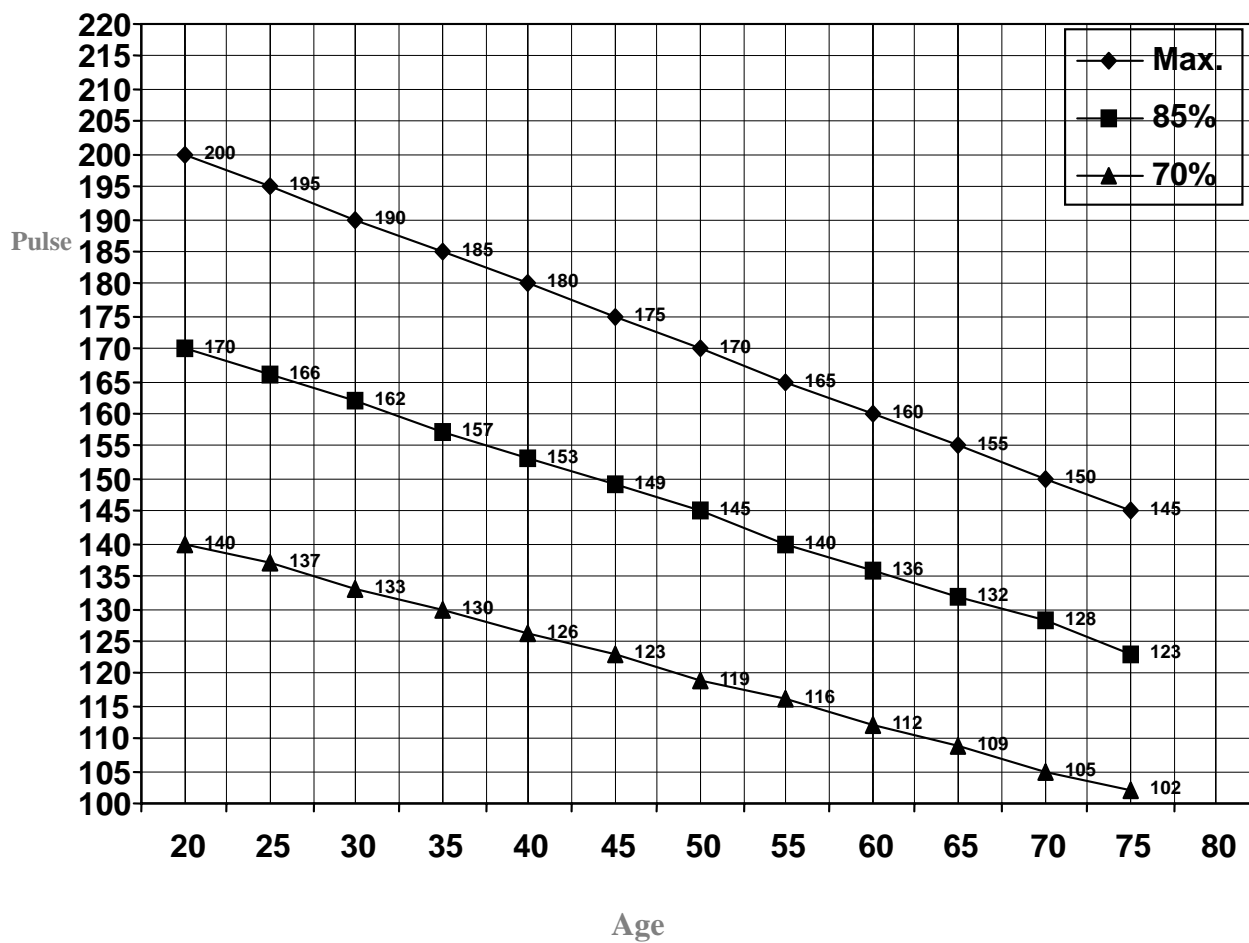
*“The most difficult thing about training is to start it.”*

**Wishing you lots of fun and success with your exerciser.**

All data displayed are approximate guidance and cannot be used in any medical application.

Heart rate displayed is an approximate read-out, and may not be used as guidance in any cardio-vascular related medical or paramedical program.


