



20·K

ZAAZ 20K USER MANUAL



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QUESTIONS?

If you have questions, or if parts are damaged or missing, DO NOT CONTACT THE STORE; please contact Customer Service.

IMPORTANT: Please register this product (see the enclosed warranty registration card) before contacting Customer Service.

CALL TOLL-FREE:

1-888-664-9229

Monday – Friday: 9am – 6pm CST

Saturday and Sunday: Closed

ON THE WEB:

www.zaazmovement.com

CAUTION:

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your ZAAZ whole body vibration machine. ZAAZ assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. If you experience any pain, discontinue use until pain subsides and consult your doctor.

2. Whole Body Vibration is not recommended for people who are pregnant or are under 14 years of age. If you have a pacemaker or other implant, advanced cardiac disease, active cancer or any major health issue, please check with your medical practitioner before using vibration.

3. Always stand with your feet facing either straight forwards or backwards on the plate. Do not stand perpendicular on the plate with your feet pointing to the side handle bars.

4. Supervision is necessary when this machine is used near children or persons with limited mobility.

5. Limit each ZAAZ session to 12 minutes, with a minimum 45-minute interval between each session. It is not recommended to use your ZAAZ more than 4 sessions per day.

6. It is the responsibility of the owner to ensure that all users of this whole body vibration machine are adequately informed of all warnings and precautions.

7. Use the ZAAZ whole body vibration machine only as described.

8. Keep the whole body vibration machine indoors, away from moisture and dust. Do not put the machine in a garage or covered patio, or near water.

9. Place the whole body vibration machine on level ground with adequate clearance on all sides. Do not place the whole body vibration machine on any surface that blocks air openings.

10. Do not operate the machine where aerosol products are used or where oxygen is being administered.

11. The ZAAZ whole body vibration machine should be used only by persons weighing 330 lbs (150 kg) or less.

12. Never allow more than one person on the machine at any time.

13. Do not wear loose clothes that could become caught in the base plate of the whole body vibration machine.

14. Do not operate the machine with a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

15. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
16. Use only a surge suppressor that meets all of the specifications described in this manual.
17. Keep the power cord and the surge suppressor away from heated surfaces.
18. Do not operate the machine if the power cord or plug is damaged, has been dropped in water, or if the machine is not working properly.
19. The machine is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
20. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
21. Never leave the machine unattended while it is running. Always turn off the power from the switch on the rear of the base plate, and unplug the power cord when the machine is not in use.
22. Ensure power source is disconnected when moving the machine and/or disassembling any components.
23. Never insert any object into any opening on the machine.
24. Inspect and properly tighten all parts of the machine regularly. Use of unauthorized parts or accessories may cause injury and is not recommended.
25. This machine is intended for in-home use only. Do not use this machine in a commercial, rental, or institutional setting.

CONTRAINDICATIONS TO VIBRATION

Whole Body Vibration (WBV) is very safe, but may not be suitable for some people. Generally speaking, if you are healthy enough to walk, you are healthy enough to use WBV. However, individuals who are pregnant, have a pacemaker or implant, are undergoing treatment for a physical or medical condition, or have recently had surgery, should consult their doctor prior to use.

HOW TO CONNECT THE POWER CORD

USE A SURGE SUPPRESSOR

Your machine, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the machine, always use a surge suppressor with the machine.**

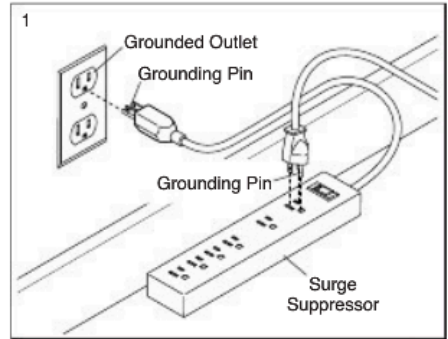
Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the machine and serious injury to users.**

PLUG IN THE POWER CORD

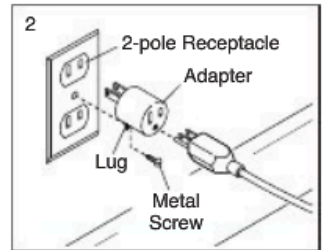
The machine must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The machine power cord has a plug with a grounding pin (see drawing 1 on this page).

