



User Manual – ENG

IN 2164 - Vibrating machine inSPORTline Lilly



Maximum weight: 120 kg
HC class (according to standard EN ISO 20957-1) for home use.

Preface

◀ Before you begin ▶ ***Fit Massage*** (CFM for short)

To avoid accident from incorrect operation and reach the desired effects, user should read the following words carefully.

- (1) Make sure your voltage and electric current identify with the parameters of this CFM(220v -240v/50Hz).
- (2) This CFM contains no transformer and do make sure your socket, which definitely sustains 6A current voltage and not be shared by other electrical products, have a ground wire.
- (3) Place the CFM on flat ground.
- (4) No children operate this CFM without adult's guidance or reach it easily.
- (5) Close the CFM immediately with any abnormality and contactus.
- (6) Stop using CFM if there any problem with it, especially something wrong with power-wire.
- (7) Keep away water from CFM.
- (8) Do not touch the machine with a wet hand.
- (9) Do not move the CFM when it is running.
- (10) Cut off the power after each use.
- (11) CFM is not recommended for people who is in jury.
- (12) Smoking at using CFM or exercises on CFM in less than an hour after dinner is not recommended.
- (13) Patients with diabetes or hart-attack or cancer should follow the instructions of a doctor.
- (14) CFM can not be used by pregnant woman or woman on menses.
- (15) No exercises on CFM after drinking.
- (16) No more than 3 times exercise a day. 8 times a day for obese persons at most whereas no more than 20 minutes a time anyway.
- (17) Using CFM for about 10 to 15 minutes after morning get-up and before sleep at night could produce the best desired effects and do drink enough water to help metabolism.
- (18) Handicapped people should not use CFM without help of others.
- (19) CFM designed for home-use only, and we suppose not take the responsibility for the commercial-use.
- (20) Non-professional persons should not open CFM.
- (21) Contact us if you have any question with this CFM and we will response immediately.

Introduction of CFM

◀ Component Parts ▶



◀ Parameters ▶

Maximum Power	Input voltage	Input Power	Speed Range	Amplitude	User Weight Capability	Assembly size	N.W/G.W
1.5 HP	220V/50Hz	300W	50	0-10mm	120Kg	d735Xs695Xh1220	45Kg/49Kg

Happy fitness · Easy slimming

///Fit Massage

Integrate ancient Chinese medical theory and modern medical theory.
Promote metabolism.
Amaze in eliminating tiredness and unwind muscles and shaping the curve of body.

◀ | Features | ▶

1. Rational streamline design and fashionable colors.
2. 3 LED windows for time, speed and fat-scan.
3. Three programs for slimming with fat-scan function.
4. Satisfy various needs by 20 speed options.
5. Stable running with 120KG due to direct current dynamo.
6. Anti-static and over-current protection.
7. Achieve wonderful effects by exercises on CFM.
8. Increase body flexibility.
9. Strengthen organs, tissues, and skeleton without burden.
10. Consume fat by exercises on the whole body brought by shaking.
11. Enhance the metabolism.
12. Help elasticity on the skin and muscles.
13. Novel aerobics.
14. Convenient use CFM at home due to its small size.
15. Eliminate the ache from arthropathy or organ injury.
16. Strengthen the skeleton thence prevent osteoporosis.
17. Fit for the recovery from surgery.
18. Increase the hormone in blood.
19. Prevent fragility from long lacking exercises.
20. Beautify the skin by promoting the metabolism.

