



# FRENCH FITNESS

FF-VP100

**FRENCH FITNESS VP100 VIBRATION  
PLATFORM (NEW)**

**ASSEMBLY MANUAL**



## FEATURES

- Brand: French Fitness
- Motor-Driven Whole-Body Vibration: Designed to deliver vibration-based exercise through a stable standing platform for home-use training.
- 1-99 Speed Levels: Wide adjustment range for lighter sessions, progressive workouts, and different user comfort levels.
- Manual Mode + 3 Preset Programs: Choose direct user control or built-in program options for easier workout variety.
- Digital LED Display: Console windows show program, time/pulse, and speed information for quick visibility during use.
- Pulse-Ready Hand Sensors: Integrated into the support handles for pulse display functionality.
- Simple Button Layout: Includes Start/Stop, Program Select, Time, Pulse, Up, and Down controls.
- Anti-Slip Platform: Helps support a stable footing during standing vibration sessions.

## TECH SPECS

- Brand: French Fitness
- Model: VP100
- Condition: New
- Usage: Home Use
- Training System: Motor-Driven Whole-Body Vibration
- Programs: Manual Mode + 3 Preset Programs
- Speed Levels: 1-99
- Display: Digital LED
- Display Readouts: Program, Time/Pulse, Speed
- Controls: Start/Stop, Program Select, Time, Pulse, Up, Down

## WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty\***
- **1 Year Labor Warranty\***

\*What is covered? See complete [French Fitness Warranty](#) details.

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## IMPORTANT SAFETY NOTICE

**Congratulations! You have bought the most advanced home vibration machine. In no time at all you will be toned and in perfect shape. Always consult the instructions and please retain for future use.**

Increases the basal metabolic rate, thereby burning calories  
Increases strength and body tone \* Helps improve circulation  
Reduces the appearance of cellulite

Recommended for people with osteoporosis and osteoarthritis  
Because it does not put pressure on joints  
Improves flexibility  
Helps strengthen muscles

Vibration training favours the development of lean muscle tissue  
Helps improve basic muscles  
Favours lymphatic drainage and improved circulation which considerably helps reduce fat

Always read the instruction manual before operating the FITNESS MASSAGER  
If you have any worry over your fitness level or have experienced previous illness always consult your doctor before using the FITNESS MASSAGER

If you have any respiratory diseases or asthma always consult your doctor before using the FITNESS MASSAGER

Always place the FITNESS MASSAGER on a flat surface

Do not let children operate the FITNESS MASSAGER without an adult's guidance  
Keep the FITNESS MASSAGER away from water and any danger places

Do not use the FITNESS MASSAGER with wet hands  
Turn off the power at the mains after use  
Do not to be used by pregnant women  
Do not drink alcohol and use the machine

To achieve best results, wait at least one hour after eating a meal before using the FITNESS MASSAGER

Please drink water before and after use

Never wrap the power cord around the plate

Never drop or insert any object into any opening

Keep children and pets away from the FITNESS MACHINE at all times. Maximum usage 4 times a day

Weight capacity: 150KGS

If you have any of the following conditions, you must consult a doctor before using the FITNESS MASSAGER:

1. Heart Disease
2. Fracture or Joint Problems
3. Pregnant
4. Brain Blood Clots
5. Any Back Problem
6. Cancer or Any Acute Disease
7. Contagious Skin Disease
8. Still Recovering from an Operation
9. Mentally Handicapped/Imbalanced
10. Neurological Condition Problem
11. Acute Thrombosis
12. Severe Diabetes
13. Epilepsy
14. Pacemaker
15. Tumours

