

Bodyshape Multivision interface

User Manual

07/2022



ATTENTION

Before starting to assemble aid use the device, please refer to the manual.

Connecting the power supply

The device must be connected to a grounded socket. There is exact information about the required voltage on the nameplate.

The device is subject to the recycling process. Dispose of electrical parts only to containers designated for this purpose or return them to a nearby waste collecting centre.

The device needs to be placed on a smooth surface.
Make sure that the electric wire is not damaged.

Keep hands away from the treadmill walking belt while it is moving.
Make sure that when you turn on the treadmill, it is not near any objects that could damage the treadmill or injure the practitioner.

All types of repairs should be performed by an authorized service centre.

Technical specification

| Power | |
|-------------------|---------------------|
| Voltage | 230VAC / 50Hz / 1PH |
| Power consumption | 2.5kW |

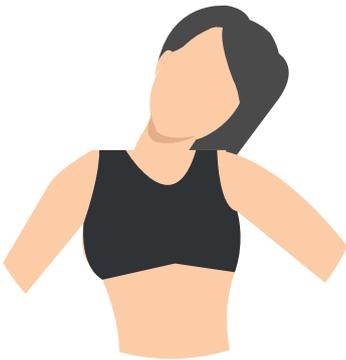


| Functions | |
|---------------------------|--|
| Infrared | <p>Temperature adjustment: 25 – 50°C, Two infrared radiators: 350W each, Protection against scalding, The range of infrared radiation: 1.4 - 14µm – close to the solar radiation,</p> |
| Vacuum | <p>5 predefined programs: 0 – 30mBar, A function to adjust the vacuum manually, A vacuum pump, 1500W,</p> |
| Chromotherapy | <p>Based on LED technology, Wireless remote control allowing to choose the colour, Predefined programs for automatic colour change,</p> |
| Aromatherapy | <p>An automatic dosing station with essential oils for the THERMAL operation mode, An option to turn on/off the aromatherapy during the training,</p> |
| Air ionization | <p>Negative ion emission: 9000000 ions/cm³,</p> |
| Ozone | <p>Ozone emission: 0.05ppm,</p> |
| Collagen | <p>A single LED lamp, 30W, Wavelength – 620nm, An option to turn on/off during the training,</p> |
| Electrostimulation | <p>An independent electrostimulation system, Predefined programs, The electrodes have the disinfection function.</p> |



Before starting to train

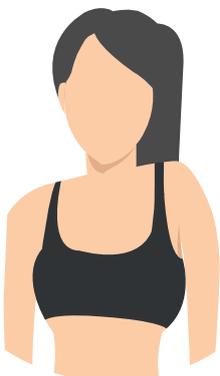
Training should begin with a warm-up. Next pass to aerobic exercises, and end up with loosening. Warming up prepares the body for exercises. Upon completion of training, repeat the exercises to relax the muscles after force exercise. Below are examples of exercises to warm up and relax:



1

HEAD TURNS

Move your head to the right and left, to feel a gentle stretch of neck muscles. Then move your head forward and backward, touch the chest with your chin, and tilt the head back. Repeat the exercise several times.



2

ARMS INCLINATIONS

Lift your right arm towards your ear then lift your left arm. Repeat the exercise several times.



3

STRETCHING

Reach as high as you can with your hands.

Alternately reach up with your left and right hand.

Repeat the exercise several times with the right and left hand.



4

QUADRICEPS STRETCH

Rest one of your hands on the wall to steady and pull your leg to the buttocks, as shown in the figure. Repeat the exercise for both legs.



5

STRETCHING THE ACHILLES TENDON

Put two hands against the wall and lean forward. With one leg make a stride and gently push your body. Repeat the exercise several times on both legs.



6

BENDS

Touch your toes with your hands. During the bends, keep your knees straight, shoulders and arms relaxed. Repeat the exercise several times.



7

ABDUCTOR STRETCHING

Sit on the ground, put your feet together, and try to touch the floor with your knees. Repeat the exercise several times.



8

HAMSTRING STRETCHING

Sit on the ground, straighten one leg, and bend the second one. Reach out a hand towards the extended leg and hold on to this position for a few seconds. Relax and repeat on the other leg.

Description

Body Shape Multivision is a new, unique slimming device. It allows to exercise on a treadmill, benefiting from vacuum and infrared at the same time. The device was designed to meet expectations of both beginners and advanced users.

When designing and implementing the Body Shape Multivision, Vacu Activ focused on the requirements of the customers. From the very beginning, our intention was to develop a device meeting the fundamental expectations: functionality, results, ease of use and modern design. Body Shape Multivision meets all these expectations.

Functionality

The technologies employed in Body Shape Multivision have been on the market for many years, making it possible to test their effects. Observations of their impact on the human body led to development of a method combining several elements in a single device in order to intensify the results.

Results

Are you constantly trying to reach your ideal size? Is your diet ineffective? You don't have to worry anymore. Body Shape Multivision will help you burn up to 3,000 calories during one training session. The purpose of all applied technologies is to increase the energy consumption of muscles. The energy generated as a result of burning the fatty tissue. Body Shape Multivision will help you lose excess kilograms without any special diet.

Ease of use

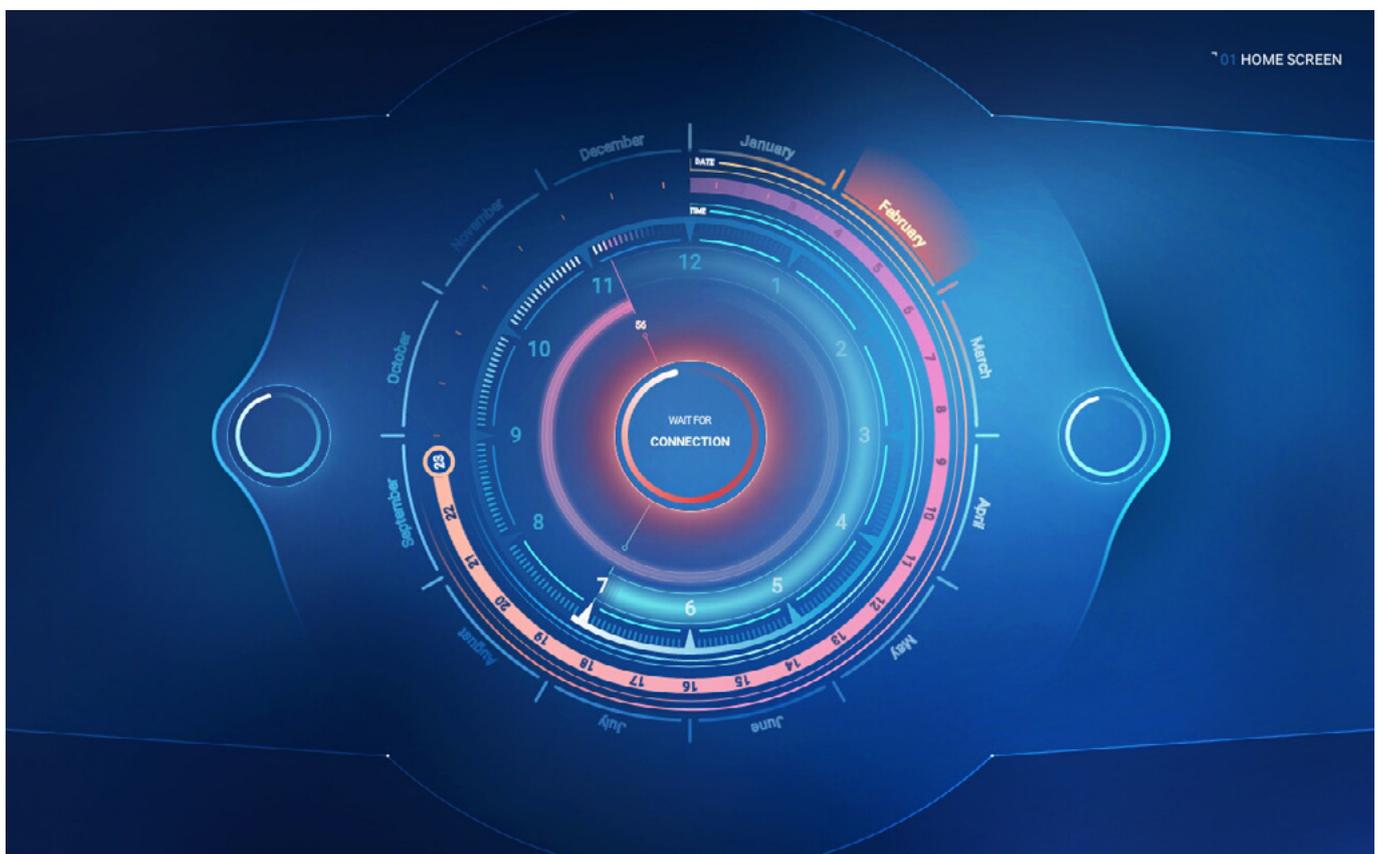
The operation of the Body Shape Multivision is simplified to the maximum and its menu is intuitive. You only need to use it once to learn how to operate it. Operation requires no qualified personnel.

Modern design

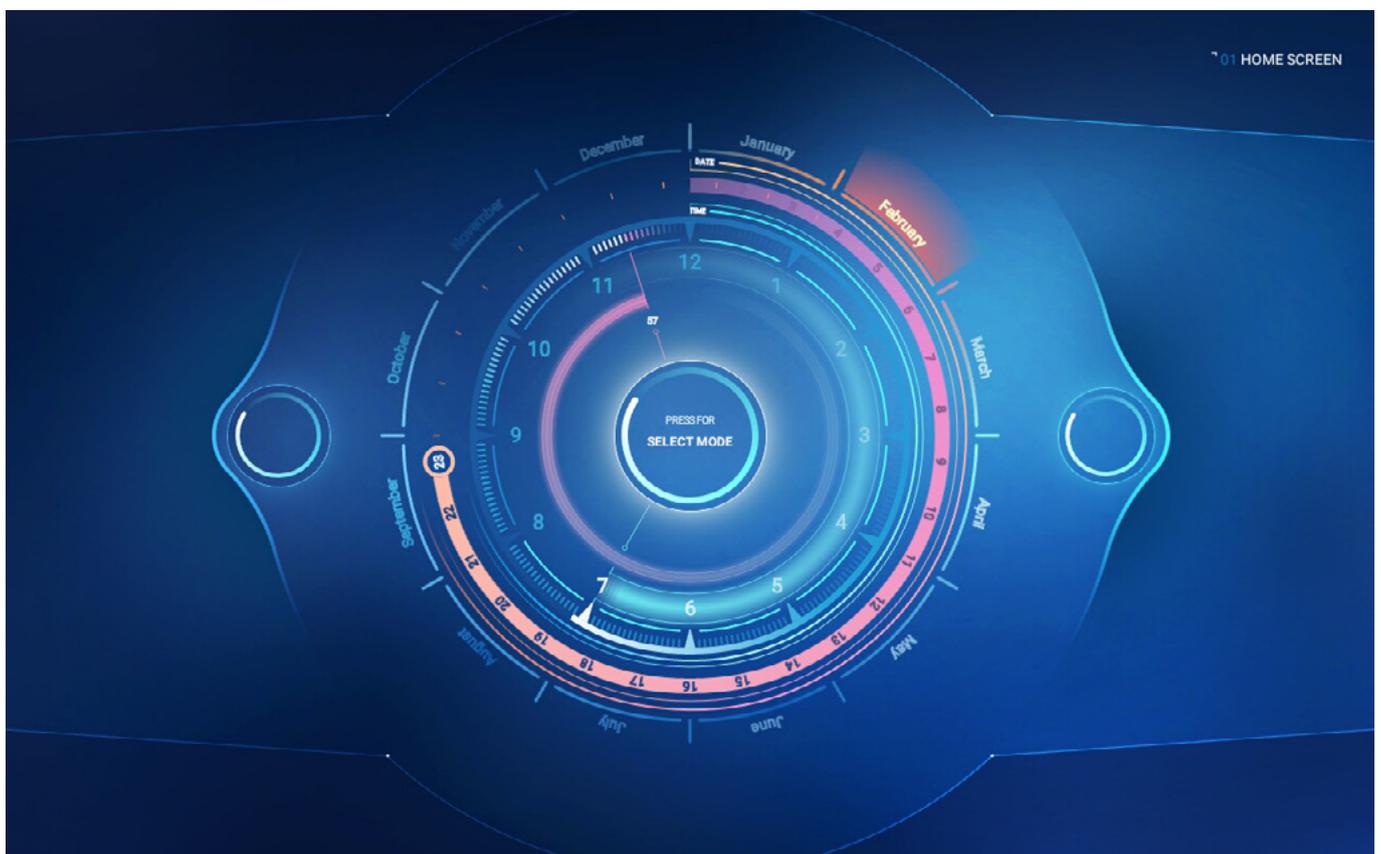
Our rich experience in design of slimming capsules allowed us to create a product with a futuristic design, capable of drawing attention of any customer. Additional movable elements of the device serve aesthetic purposes and distinguish the Body Shape Multivision from other models available on the market.

Starting the training application

When Body Shape device will be switched on, the Vacu Activ Multivision app will launch automatically. In home screen the application informs about waiting for connection with the device. It takes up to 30 seconds.