Introduction of CFM

◀ | Function | ▶

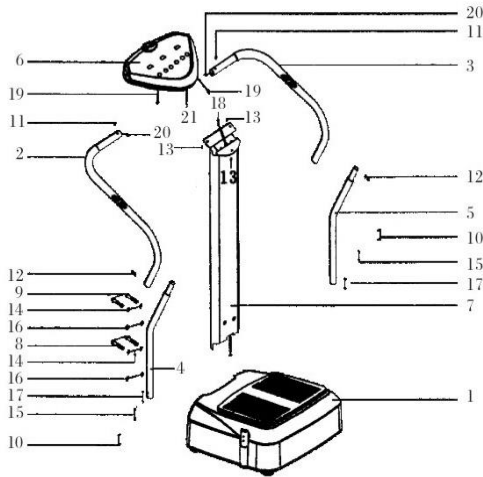
Slimming	Consume the unwanted fat on hip, on waist and on abdomen by vibration and massage. Therefore, polish the skin and reshape the body.
Spur circulation of blood and improve metabolism	With age growing, detrimental stuffs like cholesterol, calcium will deposit in the vein and tighten the interior diameter and stiffen the vein which often ensue high blood pressure and anoxemia even coronary heart disease. Frenquent vibration by CFM spurs circulation of blood therefor spread the vein and dissolve the detrimental stuffs with metabolism and finally evacuate them.
Regulate the neural system	Improve conductive ability of nerve cells, regulate the neural system and mitigate neurasthenic.
Simulte intestine	Refresh you by simulating intestine and cure constipation by massage the points according to ancient chinese medical theory.
Better constitution and enhance immunity	Keep fit without burden and better constitution and enhance immunity by enhancing local circulation of blood.

◀ | CFM VS other similar products | ▶

Comparing characters	CFM	Similar products
Vibrating mode	New Style Shaking	Traditional vibration
Intensity	20 options	No more than 3 options
Vibrating range	Whole body	Plantar
Noise	Quiet	Raket
Gestures	Various	Restricted
Effects	Beffering constitution, strengthening muscles, slimming, regulating the neural system exercise means whole body exercise	Train the Plantar muscles only

Assembly

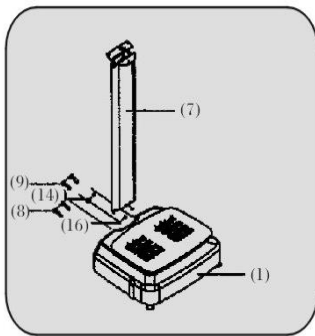
Parts



No.	Parts	NUM	No.	Parts	NUM
1	Cover	1	12	Corsing screws(M5X10)	4
2	Left tube	1	13	Corsing screws(M6X10)	3
3	Right tube	1	14	Spring mattress(M8)	4
4	Left handrail-tube	1	15	Spring mattress(M5)	4
5	Right handreil-tube	1	16	Washer(M8)	4
6	Console	1	17	Washer(M5)	1
7	Support tube	1	18	Signal cable A	1
8	Socket head screw(M8X20)	2	19	Fat-sensor B	1
9	Socket head screw(M8X60) half	2	20	Fat-sensor A	2
10	Crossing serews(M5X10)	4	21	Signal cable B	2
11	Screw (M8X40)	2			

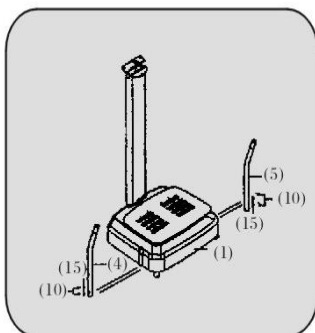
Steps

STEP 4



1. Lay the pedestal on even ground.
2. Connect the signal cables of support tube(7) and the wire from pedestal(1).
3. Lock them with socket head screw (8) (9), spring mattress(14), washer (16) as in the picture.

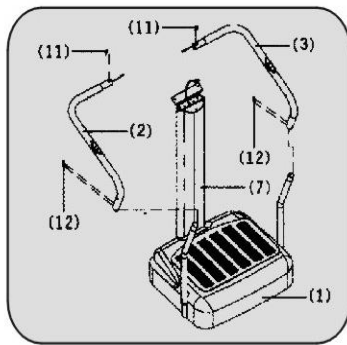
STEP 4



- Instert tubes (4)(5) into the holes on pedestal(1) and lock them with cross-screws(10), spring mattress(15).

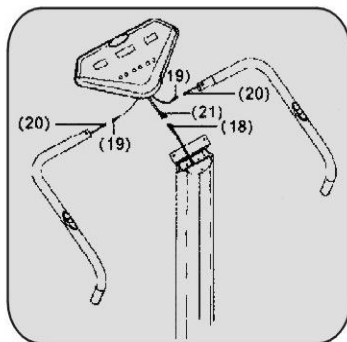
Assembly

▶STEP3◀



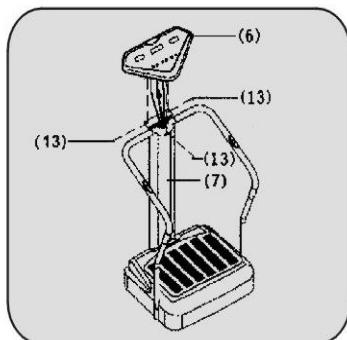
Connect the tubes(2) (3) with tubes(4) (5), and fix them with screws (12), lock one end of the tubes(2) (3) with screws (11) onto support tube(7).

