



OxyVibe Pro Operations Manual

Introduction, safety, operation, training
guidance, specifications and maintenance.

OXYVIBE PRO MODEL • 2026



INTRODUCTION

Accelerated Gravity and Motion

OxyVibe Pro machines use the principles of Accelerated Gravity and Motion to stimulate the body's natural flex response to vibration. OxyVibe Pro machines create vibrations that cause instability throughout the body from movement left or right, back or forward, and up and down. As these vibrations transmit waves of energy, a variety of muscles subconsciously contract to stabilize the body. This rapid cycle of muscle contraction and release at 30–50 times per second is what makes training with OxyVibe Pro equipment so effective.

Accelerated Gravity and Motion Training was discovered in the former Soviet Union, where it was found to effectively combat the negative effects of the zero-gravity environment in space. Cosmonauts were faced with loss of muscle strength and bone density from their extended time in space, and vibration exercise helped reverse these effects.

Since then, vibration technology has been adapted for the public, so it is now possible for everyone to enjoy training on various brand and quality levels of vibration machines. This means that people can do strength training without the need to add extra weight, and without overloading the body and its joints. Vibration machines are used by everybody, from high-level, high-performance athletes, to the elderly, to those simply wishing to improve their general health and fitness levels.

Correct use of this machine is essential for optimal results. In theory, the OxyVibe Pro machine can be used by almost anyone. You can adjust training to your own level and reduce any burden on your joints, tendons, and ligaments. As with every form of training, the correct use of exercises, adjusted to your personal abilities, will determine the benefits and effects of completing a training session on the OxyVibe Pro machine, while at the same time avoiding risks of injury or damage to the body.

INTRODUCTION

Posture, Tension and Progression

Body Posture and Muscle Tension

Body posture, muscle stiffness and muscle tension (i.e. how contracted your muscles are) are important contributing factors in your training session. If muscles are tensed, or contracted, they will absorb vibrations to help strengthen and tone those muscles. Passive exercises, such as stretching and massage on the OxyVibe Pro machine, don't absorb as much vibration and can therefore be performed on a more frequent basis to relax muscles.

Start at Low Intensity

You should start the OxyVibe Pro with low intensity, which means low frequency settings for short sessions. The body should be gently stimulated in a way that will allow you to adjust to vibration training but will not overload your body.

Progress Over Time

Over time, the intensity and duration can be increased in the same manner as other progressive training programs. Once the body has adapted to vibration, the training can be changed or intensified to keep improving intensity, whether this improvement is desired for sports or daily life goals.

INDICATIONS

Medical Indications

The medical indications claimed below include use in relation to the prevention, treatment and/or alleviation of disease.

Fall Prevention

OxyVibe Pro training can be beneficial for the elderly population to aid fall prevention, to help reduce the number of accidental falls suffered by the elderly.

Bone Density / Bone Mineral Density

A beneficial tool to increase bone density and prevent bone mineral density loss related to aging.

Flexibility / Range of Motion

A beneficial tool to improve flexibility and range of motion in joints.

Weight Loss

A beneficial tool to lose weight and body fat — a reduction of total body weight due to a loss of fluid, body fat and/or bone, mineral deposits, muscle, tendon and other connective tissue.

Pain

A beneficial tool to reduce and/or alleviate (chronic) pain.

Pathology Studies

A beneficial tool to improve general wellbeing, fitness and daily life functioning in varied patient populations. The OxyVibe Pro training will likely not have any material influence on the state of disease or injury, but it will have a positive effect on general fitness, muscle strength, daily life performance and wellbeing that can improve the quality of life of these patients.

Muscular Strength and Power

A beneficial tool to help increase muscle strength and power to improve daily life performance, both acute and structural, as increasing physical strength and power is the goal of strength training.

Cellulite

A beneficial tool to diminish the appearance of cellulite, a condition that occurs in men and women (more common in women) where the skin of the lower limbs, abdomen and pelvic region becomes dimpled after puberty.

