



POWERBOARD®

< bodysense



# POWERBOARD 3.0



## < bodysense

Since being established in 2000, the name CASADA stands for high quality products on the health-spa and fitness market. Today, CASADA equipment is available in 37 countries world-wide.

Constant further development, an unmistakable design and a focused orientation towards a better quality of life are what characterize CASADA products, as much as their unbeatable and reliable quality.

## Congratulations!

With the purchase of this fitness device you have shown awareness of your health.

In order for you to enjoy the advantages of your fitness device in the long term, we ask you to read and adhere to the instruction manual carefully.

We wish you a lot of fun with your personal PowerBoard 3.0.

## Table of contents

28	Safety Instructions
29	Scope of Delivery
30	Display
31	Remote control
32	Equipment   Functions
33	Automatic programmes
34	Resting Heart Rate
35	Calorie counter
35	Training overview
38	Nutrition tips
43	Body-Mass-Index
44	Contraindications
45	Troubleshooting
45	Storage   Care
46	Technical Data
47	Conformity declaration
47	Warranty conditions

# Safety Instructions



Please carefully read the following instructions before using this fitness equipment to ensure proper functioning and optimal effect. Please retain these instructions for use!

- This fitness device complies with the recognised principles of technology and current safety regulations.
- This equipment is maintenance free. Any necessary repairs must be performed by an authorised professional. Improper use and unauthorised repairs are prohibited for safety reasons and will void the warranty.
- Never touch the power plug with wet hands.
- Please avoid the equipment coming into contact with water, high temperatures and direct sunlight.
- If you have stored the equipment at a cold place for a longer time, you should keep it one hour at room temperature before using it.
- Be sure to unplug the equipment from the power point during extended periods of non-use to eliminate the risk of a short circuit.
- Do not use damaged plugs, cords or loose sockets. Damaged plugs or cords must be replaced by the manufacturer, service representative or qualified personnel. In the event of malfunction unplug the equipment immediately. We assume no liability for damages resulting from wrongful or improper use.
- According to prevailing opinion, children under 13 years of age should not practise any vibration training. There is however, no upper age restriction.
- For safety reasons and to avoid injuries, never leave the PowerBoard 3.0 in vibrating mode when taking training breaks.
- In order to avoid over-training, you should not exceed the following maximum training times:

**Fitness level untrained:**  
15min at  
1 – 3x training sessions/week

**Fitness level exercise irregularly**  
30min at  
1 – 4x training sessions/week

**Fitness level athletic/ trained:**  
45min at  
1 – 6x training sessions/week

## ATTENTION!

Even people, who already have a good training level, should start slowly, since the vibrations represent a completely new form of exercise for the muscles. With time, the training intensity can be gradually increased, with higher frequencies, more dynamic exercises or shorter breaks.

- Never use sharp or pointy objects.
- Please always make sure that your body has a correct posture in order to avoid damaging joints or organs.
- Never place your head or chest directly on the PowerBoard 3.0.
- Never train above an intensity of level 50 for exercises where the head is near the PowerBoard 3.0 (e.g. press-ups, forearm stand, side stand, etc.)!

# Scope of Delivery



Please note:

The power supply (electricity cable) is located in the lower level of polystyrene (Fig.1). Remove PowerBoard 2.1 from the cardboard and turn over the lower level of polystyrene packaging. The power supply is located in one of the grooves in the corner (Fig. 2).

