

# VibraTrim

## Product Specifications

www.HYMBAS.com  
888-874-0944



2 Year  
**WARRANTY**

2 Motors- Oscillating / Linear 120 Speeds

Oscillating Amplitude: 10mm

Oscillating Frequency: 5 to 14 Hz

Linear Amplitude: 2 mm

Linear Frequency: 15 Hz to 40Hz

Base Height: 8.5"

Motor Horsepower: 2.0 hp Heavy Duty

Motor Wattage: 440

Programmed Settings: 3 built in

USB Stick- 6 programs, hundreds available

Machine Color: Black with Blue Lights

Machine Weight: 126 Ibs

Frame Construction: Steel

Footprint: 27" x 24"

Maximum Weight Capacity: 400 Ibs.

## Vibra Trim , VT-400



**MAXIMUM POWER** 2HP

**INPUT VOLTAGE** 110 Volt 60Hz

**INPUT POWER** 2 Direct Current motors of 500W and 300W

**VIBRATION TYPE** Oscillating, Orbital, and DualVib

**SPEED SETTING** Each type of vibration can be set 0 -60 either independently or together

Oscillating: 0 to 10mm /

**AMPLITUDE** Orbital: 1 to 2mm /

DualVib: 1 to 10mm

Oscillating: 5 - 30Hz /

**FREQUENCY** Orbital: 15 - 40Hz /

DualVib: 25 - 50Hz

**G FORCE** 2.8 - 7.35 Gs

Manual, 3 pre-set

**PROGRAMS** 6 user definable

(USB Flash Drive)

**LENGTH OF PROGRAMS** 1-20min

**USER WEIGHT CAPABILITY** 331 LBS

**VIBRATING PLATE SIZE** 20" x 27"

**ASSEMBLED SIZE** 23" x 27" x 53"

**NET WEIGHT** 126 lbs.

**GROSS WEIGHT** 146 LBS For shipping - it is packaged in 2 boxes, 29.5" x 26" x 12" 106# 57.7" x 13" x 12" 40#

3 types of movements in just one machine, (orbital, oscillating, and Dual Vib) The VT 400 oscillating platform is suitable for all types of users, from the most basic level to the most advanced.

Oscillating movement – Generates a stimulating massage movement that makes the more difficult areas of the body work without any effort. Helps eliminate body fat. Offers an extremely natural training method (the same mechanics as walking).

Orbital movement – It produces a smooth elliptical motion in the horizontal plane. Highly recommended for recovery and for people who are not able to do intensive workouts.

Dual Vib movement – An orbital motion the traditional oscillating motion that vibrating platforms produce. The muscles are worked not only longitudinally but also transversely. It generates motion in the 3 spatial planes (tri-axial) which is vital for: 1- working the muscles more thoroughly, 2 – Fighting more effectively against cellulite.

Programs: a manual program that you control both the oscillating, orbital either together or independently. Three preset programs controls both vibrations speeds and time span. The user can also define 6 programs of their own which can be changed at any time. You can define which vibration mode or both is active for a defined length of time in a total of 12 steps that can run once or looped to run up to 20 minutes total.

Accessories : The VT400 comes with a USB Flash Drive for the user defined programs, Heart Rate Indicator, Resistance Straps, Large Wall Chart showing the exercises and the muscle groups that are affected.

When on the machine, your weight (gravity) is holding you down and the three vibrations are going up through the body at the same time, and the brain is telling the body to balance. The machine goes to speed 60 which is for athlete's to use (St. Louis Cardinals and Rams use the machine to warm up before their games at speed 60). There are 3 preprogrammed speeds which are great for losing weight toning and firming. It also has a USB stick with 6 more programs. All of the preprogrammed speeds change speeds every 30 seconds or one minute.

The whole body vibration machine works 97% of your muscles where at a gym you only work 60% of your muscles and one can get sore from working out at a gym. You will not get sore using the whole body vibration machine and it is only 10 minutes.

The whole body vibration machine builds muscle two and one half times faster than lifting weights at a gym.

One can stand, sit, and lay on the machine and get results. There are exercise videos on my website to help you work certain areas and also the machine comes with a chart to chose poses to use while on the machine in order to work on certain areas of the body.

A protein shake 15 minutes before getting on machine attacks the fat and not the muscle and also helps with weight loss.

