






JP MEDICS

User Manual/取扱説明書
JP-S01

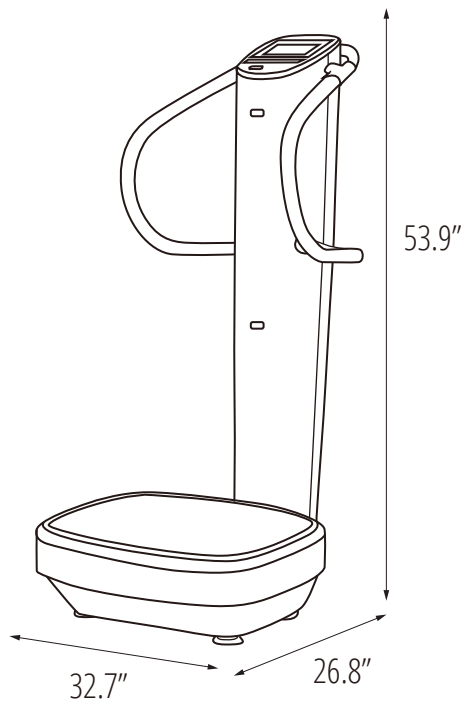
www.jpmedics.com

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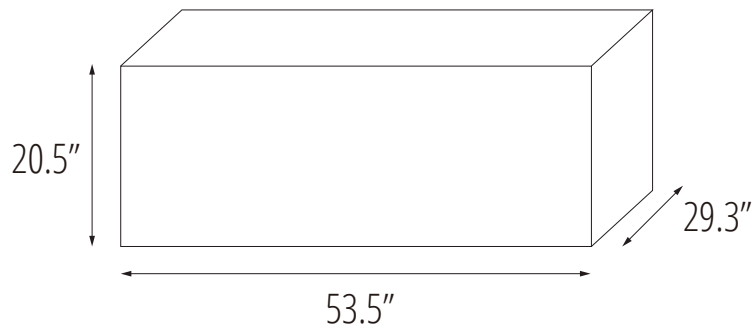
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DIMENSIONS

Get to know the numbers.



Nami



Box

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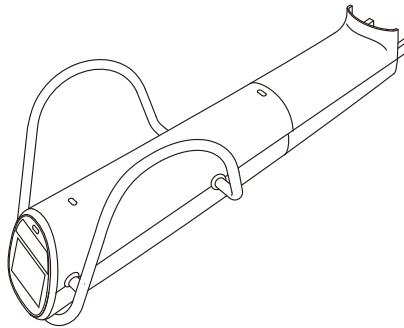
Items inside the package.



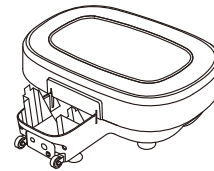
User Manual



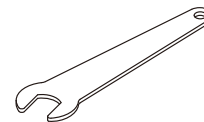
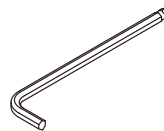
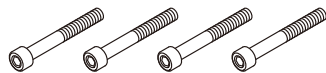
Warranty Card



Main Body



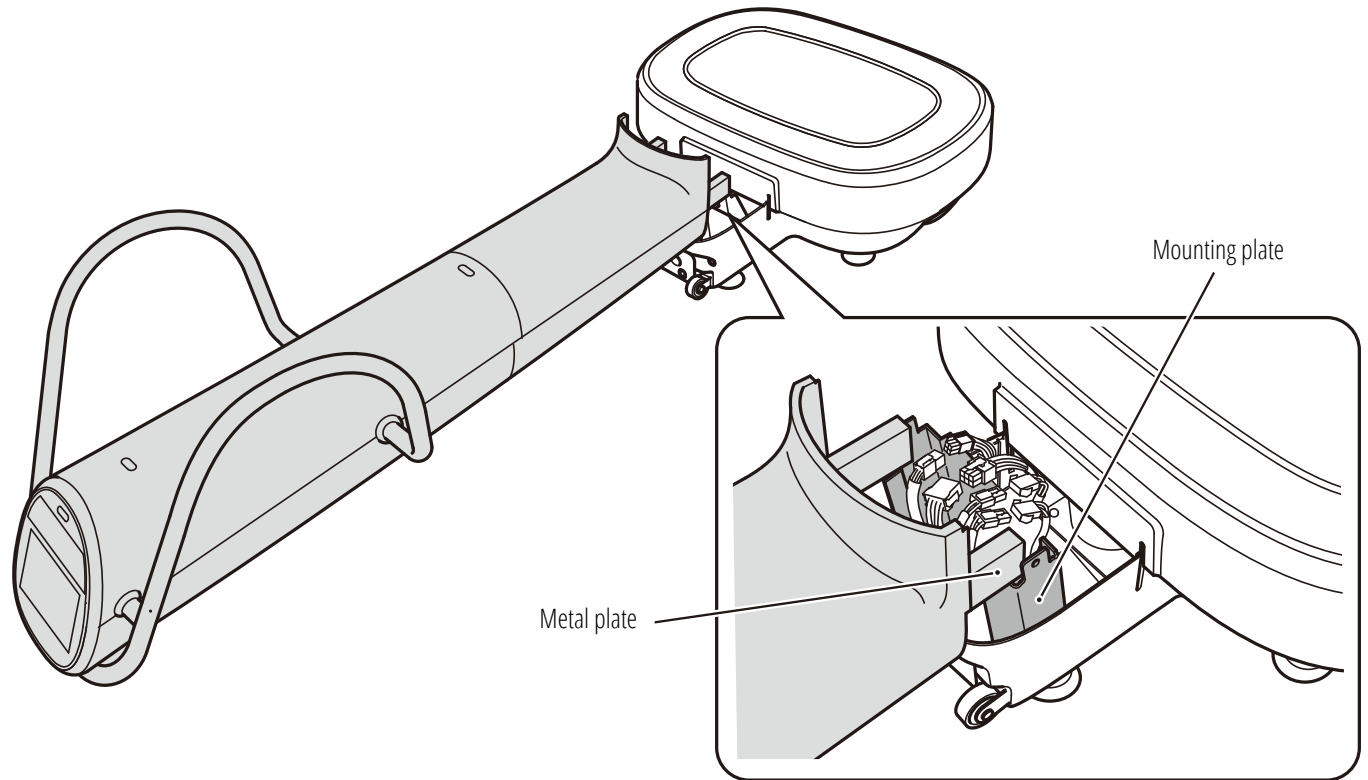
Base



Hardware

INSTALLATION

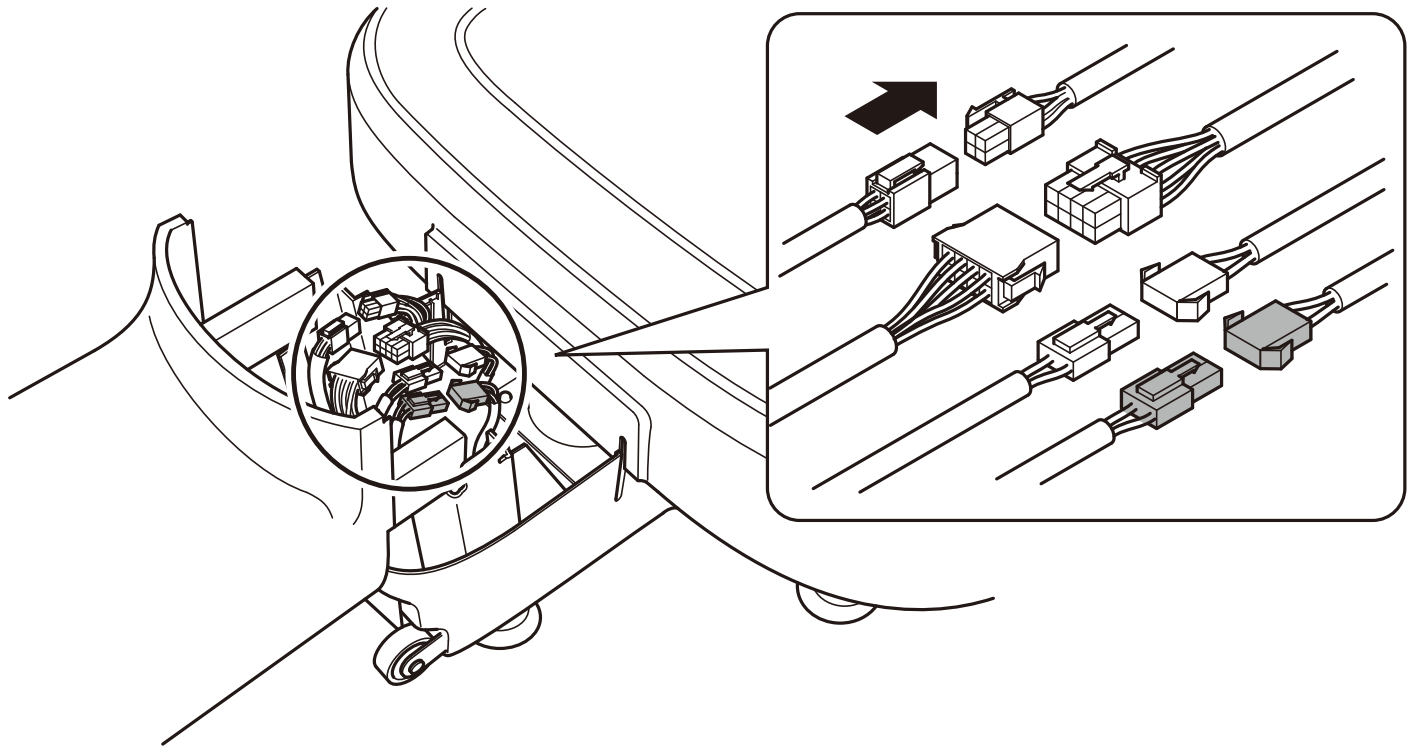
Attach stand to base.



