



ZAAZ
MACHINES

15·K

ZAAZ 15K USER MANUAL

Thank you for purchasing the ZAAZ 15K. Please read this instruction manual carefully before operating this machine. Please pay attention to the important safety warnings and keep this manual for future use.



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SAFETY GUIDE

When using this machine basic precautions should always be followed including the following:

DANGER To reduce the risk of electric shock: Always unplug this machine from the electrical outlet immediately after using and before cleaning.

WARNING To reduce the risk of burns, fire, electric shock, or injury to persons:

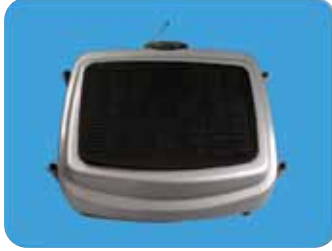
1. The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate with blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Supervision is necessary when this machine is used near children, or by or near invalids or disabled persons.
4. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by T-Zone.
5. Never operate this machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Call the T-Zone service number for examination and repair.
6. Do not pull on or use the power cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors. The machine is intended for home and indoor use.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, press the console OFF switch, turn the power switch off, then remove plug from outlet.
13. The machine must be kept on level ground.
14. Do not use with wet hands or near water.
15. Do not move the machine if the power is on.
16. Do not use this machine within one hour of meals.
17. Do not use this machine for more than 12 minutes per session, unless following an appropriate program.
18. There have not been enough studies done on the effects of Whole Body Vibration on children. However since weight training is not supported for kids as their bodies are still developing, we do not recommend Whole Body Vibration for children. Children and pets should always be supervised when around Vibration Technology machines.
19. Do not use the machine if you have a pacemaker, an implant, are pregnant or have an existing medical condition. Please consult your physician first. More information on contraindications is listed on page 13.
20. If you feel any distress or soreness abandon your exercise immediately.
21. Should your machine malfunction, disconnect it from your power source and call our service number, listed on page 3. Do not attempt any repairs yourself.

ASSEMBLY INSTRUCTIONS

This advanced design is ergonomically designed and maintains a high level of reliability and smooth noiseless functionality.

PACKAGING: Retain all packing materials for your 15K until you are certain you have all components.

COMPONENTS: The ZAAZ 15K components include the Vibration unit, post, console, handlebars, tool kit, power cord and User's Manual.



1. Remove all packaging.



3. Connect the cable to the base.



5. Unscrew the 4 screws on both sides of the base, (2 at the front and 2 at the back).

NOTE

Tighten all screws only 3 or 4 turns at first. Tighten the screws until snug (not over-tight) when assembly is finished.



2. At the top of the post, insert the cable through the small hole in the middle so it protrudes out both ends. Grip the top of the cable and don't let it fall into the post.



4. Affix the post to the base with the 4 bolts, using the screwdriver provided or a 12 mm socket wrench.



6. Starting with the left handlebar, connect and screw the handle pieces (A and B) with the plastic connector (C). Then connect piece D to the plastic connector. Put the two handlebars onto the end tubes simultaneously.



7. Put the left long handlebar onto the top of the post. Attach loosely with the long bolt by first feeding the bolt through the hole in the top of the arm and then lining it up with the hole in the top of the post. Connect bottom of left arm to the base. Tighten the screws loosely. Then assemble the right handlebar the same way. Tighten the top bolts and bottom screws snugly.



9. Remove the screws from the underside of the console and attach to the top of the post. As you attach to the post, feed the cable down the centre of the post so you don't pinch the wires when you tighten the screws.



11. To use the body fat measurement function, remove the protective plastic film from the sensors on the handles.

13. Connect the plug to the power outlet, and press the red switch on the back of the base to turn on the machine.



8. Attach the 3 cables from the underside of the console to the 2 from the curved handles and the 1 from the centre of the post.