▶STEP4◀



Connect signal cable (18) (21) connect fat-sensor A(20) with sensor B(19), put other wires into the support tube(7).

▶STEP5◀



Fix the panel(6) on the tube(7) with screws(13).

Operation

◀| Operation |▶

1. Locate on the CFM, press start/stop button to activate it.
2. Operate the button as illustrated.
3. If you stand on the CFM, we advise you to move your feet outward a little for the distance between your feet is relevant to the effect of use.
4. If you take other gestures to use the CFM, we advise you to activate the CFM first. For you may feel difficult to press the start button or you could have your family to give you a hand.
5. Do not use the CFM for more than 20 minutes for your health.



Make the machine in cline backwards, take advantage of a situation to move forward



Programs setting
Speed of programs
FAT VALUE FOR REFERENCE

Programs setting

Type	Exercise cycle	Exercise time	Speed
Common fitness	1-3 times/day	5-20 mins	Average speed
Losing weight	4-8 times/day	10-20 mins	Lower speed

speed of programs

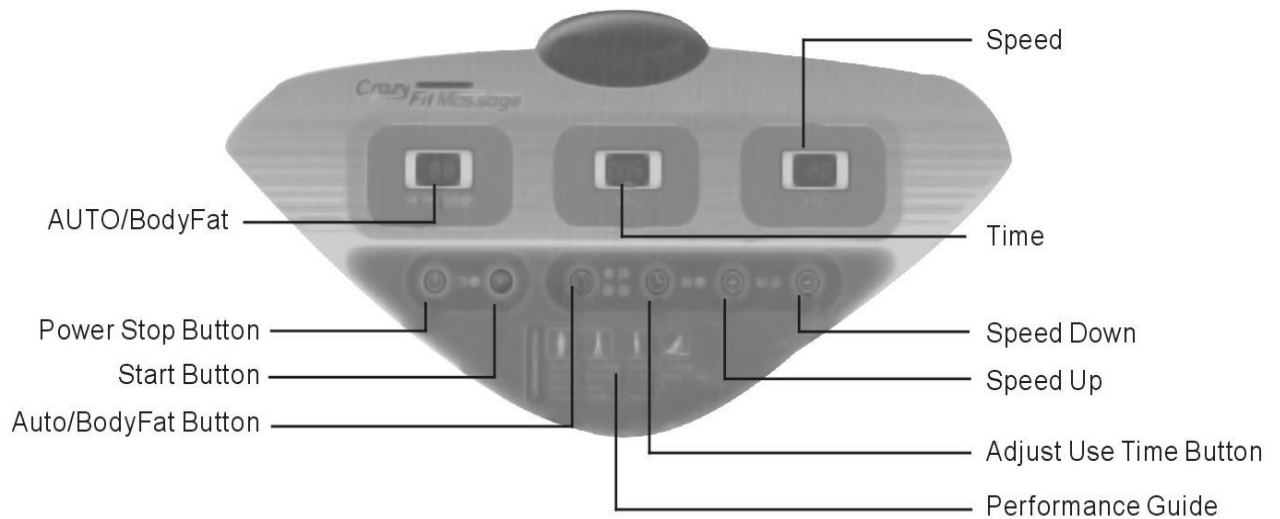
NOTE The figutes showed on the chart are power intensity

Program	10MINS	9MINS	8MINS	7MINS	6MINS	5MINS	4MINS	3MINS	2MINS	1MIN
P1	2	4	6	8	10	12	14	16	10	6
P2	1	2	3	4	5	6	14	10	8	6
P3	4	10	4	10	4	16	4	16	4	10

Fat value for reference

Gender	TOO LOW	NORMAL	TOO HEAVY
FEMALE	<17	17-27	>27
MALE	<14	14-23	>23

Operation



Console Operation Guide

⏻ ⏻ Button start/stop: this button controls power operation.