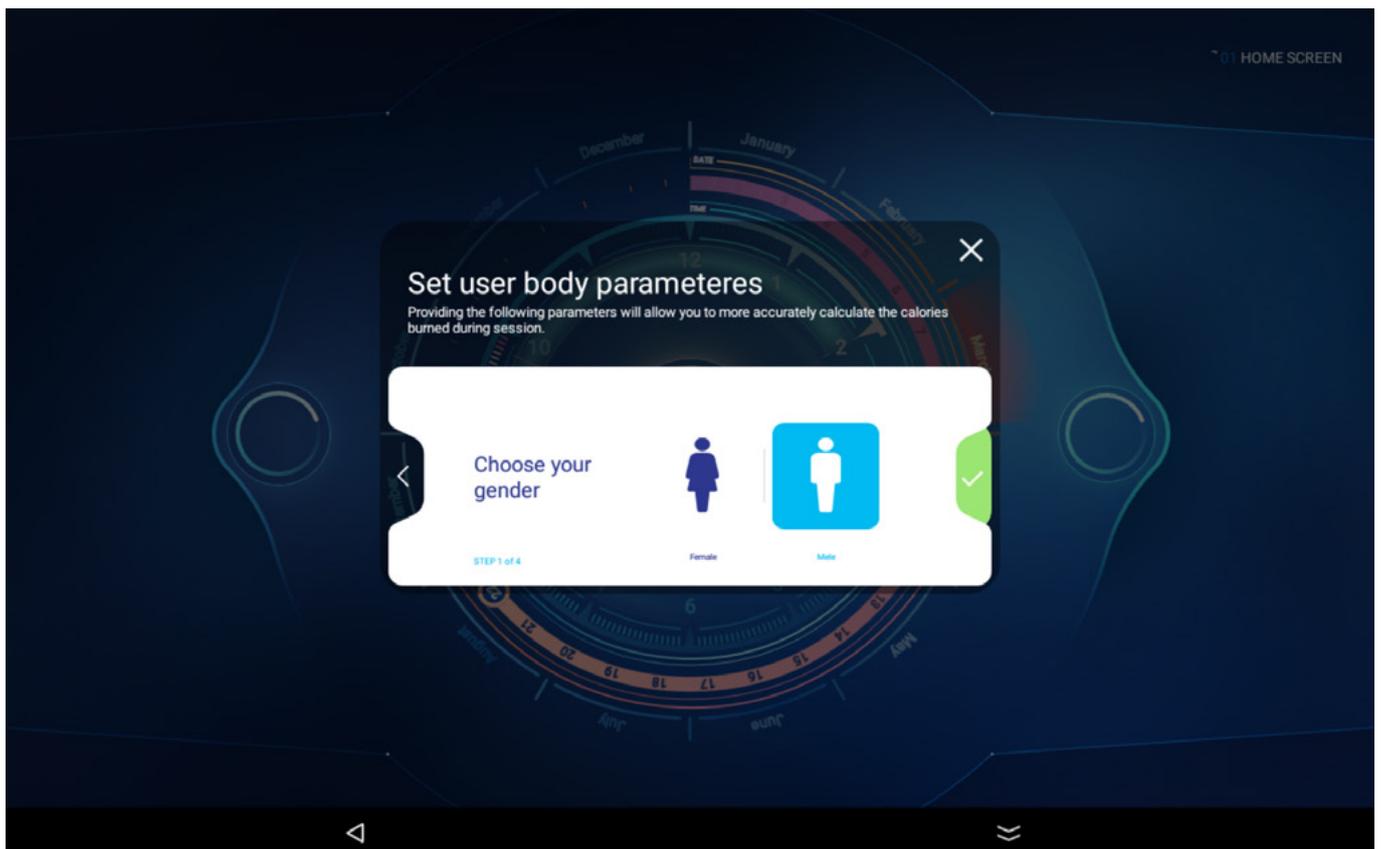
The button in the middle of the screen will change the color from red to white and the text will change to (PRESS FOR SELECT MODE), it means that the device has stabilized the connection and Multivision is ready to start training settings.



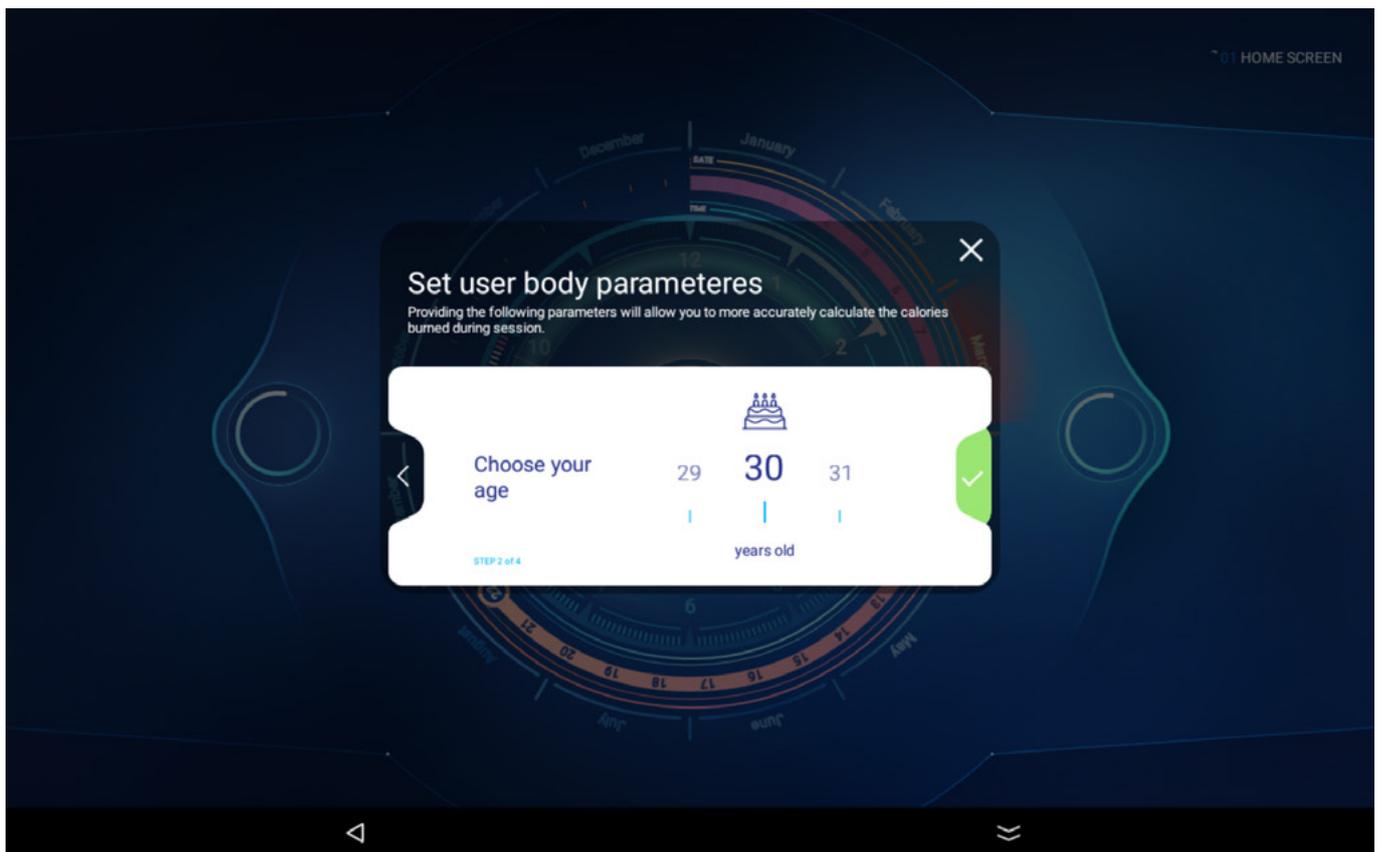
Set user body parameters **PART 1**

Before choosing the exercise mode, we recommend setting the basic parameters of client. Setting the client’s parameters consists of 4 simple steps, such as choosing gender, current weight, height and age. Based on the above data, the algorithm is able to tell you the exact number of calories you have burned after specific exercising mode and turned functions.

A window will appear on the screen with the first option to choose the gender of the exerciser. Select the client’s gender from the two available options on the screen: female or male. Press the green button on the right to confirm your selection and move to the next step. To exit or undo, click the button on the left or the [X] in the upper right corner of the window.



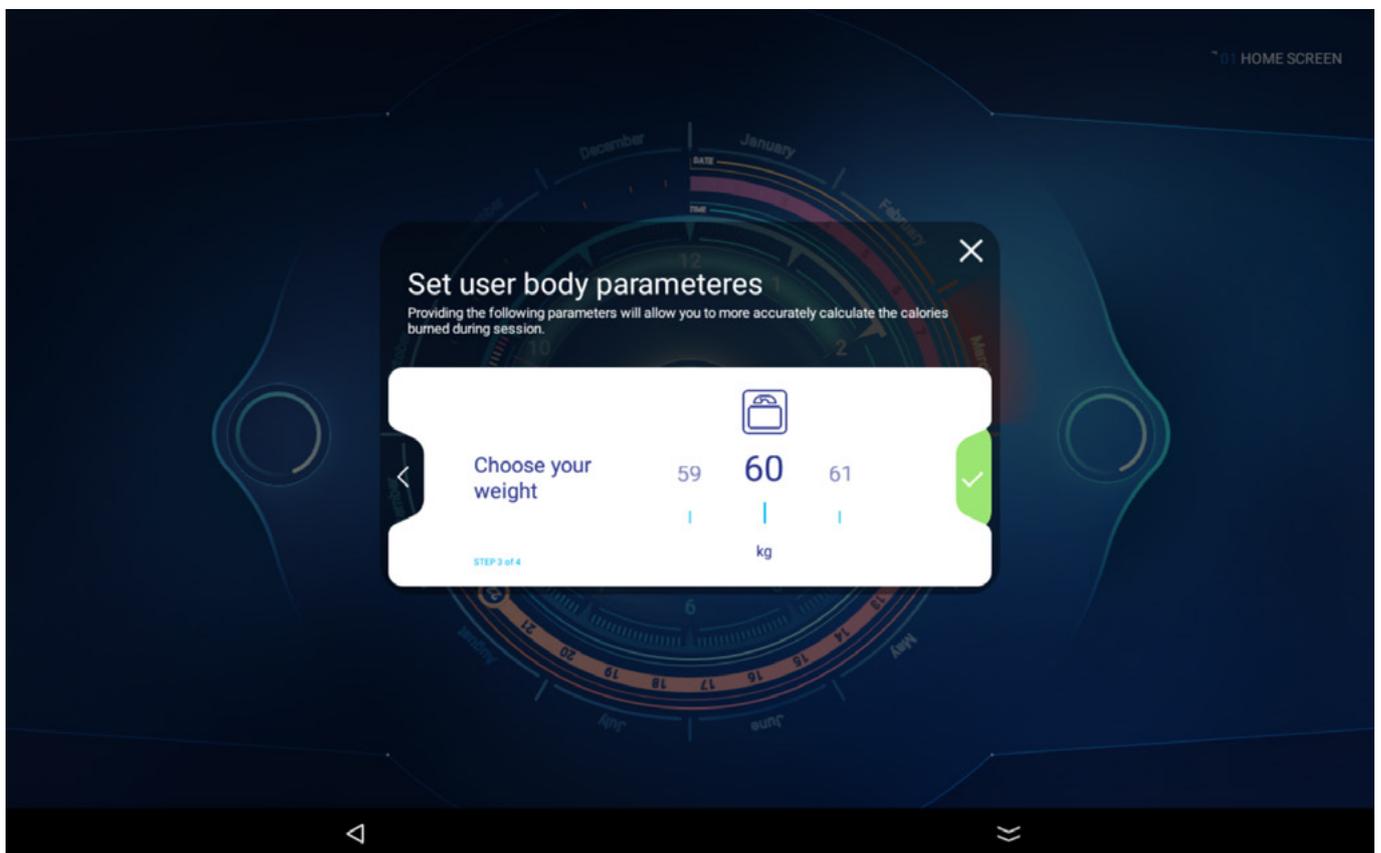
After the patient's gender is approved, we are transferred to the next 2nd step with the choice of the client's age.



