

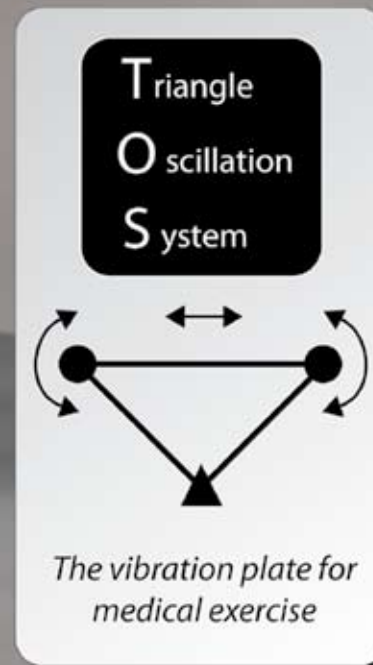
K-1 Whole Body Vibration Exercise Positions

Hold each position up to two minutes depending on your fitness level. Rotate through various positions during the week to obtain overall toning.

■ Core Muscle Group Exercises
■ Focused Muscle Exercises
■ Intensified Focus with Straps
■ Massage Positions
 L&R indicates reverse pose for opposite side muscle group.

Lower Body		Thigh & Abs		Total Upper Body		Pelvic Bridge		Back & Upper Body		Standing Abs	
Calves		Lower Back		Latissimus Dip		Triceps Dip		Shoulder Press		Lunge	
Calf Stretch		Adductor Stretch		Ab Crunch		Lower Extremities		Calf Raise		Deep Squat	
Sit Up Twist		Lower Abs		Side Crunch		Lateral Abs		Shoulders & Neck			
Chest (Pectoralis)		Triceps		Extensor/Radialis		Deltoids		Pecs/Ext. Oblique		Biceps	
Abductor Massage		Hamstring Massage		Calves Massage		Quadriceps Massage		Upper Body Relaxer		Back Relaxer	

K1 Platinum



Apply decals in location shown.



Note: Decal may not be shown actual size.

If decal is missing or illegible call the number located below and request a free replacement decal.

This manual includes instructions for basic features of the K-1 Platinum. For additional information and answers to frequently asked questions about K-1 Platinum visit www.K1WholeBodyVibration.com or call (602) 485-3621.

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K-1 Platinum User Manual

Welcome to Whole Body Vibration

Welcome to Whole Body Vibration

History:

The concept of Whole Body Vibration was developed for the Russian Cosmonauts in an effort to combat muscle atrophy, bone density loss, and blood clotting during extended periods of exposure to zero gravity. Decades of research and endorsements indicate that this innovative machine produces effective results. The motion of the vibration platform causes the brain to tell the muscles to actively contract to maintain equilibrium. Scientists first discovered the positive effects that vibration technology had on strengthening muscles, increasing flexibility, and improving bone density, further research indicated that vibration therapy may provide many other benefits in a variety of areas.

Technology:

The Noblerex K-1 Platinum Whole Body Vibration Machine provides isometric anaerobic exercise through the use of whole body vibration. The Noblerex K-1 Platinum improves upon this vibration by utilizing the Triangular Oscillating System (T.O.S.). The Triangular Oscillating System provides a gentle rocking motion rather than just up and down movement as a way of reducing the impact on joints and ligaments. There is a substantial difference between T.O.S. and "piston" or "tri-planar" vibration used by many other vibration machines that can cause stress to those areas. The T.O.S. utilized by the K-1 Platinum generates systematic involuntary muscle contraction with less G-force than the piston driven tri-planar systems, designed to cause less stress on the joints and ligaments. This pleasant rocking motion creates a therapeutic and muscle toning workout. This unique Triangular Oscillating System provides all the benefits of whole body vibration with minimal risk of damage to the body, making it a safe and efficient source of exercise, wellness, and therapy.

Features:

A remote control is included with the Noblerex K-1 Platinum for ease of use personally or with trainer assistance. There are three auto settings for beginning, intermediate and advanced users along with ten manual settings for more specific intensity adjustment. Hand straps are included for additional upper body workout options. The Noblerex K-1 Platinum Whole Body Vibration Exercise Machine is commercially rated and can be used for extended periods of time in clinical or health club type settings, yet it is compact enough to be used at home.