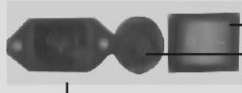
Ⓐ Auto/Body fat: After turn on the power, user can switch programs between auto-massage and manual-massage (from P1, P2 to P3) or calculate body fat index by BMI program. By pressing this button, the console window will display 88-P1-P2-P3-1; 88 means manual program. User can set up the speed figure by considering body conditions and personal habits. P1, P2, P3 are auto-programs, which would not change without a hand while running. Steps of fat scan: Press button BMI and choose 1 and set gender, ages, height, weight, you get the result. "1" means entering program BMI.

After pressing button time, user can set up personal figures. By "+" or "-", user should choose a gender mode first. 1 for men and 2 for women. After setting gender, user could set up age by pressing button time. The original age setting figure is 20. And set a figure with actual one is strongly recommended. The original set figures of height and weight are respectively 170cm, 70kg, also adjustable. Pressing button time and the window will display "--" after all figures set. Merely holding the fat sensor, user get the BMI result in about 5 seconds.

⌚ Time: Maximum time for using is 10 minutes.

⊕ ⊖ Speed: Press button "+" or "-" to adjust work out intensity and personal body value.

● How to use the power switch



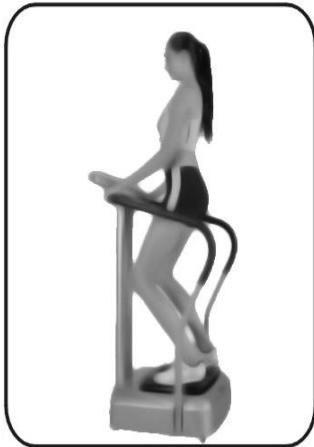
Power Switch: ON/OFF

General Power Fuse: If the electric current of machine is overload, the power will be turned off. Only when you push the resetting key, you can turn on the power again.

Power socket: plug the receptacle plug into power socket till it is tight enough.

How to use

◀ Illustration ▶



Motion 1

Feet on the plate, hands hold the handlebar and being the state of knee-bend.



Mainly train the part of back, hips and legs.

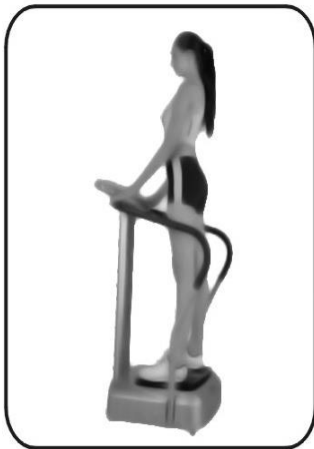


Motion 2

Sit on the plate, fold your legs, hands hold on the handlebar.



Mainly train the part of legs muscles, shoulder, waists muscles and stomach.

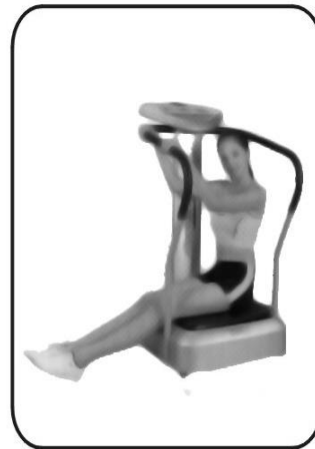


Motion 3

Feet on the side, hands put on you toes. Knee only slightly bended. Stomach muscles flexed.



Mainly train muscles of back and of arms.



Motion 4

Sit on the plate, hands hold on the handlebar, keep legs straight.



Mainly train the part of legs muscles and waists.



Motion 5

Stay with one foot on the plate and another on ground; hands put on waists.



Mainly train the part of waists, stomach muscles and thigh.



Motion 6

Feet on the foot on the plate and another on ground hands hold on the handlebar.



Mainly train the part of waists, stomach muscles and legs.

How to use

◀ Illustration ▶



Motion 7

Stay with one foot on the plate and another keeps straight, lay down your back on ground, hands put on the ground and keep straight.



Mainly train the part of legs, thigh and hips muscles.