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying 15 or more amps. To avoid**

overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: The machine is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.

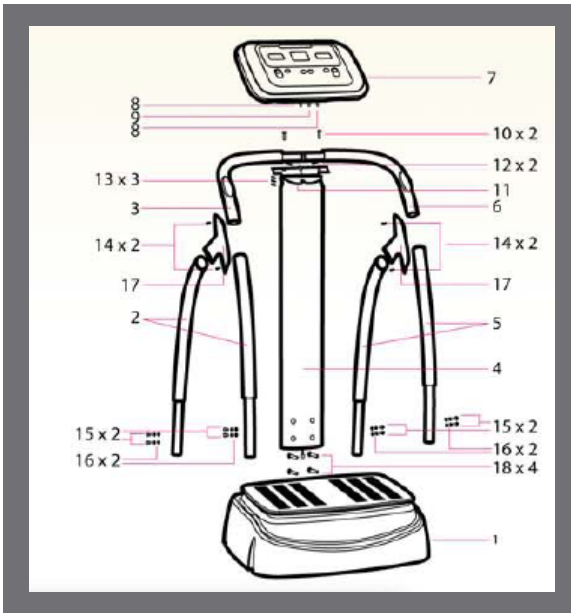


A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

PARTS



NO.	PART	QUANTITY
1	base	1
2	left support poles	2
3	left curved handle	1
4	post	1
5	right support poles	2
6	right curved handle	1
7	console	1
8	console pulse cable	2
9	console post cable	1
10	base	2
11	left support poles	1
12	left curved handle	2
13	post	3
14	right support poles	4
15	right curved handle	8
16	console	8
17	console pulse cable	2
18	console post cable	4

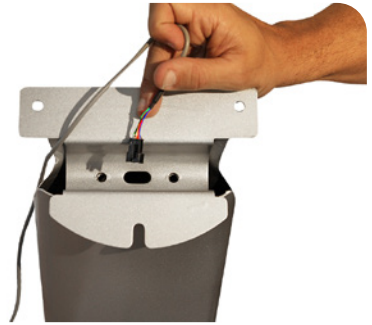
MISSING OR DAMAGED PARTS?

If you have questions, or if parts are damaged or missing,
DO NOT CONTACT THE STORE; please contact Customer Service: 888.664.9229.

ASSEMBLY INSTRUCTIONS



1. Remove all packaging. Place the machine base in the desired location and proceed with assembly.



2. Insert the long cable through the center hole at the top of the post. Pull the cable through the bottom of the post until it is visible from both the top and bottom of the post. Tie a loose knot at the top of the cable to prevent it from falling into the post.



3. Connect the cable visible from the bottom of the post to the base of the machine.



4. Affix the post to the base of the machine with 4 bolts, using the provided screwdriver or a 12mm socket wrench. Tighten all screws (begin with bottom pair) 3 or 4 turns only for the time being, leaving the post flexible.

Note: When affixing the post bolts, gently pull the wire slack upwards from the top of the post to prevent it from being pinched inside the lip of the post.



5. Unscrew the (2) screws on each of (4) handlebar mounting points on the base (2 on the left side of the machine base, 2 on the right side of the machine base).



6. Remove screw from underside of L-Shaped handle (A) and insert handlebar into plastic coupling (C). Re-insert screw through the plastic coupling into the handle and tighten.



7. Press lower handle piece (D) into the socket of the plastic connector (C).



(Right handlebar shown)

8. Put the two handle pieces (B and D) onto the end tubes simultaneously. Put screws in loosely. Make sure all screw holes line up before affixing handlebars to the top of the post.

