

Wayflex® *(SHAKE) IT*



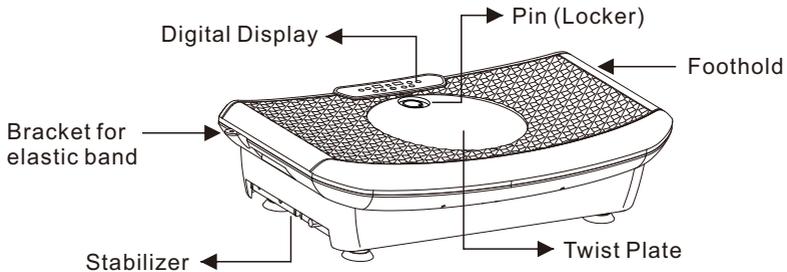
USER'S GUIDE

- ▲ Read all precautions and instructions before using this equipment.
- ▲ After reading, keep this user's guide in a safe place for future reference.

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YOUR WAYFLEX SHAKE IT



Remote Control: Place CR2032 battery in the remote control.

Resistance Band: Attach bands to the brackets on both sides of the Wayflex Shake It.

SPECIFICATION

Voltage: 220-240V

Power: 200W

Frequency: 50/60Hz

Made in China



Please remember to respect the local regulations: hand in the non-working electrical equipment to an appropriate waste disposal center. The packaging material is recyclable. Dispose of the packaging in an environmentally friendly manner and make it available for the recyclable material collection-service.



Please be sure that you read all warnings on your Wayflex Shake It before use. Failure to do so may result in injury. Users assumes the risk of injury and all liability resulting the use of this product.

IMPORTANT PRECAUTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this user's guide before use. Users assumes the risk of injury and all liability resulting the use of this product. It is also user's responsibility to take proper care of your Wayflex Shake It.

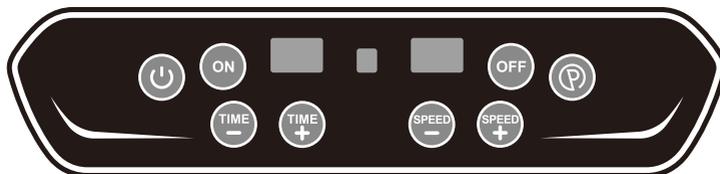
WARNING

- Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
- Use the device only as described in this manual.
- The device is intended for home use only. Do not use the device in a commercial, rental, or institutional setting.
- The device is for adults only. Children are not suitable to use the device.
- Keep children under age 12, disabled persons and pets away from the device. Children should be supervised to ensure that they do not play with the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep the device indoors, away from moisture and dust. Do not put the device in a garage or covered patio, or near water.
- Place the device on a level surface with at least 5 ft. (1.5 m) of clearance around the device for workout.
- Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- The device should not be used by persons weighing more than 120 kg.
- Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
- Always check your unit before each use, and ensure that all nuts and bolts are tight, and that the unit is in good working condition.
- Do not allow more than one person on the device at any time.
- Do not put your fingers or toes between the foothold and main frame when the device is operating. Failure to do so may result in injury.
- Always turn the power off and unplug the power cord if the device is not being used.
- Always remember to fold the stabilizers away before operating the Wayflex Shake It. You will not be able to operate the device if the stabilizers are not being folded away.
- Always remember to unfold the stabilizers before doing any aerobic step workouts as the foothold is unstable if the stabilizers are not being unfolded.
- Always remember to lock the twist plate by the pin before doing any aerobic step workouts.
- Do not disassemble the device by yourself. For any technical issues, please contact our service center.

ATTENTION

- It is the responsibility of the owner to ensure that all users of the device are adequately informed of all precautions.
- Wear appropriate clothes while exercising.
- Warm up at least 5 minutes before workout and cool down at least 5 minutes afterwards.
- When using the device for the first few times, we recommend starting on low speeds(15) with few vibrations per minute and gradually increasing the speed as you continue exercising.
- The recommended duration of all vibration programmes is no longer than 15 minutes a day.
- We recommend doing one session everyday.

