



Owner's Manual

Save These Instructions – For Household/Residential Use Only

MODELS: ETF012C, ETF012C-Smart **POWER:** 150W, 110V~12Hz

When using electrical appliances, basic safety precautions should always be followed. Do not use the **Power Fit** until you have read this manual thoroughly.

Visit TristarCares.com for tutorial videos, product details, and more.
Guarantee Information Inside



Power Fit

BEFORE YOU BEGIN

It's very important that you read this entire manual, making certain that you are completely familiar with this Unit's operation and precautions.



ELITE DELUXE
ETF012C



ELITE
ETF012C-Smart

Model Number	Supply Power	Rated Power	Maximum Weight
ETF012C-Smart	AC 110V~12Hz	150W	220.46 lb. (100 kg)
ETF012C	AC 110V~12Hz	150W	330 lb. (150 kg)

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IMPORTANT SAFEGUARDS

⚠ WARNING: READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE. CONSULT YOUR DOCTOR BEFORE BEGINNING ANY NEW HEALTH REGIME.

When using an electrical appliance, basic precautions should always be followed, including the following:

1. This appliance should never be left unattended when plugged in. Unplug the appliance from the power outlet when not in use and before putting on or taking off parts.
2. Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge unless they are under supervision or have been instructed how to use the appliance by a person responsible for their safety. Keep children under the age of 13 away from this appliance.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water. Contact Customer Service using the contact information on the back of this manual.
6. Do not carry this appliance by its power cord or use the cord as a handle.
7. Keep the power cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position and then remove the plug from outlet.

⚠ WARNING:
TO REDUCE THE RISK OF PERSONAL INJURY, READ AND UNDERSTAND ALL INSTRUCTIONS BEFORE USING THIS PRODUCT

- Keep children under the age of 13 away from this appliance.
- Servicing or cleaning must be performed with the appliance disconnected from the power supply.

⚡ DANGER:
TO REDUCE THE RISK OF ELECTRIC SHOCK:
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

⚠ WARNING: For California Residents
This product can expose you to Bisphenol A, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

IMPORTANT SAFEGUARDS

⚠ CAUTION: Attaching the Power Cord

- **NOTE:** The **Power Fit** is fitted with a Quick-Release Magnetic Power Cord.
- **DO NOT USE WITH ANY OTHER ELECTRICAL OUTLET** or modify the plug.
- The **Power Fit** has been designed for use with a 3-prong, 120V dedicated electrical outlet only. Always attach electrical cord to the **Power Fit** before plugging the Unit into an outlet. Plug into a 3-prong wall outlet with no other appliances on the same outlet. Plugging other appliances into the outlet may cause the circuit to overload.
- In the event of Unit malfunction, disconnect the Power Cord quickly from the Unit with a gentle tug where it is connected to the Unit.
- Never tug the plug forcefully from the wall outlet.
- **NEVER USE WITH AN EXTENSION CORD.** A detachable power-supply cord is provided to reduce the risk from becoming entangled in or tripping over a longer cord.
- A short power supply cord is provided to reduce risk of becoming entangled or presenting a tripping hazard.

Always attach electrical cord to the **Power Fit** before plugging the Unit into an outlet. Plug into a 3-prong wall outlet with no other appliances on the same outlet. Plugging other appliances into the outlet will cause the circuit to overload. If the electrical circuit is overloaded with other appliances, your Unit may not operate properly.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER:
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in **Fig. A**. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