## Contraindications of using WBV

- Pregnancy or difficulties in pregnancy in the past
- Thrombosis or blood clots of any nature (lung / pulmonary / arterial)
- Epilepsy and/or any type of seizure disorder
- Acute hernia
- Spinal discopathy or spondylosis
- Advanced arthrosis, arthropathy and/or acute RA
- Retinal condition and/or detachment (wait six months after any surgery of eye with stitches)
- Cancer (tumors)
- Recent post-operative joint replacement (Foot, Knee, Hip)(Need to wait 4 to 6 months, start at low speeds 4-10)
- Nephrolithiasis
- Head Injuries / amnesia / cognitive memory loss Certain / specific severe neurological disorders
- Cardiovascular disease, pacemaker, or cardioverter / defibrillator
- Wounds (non-healing for any reason)
- Diabetes (severe type I)
- Acute infections and/or inflammatory conditions (non-healing)
- Recently implanted IUD's, metal pins, plates or hardware
- Eye surgery where there are stitches involved (wait 5 to 6 months)

**There is a book “USING WHOLE BODY VIBRATION IN PHYSICAL THERAPY” by Alfio Albasini, that is a real good reference guide**

# USB Stick PROGRAMS

**Some of these programs are aggressive, one should not try these if they have issues.**

Pgm 1: 4 minutes - Oscillating pivotal only

10, 15, 20, 25, 30, 35, 40, 45, 50,60

Pgm 2: 4 minutes – Oscillating pivotal only (Very intense)

60, 55, 50, 45, 40

Pgm 3: 3 minutes – Oscillating pivotal only (bone density if they can tolerate these speeds)

25, 45, 30, 50, 40, 60, 25, 45, 30, 50, 40, 60

Pgm 4: 8 minutes – Oscillating and Linear (Very intense) (what a workout if they can tolerate speeds)

20-20, 30-30, 40-40, 0-0/rest, 50-50, 60-60-, 50-50, 0-0/rest, 40-40, 30-30, 20-20, 0-0/rest, 20-20, 30-30, 40-40, 0-0/rest, 50-50, 60-60, 50-50, 0-0/rest, 40-40, 30-30, 20-20, 0-0/rest

Pgm 5: 4 minutes – Oscillating Pivotal (good for bone density)

10,20,30,40,50,60,50,40,30,20

Pgm 6: 6 minutes – Oscillating Pivotal and Linear (builds muscle)

20-20, 40-40, 25-25, 55-55, 60-60, 0-0/rest, 40-40, 25-25, 60-60

All clients should start out on manual (low speeds 4 -20 or 25) to get accustomed to vibration – then can increase as needed to complete workout.

Fibromyalgia, MS, Circulation, Neuropathy clients speeds 4-10 then increase over time to 40 or more.

One can get great results on low speeds. If cannot tolerate 10 minutes, work up to 10 minutes.

P1, P2, and P3 speeds are good for weight loss but are a little aggressive. If one cannot tolerate those speeds, switch to manual and let them adjust speeds themselves.

# **Energy Medicine of the Future/ Whole Body Vibration**

The new Vibra Trim, VT-400, vibration machine is a revolutionary leap forward in vibration training. It utilizes a dual motor design to add a whole new dimension to whole body vibration training machines. In the past, users had to choose between either an oscillating machine to help burn fat, or a tri-planar machine to assist with increasing muscle strength. The new Vibra Trim combines both types of vibration at the same time

## **What is Whole Body Vibration (WBV)?**

The Whole Body Vibration Machine is a platform that you stand on which produces vibrations offering a stimulus to the body. The energy is safely and effectively transferred to your body stimulating every cell - your muscles, your bones and your soft tissue. The body reacts involuntarily with multiple contractions in order to re-balance you on the plate. The quick movement of the platform also increases the "g" force of the body. As acceleration increases, your body will feel like it weighs more thus mimicking weight-bearing exercise. The result is less stress on the joints, ligaments and tendons when compared to regular resistance training.

## **History of Whole Body Vibration**

Vibration exercise has been researched and studied for over 50 years utilizing a frequency range that has been proven both safe and effective. The technology was originally developed by the Russian space program to preserve muscle and bone mass in zero gravity conditions. These researchers found that WBV not only stopped the loss of bone mass, but strengthened muscle tissue and increased bone density. The Russians then began using this technology to prevent injury to their Olympic athletes and to rehabilitate after they were injured.

