

NL

# HANDLEIDING

## Joy Sport VIPER 2



# Joy Sport Importeur

Fitness-Import  
Timmermannsweg 46  
5813 AP Ysselsteyn (LB)  
info@joysport.nl  
www.joysport.nl

## Geachte klant,

Wij feliciteren u met de aankoop van dit **JOY SPORT** product.  
Tevens wensen wij u veel sportplezier toe met uw goede keuze.  
Volg aandachtig de montage handleiding.  
Mocht u nog vragen hebben dan helpen wij u graag verder.

## Garantie,

Deze garantie geldt gedurende 12 maanden voor elke fabricagefout aan uw **JOY SPORT** product die door een gemachtigd **JOY SPORT** dealer werd verkocht.  
Wanneer u garantie claimt biedt **JOY SPORT** de mogelijkheid om naar eigen goeddunken het defecte apparaat of het betreffende onderdeel te herstellen of te vervangen.  
De transportkosten van en naar onze werkplaats worden uitgesloten van deze garantie, en zijn dus voor rekening van de bezitter van het product.  
Wanneer u aanspraak wenst te maken op eventuele garantie gaat u met het aankoopbewijs naar de dealer waar u uw product heeft gekocht.  
De dealer zal uw claim dan verder afhandelen.  
Tevens bestaat de mogelijkheid om contact op te nemen met de officiële **JOY SPORT** importeur.

## Garantie uitsluitingen,

De garantie geldt niet voor: de normale slijtage, de gevolgen van een ondeskundige handeling, of beschadiging door de koper of door derden zelf, en defecten die aan extreme omstandigheden te wijten zijn.  
De garantie kan ook niet worden geclaimd wanneer de originele constructie of uitrusting werd gewijzigd, of wanneer geen originele **JOY SPORT** onderdelen voor de reparatie werden gebruikt.  
De fabrikant kan niet verantwoordelijk gesteld worden voor schade, verlies of kosten, incidenteel noch gerelateerd ten gevolge van gebruik van dit apparaat.

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# **INHOUD.**

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## **VEILIGHEIDSINSTRUCTIES**

**Lees eerst de handleiding goed door alvorens u uw Joy Sport W-Zone gaat monteren.**

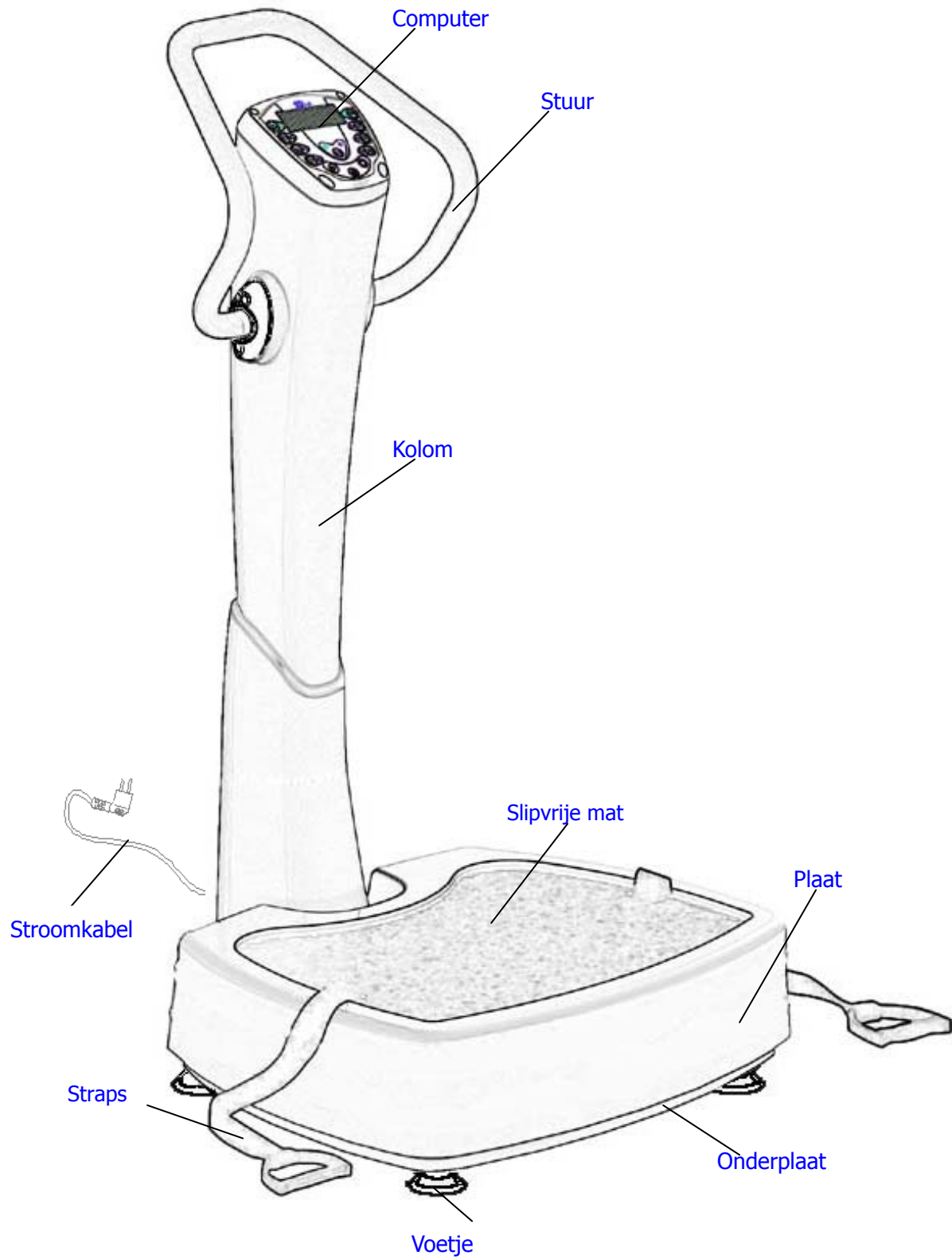
**Volg de volgende veiligheidsinstructies:**

1. Als u denkt dat uw apparaat niet goed functioneert stop dan onmiddellijk de training en neem contact op met uw dealer.
2. Steek geen onderwerpen in de open delen van dit apparaat.
3. De gebruikerslimiet van dit apparaat is 150KGS.
4. Dit apparaat is geschikt voor maximaal 1persoon.
5. Gebruik dit apparaat altijd op een gelijke vloer.
6. Verlaat het apparaat pas als het helemaal uit staat.
7. Let op voor kinderen als het apparaat in gebruik is.
8. Schakel de stroom na gebruik uit.

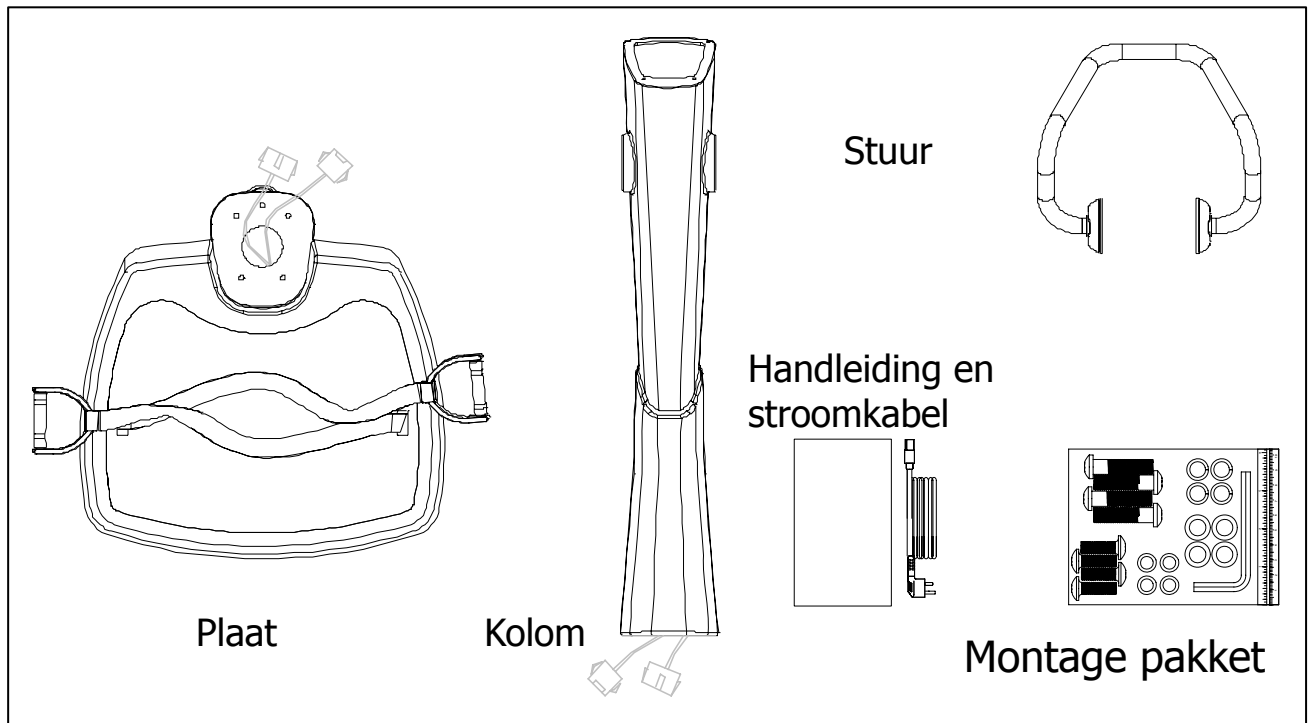
**U mag dit apparaat niet gebruiken onder de volgende condities:**

- Zwangerschap
- Wonden of na een operatie.
- Kunstheup of knie.
- Diabetes
- Epilepsie
- Migraine
- Als u een pacemaker heeft.