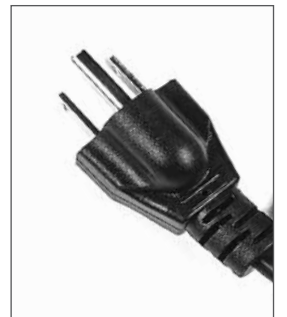


Fig. A

**SAVE THESE INSTRUCTIONS –
FOR HOUSEHOLD/RESIDENTIAL USE ONLY**

Features & Benefits

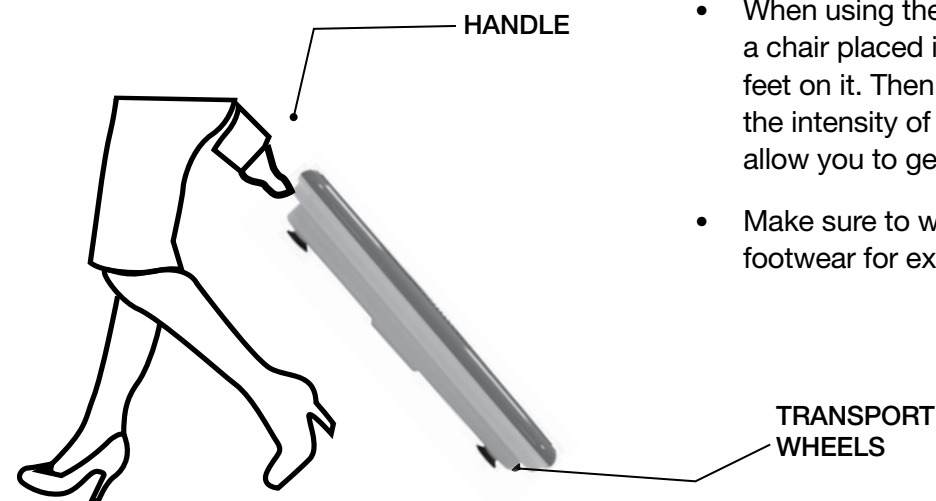
How Does it Work?

By placing your feet in different positions on the exercise area, you will be able to simulate walking, jogging, and running while you stand on **Power Fit** inside the comfort of your own home. It is recommended to use **Power Fit** for 10 minutes a day 3 days a week.

Before Using the Power Fit for the First Time

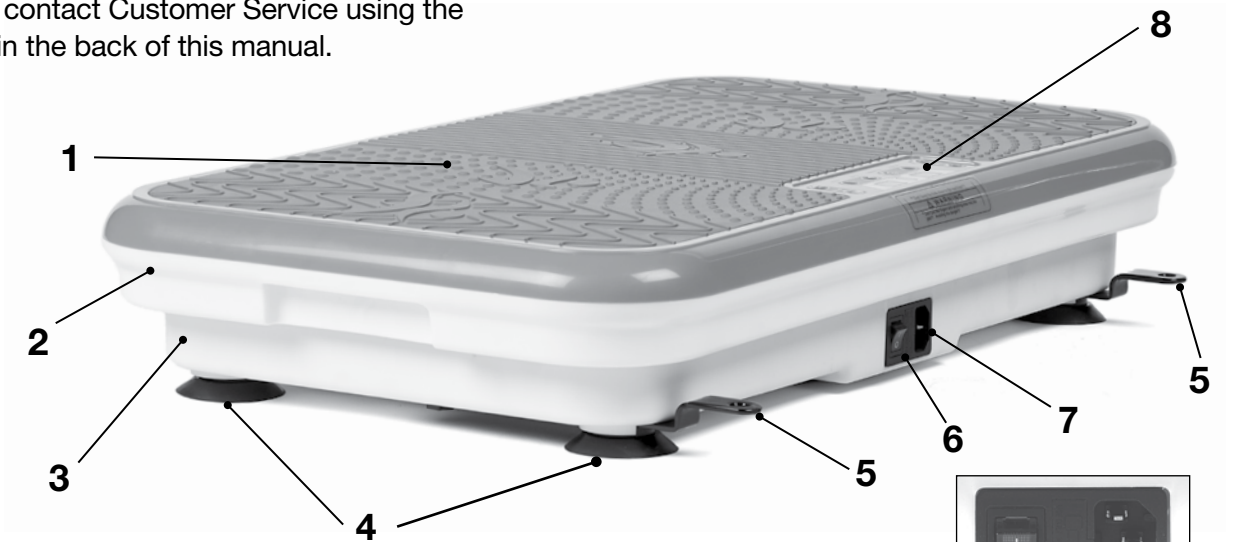
- To transport **Power Fit***, grasp the handle located on the right side of the Unit and pick up the right side so that the Unit is at an angle and the wheels touch the floor. Then, pull the Unit gently to move.
- Always use the Product on a stable, horizontal surface.
- Keep the Unit at least 8 inches away from any wall or object.
- When using the Unit for first time, sit down on a chair placed in front of the Unit and put your feet on it. Then, turn on the Unit in order to test the intensity of the movements. This method will allow you to get used to the Unit's vibrations.
- Make sure to wear comfortable clothes and footwear for exercise.