DISPLAY AND REMOTE CONTROL INSTRUCTIONS



	Press POWER to turn the power on
	Press ON to operate the Wayflex Shake It
	Press OFF to stop the operation
	Press PROGRAM to select pre-installed program for workout
	Press TIME+ to increase the desired workout duration
	Press TIME- to decrease the desired workout duration
	Press SPEED+ to increase the current speed from 0 to 99 level
	Press SPEED- to decrease the current speed from 99 to 0 level

ATTENTION

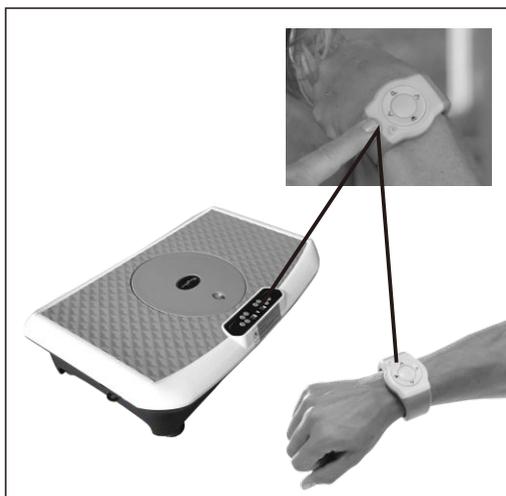
When using the wristband remote control to operate the Wayflex Shake It, remember to face the front of the wristband remote control towards the computer meter.

Power:

Turn on/off the Wayflex Shake It



Start/Stop the operation



FOLDING AND UNFOLDING INSTRUCTIONS

FOLDING

Always remember to fold the stabilizers away before operating the Wayflex Shake It.

NOTE:

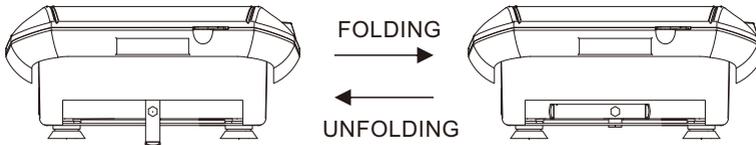
You will not be able to operate the Wayflex Shake It if the stabilizers are not being folded away. If you cannot operate the Wayflex Shake It, always check first if you close all stabilizers.

UNFOLDING

Always remember to unfold all stabilizers before doing aerobic step workout.

WARNING:

Do not perform any aerobic step workouts if the stabilizers are not being unfolded as the foothold is unstable.



LOCKING AND UNLOCKING INSTRUCTIONS

LOCKING

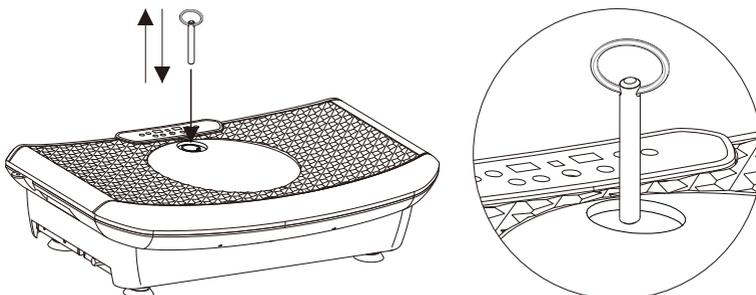
Before for doing any aerobic step workouts, always remember to place the pin to lock the twist plate.

NOTE:

Failure to lock the twist plate for doing the aerobic step workouts may result in injury as you may fall down since the twist plate rotates easily.

UNLOCKING

In order to perform oblique twist and cycle crunch twist, you need to remove the pin to unlock the twist plate first.



WARM-UP AND COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

SUGGESTED STRETCHING EXERCISES

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

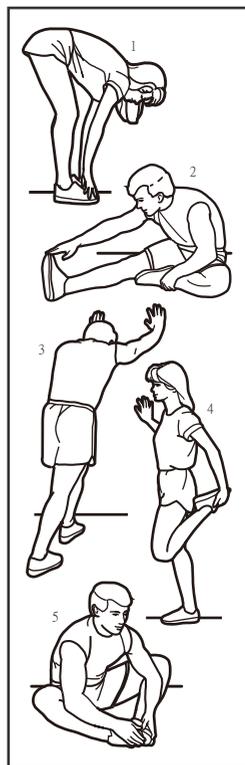
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

WORKOUT PROGRAM

Thank you for purchasing the Wayflex Shake It.

This is a fantastic step towards transforming your body and fitness level. Not only does this program provide you with a fantastic cardio workout, you will be building muscles with strength training workout.

Complete 4 sessions every week. You may gradually increase frequency of workouts per week and the vibration level according to your comfortable pace. The program works by getting your metabolism into real fat burning mode quickly through short, but intense bursts of exercise.

After each workout, it is advised that you perform the stretches to help you recover and ready for the next workout.

We hope you enjoy this program and you look forward to seeing some amazing results.

AEROBIC STEP WORKOUT

Perform one round of following exercises. Take a rest for 15 seconds to drink some water, and perform another round.