Put the metal plates of the stand onto the mounting plates of the base.

INSTALLATION

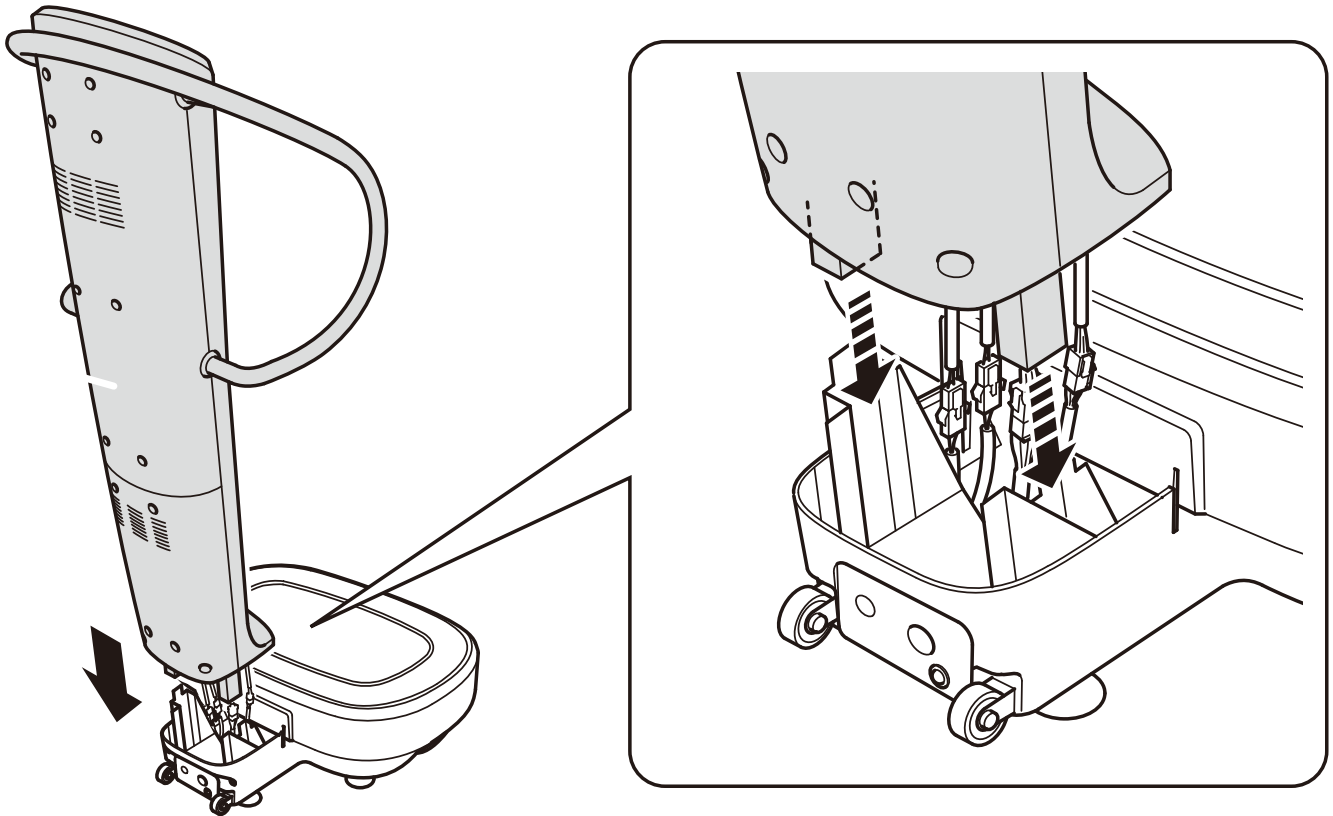
Connect Cables.



Connect the corresponding cables.

INSTALLATION

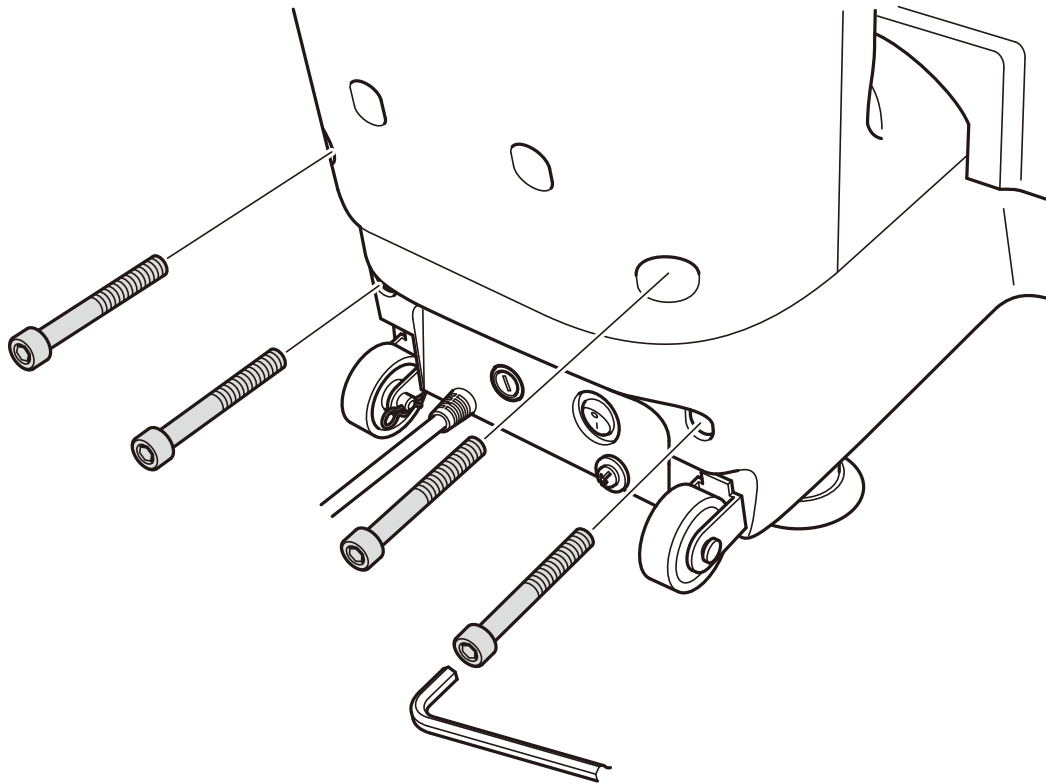
Engage metal & mounting plates.



Engage the metal plates into the mounting plates. Make sure you don't pull the connectors out or cut the wire harness.

INSTALLATION

Screw & tighten bolts.

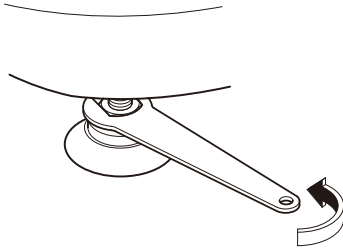


Screw the four screw bolts into the hole first, then tighten.

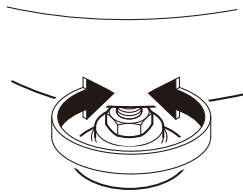
INSTALLATION

Level machine by adjusting screws.