*For Model ETF012C



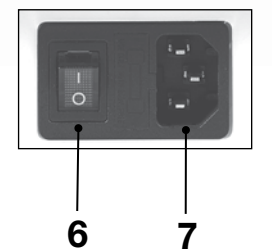
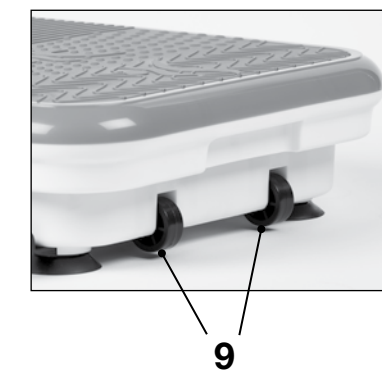
Parts & Accessories

Your **Power Fit** has been shipped with the parts and accessories shown below. Check everything carefully before use. If any part appears damaged, do not use this product and contact Customer Service using the number located in the back of this manual.



- ANTI-SLIP COVER
- INTERMEDIATE COVER
- BASE COVER
- ANTI-SLIP RUBBER BASES
- ELASTIC BAND ANCHOR POINTS*
- POWER SWITCH
- POWER CORD SOCKET
- CONTROL PANEL
- TRANSPORT WHEELS*
- REMOTE CONTROL
- POWER CORD
- EXERCISE ELASTIC BANDS WITH FIT TENSOR TECHNOLOGY*

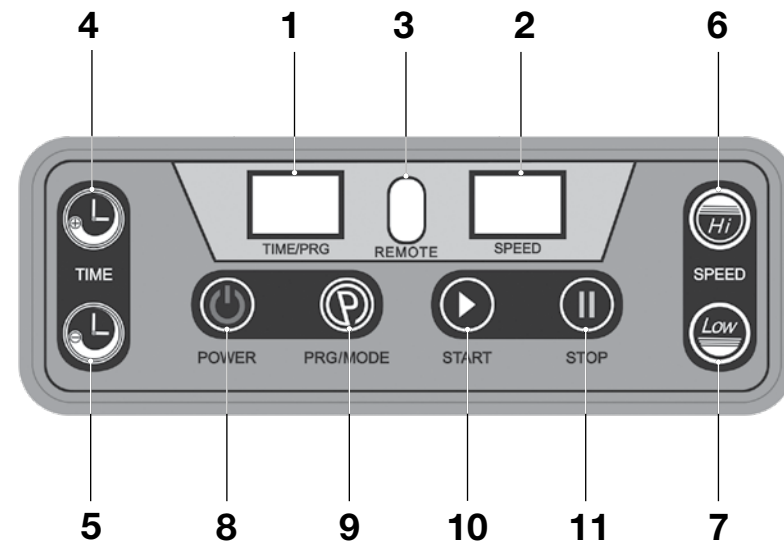
* (Elite Deluxe model only)



Parts & Accessories

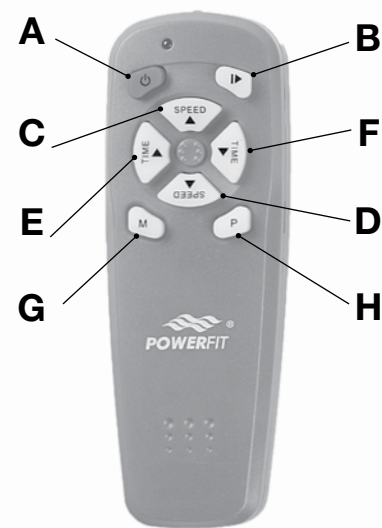
Power Fit Control Panel

1. TIME/PROGRAM DISPLAY
2. SPEED/PROGRAM DISPLAY
3. INFRARED RECEPTOR FOR THE REMOTE CONTROL
4. INCREASE TIME
5. DECREASE TIME
6. INCREASE SPEED
7. DECREASE SPEED
8. ON/OFF
9. PROGRAM SELECTION
10. START EXERCISE
11. STOP EXERCISE



Power Fit Remote Control

- A. ON/OFF
- B. START/STOP
- C. INCREASE SPEED
- D. DECREASE SPEED
- E. INCREASE TIME
- F. DECREASE TIME
- G. SKIP SPEED TO 30, 60 AND 90
- H. PROGRAM SELECTION



Remote uses two AAA batteries (not included).

- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are only to be charged under adult supervision.
- Rechargeable batteries are to be removed from the device before being charged.
- Different types of batteries or new and used batteries are not to be mixed.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the remote. Never drop or insert any object into any opening.

Walking, Jogging and Running

Power Fit is a vibrating platform that simulates the action of walking, jogging, or running through horizontal oscillatory movements. Placing your feet closer together while standing on the Unit simulates walking, while placing your feet farther apart simulates jogging.