Basic Step

- Step up with the left foot first and then step up with the right foot.
- Step down the left foot, then down right foot.
- Keep performing the exercise for 60 seconds.
- **Step up with the right foot first while doing the second round.**

L Step

- Move to the right side of your platform and step up with the left foot and then kick forward the right foot.
- Step down to the right side of the device with the right foot first and then the left foot.
- Step up on the device with the left foot and kick forward the right foot again.
- Then step down back to the starting position with the right foot first and then the left foot.
- Keep performing the exercise for 60 seconds.
- **Move to the left side of your platform and step up with the right foot while doing the second round.**

Corner to Corner Step

- Step up with the left foot, facing diagonally and kick forward the right foot.
- Step down with the right foot, then down left foot.
- Step up with the right foot, facing diagonally and kick forward the left foot.
- Step down with the left foot, then down right foot.
- Keep performing the exercise for 60 seconds.

Across The Top Step

- Stay on the left side of the device.
- Step up with the right foot first to the center of the device and then step up with the left foot.
- Step down the right foot to the right side, then down left foot.
- Return to starting position and keep performing the exercise for 60 seconds.

STRENGTH TRAINING WORKOUT

There are two workout levels - beginner and advanced. Start your strength training with beginner workout first and move forward to advanced workout according to your comfortable pace.

We recommend starting the beginners workout on low speeds (15) with few vibrations per minute and gradually increasing the speed as you continue exercising. It is recommended starting the advanced workout on a little bit higher speeds (30), and you can gradually increase the speed as you continue exercising.

ADVANTAGES OF VIBRATION

Increase the basal metabolic rate, which means you burn calories.

Increase body toning.

Increase flexibility.

Increase body circulation. Better circulation considerably helps reduce fat.

Help reduce the appearance of cellulite.

BEGINNERS

- Standing Position** Stand on the device, put your feet flat on the surface and shoulders width apart. This will help you improve overall circulation and get ready for following exercises. Enjoy the vibration for 90 seconds and move to the next exercise.
- Push Up** Put your arms on the device and feet firmly on ground, and maintain the posture for 60 seconds.
- Reverse Push Up** Sit with your back to the device with your legs slightly bent and feet flat on the floor. Place both hands on the edge of the device a shoulder width apart. Raise your hips off the ground and keep your arms straight, and maintain the posture for 60 seconds.
- Standing Rotation** Grab the resistance bands holding at chest level. Lift your arms straight out in front of you and rotate them from side to side engaging the core throughout the movement. Perform this exercise for 90 seconds.

TAKE A BREAK AND DRINK SOME WATER (15 SECONDS)

- Half Squat** Stand on the device, feet slightly apart. Bend knees in-line with toes of your feet, and maintain the posture for 60 seconds.
- Static Lunge** Place right feet on the device and bend knees to lean body forward. Keep left leg straight and maintain the posture for 60 seconds. Then perform with another feet on the device and maintain the posture for another 60 seconds.
- Glute Ham Raise** Place feet on the device and push your buns off floor. Lift your hip to a 45 degree angle and maintain the posture for 60 seconds.
- Plank** Lie face down with legs extended and elbows bent and directly under shoulders on top of the device. Feet should be hip-width apart, and elbows should be shoulder-width apart. you should be in a straight line from head to heels. Maintain the posture for 60 seconds.

ADVANCED

- Biceps Curl** Grab the resistance bands and then extend arms down with palms facing up. Lift one arm up towards your chest and down again, then repeat with the other arm. This exercise can be done with both arms at the same time as well. Keep performing the exercise for 60 seconds.
- Front Raise** Grab the resistance bands, keep your back and head straight, chest up and stomach tight. Your arms should be straight down, palms facing back and elbows into the side of body. Lift your arms straight out in front of you and then return to starting position. Keep performing the exercise for 60 seconds.
- Triceps Curl** Grab the resistance band with your right arm, keep your palms facing out in front of you, extend your arm as high as possible above your head, while the left arm holds your right elbow to stabilize the movement. Return to starting position and repeat. Keep performing the exercise for 60 seconds. Then change to perform the exercise with your left arm for another 60 seconds.
- Squat** Squat down as low as you can without losing the arch in your lower back. Explosively extend your hips to come back up and squeeze the buns. Return to starting position and repeat. Keep performing this exercise for 60 seconds.

TAKE A BREAK AND DRINK SOME WATER (15 SECONDS)

- Static Lunge** Step forward with the right leg onto the device, lowering your hips until both knees are bent at about a 90 degree angle. Ensure your front knee is directly above your ankle, not pushed out too far forward and that your other knee does not touch the floor. Keep the weight in your heels as you push back up to the starting position. Return to starting position and repeat. Keep performing the exercise for 60 seconds. Then change to perform the exercise with your left leg for another 60 seconds.
- Glute Ham Raise** Place feet on the device and push your buns off floor. Lift your hip to 45 degree angle and then return to starting position. Remember to not let your buns touch the floor as it is cheating. Return to starting position and repeat. Keep performing the exercise for 60 seconds.
- Oblique Twist** Hold both ends of the vibration plate, keep your legs off the ground and twist to move your legs from side to side. If it is too difficult, then you can place your feet on the ground when you twist to the very left or right side. Keep performing the exercise for 60 seconds.
- Cycle Crunch Twist** Hold both ends of the vibration plate and lift your legs off the ground. Perform cycling and at the same time twist your lower body from one side to another. Again, if it is too difficult, then you can place your feet on the ground when you twist to the very left or right side. Keep performing the exercise for 60 seconds.