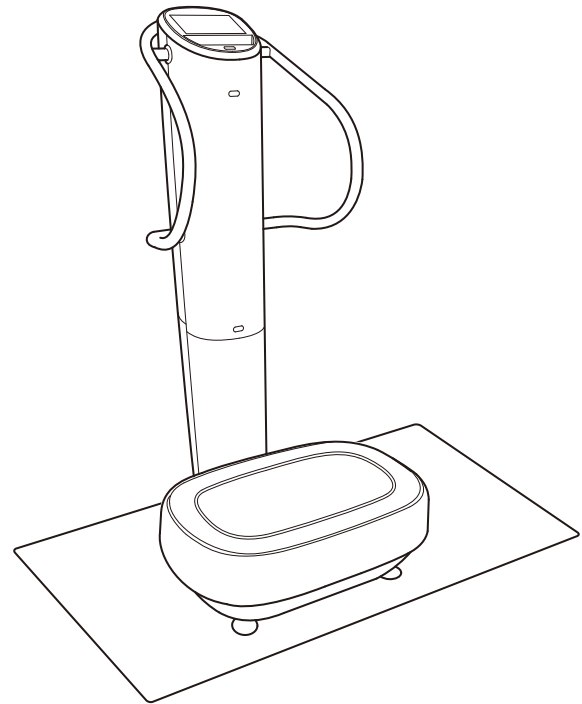
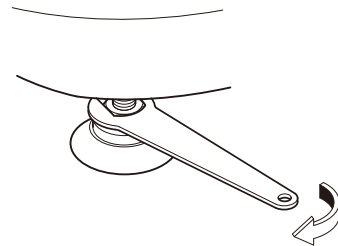
Loosen the screw nut with the wrench first



Rotate the upholder by hand to adjust the height



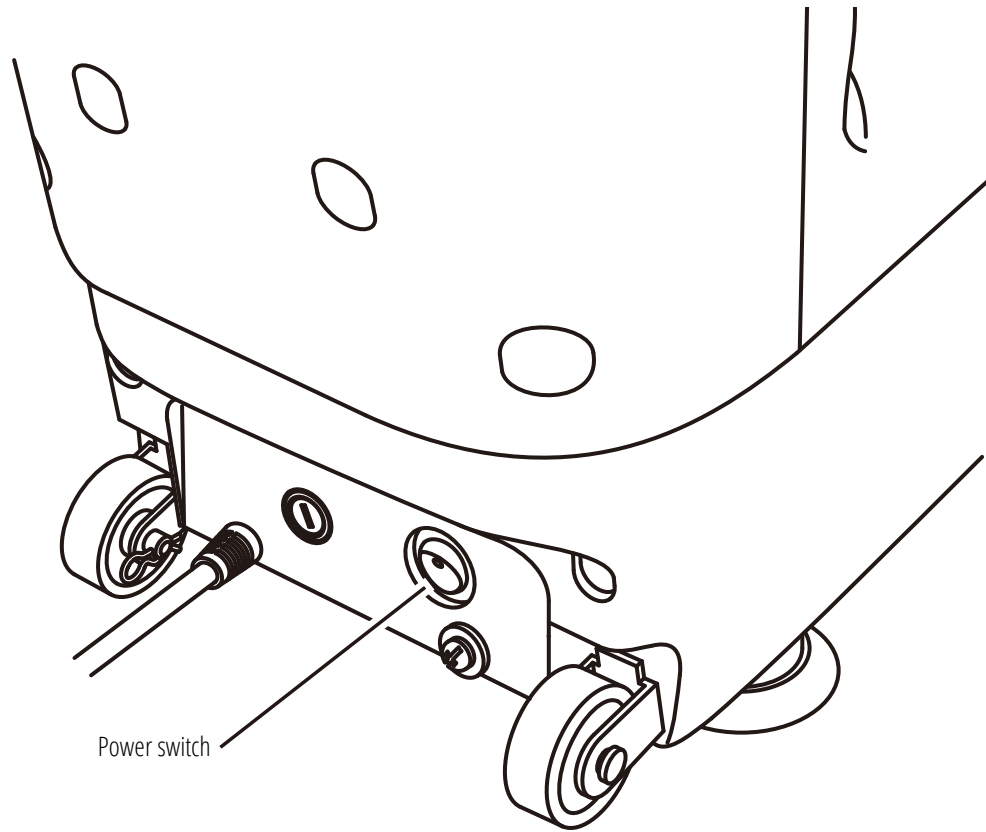
Tighten the screw nut after the upholder had been adjusted



Completed picture

Adjust the support screws to make the machine horizontal.

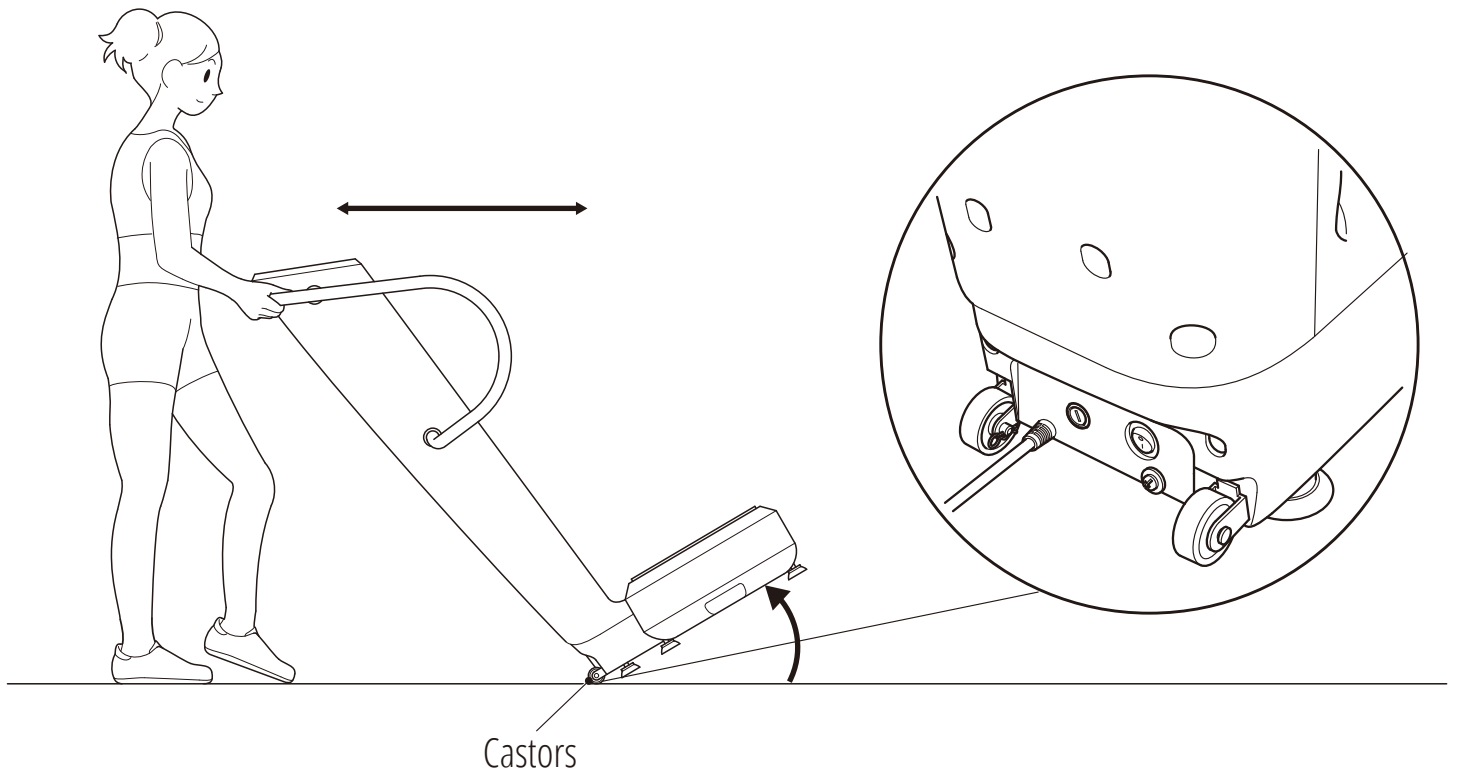
INSTALLATION



Connect the power cord to wall outlet and turn on the power switch.

