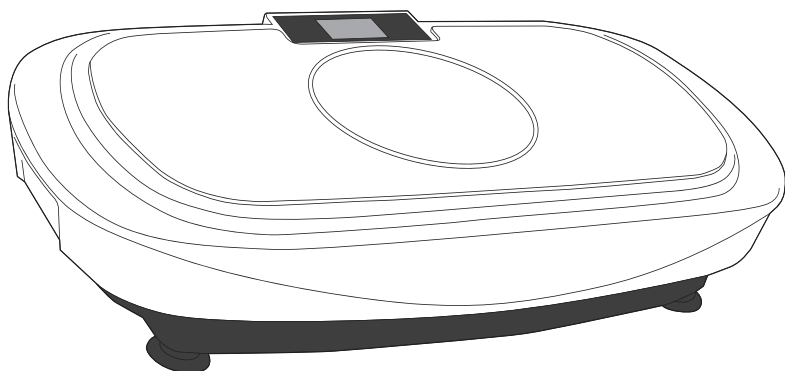


BACKplus[®] PRO FITNESS PLATFORM 4D

MANUAL



Redfern
Home + Health

Please read this manual carefully before using the product

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SAFETY PRECAUTIONS

People with the following conditions should consult their physician before use:

- Do not use when feeling unwell.
- Who suffers from heart disease.
- Do not wear jewelry or belts when using.
- Who suffers from neck, backbone injury or disease.
- Who is suffering from bone fragility, especially on the backbone.
- After surgery.
- Who is pregnant or shortly after delivery or in a period of monthly illness.
- Who is suffering from osteoporosis.
- Who is suffering from blood circulation problems or thrombosis.
- Who is undergoing medical treatment or feels some physical abnormality.
- Have a history of heart problems.
- Who has injuries, diseases due to illness or accident.
- Who has some abnormality or deformity of limbs or backbone.

Do not let water enter the product or splash near the surface of the product.

Water contact with electricity is dangerous. Do not leave the product in a humid environment (such as in the bathroom or shower room or next to swimming pool).

Before connecting the product to the power supply, check that the product voltage and supply voltage are the same.

Product is not intended for use by the disabled, sensory or mentally impaired persons (including children), unless there is supervision or guidance by the people responsible for their safety when they use the product.

If the plug, power cord or product itself is damaged, do not use the product.

In order to prevent the risk of electric shock, do not open the product outer cover.

Children should not use this product. Product is not a toy.

Do not use the product if unit is damaged or if there is a mechanical or electronic failure.

Only use or place the product in accordance with the instructions in this user manual.

Do not use this product in high temperature conditions or beside hot objects.

Do not destroy, bend, stretch, twist or tie the power cord. Damaged power cord can cause fire or electric shock.

Do not use the product while under the influence of drugs or alcohol.

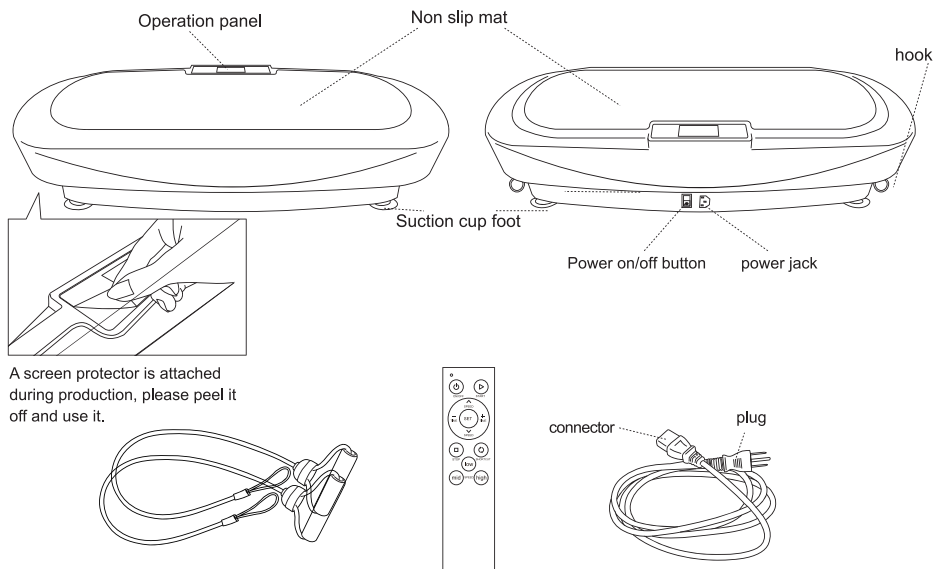


Maximum User Weight is 325lbs.

