

BLUEFIN
— FITNESS —

INSTRUCTION MANUAL



For use with **BLUEFIN FITNESS 3D** Vibration Plate





WHAT'S IN THE BOX?

- 1 x Bluefin 3D Vibration Plate**
- 1 x US Power Cable**
- 1 x Instruction Manual**
- 1 x Workout + Nutrition Guide**
- 1 x Exercise Chart**
- 2 x Workout Cables**

Using Accessories:

Your 3D plate comes with 2 bungee cables for use in upper body exercises in conjunction with the plate. Attach the silver clips on the bungees to the corresponding silver ring on either side of the bottom of the plate. Do not attempt to attach or detach accessories from the plate while in use.

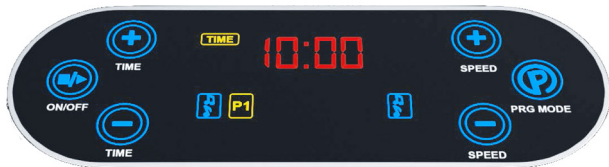


GETTING STARTED

- 1** • Unbox your Bluefin vibration plate and place it on a flat, hard surface. If the surface is slightly uneven, adjust the feet under the plate. If you live in a flat or an apartment building we recommend placing a yoga mat or rug beneath the plate to absorb any noise. Bluefin fitness plates are very quiet but all vibration plates make at least some noise.
 - 2** • Insert 2x AAA batteries into the remote control.
 - 3** • Insert the power cable into the back of the plate and plug the other end into the electrical outlet. Make sure the plate is close enough to the electrical outlet that the cord is not stretched. Ensure that the power switch next to the plug is turned on. If the switch is illuminated, the machine is on. When not in use, switch the machine off and ensure that this button is not illuminated.
 - 4** • Familiarise yourself with the screen and remote before stepping onto the plate. Place your feet on either side of the plate for more intensity and better balance. Please be sure to step on the 3D plate slowly and carefully before starting any workout setting. We recommend beginning with speeds below 120 or using program setting P1.
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CONTROLS



Your 3D vibration plate can be controlled with either the touch screen panel or the remote control. There are 3 manual programs (L, H, HL) and 5 programmed settings (P1, P2, P3, P4, P5). The maximum duration of each setting is 10 minutes. Once a manual workout has begun you can set your workout timer to less than 10 minutes but you cannot increase the time. Speed can be increased or decreased mid-workout with manual settings by using the S buttons on the remote control or the speed buttons on the control panel.

You may find it easier to keep the remote control handy rather than attempting to bend down mid-workout at vigorous speed.

Your Control Screen:

The control screen displays the workout setting in use, the duration of your workout in minutes and the speed of the setting. The machine speeds begin at 0 and reach a maximum of 180. 180 can only be reached in manual settings L, H, HL and programmed settings P4 and P5. Read on for further description of programs and settings.

On your control screen you will notice a series of letters and numbers scrolling through regularly as you workout. CLL represents an estimation of calories burned. Distance represents an estimation of the equivalent number of meters you would have walked taking into account both intensity and duration of the workout.

Use the Program button on the right of the screen to cycle through the manual and programmed options. The 1st 3 options on the screen are manual settings (L, H, HL) and the subsequent 5 options are programmed settings (P1, P2, P3, P4, P5).



CONTROLS

Once you've scrolled to the desired workout, use the "On" button on the left of the screen to begin your workout. Use the same button to end it if you'd like to finish before the time shown on the screen.

When using manual settings L, H and HL speed can be increased or decreased by pressing the speed buttons on the right. Time can be decreased with the time buttons on the left. Speed cannot be adjusted in programmed settings P1 through P5 on the screen.

Using Your Remote:

Use your remote to control your vibration plate without reaching down during your workout. Please note that the instructions on the remote differ from the instructions for using the screen alone.

Use the P button in the middle of the remote to scroll through preset workout options (P1, P2, P3, P4, P5)

For manual settings:

Press button HL for the 3D or HL manual setting

Press button H for manual setting H

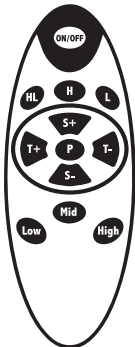
Press button L for manual setting L

Use the "On/Off" button to begin both preset and manual programs after selecting.