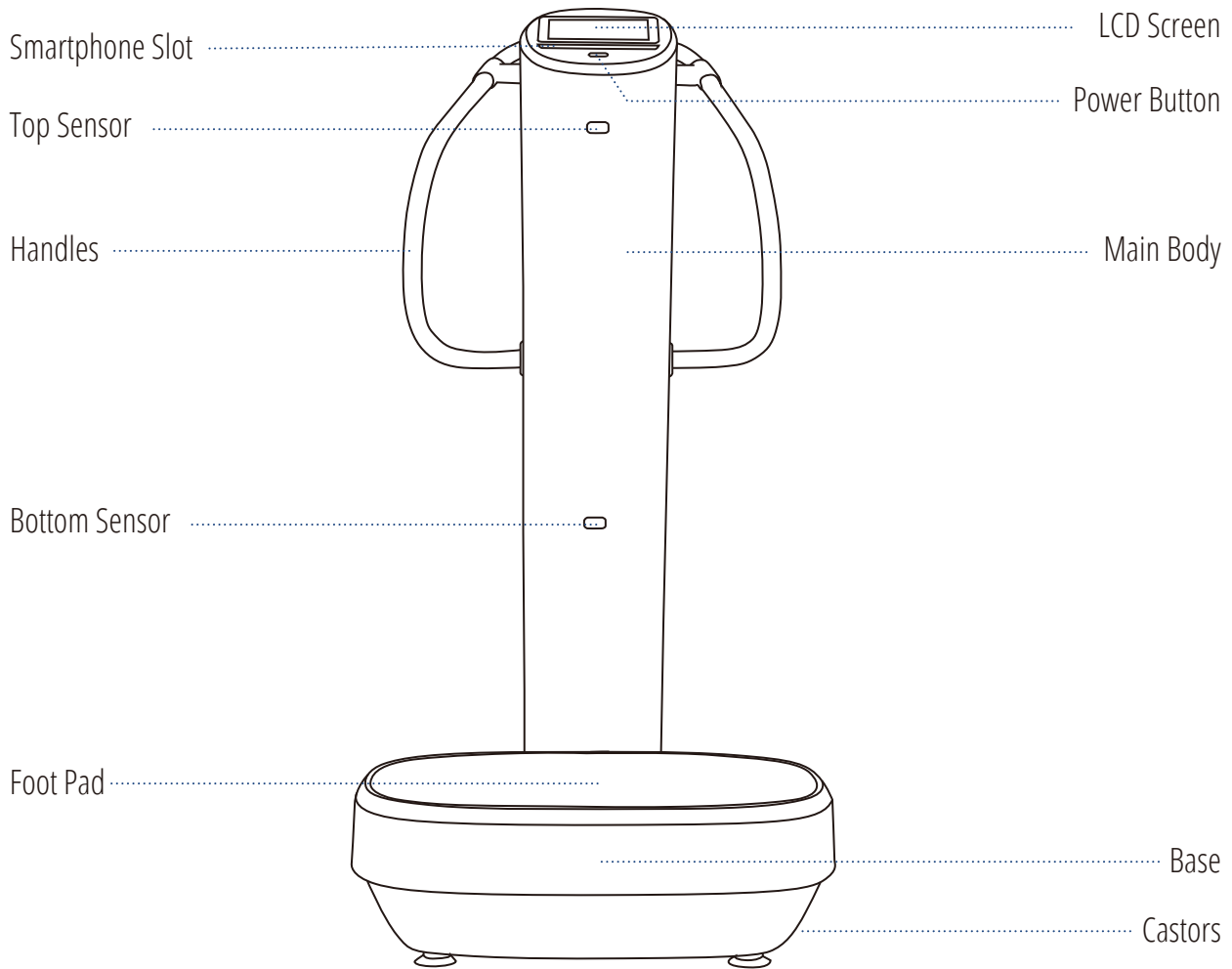
HOW TO MOVE

Move the machine by holding handle and pushing castors.



COMPONENTS

Some of your machine's most important features.



SPECIFICATIONS

A few important facts about your machine.



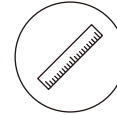
Model No.

JP-501



Max. Time Rate

10 minutes



Dimensions (L x W x H)

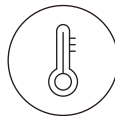
Machine dimensions: 32.7"x26.8"x53.9"



Shipping Weight

Gross weight: 141.1lbs

Net weight: 121.2lbs



Usage Condition

Environment temperature: 10 °C-40 °C

Contrasting humidity: 30-85RH



Storage Condition

Storage temperature: -20 °C-60 °C

Storage humidity level: 30-85RH



Power Consumption

320W



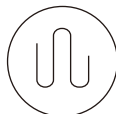
Rated Voltage

110 - 120V



Rated Frequency

60Hz



Length of Wiring

Power supply wiring 70.9"



Safety Feature

Equipped with power surge detectors safety feature

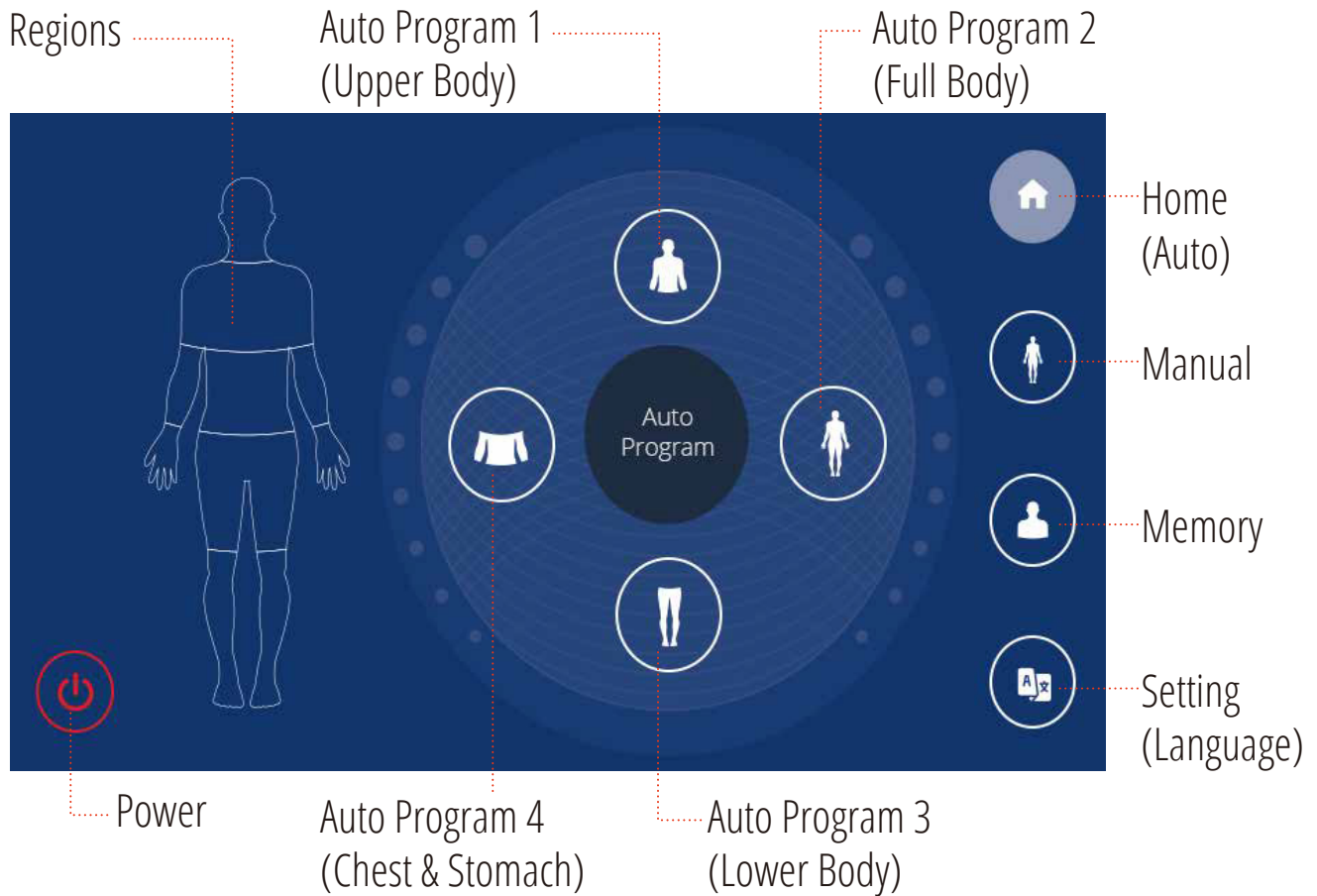


Safety Feature

Platform weight capacity limit
Max weight: 396lbs

SCREEN INTERFACE : HOME SCREEN

We have designed the Nami controller with a user-friendly interface to make using your machine even easier.



SCREEN INTERFACE : AUTO PROGRAM SCREEN



Press this button for Auto Programs.

Frequency

Time Setting (3m/5m/10m)

Intensity

Return

Pause

Regions

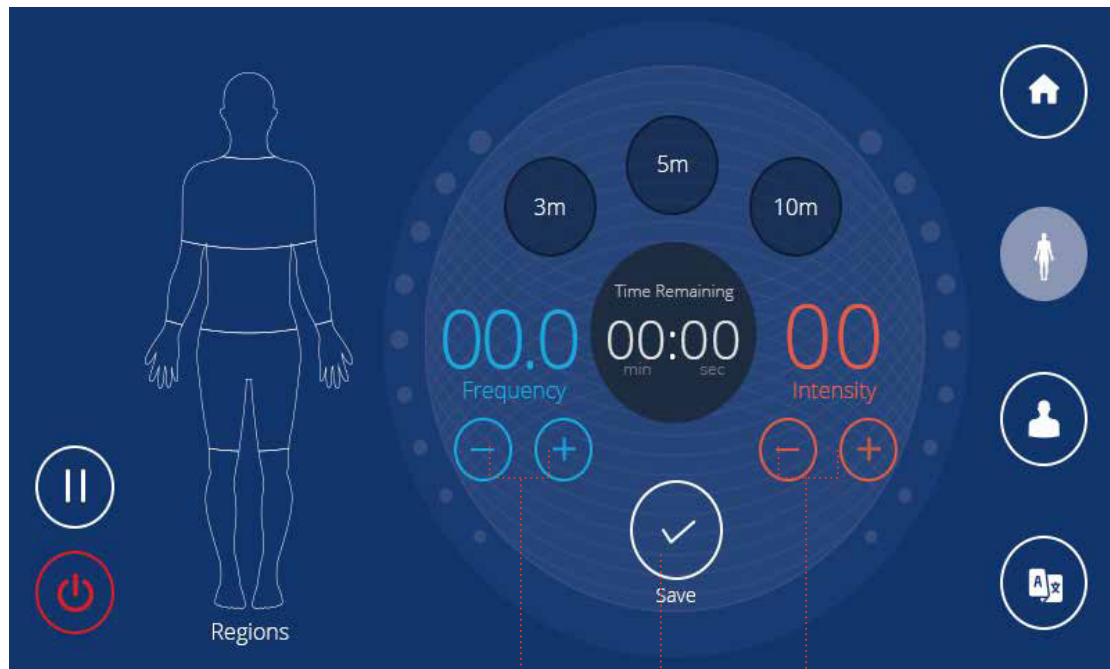
Intensity Adjust (Low/Med/High)

Time Remaining

SCREEN INTERFACE : MANUAL PROGRAM SCREEN



Press this button for Manual Programs.