10. Tighten all screws and bolts snugly.



12. Connect the plug to the power outlet, and press the red switch on the back of the base to turn on the machine.

NOTE

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

TROUBLE SHOOTING

ITEM	FAILURE	SOLUTION
1	NOISE WHILE OPERATING	CHECK THE 4 ADJUSTABLE FEET & ENSURE THE MACHINE IS LEVEL, CHECK & TIGHTEN ANY LOOSE PARTS
2	NO SCREEN DISPLAY	ENSURE THE MACHINE IS PLUGGED IN AND TURNED ON
3	POWER ON BUT 10K WILL NOT START	PUSH THE ON BUTTON AND SELECT SPEED
4	FAT CHECKER DOES NOT FUNCTION	FAT CHECKER DOES NOT FUNCTION

SERVICE AND MAINTENANCE

Careful maintenance not only helps you stay safe but extends the life of your machine. Please follow these basic guidelines:

- Check and retighten screws when required.
- Keep away from exposed areas and excessive heat.
- Clean the machine with a soft cloth after use.
- Switch off the ZAAZ 15K when not in use.

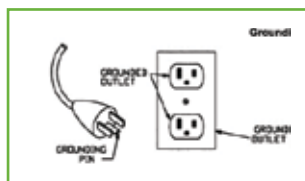
For service, call: Canada: 416 285 6055

Please refer to the back cover of this booklet for further information on your warranty.

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 is equipped with a cord having an equipment-grounding conductor and a grounding plug. This plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

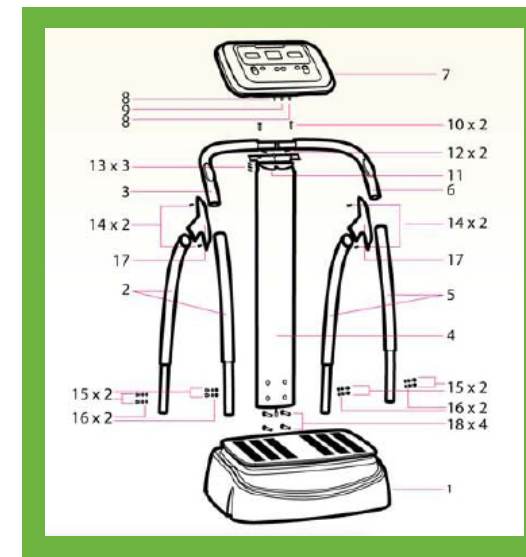
DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the machine is properly grounded. Do not modify the plug provided with the machine – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and looks like the plug illustrate. Make sure that the machine is connected to an outlet having the same configuration as the plug. No adapter should be used.



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	handle bolts	2
11	centre post cable	1
12	handle pulse cable	2
13	console screws	3
14	elbow bracket screws	4
15	support pole screws	8
16	spring washers	8
17	post elbow brackets	2
18	post bolts	4



15K FEATURES

- Ergonomic design
- Three LED screens- displays time, speed and body fat
- 8 Pre-set programs
- Built-in body fat monitor
- 70 speed adjustments, appropriate for different fitness levels, including strength exercises and massage
- Overload protection
- High performance monitor

OPERATION

BUTTON AND CONSOLE DESCRIPTION



OFF/ON: Press to start or stop the machine

PROGRAM AUTOSCAN: Displays the Program Mode or Body Fat Value

SPEED: Displays the speed of the vibrating Platform

TIME: Displays the exercise time remaining on the machine

OPERATING INSTRUCTIONS

To reduce the risk of electric shock, the machine has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

The warning below is on the base of the machine:

KEEP CHILDREN OFF!
WARNING – Pinch Point!

Do not place fingers, toes or any other object near the Vibration Pad edge while in motion!

MANUAL MODE (10 MINUTE TIME)

1. Press the “ON” button to power the machine.
2. Select desired speed level using the SPEED up and down arrows.
3. Keep knees slightly bent, with feet wide apart.
4. Refer to exercise chart for optional positions.