To change the intensity during a manual workout, use the S+ button to increase difficulty and S- to decrease it.

To shorten your workout when using manual settings use the T- button. You cannot increase the duration of your workout.

To finish your workout early, use the "Off" button.





WORKOUT SETTINGS

Manual Workouts:

- L** • **Linear:** Vibration only manual setting. Speed can be controlled with either the S buttons on the remote or the speed buttons on the control panel of the plate. Provides challenging platform for body weight or light resistance exercise. Ideal for massage at lower intensities.
- H** • **Horizontal:** Oscillation only manual setting. Speed can be controlled with either the S buttons on the remote or the speed buttons on the control panel of the plate. Less intense motion than linear vibration but augments the challenge of body weight and light-resistance workouts.
- HL** • **3D mode:** This setting oscillates and vibrates at the same time providing a vigorous sensation throughout the whole body. By far the most challenging setting for body weight and light-resistance exercise.

Programmed Workouts:

- P1** • This setting is excellent for beginners getting accustomed the 3D. Consists of a low-intensity linear (vibrating) workout lasting 10 minutes. You will experience intervals at varying speeds of up to level 100. Use this setting to gently introduce limited motion to your 3D workout routine such as squats and gentle bicep curls. This setting is also good for days that a lower intensity workout feels appropriate.
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WORKOUT SETTINGS

- P2** • Preset low-intensity horizontal workout. 10 minutes of horizontal oscillation intervals at varying speeds of 20 to 120. This workout is a slight step up in intensity from P1 and the primary motion of the plate is side-to-side. Try doing P1 the first day and P2 the day after to challenge yourself with the different motions. Once you feel comfortable doing both you will be ready to progress to the more advanced settings, which combine the motions.
- P3** • Preset workout combining 3D, linear and horizontal motion. When you feel comfortable with P1 and P2, it's time to step up the intensity. P3 consists of 10 minutes of moderate difficulty combining oscillation, vibration and 3D intervals at speeds up to 160. This level is considerably more challenging than P1 or P2 and is sure to challenge your core stability in new ways. Notice the different sensations in your abdominal wall when doing standard compression type movements i.e. clenching and releasing your muscles.
- P4** • Preset workout combining linear vibration and 3D motion. This setting is another progression in intensity and should not be used until you have mastered the previous 3 settings. Consists of 10 minutes of more intense difficulty combining linear and 3D intervals with more gradual transitions at speeds up to 180. This setting is excellent for use with the lower body exercises that can be found on your exercise chart such as single leg glute bridges and reverse lunges.
- P5** • Preset workout combining horizontal oscillation and 3D motion. This is the most advanced of all the workouts. It consists of 10 minutes of the highest speed intervals of the longest duration. We recommend using this setting in conjunction with exercise bands to challenge your glutes and quads in new ways with exercises such as the classic squat or glute bridge.
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TECH SPECS

MOTOR	Dual Motors
FUNCTIONS	3D Oscillation, Vibration, Massage
POWER REQUIRED	AC 100-240v / 50-60Hz
LEVELS	180 levels
PROGRAMS	5 built in programs
MANUAL FUNCTION	180 levels & variable time control
USER WEIGHT	Maximum: 330lbs
UNIT WEIGHT	40lbs
WARRANTY	Lifetime Motor Warranty



WARRANTY

The Bluefin warranty covers any technical faults with your item. If you need to make a warranty claim contact us via email at support@bluefintrading.co.uk

Your warranty does not cover the following:

- General wear and marks from use.
- Water damage.
- Damage due to improper use.
- Chassis damage and scratching due to improper use or dropping.
- Electronic damage due to improper use or dropping.

Your warranty begins on receipt of delivery, technical faults are covered for 12 months and the motor is covered for life!

If you have any questions regarding your warranty please email us at:
support@bluefintrading.co.uk



LIFETIME MOTOR WARRANTY

Chief Executive
William Vaughan

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