Adjust Frequency

Save Program

Adjust Intensity

AUTO PROGRAM MASSAGE

We have designed the Nami with four massage options (Head & Upper Body, Full Body, Chest & Stomach and Buttocks & Legs) for your changing needs. Follow these simple instructions to begin a new auto massage.



Upper Body



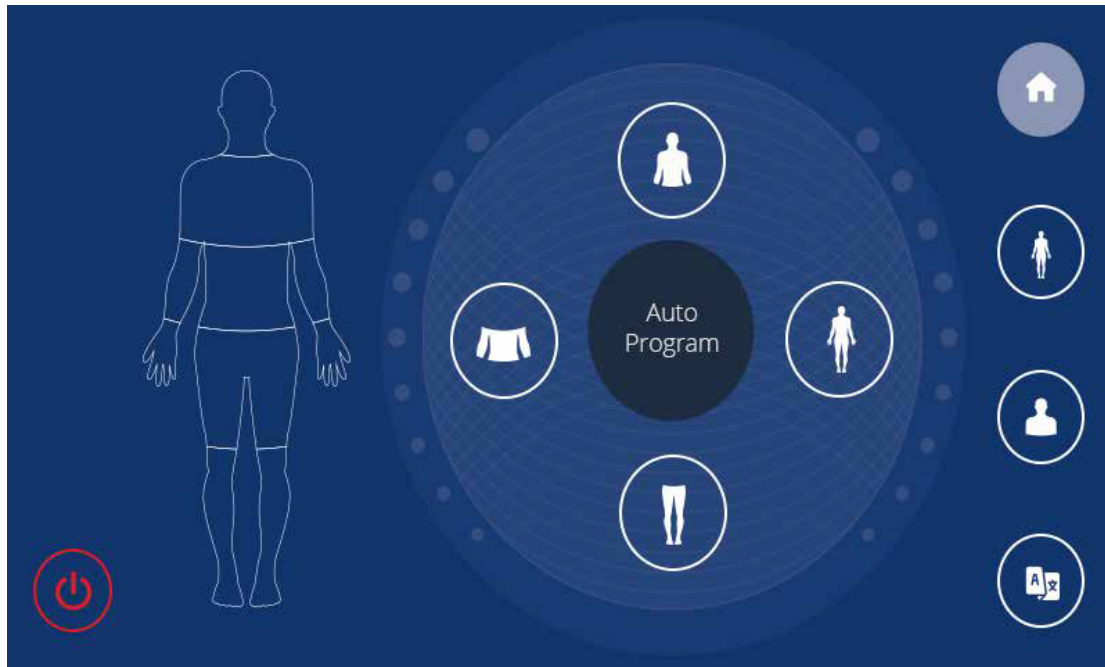
Full Body



Chest & Stomach



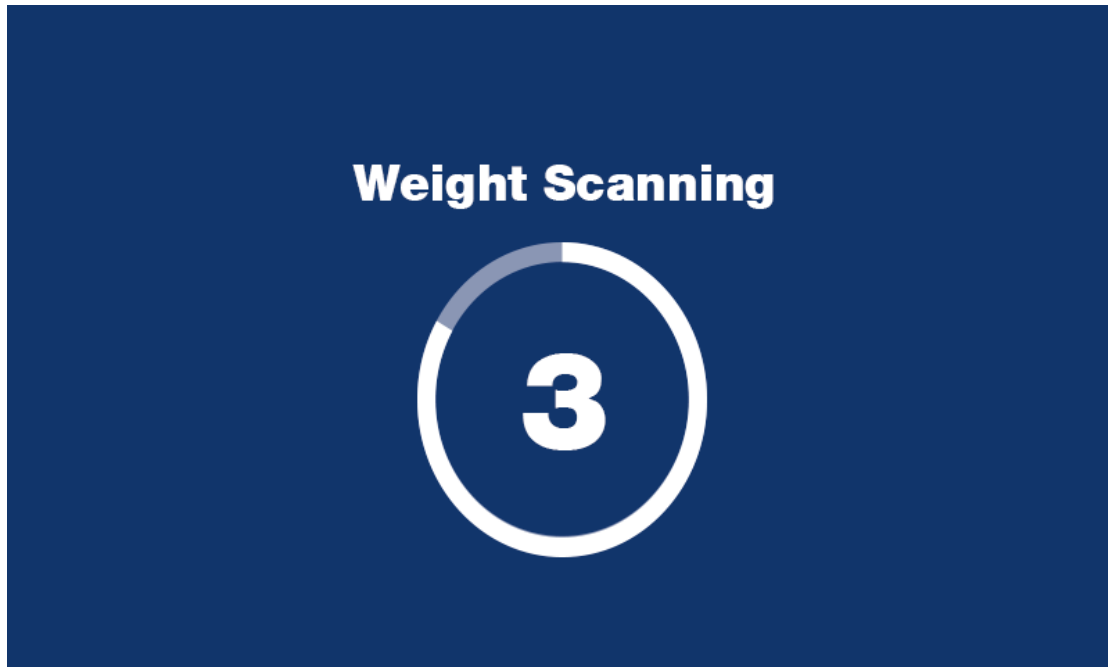
Lower Body



Touch any auto program icon to start your massage.

WEIGHT SCANNING

When you start any auto or manual program the machine will scan your weight. The machine will stop working should the platform weight capacity exceed more than 396lbs. Additional safety feature will display "light load detected" if weight capacity on platforms is less than 83lbs (it will display not recommended for children) press confirm to continue and bypass this safety feature.



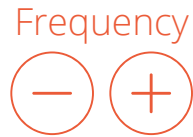
AUTO PROGRAM MASSAGE INTERFACE

Final display screen to auto program massage interface.



MANUAL PROGRAM MESSAGE INTERFACE

You can alter your experience by changing the intensity and frequency on the Nami, in the manual massage program.



Press to increase or decrease settings.

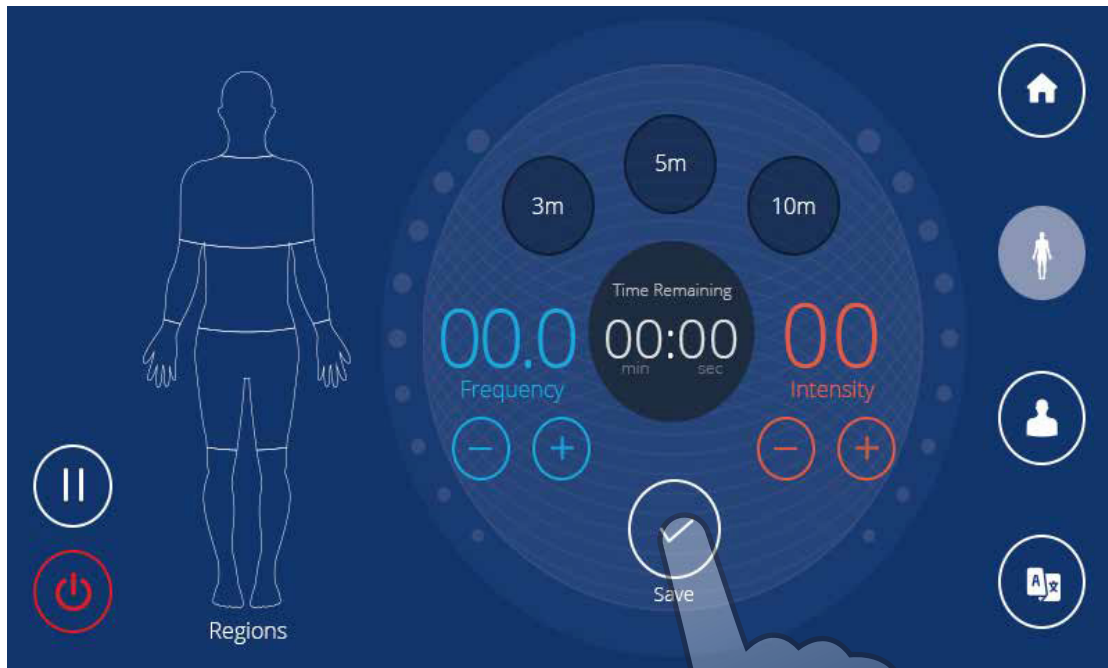


MEMORY MODE

Everyone has their own favorite frequency and intensity, so we made it easy for you to save your own personal programs.



Click “save” Button.



MEMORY MODE SAVE CUSTOM PROGRAMS

Everyone has their own favorite frequency and intensity, so we made it easy for you to save your own personal programs.