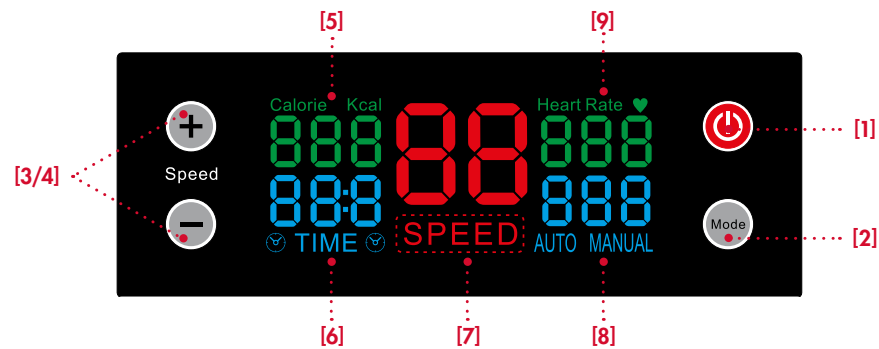


Figure 1



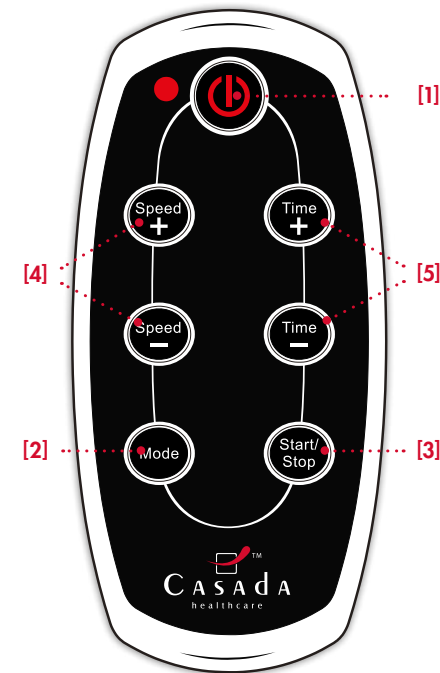
Figure 2

# Display



- [1] **START|STOPP** Start/Stop the programme.
- [2] **MODE** You can select various settings using this button:
  - Manual programme (individual)
  - Automatic programme (preset: 1 – Warm-Up, 2 – Refresh, 3 – Interval)
  - Time mode (1–15 minutes)
 Speed and time cannot be altered in an automatic programme. These are preset.
- [3] **+ / -** You can set the running time in time mode with these buttons (1–15 minutes).
- [4] **SPEED + / -** You can regulate the speed in manual mode using these buttons (Level 1 – 99).
- [5] Current calorie consumption.
- [6] Remaining time. If the **TIME** display flashes, you are using the time mode.
- [7] Current speed level.
- [8] Shows the selected mode. If the **AUTO** display flashes, you are using an automatic programme. If the **MANUAL** display flashes, you are using a manual programme.
- [9] It shows the current heart rate in combination with the pulse sensor.

# Remote control



- 1| **ON|OFF**  
For switching the PowerBoard 3.0 on and off.
- 2| **MODE**  
You can select various settings using this button:
  - Manual programme (individual)
  - Automatic programme (preset: 1 – Warm-Up, 2 – Refresh, 3 – Interval)
  - Time mode (1 – 15 minutes)
 Speed and time cannot be altered in an automatic programme. These are preset.
- 3| **START|STOPP**  
Here you can start or stop the programme.
- 4| **SPEED + / -**  
You can regulate the speed in manual mode using these buttons (Level 1 – 99).
- 5| **TIME (NUR IM MANUELLEN MODUS) + / -**  
You can set the running time in time mode with these buttons (1 – 15 minutes).



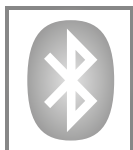
# Equipment | Functions



The PowerBoard 3.0 is equipped with a heavy duty motor, a sophisticated damping system, and rubber feet. These special features guarantee perfect stability and minimise noise during use.



Smartly located transport wheels at the bottom ensure optimal mobility and further serve as handles.



Heart rate display: The PowerBoard is equipped with a Bluetooth receiver. The PowerBoard automatically connects to all common pulse belts equipped with Bluetooth and displays the heart rate on the board display.

Caution: Smart Watches with pulse measurement and smartphones cannot connect to the board. Only pure pulse modules which measure heart rate are compatible via Bluetooth connection.



In addition to various automatic programmes (details see [2] Automatic Programmes), the PowerBoard 3.0 features a manual section with easy settings. Regardless of your current fitness level: whether you are unfit, exercise occasionally, exercise regularly or even a professional athlete, training is easy and customisable for ANYBODY.

The digital displays the active programme, the training time and intensity.



You can easily create your personal training program under „My Training“. Name the workout individually and save the time you rest between sessions. From the list, choose your desired exercise and enter the number of repetitions. Finish by pressing the „Save“ button and you are ready to start.

You can watch all the workouts at your leisure under „Videos“ and also practice single training units.

If you need help or want to change the language, you will find all the information you need in the „Service „ section.