PRE-SET TIME

1. To operate in the Manual Mode for less than 10 minutes, press the “TIME” button initially (instead of “ON”), then use the SPEED arrows to select the number of minutes. We recommend changing your position after 30 seconds, unless following a specified program.
2. Press “ON” to confirm your time selection. The speed can then be adjusted by pressing the SPEED arrows once the timer has started.

PROGRAMS

1. Press the “AUTO SCAN” button if you want to shift from the Manual Mode to Pre-set Automatic Mode (including the 8 pre-set programs P1 – P8) or the Body Fat Monitor Mode. The screen will display 88-P1-...-P8-1 in sequence: 88 represents the Manual Mode and “1” represents Body Fat Monitor Mode.
2. Press the “AUTO SCAN” button continually until the screen displays your selection.
3. P1 – P8 are pre-set programs so the speed cannot be modified.
4. In the Body Fat Monitor Mode, if you press the “TIME” button, you can input your personal details using the SPEED arrows.
5. Select your gender first, “1” is male and “2” is female.
6. Next set your age by pressing the “TIME” button. The default is 20 years.
7. Now set your height in metres using the “TIME” button. The default is 170 cm.
8. Finally set your weight in kilograms, also using the “TIME” button. The default is 70 kg.
9. After all settings are complete, push the “TIME” button again and the screen will now display “---”. Hold both “Body Fat Sensors” with your hands and the screen will display your Body Fat Value.

BODY FAT VALUE REFERENCE

SEX	UNDERWEIGHT	NORMAL	OVERWEIGHT
FEMALE	< 17	17-27	>27
MALE	< 14	14-23	>23

PRE-SET PROGRAMS

These programs are great for exercise and massage. Each speed is designed to change every minute, as indicated in the table below.

	SPEED									
P1	5	10	15	20	25	27	35	40	25	15
P2	2	5	7	10	12	15	35	25	20	15
P3	10	25	10	25	10	40	10	40	10	25
P4	10	16	20	16	10	16	20	16	10	43
P5	16	20	26	30	26	30	26	30	16	16
P6	20	30	40	30	20	30	40	30	20	20
P7	20	30	40	50	40	30	40	50	40	30
P8	40	50	60	70	60	70	60	50	40	40

NOTE

These programs run for 10 minutes but we suggest you build up your session time gradually. This is important as your body may need time to become conditioned to Vibration therapy. Please consult your health care Practitioner before trying any new exercise program.

EXERCISE GUIDE

HOW AND WHY TO STAND

All you have to do to get benefits from the machine is stand in a comfortable straight position. However, if you want to strengthen certain muscles, just add a few changes as follows: Stand tall with your tummy and behind tucked in (pelvic tilt). Keep your muscles firm (contracted) - you can do this by pretending you are holding a pencil between your bum cheeks! This position will keep you standing straight with muscles tight. Remember to keep your shoulders back and away from the ears too. You can gain a significant amount of benefits by just standing in this position.

There are two ways of holding the knees, slightly bent and straight. If you are doing weights or stress exercises, then the knees should be slightly bent to protect your back muscles. What bent knees do is cushion or soften the vibration. However, if you want the vibration to go through your body as strongly as possible, then your knees should be straight.

Just try it for yourself - feel your lower back and shoulders when the knees are bent and compare to when the knees are locked, and you will be able to judge for yourself. The amplitude of the plate makes a very gentle stress on the joint.

In this case, for a standing static position, the knees should ideally be straight. This straight knee position allows more muscle reactions through out the body. Do this only if it feels right for you. If you need a break, soften your knees.

If you hold the pencil firmly, you are doing a pelvic tilt. A pelvic tilt activates the three muscles of the pelvic girdle or pelvic sling or muscles of core stability. Rotating the body while in this position helps core stability, flexibility and balance.

CHOOSING THE RIGHT SPEED

The following speeds are a recommendation only and would depend on your state of health and physical condition. To enable good balance, your feet should be equally distanced from the center axis with knees slightly bent.

• LOWER SPEED

Lower speeds are ideal for posture and strength exercises.