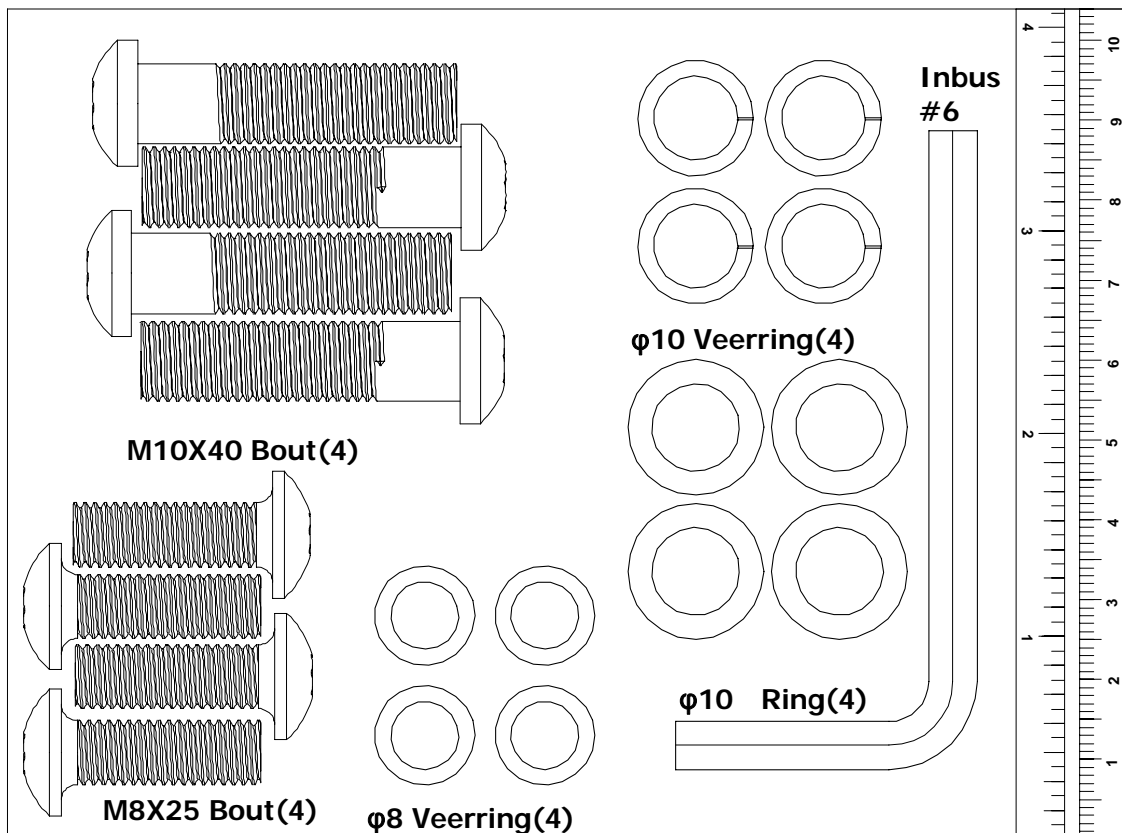
# KENMERKEN



# VERPAKKING & MONTAGE



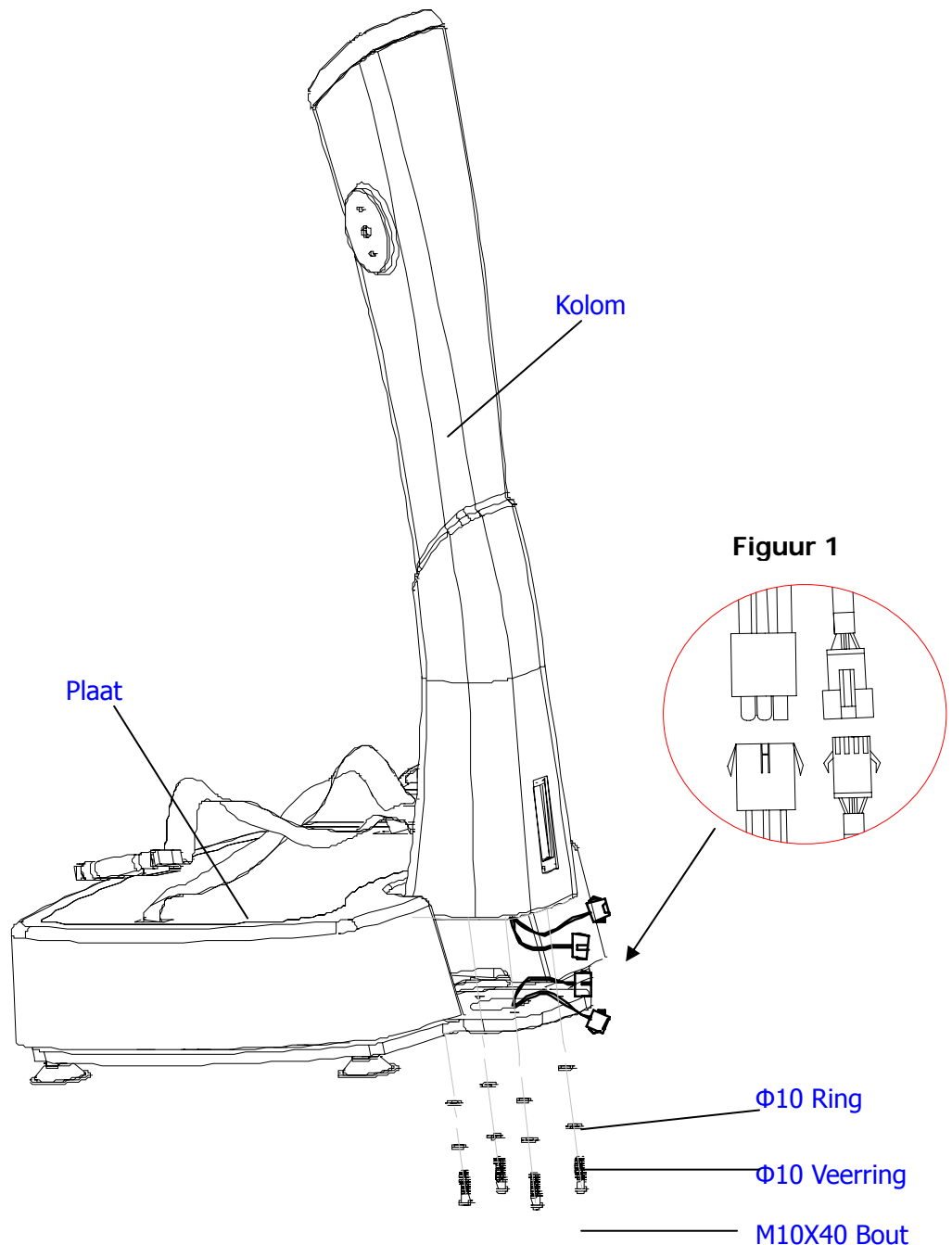
## Montage pakket



## Montage instructies.

### STAP 1- Montage van de stuurkolom op de plaat

- A/ Sluit de stroomkabels aan zoals aangegeven in figuur 1 zet daarna de kolom op de plaat en zorg ervoor de de gaatjes gelijk zitten.
- B/ Monteer nu de kolom op de plaat, Gebruik hiervoor 4 M10\*40 bouten, 4  $\Phi$ 10 Ringen en 4  $\Phi$ 10 Veerringen. Zet het vast met de bijgeleverde inbusleutel.

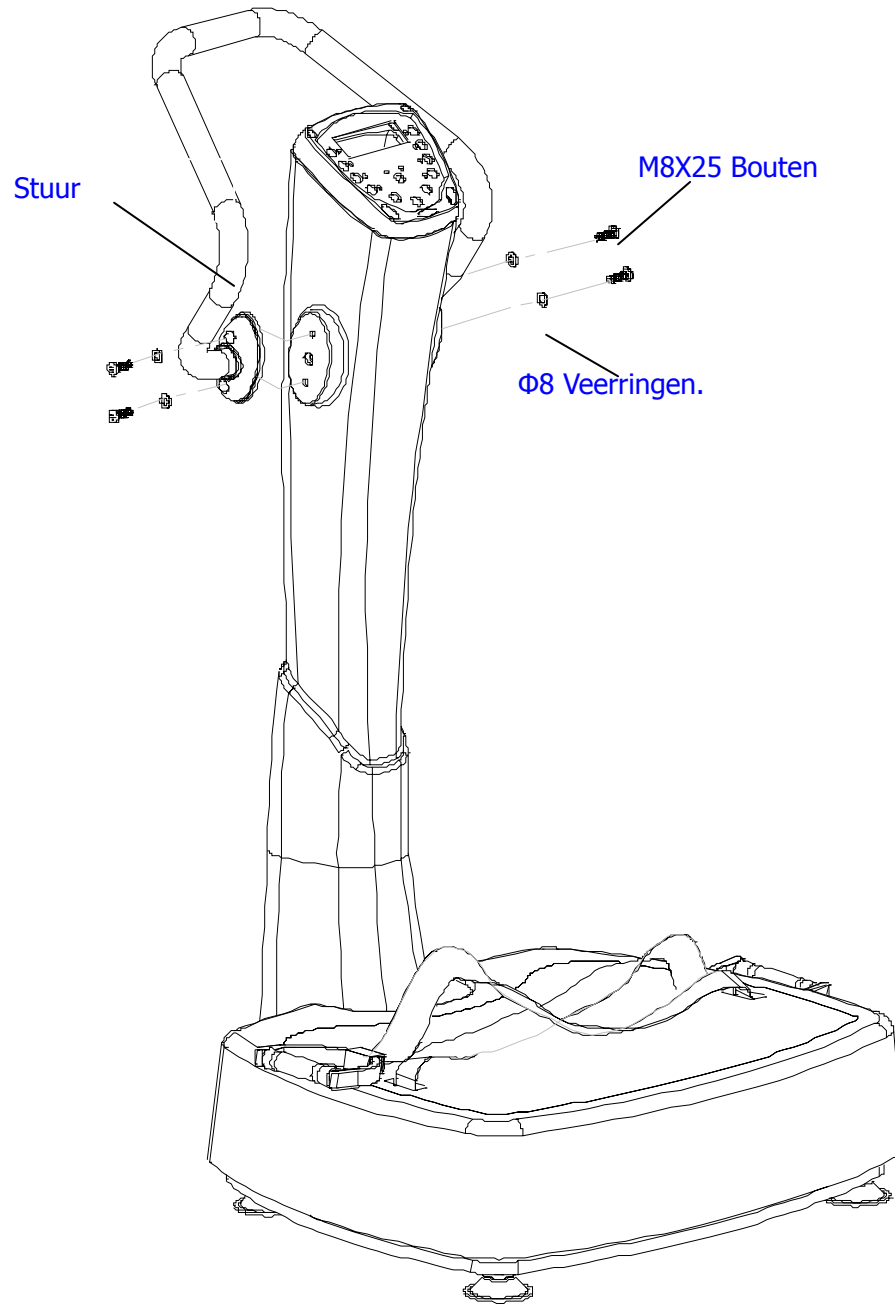


## STAP 2- Montage van het stuur op de kolom.

A/ Zorg ervoor dat de gaatjes gelijk zitten.

B/ Gebruik 4 M8X25 bouten en 4  $\Phi 8$  veerringen , tighten it with wrench at this time.

Zet het vast met de bijgeleverde inbusleutel.





## COMPUTER

TIJD : 30Sec, 60Sec, 90Sec, 300Sec






FREQUENCY : 30Hz, 35Hz, 40Hz, 45Hz

TIJD TELLING : 300Sec~0Sec

HOGE FREQ / LAGE FREQ SET : H/L



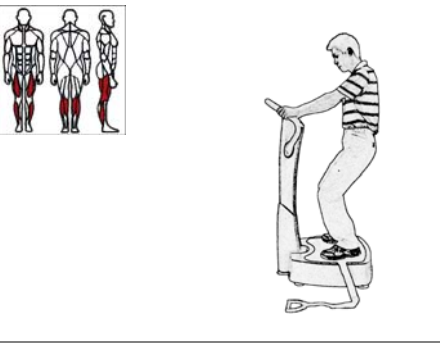

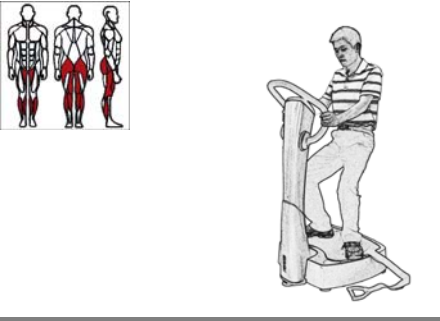
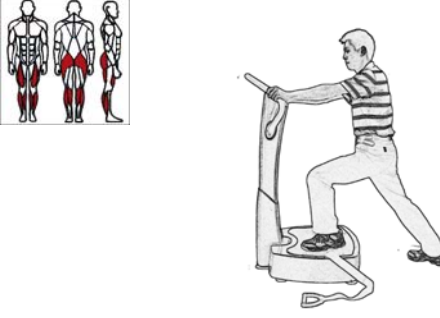
## INSTELLINGEN

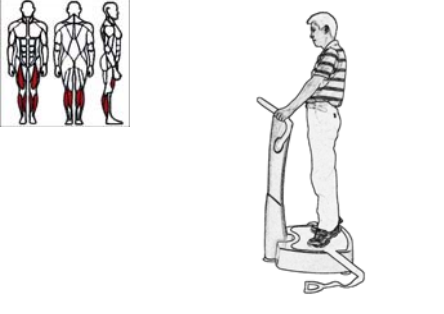
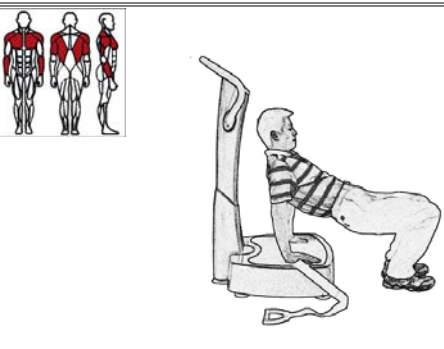
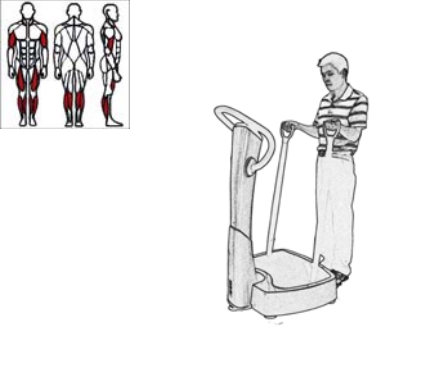
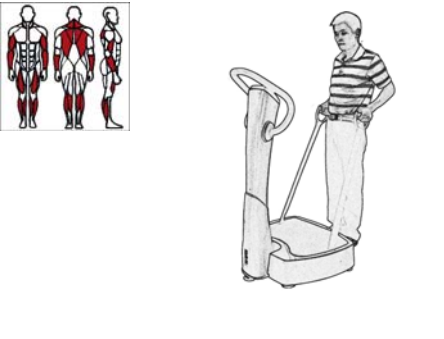
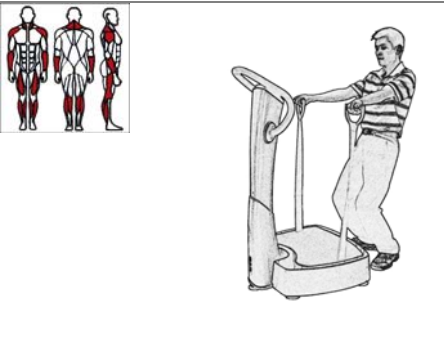
1. Steek de stekker in het stopcontact.
2. Druk op deze knop .
3. Druk op  de trilplaat begint nu meteen.
4. Kies eerst de tijd, de frequency en H/L druk vervolgens op , De trilplaat zal nu beginnen met de door u gekozen instelling.
5. U kun toek tijdens uw training wisselen van programma.
6. Gebruik tijdens uw training de  knop of de  knop om de trilplaat te stoppen.

## Gebruik de H/L knop niet tijdens uw training

### OEFENINGEN

#### A/ Spieren.

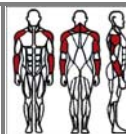
<p><b>A01 SQUAT</b></p> <p><b>Houding:</b> plaats beide voeten lichtjes gespreid. Plooi de knieën ongeveer 80 graden (je dient nog steeds de tenen te kunnen zien), houdt de rug recht, balanceer op de voorvoet.</p> <p><b>Doelzone:</b> quadriceps, tibalis, en kuiten.</p>	 Anatomical diagrams showing the quadriceps, tibialis, and calf muscles. A person is shown performing a squat on a stationary bike.
<p><b>A 02 Deep Squat</b></p> <p><b>Houding:</b> plooi de knieën ongeveer 100 graden (je dient nog steeds de tenen te kunnen zien), houdt de rug recht, bovenlichaam lichtjes naar voor om evenwicht te behouden.</p> <p><b>Doelzone:</b> quadriceps, tibalis, en kuiten.</p>	 Anatomical diagrams showing the quadriceps, tibialis, and calf muscles. A person is shown performing a deep squat on a stationary bike.
<p><b>A 03 Wide Stance Squat</b></p> <p><b>Houding:</b> Ga ver met de benen uit elkaar staan met de tenen naar buiten gekeerd, plooi de knieën ongeveer 100 graden.</p> <p><b>Doelzone:</b> Rug, quadriceps en binnenkant van de dijen.</p>	 Anatomical diagrams showing the quadriceps, tibialis, and calf muscles. A person is shown performing a wide stance squat on a stationary bike.
<p><b>A 04 Lunge</b></p> <p><b>Houding:</b> plaats een voet in het midden van de trilplaat zoals afgebeeld.</p> <p><b>Doelzone:</b> hanstrings quadriceps en billen.</p>	 Anatomical diagrams showing the quadriceps, tibialis, and calf muscles. A person is shown performing a lunge on a stationary bike.