# Automatic programmes

## AUTOMATIC PROGRAMMES

### Warm-Up

Minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Speed	40	40	50	50	60	60	70	70	80	80	60	60	50	50	40
Hertz (Hz)	13,57	13,57	15	15	16,43	16,43	17,86	17,86	19,29	19,29	16,43	16,43	15	15	13,57

### Refresh

Minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Speed	30	40	50	60	70	70	60	50	60	70	80	80	50	50	40
Hertz (Hz)	12,14	13,57	15	16,43	17,86	17,86	16,43	15	16,43	17,86	19,29	19,29	15	15	13,57

### Interval

Minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Speed	30	40	70	40	70	40	70	40	70	40	70	40	70	40	30
Hertz (Hz)	12,14	13,57	17,86	13,57	17,86	13,57	17,86	13,57	17,86	13,57	17,86	13,57	17,86	13,57	12,14

# Body-Mass-Index

The Body Mass Index (BMI) is a measurement for assessing a person's weight (body mass). Since excess weight is a globally growing problem the body mass index is primarily used to indicate associated risks.

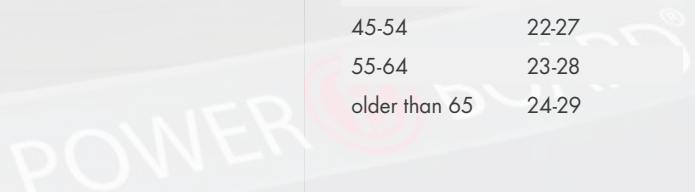
The BMI correlates body mass to the body surface, which is calculated approximately using the square of the body height. The BMI therefore only represents a rough reference point, as it does not consider physique and sex or the individual composition of a person's body mass of fat- and muscle tissue.

$$BMI = \frac{\text{body mass (kg)}}{\text{body height}^2 \text{ (m)}}$$

## THE OPTIMUM BODY MASS INDEX (BMI) APPROPRIATE TO AGE

Age	optimum BMI
19-24	19-24
25-34	20-25
35-44	21-26
45-54	22-27
55-64	23-28
older than 65	24-29

	BMI MALE	BMI FEMALE
Underweight	under 20	under 19
Normal weight	20-25	19-24
Overweight	26-30	25-30
Obese	31-40	31-40
Severely obese	greater than 40	greater than 40



# Resting Heart Rate

The resting heart rate is an indicator of your fitness. It is best measured in the morning shortly after waking whilst lying down, when the body is still completely relaxed. Measure using thumb and index finger either from the left wrist or the

carotid artery, counting the heart beat for 15 seconds and multiplying the number by 4, or using a pulse monitor.

## MAN

FITNESS	AGE					
	18-25	26-35	36-45	46-55	56-65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
+ Above average	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
- Below average	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

## WOMAN

FITNESS	AGE					
	18-25	26-35	36-45	46-55	56-65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
+ Above average	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
- Below average	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+

# Calorie counter

The calorie counter of PowerBoard 3.0 is a new function to ensure even more effectiveness.

The calories displayed/consumed represent an average standard value that can be reached by consistent training. When finding one's position on the PowerBoard 3.0 without movement you consume much fewer calories than during an average training session with mediocre effort.

The calorie counter calculates the data on the basis of benchmarks which consist of several sporting activities. Average values, from a light walk to quick jogging, or a normal work-out exercise with

or without weights, are calculated. The method for calculating calories is based on the overall result of the calorie consumption of these types of sports with an average recorded weight of 85kg.

Using this particular method, calorie consumption can be considered to be rather realistic. It is calculated by the second, so that if there are changes in speed the calorie count is recalculated in order to show an exact consumption.

# Training overview

The recommended training time with the PowerBoard 3.0 is 10 minutes 3 times a week.

This full body plan was established by a personal fitness coach and supports you in reaching your goals. You can of course always tailor the duration and intensity to suit your personal shape or form and preferences. Remember that a sensible warm-up is necessary before each

training session and should be by no means neglected. Even if you just warm up for 5 minutes, you are then ready to get started. There is a whole range of exercises that you can perform using the PowerBoard 3.0. If you desire new input or variety, just take a look online or get in touch with your PowerBoard 3.0 supplier.

