

Live Vibe



by Ridge & Company



OWNERS MANUAL

Important: Please follow all instructions carefully before using this product. Retain this owner's manual for future reference.

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This document contains general information about medical conditions and treatments. The information is not advice, and should not be treated as such.

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Live Vibe



You've just purchased a piece of equipment that with consistent use, can prolong and greatly improve the quality of life of the user. We're sure you will quickly appreciate the craftsmanship and value that are built into every single Live Vibe Whole Body Vibration device. Follow these basic instructions to set up your Live Vibe and ensure years of service.

If you have any questions, concerns or product issues, please call our Customer Service Team at 832.294.5144 or email us at CustomerService@RidgeAndCompany.com. Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, and proper use of your Live Vibe.

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ABOUT WHOLE BODY VIBRATION (WBV)

In the early 1960's, Russian cosmonauts who spent extended periods of time in space were experiencing bone and muscle tissue loss due to a lack of gravity. In an effort to stop these degenerative conditions, researchers developed the whole body vibration technology which not only arrested the negative effects of zero gravity, but actually INCREASED bone density and muscle strength!

Since then, WBV was adopted by chiropractors and physical therapists, who saw how it combats the problems associated with aging, chronic pain and muscular and joint injury rehabilitation. WBV has been well documented as a proven technique for increasing bone density and reversing osteoporosis and osteopenia, even in the elderly.

Therapeutic use of WBV inevitably led to its application in the fields of fitness and athletics. Gyms, personal trainers, and other fitness facilities have recognized WBV as an invaluable tool that provides faster results in fitness training and weight loss, as well as quicker muscle and injury recovery during intensive training: a competitive edge for athletes who need to stay at the top of their game.

LIVE VIBE TECHNICAL SPECS

- ▶ Size: 24" X 24" X 6"
- ▶ Weight: 59 Lbs.
- ▶ Shipping Weight: 69 Lbs.
- ▶ Made in USA
- ▶ Fixed Frequency: 30 Hz
- ▶ Max. Person Weight: 450 Lbs.
- ▶ Voltage: 120
- ▶ Amps: 5.1
- ▶ Motion: Up and Down; 4 MM peak to peak; Adjustable
- ▶ Handles or Support Bars: None

SAFETY PRECAUTIONS

The Live Vibe has been designed and constructed to provide maximum safety. However, certain precautions should be taken when using any type of WBV equipment.

- 1.** Read the entire owner's manual before assembling and using the vibration machine.
- 2.** Ensure the surface area underneath the Live Vibe is clear of any objects.
- 3.** Run the electrical cord out from behind the motor to prevent it from coming into contact with the spinning weight.
- 4.** Do not leave children or pets unsupervised in a room where the Live Vibe is running.
- 5.** If you experience dizziness, nausea, chest pains or any other unusual symptom while using Live Vibe, immediately discontinue use and seek medical attention.
- 6.** Place Live Vibe on a level and solid surface before use.
- 7.** Live Vibe was designed for a maximum user weight of 450 lbs (159 kgs).
- 8.** Do not place sharp objects near the vibration machine.
- 9.** Do not place hands or objects in or near any openings in the Live Vibe platform.
- 10.** Do not use accessories other than those endorsed and sold by Ridge & Company for use with Live Vibe.
- 11.** Keep a clear perimeter of 3 feet around each Live Vibe before operating the equipment.
- 12.** The Live Vibe machine must only be used by one person at a time.
- 13.** Live Vibe is not intended for outdoor use.
- 14.** Do not exceed three Live Vibe electrical cords in one power strip, regardless of the number of outlets.
- 15.** Do not use Live Vibe if the main electrical cord becomes damaged or worn.
- 16.** Keep the main electrical cord away from hot surfaces.

SAFETY PRECAUTIONS *(continued)*

You should always consult with your doctor before beginning the use of Live Vibe or any other WBV machine. DO NOT use Live Vibe if you have any of the following conditions:

- Recent surgery
- Pregnancy
- Type I diabetes
- Retinal detachment
- Tumors
- Recent joint replacements
- Broken bones in foot (feet)
- Epilepsy
- Pacemaker insertion
- Acute cardiovascular disease
- Acute hernias
- Head injuries, known neurological conditions
- Acute thrombosis
- Migraine headaches



ASSEMBLY INSTRUCTIONS

Due to its weight (Each Live Vibe weighs 59 lbs.), the assistance of a second person is recommended when assembling and positioning a Live Vibe platform.

1. Position the shipping container on a flat ground surface with room to move around the Live Vibe.

2. Position the shipping container with the side that says "Open This Side" on top.

3. Cut and release all green straps/bands securing the shipping container.

5. Using a small cutting device, remove the lid from the top of the shipping container.

6. With two people on each side of the Live Vibe, grip the Live Vibe underneath each corner and remove the Live Vibe from the shipping container.