WEIGHT LOSS FOOD PLAN

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Warm lemon water Porridge with 10 almonds, 1 banana, 1 tsp spoon cocoa, 1 tsp spoon cinnamon Green tea	1 low-fat yogurt	60 g quinoa with 300 g seasonal vegetable and 1 tsp olive oil 200 g grilled chicken breast	1 apple	Seasonal vegetable soup with 1 tsp olive oil
Tuesday	Warm lemon water 1 low-fat yogurt with 50 g oat granola Green tea	1 peach	Baked potato flan (200 g potato, 25 g parmesan cheese, 50 g roast ham and 1 tbsp olive oil)	2 kiwis	Salad (300 g tomato, 100 g goat cheese, 1 tsp olive oil and basil)
Wednesday	Warm lemon water Fruit juice (1 peach or 20 strawberries or 1 apple with 1 banana and 10 almonds) Green tea	1 low-fat yogurt	60 g gluten free pasta with pesto 100 g grilled turkey breast 300 g salad with 1 tsp olive oil	1 apple	200 g baked fish 300 g steamed zucchini with 1 tsp of olive oil
Thursday	Warm lemon water 1 low-fat yogurt with 50 g oat granola Green tea	1 peach	60 g risotto with 300 g asparagus or zucchini, 1 tsp olive oil and 50 g parmesan cheese	2 kiwis	Seasonal vegetable soup with 1 tsp olive oil
Friday	Warm lemon water Fruit juice (1 peach or 20 strawberries or 1 apple with 1 banana and 10 almonds) Green tea	1 low-fat yogurt	60 g wholemeal or gluten free pasta 200 g baked fish 300 g steamed vegetable with 1 tsp olive oil	1 apple	Salad (300 g tomato, 100 g goat cheese, 1 tsp olive oil and basil)
Saturday	Warm lemon water 2 boiled eggs Green tea	1 peach	50 g bread 80 g ham 300 g seasonal vegetable	2 kiwis	Seasonal vegetable soup with 1 tsp olive oil
Sunday	Coffee with skimmed milk 2 wholemeal rusks with 1 tsp marmalade (sugar free)	100 ml orange juice	Pizza	Coconut water	200 g baked fish 300 g seasonal vegetable with 1 tsp olive oil

Always remember to drink 2 liters of water everyday.

Do not drink any alcohol or soft drinks.

Avoid hydrogenated oils and saturated fats.

Avoid high calorie foods like fast foods, salty foods, deep fried foods, sweets, sauces, dressings.

You may reduce the portion sizes if you feel the size is too much, but do not skip any meals.

CARE AND CLEANING INSTRUCTIONS

Place the Wayflex Shake It on a level surface and keep it indoors, away from moisture and dust. Do not put the Wayflex Shake It in a garage or covered patio, or near water.

Always check your unit before each use, and ensure that all nuts and bolts are tight, and that the unit is in good working condition.

Always turn the power off and unplug the power cord if the Wayflex Shake It is not being used.

Always remember to switch the power off and then unplug the power cord before cleaning the Wayflex Shake It.

You can use a wet rag to clean the surface of the Wayflex Shake, but do not spray water on the Wayflex Shake It as it may result in short circuit.

COMMON PROBLEMS AND SOLUTIONS

PROBLEMS	SOLUTIONS
The Wayflex Shake It cannot be operated.	Check if you well put the plug in the outlet.
	Check if you stitch the power on.
	When the screen shows "E", check if the stabilizers are folded up.
The wristband remote control does not work.	Change a new battery as the current one may run out of power.
	Stay closer to the Wayflex Shake It as you may stay too far away.
The Wayflex Shake It suddenly stops operating.	<p>The default duration of the Wayflex Shake It is 20 minutes, so the power will be off automatically when time is up. You can press the start button to operate the device again.</p> <p><u>Note:</u> It is necessary to rest the Wayflex Shake It for at least 15-20 minutes after use to avoid overheating. It may require longer time to cool in warmer environments</p>

CAUTION:

Do not disassemble the Wayflex Shake It by yourself. For any technical issues, please contact our service center.