Usage:

Maximum results are achieved with just 10 minutes of vibration exercise at least three times per week. Using the Noblerex K-1 Platinum Whole Body Vibration Exercise Machine for 10 minutes is considered to be equivalent to approximately 60 minutes of resistance training, or working out at the gym. Over 80 different exercises can be produced by making minor adjustments to body positioning making the K-1 Platinum one of the easiest and most convenient ways to get in shape and maintain good health.

K-1 Platinum User Manual

Warnings and Precautions

For your protection, please read these safety instructions completely before operating the K-1 Platinum and keep this manual for future reference.

Contraindications for K-1 Platinum Whole Body Vibration Machine:

- Acute Hernia, Discopathy or Spondylosis
- Acute Thrombosis
- Artificial Joints (recent)
- Epilepsy
- Head Injuries, Known Neurological Conditions
- Pacemaker and Implantable Cardioverter Defibrillator
- Poor Samato Sensory Receptor on Feet Planar Surfaces
- Pregnancy
- Pulmonary Embolism
- Recent Wounds from an Operation or Surgery
- Recently Placed IUD's, Metal Pins, or Plates
- Retinal Detachment, Known Retinal Conditions
- Serious Cardiovascular Disease
- Severe Migraines
- Tumors (cancerous)
- Type I Diabetes

WARNING: Read and follow all instructions and warnings and obtain proper instruction prior to using this equipment. If you have any of the conditions listed above please consult a physician or physical therapist before using the K-1 Platinum. This device may not be suitable for all users. Strong vibration affecting the neck and head can occur when using positions other than standing, consulting a physician for approval is recommended. Misuse of this machine may result in serious injury. Keep children away from this equipment. If you feel any unusual pain or discomfort, discontinue use and consult your physician. User weight must not exceed 330lbs.

CAUTION: Place equipment on a level surface to avoid damage, breakdown, and/or excessive noise. Do not expose the K-1 Platinum unit to rain or moisture. When the K-1 Platinum is not used for an extended period of time, remove the power plug from outlet.

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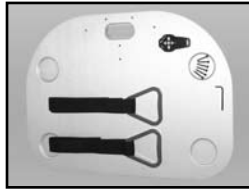
Package Contents and Assembly

The K-1 Platinum consists of 4 main parts and hardware. Check carton for parts and hardware before assembly. Package contents include:

Parts



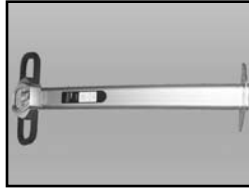
1–Vibration Plate



1–Floorboard



1–Remote Control



1–Handle Stand

Hardware



6–Bolts



1–Hexagonal Wrench

Complete assembly instructions included in the introductory DVD.

Assembling the K–1 Platinum

1. Place the Floorboard on a flat even surface.
2. Connect the floorboard and the handle stand by inserting the handle stand into the handle stand harness located on the floorboard. Make sure the exercise pictures/remote cradle between the handle is facing the floorboard. Slide the handle stand completely down until it stops.
3. Insert and tighten the 6 bolts into the stand using the hexagonal wrench provided.
4. Place the vibration plate onto the floorboard by aligning the rubber cones to each corresponding indent on the floorboard.
5. Once the assembly is completed, connect the power cord to the outlet. When power is first connected to the K-1 Platinum, the machine will produce a beeping sound accompanied by the LED lights indicating TIME and SPEED blinking left and right. This indicates that the K-1 Platinum is in standby mode.

K-1 Platinum User Manual

Program Mode and Recommended Usage

Program Modes

The K-1 Platinum has two modes of control, **Auto** and **Manual** which can be adjusted at any time during operation.

Manual Mode: This mode lets the user choose a combination between vibration intensity and operation time. Time and Intensity can be controlled by using the Remote Control or the Operation Board.