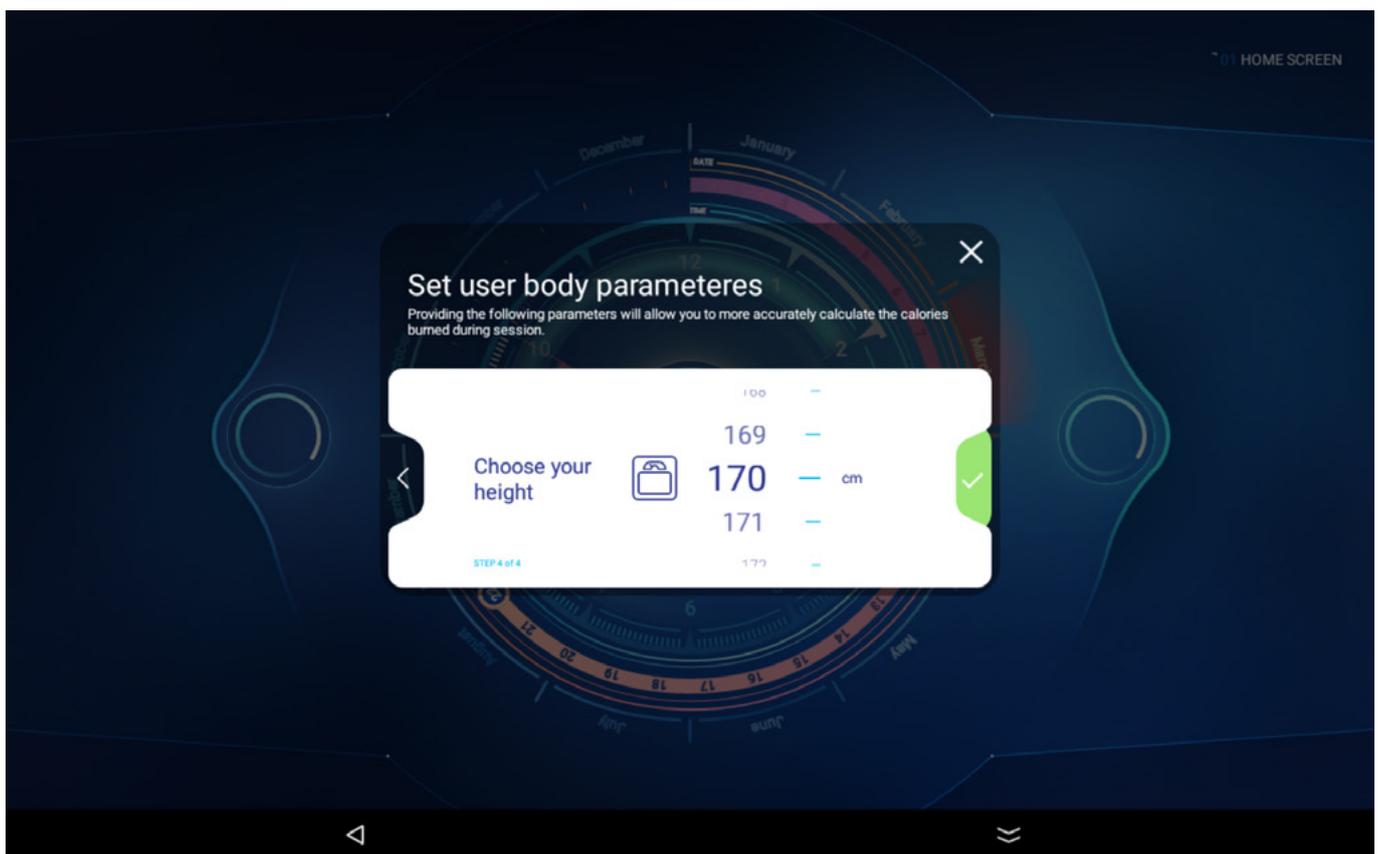
To select an age, just swipe left or right to increase or decrease the age value. To validate the selected age, press the **GREEN BUTTON** on the right to go to step 3.

Set user body parameters **PART 2**

In step 3, we enter the customer's weight, defining it in the same way as for age selection, by swiping your finger left or right to decrease or increase the value. To validate the selected weight, press the **GREEN BUTTON** on the right to go to step 4.



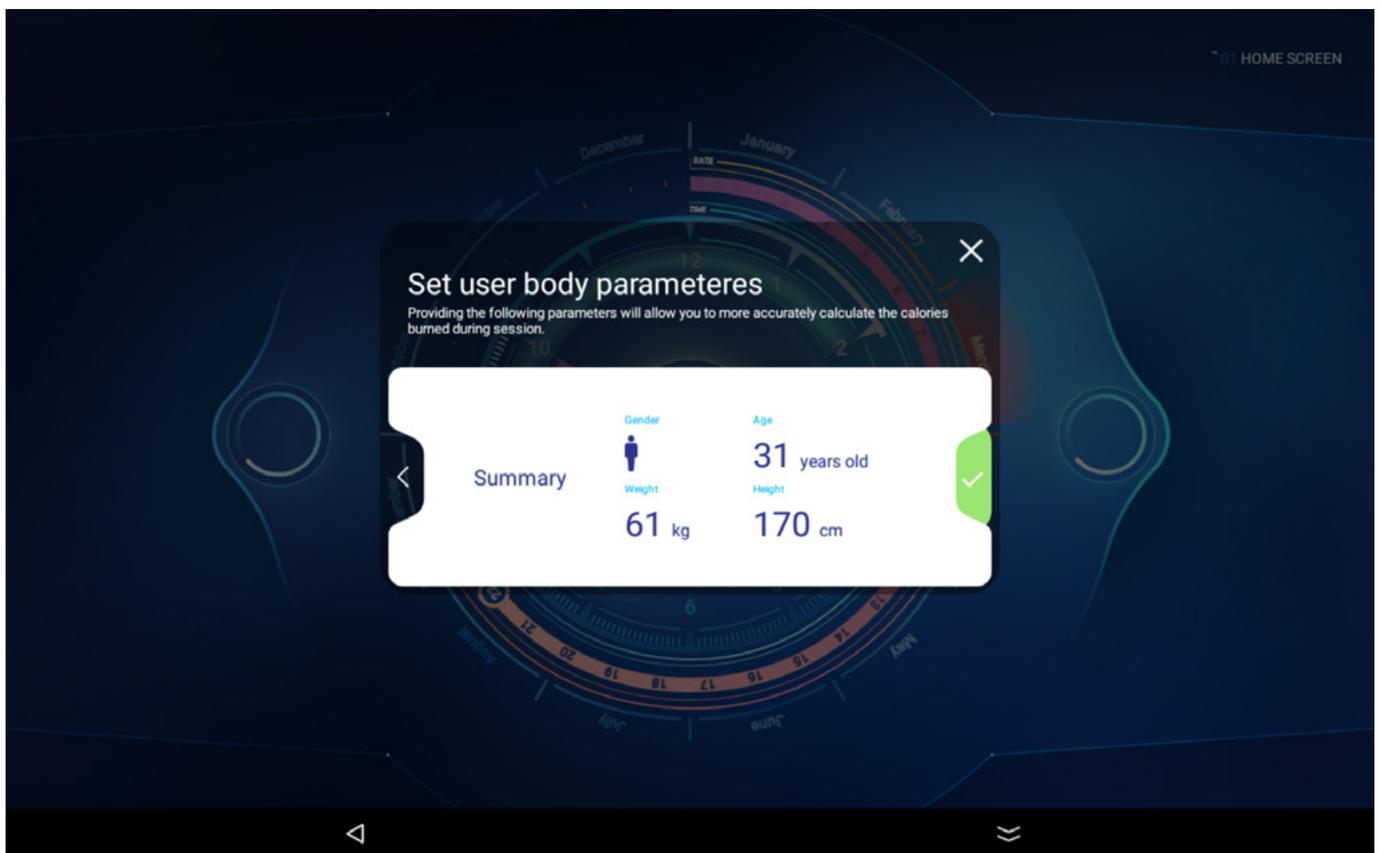
In the last 4 step, we define the client's height. Swipe up or down to select the value you want.



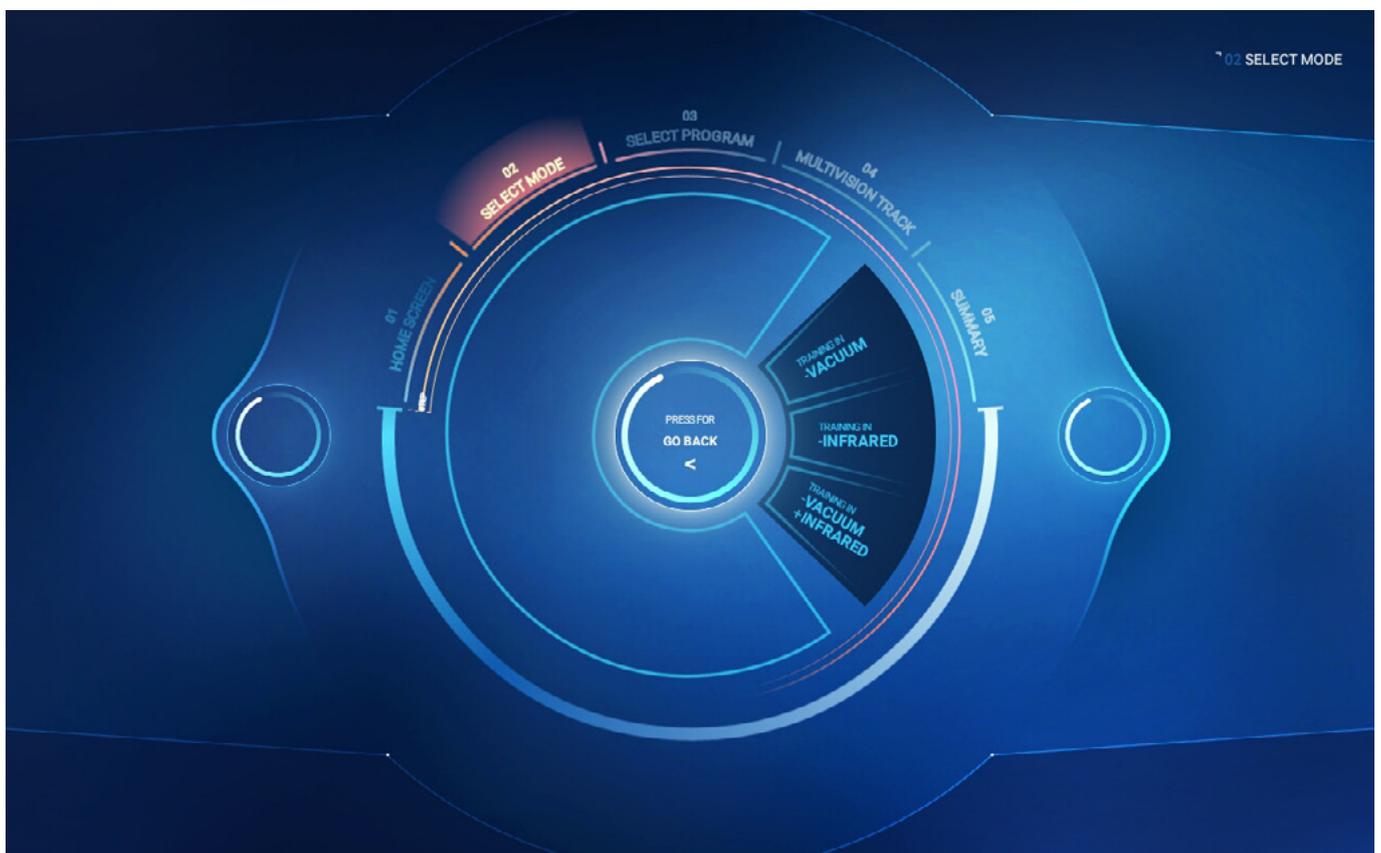
To validate the selected weight, press the **GREEN BUTTON** on the right to go to summary screen.

Set user body parameters **PART 3**

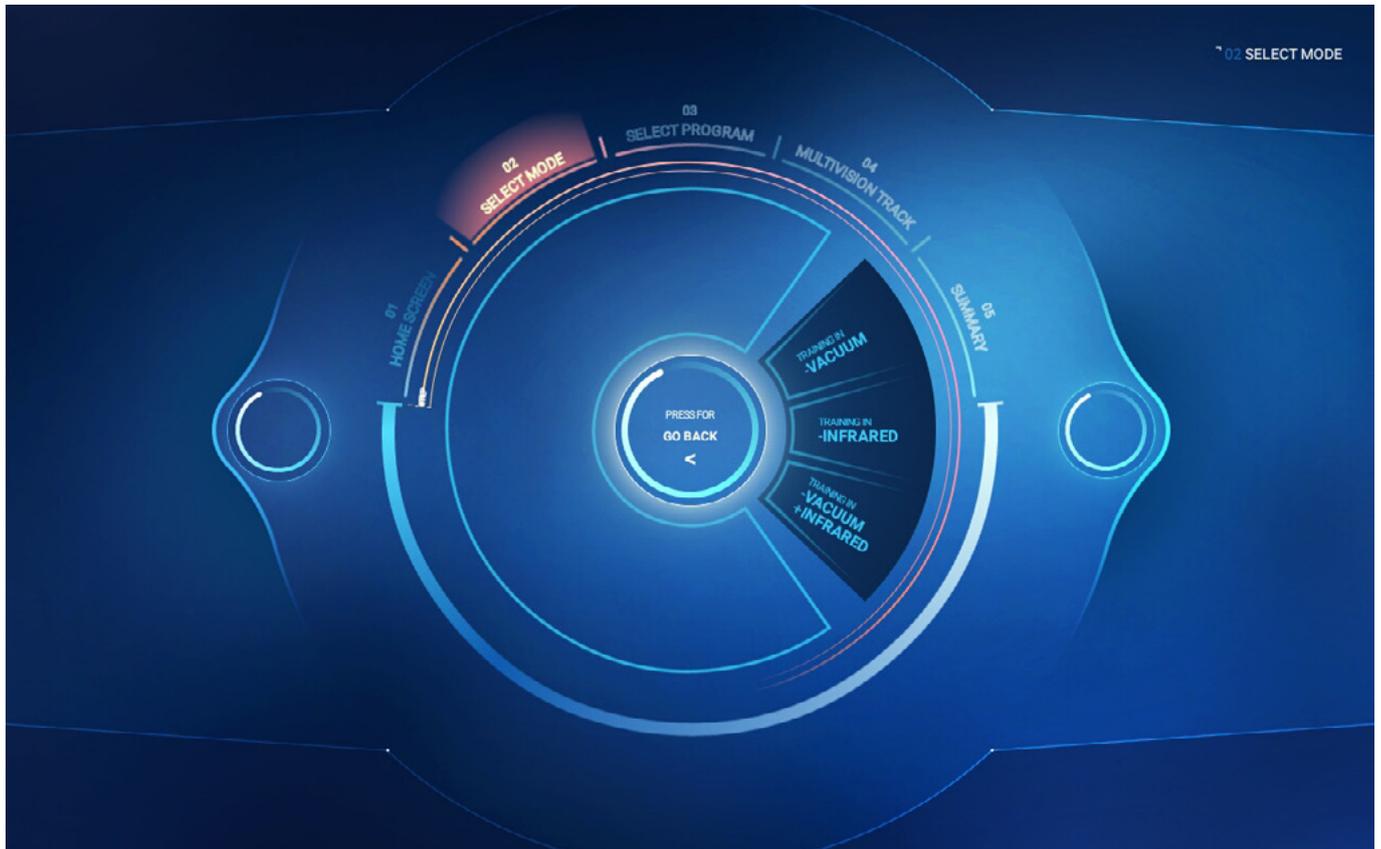
After confirming all 4 options, a summary screen will appear. To complete the client parameter setting process, validate with the **GREEN BUTTON** on the right and go to training selection mode. There is always option to modify client parameters, and go back, by clicking the button on the left side of the window [**<**].



