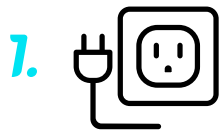
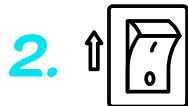


QUICK START GUIDE

GETTING STARTED



CONNECT POWER CORD TO UNIT
AND PLUG IN TO POWER SOURCE.



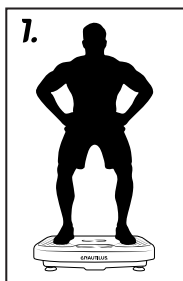
FLIP POWER SWITCH ON
THE UNIT TO "ON".

First Time Users:
Place your hands on
a wall or stable chair
for extra support.

POSITIONS * Always stand in an Athletic Stance, with your feet shoulder-width apart and slightly bend your knees.

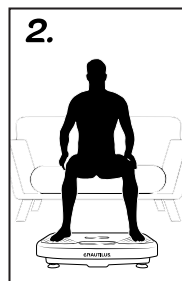
3. STANDING

- Stand on the board with your feet shoulder-width apart.
- Slightly bend your knees into an athletic stance.



SITTING

- Place your feet on the board while sitting on a chair or sofa. (see Figure 2)



PLANKING

- Place your hands on the board and assume a plank position. Drop your knees to the carpet for an easier workout. It is recommended to place a towel or mat on top of the board if using your hands or arms on the board. (see Figure 3)



PRESS THE "START/PAUSE" BUTTON
ON THE REMOTE.



START AT LEVEL 1.



TO STOP/PAUSE THE UNIT, PRESS THE
"START/PAUSE" BUTTON ON THE REMOTE.

COMPONENTS & FEATURES

- | | | |
|------------------------|---------------------|----------------------|
| • Vibration Board | • LED screen | • Instruction Manual |
| • Two Resistance Bands | • Remote Controller | • 2 AAA batteries |
| • Bluetooth | • Power Cord | • Exercise Guide |

PROGRAMS

Manual: Custom time and vibration speed.
"Walk" Mode, "Jog" Mode, "Run" Mode.
Automatic: Select from 4 preset workout programs.

TIPS FOR USE

- Stand in an athletic stance, feet shoulder-width apart and slightly bend your knees.
- Place your hands on a wall or stable chair for additional balance.
- Recommended Time for Beginners: 10 minutes.
- Keep your weight over the center of the board.
- Do NOT lock any joints.
- Do not get on or off the board until it is completely stopped.
- Use the remote control to adjust the settings once you begin a workout.
- Do not place your head or upper body directly on the board.
- Do not make sudden movements or lean back when the board is on.
- Hold your arms out to the side for additional balance.
- Look at the ground 3 - 5 feet in front of you.

WARNING: Before starting any exercise program, consult your physician. This is especially important for people with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this unit. This unit should not be used to treat a medical condition. Please refer to the manual for other important information before using the unit.

Congratulations on your new Vibratone Vibration Board.

At Nautilus, we are committed to creating products that deliver trusted performance and lasting results. The Vibratone Vibration Board is designed to help you maximize your training, enhance recovery, and support daily movement.

Take a moment to review the enclosed guide before your first use. With consistent practice, you will discover the many benefits this innovative platform provides.

Welcome to the Nautilus family.