• MIDDLE AND HIGHER SPEEDS

Middle speeds are for weight training and stretching.

• HIGHER SPEEDS

Higher speeds are for massage and muscle relaxation.

INTENSITY

To increase the intensity of your workout we suggest you:

1. Extend the time of each position by progressively increasing from 30 to 45 to 60 seconds.
2. Perform exercise dynamically i.e. with movement
3. Increase the speed
4. Incorporate unilateral movement (i.e. perform exercises on one leg, etc.)
5. Increase amplitude by moving your feet further apart

FOR STRENGTH

Start at 30 seconds for each position; up to 10 minutes total exercise time per session; 3 times per week (alternate with day's rest).

FOR MASSAGE

Essi Start at 30 seconds for each position; up to 10 minutes total exercise time per session; 3-5 times per week.

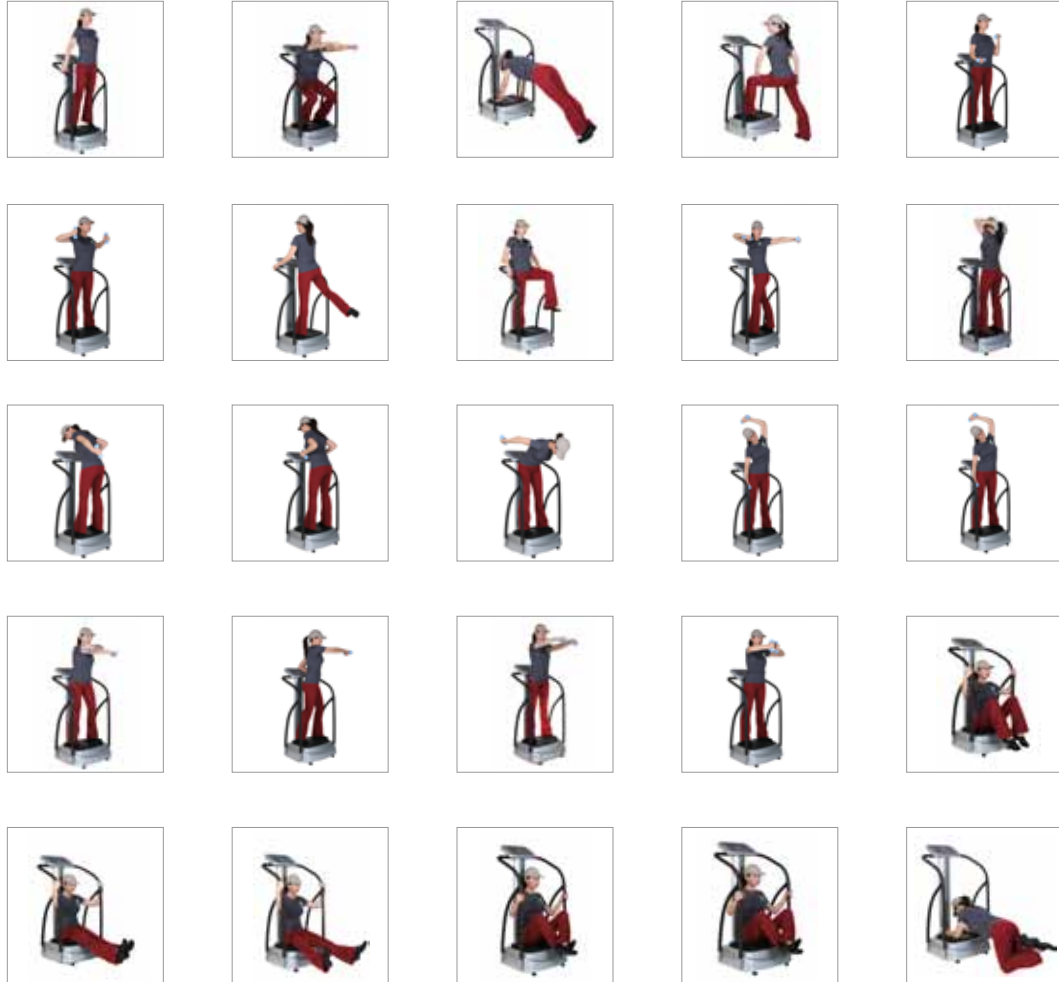
(If you are following a program the recommended duration of exercise may vary).