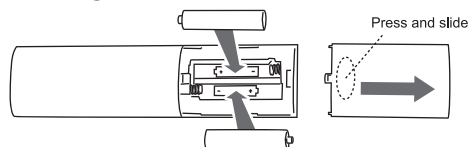
CONTENTS AND SETUP

Front

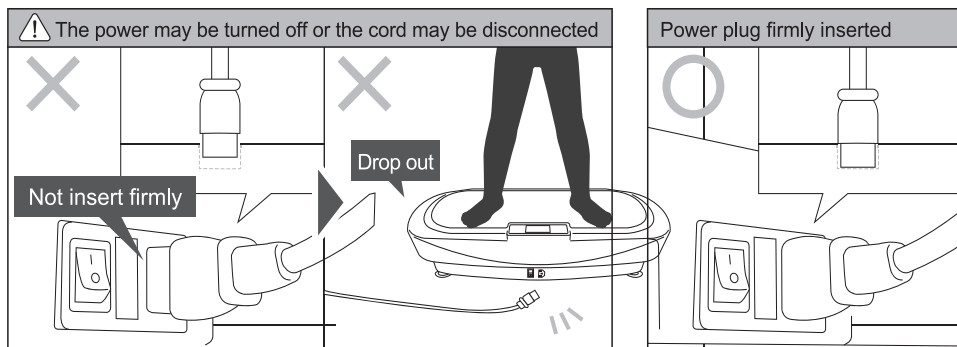
Back



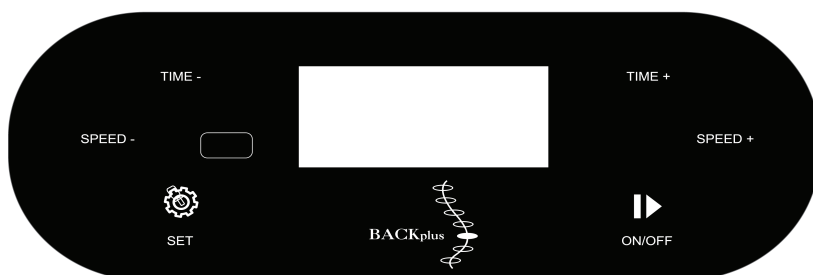
BATTERY INSTALLATION



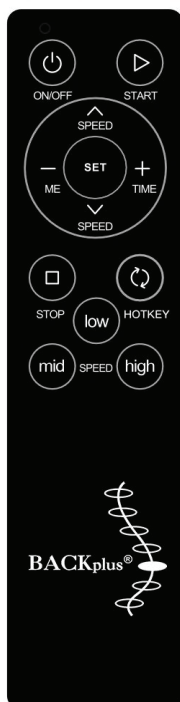
BATTERY INSTALLATION



OPERATION PANEL and REMOTE



Remote Control



① TIME (+)	Increase the setting time. (Up to 35 minutes)
② TIME (-)	Reduce the setting time (Minimum 1 minute)
③ SPEED (+)	Vibration speed (number of times) increases. (1 - 20)
④ SPEED (-)	Vibration speed (number of times) decreases. (1 - 20)
⑤ SET	Every press[Oscillation(H)]→[Linear(L)]→[Micro Oscillation(U)]→[Oscillation and Linear(HL)]→[Oscillation and Micro Oscillation(HU)]→[Linear and Micro Oscillation(LU)]→[4D Vibration(4D)]
⑥ START / STOP	Start / stop operation.
⑦ HOTKEY	Every time the hotkey button is pressed, it changes in the order of 10 → 20 → 30
⑧ LOW	Set the vibration speed to 30. (Can be changed after pressing the start button)
⑨ MIDDLE	Set the vibration speed to 60. (Can be changed after pressing the start button)
⑩ HIGH	Set the vibration speed to 90. (Can be changed after pressing the start button)
⑪ ON/OFF	Power ON / OFF ※
⑫ START	Start operation.
⑬ STOP	Stop operation

※ It will not operate unless the power on/off button is turned on.

※ The power button on the remote controller is in the role of sleep mode. To turn off the power completely, turn off the power on/off button.

SETTING A WORKOUT TIME AND SPEED

You can set a custom workout duration of 1-20 minutes, in one-minute increments, while in standby mode. Once you begin the manual workout, you cannot adjust the workout time.