The Three Stances

With **Power Fit**, you can experience the sensation of walking, jogging, or running in the comfort of your home. The table below shows the differences between the three different stances available for use on the **Power Fit**.

	Feet Position
<p>Walking</p>	Close together on the center of the Unit
<p>Jogging</p>	Slightly separated
<p>Running</p>	Separated and planted toward the edge of the Unit

General Operating Instructions

Modes of Use

Power Fit gives you two modes of use: manual mode and automatic mode. In both modes, you can use the exercise Elastic Bands. To use the Elastic Bands, attach the hook on each Elastic Band to one of the Elastic Band Anchor Points, located at the back of the Unit.



CAUTION: Before each use, ensure that the Elastic Bands are undamaged and properly anchored to the **Power Fit**. Do not use if the Elastic Bands are damaged.

Manual Mode

Using manual mode, you can set the time and the speed of the exercise. To use manual mode:

1. Connect the Power Cord of the Unit in the outlet. Use the Power Switch to turn on the Unit.
2. Press the On/Off Button on the Control Panel or the Remote Control.
3. Use the Increase Time and Decrease Time Buttons on the Control Panel or Remote Control to set an exercise time (range: 1–10 minutes; interval: 1 minute). The current exercise time is displayed on the Time/Program Display on the Control Panel.
4. Press the Start Button on the Control Panel or the Start/Stop Button on the Remote Control to begin the exercise.
5. Use the Increase Speed and Decrease Speed Buttons on the Control Panel or Remote Control to adjust the vibration speed (range: 1–99; interval: 1). You can press the Skip Speed Button on the Remote Control to rapidly increase vibration speed to 30. Refer to the table on the right for recommended vibration speeds and exercise times according to your level of experience.
6. Press the Stop Button on the Control Panel or the Start/Stop Button on the Remote Control to stop the exercise at any time.
7. When you are done with the exercise, press the On/Off Button on the Control Panel or the Remote Control to turn off the Unit.

Speed for Each Level

Time (minutes)	Beginners	Intermediate	Advanced
10	30-33	64-66	98-99
9	27-39	62-64	96-98
8	24-26	60-62	94-96
7	20-23	56-59	92-94
6	16-19	53-55	88-91
5	13-16	49-52	84-87
4	10-12	45-48	81-83
3	6-9	41-44	75-78
2	4-5	37-40	71-74
1	1-3	34-36	67-70

NOTE: Always step off of the Unit before adjusting the Unit's Control Panel.

General Operating Instructions

Automatic Mode

When using Automatic Mode, the Unit will follow your selected preset exercise program. To use Automatic Mode:

1. Connect the Power Cord of the Unit to the outlet. Use the Power Switch to turn on the Unit.
2. Press the On/Off Button on the Control Panel or the Remote Control.
3. Press the Program Selection Button to cycle between the three available preset program (P1, P2, and P3). P1 is intended for beginners. P2 is intended for intermediate users. P3 is intended for advanced users. Refer to the table on the right for detailed information about the preset programs.
4. When you have selected your desired program, press the Start Button on the Control Panel or the Start/Stop Button on the Remote Control to begin the exercise.
5. Press the Stop Button on the Control Panel or the Start/Stop Button on the Remote Control to stop the exercise at any time.
6. When you are done with the exercise, press the On/Off Button on the Control Panel or the Remote Control to turn off the Unit.

Speed for Each Program

Time (minutes)	Beginners P1	Intermediate P2	Advanced P3
9	16	20	10
8	18	40	44
7	28	60	99
6	38	80	33
5	48	99	99
4	58	40	22
3	48	99	99
2	38	40	11
1	28	99	99

NOTE: Always step off of the Unit before adjusting the Unit's Control Panel.

Stretching

Stretching Routines

TALK TO YOUR PHYSICIAN BEFORE STRETCHING AND USING THIS PRODUCT.

Before starting any exercise routines with this device, we recommend stretching to gain flexibility and reduce muscle pain. Stretching routines must be done slowly and gently without any swift movements or jumping. Perform the exercises until you feel a slight but not painful tension while stretching for 20–30 seconds. You must breathe slowly, rhythmically, and naturally in order to oxygenate your body thoroughly.

Quadriceps Stretching

Standing with your back straight, step forward with your right foot and place your left foot behind your body and your right hand on your leg. Stretch your left side while maintaining a straight position. Maintain this position for 20–30 seconds and then repeat by switching leg positions.