In the early 1990's, after the fall of Communism in Russia, Whole Body Vibration technology was introduced to the Orient and Europe. It continues to be used extensively and studied. After decades of research, NASA, many professional athletes, sports teams, medical centers, spas and health clubs have embraced this technology. Practitioners in the United States are becoming aware of its systemic effects and therapeutic applications.

## **10 Minutes of Vibration = 1 Hour Workout**

When you workout you are targeting one muscle group at a time. However, when you are on a Whole Body Machine, 97% of all muscles are engaged and forced to respond at once just to keep you stable. Couple this with also working under a much greater "g" force and your health and fitness results are accelerated.

## **Who should use WBV?**

There are health benefits possible for everyone from the very young to the elderly. WBV machines are also a great alternative for people who enjoy an active lifestyle, but do not have the time for a lengthy work-out three or more times a week. However, you don't have to be an athlete or in need of physical therapy to benefit from using WBV machines.

## **What are the benefits?**

The benefits range from an immediate improvement in blood circulation, to a variety of other measurable outcomes, such as increased muscle strength and flexibility, better range of motion, better core conditioning and stability, faster recovery, enhanced metabolism, increased bone mineral density, reduction of the stress hormone cortisol, elevation of Human Growth Hormone (HGH), improved lymphatic flow, decrease in fat and cellulite, and many more. It has also been used to improve conditions of Osteoporosis, Diabetic Neuropathy, Fibromyalgia, MS, Parkinson's, Incontinence, Arthritis, Knee, Back, and Joint Pain, Autism, Attention Deficit Disorder, Depression, Stroke Rehabilitation and more.

## **WBV Rehab Protocol**

**This protocol will: increase circulation, build muscle and bone mass, improve mobility and balance, ease pain in knees, hips and back, improve or eliminate incontinence, decrease fall risk and improve the overall quality of life in the patient.**

### **Start Slow!**

Rehab speeds are 1-10

Rehab time is never more than 10 minutes. (Monday, Wednesday, Friday)

### **Week #1**

Start on speed 1 for 1 minute for 3 therapies

### **Week #2**

Speed 2 for 2 minutes for 3 therapies

### **Week #3**

Speed 3 for 3 minutes for 3 therapies

### **Week #4**

Speed 4 for 4 minutes for 3 therapies

### **Week #5**

Speed 5 for 5 minutes for 3 therapies

### **Week #6**

Speed 6 for 6 minutes for 3 therapies

### **Week #7**

Speed 7 for 7 minutes for 3 therapies

### **Week #8**

Speed 8 for 8 minutes for 3 therapies

### **Week #9**

Speed 9 for 9 minutes for 3 therapies

### **Week #10**

Speed 10 for 10 minutes for 3 therapies

This protocol is designed to take the weakest of patients that can stand and make them stronger over a 10 week period. If in your professional assessment you feel the patient is strong enough to start at higher speeds, then that is fine. If the patient experiences excessive pain or discomfort then start them out at a slower pace.

**CONTINUE** to add speed to the 10 minute therapy following week 10 to continue to build strength and add to the overall health and wellness of the patient. Slow down if the patient experiences pain or discomfort.

## USER RECOMMENDATION:

*The Vibratrim VT400 is the one I recommend for residential use or for use not for ultra heavy commercial use, the VT400 was the smoothest and the quietest one that I would recommend for the residential market. It has two motors which gives it a different feel than most pivotal models even though it is a pivotal model. I didn't feel jarred and my knees didn't hurt after I used it.*

*I can see how this is different than most of the models out there. This one did not bottom out and rattle when standing on the edges, even with my friend that is 210 pounds. At the 350 pound weight limit, a 210 pound person can do dynamic exercise without worrying about stressing the motor. The reason I also chose this one as my favorite is because I had the most positive feedback from chiropractors and patients who have used the VT400 in their offices who called me up to tell me how it helped them.*

*Standing on the edge of this for the first time has more than enough G force to move lymph. Moving around four teaspoons of lymph per minute on this will make some sick to their stomach if they start out at 10 minutes. I would not go more than 2 minutes at a time if I was very toxic and had inflammation all over my body. But, everyone tells me that it has helped them lose weight and detox so i will go with that.*