Click "1" Button.

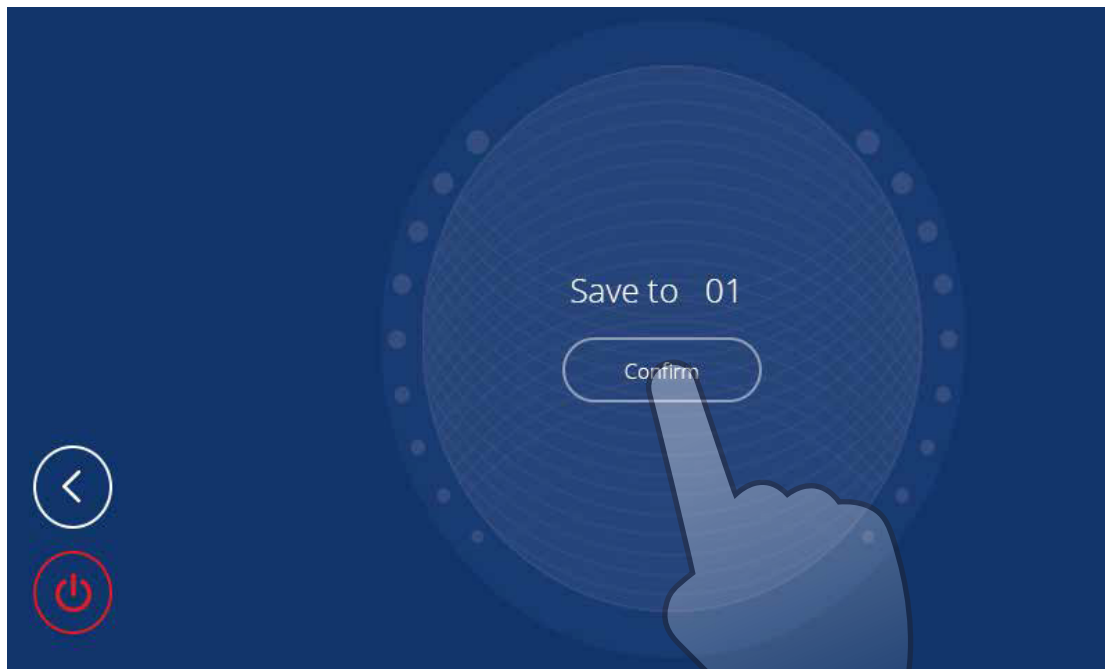


MEMORY MODE SAVE CUSTOM PROGRAMS

Everyone has their own favorite frequency and intensity, so we made it easy for you to save your own personal programs.



Click "Confirm" Button.



MEMORY MODE SAVE CUSTOM PROGRAMS

Click 1 of the 5 icons.



Once saved, icon 1 will light up.



SETTINGS

You can choose desired language in settings, including English, Korean, Chinese, Japanese and Vietnamese.



Press for multilanguage.



NAMI APPLICATION & BENEFITS

Sonic wave vibrations are generated from a speaker system with new magnetic circuits, opposed to the traditional rotating mechanical motors. Sonic wave vibration technology stimulates muscle fibers (myocytes) stronger than gravity, and exercises muscle fibers to repeat fast and strong contraction and relaxation. With this, muscle strength is improved faster than usual muscle trainings methods.

Effects of Sonic Waves

Sonic waves exercise and soften tendons and ligaments which are hard to exercise. Sonic waves exercise not only big muscles of the human body but also small muscles such as facial muscles and pelvic muscles, which usual weight trainings cannot exercise. Whole body vibration exercise combined together with usual power training will increase maximum muscle strength by an additional 30%, reduce required training period by 85%, and will also reduce training sessions by more than 50%. Contrary to general muscle training like weight lifting, vibration exercise does not cause any overload to the joint, tendon, or ligament; in other words, it does not cause any risk of injury.

General training improves body balance and health

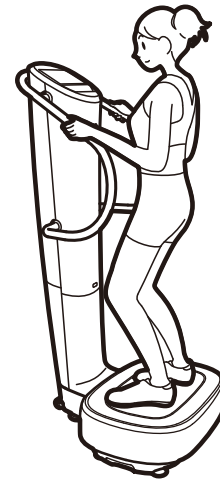
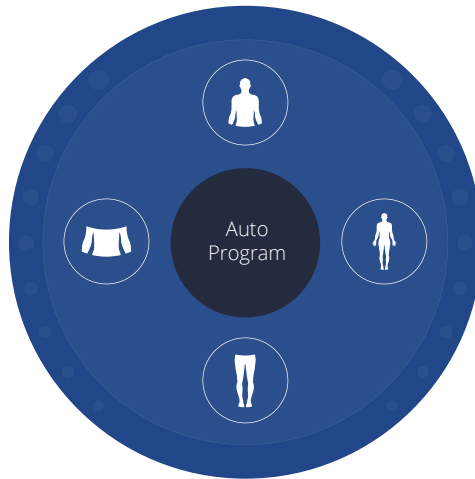
The JPMEDICS NAMI is a very effective product for people who cannot exercise due to psychological or physical problems. It is also great for individuals who does not have time or space to exercise. NAMI provides the effect of a regular aerobic exercise experience.

Advanced training programs

To increase muscle strength through intense power training, it helps to stimulate fast twitch muscle fiber. For the athletes who use a lot of energy in a short amount of time, like runners, and individuals who are jumping and throwing, it is very critical to maintain the weight and performance of fast twitch muscle fiber. You can also improve the performance of your slow twitch muscle fiber by increasing your muscular endurance, through stimulating the growth hormone called secretion.

NAMI AUTO PROGRAMS

The Nami Sonic Wave Vibration has four auto programs created to maximum the exercise effect for each specific body region. (Note: set desired frequency and intensity level for a more custom workout)



UPPER BODY

Programed to apply a range of frequencies which stimulate the trapezius muscle, biceps, and the pectoral muscles. This mode effects the shoulders, arms, and chest.



CHEST & STOMACH

Programed to apply a range of frequencies which stimulate the abdominal muscles and erector spinae muscles.



LOWER BODY

Programed to apply a range of frequencies which stimulate the gluteus maximus, femoral muscles, and soleus muscles. This mode effects the hips, thighs, and calves.

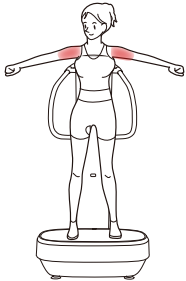


WHOLE BODY

Programed to apply a range of frequencies and intensity levels that stimulate most muscles in the entire body. This mode emits compelling rhythms of sonic wave vibrations.

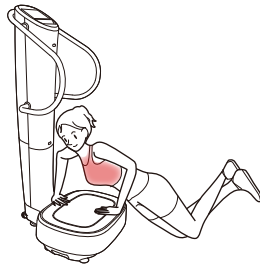
NAMI ADVANCED TRAINING PROGRAMS

The combination of the Nami Sonic Wave Vibration's specific frequency and exercise techniques are calibrated to provide the highest intensity workout, to yield maximum results for each specific part of the body.



Shoulder | Back | Trapezius

Pg. 28



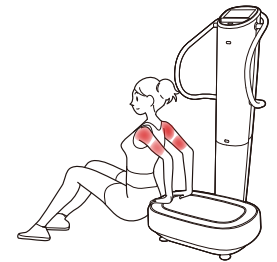
Shoulder | Chest | Arms

Pg. 29



Upper | Lower Back | Lateral

Pg. 30



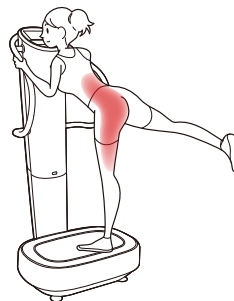
Arms | Forearms | Tricep

Pg. 31



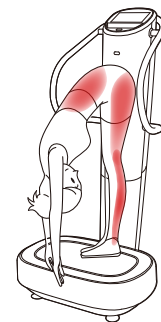
Abdominal | Obliques | Lower Back

Pg. 32-33



Legs | Quads | Buttocks | Lower Back

Pg. 34



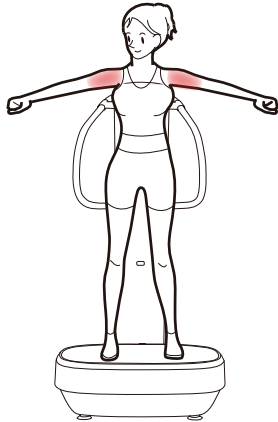
Legs | Calf | Buttock

Pg. 35

NAMI ADVANCE TRAINING PROGRAMS

SHOULDER | BACK | TRAPEZIUS

Follow these techniques to provide a targeted intense workout that will develop shoulder, back, and trapezius muscles. (Note: Set frequency level and desired intensity level accordingly)



LATERAL RAISE | E1

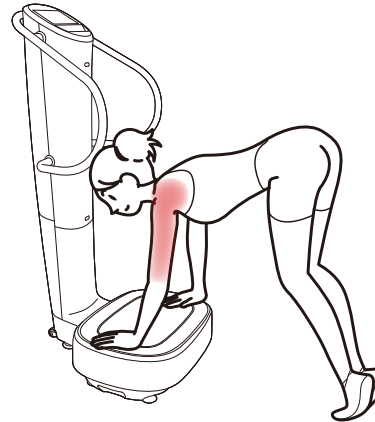
5 ~ 6 Frequency

Exercise:

Take a square stance on the plate, open and extend arms to shoulder level. Raise arms up and down for 3 seconds repeatedly while maintaining elbows and hands in parallel with the floor, as if you move entire arms.