9. Put the left long handlebar onto the top of the post. Insert screws from the top of the arm to the extent that the screws are denting the metal of the handlebar itself. Repeat steps #6-9 for the right handlebar.

Note: When tightening the bolts, ensure the wire is not being pinched.





10. Attach the 3 cables from the underside of the console to the 2 cables from the curved handles and the cable from the center of the post.



11. Remove the screws from the underside of the console and attach the console to the top of the post by placing it where the screw holes on the underside of the console line up with the holes in the top of the post. Reattach the screws back into the underside of the console through the underside of the top of the post.



12. Tighten all screws and bolts snugly.



13. To use the pulse monitor function, ensure all protective plastic film is removed from the sensors on the machine handles.

14. Connect the plug to the power outlet and press the red switch on the power button on the back of the base to turn on the machine. Place the machine on a level surface, and if necessary, level the machine with the 2 adjustable feet at the base.



NOTE: Re-Tightening of screws and bolts may be required every 3-6 months, depending on use.

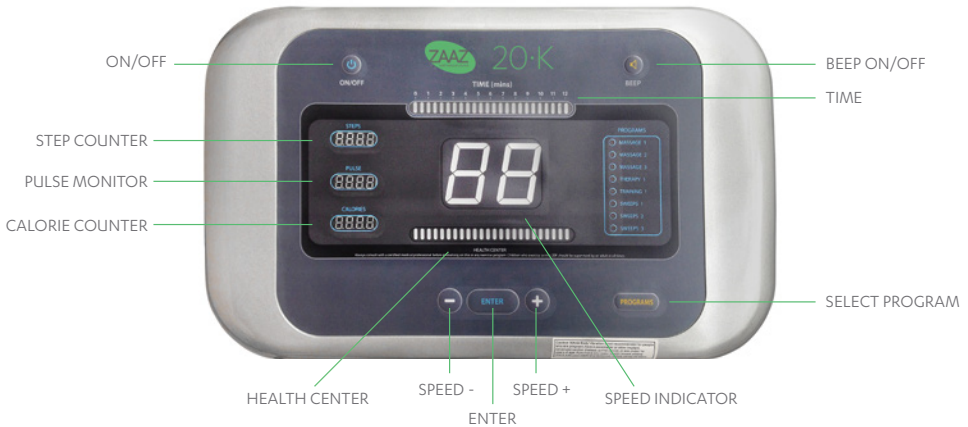
WHOLE BODY VIBRATION MACHINE FEATURES



FEATURES	ZAAZ 20K
vibration	oscillating
amplitude	1-10
frequency range (Hz)	3.2-15.5
motor type	DC
motor output power (W)	500
motor torque rating (Nm)	3.5
platform size	19 11/16" x 13 3/8"
rated amps	3
machine weight (lbs)	84.6
machine footprint	28" x 24"
maximum load (lbs)	330
maximum g-force	3.4
# speeds	99
beep silencer	✓
step counter	✓
heart rate monitor	✓
calorie counter	✓
weight adjustment	✓
voltage adjustment	✓
displays	5 LED
pre-set programs	8
platform pinch point	✓

OPERATION

BUTTON AND CONSOLE DESCRIPTION



ON/OFF Powers the machine on/off

STEP COUNTER Displays the representative number of steps taken by the platform

PULSE MONITOR Displays pulse; grip both pulse sensors on arms of machine for 15 seconds to initiate reading

