

## **FLABÉLOS - commercial owners responsibilities**

1. Be sure to always provide adequate supervision to all your customers.
2. Be sure to instruct all customers of proper usage.
3. Be sure all supervisors and personal trainers who instruct your customers on the equipment are properly trained and know the function and importance of every adjustment and setting. Also, be sure these trainers provide proper instruction to customers on the fundamentals of vibration training.

Please note that the Flabelos is not designed for continuous usage. If used for 30 minutes continually, please switch off the machine for 10 to 15 minutes before the next session.

## **FLABÉLOS Safety Precautions**

Please read this carefully before use of machine

### **CAUTION!**

Those with the following conditions should consult your doctor before using this machine.

- Wearing a pacemaker
- Malignant Tumours
- Spinal or back injuries
- Unknown swellings or pains
- Feeling unwell
- Recovering from Surgery
- During menstruations or abnormal flow
- Low/high blood Pressure
- Anaemic; heart disease
- Physical abnormalities/disabilities

- Pregnant women are not allowed to use this machine

- For post-natal usage, please consult your GP

- This machine carries the Maximum body weight of 150 kg

- Adult supervision is necessary when being used by children

- Make sure no young children are crowding around the machine when it is in use. Do not allow children to play on it

- Only one person is allowed to use the machine at any one time

- Never put your fingers underneath the wobbling board when turned on

- Ensure no water or liquid seep into the machine or control panel GP

### **CAUTION!**

- A minimum of 2 hours rest after a meal
- Wear appropriate clothing-no dangling attire/objects on legs/arms
- Do some warm up exercises before starting
- Please set the speed according to your body's condition

### **GOOD PRACTICE**

- Always start off at a lower speed and gradually increase after your body has acclimatised to the movement
- During exercise, hold on to the handle; release only after you are able to balance well
- After a good exercise, do not jump off immediately. Remain on the board until your body returns to normal conditions
- You may do a few sessions continuously however it is recommended that you limit it to 30 minutes in total.
- It is advise that you drink a glass of warm water after you exercise

**If you follow the above you should have a pleasant and rewarding exercise session.**

Notes: The precautions is for advice only, please check with your own insurance company before use