Tip:

Don't raise arms above your shoulders. Don't touch legs with your hands. Always maintain tension in your shoulders.



SHOULDER PRESS | E2

5 ~ 6 Frequency

Exercise:

Stand on the floor facing the plate, bend the upper body and put hands on the plate with fingertips facing each other toward center of the plate.

Tip:

Raise heels to position shoulders and hands in a vertical line.

NAMI ADVANCE TRAINING PROGRAMS

SHOULDER | CHEST | ARMS

Follow these techniques to provide a targeted intense workout that will develop shoulder, chest, and arm muscles.
(Note: Set frequency level and desired intensity level accordingly)



CHEST STRETCHING | E3

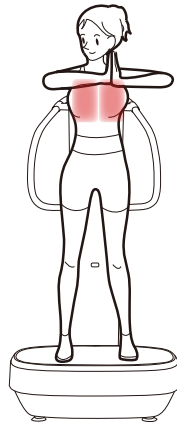
10 ~ 14 Frequency

Exercise:

Extend elbows toward outside of footrest, lie face down on the plate, and take a push-up pose. Place palms on the plate and exert force through your hands.

Tip:

Head must face sensor, arms must be perpendicular to platform. Put your weight into your arms. Make sure your waist is straight.



PUSH EACH HAND | E4

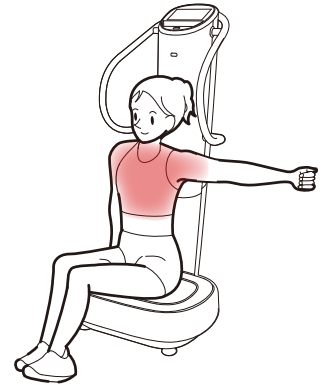
9 ~ 13 Frequency

Exercise:

Raise elbows to shoulder level, place hands in front of the face with the palms touching each other. (similar to praying pose). Push each palm into each other and move them left and right alternately, without twisting body.

Tip:

Do not move hands beyond the shoulders.



PECTORALIS STRETCHING | E5

8-12 Frequency

Exercise:

Sit on the plate edge with waist and back in line. Stretch one arm backward, with the arm parallel to the floor. Push your chest forward to extend chest muscles and arm muscles.

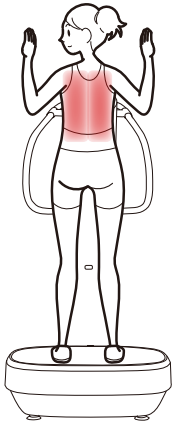
Tip:

Keep facing forward while maintaining a straight back, not tilting or twisting.

NAMI ADVANCE TRAINING PROGRAMS

UPPER BACK | LOWER BACK | TRAPEZIUS

Follow these techniques to provide a targeted intense workout that will develop upper back, lower back, and lateral muscles. (Note: Set frequency level and desired intensity level accordingly)



PULL DOWN | E6

13~18 Frequency

Exercise:

Raise hands to the sky with arms open. Open your chest, push the shoulder blades toward the center of the back and maintain their tension, and then push elbows down. Again, point hands toward the sky, bring arms down to elbow level and repeat.

Tip:

Open your chest wide whilst pinching your shoulder blades.



BACK ROWING | E7

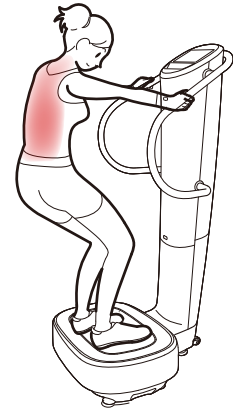
13~18 Frequency

Exercise:

Stretch arms forward, parallel to shoulder level with hands facing down. Push the shoulder blades toward center of the back while maintaining forearms in parallel with the floor, and then bring elbows back.

Tip:

Open your chest wide whilst pinching shoulder blade. Keep arms horizontal.



PECTORALIS STRETCHING | E8

8-12 Frequency

Exercise:

Take a square stance and hold the handles. Push your back backward as much as possible while trying to make your back convex outward, bending knees. Extend arms holding the handle and tuck chin towards chest.

Tip:

Place feet towards the front of the platform. Move your upper body backward as you pull the handle.

NAMI ADVANCE TRAINING PROGRAMS

ARMS | FOREARMS | TRICEP

Follow these techniques to provide a targeted intense workout that will develop arms, forearms, and tricep muscles.
(Note: Set frequency level and desired intensity level accordingly)



TRICEPS DIP | E9

11 ~15 Frequency

Exercise:

Sit on the edge of the plate facing forward, holding edges with your hands. Pull hips forward off of the plate edge, bend elbows. Support your weight with your arms.

Tip:

When bending elbows, move your body down, do not raise shoulders.



PRAY EXERCISE | E10

6 ~9 Frequency

Exercise:

Sit down on the plate with legs crossed, keep waist and back straight, and hold hands in front of your chest with forearms parallel with the floor. Push hands right and left alternately without moving their location in front of chest, while tilting fingertips.

Tip:

Keep back straight and elbows up.



WRIST STRETCHING | E11

13 ~16 Frequency

Exercise:

Kneel down on the floor facing the plate, and put hands on the plate. Turn wrists around for your fingertips to direct to you, push hips backward to extend the muscles in and around your wrists.

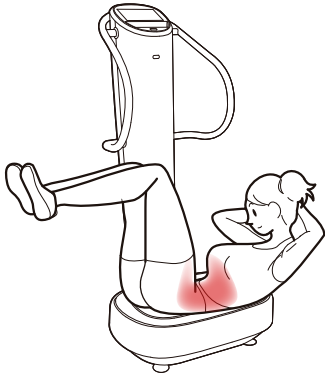
Tip:

Keep hands firmly on the plate. Keep back straight.

NAMI ADVANCE TRAINING PROGRAMS

ABDOMINAL | OBLIQUES

Follow these techniques to provide a targeted intense workout that will develop abdominal and oblique muscles.
(Note: Set frequency level and desired intensity level accordingly)



CRUNCH | E12

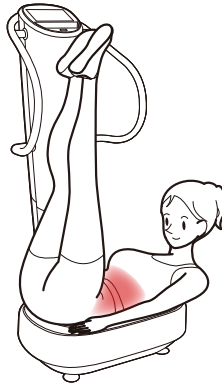
10 ~ 14 Frequency

Exercise:

Lie down on the plate, hold your head with your hands, bend your knees about 90 degrees, and pull your legs up toward your upper body. Raise shoulder blades from the plate, pulling chin inward while looking at belly button.

Tip:

Put buttock towards edge of platform. Keep thighs 90 degree. Keep hands to side of knees.



LEG CIRCLE | E13

11 ~ 14 Frequency

Exercise:

Lie down on the plate, put together and raise legs to a vertical position while keeping knees straight. Keeping knees and feet close to each other, rotate legs together.

Tip:

Put buttock towards edge of platform. Keep legs 90 degree. Keep hands to side of knees. Make sure arms are in position of the sensor.



OBLIQUE STRETCHING | E14

18 ~ 22 Frequency

Exercise:

Take a square stance on the plate center, raise arms up above your head, hold hands and keep elbows straight. Push pelvis left and right.

Tip:

During exercise, keep your whole body straight without pulling hips back.

NAMI ADVANCE TRAINING PROGRAMS

ABDOMINAL | LOWER BACK

Follow these techniques to provide a targeted intense workout that will develop abdominal and lower back muscles. (Note: Set frequency level and desired intensity level accordingly)



HORIZONTAL ROTATION | E15

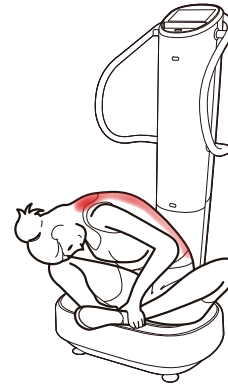
18 ~ 22 Frequency

Exercise:

Take a square stance on the plate center, bend elbows to 90 degrees, and raise arms up to shoulder level, parallel to the plate. Rotate upper body, while maintaining horizontal balance of your pelvis.

Tip:

Maintain stance balance when rotating upper body, without having knees twisted or upper body tilted.



VERTEBRA STRETCHING | E16

11 ~ 15 Frequency

Exercise:

Sit down on the plate center, bend knees to have feet touching. Pull chin down toward your chest, bow head down to the plate to make your back convex outward.

