

Organicare

Technologie Medicale



instruction manual

FOR VIBRANT LIVING

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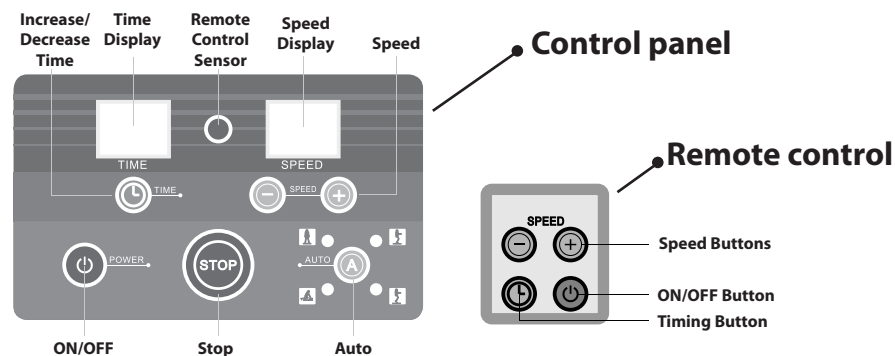
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Operating Instructions

Setting up your machine

1. Place the Reviber Plus on a flat surface. On hard surfaces this is especially important as the motion of the machine will make a noise on an uneven surface.
2. For at least the first time of use you should ideally place the machine next to something that you can use to help you balance, such as a chair.
3. Make sure that you place the machine so that you will be facing the control panel when using the machine.
4. Attach the two resistance bands – one to clip on each side.
5. Attach the power lead.
6. Turn the power on at the back of the machine.

We recommend before stepping onto the machine that you familiarise yourself with the running of the machine, the remote control and the control panel. Practise using both the remote control and the large control panel to stop and start the machine using the following steps:



7. To start the machine press the Power button on the large control pad or the remote control. To stop the machine press the Stop button on the control pad or the Power on/off button on the remote control.
8. To increase or decrease the length of time of the exercise session press the Timing button on the control pad or the remote control. To increase or decrease the speed of the machine press the Speed increase/decrease button on the control panel or on the remote control.

Product Specifications

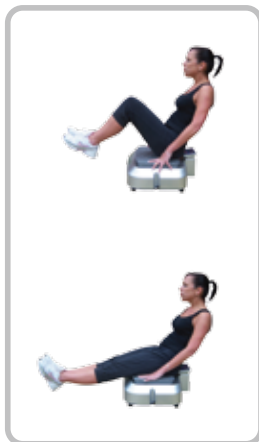
Dimensions: 62cm x 50cm x 18cm (h).
Voltage: 240V
Amplitude: 0 - 12mm
Frequency: 0 - 30Hz
Rated Power: 500W
Weight: 27kgs.
Maximum Load: 200Kgs / 31.5 Stone

Guarantee

This product meets the highest quality standards and is CE marked. This guarantees the Reviber Plus to be free from defects in material and workmanship, covering both parts and labour from the date of purchase. The owner must show proof of purchase.

Conditions of Guarantee:

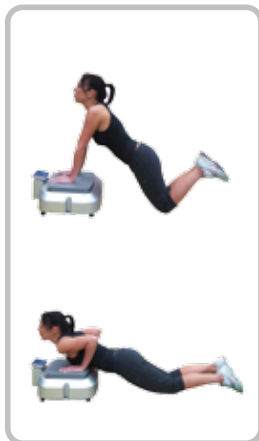
1. This guarantee only applies providing the product has been used in accordance with the manufacturer's recommendations.
2. The product has been used under recommendation of the manufacturer and all reasonable care taken, in agreement with the company.
3. Does not cover damage, malfunction or failure, resulting from misuse, neglect, abuse or use other than that for which it was designed.
4. No repairs, alterations or modifications have been attempted, other than by an authorised service agent, dealer or the company.
5. No additional liability is taken pursuant to this guarantee for the cost of travel or transportation of the product or parts to or from the service agent, dealer or company.



Abdominals

Simply standing on the machine exercises your abdominals but for an additional exercise you can switch between these two positions. Try to keep your back straight.

Maximum Time: 2 minutes
Recommended Use: 1 minute
Maximum Speed: 8



Arm & Shoulder Massage

With your knees on the floor, place your hands on the platform. To increase the intensity of the exercise you can lower your body closer to the platform (keep your back straight).

Maximum Time: 2 minutes
Recommended Use: 1 minute
Maximum Speed: 8



Leg Massage

Rest your calves on the platform. Turn your feet outward for a deeper massage.

Maximum Time: 5 minutes
Recommended Use: 2 minutes
Maximum Speed: 8

The machine has 15 speeds. When using for the first time, use only for a few minutes and at no higher than speed 10.