Circulation and Cardiovascular — OxyVibe Pro training can improve and increase circulation and improve the function of the cardiovascular system. The circulatory system is an organ system that moves nutrients, gases and waste to and from cells, helps fight diseases and helps stabilize body temperature and pH to maintain homeostasis. Two types of fluids move through the circulatory system: blood and lymph. The blood, heart and blood vessels form the cardiovascular system. The lymph, lymph nodes and lymph vessels form the lymphatic system. The cardiovascular system and the lymphatic system collectively make up the circulatory system. Pulmonary circulation is the portion of the cardiovascular system which transports oxygen-depleted blood away from the heart to the lungs, and returns oxygenated blood back to the heart.

SAFETY

Important Safety Instructions

Before using the OxyVibe Pro machine, it is essential that you read the entire user manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person who uses this OxyVibe Pro machine. Retain this user manual for future reference.

Health Warnings

Warning: Before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.

If you have any known medical condition, or any physical limitation on your ability to exercise, OxyVibe Pro strongly recommends that you seek the advice of a physician before using the machine, to avoid possible personal injury.

If, while using the OxyVibe Pro machine, you experience any dizziness, faintness, shortness of breath, or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.

The OxyVibe Pro machine is a medical device and is designed for therapeutic purposes within specific indications only and as part of an exercise program.

The remainder of this section includes directions for the proper set-up and use of the OxyVibe Pro machine. Please follow all directions, instructions, and warnings carefully to ensure your personal safety, and that of those around you.

Set-Up and Handling

Danger: To reduce the risk of electrical shock, always unplug the OxyVibe Pro machine before cleaning or servicing it.

Warning: To reduce the risk of electrical shock, fire, burns, or other injury, always plug the OxyVibe Pro machine into a properly grounded electrical outlet.

Warning: To ensure safe use, the machine must be regularly examined for damage and wear. The machine contains no user-serviceable parts. Except for the maintenance tasks described later in this manual, the owner/user should always retain an authorized OxyVibe Pro service professional to perform maintenance and/or service.

- Set up on a hard, level surface in an area free of obstructions, with at least three feet of clearance from the vibration platform.
- Do not use outdoors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short circuit, personal injury or damage to the machine. Unplug the machine when not in use.
- Never attempt to lift or move the machine without assistance, as it is extremely heavy.
- Never operate the machine if it has been dropped, tipped over, damaged, or even partially immersed in water, unless an authorized OxyVibe Pro service professional has examined it and cleared it for use.
- Never insert objects into any opening. If an object falls into the machine, shut it off and remove the power plug before attempting to retrieve it. If it cannot be reached, contact an authorized service professional.

Warnings for Use

1.0 • General Health Warnings for Use

- Always follow the directions on the machine's console for proper operation.
- Close supervision is required when the machine is used by, or near, children or disabled persons.
- Always use care when getting on and off the machine. Use the handles as needed to maintain stability.
- Never reach into or under the machine, or tip it on its side, while it is in operation.
- Use the machine only for the purposes described in this manual and only with attachments or accessories that come with the machine or that OxyVibe Pro has specifically approved, or personal injury could result.

2.1 • Proper Clothing and Padding

- During exercises in which the user stands on the vibration platform, the user should wear rubber-soled shoes — or, if exercising in socks or bare feet, use the contoured mat provided with the machine.
- During exercises in which any part of the user's body is in contact with the vibration platform, OxyVibe Pro recommends the use of the contoured mat.

2.2 • Proper Position and Balance

- To avoid possible injury, do not lean back on the heels, "lock" the joints, or straighten the legs when standing upright on the machine.
- Always maintain balance on the machine. Do not "grab" the handles to maintain balance; unless the directions for a particular exercise state otherwise, keep the knees directly above the toes.
- Proper position and balance are especially important when using weights. OxyVibe Pro recommends users not use weights on the machine unless coached by an exercise professional, or unless the user has extensive experience with weights or with the OxyVibe Pro machine.

INDEPENDENT BALANCE MUST ALWAYS BE MAINTAINED

A. You always need to be balanced when standing on the machine. Never hang on to the handles; use them only to maintain balance.