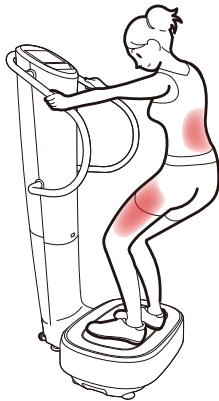
Tip:

Make sure hips are not lifted from the plate when bowing head down.

NAMI ADVANCE TRAINING PROGRAMS

LEGS | QUADS | BUTTOCKS | LOWER BACK

Follow these techniques to provide a targeted intense workout that will develop legs, quads, buttock, and lower back muscles. (Note: Set frequency level and desired intensity level accordingly)



SQUAT | E17

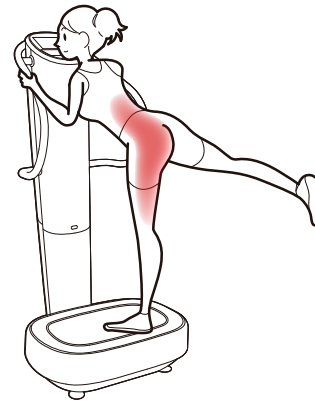
12 ~ 16 Frequency

Exercise:

Take a square stance in the center of the plate, hold handle, straighten your back, and bend knees as if you are sitting down. Push hips backward, keeping knees in range of your toes, and squat without bending your back.

Tip:

Make sure feet are firmly planted on platform. Hold top portion of handle. Push buttock out and straighten back.



T-BALANCE | E18

13 ~ 17 Frequency

Exercise:

Stand on the plate center, hold handle with hands, raise one leg backward, and push upper body forward, until T-shape is made. Keep the knee of the supporting leg extended, put your body weight into the heel, and hold the handle to maintain balance.

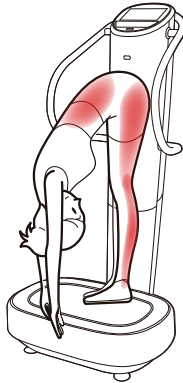
Tip:

Keep raised leg straight.

NAMI ADVANCE TRAINING PROGRAMS

LEGS | CALF | BUTTOCK

Follow these techniques to provide a targeted intense workout that will develop legs, calf, and buttock muscles.
(Note: Set frequency level and desired intensity level accordingly)



BODY STRETCH | E19

15 ~ 20 Frequency

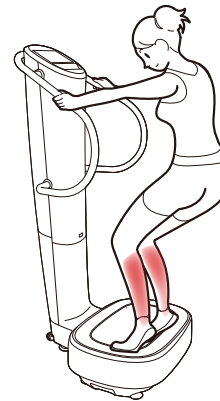
Exercise:

Stand on the plate center with feet together, and lower upper body downward.

Pull your chin to the chest and make your back convex outward in order to stretch your body from head to waist as much as possible.

Tip:

Don't bend knees. Shift body weight to your heels.



CALF RAISE | E20

12 ~ 18 Frequency

Exercise:

Take a square stance on the plate center, hold the handle and bend the knees as if you are sitting down. Raise feet up about 50 degrees from the plate, maintaining body balance by holding the handle.

Tip:



Bend knees. Lift up heels. Keep back straight. Hold top portion of bar.

IMPORTANT SAFETY INSTRUCTIONS

(MUST BE FOLLOWED)

The safety instructions must be strictly followed in use to avoid personal injuries and property damage as are as follows:

- All the safety instructions are described in compliance with degrees of the injuries or damage as a result of wrong use.

 Warning	Actions tending to cause serious injuries or death
 Caution	Actions tending to cause minor injuries or property damage

- Pay attention to the symbols before safety instructions (an example is given below).

 Actions that must be absolutely forbidden	 Actions that must be followed
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Warning

 Must be followed

- 1) The following persons (Even if they are physically healthy at present) should consult a physician before using the product.
 - (1) Persons with a pacemaker or other in-vivo electronic medical device tending to suffer electronic jamming.
 - (2) Patients with malignant tumors.
 - (3) Cardiovascular patient.
 - (4) Patient in recovery after operation.
 - (5) Person with heart disease or high blood pressure.
 - (6) Pregnant persons or women who have just had childbirth.
 - (7) Persons with perceptual disturbance because of diabetes or another serious peripheral circulation disturbance.
 - (8) Osteoporosis patients, spinal fracture patients or persons with acute painful diseases such as sprains or muscle strains.
 - (9) Persons who with tenosynovitis problem.
 - (10) Persons with a body temperature above 38 °C (with a fever)(For example, persons with intense acute inflammation symptoms such as listlessness, cold shivers and blood pressure change or persons in poor health).
 - (11) Persons who are unwell or must have a rest.
 - (12) Persons with an abnormal or bent vertebra.
 - (13) Persons with protrusion of intervertebral disc.
 - (14) Persons who feel very uncomfortable. (except for the circumstance above)
 - (15) Persons who have epilepsy.
 - (16) Persons who are using an IUD birth control.
Otherwise accidents or physical discomfort may happen.
- 2) Keep children away while use the machine.

Warning

- 3) In use, place the product horizontally.
Otherwise will cause the machine overload and damage it and it is also no good to your body .
- 4) In the case of any abnormality or fault, stop the product immediately and pull out the power plug to avoid smoke, fires and electric shocks.
Abnormality and fault examples.
 - (1) The product fails to work after the power switch is turned to the ON position.
 - (2) After the power line is moved, the product is discontinuously powered on.
 - (3) During use, the product gives off a burning smell or an abnormal sound.
 - (4) The product is deformed or abnormally heating.
In any of these abnormalities and faults, have the product inspected and repaired by an authorized service center immediately.
- 5) Do not refit, disassemble or repair the product without permission.
Otherwise fires, abnormal movements or personal injuries may happen.
- 6) If there is any foreign matter close to the machine, stop the product, take away the foreign matter.
Otherwise product faults or personal injuries may happen.
- 7) Follow the regulations about use of the socket and the wiring devises.
Use a 110-120V, 60HZ power supply. Don't use the product in a foreign country or connect it with a transformer without permission.
Otherwise electric shocks, product faults or fires because of overhear may happen.
- 8) Insert the power plug thoroughly into the socket.
Otherwise electric shocks or fires caused by overhear may happen.
- 9) Do not damage the power cord or the power plug.
(Do not damage, machine, forcedly bent, twist or prolong the power cord or the power plug , or place the power cord or the plug close to a heater, or tie or bind any heavy objects on the power cord or the power plug.)
A damaged power cord or power plug may result in electric shocks, short circuit faults or fires. Please consult the shop from which you bought the product or a designed authorized service center about maintenance method of the power line or the power plug.
- 10) Remove such dirt as dust on the power plug at regular intervals.
Otherwise fires caused by poor insulation due to factors such as moisture may happen. (Wipe the power plug with dry cloth)
- 11) Do not insert or pull out the power plug with wet hands.
Otherwise electric shocks may happen.
- 12) When pulling out the power plug, do not pull the power line but hold the power plug.
Otherwise an electric shock or a short circuit fault may happen.

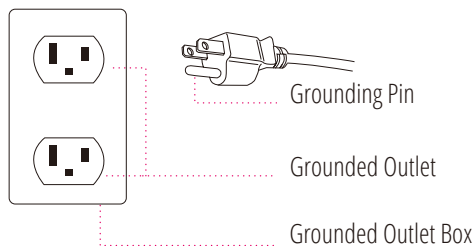
 Must be followed

GROUNDING INSTRUCTIONS

The product must be grounded to reduce the electric shock hazard because of functional faults of the product. The product has a power cord with a grounding conductor and a grounding plug. The grounding plug must be inserted into an appropriate socket that has been correctly installed and grounded in full compliance with the local code and decree.

⚠ Caution

If the grounding conductor is not correctly connected, electric shocks may happen. If you are not sure about correctness of the grounding, have it inspected by a professional electrician. Even if the grounding plug provided with the product does not match with the socket you have, do not refit it by yourself but ask a professional electrician to install a appropriate socket. The product has a grounding plug. Make sure the product is connected with a socket matching with shape of the grounding plug. Do not connect the product to a multi-plug.



CONSUMER WARRANTY

The Nami Sonic Whole Body Vibration Machine has a one year in-home service warranty. The warranties are only valid in the 48 contiguous states. We do not provide a warranty for chairs sold to Alaska or Hawaii.

Consumers may contact the JPMEDICS customer service department at 1-877-977-0656 between 9:00 am and 5:00 pm PST, Monday through Friday or email us at service@jpmedics.com for warranty or service issues.

The warranty period begins from the day of purchase; no allowance or extension is offered for delivery and/or installation.

The warranty only applies to the machine and does not include any accessories or enhancements.

The JPMEDICS service department will make an appointment with the consumer before they arrange in-home service which is performed by authorized technician.

In certain situations, the warranty does not apply :

- A: Customer cannot provide receipt and warranty card.
- B: Damage caused by improper installation, abuse, or improper maintenance.
- C: Damage caused by disaster (ex. Earthquake, fire, flood, hurricane, lightning stroke, etc.), abnormal power supply, breakages (ex. fall off, pets chewing, drink spilling, etc.).
- D: The machine had been repaired by unauthorized technician or unauthorized modifications occur to the machine.



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