# PULSE TRAINING



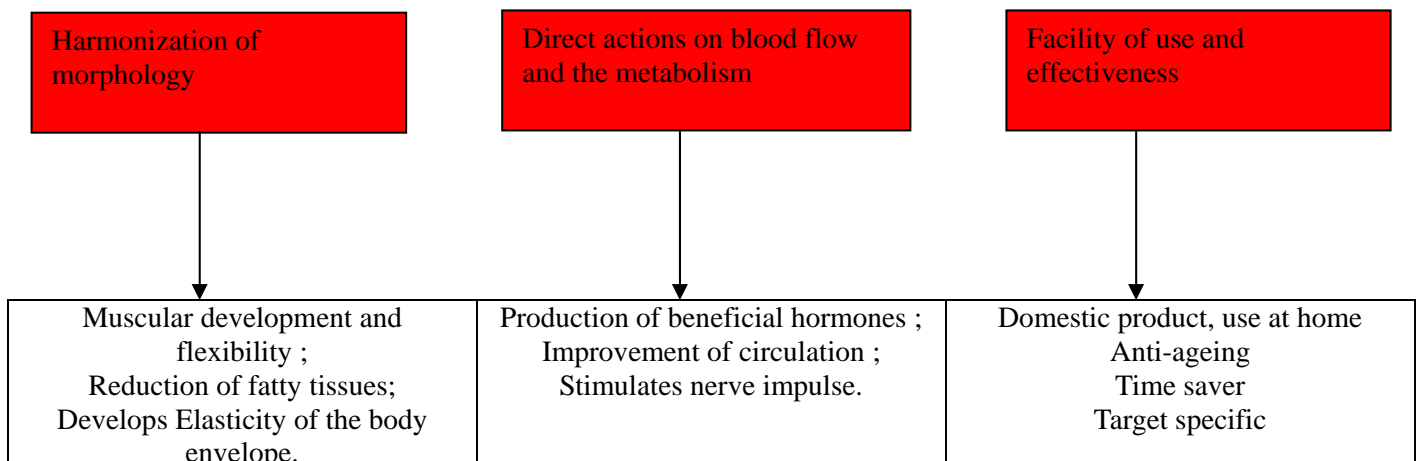
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## ACTIONS AND BENEFITS OF POWER PLUS

<p><b>☞ ① Muscles :</b></p> <ul style="list-style-type: none"> <li>☞ Stretches muscles;</li> <li>☞ Develops the elasticity and flexibility of muscles ;</li> <li>☞ Improves power and resistance of muscles.</li> </ul>	<p><b>③ Bones:</b></p> <ul style="list-style-type: none"> <li>☞ Helps prevent different risks of osseous lesions ;</li> <li>☞ Reinforces the osseous cartilage.</li> </ul>	<p><b>⑤ The nervous system:</b></p> <ul style="list-style-type: none"> <li>☞ Increases mobility the nerve impulse</li> </ul>
<p><b>② The articulations, tendons and tissues of muscle :</b></p> <ul style="list-style-type: none"> <li>☞ Support the flexibility of articulations ;</li> <li>☞ Reinforcement of the articulations.</li> </ul>		<p><b>⑥ The hormones :</b></p> <ul style="list-style-type: none"> <li>☞ Induces the secretion of hormones (HGH, IGF-1) ;</li> <li>☞ Supports the production of testosterone ;</li> <li>☞ Supports production of serotonin and promotes a feeling of wellbeing</li> </ul>
<p><b>④ Abdominals:</b></p> <ul style="list-style-type: none"> <li>☞ Reduces surplus fat in the abdominal region;</li> <li>☞ Supports digestion and helps assimilation by upper and lower intestines.</li> </ul>	<p><b>⑧ Skin:</b></p> <ul style="list-style-type: none"> <li>☞ Facilitates drainage on the capillary vessels and lymphatic system by improving blood circulation ;</li> <li>☞ significant reduction of cellulites;</li> <li>☞ Reinforcement of the elasticity of the skin, helps the production of collagen (anti-ageing).</li> </ul>	<p><b>⑦ Blood circulation:</b></p> <ul style="list-style-type: none"> <li>☞ Supports and improves blood circulation ;</li> <li>☞ Reinforces the metabolic rate ;</li> <li>☞ Reduction of muscular cramps.</li> </ul>

## MAIN POINTS OF THE POWER PLUS



The Power Plus acts on the whole body by consolidating tissues by supporting nerve impulses and reinforcing articulations. It has a direct effect on flexibility reflexes and muscular development these combined actions will improve the bodies mobility. It reduces the formation of fat deposits, there by helping to control expanding waistlines. The Power Plus can target precise zones of the, enabling the user to concentrate on particular problems. The vibration of the trainer also aids blood circulation and the production of hormones.