B. Don't lean on your heels often. Balance your weight predominantly on the front of your feet.

C. Do not "lock" any joints, such as your knees and elbows — keep them slightly bent to reduce stress on joints.

Hydration, Limits and Electromagnetic Compatibility

2.3 • Proper Hydration

OxyVibe Pro recommends that the user stay well-hydrated by drinking at least 300 ml (16 ounces) of water before, during, and after each exercise session.

2.4 • Proper Limitations on Exercise

Warning: It is imperative that the user pay careful attention to his/her body's reaction to exercise on the machine and not over-exert or work to exhaustion, as personal injury could result.

If, at any time, the user experiences dizziness, faintness, shortness of breath, or any pain, the user should immediately stop exercising and consult a physician before continuing with an exercise program, as personal injury could result.

2.5 • Electromagnetic Compatibility (EMC) Precautions

- The OxyVibe Pro model is suitable for use in all homes or businesses with standard electrical systems meeting applicable State and Local Standards.
- The OxyVibe Pro model must emit electromagnetic energy in order to perform. Nearby electronic equipment may be affected by this emission. Similarly, the OxyVibe Pro may be affected by electromagnetic emissions from other equipment in the vicinity.
- The OxyVibe Pro is intended for use in the electromagnetic environment specified below; the customer or user should assure it is used in such an environment.
- Machine floors should be wood, concrete or ceramic tile. If the floor is covered with synthetic materials such as carpet, the relative humidity in the room should be greater than 30%.
- Main electrical service power quality should be that of a typical domestic, commercial or hospital environment, as appropriate.
- The OxyVibe Pro should not be used during electric power main service interruptions.
- Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
- The OxyVibe Pro is intended for use in an electronic environment in which radiated radiofrequency (RF) disturbances are controlled.
- The customer or user can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the OxyVibe Pro, according to the maximum output power of the communications equipment.

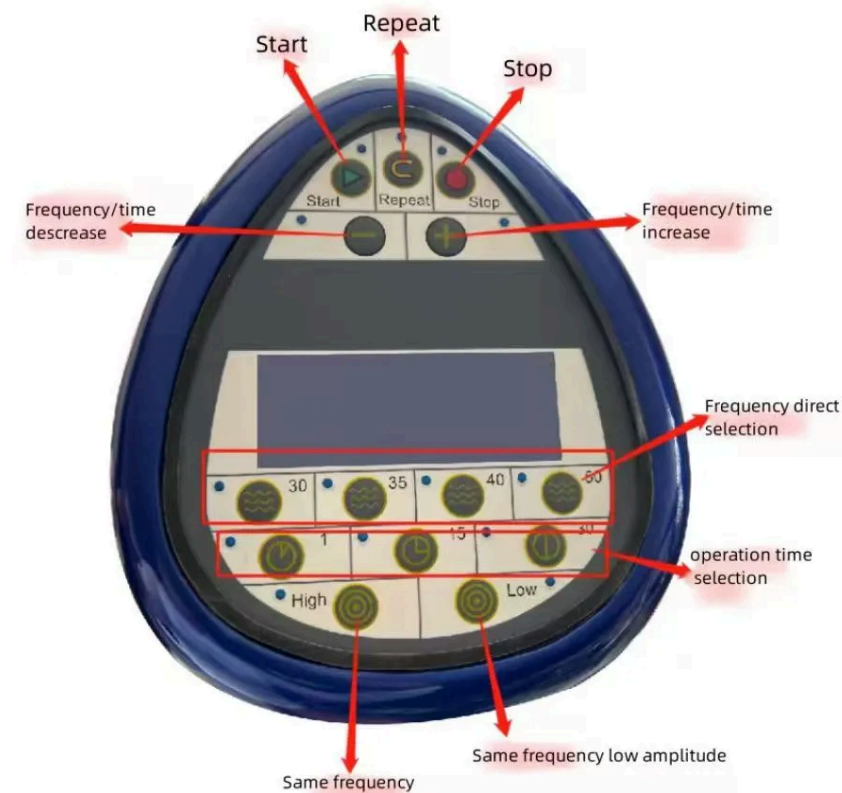
OPERATION

The OxyVibe Pro Control Panel

Once you become familiar with the basic operation of the OxyVibe Pro machine, you can begin using it. The machine is very easy to operate, as you can tell from a brief review of the primary buttons on the control panel.