<p><b>A 05 Calves</b></p> <p><b>Houding:</b> plaats beide voeten naast elkaar, hef de hiel op, plooi de knieën lichtjes, houdt de rug recht. Houdt het hoofd horizontaal en span de buikspieren.</p> <p><b>Doelzone:</b> tibalis en kuiten.</p>	
<p><b>A 06 Triceps Dip</b></p> <p><b>Houding:</b> plaats de handen op schouderbreedte, de vingers wijzen zijwaarts weg, duw jezelf op, enkel steunend op hielen en handen.</p> <p><b>Doelzone:</b> Schouders, rugspieren, borstspieren, voorarmen, en triceps.</p>	
<p><b>A 07 Biceps Curl</b></p> <p><b>Houding:</b> houdt elleboog en arm strak naast het lichaam en neem de straps vast. Houdt de handen samen en beweeg deze vervolgens naar buiten toe, knieën lichtjes geplooid.</p> <p><b>Doelzone:</b> rugspieren, tibalis, kuiten, biceps en quadriceps</p>	
<p><b>A 08 Bend Over Pull</b></p> <p><b>Houding:</b> stap op de vibration trainer en neem de straps vast zoals afgebeeld. Plooi de knieën en heup lichtjes, houdt het bovenlichaam recht. Hef de kin lichtjes op.</p> <p><b>Doelzone:</b> rugspieren, biceps, voorarm, quadriceps en tibalis.</p>	
<p><b>A 09 Front Raise</b></p> <p><b>Houding:</b> neem de houding aan zoals aangegeven op de afbeelding. Voor de variatie kunt U ook in deze houding op de trilplaat gaan staan.</p>	

### A 10 Shoulder Press

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

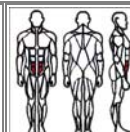
**Doelzone:** schouders en bovenarmen.



### A 11 Lower Abdominals

**Houding:** neem de houding aan zoals aangegeven op de afbeelding. Druk jezelf nu op.

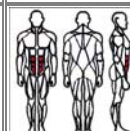
**Doelzone:** buikspieren.



### A 12 Standing Abdominals

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

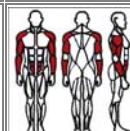
**Doelzone:** buikspieren.



### A 13 Lateral Abdominals

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

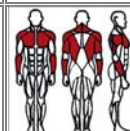
**Doelzone:** lateral abdomen

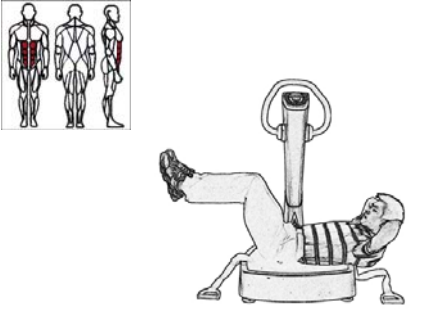



### A 14 Push Up

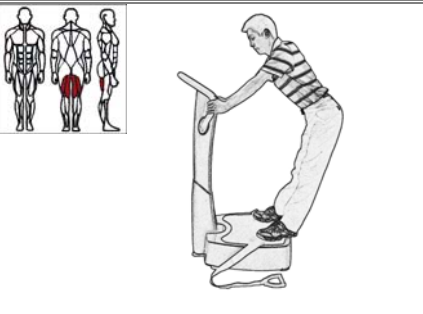
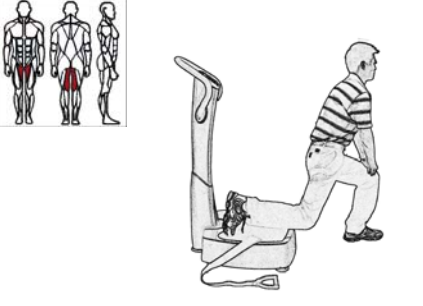
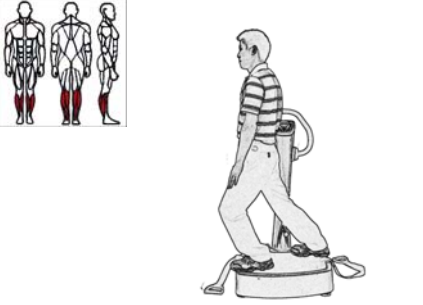
**Houding:** plaats de handen op schouderbreedte, houdt knieën en benen gestrekt, plooi de elleboog ongeveer 90 graden, en terug opdrukken.

**Doelzone:** schouders, borstspieren, voorarmen, en triceps.



<p><b>A 15 Abdominal Crunch</b></p> <p><b>Houding:</b> neem de houding aan zoals aangegeven op de afbeelding. Leg wel een kussen onder uw rug.</p> <p><b>Doelzone:</b> buikspieren.</p>	 <p>The anatomical diagrams show the abdominal muscles in red. The illustration shows a person lying on their back on a machine with their knees bent and feet flat on the floor, performing a crunch.</p>
<p><b>A 16 Lattisimus Dip</b></p> <p><b>Houding:</b> neem de houding aan zoals aangegeven op de afbeelding.</p> <p><b>Doelzone:</b> armen schouders en bovenkant borst.</p>	 <p>The anatomical diagrams show the latissimus muscle in red. The illustration shows a person sitting on a machine with their feet on a platform and hands on the machine's frame, performing a dip.</p>

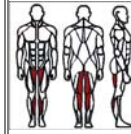
## B/ STRETCH

<p><b>B 01 Hamstring Stretch</b></p> <p><b>Houding:</b> neem de houding aan zoals aangegeven op de afbeelding.</p> <p><b>Doelzone:</b> billen en hamstrings</p>	 <p>The anatomical diagrams show the hamstring muscles in red. The illustration shows a person standing on a machine with one leg raised and bent, performing a hamstring stretch.</p>
<p><b>B 02 Quadriceps Stretch</b></p> <p><b>Houding:</b> neem de houding aan zoals aangegeven op de afbeelding.</p> <p><b>Doelzone:</b> quadriceps.</p>	 <p>The anatomical diagrams show the quadriceps muscles in red. The illustration shows a person kneeling on a machine with one leg raised and bent, performing a quadriceps stretch.</p>
<p><b>B 03 Calf Stretch</b></p> <p><b>Houding:</b> neem de houding aan zoals aangegeven op de afbeelding.</p> <p><b>Doelzone:</b> kuiten.</p>	 <p>The anatomical diagrams show the calf muscles in red. The illustration shows a person standing on a machine with one leg raised and bent, performing a calf stretch.</p>

### B 04 Adductor Stretch

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

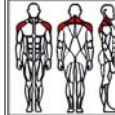
**Doelzone:** binnenkant dijen.



### B 05 Shoulder Stretch

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

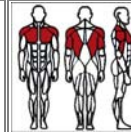
**Doelzone:** schouders.



### B 06 Pectoral Stretch

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

**Doelzone:** schouders en borst.

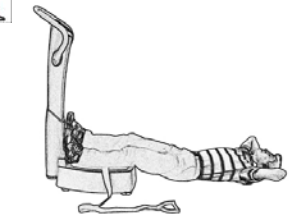
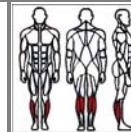


## C/ MASSAGE

### C 01 Calf Massage

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

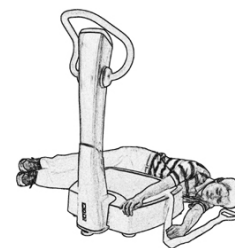
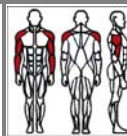
**Doelzone:** kuiten.



### C 02 Upper Arm Massage

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

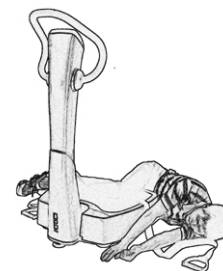
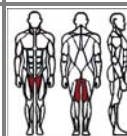
**Doelzone:** armen en schouders.



### C 03 Adductor Massage

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

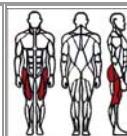
**Doelzone:** armen en schouders.



### C 04 Abductor Massage

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

**Doelzone:** buitenkant beenspieren.

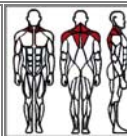


## D/ RELAX

### D 01 Shoulder & Neck Relaxer

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

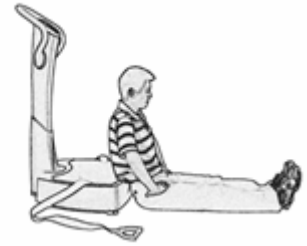
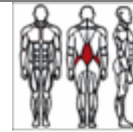
**Doelzone:** nek en schouders.



### D 02 Lower Back Relaxer

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

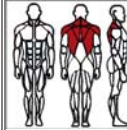
**Doelzone:** onderrug.



### D 03 Upper Body Relaxer

**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

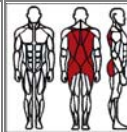
**Doelzone:** bovenlichaam.



### D 04 Back Relaxer

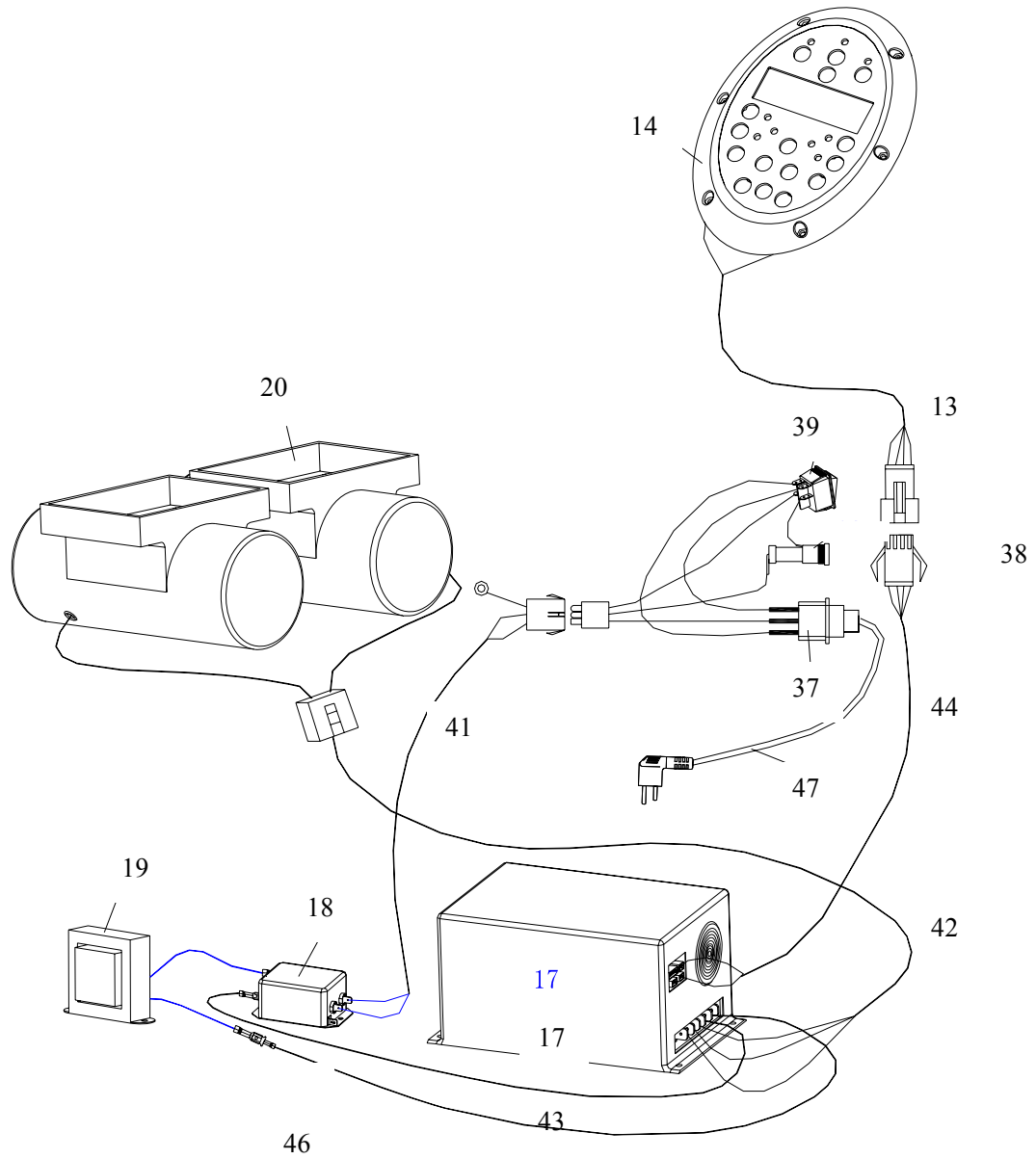
**Houding:** neem de houding aan zoals aangegeven op de afbeelding.

**Doelzone:** rug





# DIAGRAM



NR	BESCHRIJVING	AANT.	NR	BESCHRIJVING	AANT.	NR	BESCHRIJVING	AANT.
14	Computer	1	37	Stekkertje	1	43	Elektrische kabel	1
17	Transformator	1	38	Zekering	1	44	Elektrische kabel	1
18	Filter	1	39	Aan/Uit knop	1	45	Filter Kabel	1
19	Reactor	1	41	Elektrische kabel	1	46	Reactor Kabel	1
20	Motor	2	42	Motor kabel	1	47	Stroomkabel	1

**D**

# **Gebrauchsanweisung**

**Joy Sport  
VIPER 2**



# Joy Sport Importeur

Fitness-Import  
Timmermannsweg 46  
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## Geehrter Kunde

Wir gratulieren Ihnen zum Kauf dieses **JOY SPORT** Produktes.  
Wir wünschen Ihnen viel Sportvergnügen mit diesem Gerät.  
Folgen Sie sorgfältig der Montageanweisung.  
Bei Fragen, helfen wir Ihnen gerne weiter.

## Garantie,

Die Garantie dauert 12 Monate und gilt für jeden Fabrikationsfehler des **JOY SPORT** Artikels, der vom offiziellen **JOY SPORT** Wiederverkäufer verkauft wurde.

Beim Garantieanspruch bietet **JOY SPORT** die Möglichkeit das defekte Gerät zu reparieren oder das defekte Teil zu ersetzen.