After confirming all parameters, the training mode selection screen will be displayed



Operating mode selection



There are three options on the [SELECT WORK MODE] screen:

TRAINING IN VACUUM AND INFRARED

selecting training in vacuum and infrared option,

TRAINING IN INFRARED

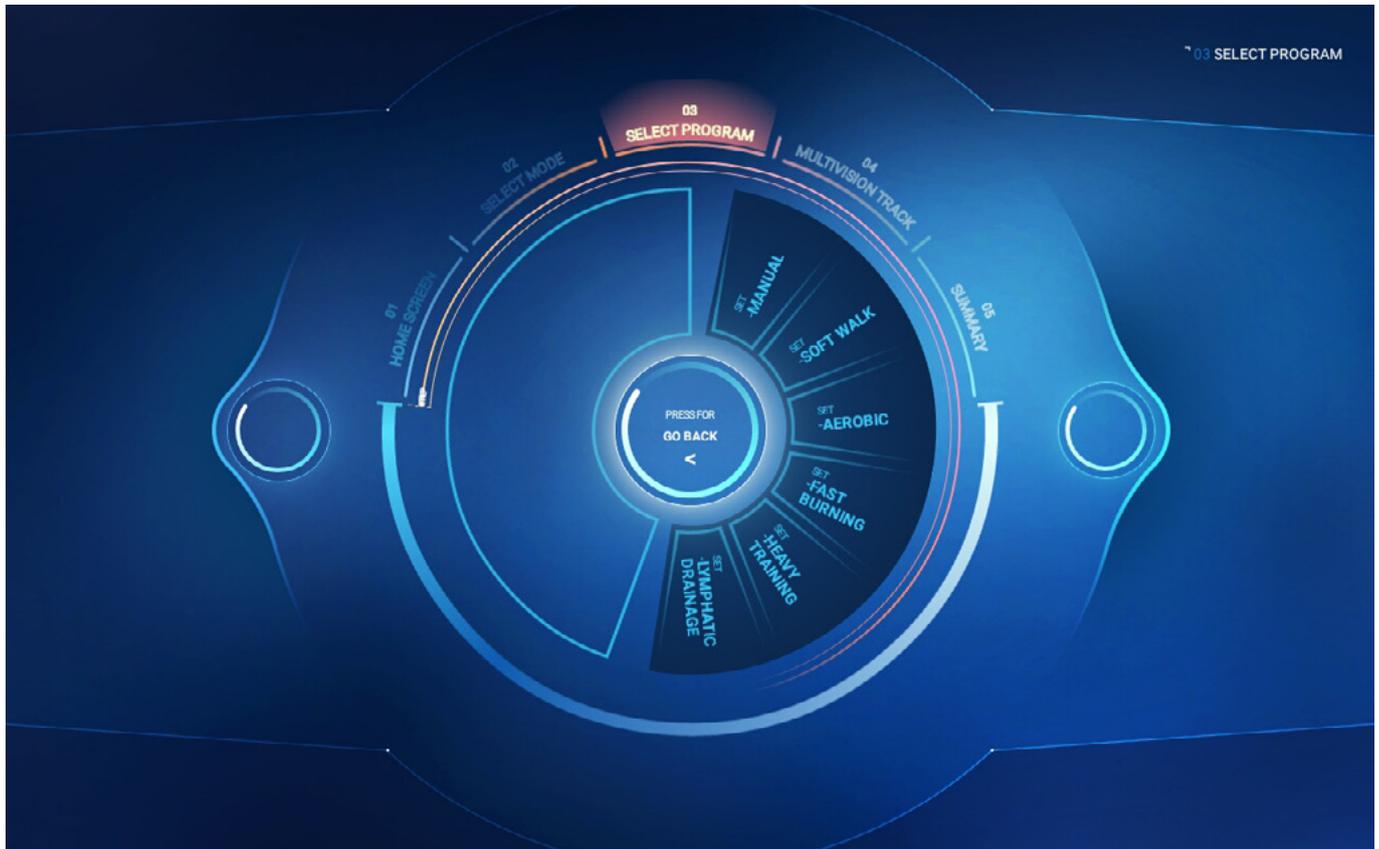
selecting training in infrared option,

TRAINING IN VACUUM

selecting training in vacuum option,

after choosing a work mode, a screen with a selection of training programs [SELECT PROGRAM] will be displayed.

Training program selection



Depending on the selected work mode, there are five (if only infrared work mode was chosen) or six (for other work modes) training programs:

MANUAL

the user chooses the duration of the training on his own. After choosing this program, the user will be asked to set the duration of the training. Maximum duration of a training session – 60 minutes.

LIGHT WALK

program dedicated to people who are first time users of Vacu devices and people starting fitness trainings,

Training program selection

AEROBIC

program dedicated to people who do sport and for whom training on a treadmill is not enough,

FAST BURNING

program dedicated to people who want to get rid of excess body fat and cellulite,

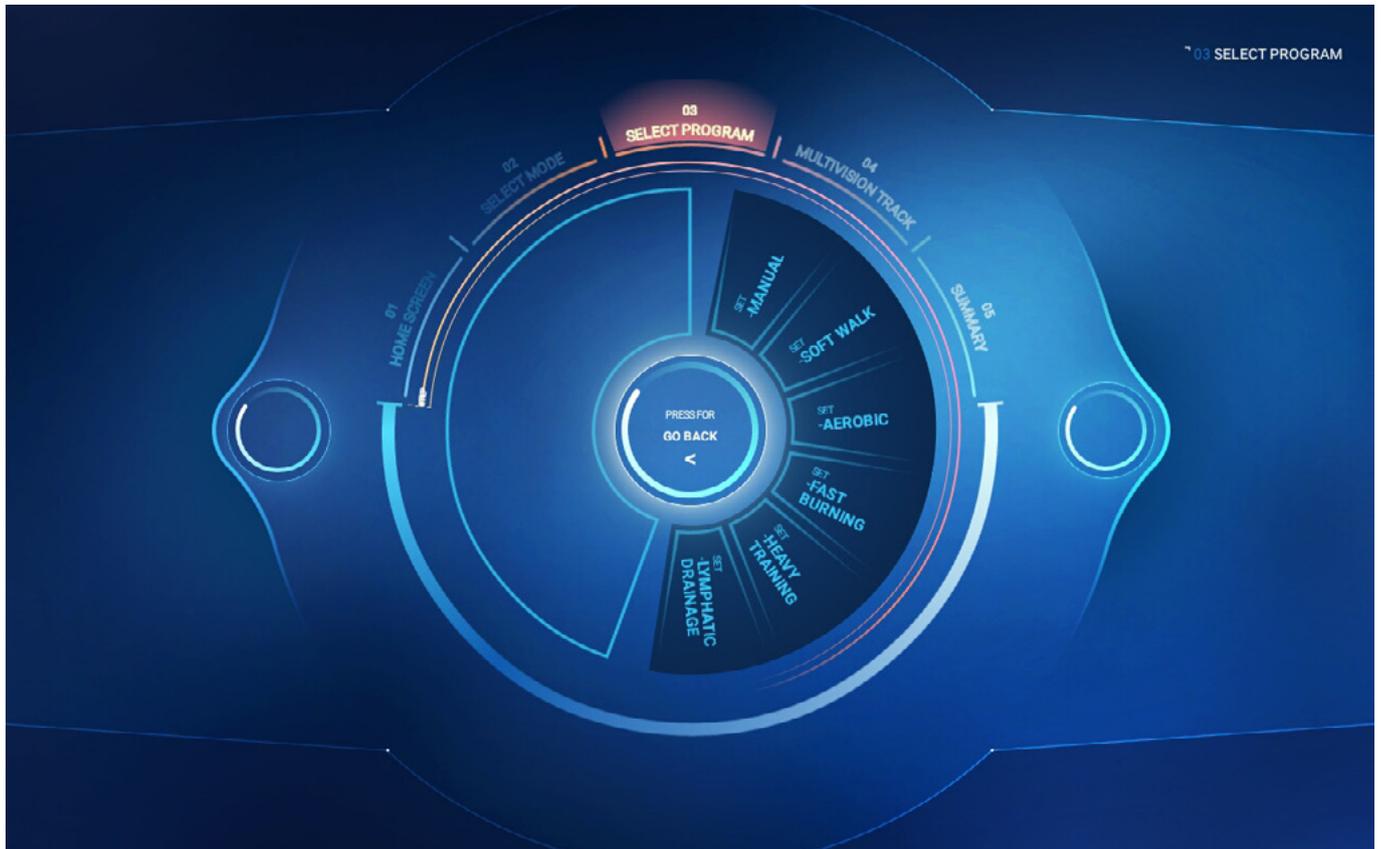
HEAVY TRAINING

program dedicated to the most demanding users. Note – the program requires previous experience in fitness trainings,

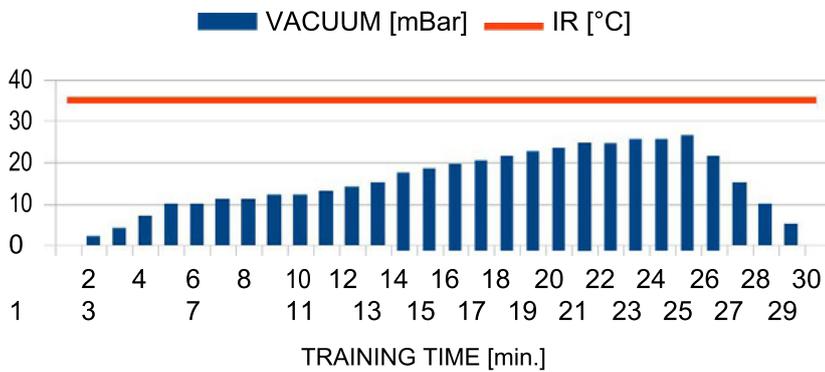
LYMPHATIC DRAINAGE

program for the more effective elimination of cellulite and body fat. The program is only available when vacuum work mode was chosen earlier. After selecting this program, the user will be asked to choose the minimum and maximum value of vacuum. The higher the difference between the two values, the harder the training.

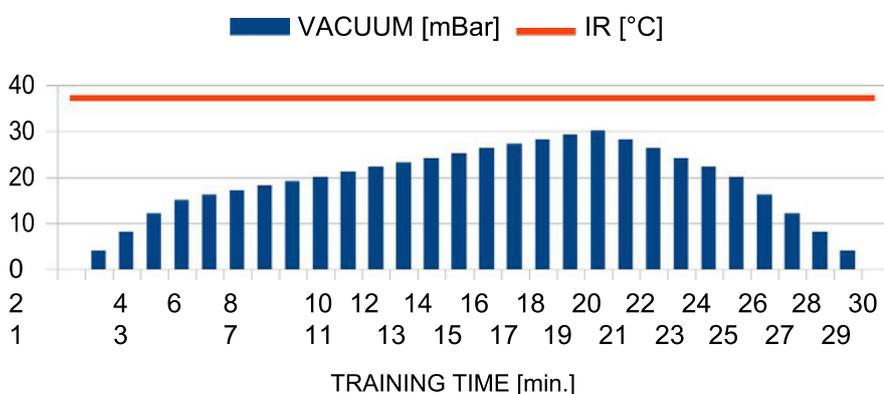
Training program selection



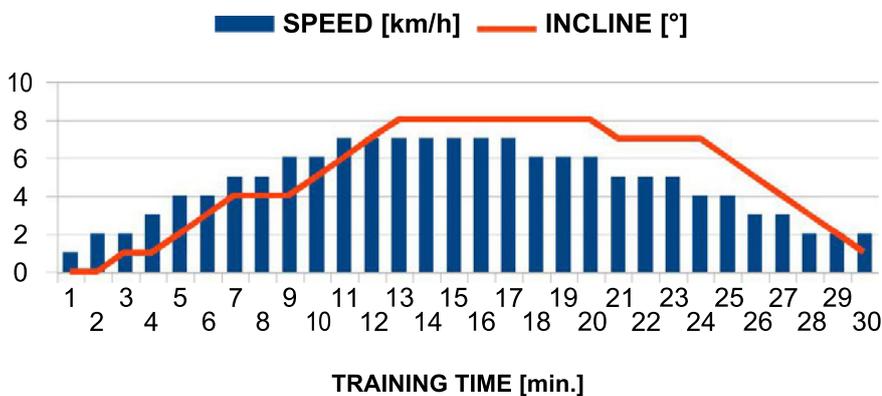
Features of **[LIGHT WALK]** training:



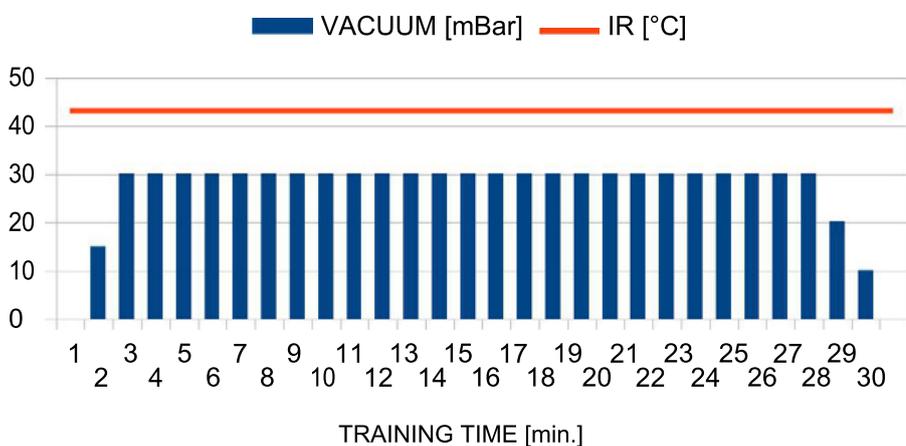
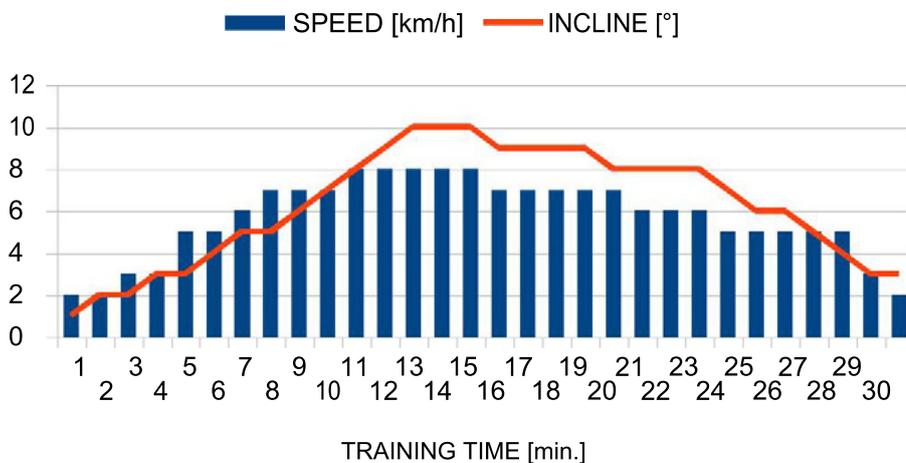
Features of **[AEROBIC]** training:



Features of **[FAST BURNING]** training:



Features of **[HEAVY TRAINING]** training:



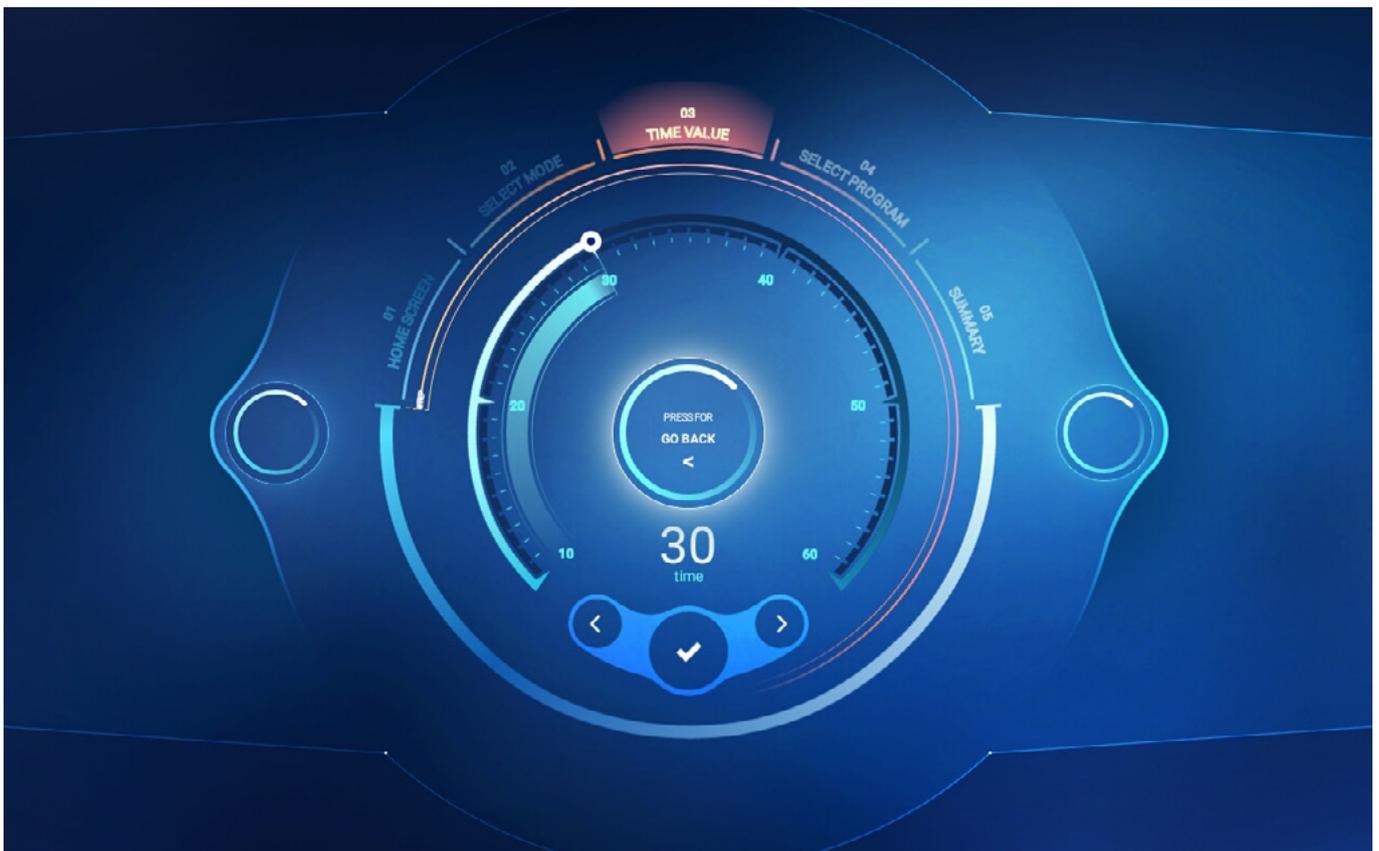
Features of **[LYMPHATIC DRAINAGE]** training:



After selecting a training option, a screen with training parameters will be displayed.

Training

The duration of training is predefined and equal to 30 minutes apart from the [MANUAL] program. In manual program the user can set the duration on his own by moving the pointer around the clock's circumference or pressing the arrows.

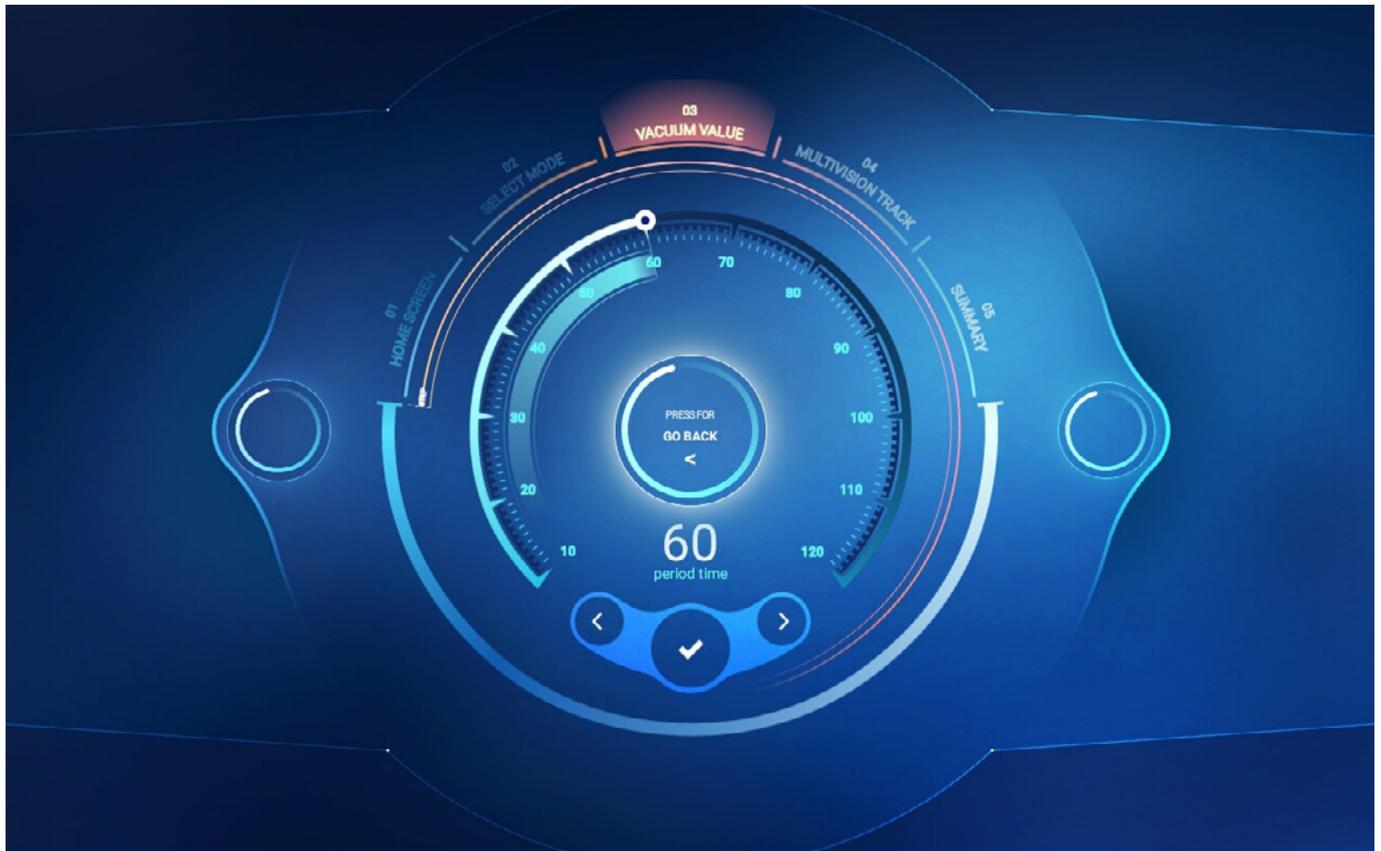


Select the training program or touch the accept symbol (in the manual mode) to display the [MULTIVISION TRACK] screen where you can choose the video to exercise in the selected operating mode.

Manual to set the **vacuum range** (from 0 to 30 millibar)



Manual settings for **lymphatic drainage** switching time between lower and higher vacuum (from 10 to 120 seconds)



Multivision

This function depicts movement (in selected places in the world) at the running pace and can be displayed while running in the Body Shape Multivision

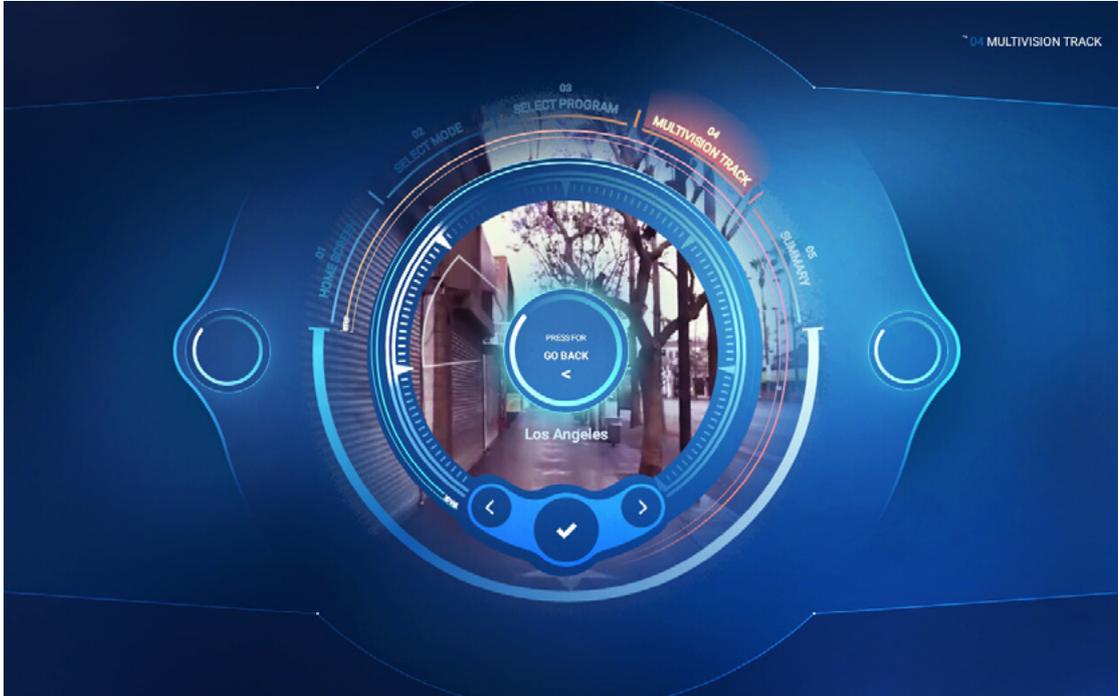
- You can choose Buenos Aires, Los Angeles, Italy, Costa Rica, Chicago and San Francisco.
- Approve the selected video by touching the accept symbol.