Auto Mode: This mode provides the user with a choice between 3 different exercise programs, each with a varying degree of vibration intensity (speed) and time. Each mode has a programmed pattern of speed and vibration intensity that fluctuates throughout the programmed exercise time.

Auto Mode 1 fluctuates between intensity levels 1 and 5. Auto Mode 1 is recommended for anyone and is suggested for beginners.

Auto Mode 2 fluctuates between intensity levels 1 and 7. Auto Mode 2 is recommended for intermediate users.

Auto Mode 3 fluctuates between intensity levels 1 and 10. This is the most intense auto program available on the K-1 Platinum. It is highly recommended that only users who are familiar with the K-1 Platinum use this program.

Recommended Usage

The recommended use of the K-1 Platinum is a minimum of three times per week for ten minutes each session beginning with Auto Mode-1, and a maximum of two 10 minute sessions per day at any level (minimum 3 hours rest between sessions). Most users achieve maximum results exercising 4 to 6 times per week for one 10 minute session per day. Start with the minimum usage, and then you may gradually extend usage time and frequency, depending on your personal physical condition and comfort level.

The K-1 Platinum will automatically return to standby mode after 10 minutes of use or any manually programmed time up to 10 minutes. The time of use is set at ten minutes every time the power is turned on or off. If you choose to exercise less than ten minutes at a time, you must manually change the time.

The K-1 Platinum rated operation time is 10 minutes with a maximum user weight of 330lbs.

In commercial settings, it can be used for up to 8 hours per day.

Always step onto the vibration plate and find a comfortable position before turning the power on.

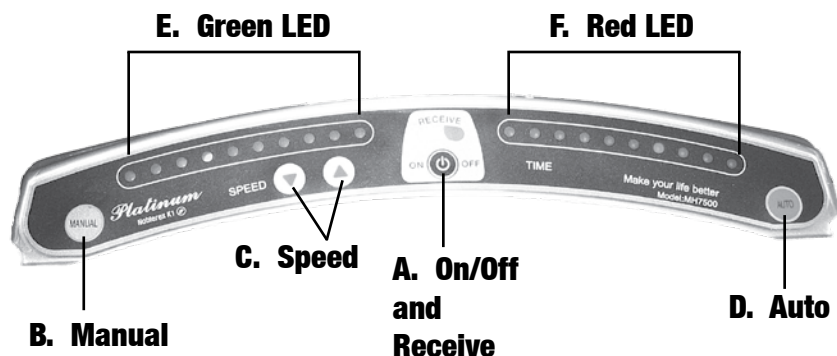
K-1 Platinum User Manual

Operating Board Functions

Using Your K-1 Platinum

You may operate the K-1 Platinum with either the Operation Board (on the vibration plate) or with the Remote Control.