First row	Start, Repeat Settings and Stop
Second row	+ and – to add 1 minute or more to the chosen time, up to 99 minutes
Third row	Display screen shows Vibrations Per Second setting, Vibrations Low or High, and Time set or remaining
Fourth row	Set Vibrations Per Second — 30, 35, 40 or 50 — changeable during session
Fifth row	Session Time — 1, 15 or 30 minutes — adjustable with + or – buttons up to 99 minutes
Sixth row	Amplitude intensity motor settings of Low (Gentle Massage) or High (Energetic Workout)

You should consult a physician before beginning any exercise program, including a program involving the OxyVibe Pro machine. If you have any known medical condition or any physical limitations on your ability to exercise, OxyVibe Pro recommends that you seek the advice of a physician before use. If, while using the machine, you feel dizzy, faint, short of breath, or any pain, stop immediately and consult a physician.



TRAINING

Varying the Intensity

The correct step-by-step build-up of intensity is extremely important for training to be carried out efficiently and responsibly. For the OxyVibe Pro model, there are several variables that can be used to vary the intensity:

- Length of time for each exercise
- Rest time between exercises
- Number of exercises
- Frequency (amount of vibrations per second, measured in Hertz)
- Amplitude (distance the plate moves vertically per vibration)
- Sessions per week (between 2 and 3 is optimal)
- Muscle tension (how tightly contracted the muscle is), by changing the angle of the joint or, for example, performing the exercise on one leg only
- Complexity of movement or additional movement (i.e., active or dynamic movement versus only holding an exercise position)
- Additional weight or extra load, i.e., using a weight vest or dumbbells

The exact way of using the variables is complex and depends on the individual and training goals of the person involved. Other factors that should be taken into account are injuries, limitations, specific demands and/or any other circumstances influencing the body (and mind). In general, the following progression steps can be taken.

Exercise Time, Number of Exercises and Rest Time

These settings depend completely on your training goals. If you are new to OxyVibe Pro sessions, perform only a few exercises and rest for the same amount of time as is spent actively using the machine. After a while, more exercises can be added.

For weight loss, cardiovascular or endurance improvements, rest time can be reduced, exercise time extended, and the number of exercises increased to add to the total volume of training. For recovery, flexibility and preparation, perform specific exercises and keep total volume low, with enough rest between exercises. For strength, power and speed, the intensity (Hertz setting) per exercise can be increased, but total volume should be kept low.

Example: for endurance or weight loss goals, progressively extend training to multiple sets of 60 seconds each and reduce rest to 30 seconds or less between later sets. For maximum strength or power, do multiple sets of short duration on high amplitude, with long rest periods of 1 to 4 minutes.

Recommended Settings by Exercise Type

Exercise type	Frequency	Amplitude
Stretch	Between 30 and 40 Hz	Low
Strength	Should not exceed 40 Hz	Low, progressing to High
Massage	Can be the maximum, up to 50 Hz	Can be High
Relaxation	Should not exceed 40 Hz	Low

Frequency. When frequency is increased, the volume of exercises should be decreased (duration, number of sets) and the rest period increased proportionally.

Surface mat. The mat dampens the vibrations. Always use the mat when you have a body part in contact with the plate surface, or if you are exercising in socks or bare feet.

Extra load. Adding weights should only be used to increase intensity by well-trained people or users coached by a professional. All the above parameters can be varied with the extra load. When external load is added, amplitude and volume should be decreased and the rest period increased proportionally, as though starting the entire exercise program again.

Amplitude. When amplitude is increased from Low to High, frequency and volume of exercise should be (temporarily) decreased and the rest period increased proportionally.

Sessions per week. In general, we recommend 2 to 3 sessions per week. Stretches, massages, relaxation and preparation programs can be performed more often.