COMMON PROBLEMS/SOLUTIONS

Common faults	Solutions
Unit will not start.	Confirm that the host, power cord and power outlet is turned on.
Unable to operate remotely.	Check if the main unit switch is turned on. Check if the remote control battery has run out.
Stops suddenly.	Check if the remote control battery is in correct direction.
Unit tilts after stopping.	Normal part of unit operation.
Power does not turn off by pressing the power button on the remote control unit or the main unit.	Turn off the main switch when turning off the power.
Unit movement during operation.	No weight is on unit while under operations, causing the unit to move. Unit is to be run with person on it.
Touch screen is slow to respond.	Cover the illuminated area on the touch screen completely and touch it lightly. <div data-bbox="703 710 985 837" data-label="Image"> </div>

PRESERVATION

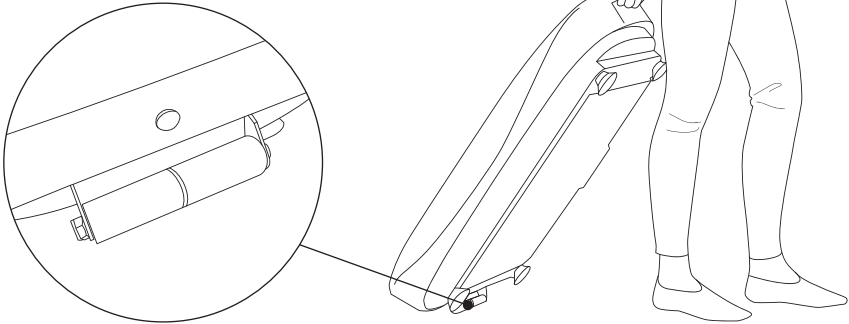
- Remove the power plug from the outlet, move and store.
- Keep the storage place in a well-ventilated area free of direct sunlight with low humidity.
- Please keep in a place free of dust and dirt.
- Please keep out of reach of infants and children.
- When storing for a long time, remove the battery of the dedicated remote controller.
- If you store for a long time, please cover with vinyl etc. so that dirt and dust do not adhere.

MOVING UNIT SAFELY

If you want to move this product within a short distance, you can roll it by putting a caster attached to the bottom of one side of the machine on the floor.

※ Please be sure to take measures against scratches on the floor.

Also, when transporting from a room to another room, lift it up with 2 adults.



CLEANING

- Please go with the outlet unplugged.
- Please wipe the dirt with a soft and dry cloth.
- If the dirt is severe, please wipe it with a soft, dry cloth after wiping the dirt with a towel that has been wet and moistened with water.
- Do not use thinner, benzine, alcohol, petroleum solvents or chemicals. It may cause damage, deterioration of parts or discoloration.
- If dust or dirt is found in the body gap, remove it by sucking it with a vacuum cleaner. If left unchecked, heat may build up, causing troubles or accidents.

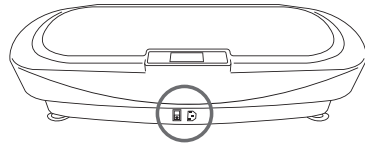


Maximum User Weight is 325lbs.

INSTRUCTIONS

1 Power on/off

Connect the power cord to the body and plug the outlet.
After plugging in, turn on the power button.



2 Preparation

Stand on the machine and operate the operation panel or remote controller.



Press "Time Up / Down" to set the time between 1 and 35 minutes.

Vibration speed starts from 01 for safety. If you want to change it, press "Speed up / down" during operation to adjust.

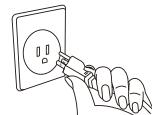


3 Start

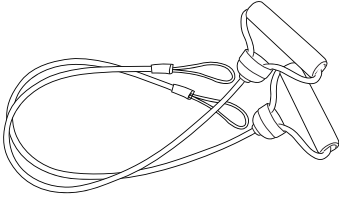
The machine starts working when you press "Start". If you want to change the vibration mode during operation, press "Setup". If you want to change the vibration speed, press "Speed up / down" to change.

4 After use, unplug the power cord

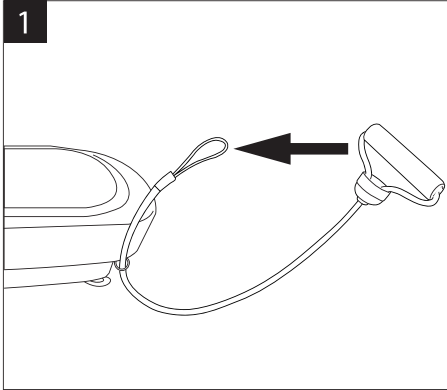
When the set time is over, or pressing the stop button stops the operation. After use, turn off the power on/off button and unplug the power plug from the outlet.