Operation Board Functions

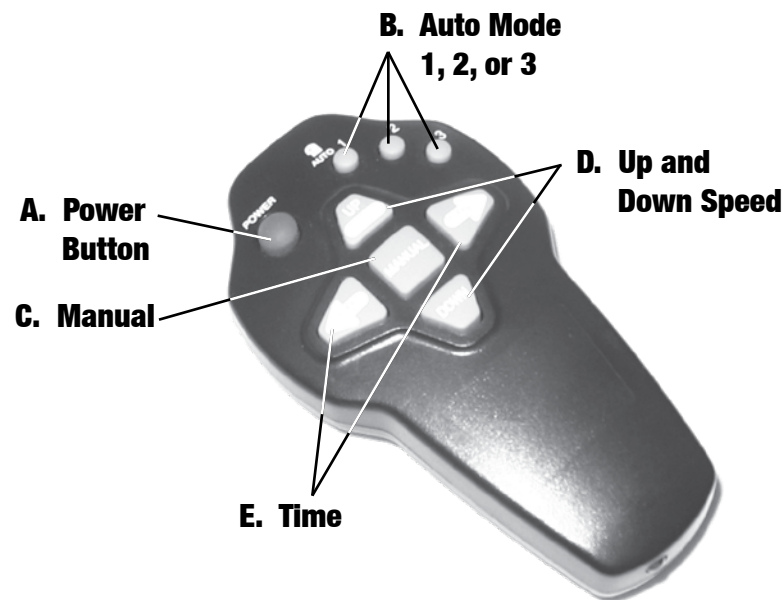


- A. On/Off and Receive** - Power button and remote control receiver turns the machine on and off. The remote control receiver is located directly above the power button. The remote control uses infrared technology so it is important not to cover or obstruct the receiver area while using the K-1 Platinum. When the power is turned on, the K-1 Platinum will always begin at its default setting of Auto Mode 1 for a 10 minute session.
- B. Manual** - Converts the K-1 Platinum from Auto Mode to Manual Mode.
- C. Speed** - Two buttons control the speed/vibration intensity of the K-1 Platinum. Press the arrow up button to increase by one level, press the arrow down button to decrease by one level. Speed/intensity cannot be modified in Auto by the green LED lights (E).
- D. Auto** - Converts the K-1 Platinum from Manual mode to Auto mode. Auto level 1, 2, or 3 can be selected using the Remote Control.
- E. Green LED** - Displays the current speed/vibration intensity of the program. Speed is measured from left to right on a scale of 1 to 10, 1 being the slowest (least intense), 10 being the fastest (most intense).
- F. Red LED** - Displays the operating time of the current program selected. Time is measured from left to right with each LED light representing one minute. The machine is designed to operate on 10 minute cycles, however time can be manually modified by using the Remote Control. The LED lights will turn off one by one as each minute passes during operation.

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Remote Control Functions

Remote Control Functions



- A. Power Button** - Turns the machine on and off. When the Power is turned on, the K-1 Platinum will always begin at its default setting of Auto Mode 1 for a 10 minute session.
- B. Auto Mode 1, 2, or 3** - See Program Modes and Suggested Usage, page 4
- C. Manual** - Converts the K-1 Platinum from Auto mode to Manual mode.
- D. Up and Down Speed** - Two buttons control the speed/vibration intensity of the K-1 Platinum. Press "Up Speed" to increase by one level, press "Down" to decrease by one level. Speed/intensity cannot be modified in Auto Mode, only in Manual Mode. Intensity level is indicated by the green LED lights on the Operation Board.
- E. Time** - Two buttons control the time by minute that the K-1 Platinum operates. Press "Time (arrow left)" to decrease the time by one minute. Press "Time (arrow right)" to increase time by one minute.

It is recommended that the user choose 5 exercise positions for each 10 minute session. Hold each position for 2 minutes during the exercise session for maximum results. Individual exercise programs will vary. Try several of the different positions and various speed levels. You will then be able to create a workout routine that is best for you. The following five positions are standard exercises recommended for every beginner. If, due to physical limitations, only a basic standing position is possible, start with shorter sessions in order to determine an appropriate workout routine. The benefits of the K-1Platinum are still extraordinary even with the most simplistic usage.

Additional Exercise Positions

The back cover shows a further variety of exercise positions. Some are more advanced and some are for physical therapy or massage purposes. Try a variety of positions to determine what works best for you. Consult a physician or physical trainer if you are uncertain of how to target specific areas. Refer to page 2, Warning and Precautions, for user safety.



Exercise Position #1

Stand in a comfortable posture, legs straight with soft knees. Position feet shoulder width apart, rest both hands gently on the handle, hanging relaxed by your side, or resisting against Handle Straps; look straight ahead.

Muscle Focus: Strengthens the core muscles and the lower body. This position is recommended as a warm-up before utilizing other positions. Use of the Handle Straps will add stimulation to the arms.



Exercise Position #2

Bend the knees slightly as though attempting to sit in a chair, with both hands holding the handle, or the Handle Straps. Keep back as straight as possible with head looking directly forward.

Muscle Focus: Lower body (legs, hamstrings, thighs), abdomen and other muscles strengthen, knee joints, and ankle joints strengthen. Use of the Handle Straps will add stimulation to the arms.