CALORIE COUNTER Displays estimated calories burned

HEALTH CENTER Depicts plate movement and rhythm

SPEED - Push to decrease selected speed

ENTER Initiates selected preset program

SPEED + Push to increase selected speed

SPEED INDICATOR Displays the selected speed of the vibrating platform

SELECT PROGRAM Toggles through preset programs to enable selection

TIME Reflects the time remaining in the 12-minute session or preset program

BEEP ON/OFF Turns beeping sounds associated with console buttons on/off

OPERATING INSTRUCTIONS

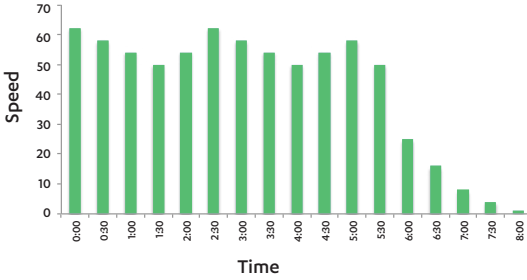
Manual Mode (12 Minute Session)

1. Press the "ON/OFF" button to power the machine.
2. Select the desired speed level using the "SPEED +" and "SPEED -" buttons to increase and decrease speed, respectively.
3. To discontinue the session at any time, press the "ON/OFF" button to power off the machine.

PRESET PROGRAMS

1. With the machine turned OFF, press the “PROGRAMS” button to select the desired 12-minute session.

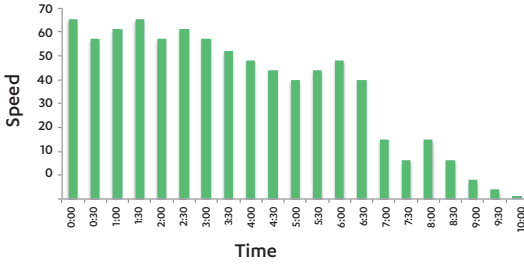
Massage 1



MASSAGE 1

An eight minute massage and circulation program focusing on speeds suitable for a light massage (lower range of speeds 50-99).

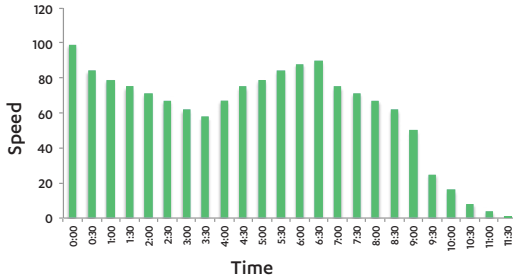
Massage 2



MASSAGE 2

A ten minute massage and circulation program focusing on speeds suitable for a medium massage (mid-range of speeds 50-99).

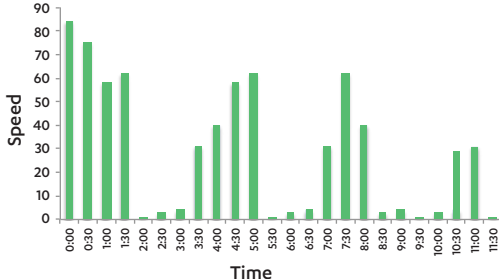
Massage 3



MASSAGE 3

A twelve minute massage and circulation program focusing on speeds suitable for an intense massage (highest range of speeds 50-99).

Therapy

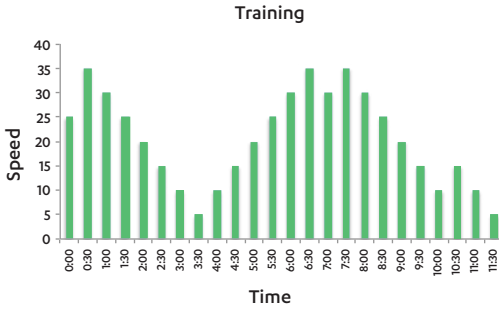


THERAPY

A broad spectrum twelve minute program that alternates between high and low speeds, providing equal amounts of strengthening and circulation to encourage the natural healing process.