*There are situations where I won't recommend a linear type vibration and other times I won't recommend a pivotal type. This can depend if someone has a bad back or weak knees or they simply just want to work out and lose weight. Other people want to build bone mass and a one type of vibration is better for this depending on how degenerated the bones are.*

*I like how I can watch TV while using this. I had a different pivotal model and either I had to turn the TV up louder or the people below me complained. This doesn't shake the roof either. AC motors are different than DC motors.*

*Most of the chiropractors have told me they won't use a linear model for those with bad backs or those who have low bone density. They did tell me that if someone's back is very healthy and they can handle the linear movement, then they don't have a problem with it. Basically, most people that have bad backs like the pivotal models and the body builders like the linear.*

*I like how on the teeter totters you can find the exact point where you can stand so you get the right amplitude that feels good to you. Standing to the edge can feel too jarring while too close not enough. People usually work their way to the edge.*

*All the pivotal machines do not feel the same just because they are going up and down. At the trade shows, they will usually have 3 models and they use the cheapest model just to show the difference between the best and second best feel.*

*I like a thicker plate gives less friction that has a more solid feel and I do not like EMF exposure. Many people aren't sensitive to EMF as they are so low energy to begin with but I am very sensitive to it. I will go to Radio Shack and test my voltage before with a 15 dollar amp meter and after being exposed to EMF and the meters don't lie.*

*Also at the home shows, I always ask what is the weight limit. They will say 300 pounds, almost every time. What about when I stand near the edges. How come that is rattling if it was really rated for 300 pounds. Maybe tell the next customer that. Sometimes I will ask if that 300 pound*

*rating is for static usage or heavy dynamic usage where I am doing different exercises on it. Rarely do they know what that means until I explain it.*

*The Vibratrim VT400 seemed to have everything I would look for in a pivotal model. It does have the 2 DC motors and has a thicker plate than most of the cheaper models. It just felt good to me. The oscillating motor is 2 HP (most of the cheap models on the market are nowhere near 2 hp) and the spiral motor is 1HP. Many of the machines on the market just have a single motor and they charge the same price. Having the 2nd motor that vibrates in the other direction 2mm at the same time the main motor oscillates the plate gives the plate a very unique feel.*

*If I want to vibrate at 25 hz, I don't have to set it to 35 hz to give it extra power to modify for someone that is heavier. If I set it at 25 hz, I want it to vibrate at 25 hz no matter if i get on it or someone else that is lighter or heavier than me.*

*I would recommend this machine to anyone that needs a quiet machine that goes down to the lower hertz (6 hz) that leaves enough time for the one way valves in the lymphatic system to open and shut, instead of the cheap machine on the market that are simply massagers. On the VT400, when standing near the edges at the higher amplitudes, it doesn't strain, even with 250 pound people. I am glad they put a 2HP direct current motor for their main motor. The manufacturer gives a money back guarantee unlike companies that charge a huge restocking fee. Their VT400 is the one I love from this company. I would only consider this one from their product line. It is nothing like their older generation models.*

## *The VibraTrim Warranty*

### *Limited two year Warranty*

Most companies warranties require that you pay the freight both ways and that they will fix your original unit. This may take several weeks to accomplish.

The way we handle your warranty service is much different from most companies. If there is a problem that arises with any unit, we want you to call us right away. From that phone call we will determine what the problem is and the best way to correct it. If it is not a simple fix, we simply send you a new unit by FedEx Ground. When the new one arrives, you put the old one in the box and send us an email that it is ready for pickup. We then have FedEx come by the next business day and pick it up to return to our warehouse. All of this is at no cost to you.

You don't have to load it up, take it back to a store, wait 4 to 6 weeks for it to be repaired, go back to the store, load it back in your car and then finally take it back in your house. With VibraTrim you just have to wait the transit time from our warehouse in Tacoma, WA to your house. FedEx does all of the loading and unloading for you.

### *Extended 5 year Warranty*

VibraTrim also warrants the electrical motors and frames for an additional 3 years with the same restrictions and exclusions as listed above. This extended warranty does not cover the cost of labor or the pick-up, delivery, or freight charges involved with repairs.

### *Satisfaction Guarantee*

If your new VibraTrim does not meet your expectations, simply return it to us at your expense for a full refund. No restocking charges. No other Fees. Please call us first so that we can issue you a RMA and advise the warehouse to be on the lookout for your shipment.

**VibraTrim stands behind what we sell.**