REST

New users should start off gradually and may need to rest by stepping off the ZAAZ 15K for 30-60 seconds between strength exercises.

STRENGTHEN

MAJOR BENEFITS: Slims, tones and increases your metabolism as you build strength. Also good for building bone density.



STRETCH

MAJOR BENEFITS: Improves flexibility, range of motion and helps build bone density.



MASSAGE

MAJOR BENEFITS: For relaxation, boosting circulation and reducing cellulite. Also helps to build bone density.



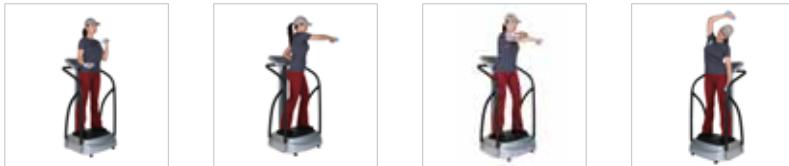
ZAAZing POSITIONS

Below are examples of the varied levels and positions one can develop throughout their ZAAZ training.

LEVEL 1 - BEGINNER



LEVEL 2 - INTERMEDIATE



LEVEL 3 - EXPERIENCED



FOR EVERYONE - STRETCH IT OUT



SPECIFICATIONS

PERFORMANCE

Motor	High performance motor
Plate Surface	53 cm x 37 cm
Speed Range	1-70
Time Setting	Up to 10 minutes (high speeds for massage)
Displays	3 Large easy to read LED displays, featuring: Auto/Fat Scan; Time; Speed
Body Fat Monitor	Calculates body fat based on sex, age, height and weight (sensor pads on hand rails)
Programs	8 pre-set programs
Vibration	'See-Saw' motion to stimulate walking
Amplitude	1-10 mm
Handle Bars	Side mounted for easy grip and supported balance

QUALITY

Maximum Load	150 kg
Warranty	5 years on motor; 2 years on parts and 1 year labour
Machine Weight	48 kg
Frame	Steel frame with high quality plastic base
Assembled Height	137 cm
Base Height (Step-Up)	25.5 cm
Footprint	72 cm x 62 cm

CONTRAINDICATIONS TO VIBRATION

Whole Body Vibration is very safe, but may not be suited for some people. Please be sure to seek medical advice before using 'whole body vibration'. In particular, if you are pregnant, have a pacemaker or other implant, or have any medical condition whatsoever, please do not undertake 'whole body vibration' without the approval of your medical practitioner.

The information in this document is for information only and is not intended to treat, diagnose, or cure any physical disease or ailment. Again, please discuss with your medical practitioner before beginning this or any exercise program.

ZAAZ 15K

Select your program, plant your feet, take hold of ergonomic rubberized grips and experience the future of Whole Body Vibration on the ZAAZ 15K. Powerful in its construction, quiet in its operation and cutting-edge in its technological achievements, the ZAAZ 15K cradles you in an effective workout, punctuated by sophistication and style. Seventy unique speed adjustments ensure sessions that are comfortable for you while providing well-segmented intensity to lightly increase your workout. The result? A faster path to achieving your goals.

- Ergonomic Design
- Three LED screens - displays time, speed and body fat
- 8 Pre-Set Programs
- Built-In Body Fat Monitor
- 70 Speed Adjustments, appropriate for different fitness levels, including strength, exercises and massage
- Overload Protection
- High Performance Motor



15·K

• 8 PRE-SET PROGRAMS • 70 SPEED ADJUSTMENTS • THREE LED SCREENS • ERGONOMIC DESIGN • BODY FAT MONITOR



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