Beginning the Exercise Programme

9. Using the timer button on either the remote control or control panel, adjust the time to three minutes (up to 15 minutes once you are well practised with the machine).
10. In the following pages you will find suggestions for a variety of exercises – including simply standing on the machine. With the machine switched on but not running, step onto the machine in flat rubber-soled shoes or without footwear.
11. Using the remote control, start the machine – controlling the machine with the speed buttons. For the first time, use speed 7 as a maximum.
12. We advise no more than 15 minutes use during any exercise session, this can be done 3 to 4 times per week. You may use the machine daily but keep the sessions short.
13. The Reviber Plus will stop when the time has counted down to zero or when you press the stop button.

How to use the Auto Programme

1. Choose the highest speed setting that you wish to use during your exercise programme.
2. Press the Auto button; the machine will now automatically reduce speed to setting 1.
3. The machine will now increase from speed setting 1 up to your chosen highest speed over a period of three minutes.
4. After three minutes the machine will emit a beeping noise and then decrease the speed back to speed setting 1. At this point you can change your exercise position should you wish.
5. This pattern repeats for another 3 minutes, then 2 minutes, and then a further 2 minutes, until the 10-minute auto-programme is complete.

Contraindications:

Do not use within 30 minutes of eating a meal. Do not use if you are pregnant or have suffered from acute thrombosis conditions, a brain haemorrhage, cardio-vascular disease, have a pacemaker fitted, spondylosis, tumours, or have recently fitted hip and knee replacements, metal pins, bolts or plates. Not to be used by children under the age of 12. If you have diabetes or are unsure whether or not you should use the Reviber Plus then please consult your doctor, as you should before beginning any exercise programme.

Do not allow children near the machine when the power is connected.

How to use the Reviber Plus

Please read the Operating Instructions section of this instruction manual before using the Reviber Plus. In order to improve your posture and balance, you should ideally not hold on to anything while standing on the machine; nevertheless, even though the vast majority of people need no support, we recommend that you place the machine next to a chair at least for the first time that you stand on it.

Select which exercises you prefer from the options below. We suggest you start a session in a standing or squatting position, and finish a session with a mix of stretch positions and a calf massage. If you are standing on the machine when it stops, then stay on the platform for 20 seconds until you regain your equilibrium.



Standing - Exercises Legs, Buttocks & Core Muscles

Simply stand on the platform and have your knees slightly bent. This position exercises the legs, buttocks, and all of the core muscles. As you increase the speed, you will feel increased movement through your pelvis, abdominal muscles, lower lumbar muscles, and up into the lateral muscles in your back. Just relax, do not push against the platform, the machine does all the work for you.

Maximum Time: 10 minutes
Recommended Use: 3 minutes



If you prefer, you can hold the upper body resistance bands which aids stability and gives you the opportunity to exercise the upper torso and arms.



Squatting

Stand on the platform with your knees bent. This will lessen the stimulation of the upper body and concentrate the effects more on the calves, thighs and buttocks.

Maximum Time: 10 minutes
Recommended Use: 3 minutes



Chest Exerciser

Holding the bands, and with a minimum of waist movement, pull one hand across your torso to target the pectoral muscles for toning the chest. Alternate arms.

Maximum Time: 10 minutes
Recommended Use: 3 sets of 10 repetitions, (one rep includes both a left and right movement), over 5 to 10 minutes.

How to use the Reviber Plus



Torso Twist

With your feet facing forward, twist from the waist while holding both bands near the chest. Unless under instruction, do not do this exercise if you have suffered knee problems.

Maximum Time: 10 minutes Maximum Speed: 5
Recommended Use: 3 sets of 10 repetitions, (one rep includes both a left and right movement), over 5 to 10 minutes.



Arm Curls

One of the best exercises for toning the arms and usually done with both arms at the same time. Start with both hands by your sides, and bending at the elbow raise your hands with your palms facing up.

Maximum Time: 10 minutes
Recommended Use: 3 sets of 10 reps, over 3 to 10 minutes.



Front Raise Usually done one arm at a time, this exercises the whole of the upper body, the shoulders in particular.
Lateral Raise Pull the bands out to the side to form a cross, this will exercise the shoulder muscles and the lateral muscles in your upper back.

Maximum Time: 10 minutes
Recommended Use: 3 sets of 10 repetitions of each exercise, to be done over a 5 to 10 minute period.



Stretch & Hold

Raise your hands above your head and hold the position for 5 seconds. Relax and repeat. These can be done with or without the machine running.

Maximum Time: 1 minute
Recommended Use: 1 minute
Maximum Speed: 8



Hamstring & Calf Stretch

Gently stretch the hamstrings and hold for 5 seconds. Relax and repeat. These can be done with or without the machine running.

Maximum Time: 1 minute
Recommended Use: 1 minute
Maximum Speed: 8