Back Stretching

Stand up with your feet one shoulder width apart. Bend your back forward and place your hands on the thighs for support. Flex your lower back in an arched position and hold the position for 20–30 seconds. Then, straighten your back and repeat.



Tendon Stretching

Stand with your feet close together and pointing forward. Extend your right foot with the heel on the ground and toes facing upward while flexing your left leg slightly. Lean your upper body forward with your hands on the thighs for support. Maintain the position for 20–30 seconds and then repeat with the other leg.

Calf Stretching

With your toes pointing in front of you, step forward with your right foot and lean forward while bending your right knee. Do not allow your knee to pass the tip of your foot. Keep your left leg straight and your left foot on the floor. Maintain the position for 20–30 seconds and then repeat with the other leg.

Stretching

Calf And Hip Stretching

With your toes facing forward, step forward with your right foot. Lean forward while bending your right knee. Do not allow your knee to pass the tip of your foot. Keep your left leg straight and your left heel on the floor. Twist your torso toward your left leg while keeping your hip facing forward. Maintain the position for 20–30 seconds and then repeat with the other leg.

Shoulder Stretching

Stand straight with your feet together. Cross your right arm to the other side of your body. Use your left hand to keep your arm in position and push. Maintain the position for 20–30 seconds and then repeat with the other arm.

Inner Thigh Stretching

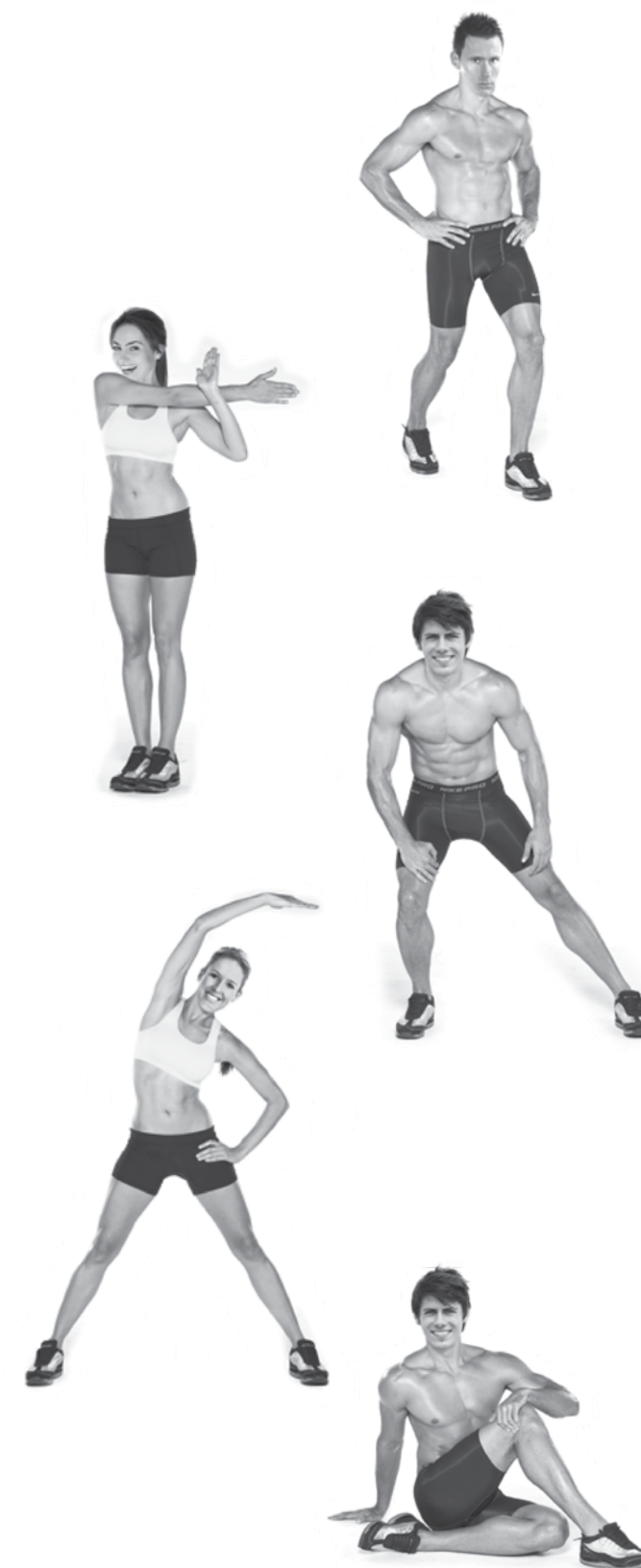
Stand with your legs apart at a comfortable distance. Lean forward, bending your right knee without letting your knee surpass your toes. Place your hands on your thighs for support. Maintain the position for 20–30 seconds and then repeat with the other leg.