SECTION OF MUSCLES:	EXERCISES:				
Breast	Simple press-up	Classic press-up	Fly (with vibration dumbbell)	Dumbbell press (with vibration dumbbell)	Static press-up
Repetition/Time	20	20	20	20	20
Back	Forearm support	Cable rows (with vibration dumbbell)	Cable rows with both arms (with vibration dumbbell)	Deadlift (with vibration dumbbell)	Bent arm lat pulldown
Repetition/Time	60 sec	2x 20	20	20	20
Stomach	Leg extensions	Elbow to knee	Side plank	Side crunch	
Repetition/Time	20	2 x 20	2 x 15	2 x 15	
Bum	Leg raises (straight leg)	Leg raises (bent leg)	Static bridge	Dynamic bridge	Static bridge (with leg raised)
Repetition/Time	2 x 20	2 x 20	30 sec	10	2 x 15
Legs and calves	Squat	Static lunge	Forward lunge	Standing calf raises	
Repetition/Time	30 sec	2 x 30 sec	2 x 15	60 sec	
Shoulders and arms	Lateral raises	Front lifts	Biceps curl (with vibration dumbbell)	Dumbbell raise (with vibration dumbbell)	Static press-up
Repetition/Time	15	15	20	20	20

# Contraindications

## Especially in the frequency range from 15Hz!

- acute migraine
- recent implants, e.g. hip or knee replacement
- recent fractures
- gallstones / kidney stones
- phlebitis, thrombosis
- epilepsy
- tumours and metastases, bone cancer
- acute inflammation
- acute illness
- pacemaker
- pregnancy
- severe osteoporosis with fractures caused by osteoporosis
- severe diabetes with severe circulatory disorder (gangrene, retina)
- metal or ceramic implants less than 6 months old in the areas of the body being trained
- fresh wounds and surgeries
- stents and bypasses less than 6 months ago
- untreated high blood pressure
- severe heart failure per NYHA > class I
- recent fractures
- hernias

## Possible side effects of the vibration training

- tingling in muscles
- itching of skin
- increased pain due to too high training intensity
- temporary drop in blood pressure
- short-term hypoglycaemia

## Should the contraindications be viewed as absolute?

If you are affected by one of the contraindications listed above, it does not mean that you are absolutely forbidden to do vibration training. In this case, we recommend you consult your physician. The vibration platform can be used in addition to your usual therapy if this is recommended by your physician or a physiotherapist.

# Troubleshooting

MALFUNCTION	SOLUTION
The remote control does not work.	<ul style="list-style-type: none"><li>• Check that the batteries are inserted correctly.</li><li>• Change the batteries.</li></ul>
The device shows no functions.	<ul style="list-style-type: none"><li>• Check the connection of the electricity cable to the power outlet and the connection at the device.</li><li>• Attempt to activate the device using the remote control and the power switch on the device.</li></ul>
The device independently performs functions that were not selected (exception: automatic programmes).	<ul style="list-style-type: none"><li>• Switch the device off, disconnect from the mains, and wait for 20 seconds. Reconnect the device and switch the device back on (Restart for malfunction).</li></ul>
Signal interference.	<ul style="list-style-type: none"><li>• There are too many sources of interference nearby, for your PowerBoard and pulse sensor, to work properly. Change your position and rescan for a signal.</li></ul>

## ATTENTION!

**Electromagnetic blocks may cause signal interference. These can occur around high-voltage power lines, traffic light signals, overhead wiring for electric railways, buses or trams, televisions, car engines, bicycle computers, some motorised exercise equipment, mobiles, or when passing electric safety gates. This will repeatedly result in inaccurate heart rate measurements.**

Should any malfunctions not be remedied by the above-mentioned solutions or should other problems arise, please contact your Casada partner to receive professional and individual advice and solutions for the problem at hand. Your Casada partner will be glad to help you solve any malfunctions fast and professionally.

# Storage | Care

Regular care will extend the life of your PowerBoard 3.0 whilst also ensuring safe operation at all times.

1. Recommended storage: dry, free of dust. Please wind cord.
2. Keep liquids and open fire away from the PowerBoard 3.0.
3. Clean the equipment using a dry, soft cloth.
4. Always unplug the PowerBoard 3.0 when not in use.