Die Transportkosten von und ab unserer Reparaturwerkstatt werden von der Garantie ausgeschlossen. Diese Kosten gehen zulasten des Besitzers.

Wenden Sie sich im Falle eines Garantieanspruchs an den Verkäufer bei dem Sie das Gerät gekauft haben. Der Händler wird Ihnen weiter helfen.

Auch ist es möglich sich direkt mit dem **JOY SPORT** Importeur in Verbindung zu setzen.

## Garantie Ausschluss:

Keine Garantie gibt es: bei normalem Verschleiss, die Folgen von falscher Benutzung oder Beschädigung durch den Benutzer.

Keine Garantie gibt es wenn die Originalkonstruktion geändert wurde oder keine Original **JOY SPORT** Teile bei der Reparatur verwendet wurden.

Der Fabrikant ist nicht verantwortlich für Beschädigung, Verlust und Kosten die durch die Benutzung des Gerätes entstanden sind.

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## **Inhaltsverzeichnis.**

Sicherheitsanleitung	1
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## **Sicherheitsanleitung**

**Lesen Sie zuerst die Anleitung sorgfältig durch, bevor Sie Ihr Joy Sport Gerät montieren.**

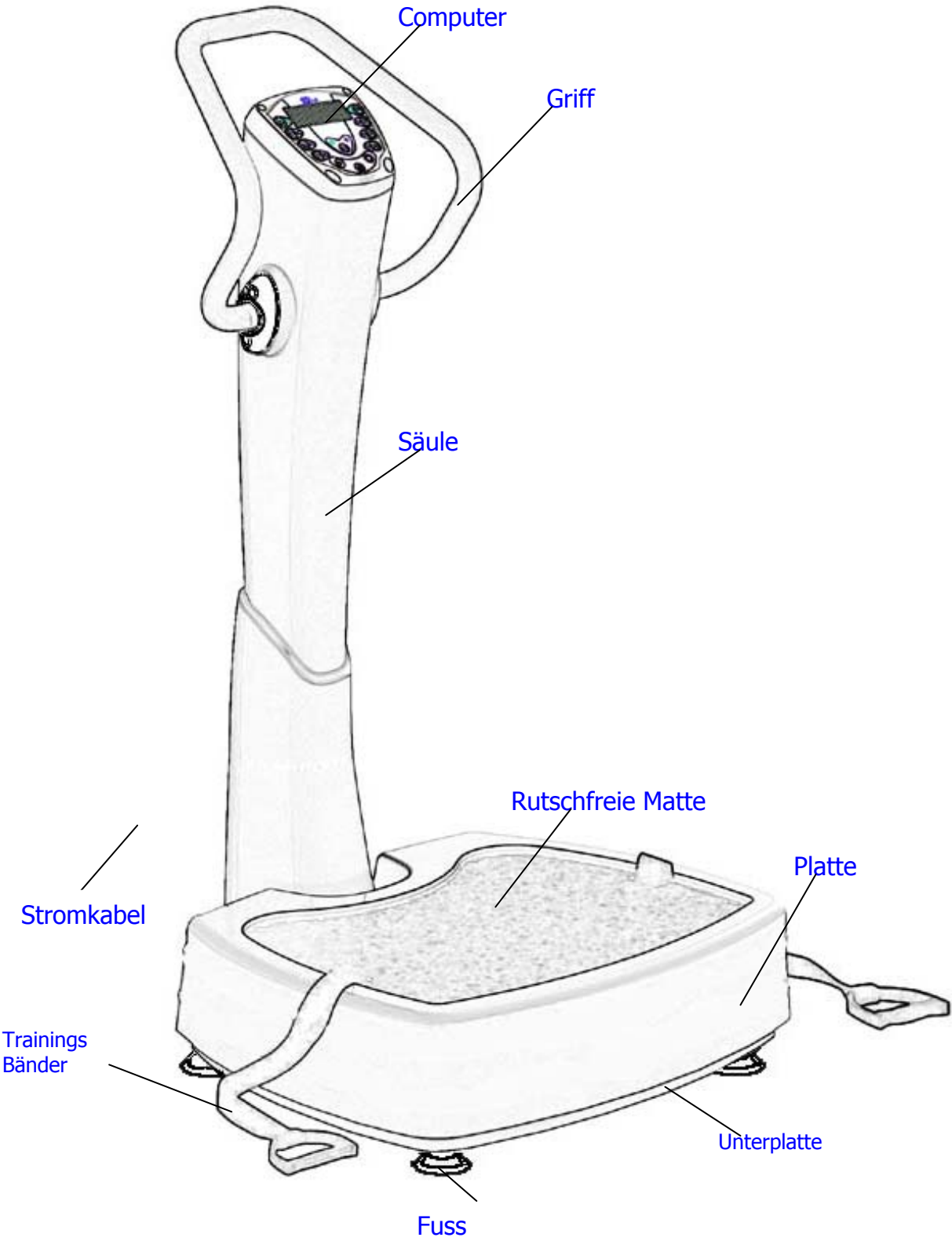
**Folgen Sie dieser Sicherheitsanleitung:**

1. Wenn der Verdacht besteht, dass Ihr Gerät nicht optimal funktioniert, stoppen Sie sofort das Training und kontaktieren Sie Ihre Verkaufsstelle.
2. Stecken Sie keine Gegenstände in offene Teile des Gerätes.
3. Die maximale Gewichtsbelastung der Platte ist 150kg.
4. Das Gerät ist geeignet für maximal 1 Person.
5. Benutzen Sie dieses Gerät immer auf ebenem und flachem Untergrund.
6. Verlassen Sie dieses Gerät erst wenn es ganz ausgeschaltet ist.
7. Achten Sie darauf, dass Kinder das Gerät nicht benutzen.
8. Schalten Sie den Strom nach Gebrauch ab.

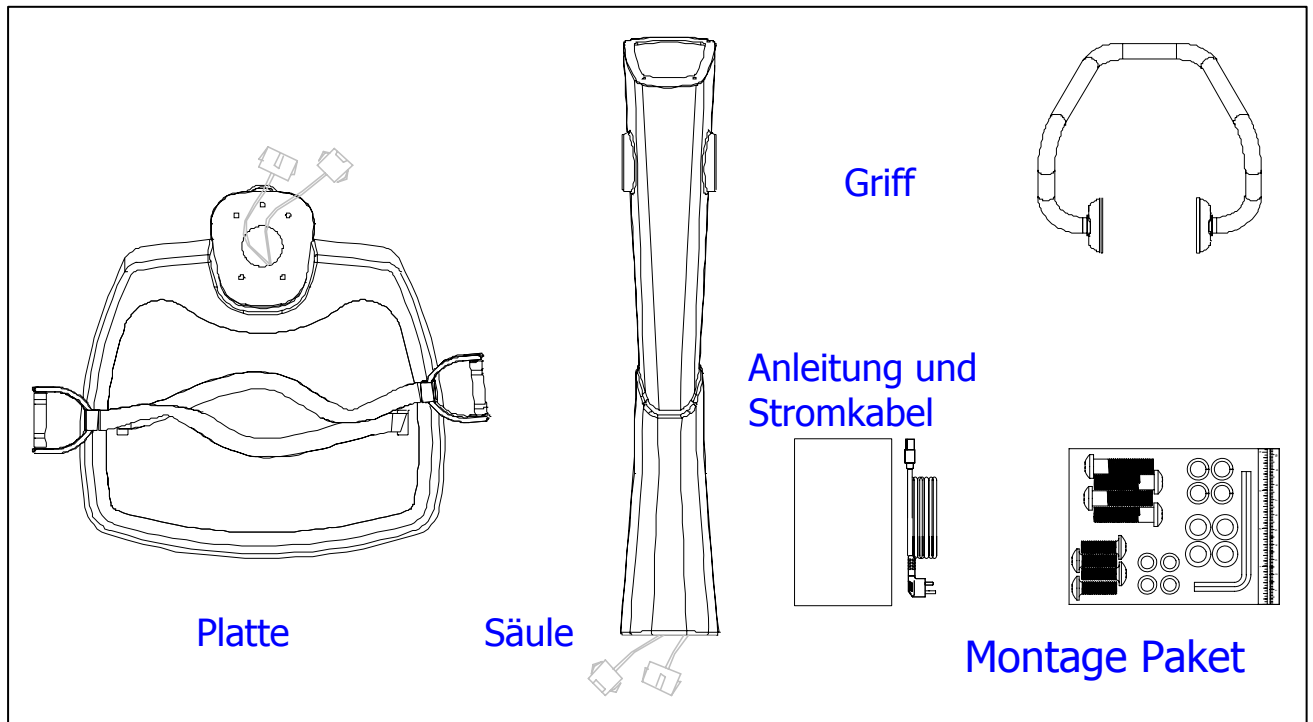
**Sie dürfen das Gerät unter folgenden Voraussetzungen nicht benutzen:**

- Schwangerschaft
- Frischen Wunden oder nach einer Operation
- Künstliche Hüfte oder Knie
- Schwere Diabetes
- Epilepsie
- Migräne
- Wenn Sie einen Herzschrittmacher haben