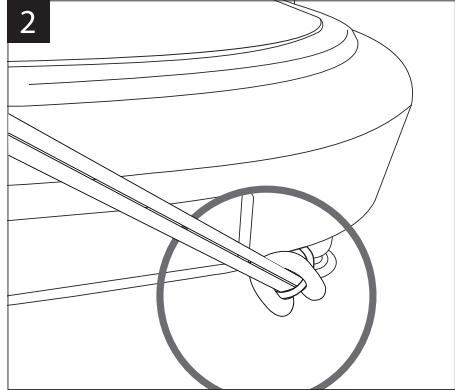
RESISTANCE BANDS



It comes with a resistance band for training. While using the machine, you can train the inner muscle effectively by pulling back the band slowly and repeatedly.

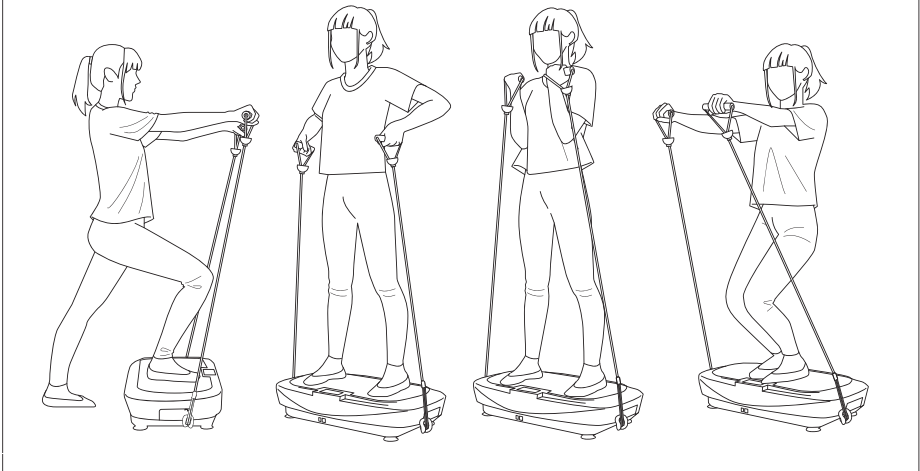


Check the positions of hooks on both sides of the machine body, so that the resistance band can be attached successfully.



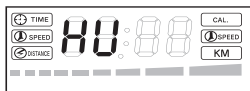
Attach the resistance band to hooks on both sides and check if it can not be pulled out.

Training examples when using with resistance band



VIBRATION MODES

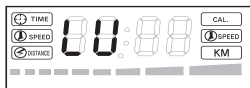
Oscillation & Micro Oscillation Mode



It's a vibration mode which combines Oscillation and Micro oscillation mode.



Linear & Micro Oscillation Mode



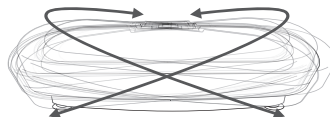
It's a vibration mode which combines Linear and Micro oscillation mode.



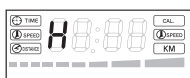
4D vibration



It's a vibration mode in which vertical, lateral, high speed micro vibration are all performed simultaneously.

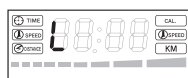


Oscillation Mode



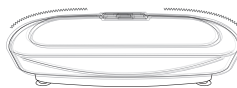
It is a vibration mode in which the up and down move alternately vertically.
In addition to shaking the whole body, I concentrate and stimulate my stomach and back, Sometimes called "shaker type".

Linear Mode



It is a vibration mode in which moving laterally parallel to the ground.
In addition to shaking the whole body, buttocks and thighs, it is a vibration mode that is easy to stimulate.

Micro Oscillation Mode



It's a vibration mode which shakes at high speed. Recommended for those who are concerned about blood circulation and swelling.

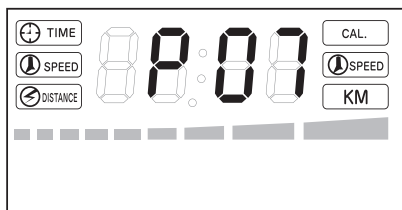
Oscillation & Linear Mode



It's a vibration mode which combines Oscillation and Linear mode.

PROGRAM OPTION

Program mode is a mode in which vibration speed is switched automatically every minute in 10 minutes.



Press "Set" several times to display the desired program number (P01 to P16) on the screen.

The program mode starts with the "Start" button.
(The program mode can not change the time, vibration mode, vibration speed.)

After 10 minutes, the program speed will gradually decrease after the program mode is finished.
You can also exit at any time with the stop button.