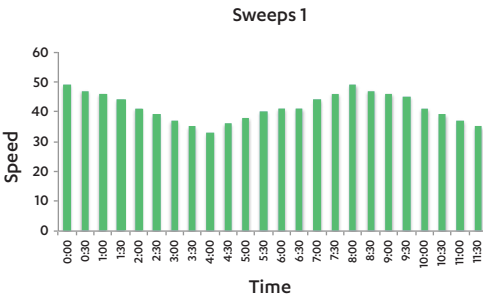
2. Press "ENTER" to begin the selected program

Note: All programs have a 30 second speed change interval and cannot be customized or modified.



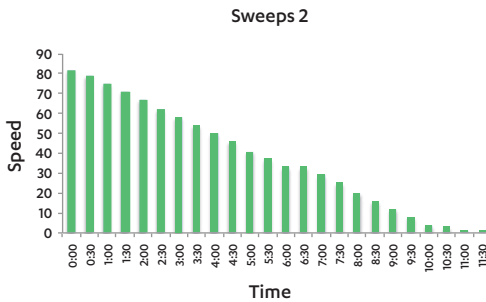
TRAINING

A twelve minute program featuring low to medium speeds ideal for toning and firming. Suitable for supplementing with weights and/or resistance bands.



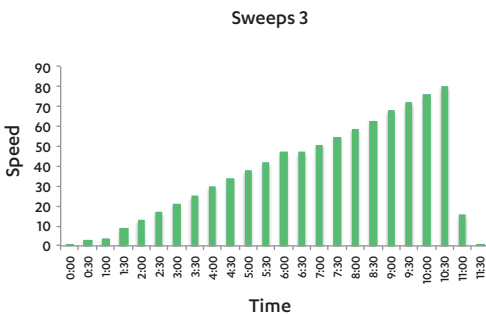
SWEEPS 1

A twelve minute program focusing on mid-range speeds suitable for cautious beginners.



SWEEPS 2

A twelve minute program that works from high to low speeds providing circulation, massage, toning and firming benefits.



SWEEPS 3

A twelve minute program that works from low to high speeds offering a broad spectrum experience.

EXERCISE GUIDE

GETTING STARTED

- Begin training with your feet close together and your hands on the machine. Stand tall with your knees slightly bent and your core engaged.

Note: Always stand with your feet facing either straight forwards or backwards on the plate. Do not stand perpendicular on the plate with your feet pointing to the side handle bars.

- All exercises should be done slowly and carefully. Variation in speeds and postures is critical to achieving optimal results.
- Start with shorter sessions (2-4 minutes), allowing your body to acclimate to the machine as you work towards a full 12-minute session
- Limit each ZAAZ session to 12 minutes, with a minimum 45 minute interval between each session. It is not recommended to use your ZAAZ more than 4 sessions per day.
- Remain well hydrated at all times.
- If you experience any pain, discontinue use until pain subsides and consult your doctor.

Warning: Never pull backwards on handlebars. This creates risk of tipping the machine and causing serious injury.



SPEED SELECTION

STRENGTHEN

Strengthening positions are most effective at lower speeds ranging from 1-40. At these speeds, your muscles are creating the most exaggerated contractions as your body stabilizes against the movement from the vibration plate. Strengthening positions can be held for 15-30 second intervals, increasing over time as your strength increases.

Optional: The use of weights (up to 5 lbs) and resistance bands can be added for additional intensity and strength training. Weights in excess of 5 lbs are not recommended as the G-force on the machine multiplies the effects of weight.

STRETCH

Stretching positions are most effective at higher speeds from 50-99. At these speeds, your muscles are achieving the shortest and most rapid contractions. This creates a massage-like experience and helps create oxygenated blood circulation to the muscles. Stretching positions can be held for intervals of 15-30 seconds or longer depending on the level of muscle tightness experienced.

INTENSITY

The intensity of each workout can be further controlled by foot placement. For standing postures, the further apart the feet are placed on the machine base, the greater the intensity of the vibration. By contrast, the closer together the feet are placed, the lower the intensity of the vibration.



STRENGTHEN

TONE, FIRM, CONDITION, LOSE INCHES AND MAINTAIN WEIGHT GOALS.