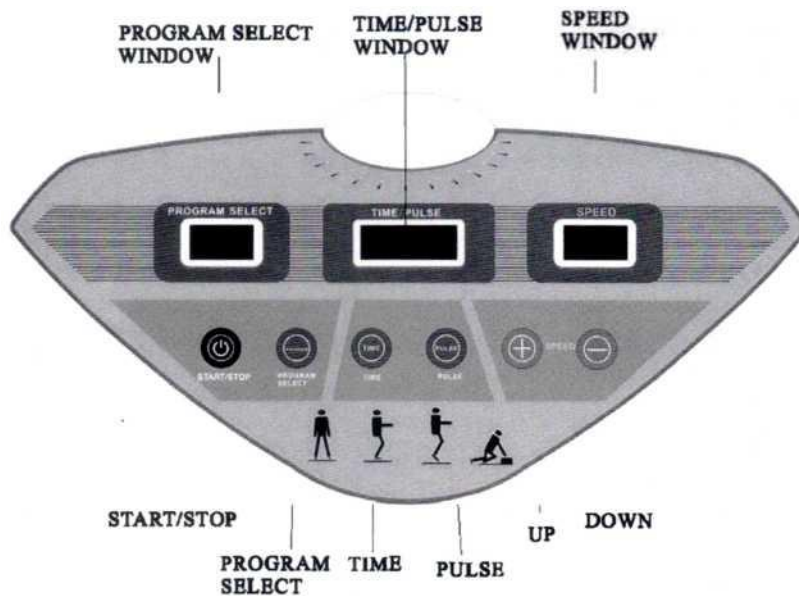
If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your doctor before continuing.

# MACHINE FEATURES/OPERATION

1-99 Glasses of different working speed 5 Specifically designed programs

3 Digital LED screens. One indicates the program number (“Program Selection”), the second shows time elapsed and heart pulse (“Time/Pulse”) and the third shows the speed selected (“Speed”).

## 1. Displayer Window:



### Screens:

1. PROGRAM SELECTION
2. TIME/PULSE READY
3. SPEED

### Buttons:

- START/STOP
- PROGRAM SELECT
- TIME
- PULSE
- UP
- DOWN

## USAGE INSTRUCTION

### 2. Usage Instruction:

- 1, Power on, the PROGRAM SELECTE window show “HL”; TIME/PULSE window show “010”, which means timing for 10 minutes;SPEED window show “00”.
- 2, In any status, press the TIME/PULSE key to change the show of time or pulse in the middle displayer window .
- 3, In the standby status, press the START/STOP key, the machine is in working status, press this key again, the machine come to the standby status again.
- 4,, In any standby or working status, press the PROGRAM SELECT key to choose the working program. They are manual mode “HL”, automatic program “P1”, automatic program “P2” and automatic program “P3”. Timing for every Program: 10 minutes. On the automatic program, the SPEED key is inactive.
- 5, In any status, press the PULSE key and hold the heart rate sensors The present heart rate will be showed on the window.
- 6, Instruction for the Automatic Program Working Mode:  
Automatic Program P1: Slowly increase your body's heart rate and vibration resistance.Every 30 minutes, the speed change from Start to 10-15-20-25-30 -35-40-35-30-25-20-15, Keep cyclic motion.  
Automatic Program P2: Keep your heart rate in the fat burning zone.  
Every 30 minutes, the speed change from Start to 5-10-15-20-25-30-35-40, Keep accelerated motion.  
Automatic Program P3: Fartlek training for advanced athletes.  
Every 30 minutes, the speed change from Start to 15-30-45 , Keep accelerated motion.

# ASSEMBLY INSTRUCTION

## Assembly Instruction

Before starting please lay out all of the parts listed below. Additional to the components below, you will also need some cello tape.