7. With two people, flip over the Live Vibe to expose the motor.

8. Remove the blue tape which holds screws, should you wish to screw the Live Vibe to a wall.

9. Clip the zip tie holding the on/off switch box, and the zip tie holding the electrical cord.



ASSEMBLY INSTRUCTIONS *(continued)*

10. Run the electrical cord **BEHIND** the motor, and through one of the corner openings opposite the spinning weight.



11. Two people flip over the Live Vibe with top surface up and position it in its permanent location. **NOTE:** Position Live Vibe in an area free of debris or any other objects, as this could be a safety hazard.

12. If optional switch stand was purchased, lay switch stand on the floor.



13. Lay the switch box on switch stand plate.

14. Align holes on switch box with the four holes on the switch stand plate.



15. Insert screws provided into the four holes; use the nuts provided on the back of the plate.

16. Position the switch stand directly in front of the Live Vibe.

17. **NOTE:** Do not exceed three Live Vibe electrical cords on a power strip, regardless of size.



PROPER FORM

To obtain maximum results from the Live Vibe, it is essential to use proper form during a whole body vibration session.

Stand on the Live Vibe with bare feet, or use flat soled shoes. Boots, heels and other styles of shoes should be avoided as it interferes with the even distribution of vibration through the body. Follow your doctor or personal trainers advice on how long your WBV session should be, but it's best to start with no more than 5 to 10 minutes at a time until your body is comfortable with whole body vibration. Then you can increase to a maximum of 15 minutes.

Be sure to stand up straight and look forward. Pay close attention to your posture and you will feel the vibration properly flow through your body all the way to the top of your head. Do not use your cell phone or any other device that would cause you to look downward.



The Live Vibe is tuned to the optimal 30 hz of vibration frequency. If this vibration feels too strong for you, bend your knees slightly to help absorb some of the vibrations, or try one of our rubber top mats which provide a great buffer when standing or performing exercises.

REMEMBER

Use the Live Vibe with bare feet or with flat soled shoes for best results.

Keep your posture straight, arms at your sides or on a hand rail.

If the vibration is too intense, slightly bend your knees to help reduce the effect.

PERSONAL FITNESS

RESISTANT BAND TRAINING

Want an intense workout that doesn't require a lot of equipment? Try our new Live Vibe resistant bands to work both your upper and lower body. This will increase your muscle response and give you a powerful workout experience.



PILATES AND YOGA TRAINING

Many Live Vibe users include whole body vibration with their Pilates and Yoga workout routines. When the Live Vibe is used in a position other than standing, we recommend using a top rubber mat as shown on the following page.



WEIGHT TRAINING

Whole body vibration recruits almost 100% of your muscle fibers when lifting weights to give you a much more efficient work out. Try the Live Vibe while standing, seated or on your back for incredible weight training results.



THE SKY'S THE LIMIT

Doctors, personal trainers and gyms across the country are now discovering the many benefits of using whole body vibration in their clients fitness and wellness routines. Create your very own routine using the Live Vibe and you'll have a faster recovery time, more intense muscle recruitment, better circulation and more.

LIVE VIBE ACCESSORIES

RESISTANT BAND KIT

Sturdy and soft, these foam-covered handles are designed for maximum durability and comfort. Create your own custom workout routine using resistance bands.



WEIGHTED BOTTOM RUBBER MAT

Bottom Rubber Mat keeps The Live Vibe stationary on hardwood floors or on concrete. A steel plate is included to add weight and help prevent movement.



TOP RUBBER MAT

Top Rubber Mat provides a buffer when standing or exercising on the Live Vibe.



LIVE VIBE SWITCH STAND

Solid USA steel welded and powder coated in the USA. Industrial grade steel welded to provide a life time of use. Easily push the "On and Off" switch while standing on the Live Vibe.



**All Live Vibe Accessories Are Available
Online At RidgeAndCompany.com
Or Call 832-294-5144 To Order**

FREQUENTLY ASKED QUESTIONS

1. What is the science behind WBV?

There are three main scientific principles behind WBV:

The Stretch Reflex: The movement of a vibration plate with amplitude of at least 4 mm simulates the body's natural 'stretch reflex' (Tonic Vibration Reflex). This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body reacts with a strong involuntary muscle contraction, leading to your leg's 'kicking out' response. With WBV technology, these strong muscle contractions can be repeated at a rapid rate. At a frequency of 6 to 20 times a second, WBV can produce up to 1,200 muscle contractions in one minute.

Muscle Recruitment: Due to its involuntary effect on muscle contraction, nearly 100% of the muscle fibers are recruited. Compare this to conventional exercise or training where there is on average only 40% muscle recruitment. 100% muscle recruitment benefits the rehabilitation patient looking to add stability and strength to all muscles around their joints, and to the athlete looking to maximize strength gains.

Blood Circulation: The gentle rapid contractions of up to 1,200 times per minute allow the muscle to work as a pump introducing blood to even the smallest blood vessels. This increase in circulation leads to the ability of the body to carry off waste products much faster, leading to increased peripheral circulation.