Oblique Muscles Stretching

Stand with your legs apart and feet pointing forward. Extend your right arm above your head as far as you can. Maintain the position for 20–30 seconds and then repeat with the other arm.

Buttocks, Hip, And Oblique Muscles Stretching

While seated on the floor, bend one leg over the other. While keeping the body in a straight position, press your hand against the outer part of your thigh in order to bring the thigh closer to the body. Maintain the position for 20–30 seconds and then repeat with the other leg.



Stretching

Triceps Stretching

Raise your left elbow and reach toward your upper back. Stand straight with your feet spread apart and your knees bent slightly. Point your left elbow toward the ceiling and touch the center of your upper back with your left hand. If you cannot reach your upper back, put your hand on the back of your head instead. Bend your head forward when you put your hand on it and then push your head back gently.



Back And Thighs Stretching

Sit down on the appliance with your legs apart and the soles of your feet on the floor. Arch your back and lean forward to touch your toes with your hands.

Abs And Hip Stretching

Lie on your side with your hip on the Unit. Elevate your legs and hold on with only one arm on the floor while keeping your abdomen tight. Then, switch sides and repeat.



Calves And Legs Stretching

Stand with the Unit in front of you. With your hands on your hips, put your right leg in front of the Unit and bend your left knee down to touch the surface of the Unit. Maintain the position for 20–30 seconds and then repeat with the other leg.



Workout

Complementary Workouts

NOTE: All workouts should be performed with the Unit powered on.

A Stand on the Unit with your legs separated and aligned with your shoulders. Take the Elastic Bands in your hands. Place your hands on the outside of your legs and then raise your arms upward and outward as far as you can with your elbows always in a straight position. Repeat the motion until the Unit stops vibrating.

WORKS: *Abs, thighs, biceps, and arms.*

B Stand on the Unit with your legs separated and aligned with your shoulders. Take the Elastic Bands in your hands. Place your hands on the outside of your legs and then lift your right hand up to chest height while keeping your elbow straight. Lower your right hand and raise your left hand. Repeat the motion until the Unit stops vibrating.

WORKS: *Abs, thighs, arms, back, and biceps.*

C Stand on the Unit with your legs separated and aligned with your shoulders. Take the Elastic Bands in your hands. Place your arms with your palms facing up and raise your the left arm by flexing your elbow as if you were lifting a weight. Lower your left arm and raise your right arm in the same way. Hold the position until the unit stops vibrating.

WORKS: *Abs, thighs, arms, back, and biceps.*

D Stand on the Unit with your legs separated and aligned with your shoulders and your knees slightly bent. Cross your arms and place your palms on the opposite forearm in order to maintain balance. Repeat the motion until the Unit stops vibrating.

WORKS: *Abs, thighs, triceps, and buttocks.*

E Stand on the Unit with your legs separated and aligned with your shoulders. Place your hands on your neck and perform squats very slowly while maintaining balance.

WORKS: *Abs, thighs, triceps, buttocks, and back.*



A



B



C



D



E

Workout

F Place the heel of one foot on the Unit. Bend your legs without moving the other foot from the floor and keep your back tight.

WORKS: *Calf, thighs, and buttocks.*

G Place your left foot on the Unit and the other foot on the floor. Keep both legs straight. Stretch toward the leg on the Unit, sliding your left arm down your leg and your right arm above your head. Then, repeat with the other leg.

WORKS: *Hips, calf, and adductor muscles.*

H Place your feet flat on the ground in front of the Unit. Place both hands on the Unit with your elbows slightly bent to support your body weight. Keep your abs tight.

WORKS: *Triceps, biceps, abs, forearm, dorsal muscles, back, shoulders, and pectorals.*

I Kneel on the floor with both hands on the Unit and keep your arms straight while bending the back slightly.

WORKS: *Back, hips, shoulders, forearms, biceps, and triceps.*

J Sit down on the floor and place your calves on the Unit with the palms of your hands on the floor. Keep your back straight.