TRAINING

Personal Adaptation

Training on the OxyVibe Pro machine is like any other type of training: start with light and short training sessions, and once accustomed to the vibrations, you can begin to gradually intensify your program. However, our most important advice is to always listen to what your own body is telling you.

Changing your exercises by using more movements of your body that correspond to your specific goals will help increase performance even more. You can think of increasing the angle of the joint (which increases the contraction of the muscle) or varying the exercises by performing them with a variety of still (static), active (dynamic) or jumping (plyometric) movements.

Another important aspect is ensuring that between training sessions, you rest long enough to fully recover. We normally recommend two days of rest after each training session. In our experience, one day's rest after training with OxyVibe Pro equipment is often enough, but everybody is different and you will have to find what works best for you. If the schedules feel too easy or too intense once you are accustomed to this training method, adjust them to your comfort level.

Specialized programs and additional progression steps for individual users should be drawn up by educated and certified OxyVibe Pro trainers. OxyVibe Pro offers a variety of educational and training materials, including DVDs, online learning and, in some countries, specialized academies. For more information, visit www.citizenoxymwellness.com or citizenoxym.com.

SPECIFICATIONS

Technical Specifications

OxyVibe Pro Model

COLOR	Silver or Black
MAXIMUM LOAD WEIGHT	182 kg (400 lbs.)
OPERATION	User-friendly interactive display
FREQUENCY	30 to 50 Hz (1 Hz increments)
PRE-SET FREQUENCIES	30, 35, 40 or 50 Hz
TIME SELECTIONS	01, 15 or 30 / up to 99 minutes
VIBRATION ENERGY OUTPUT	Low or High
DIMENSIONS (W × D × H)	87 × 107 × 156 cm (34 × 42 × 61 in.)
SURFACE PLATE (W × D)	84 × 84 cm (33 × 33 in.)
MACHINE WEIGHT	150 kg (330 lbs.)
POWER SUPPLY	90–260 VAC, 50 / 60 Hz, universal voltage
NOMINAL POWER	0.35 kW (in operation)
CERTIFICATIONS	CE and EMC (TÜV certified); RoHS / WEEE compliant; IFI accredited



Maintenance and Troubleshooting

Warning: The machine contains no user-serviceable parts. Please contact an authorized OxyVibe Pro service professional for any maintenance or troubleshooting not otherwise described below, or personal injury or damage to the machine could result.

Caution: Any changes, modifications, or unauthorized maintenance performed to or on the machine could void the product warranty.

Maintenance

- Always unplug the machine and let it stand for at least one minute before performing any maintenance, as the machine retains power capacity for a minute or so after unplugging.
- Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs, or acid-based detergents, as these will damage the lacquer finish.
- Do not spray any cleaning solution directly onto the machine. Moisten a cloth, then apply it to the machine.
- On plastic components, use only polishes specifically designed for plastic.
- Use a soft brush, not a cloth, to clean the platform, including the contoured mat.
- Clean electrical components only with a dry cloth, to avoid the risk of shock or damage to the components.

Troubleshooting

- Always unplug the machine and let it stand for at least one minute before performing any troubleshooting.
- If the machine is not operational and the console display is not illuminated, check the power connections to the machine.
- If all power connections are proper, check the circuit breaker or fuse for the outlet supplying the machine, to ensure the outlet is receiving electrical power.
- If the console display is illuminated but the platform will not vibrate, unplug the machine, wait at least one minute, then check the connection to the motor, located under the base of the machine.
- If the machine makes a rattling noise, unplug it, wait at least one minute, then make sure the feet are properly tightened.

Danger: OxyVibe Pro strongly recommends that the user not try to resolve any electrical issues regarding the power source by oneself. Contact a licensed professional electrician to conduct any examination and make any necessary repairs. Otherwise, serious personal injury or property damage could result due to retained power after unplugging.



Contact and Support

If you have any questions, call us at 334-699-1414 or visit www.citizenoxywellness.com and citizenoxy.com. To register your OxyVibe Pro machine or complete a warranty registration (where applicable), visit citizenoxy.com. Copies of this manual and any other paperwork may be obtained through the "Contact Us" page online or by writing to us.

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