### Tools:



**Hexagon Screws: 8x16**  
4pcs



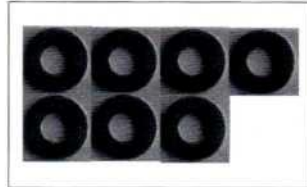
**Washers:  $\Phi$ 8**  
4pcs



**Hexagon Screws: 8x50**  
2pcs



**Middle Screws: M6x10**  
7pcs



**Washers:  $\Phi$ 6**  
7 pcs



**Hexagon Die Nu:#6**



**Small Screws: 6 X10**  
4pcs



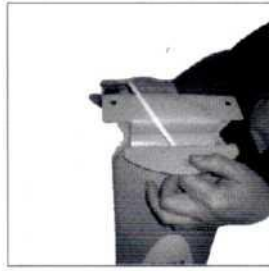
**exagon Die Nu:#5**

# EQUIPMENT

## Equipment:



**P 1**



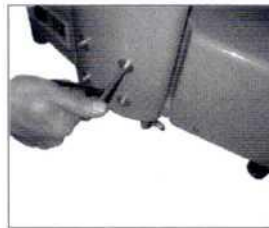
**P 2**



**P 3**



**P 4**



**P 5**



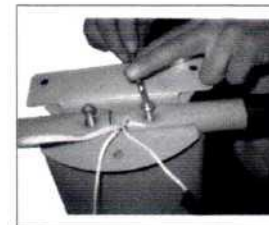
**P 6**



**P 7**



**P 8**



**P 9**

## EQUIPMENT

### Equipment:



P10



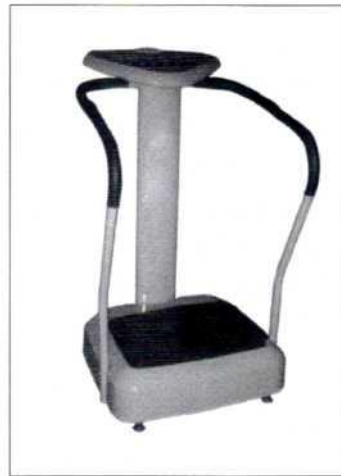
P 11



P 12



P 13



PERFECT MACHINE

#### Attention:

because all the screws are fixed in the products, please screw out them first when assembling, then start to install, please make a good sequence of those screws to avoid mistaking the right place of them when installing

1. Lay the main unit (P1) on an even surface
2. Take wire (P2) pass i down the middle of the support tube.

Please pay attention to have larger connector at the top.

Please see the picture carefully(P2)

3. When you assemble the main support tube, make sure the wire wires remain connected. Than, Connect the bottom connector of wire with the wire in the main unit.Please See the picture (P3) and make sure the wires remain connected.

4. Now, slot the main support tube into the main unit, please see picture P4 Pay attention to use correct tools and screws : Hexagon screws 8x30

The picture P5 shows how the main support tube should look like when connected and assembled.

5. Take the 2 bottom support bars (P6) and place into the main unit.

Please make sure the top of the bottom support bars are angled away from the main unit. Take the correct tool and use Middle screws: M6X10 and washers to secure the bottom support bars to the main unit. This should be done at the bottom of the main unit. See picture P6

6. Take the top support bars and place on top of the bottom support bars. Pay attention that the top bars fit into the main support tube.

See picture P7

7. Take the tool and use small screws: 5x10 to secure the top support bars to the bottom support bars. Please see Picture P8.

8. Use the collect tool and take the big screws:M8x40 and secure the top support bars to the main

## EQUIPMENT

support unit. Please see picture P9.

9. Connect the wires of the control panel to the wires of the main support tube. Please see picture P10.

10. Place the control panel onto the main support tube and feed the wires inside the main support. Please to picture PI 1.

11. Finally, using screws M6X10 at the bottom side of the control panel. Than, use tool to secure the control panel to the main support tube.

Make sure to secure the front screw first, than screw on two sides.

There are many exercise that you can select for your workouts depending on the area of the Body you choose to exercise, your level of fitness and your personal exercise objectives .However, we have selected a set of four core exercise ( postures ), which can be performed in manual mode. These four exercises are described in full as follows:



### 1 .Standing Posture

Stand up straight with your feet hip width apart Hold the handle

Function: This will exercise the back, waist, buttocks, chest and abdomen



### 2. Knee Bend Posture

Stand on the footboard, hold the handle

Bend your knees at 80 degrees, knees should not be bent over your toes

Function: This will exercise the buttocks and thighs



### 3. Tiptoed Posture

Stand up straight and rise onto your tiptoes

Function: This will exercise the calves, buttocks and thighs



### 4. Runaway Posture

Place your hands either side of the footboard

Bend one the leg as if you were about to run and hold the position

Function: This will exercise the shoulder, back, arms and chest

## TECHNICAL SPECIFICATIONS

### **Technical Specifications:**

Product Model: HM01-08VD

Product Name: FITNESS MASSGER Rated

Voltage: 220-240V

Rated Power: 300W

Product Net Weight: 27 KGS

Product Size : 61x65x122mm

Measures: 1100X750x250mm

**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; Children should be supervised to ensure that they do not play with the appliance.**