MODE \ TIME		10 minutes / 10 mode									
		10	9	8	7	6	5	4	3	2	1
H	P01	2	4	6	8	12	15	10	8	6	4
	P02	5	10	20	10	20	10	20	10	20	10
L	P03	10	20	60	20	60	20	60	20	60	20
	P04	40	85	75	65	25	95	75	60	70	80
U	P05	2	4	6	8	12	15	10	8	6	4
	P06	5	10	20	10	20	10	20	10	20	10
HL	P07	10	20	60	20	60	20	60	20	60	20
	P08	40	85	75	65	25	95	75	60	70	80
HU	P09	2	4	6	8	12	15	10	8	6	4
	P10	5	10	20	10	20	10	20	10	20	10
LU	P11	10	20	60	20	60	20	60	20	60	20
	P12	40	85	75	65	25	95	75	60	70	80
AL	P13	2	4	6	8	12	15	10	8	6	4
	P14	5	10	20	10	20	10	20	10	20	10
	P15	10	20	60	20	60	20	60	20	60	20
	P16	40	85	75	65	25	95	75	60	70	80

Vibration speed

TRAINING EXAMPLES

The vibration machine can be expected to be effective just by basic standing, but by combining stretching and other actions you like, you can stimulate the area more efficiently.



Basic upright



Squat



One foot balance



Forward bending



Calf stretch



Core training



Arm training

TRAINING EXAMPLES



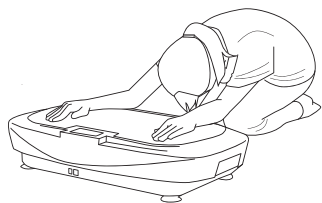
Ham strength stretch



One-length squat



Side range training



Shoulder stretch

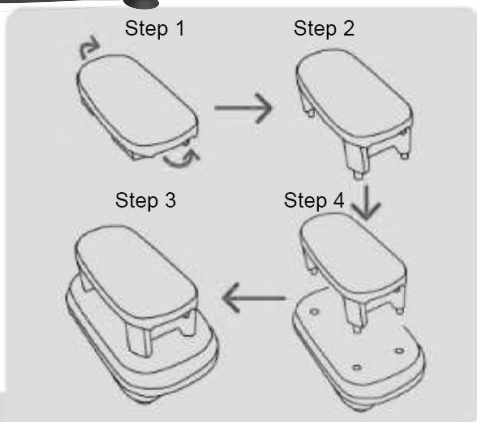


'V' abdomen stretch

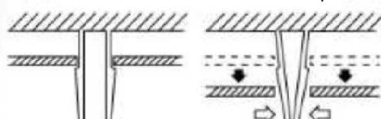


Hip stretch

EXTENSION BENCH OPTION



About the connection part



Locked status

Press the unlock button
with two fingers

Careful not to clip fingers.
Press firmly when unlocking

The bench can be installed on the Pro Fitness Platform for use. After installing of bench, you can sit or use the platform in other positions.

Installation of stool:

1. Break the support at bottom of the stool outward, and the bracket of the stool will be locked after breaking into place. Please ensure stool is facing in correct position.
2. Align the fixing column of the bench with the fixing hole of the Pro Fitness Platform and insert it.
3. When not in use, step on the Pro Fitness Platform and pull out of stool.
4. Hold down locking mechanism to fold back the bracket during storage.

When expanding and folding take care to avoid pinching fingers.

Always keep balance to avoid falling.

Do not lift Pro Fitness Platform by holding the extension bench. Please hold main unit when moving.

1 Year Limited Warranty

This product is warrantied for 1 year from the original date of purchase, against defects in materials and/or workmanship when utilized for normal household use.

During this period if the unit is proved defective it will be repaired or replaced at the discretion of the service technician.

The unit shall be returned, by original purchaser, freight prepaid with proof of original purchase date and \$49.99 return shipping/handling charges included. Redfern Enterprises does not accept C.O.D.'s and will not reimburse for any fees associated with the return or shipping of the item.

This warranty does not apply to any defect arising from a buyers misuse, negligence, failure to follow instructions, use on current or voltage other than that stamped on the unit or repairs not authorized by a Redfern Ent. technician will null and void the warranty.

If you believe that your product is defective, contact Redfern Enterprises Customer Services Department:

CANADA

101-127 Commercial Drive,
Calgary, AB T3Z 2A7
TF: 1-877-387-7770 (Toll Free)
info@redfernent.com www.redfernent.com

UNITED STATES

4168 N North Pecos Road, Ste 102
Las Vegas, Nevada, 89115
1-877-462-5757 ext. 1 (Toll Free)
infous@redfernent.com www.redfermentus.com

Obtain a return authorization number (RA Number) and bring in or send prepaid to the Service Center with proof of original purchase date, and prepaid return shipping of \$49.99. See contact info above for RA request information.