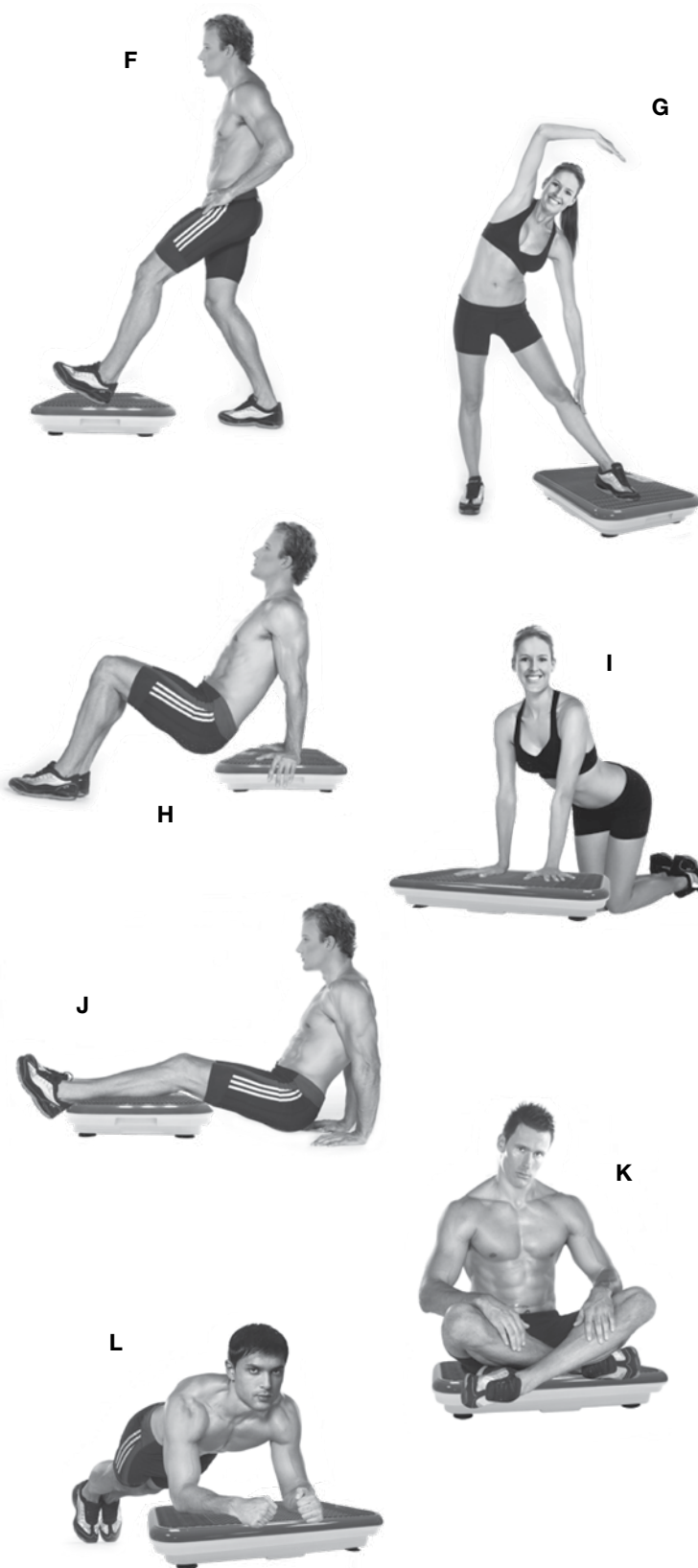
WORKS: *Calf, femoral muscles, and quadriceps.*

K Sit on the Unit with your legs in the lotus position with your back straight. Keep your abs tight.

WORKS: *Hips, abs, buttocks, and back.*

L Place your forearms on the Unit and the tips of your toes on the floor. Keep your whole body straight and tighten your abs and buttocks.

WORKS: *Arms, back, abs, buttocks, thighs, calf, and shoulders. Also helps to strengthen the neck.*



Workout

M Place your palms on the Unit and the tips of your toes on the floor. Keep your whole body straight and tighten your abs and buttocks.

WORKS: *Arms, back, abs, buttocks, thighs, calf, and shoulders. Also helps to strengthen the neck.*

N Lie on your back on the floor with the soles of your feet on the Unit. Lift your hips, raising your lower back off the floor. Tighten your abs and buttocks. Maintain the position for a few seconds before returning to the starting position and repeating.

WORKS: *Calf, thighs, buttocks, abs, and back.*

O Lie on your side on the floor, place your forearm on the Unit, and support all your weight on your forearm. Stretch your legs with one leg against the other. Tighten your whole body.