Buenos Aires

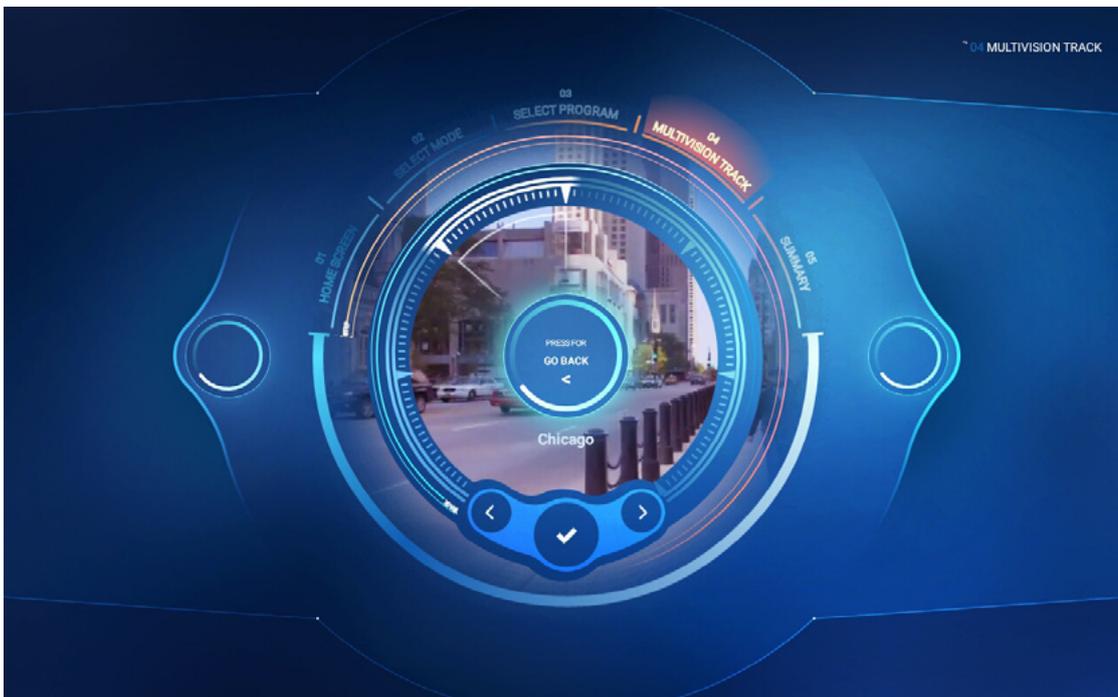


- When the video is selected, touch the accept symbol to display the summary screen.
- The selected video can be started only during the training.

Los Angeles



Chicago



San Francisco



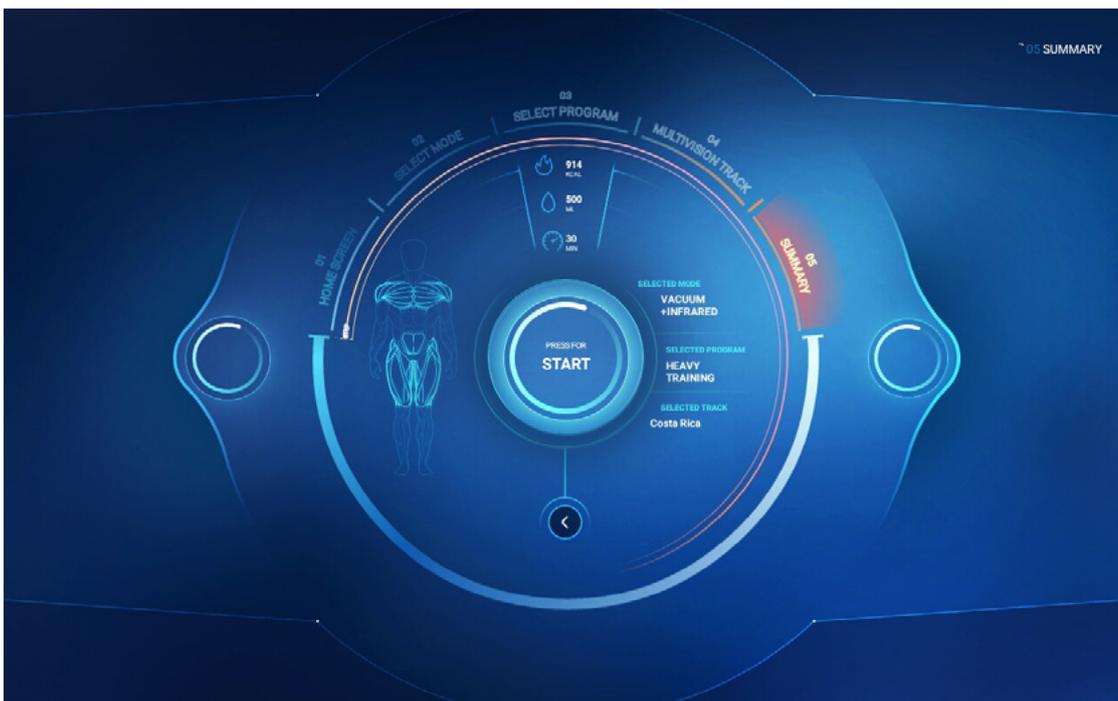
Northern Italy



Costa Rica



Press **[PRESS FOR START]** on the summary screen to proceed to the screen starting the training session.



On the training session screen.

Press **[START]** to begin the training session.

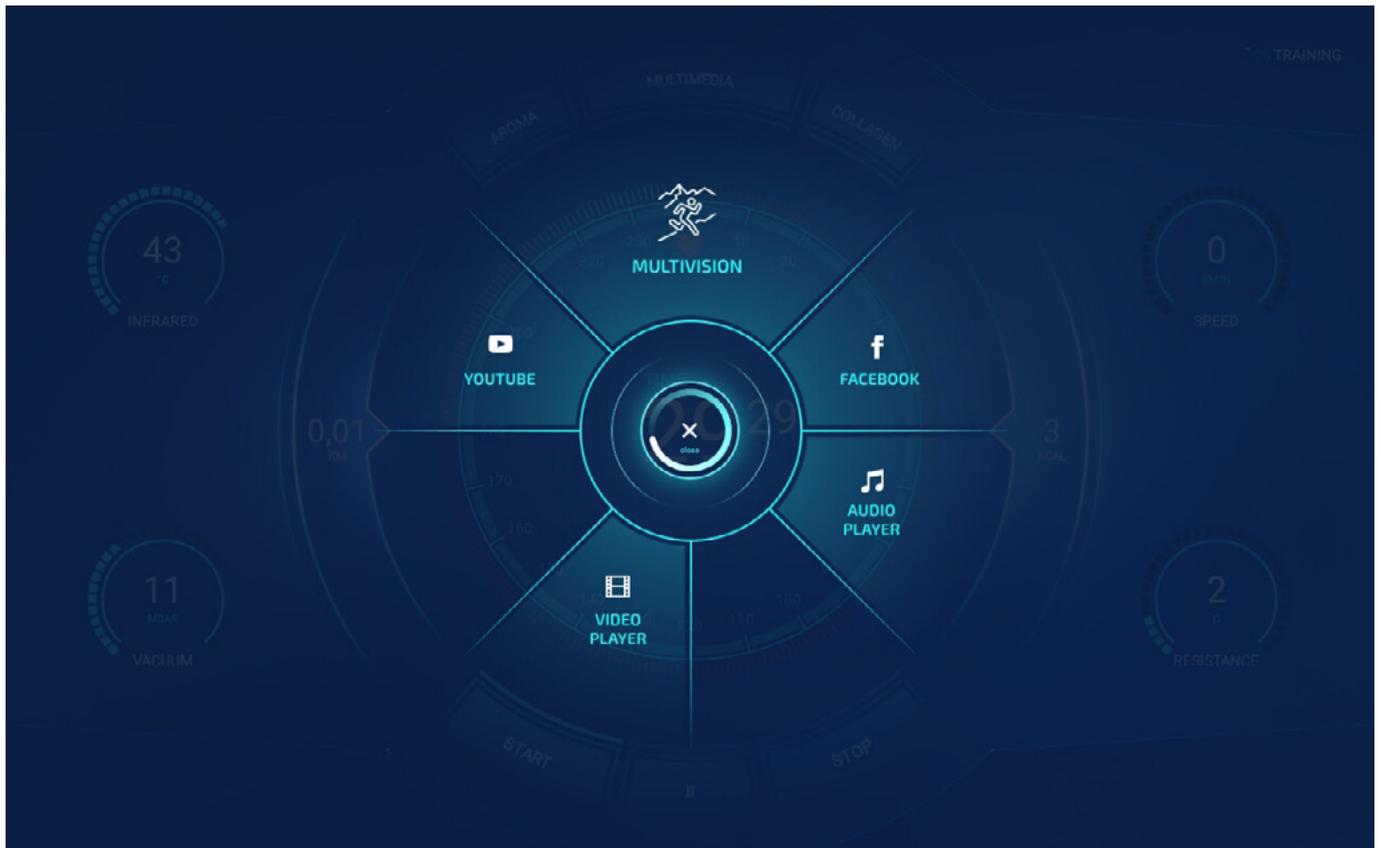


You can pause the training by touching the pause symbol **[||]**.

Touching the **[STOP]** symbol will stop the training and the summary screen **[SUMMARY]** will be displayed.

To go to the Multivision video function, touch [MULTIMEDIA] on the training session screen to display the function selection screen.

Function selection



Multivision - video mode depicting movement in the particular places (selected on the "Multivision Track" screen) during the running training session.

Facebook - social network service available during training session

Audio Player - playing audio files from portable devices. The portable device is plugged in the USB port visible on the device panel.

Video Player - playing multimedia files from portable devices. The portable device is plugged in the USB port visible on the device panel.

YouTube - video-sharing website. Allows you to view videos during your training session

Video player function

To use the multimedia files stored on a portable device, plug it in the USB port on the panel, touch the icon in the lower left corner of the screen and select the file you want to play from the list.



The video player functions, such as play, stop, volume, rewind, forward, etc., are available for the user during the training session.

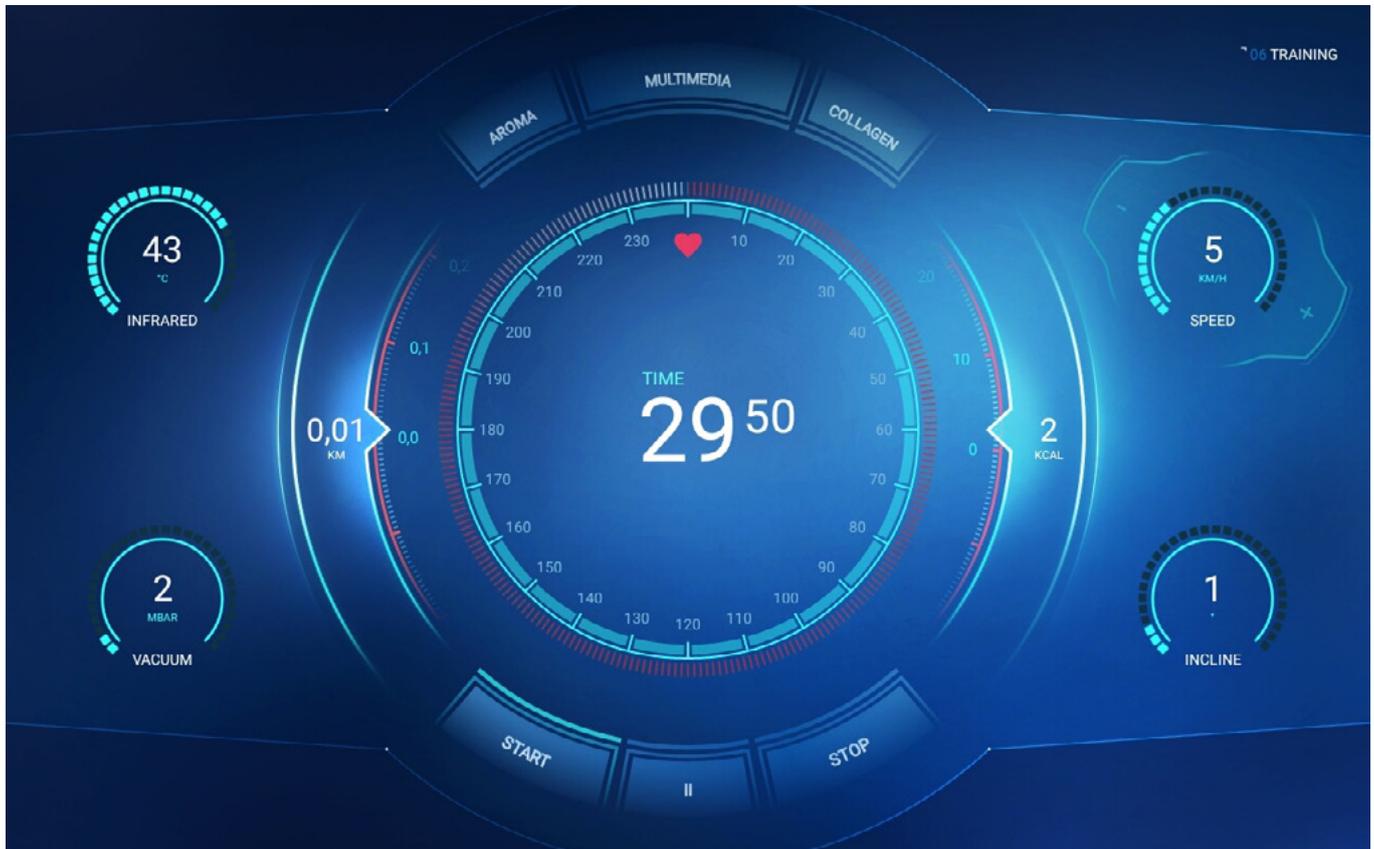


Audio Player function:

The process for the audio file playing function during the training session is identical to the Video Player function. Plug the player in the USB port on the device panel and select files from the list. The player functions, such as play, stop, volume, rewind, forward, etc., are available for the user during the training session.