# Technical Data

**Amplitude:** +/- 4,5 mm **Throw:** 0 – 9 mm  
 area 1: +/- 1,5mm 3 mm  
 area 2: +/- 3mm 6 mm  
 area 3: +/- 4,5mm 9 mm

**Frequency:** 8 – 22 Hz

**Speed:** Level 1 – 99

**Maximum load:** 120 kg if both feet are positioned

**Voltage:** AC 220-240 V ~ 50/60 Hz

**Energy consumption:** max. 250 watts under normal use

**Box dimensions:** 85 x 50 x 20 cm

**Product dimensions:** 79 x 48 x 14,5 cm

**Weight:** 26 kg

**Medical device:** No

## USA / CANADA

**voltage:** AC 110-120 V ~ 50/60 Hz

**rated power:** 220 watts

**box dimensions:** 85 x 50 x 20 cm

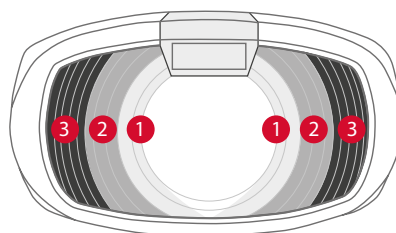
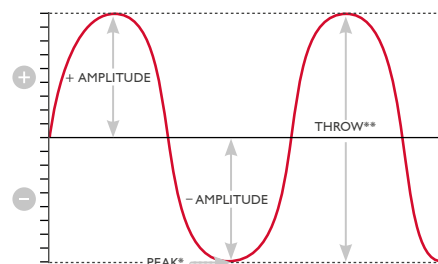
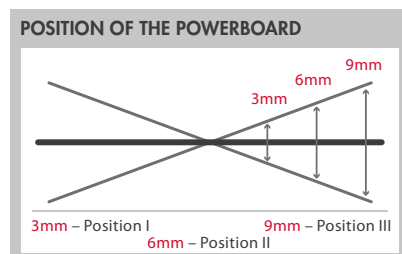
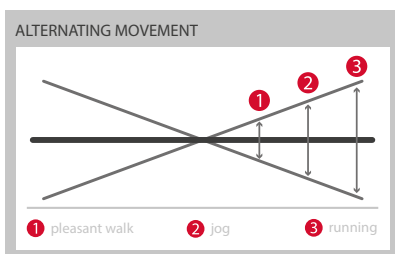
**product dimensions:** 79 x 47 x 14.5 cm

**weight:** 22 kg



## Instructions:

For unilateral stress on the PowerBoard 3.0, please always stand centrally and with both feet on the device first, and then from there shift the weight outwards.



\* Summit  
 \*\* Up- and down travel

# Conformity declaration

Corresponds to the European guidelines LVD directive (2014/35/EC)  
 EMC directive (2014/30/EU)  
 EMF directive (2013/35/EU)  
 RED directive (2014/53/EU).

# Warranty conditions

The retailer guarantees a statutory period of warranty for the product described on the reverse.

Warranty is valid from the date of purchase. The purchase date must be documented with proof of purchase. The retailer will repair or replace free-of-charge all items covered in Germany for which faults have been discovered. A prerequisite is that you send the faulty device with proof of purchase before the guarantee or warranty period expires. The warranty claim shall not be applicable if a fault is established which has arisen e.g. due to external influences or as a consequence of a repair or modification which was not carried out by the manufacturer or an authorised dealer.

The following points are not part of the warranty:

- Wear caused by improper use
- Commercial use e.g. exhibition use, repeated use without intermediate breaks of 40 minutes
- Exposing the device to heat, humidity of liquids
- Damage due to sharp and/or sharp-edged objects
- Wanton destruction, misappropriation, overloading or accidental damage
- Damage and soiling by domestic animals
- Contamination caused by body or hair care products
- Damage caused by use of acids, solvent or alcohol agents

The warranty granted by the retailer is limited to repair and exchange of the product. Under this warranty, the manufacturer or the retailer shall have no further liability and are not responsible for damages that have arisen due to disregard of the operating instructions and /or improper use of the product. Where upon examination of the product by the manufacturer it is found that the warranty request does not concern a defect covered by the warranty or that the warranty period has expired, the customer must bear the costs for the inspection and repair.

As manufacturer, Casada ensures the delivery of faultless goods to buyers/partners. Proven production faults are entitled to an exchange after registration and confirmation. Legal note: All contents do not contain healing statements. The diagnosis and treatment of illnesses and other physical disorders require a treatment by a physician, non-medical practitioner or therapist. The statements are strictly informative and may not be used as a substitute for a professional medical treatment. Every user is beholden to ascertain by accurate examination and, if required, after consultation of a specialist, if the application is the right one for their specific cases. Each dose or application takes place at the risk of the user. We dissociate ourselves from any healing statements or promises.



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