The effectiveness of the Power Plus makes it possible to significantly reduce the amount of time spent training. Correct usage of the Power Plus will give a time saving of 70% compared with normal workouts.

The vibration techniques used in the Power Plus are long established and used by many professional sportsmen and women including Premier League football teams and N.F.L American Football teams.

The Power Plus is the ideal domestic exercise product suitable for all adults (regardless of age or sex) it will increase blood flow improve circulation help develop and tone muscles it helps the production of beneficial hormones, it brakes down fat deposits and attacks cellulite all in the comfort of your own home.

CONSULT YOUR DOCTOR BEFORE STARTING TO USE THE POWER PLUS  
DO NOT USE WHEN PREGNANT OR WHEN TAKING PRESCRIBED MEDICATION.

## SOME EXERCISES



### Work on the Thighs

*Different positions effect different areas:*

*Position the balls of the feet as above, bend the knees to 45 degrees hold your back straight hold the console handles. Depending on your physical increase the angle of your body position, this will increase the vibration effect on lower leg areas.*



### Knee-bend on One Leg

*Place right foot flat on the platform left foot on the floor pushing forward angle the upper torso at about 60-80 degrees. Reverse leg positions as desired. This exercise is designed for full leg development.*



**One Legged Stand**

*Place your leg flat on the platform. One leg is held up. Reverse leg positions as desired. You can hold the handle to help you to maintain the chest and back straight, and maintain the balance while the head is held up. This exercise is designed for quadriceps.*



**Exercise specific to muscle stretching and flexibility**

*Right foot flat on the platform, left leg positioned as above legs about 30 degrees apart, interlock fingers and press down on left thigh: Alternate leg positions as desired.*



**Exercise for Lower Abdominal**

*Place your forearm on the platform. Stretch your body to make it straight line, back flat.*



**Work of the upper limbs: Deltoids, pectoral chests and Placez triceps.**

*Place both hands on the platform fingers pointing in body and legs positioned straight back from the platform. Raise and lower upper body until shoulders are level with elbows. Keep your back straight and hold the lower position. This exercise can be increased as your strength increases.*



**Muscles concerned:** Pectoral Deltoids, Trapezoid, chests, triceps.

***Adopt the above position palms flat on the platform pointing away from the body; keep your back straight and feet flat on the floor. Using only your arms raise and lower your body adapt the rate of the exercise to suit your physical condition. Pressure can be increased by repositioning your feet until you find the best position to suit you.***



**Work on the abdominal belt**

***Position your body as above make sure your knees are gripping the upright, lock your fingers behind your head .You are now ready to perform basic pull-ups, do one pull-up and Hold back position when you have reached an angle of 90 degrees between your stomach and your thighs.***



***Position your body as shown above. Keeping a straight line from your knees to your shoulders raise and lower your body. This will give you a fantastic ABS BURN if done correctly.***

## MASSAGE AND RELAXATION



*Reclining position, parallel with the machine with the calf posed on the platform and the leg forming an angle of 90 °. You are now in the ideal warm down position after leg exercise, relax let the vibrations work to ease away your aches and pains. Change position for each leg.*



### Calves Massage

*Lie down on the floor and place your calves on the platform. Relax your body; you can also close your eyes.*



### Foot Massage

*Place your body on the floor. Place your legs on the platform flat.*



### Massage of the quadriceps:

*The above position with your ankles locked is one of the most relaxing ever, the vibrations work on the most used muscle groups providing relief at the end of the working day.*



**Stretching position**

*Take up the above position hold your ankles don't, grip let your head flop now RELAX!  
Let the vibrations flow through your body.*



**Upper Arm Massage**

*Lie down sideways in front of the platform without contact. Slightly bend your legs. Place entire arm on the platform. Change sides for variation.*



**Hand Massage**

*Sit down on the front of the Power Plus. Put your hands on the platform, keep your back straight.*



**Relaxation for the back**

*Sit on the platform. You can also first place a pad on the platform before you sit on it. Legs out front, slightly bent. Allow your upper body hang forward with back rounded. For variation, you can perform with back straight.*



**Position Bouddha :**

***A position which needs no explanation. RELAX .....UNWIND.....CHILL.....  
Let the vibrations do the rest, set the rate to your mood and enjoy.***



**Comfortable Sit Down**

***Place a chair near to the Power Plus and sit comfortably. The chair position shall not be too close.  
Place your legs in the middle of the platform, and RELAX. Keep your back straight and head upright.***