Additionally:

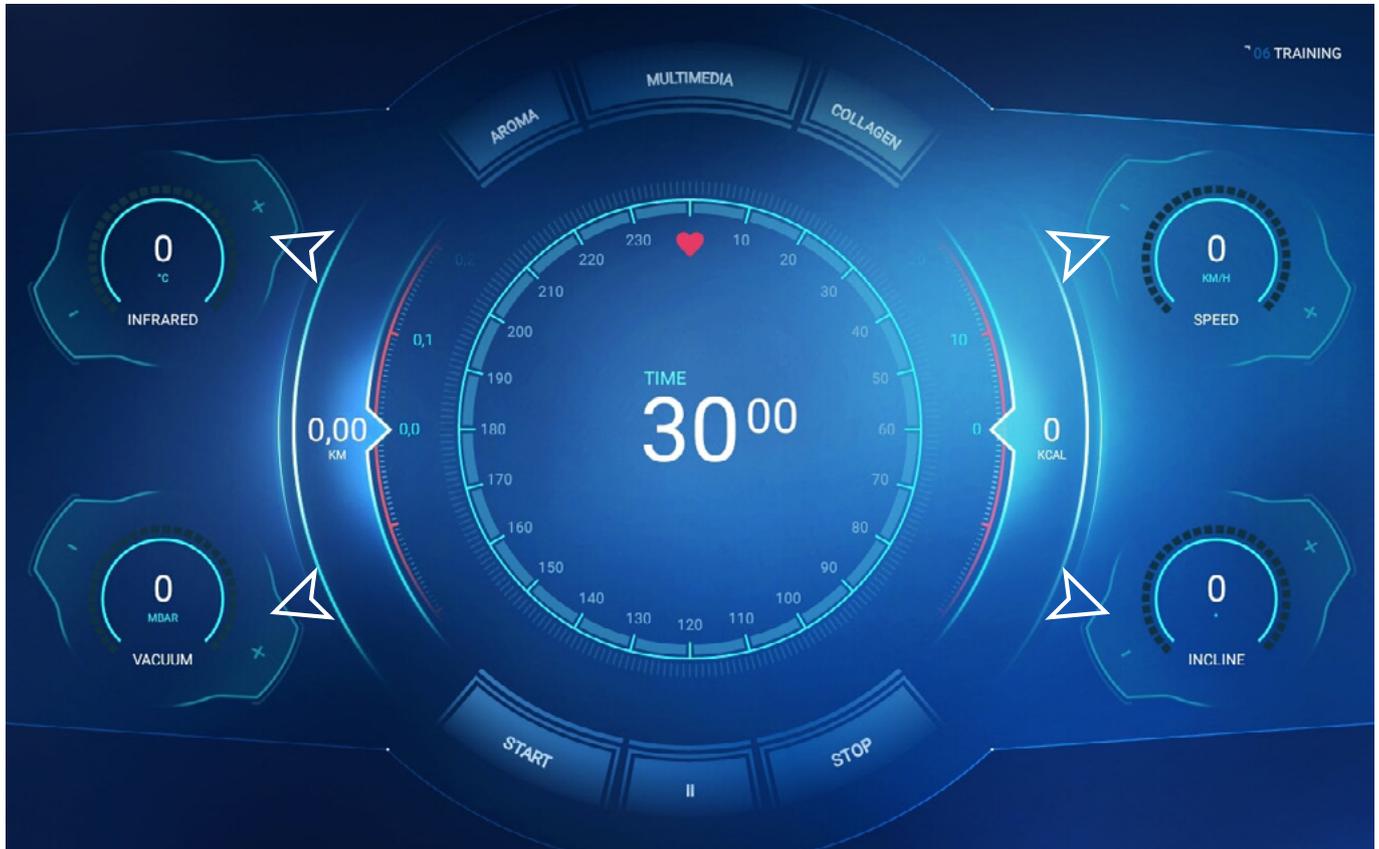
In the regular and Multivision Track mode, the user can switch on or off the photo-rejuvenation function - [COLLAGEN] or the breeze function - [AROMA].



The following parameters are displayed on the regular and “Multivision video” screen during the training session:

- speed and treadmill inclination angle,
- vacuum value,
- infrared intensity,
- calorie meter,
- time remaining to training completion,
- heart rate,
- distance,

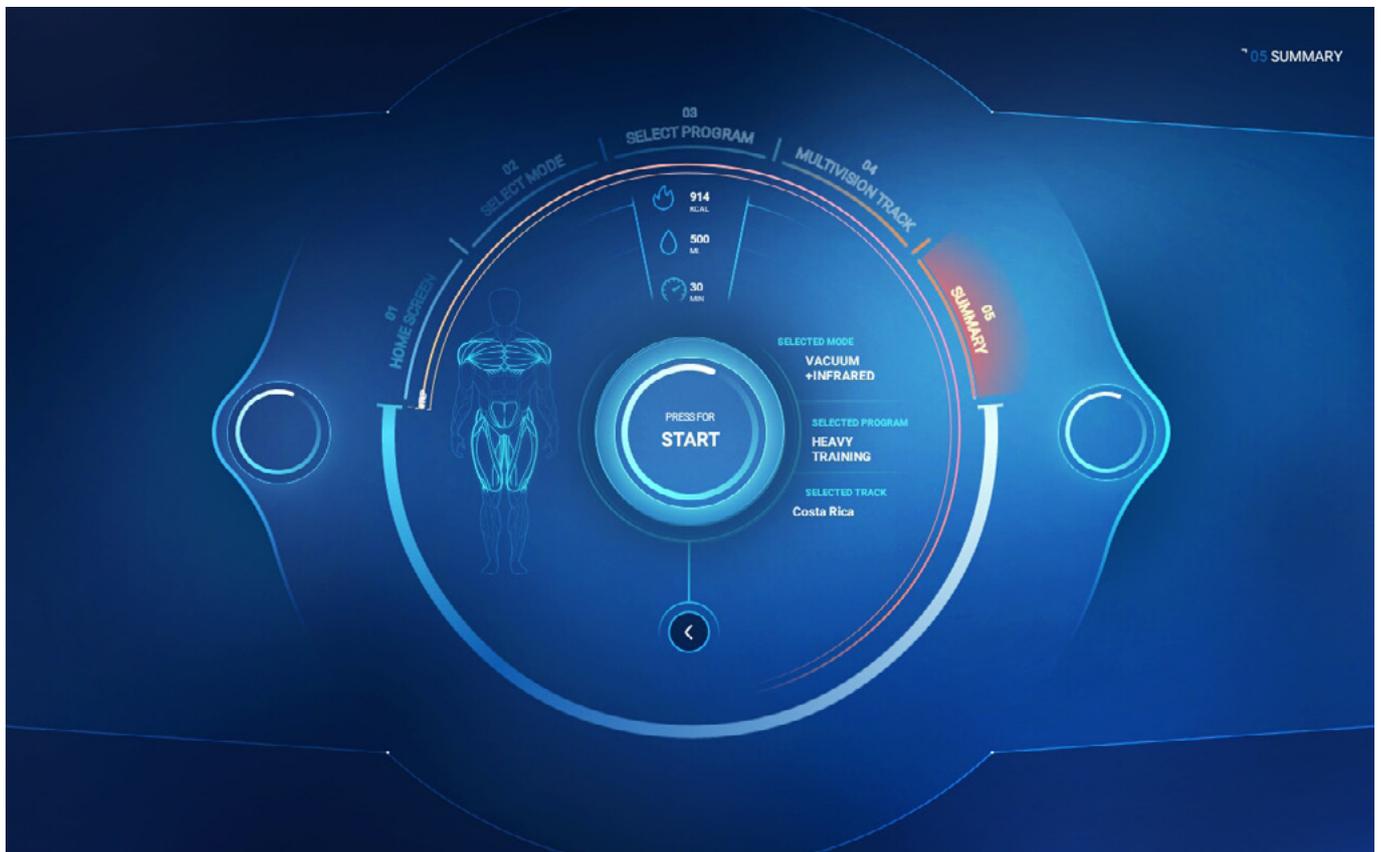
During the training session, you can modify



- infrared intensity [**INFRARED**] from **25 to 50C°**
- vacuum value [**VACUUM**] from **0 to 30 millibar**
- treadmill speed [**SPEED**] from **0.8 to 12 km/h**
- treadmill inclination angle [**INCLINE**] levels from **0 to 10**

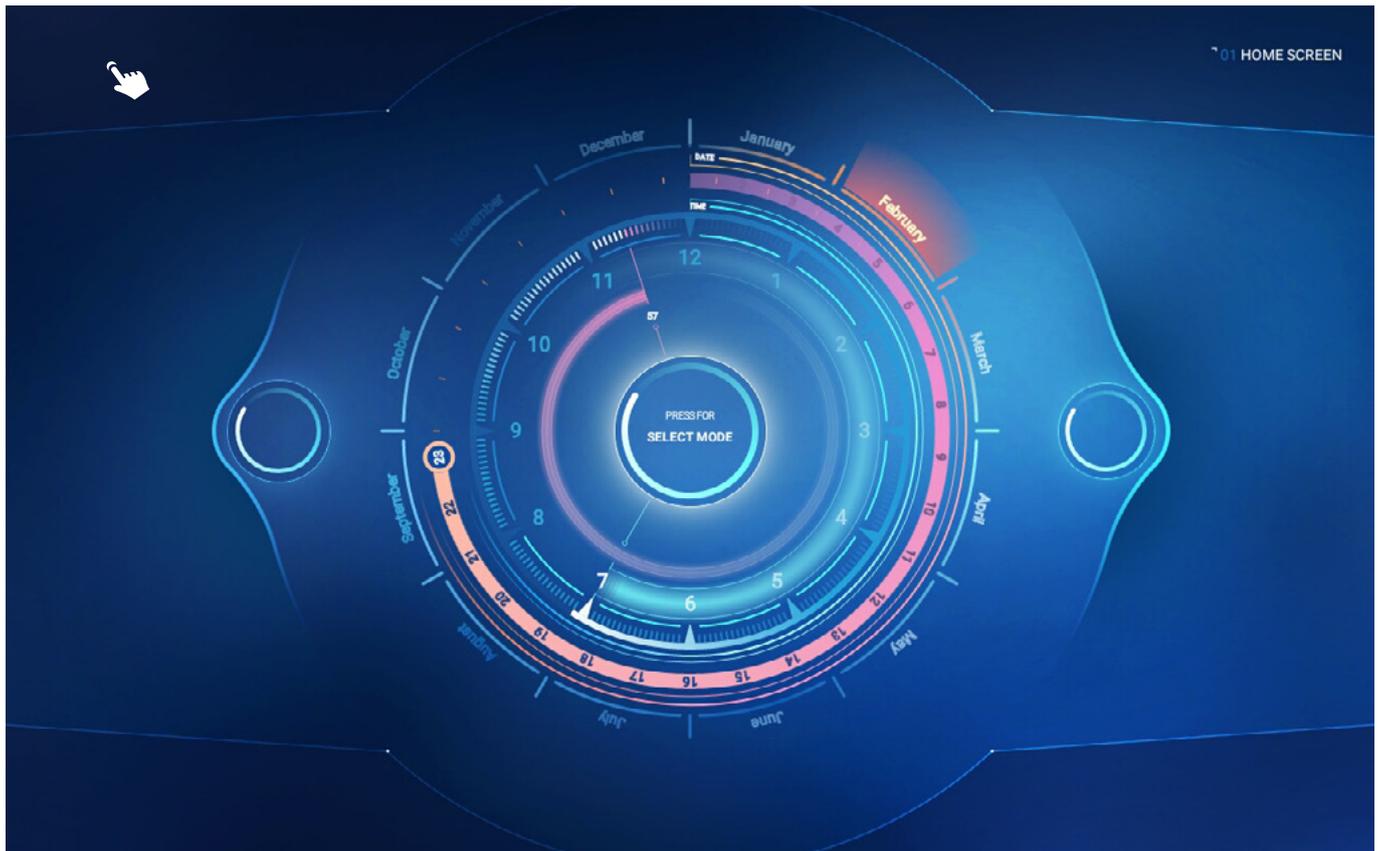
When the training session time lapses or if you press [STOP], the training is stopped and the summary screen [SUMMARY] is displayed.