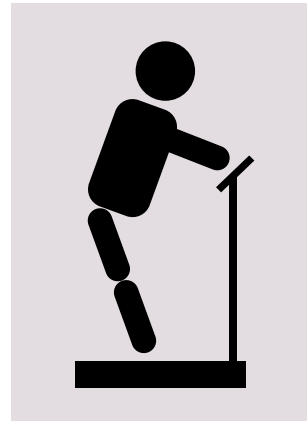


Exercise Position #3

Those with Back injuries/pain should use CAUTION with this position.

Holding the handle (but without pulling with excess force) stand with feet shoulder width apart, bend at the knees keeping the hips and waist straight, creating a leaned back position.

Muscle Focus: Lower body (legs, thigh, and hipbone), waist, and back muscles are strengthened.



Exercise Position #4

Holding the Handle (but without pressing with excess force) stand with feet shoulder width apart, knees straight, hips pressed back creating a forward bend in the waist.

Muscle Focus: Abdominal and core muscles are strengthened.



Exercise Position #5

Facing the opposite direction of the K-1 Platinum, sit on the vibration plate nearest to the outer edge as possible. Place both palms on the vibration plate naturally. Keep the knees at 90 degrees with sole of the foot flat on the ground.

Muscle Focus: Arms, shoulders, and abdomen strengthened, as well as metabolism assistance, and intestinal movement. More advanced users can lift feet off of the floor for a more intense abdominal workout.

Benefits of Whole Body Vibration

The K-1 Platinum enables users to experience a relatively simple and convenient method of exercise. Maximum benefits are achieved with just 10 minutes of use per day. The Noblerex K-1 Platinum Whole Body Vibration Exercise Machine is designed for Fitness, Health, and Therapy.

For Fitness:

Vibration exercise is an excellent alternative to traditional exercise with benefits including increased muscle mass, improved circulation, flexibility, range of motion, balance, and mobility.

Lose weight more effectively by increasing lean muscle mass. Studies show that increasing lean muscle mass makes the body more fuel efficient by burning more calories throughout the entire day; not just during a workout. The more calories the body is able to burn, the higher the potential is for dramatic weight loss.

With whole body vibration, hundreds of muscle contractions per minute create an invigorating workout designed to increase lean muscle mass and firm muscles to create an overall effect of a more toned, firm, and healthy body. Using the Noblerex K-1 Platinum Whole Body Vibration Exercise to tone muscles and increase lymphatic drainage may help fight off cellulite while the improved circulation induced during vibration therapy may be able to tighten the skin.

The imbalance caused by the gentle rocking vibration of the TOS is designed to increase flexibility, range of motion, balance, and mobility.

For Health:

Increase bone density with whole body vibration exercise as it was originally designed to do by one of the world's leading space programs. There have been worldwide scientific studies completed on whole body vibration systems that indicate high success rates in treating osteoporosis. The potential for an increase in bone mineral density while using the Noblerex K-1 Platinum is a viable solution to prevent further bone loss and to help combat osteoporosis.

An increase in circulation and lymphatic drainage may help to cleanse toxic buildup from the body and increase oxygenation in the blood. The multiple muscle contractions per second create an increase in blood circulation and movement in the lymph system. Increased circulation, lymphatic drainage, and increased muscle strength may reduce pain and stiffness and alleviate symptoms of fibromyalgia, arthritis, and other pain.

Whole body vibration has been known to help facilitate natural hormones and nerve delivery substances, showing an increase in serotonin while decreasing cortisol, a hormone produced by stress. Elevated serotonin helps to create a feeling of wellbeing, while the decrease in cortisol may reduce 'belly fat' caused by stress.

For Therapy:

Neuromuscular reeducation is possible in applicable situations, such as with MS, CP, or after a stroke. Seeking advice from a physician familiar with whole body vibration exercise therapy is recommended.

Elevated levels of HGH have been indicated with use of vibration therapy. These elevated levels have been shown to help the body heal and repair after injury or surgery. The Noblerex K-1 Platinum may also help in treating athletic injuries, as well as providing a sports massage effect, due to the hormone secretion ratio that is involved with growth and recovery.