Motion 8

Squat down on the ground, hands put on the plate, body be the state of lying prone.



Mainly train the part of legs muscles, shoulder, arms and upper body muscles.



Motion 9

Feet on the plate, hands put on ground, body be the state of lying prone and keep balance.



Mainly train the part of shoulder, chest, arms and upperbody muscles.



Motion 10

Body lay prone on the plate, put legs on the main support tube, hands put on ground.



Mainly train the part of thigh, chest, hips and all body muscles.



Motion 11

Stay one hand on the plate and squat next to the item.



Mainly train the part of legs muscles, hands and shoulder.



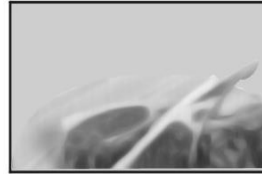
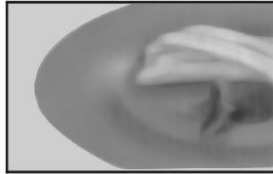
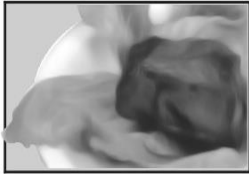
Motion 12

Feet on the plate, body lay on ground, hands put on ground.



Mainly train the part of thigh and hips muscles.

Healthy diets



Diet for obese persons

Principles

1. Good control of sugar and calories.
2. Good supply of protein, 50 to 75g per day.
3. Restricting the taking of tallow.
4. Good control of the taking of carbohydrate, no more than 150 to 250g per day, take more foods rich with coarse-fibred like corn, buck wheat, etc.
5. Good supply of vitamins and mineral materials from fresh fruits and vegetables.
6. Cuisine: preferring steamed foods, stewing and acetarious foods than frying food or saute foods.
7. Regular meals and exercises on CFM everyday, get rid of snack, dessert and sweet soft drink.

Inappropriate foods

Foods contain rich carbohydrate. For example, candy, cookies, breads, rice, yellow wines, etc. Fatty foods like butter, tallow, almond, cream, pea-nut, ham, etc.

Notes:

Calorie doesn't mean nutrition are inappropriate. The key for shaping your body is about how to balance nutrition. For example, a good daily nutrition includes calories, vitamins, inorganic salt, protein, mineral stuffs, etc.

Appropriately taking water

Indeed, 8 to 10 glasses of water help your metabolism and beautify your skin but bloat your body as well.

Appropriately having breakfast

Having fresh fruits every morning rather than juice helps digestion, which should not be neglected.

Expel the gas

Avoiding inhale a lot of gas by chewing gums all the day, which help prevent your body from bloating. As the same, eat more fruits like grapes instead of frying food or fatty food.

Carbohydrate

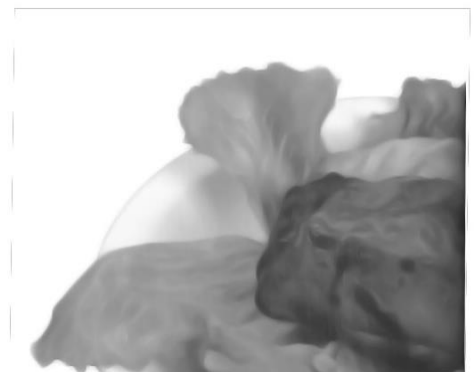
Foods like pizza, Italian noodles add your weight. The less food like them, the better.

Keep away from salt

Various cookies and snacks are obvious the causes of over-weight. Do pay heed to ingredients of the snacks and cookies before you buy them.

Deny alcohol

Much alcohol makes you feel thirsty and you will have to drink more water which bloat your body as told above.



Others

◀| Maintenance |▶

Regular maintenance not only elongates the life of CFM but also helps safeguard your body.

- (1) Tighten all the screws of the CFM in every two months.
- (2) Keep fire and liquid away from the CFM.
- (3) Mop the CFM with a soft piece of dry clothes after use after using.
- (4) Pull out the plug when the CFM left idle.

◀| Trouble shooting |▶

NO	Problems	Solution
1	Chink when running	Tighten the screws and even the four cushions
2	No display on windows	Check up the power
3	Display on windows but motor won't work	Voltage might be too low
4	CFM not vertical toward the ground	Regulate the four cushions under pedestal



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