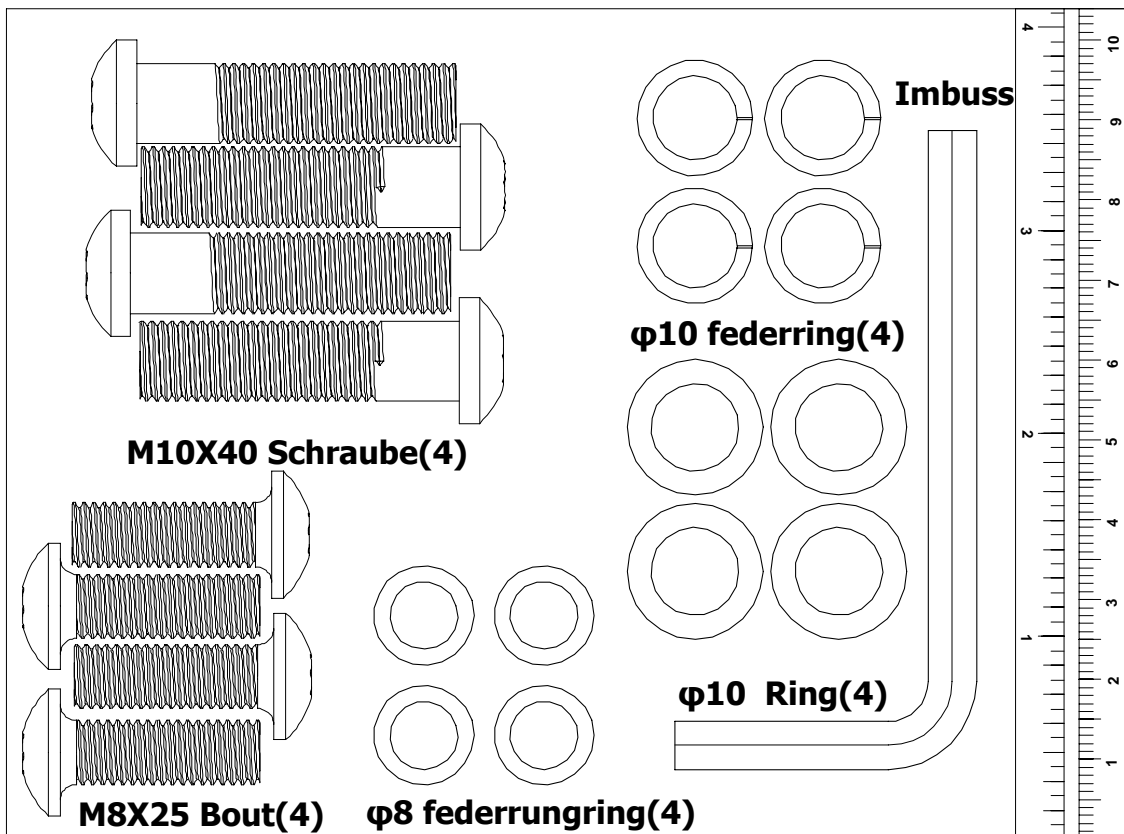
# Kennzeichen



# MONTAGE



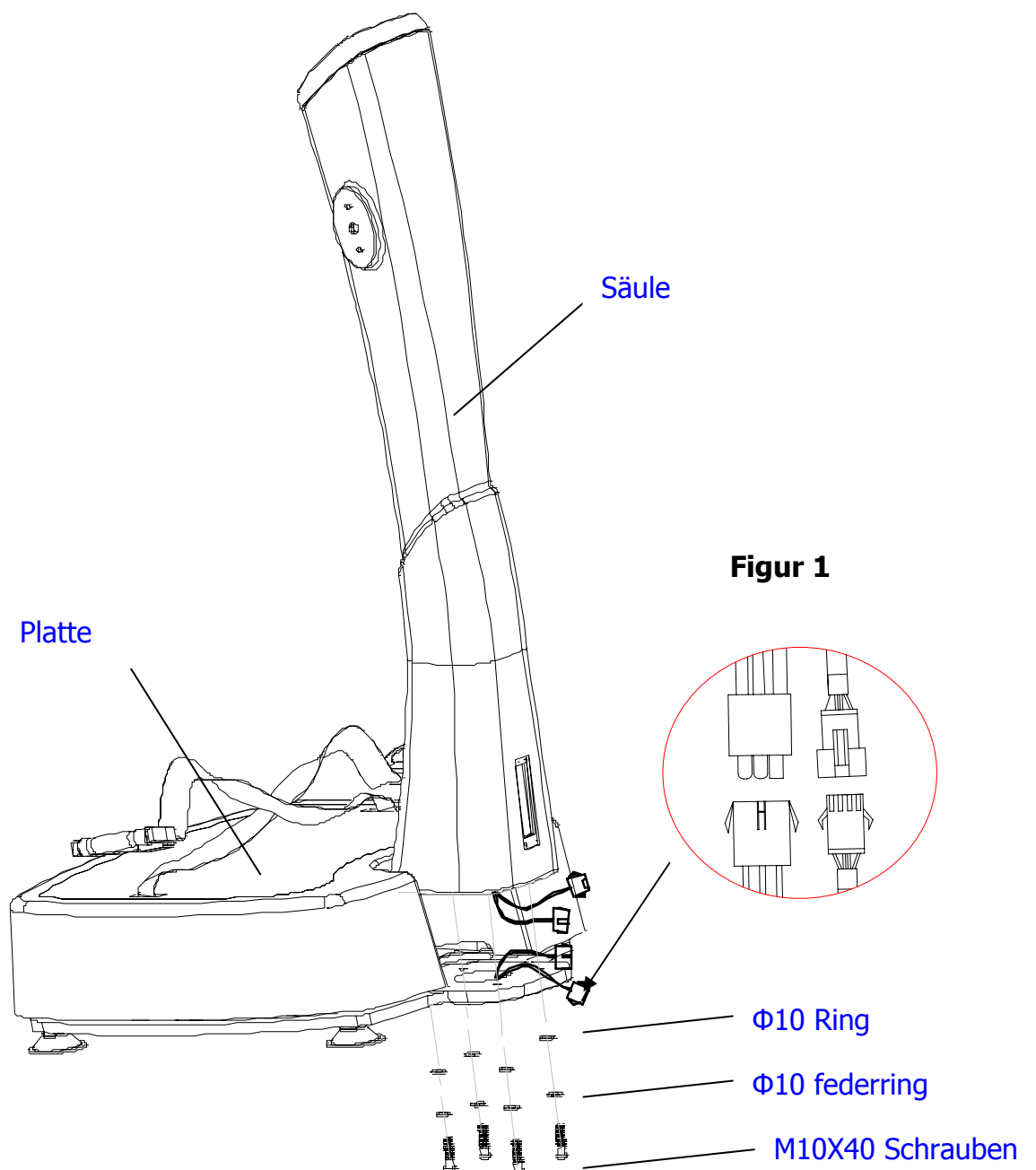
## Montage Paket



# Montage Anleitung.

## Schritt 1- Montage der Säule auf die Platte

- A/ Schliessen Sie die Steuerkabel an wie angegeben in Figur 1, platzieren Sie dann die Säule auf die Platte so das die Löcher übereinstimmen.
- B/ Montieren Sie jetzt die Säule auf die Platte, benutzen Sie hierfür 4 x M10x40 Schrauben, 4 x  $\Phi$ 10 Ringe und 4 x  $\Phi$ 10 Federringe. Befestigen Sie sie mit mitgeliefertem Imbusschlüssel.

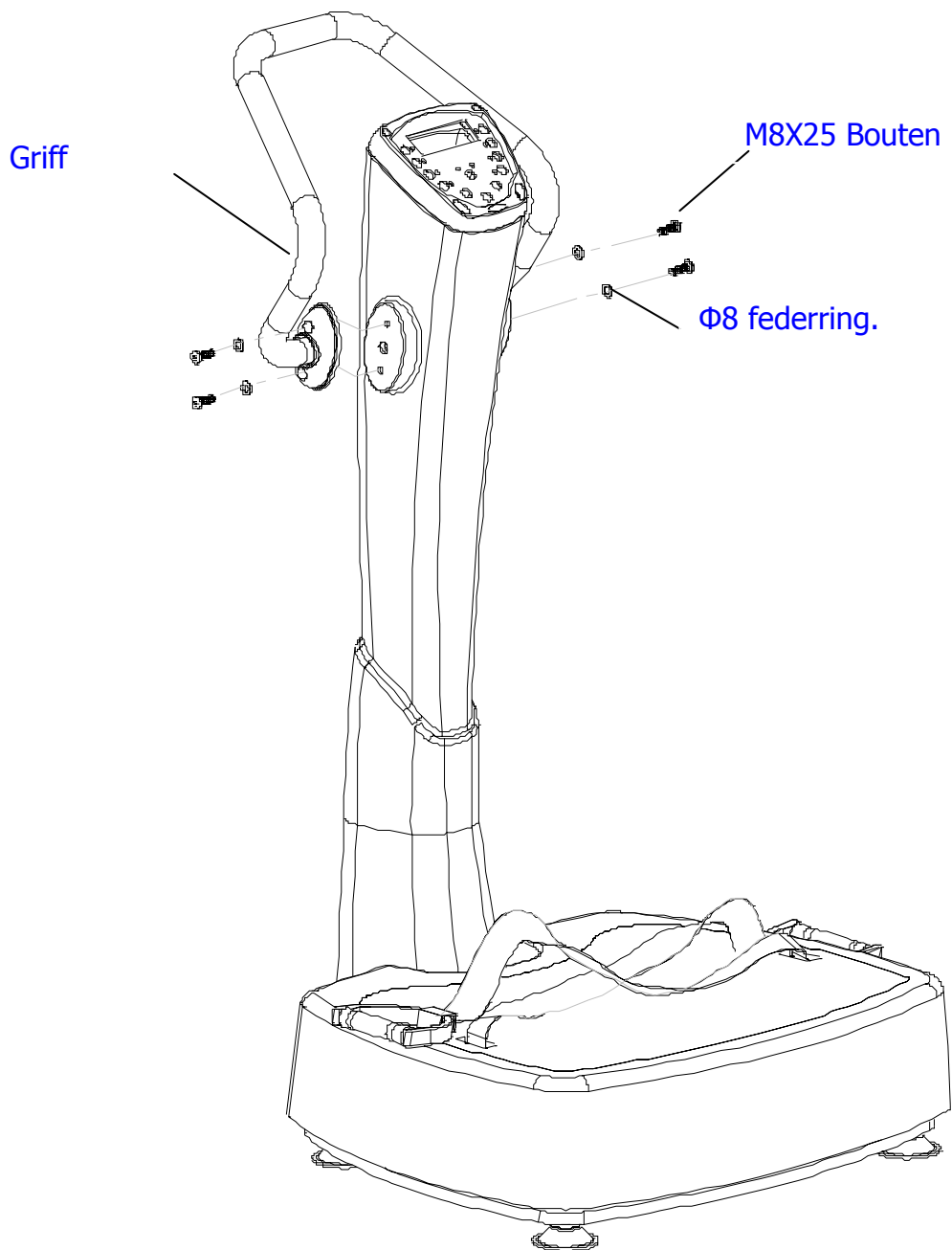




## Schritt 2 – Montage vom Lenkrad an die Säule.

A/ Sorgen Sie dafür dass die Löcher übereinstimmen.

B/ Benutzen Sie 4 x M8X25 Schrauben und 4 x  $\Phi 8$  Federringe Befestigen Sie sie mit mitgeliefertem Imbusschlüssel.



## COMPUTER

Zeit 30Sek 60Sek 90Sek 300Sek





Frequenz 30Hz 35Hz 40Hz 45Hz

Zeitanzeige 300Sec~0Sec

Hohe Amplitude/ Niedrige Amplitude




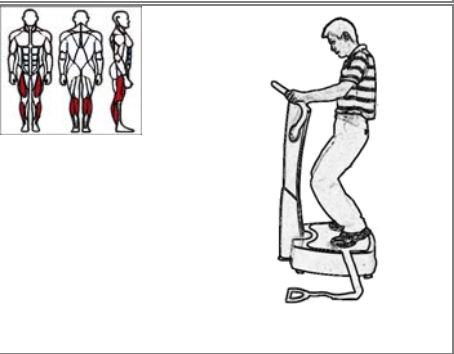
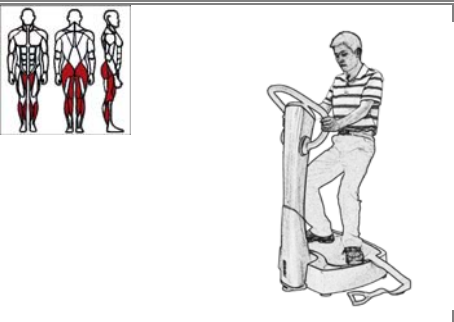
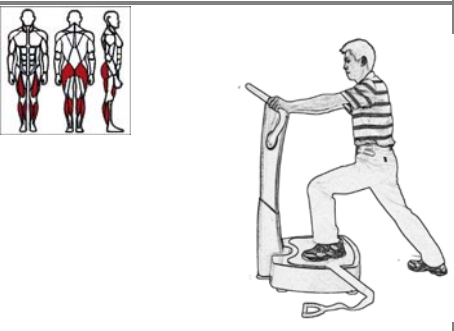
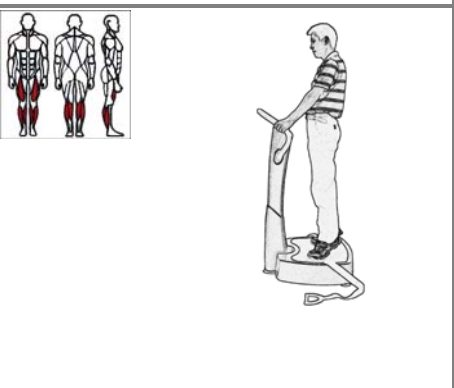
## Einstellungen

1. Stecken Sie den Stecker in die Steckdose.
2. Pressen Sie diese Taste 
3. Pressen Sie Taste , die Vibrationsplatte beginnt sofort zu vibrieren.
4. Wählen Sie erst die Zeit, die Frequenz und H/L, pressen Sie dann Taste  die Vibrationsplatte wird jetzt mit Ihren gewählten Einstellungen beginnen.
5. Sie können auch während Ihres Trainings das Programm ändern.
6. Benutzen Sie während Ihres Trainings diese Taste  um die Vibrationsplatte zu stoppen.

**Benutzen Sie die H/L Taste nicht während Ihres Trainings**

# Übungen

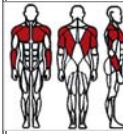
## A/ Muskelaufbau.

<p><b>A01 SQUAT</b></p> <p><b>Haltung:</b> Stellen Sie beide Füße in einem leichten Abstand zu einander, biegen Sie die Knie ungefähr 80 Grad (mann sollte seine Zehen immer noch sehen können), halten Sie den Rücken gerade, balanzieren Sie auf dem vorderen Teil des Fusses .</p> <p><b>Zielzone:</b> <i>Quadrizeps, Tibialis</i> und Waden</p>	
<p><b>A 02 Deep Squat</b></p> <p><b>Haltung:</b> Biegen Sie die Knie ungefähr 100 Grad (mann soll seine Zehen immer nicht sehen können), halten Sie den Rücken gerade, Oberkörper leicht nach vorn um die Balance zu halten.</p> <p><b>Zielzone:</b> <i>Quadrizeps, Tibialis</i> und Waden</p>	
<p><b>A 03 Wide Stance Squat</b></p> <p><b>Haltung:</b> Stellen Sie die Beinen weit auseinander, die Zehen nach aussen gekehrt, biegen Sie die Knie ungefähr 100 Grad</p> <p><b>Zielzone:</b> Rücken, Quadrizeps, innenseite Schenkel</p>	
<p><b>A 04 Lunge</b></p> <p><b>Haltung:</b> Stellen Sie einen Fuss in die Mitte der Vibrationsplatte, wie abgebildet</p> <p><b>Zielzone:</b> Hamstrings, Quadrizeps und Gesäss</p>	
<p><b>A 05 Calves</b></p> <p><b>Haltung:</b> Stellen Sie beide Füße neben einander, heben Sie Fersen an, biegen Sie die Knie leicht, halten Sie den Rücken gerade. Halten Sie den Kopf Waagerecht und spannen Sie die Bauchmuskulatur an.</p> <p><b>Zielzone:</b> Tibialis und Waden</p>	

### A 06 Triceps Dip

**Haltung:** Platzieren Sie die Hände Schulterbreit auf der Vibrationsplatte, die Finger zeigen zur Seite. Stützen Sie sich nur mit den Händen und Fersen.

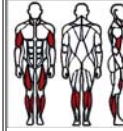
**Zielzone:** Schultern, Rücken, Brust, Vorderarme und Trizeps



### A 07 Biceps Curl

**Haltung:** Behalten Sie die Ellenbogen und den Arm steif neben Ihrem Körper in Position und nehmen Sie die Bänder in die Hände. Halten Sie die Hände zusammen und bewegen Sie diese auswärts, Knie leicht gebogen

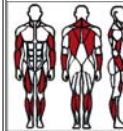
**Zielzone:** Rücken, Tibialis, Waden, Bizeps und Quadrizeps



### A 08 Bend Over Pull

**Haltung:** Stellen Sie sich auf die Vibrationsplatte und nehmen Sie die Bänder in die Hände wie abgebildet. Biegen Sie die Knie und Hüfte leicht, halten Sie den Oberkörper gerade und heben Sie das Kinn leicht an.

**Zielzone:** Rücken, Bizeps, Vorderarme, Quadrizeps und Tibialis



### A 09 Front Raise

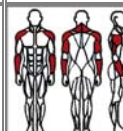
**Haltung:** Stellen Sie sich hin wie abgebildet, zur Abwechslung können Sie sich auch in dieser Haltung auf die Vibrationsplatte stellen.



### A 10 Shoulder Press

**Haltung:** Wie abgebildet

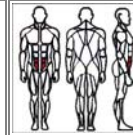
**Zielzone:** Schultern und Oberarme



### A 11 Lower Abdominals

Haltung: Wie abgebildet, sich aufstützen

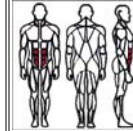
Doelzone: Bauchmuskulatur



### A 12 Standing Abdominals

Haltung: Wie abgebildet

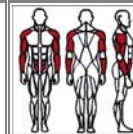
Doelzone: Bauchmuskulatur



### A 13 Lateral Abdominals

Haltung: Wie abgebildet

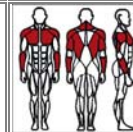
Zielzone: Lateral Abdomen



### A 14 Push Up

Haltung: Plazieren Sie die Hände in Schulterbreite auf der Vibrationsplatte, Knie und Beine gestreckt, Ellbogen ungefähr 90 grad gebogen, sich aufstützend

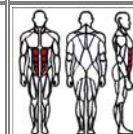
Zielzone: Schultern, Brustmuskulatur, Vorderarmen, Trizeps.