Model No. MH7500

Product Size: 31"W x 23"D x 50"H
(including handle stand)

Product Weight: 98 lbs.

110V (International units available)

Rated Power Consumption: 150W

Commercially rated for 8 or more hours of use at a time

Maximum user weight: 330 lbs.

Specifications

G-force:

At speed level 1

up: -0.14G

down: 0.14G

up & down: 0.28G

At speed level 10

up: -0.37G

down: 0.37G

up & down: 0.74G

Maximum moving distance:

14mm (each side)

Frequency Rating

Level	Cycles/ min	Hz
1	424	7
2	540	9
3	720	12
4	840	14
5	960	16
6	1,140	19
7	1,260	21
8	1,380	23
9	1,560	26
10	1,680	28

Product Warranty Certificate

Product Name	Noblerex K1
Model Number	MH 7500
Date of Purchase	
Warranty Period	1 year from date of purchase
Service Period	5 years from date of purchase
Customer Name	
Customer Address	
Seller / Distributor	
Address of Seller	
Tel. of Seller	

The K-1 Platinum has a warranty against manufacturer's defects for 1 year from the date of purchase. The warranty does not cover malfunctioning caused by neglect, unauthorized disassembly, natural disaster, or negligence of warnings and precautions. If your K-1 Platinum is malfunctioning after the warranty expiration date, please contact AestheticMD for repair information. Please visit www.K1WholeBodyVibration.com for information concerning repairs. AestheticMD values your business and always attempts to provide you with the very best service. If this Product requires maintenance, either contact the distributor from whom you originally purchased the Product or call 602-485-3621 for more information on how to obtain service or a return material authorization (RMA). If it is determined that the product may be defective, you will be given an RMA number and instructions for Product return.

AestheticMD warrants that the Product, in the course of its normal use, will for the term defined below, be free from defects in material and workmanship and will conform to AestheticMD's specification therefor. The term of your limited warranty is for 1 year. The term of your limited warranty period shall commence on the purchase date appearing on your purchase receipt. AestheticMD shall have no liability for any product returned if AestheticMD determines that the Product's asserted defect a) is not present b) cannot reasonably be rectified because of damage occurring before AestheticMD receives the product or c) is attributable to misuse, improper installation, alteration (including removing or obliterating labels and opening or removing external enclosures), accident or mishandling while in the possession of someone other than AestheticMD. Subject to the limitations specified above, your sole and exclusive warranty shall be, during the period of warranty specified above and at AestheticMD's option, the repair or replacement of the product. The foregoing limited warranty is AestheticMD's sole warranty and is applicable only to products sold as new. The remedies provided herein are in lieu of a) any and all other remedies and warranties, whether expressed, implied or statutory, including but not limited to, any implied warranty of merchantability or fitness for a particular purpose, and b) any and all obligations and liabilities of AestheticMD for damages including, but limited to accidental, consequential, or special damages, or any financial loss, lost profits or expenses arising out of or in connection with the purchase, use, or performance of the Product, even if AestheticMD has been advised of the possibility of such damages. In the United States, some states do not allow exclusion or limitations of incidental or consequential damages, so the limitations above may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Remote Control Functions

Problem	Suggested Troubleshooting
When the power is connected, the equipment does not operate.	Have you pressed the power button on the K-1 Platinum or remote control? Connect the power line and press the power button to use the K-1 Platinum. It will not operate until you press the power button.
None of the LED lights are on when the power cord is plugged into an outlet.	The K-1 Platinum is malfunctioning. Discontinue use and contact AestheticMD.
There are two, three, or four LED lights flickering and making noise on both sides of the operation board.	In the event of overheating, the K-1 Platinum has a safety mechanism that automatically shuts the machine off to cool down. Wait at least 30 minutes before attempting to use it again.
There is a severe vibration or noise when the K-1 Platinum is operating.	Is the floorboard resting on a flat, hard surface? Try placing the machine in another area without carpet or incline/declines.

If none of the solutions above remedy the issue pertaining to your K-1 Platinum, please contact AestheticMD at (602) 485-3621

For questions, comments or ordering information

(602) 485-3621
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