Summary screen



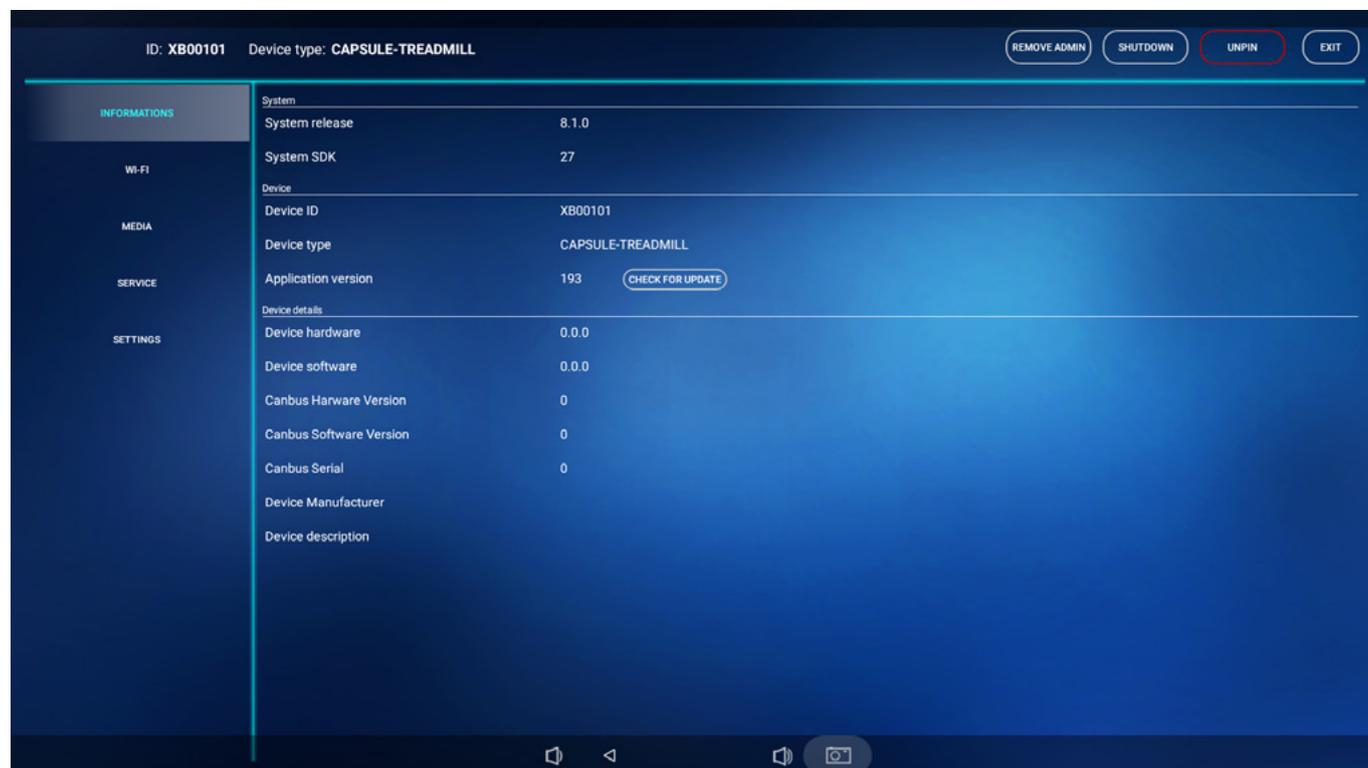
Bodyshape service functions

To go to the service settings of the device, touch the upper left corner on the home screen.



The first displayed screen allows to enter the service code; after you enter and confirm the correct access code, the service settings screen will be displayed.

The service settings screen displays five categories for selection.



[INFORMATION]

This category contains information about the system, device and device details. If a new version of the application is available, touch [CHECK FOR UPDATE] in the “device” section to start the update. For changes in other sections, contact the administrator.

[WI-FI]

This category allows the user to connect the device to the Internet. To do this, touch [CHANGE]. The screen will proceed to the Wi-Fi settings of the tablet. In the right upper corner, switch the key to the [ON] position and choose the Internet connection. Then, return to the application.

[MEDIA]

This category allows to edit videos for the Multivision function. Changes and edition are reserved for the administrator.

[SERVICE]

This category includes service information, i.e. device operating time counters, vacuum value settings and PIN settings.



Service

[TOTAL TIME] – this is the permanent device operating counter; after each start of the training programme, the counter is incremented by a constant value corresponding to the training time value,

[TOTAL TIME TRIP] – operating time counter similar to [TOTAL TIME], but with option to reset the counter to zero.

[VACUUM TIME] – this counter measures the total time of device operation with vacuum switched on. After each start of the training programme, the counter is incremented by a constant value corresponding to the training time value. The counter value cannot be cleared,

[VACUUM TIME TRIP] - this counter measures the device operating time with vacuum switched on. The counter can be reset to zero,

[TREADMILL TIME] – this counter measures the total time of treadmill operation in the device. The counter cannot be reset to zero

[TREADMILL TIME TRIP] - the counter measures the treadmill operation time. The counter can be reset to zero

Vacuum settings

[VACUUM MINIMUM] - this is the minimum setting of the vacuum power value in the Body Shape device. The values specified in this section are recommended by Vacu Activ. Changes can be made only by authorised persons.

[VACUUM MAXIMUM] - this is the maximum setting of the vacuum power value in the Body Shape device. The values specified in this section are recommended by Vacu Activ. Changes can be made only by authorised persons.

[SETTINGS]

This category allows to choose the language preferences. The available languages include: Polish, Italian and English.

Pin code

Press the digits on the right side of the “security” section to proceed to setting a new access code; enter the code and confirm it pressing the confirm button. The pin code for the service settings screen will be changed.

Treadmill maintenance

Lubrication of the top of the treadmill is a prerequisite for its proper functioning. This prevents the destruction of the belt, top, and motor. It ensures the smooth operation of the device and its proper functioning over a long period of time.

Vacu device reminds about walking belt lubrication. After working for six sessions it displays the message 'PLEASE LUBRICATE THE TREADMILL', and the walking belt should be lubricated as instructed:

- turn the power off,
- tilt the top of the treadmill on the one side and spray it with silicone oil on the edge along the top of the treadmill and then along – as close to the middle of the top as possible; follow the same procedure on the other side,
- turn the treadmill on for a moment so that the oil is distributed evenly.

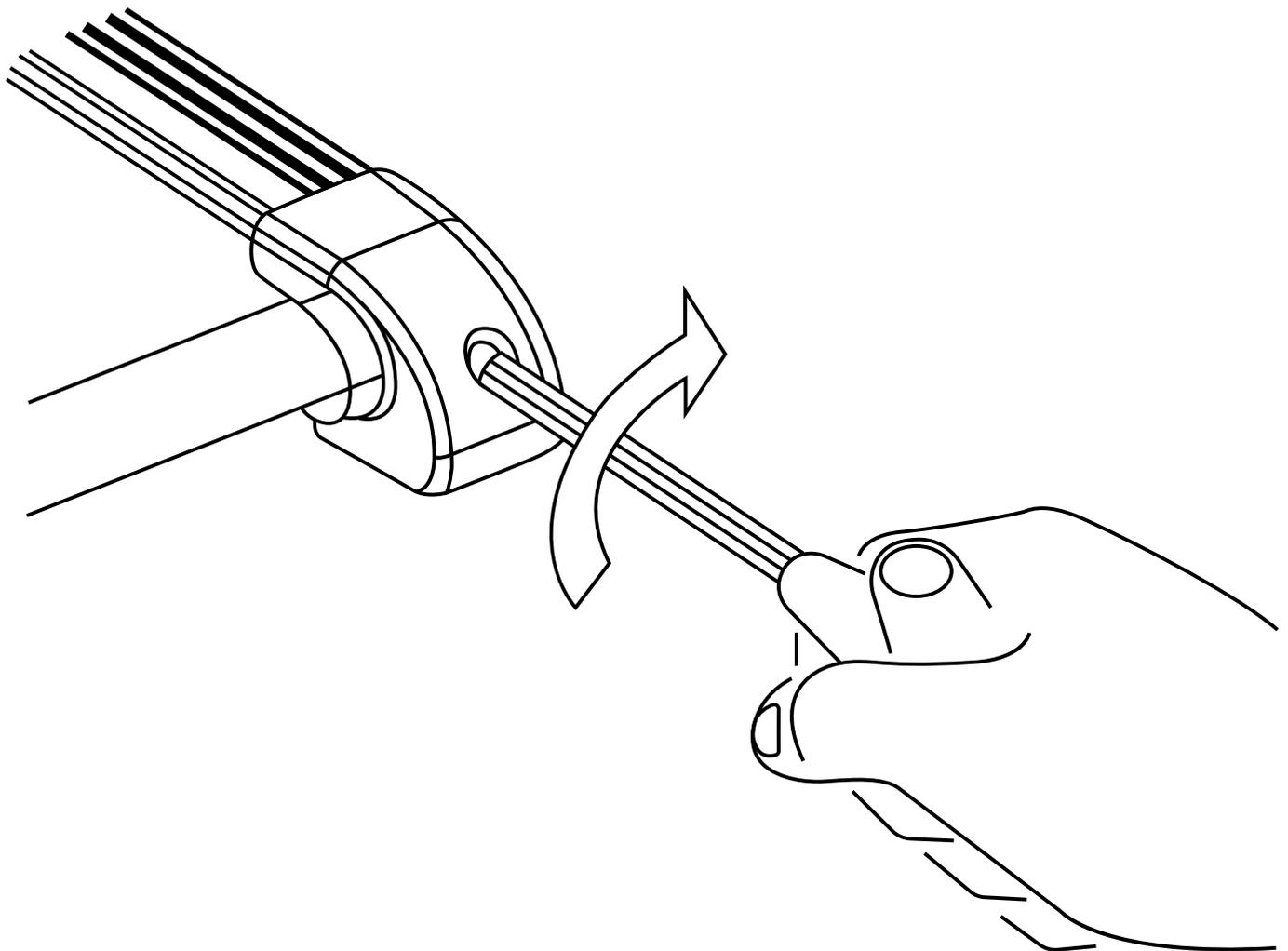
Treadmill belt tensioning

After the device is lubricated, check the treadmill belt tensioning.

To tension the belt, set the device speed to 4 km/h and adjust the screws in the back of the treadmill using a 6 mm hex key - turn clockwise.

Check the belt for movement.

CAUTION! Never turn the screws by more than $\frac{1}{4}$ at once.



Air ionization

Ionization of air is turned on all the time. Disabling the ionization is carried out by turning a switch on the housing.

Colourtherapy

Hydroshape device has built-in LED lamps, with the possibility of wireless colour adjustments using the supplied remote control.

Colourtherapy remote control functions:

1. on / off,
2. the change of a static colour – 16 static colours are available,
3. the adjustment of the static colour brightness – 16 levels of brightness of the static colours,
4. the change of a dynamic program – 4 dynamic programs:
 - a) step changes of 3 colours,
 - b) step changes of 7 colours,
 - c) smooth changes of 7 colours,
5. the change of speed of the dynamic program – 16 levels of speed of dynamic programs.

Heart rate measurement

Measurement of heart rate during the workout is done with a telemetric belt. In order to obtain an optimal reading, the belt should be gently moistened and then put directly onto the chest.

ATTENTION

If you cannot get a regular measurement of the heart rate, check the belt's fitting; the rubber electrode should adhere flat to the body and the belt should be placed in the right place on the chest – not too low.

Telemetric belt maintenance

1. Carefully wipe the belt and dry the elastic belt after each use,
2. Store the telemetric belt in a cold and dry place,
3. Do not expose the belt to direct sunshine for long periods of time, and
4. Do not expose the belt to very high (over 50°C) or very low (under -10°C) temperatures.

Principles of operation

As a result of the movement on the treadmill and the vacuum in the capsule, the blood circulation in the skin and subcutaneous tissue is improved in the areas where fat tends to accumulate: thighs, buttocks, waist, abdomen.

Fats are a well-known carrier of energy that the skeletal muscles need to function. Fatty substrates (free fatty acids) from the fatty tissue are supplied to the muscles with blood. Exercising using Vacu Activ stimulates production of the fatty substrates (free fatty acids) from the fatty tissue and, due to improved blood circulation, accelerates their transport to the muscle tissue where, as a result of oxidation processes in the mitochondria, carbon dioxide and water are produced.

The vacuum in the Vacu Activ device also improves the circulation of lymph which is responsible for removal of excessive fluid and metabolism waste. The effect is smoothened and firmer skin as well as quick reduction in the problematic areas: thighs, hips, waist and abdomen.

How to exercise to maximise the effect?

The recommended cycle covers 10-20-30 procedures. The number depends on the fatty tissue thickness and cellulite development level.

Running time - 30 minutes divided into 3 stages:

1. The body needs time to adjust to the new environment conditions - set the vacuum to several mbar for the first 3-4 minutes.
2. Exercise 20 minutes at the pace of an active walk.
3. Return to normal conditions decreasing the vacuum to the starting position. Continue for 2 minutes before ending the procedure.

Effects

Vacu Activ therapy brings permanent effects!

- Weight loss up to 12 kg
- Cellulite disappears in 80% of users
- Body measurement reduction approx. from 8 to 20 cm
- Improvement of blood and lymph circulation
- Metabolism boost
- Faster fat burning
- Cellulite elimination
- Weight loss
- Wellbeing and increased vitality
- Improvement of body posture

Worth knowing

As a result of the movement on the treadmill and the vacuum in the capsule, the blood circulation in the skin and subcutaneous tissue is improved in the areas where fat tends to accumulate: thighs, buttocks, waist, abdomen.

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The vacuum in the Vacu Activ device also improves the circulation of lymph which is responsible for removal of excessive fluid and metabolism waste. The effect is smoothed and firmer skin as well as quick reduction in the problematic areas: thighs, hips, waist and abdomen.

During the procedure

- Drink water systematically - the body needs ca. 0.5 litre of water during the procedure. The purpose of the work-out is not to dehydrate the body but to stimulate it to burn the fatty tissue effectively.

- Work out at a pace allowing to keep the heart rate of an adult person within the range from 120 to 140 beats per minute. Do not work out in tight trousers, like leggings - this could compromise normal functioning of the lymphatic system.

Contraindications

- Cardiovascular diseases - hypotension or hypertension, persons in therapy
- Pregnancy
- Epilepsy
- Cardiac diseases (persons with a pacemaker)
- Diabetes
- Asthma
- Spine degeneration
- Acute phlebitis
- Neoplasms and tumours
- Implanted metal elements
- Unhealed post-operative wounds
- Burns
- Corneal delamination
- Knee or hip prosthesis
- Individual medical contradictions for physical exercise
- Menstruation
- Severe rheumatoid diseases
- Hypothyroidism

Recommendations

- Following a fat-free diet (avoid meals containing high amounts of fats)
- Daily amount of fluids: 3-4 litres.

Vacu Activ is a specialist device combining the advantages of physical exercise and vacuum effect. The treadmill or cross-trainer/stepper type devices are placed inside a tight hip-high capsule.

Notes

Contact

VacuActiv

Contact

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Monday - Friday

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Notes

Notes

Vacu Activ

vacuactiv.com