TUCK & TIGHTEN



ARM SPAN



CAT



SKI JUMP



BROOMSTICK



ROTATOR CUFF



KICKBACK



V-SIT



PLANK

STRETCH



INCREASE FLEXIBILITY, RANGE OF MOTION, CIRCULATION AND PAIN RELIEF.



NECK ROLL



UPWARD REACH



QUAD STRETCH



KNEELING COW



PIRIFORMIS STRETCH



CARPAL TUNNEL STRETCH



SITTING FACIAL MASSAGE



ROLLING FOOT



SITTING IN A CHAIR

FAQ's

How does Whole Body Vibration affect the body?

Standing on a ZAAZ vibration plate stimulates all parts of the body. 12 minutes on the machine engages over 90% of your muscles by causing up to 30 muscle contractions per second. Research shows that WBV can have profound impacts on circulation, weight management conditioning and pain relief.

Does ZAAZ replace exercise?

ZAAZ can complement any physical activity or exercise regimen and provides unique benefits that are difficult to achieve in other ways. For people who do not exercise at all, using ZAAZ seven to ten sessions per week can provide a fundamental level of activity the body needs and can provide many of the benefits of traditional exercise.

How often should I use the machine?

For optimal results, use your ZAAZ machine at least once per day. Each ZAAZ session should be limited to 12 minutes, with a minimum 45 minute interval between each session. It is not recommended to use your ZAAZ for more than 4 sessions per day.

How quickly should I start seeing results?

With so many benefits impacting the body in so many ways, ZAAZ appeals to people with an equally wide range of interests and needs. In many cases customers begin to see results right away. In order to effectively gauge the benefits you're achieving it's important to measure your progress and track your goals.

How much weight can I lose?

Weight loss varies by individual. Many customers find it common to drop inches and dress sizes as their bodies continue to tone and firm. With regular use of their ZAAZ one to two sessions per day, many people see a noticeable difference within their first month. Because toning your body burns fat and builds muscle, results are often most visible in a reduction of inches and clothing sizes.

Will I sweat during the vibration workout?

In most cases, ZAAZ is an effective sweat-free workout that can be done in any attire and does not require a shower afterwards. However, the ZAAZ Training DVD provides guidance on multiple advanced strengthening techniques on how you can use weights or resistance bands to engage in a more aggressive workout.

What should I wear when using the ZAAZ machine?

ZAAZ requires no special attire or footwear. Enjoy the benefits at any time!

Note: For answers to additional FAQ's please refer to the support page on our website.

TROUBLE SHOOTING

PROBLEM	RECOMMENDATION
Machine makes excessive noise while operating	Check the 4 adjustable feet on the base of the machine to ensure the machine is level. Check and tighten any loose parts, screws or bolts.
Machine seems unstable or suffers from excessive shaking	Ensure the machine is on a hard, flat, level surface and that all screws and bolts are properly tightened. Check the front feet to ensure they are level. Validate tightness of mounting screws every 3-6 months.
Pulse monitor does not function	Ensure that all protective plastic has been removed from the pulse monitor and machine prior to use
Power is ON but the machine will not start	Push the ON button and select desired speed.
Main power switch (at the back of the machine) is ON, but Console power will not turn on	Ensure the fuse is fully tightened (round black knob next to main power switch)

SERVICE AND MAINTENANCE

Proper maintenance of your equipment ensures your safety and extends the life of your machine. Please follow these basic guidelines:

- Check and tighten screws and bolts as needed
- Keep machine out of direct sunlight and excessive heat
- Switch machine OFF when not in use
- Wipe the machine with a soft cloth after use to remove any moisture or dust
- For service, please call ZAAZ customer service at 888.664.9229



For **ANY** Body and **EVERYBODY**.



CUSTOMER SERVICE: 888.664.9229

WWW.ZAAZMOVEMENT.COM