### A 15 Abdominal Crunch

Haltung: Wie abgebildet. Legen Sie ein Kissen unter den Rücken.

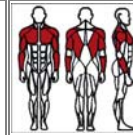
Zielzone: Bauchmuskulatur



## A 16 Lattissimus Dip

Haltung: Wie abgebildet.

Zielzone: Arme, Schultern, oberseite Brust

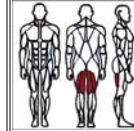


## B/ STRETCH

### B 01 Hamstring Stretch

Haltung: Wie abgebildet

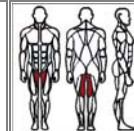
Zielzone: Gesäss und Kniesehnen



### B 02 Quadriceps Stretch

Haltung: Wie abgebildet

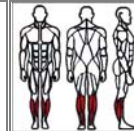
Zielzone: Quadrizeps



### B 03 Calf Stretch

Haltung: Wie abgebildet.

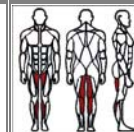
Zielzone: Waden



### B 04 Adductor Stretch

Haltung: Wie abgebildet

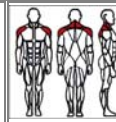
Zielzone: Innenschenkel



**B 05 Shoulder Stretch**

**Haltung: Wie abgebildet**

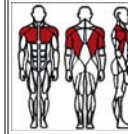
**Zielzone: Schultern**



**B 06 Pectoral Stretch**

**Haltung: Wie abgebildet**

**Zielzone: Schultern und Brust**

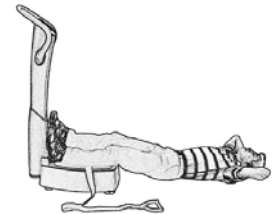
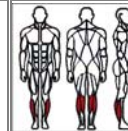


**C/ MASSAGE**

**C 01 Calf Massage**

**Haltung: Wie abgebildet**

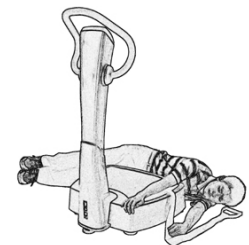
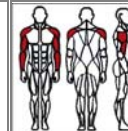
**Zielzone: Waden**



**C 02 Upper Arm Massage**

**Haltung: Wie abgebildet**

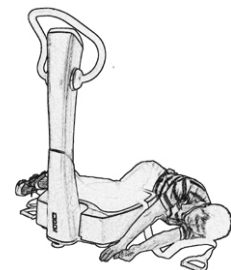
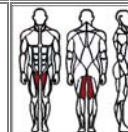
**Zielzone: Arme und Schultern**



**C 03 Adductor Massage**

**Haltung: Wie abgebildet**

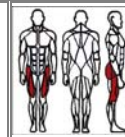
**Zielzone: Arme und Schultern**



### C 04 Abductor Massage

Haltung: Wie abgebildet

Zielzone: Aussenseite Beinmuskulatur

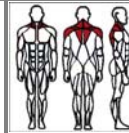


### D/ RELAX

#### D 01 Shoulder & Neck Relaxer

Haltung: Wie abgebildet

Zielzone: Nacken und Schultern



#### D 02 Lower Back Relaxer

Haltung: Wie abgebildet.

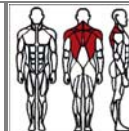
Zielzone: Unterrücken



#### D 03 Upper Body Relaxer

Haltung: Wie abgebildet

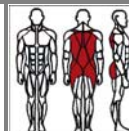
Zielzone: Oberkörper



#### D 04 Back Relaxer

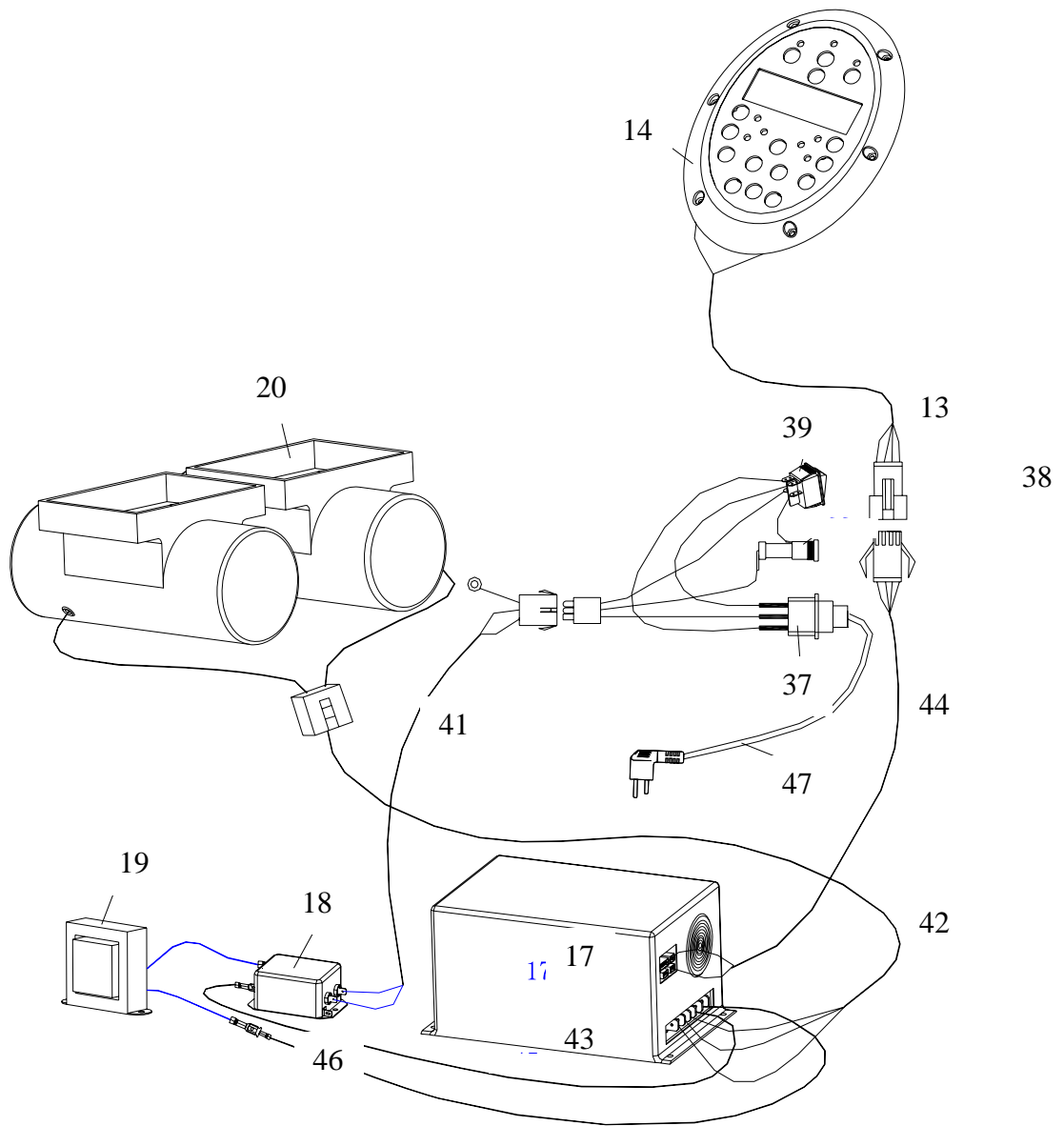
Haltung: Wie abgebildet

Zielzone: Rücken





# DIAGRAMM





# USER MANUAL

## Joy Sport VIPER 2



# Joy Sport Importer

Fitness-Import  
Timmermannsweg 46  
5813 AP Ysselsteyn (LB)  
info@joysport.nl  
www.joysport.nl

## Dear customer,

We want to thank you for having chosen a **JOY SPORT** product, and wish you a lot of fun and success during training with your **JOY SPORT** exercisers.

Please note and follow the enclosed safety and assembly instructions carefully.

If you have questions please do not hesitate to contact us.

## Guarantee,

This guarantee covers all manufacturing and material flaws on **JOY SPORT** products purchased from an authorized **JOY SPORT** dealer for a period of 12 months from purchase. If you wish to make a claim under the guarantee, **JOY SPORT** shall be entitled to repair or replace the defective unit or part at its discretion.

The owner of the unit must pay for the transport costs and any dealer's workshop costs.

To make a claim under the guarantee, take your guarantee card to your dealer.

The dealer will then take the necessary action.

If this is not possible, contact your national **JOY SPORT** importer.

The following are not covered by the guarantee : normal wear and tear and the consequences of improper treatment or damage caused by the purchaser or third persons and faults which are due to other circumstances.

Claims may not be made under the guarantee if modifications have been made to the original construction or equipment or if **JOY SPORT** original parts were not used to repair the unit.

In no event the manufacturer shall be liable for incidental or

consequential losses, damages or expenses in connection with exercise products.

Fitness-Import  
Timmermannsweg 46  
5813 AP Ysselsteyn (LB)  
info@joysport.nl  
www.joysport.nl

## **TABLE OF CONTENTS**

IMPOTANTSAFETYINFORMATION	1
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# **SAFETY PRECAUTIONS**

**Thank you for your purchasing our products. Even though we go to great efforts to ensure the quality of each product, occasional errors, and /or omissions do occur. In any event should you find this product to be defective or missing a part please contact your place of purchase.**

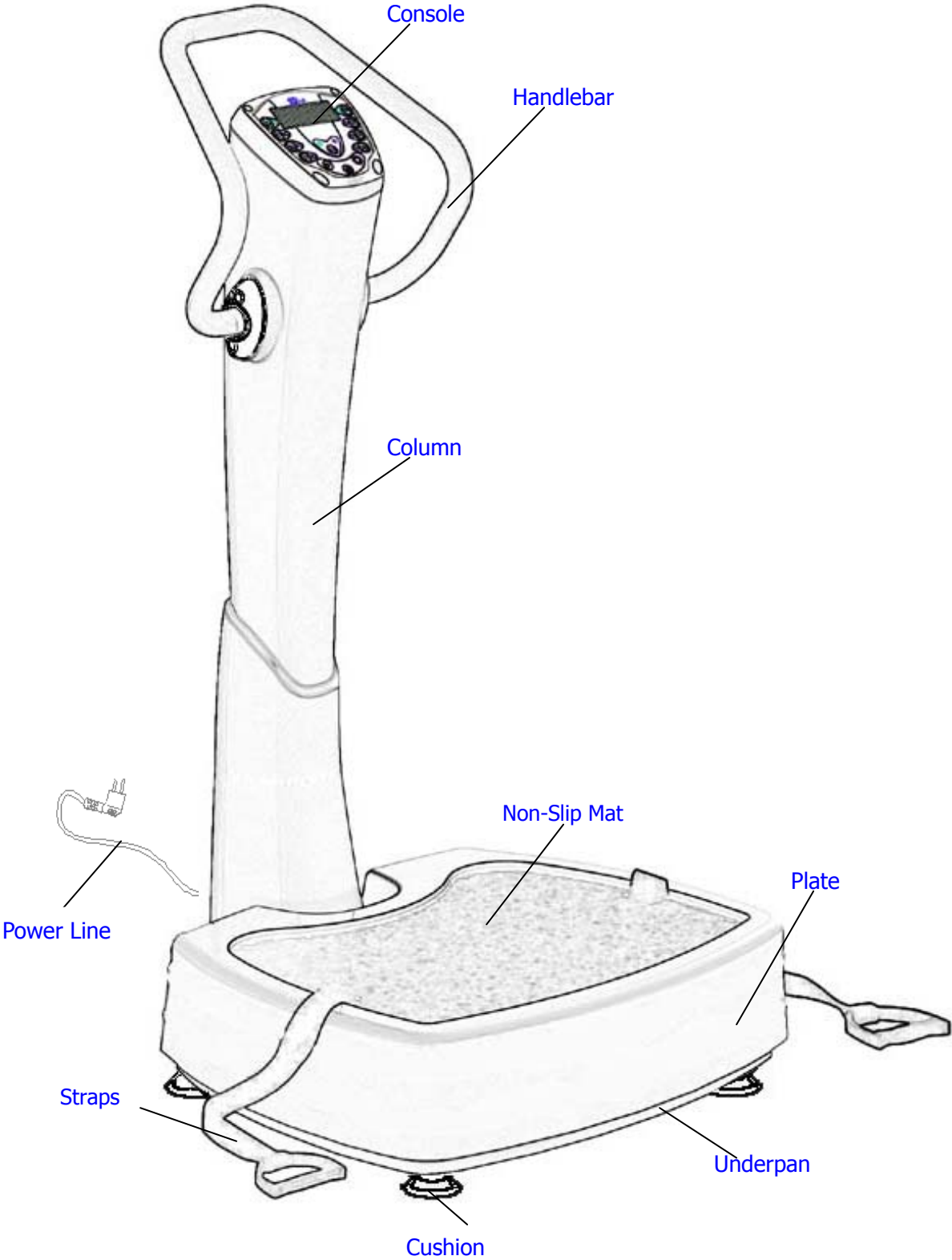
**Be sure to read the entire manual before assembly and operation. Also, please note following safety precautions:**

1. Before beginning any exercise program, consult your personal physician. If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
2. In any event should you find this product to be defective please stop exercise and contact your place of purchase ;
3. Do not insert any object into any openings ;
4. No person weighing over 150 Kilograms should use this product ;
5. Only one person at a time should use this equipment.
6. Always use this treadmill on a clear and level surface. Do not use outdoors or near water;
7. Leave the machine till it stop .
8. Keep children and pets away from this equipment at all times. ;
9. Do not use the machine, when you use aerobic equipment or spray .
10. Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened. ;
11. Turn off the power after use;
12. Most exercise equipment is not recommended for small children. Children should not use the children, at a safe distance while exercising;