2. What are the main benefits of WBV training?

Many whole body vibration users describe benefits including:

- *Muscle toning in legs, arms and abdomen*
- *Core muscle conditioning and strengthening*
- *Muscle stretching (Reduced injury if used as a warm up)*
- *Improved digestion*

- *Lymphatic drainage and microcirculation improvement, which detoxifies and reduces congestion in your fat and cellulite, resulting in inches lost.*
- *Increased serotonin production, which helps combat Seasonal Affective Disorders.*
- *Enhanced endorphin release generating that feel-good sensation which follows a traditional work out (runners high)*
- *Increased production of Growth Hormones and its anti-aging benefits (361%)*
- *Decreased production of Serum Cortisol (The body's stress hormone) (32%)*
- *Enhanced bone density and bone building as the exercise is weight bearing*

3. Is there a minimum and maximum age limit using WBV?

We recommend that no one under the age of 12 years old use Live Vibe. However, there is no upper age limit to the use of WBV. In fact, WBV provides some of its strongest benefits to the senior population, including increased bone density, improved circulation, increased strength, balance and flexibility.

4. Is there a weight limit for Live Vibe use?

We recommend a weight no greater than 450 lbs.

5. I've heard that WBV can help with cellulite. Is this correct?

If used consistently and frequently, WBV can have an effect on cellulite. Cellulite is sometimes called the 'cottage cheese look' and is fat accumulation under the skin. It is usually in a honeycombed shaped pattern. In order to reduce cellulite, an exercise program has to be specific. Basically, you must increase muscle tone, and replace fat stores with lean muscle. WBV presents a very high rate of muscle contraction repetitions (1,200 per minute) and works all muscle fibers, thus accomplishing the goal of increasing muscle tone and replacing fat stores with lean muscle.



6: Does WBV really help slow down the aging process?

There is no magic bullet to slow down the process of aging, because there are simply too many factors that influence aging for every individual: inactivity, life style choices, stress, and genetics. However, if WBV training is practiced 10-20 minutes a day, a minimum of three times a week, there are definitely benefits that are anti-aging. WBV has been shown to decrease the stress hormone Cortisol and increase Serotonin which research confirms also combats aging.

7: Can WBV reverse the effects of osteoporosis?

It's a well-known fact that the strength of the bones is influenced by the strength of the body's muscles. WBV is a safe and low impact way to achieve these strength gains. WBV can quell the effects of osteoporosis by balancing hormones and increasing mechanical stressors on bones via involuntary muscle contractions.

8: How often should I use the LiveVibe to see results?

The answer to this question depends on your goals. For those looking for strength or bone density gains, we recommend 5 times per week, 10-20 minutes per day. Others may use it every day for muscle recovery, warming up and cooling down, or as an exercise aid. Due to its ability to increase circulation, lactic acid is quickly cleared, leading to faster muscle recovery.

In many ways, WBV training is more efficient than conventional training. With regular weight training, muscles undergo some micro tears through the stresses placed on them. This leads to a recovery time of 48 hours before engaging in that activity again. Vibration training minimizes these micro tears. Combine this with the increased circulation and there is only a 24-hour recovery period before you can effectively use the same muscle group. This obviously speeds up any fitness regime.

9. How many calories does WBV burn?

This is difficult to calculate because each individual's metabolism determines their ability to burn a certain number of calories per day. However, WBV has been shown to increase resting metabolism, so consistent use over time will burn more calories per day than you would burn naturally. It also prevents drops in your metabolism which allows you to eat healthy foods and maintain your weight.

10. I have fibromyalgia and my doctor told me not to weight train. What about WBV?

WBV training has been shown to produce greater increases in flexibility over conventional training, with less stress on the joints. This is the primary concern in those suffering from fibromyalgia and weight training. In addition, strength gains with vibration training are comparable to regular exercise, except the time to complete exercises is much shorter. Most important, WBV is gentle and safe, which does not put undue stress on your joints. Consult your physician prior to starting any exercise program if you have fibromyalgia.



LIVE VIBE WARRANTY INFORMATION

The Live Vibe carries two types of warranties:

1. Ridge & Company will repair or replace, free of charge, any non-moving parts that are defective as a result of material or workmanship, **for the LIFETIME of the Live Vibe.**
2. All other components, (switch, motor, electrical cord, etc.) will be repaired or replaced **for a period of ONE year.**

For either warranty to apply, the Live Vibe must be delivered to the manufacturing facility at Willis Texas. Ridge & Company reserves the right to repair or replace any Live Vibe components due to:

- *Excessive dirt, grease, or lack of regular maintenance*
- *Expendable items which become worn during normal use*
- *Operator abuse or negligence*
- *Failure to assemble, operate and maintain the equipment according to the instructions contained in the Owner's Manual*

WARRANTY CONTACT

Phone: 832-294-5144

Email: CustomerService@RidgeAndCompany.com
www.RidgeAndCompany.com

In order to be quickly served when warranty service is required, record the model and serial number from each of your Live Vibe machines in the following space provided.

<i>Date Purchased:</i>	
<i>Model Number:</i>	
<i>Serial Number:</i>	