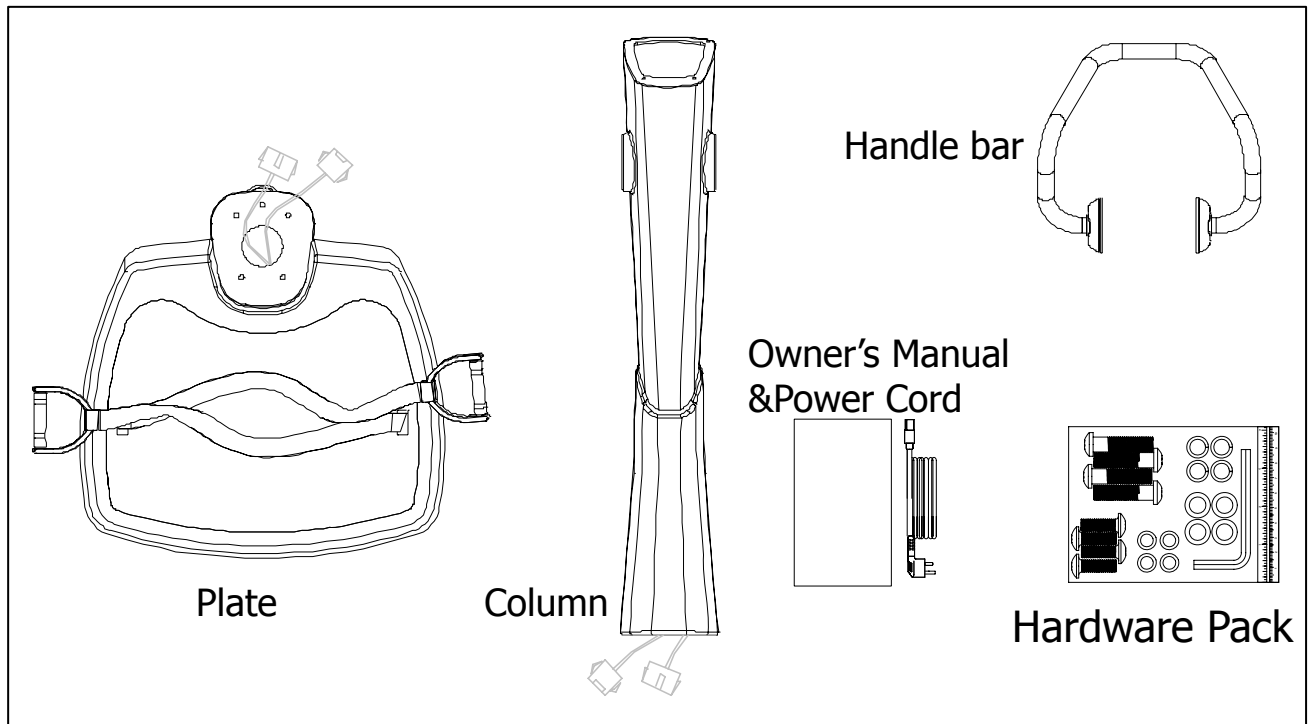
## **CONTRAINDICATIONS:**

- Pregnancy
- Acute thrombosis conditions
- Cardio- vascular disease
- Fresh wounds resulting from an operation or surgical intervention
- Hip- and knee replacements
- Acute hernia, discopathy, spondylolysis
- Diabetes
- Epilepsy
- Heavy migraine
- Wearing a pacemaker
- Wearing recently fitted i.u. coils, metal pins, bolts or plates
- Tumours

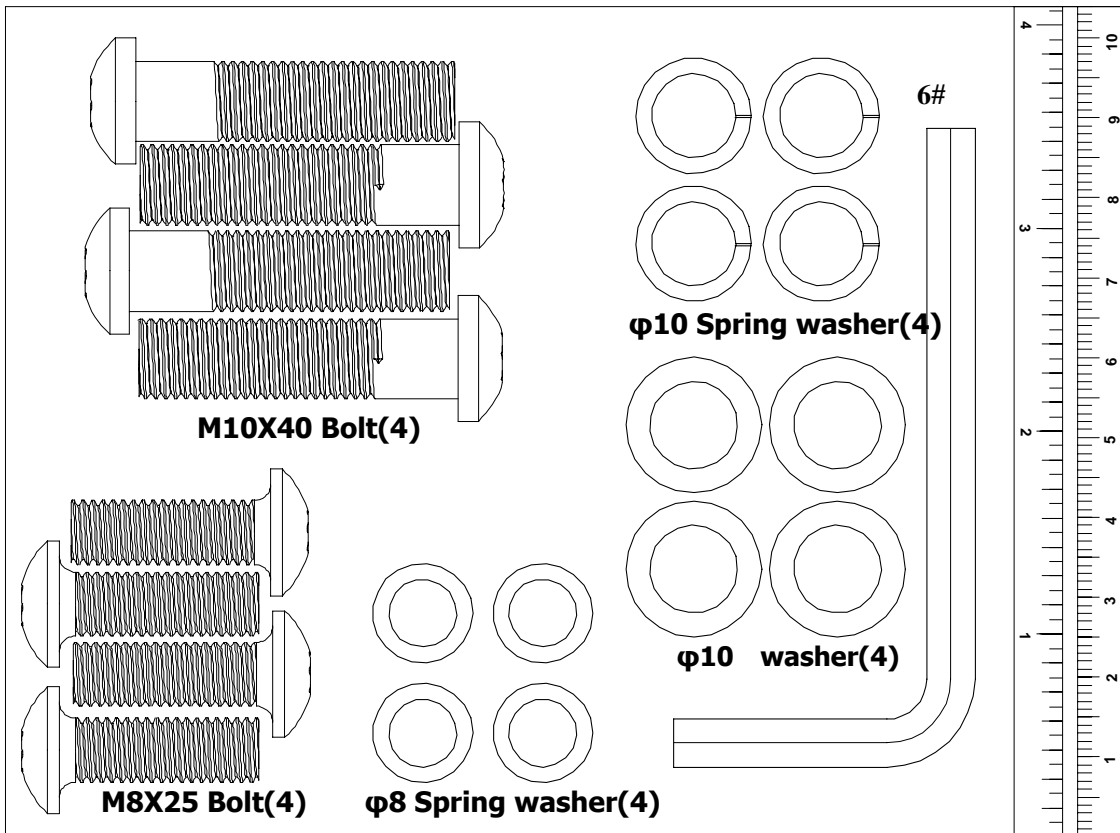
# FEATURES



# UNPACKING & ASSEMBLY



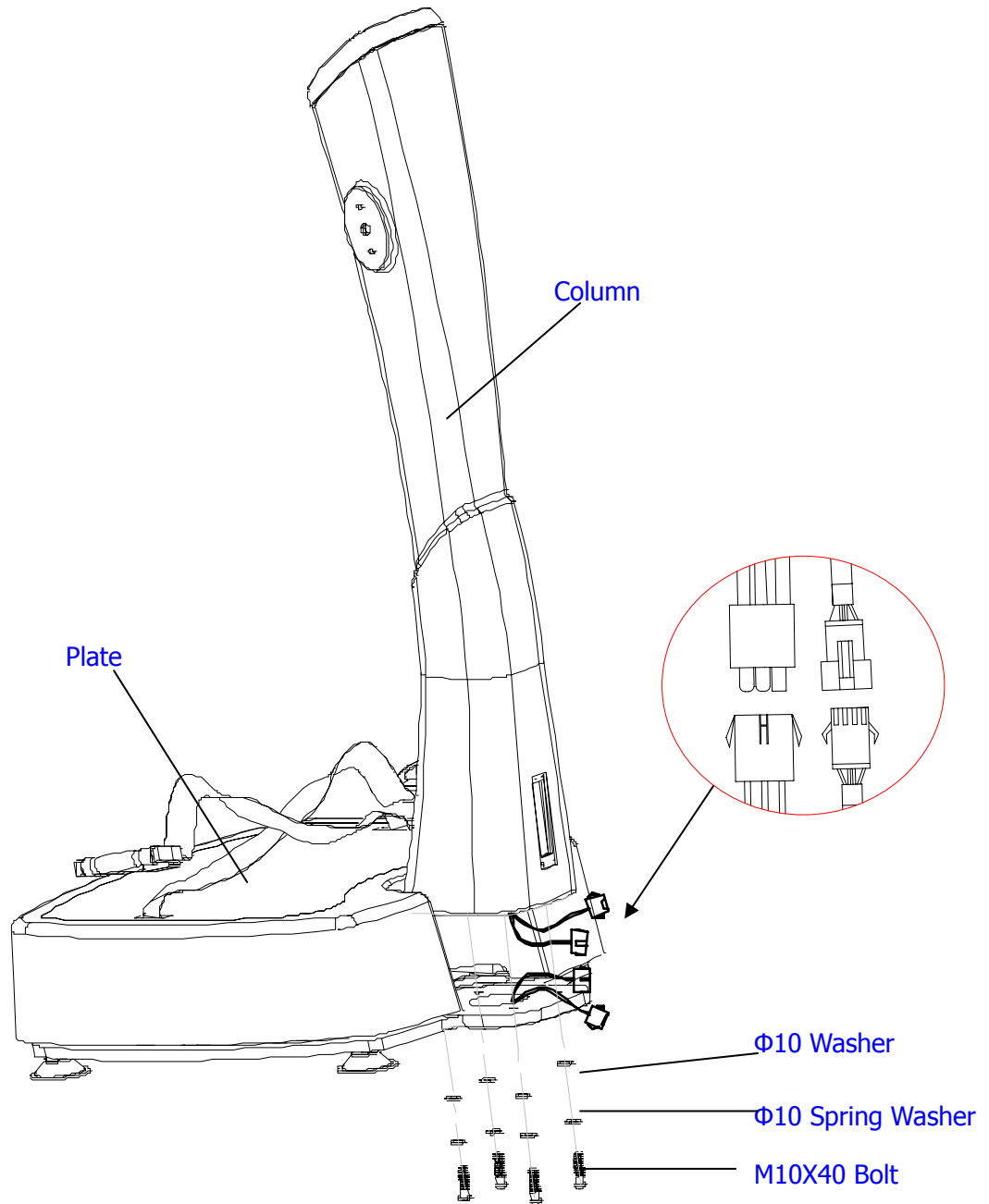
## Hardware Pack



# Assembly Instructions

## STEP 1- Install the column on the underpan

- A/ Connect the electronic wire inside the plate with the electronic wire inside the column. Put the column on the underpan, then making sure the holes alignment.
- B/ Attached the column on the plate, Using 4 M10\*40 bolts, 4  $\Phi$ 10 washers and 4  $\Phi$ 10 spring washers. Tighten it securely with wrench.

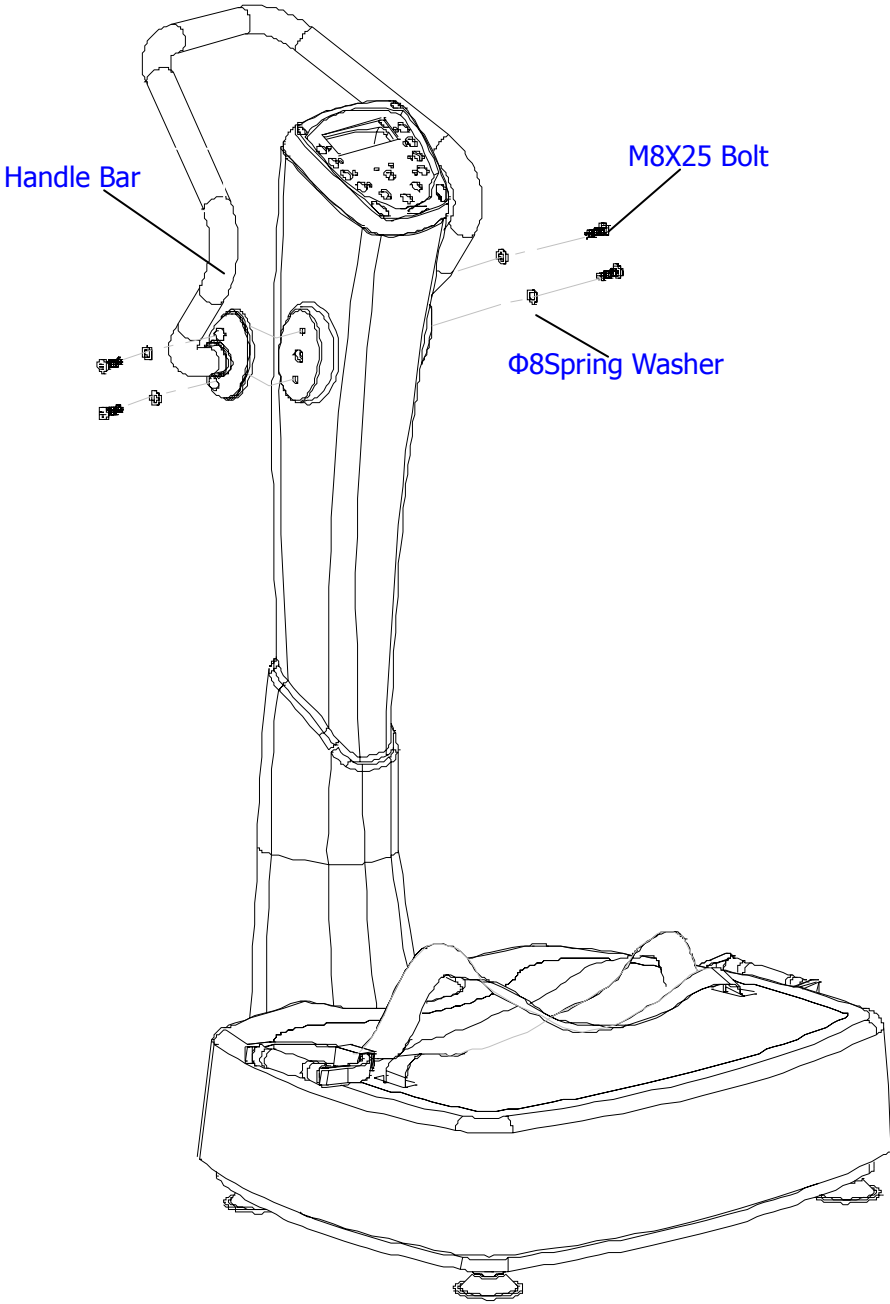




# STEP 2- Install the handle bar to the column.

A/ making sure the holes alignment.

B/ Using 4 M8X25 bolts and 4Φ8 spring washers , tighten it with wrench at this time.



## CONSOLE OPERATION

### CONSOLE :

**TIME : 30S, 60S, 90S, 300S.**






**FREQUENCY SET : 30Hz, 35Hz, 40Hz, 45Hz**

**COUNT DOWN : 300S~0S**

**H FREQ / L FREQ SET : H/L**



## GETTING STARTED

1. Plug the power cord into the wall power outlet and turn on the power switch. If nonuse equipment for long time please turn off the power switch.
2. Press the  .
3. Press the  key directly, the treadmill will start work at L, 30Hz, 30S.
4. Choose the time, the Frequency and the H / L then press the , the machine will start.
5. During the exercise, you also can change the program.
6. After count down, if you want continue exercise please choose the time again.
7. During working , press the  key  the machine will stop.
8. Extend the time of each exercise (from 30s to 60s, from 60s to 90s, from 90s to 300s)
9. Reduce the rest period between exercises (from 300s to 90s ,90s to 60s to 30s to no rest)
10. Increase number of sets per exercise

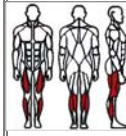
**Do not Choose the H/L key during the motor working**

## EXERCISE INSTRUCTIONS

### A/ Strength

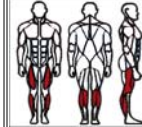
#### A01 SQUAT

Stand on the Power-Plate with feet shoulder width apart. Keeping the back straight and knees slightly bent, gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.



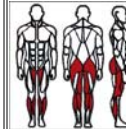
#### A 02 Deep Squat

Stand on the Power-Plate with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscles. Keeping the back straight, bend the upper body forward. This exercise aims to strengthen the back, buttocks and legs.



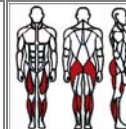
#### A 03 Wide Stance Squat

Stand on the Power-Plate with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps and inner thigh area.



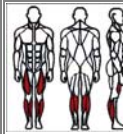
#### A 04 Lunge

Place one foot in the middle of the Power-Plate and step back with the other planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscles. You should feel tension in the hamstrings, quadriceps and buttocks.



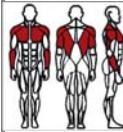
### A 05 Calves

Standing in the centre of the Power-Plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add variation to the exercise, try bending your knees to 90 degrees.



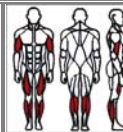
### A 06 Triceps Dip

Facing away from the Power-Plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blades together. You should feel the tension in your upper arms and shoulders. For variation, repeat the exercise with your legs straight.



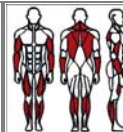
### A 07 Biceps Curl

Position your toes slightly under the edge of the unit for support and hold the straps tightly at waist height. Knees should be slightly bent, back and wrists kept straight. Pull your arms upward. You should feel tension in the shoulders and biceps.



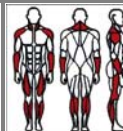
### A 08 Bent Over Pull

Stand in front of the Power-Plate. Pull the belts upward on the side of your body. Push your chest out and shoulder-blades together. Pull your arms backwards in a smooth motion and you should feel tension in your upper back and shoulder area.



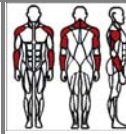
### A 09 Front Raise

Stand in front of the Power-Plate, legs shoulder width apart and raise both arms horizontally in front of your torso. Keeping your back straight and abdomen strong, pull the straps upward. For variation, perform the same exercise from a standing position on the Power-Plate.



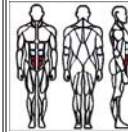
### A 10 Shoulder Press

Position the body in a horizontal line parallel with the Power-Plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movements push your slightly bent arms toward the Power-Plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.



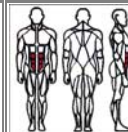
### A 11 Lower Abdominals

Brace yourself on your elbows and hold onto the front edge of the Power-Plate. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the Plate toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.



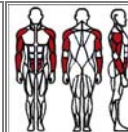
### A 12 Standing Abdominals

Stand in the center of the Power-Plate, feet shoulder width apart, holding the railing at chest height. Keeping the back straight and legs slightly bent, push your upper torso down. Immediately you'll begin to feel tension in your abdominal muscles. To vary the exercise simply bend your arms further.



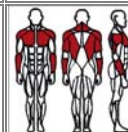
### A 13 Lateral Abdominals

With one foot directly behind the other, place one elbow on the Power-Plate and lean sideways. Keeping your head, torso and legs straight, push your shoulders down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try pushing your hips upward at the same time!



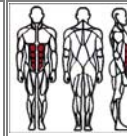
### A 14 Push Up

Kneel in front of the Power-Plate, placing hands on the plate shoulder width apart with fingers facing inward. With a straight back and strong abdomen, push off the Power-Plate platform. This exercise will strengthen chest, shoulder muscles and triceps. For variation, try straightening your legs and lifting your knees.



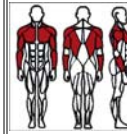
### A 15 Abdominal Crunch

Place a pillow under the small of your back, raise your legs and place your hands under your head for support making sure to keep your elbows parallel with the floor. Crunch your upper body toward your legs and feel the tension in the abdominals. Ensure your buttocks and lower back do not lose contact with the mat. To vary the routine, place your feet on the step.



### A 16 Lattisimus Dip

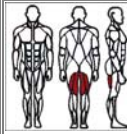
Place the handles on the mat shoulder width apart. Keeping wrists and forearms straight, gently push off the handles. It is important to keep the hips straight and to push the shoulders downward. This exercise promotes muscular arms, shoulders and abdomen. Try doing the same exercise but this time keep your legs straight.



## B/ STRETCH

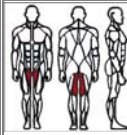
### B 01 Hamstring Stretch

Position your body in a wide stance on the Power-Plate, buttocks pushed backwards. Holding the handles, let your upper torso drop as far forward as possible. This exercise will stretch the buttock and hamstring muscle groups. Alternatively, stand up straight and let your upper torso and arms drop forward.



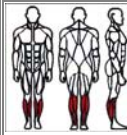
### B 02 Quadriceps Stretch

Place one shin on the Power-Plate - ensuring the foot remains off the Plate! Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you'll be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.



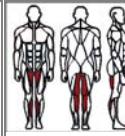
### B 03 Calf Stretch

Stand sideways on the Power-Plate, with one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.



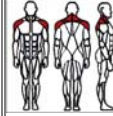
### **B 04 Adductor Stretch**

Stand sideways on the Power-Plate with your feet near the support column. Place the outside foot on the floor close to the plate so legs are apart. Bend the outside leg while keeping the other leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the insides of your thighs. Repeat on the opposite side.



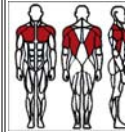
### **B 05 Shoulder Stretch**

Stand with your back to the Power-Plate and use your left hand to pull the strap up to your buttocks. Your right hand placed on your head and pulling it slightly to the right. This shoulder stretch works best by alternating sides.



### **B 06 Pectoral Stretch**

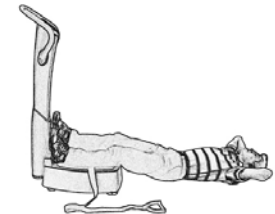
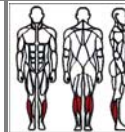
Sit with your back to the Power-Plate. Now hold the Power-Plate behind your back so that your fingers grip the edges. By pushing your shoulders down you'll stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.



## **C/ MASSAGE**

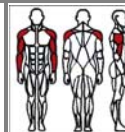
### **C 01 Calf Massage**

Lie in front of the unit with both calves resting on the Power-Plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.



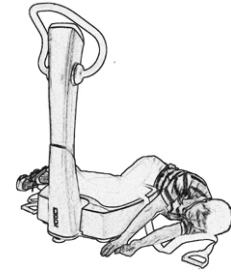
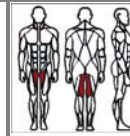
### **C 02 Upper Arm Massage**

Lie sideways facing the unit, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the Power-Plate and relax.



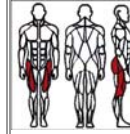
### C 03 Adductor Massage

Lie on your side facing the Power-Plate. Slightly bend one leg and rest it on the Power-Plate. Making sure your body does not touch the Plate. Now repeat the massage with the other leg.



### C 04 Abductor Massage

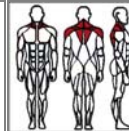
Lie sideways on the Power-Plate, with your legs pulled up to your hips. Use your elbow to support your upper body. Your back must be straight. You should feel the massage on the outside of your leg and hip. Repeat the same massage on your other side.



## D/ RELAXATION

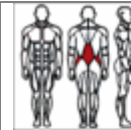
### D 01 Shoulder & Neck Relaxer

Kneel down in front of the Power-Plate with your arms outstretched. Keep your back and neck straight. Now pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder area.



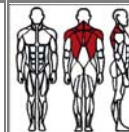
### D 02 Lower Back Relaxer

Sit on the floor facing away from the Power-Plate with your legs apart. Place the mat between your body and the Power-Plate and hold the edge's for support. Relax during the vibration, targeted primarily in the lower back. As an alternative, angle your legs and push your body harder against the Power-Plate.



### D 03 Upper Body Relaxer

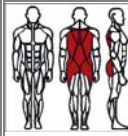
Sit facing away from the Power-Plate, with your legs bent. Using your elbows for balance, raise your upper body off the Power-Plate. Keeping your neck and back straight, pull your shoulders back. The vibration will relax your upper body.



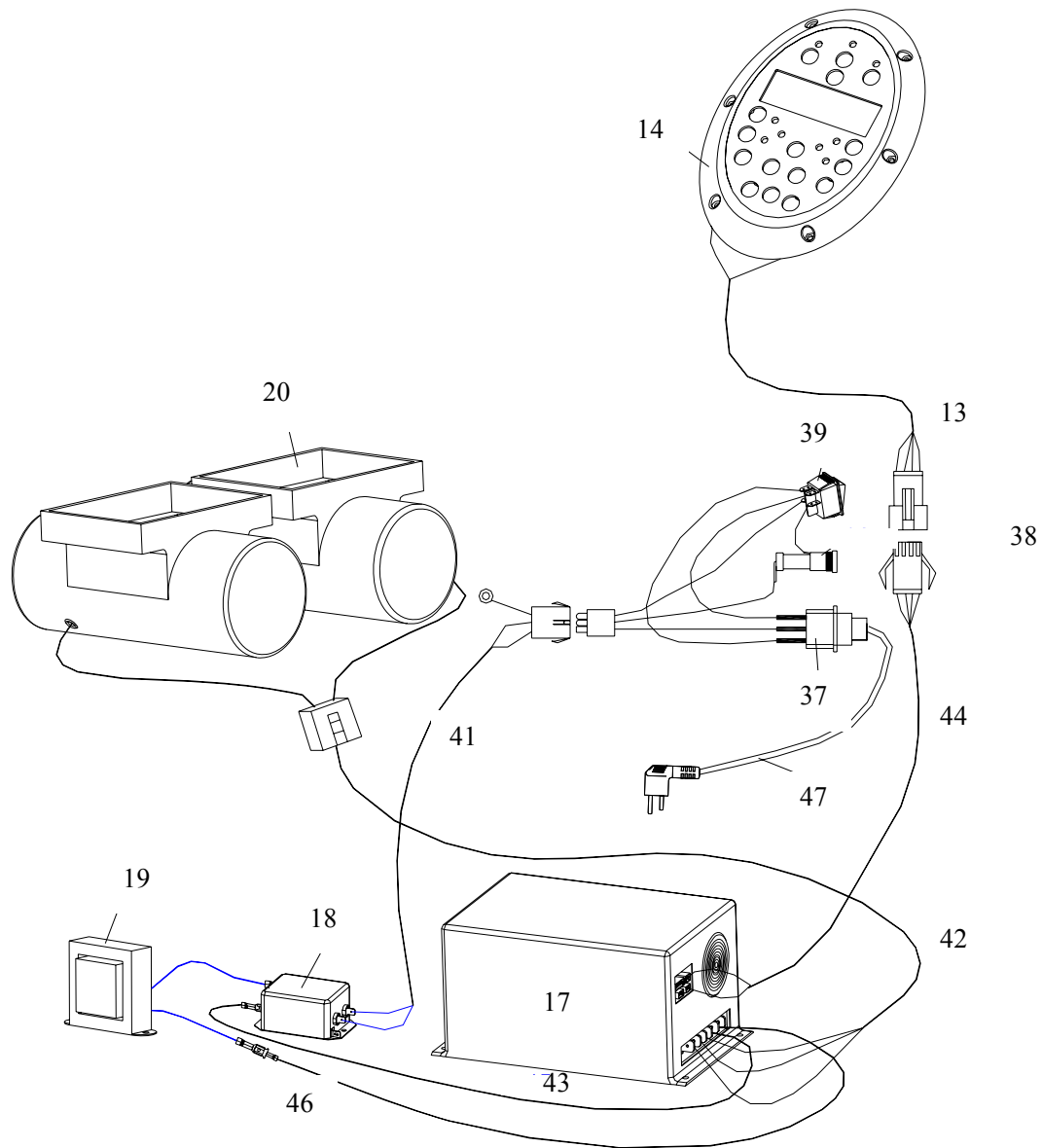


## D 04 Back Relaxer

Sit in the center of the Power-Plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax forward. You should feel a pleasant vibration relaxing the back, hip and thigh areas.



# CIRCUIT DIAGRAM



ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
14	Console	1	37	Power Socket	1	43	Electronic Wire	1
17	Transducer	1	38	Fuse	1	44	Electronic Wire	1
18	Filter	1	39	Power Switch	1	45	Filter Connect Wire	1
19	Reactor	1	41	Electronic Wire	1	46	Reactor Connect Wire	1
20	Motor	2	42	Motor Connect Wire	1	47	Power Wire	1