WORKS: *Forearm, biceps, triceps, shoulders, back, buttocks, and abs. Also helps to strengthen the neck.*

P Sit down on the Unit with your hands on your neck or crossed on your chest. Bow slightly backward while bending your back a little. Raise both your legs with your knees slightly bent.

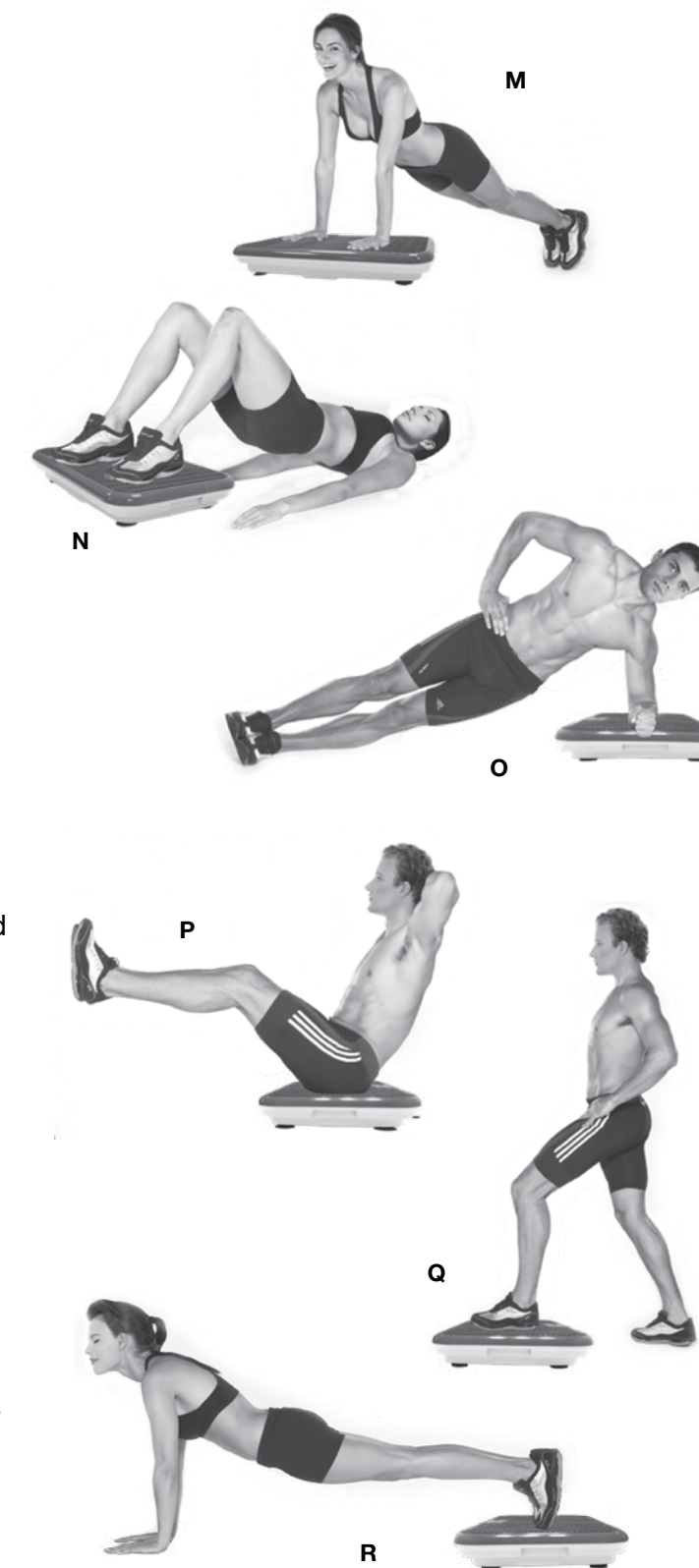
WORKS: *Abs, buttocks, and legs.*

Q Place your left foot on the Unit and the other foot on the floor with your knee slightly bent. Keep your back straight.

WORKS: *Calf and thighs.*

R Place your body in a push-up position. Then, place the tips of your toes on the Unit and your palms on the floor. Keep your back straight.

WORKS: *Back, chest, shoulders, buttocks, and calf.*



Maintenance & Cleaning

Before cleaning the Unit, make sure that the Power Switch is off and that the Power Cord is unplugged from the outlet.

- You can use a dry, clean broom or brush to sweep dust from device.
- The exercise area can be cleaned with a slightly wet cloth.
- Do not clean the Unit with corrosive substances because they can damage the Unit.

- Clean the remote control with a clean cloth.
- If you are not using the Unit for a long time, put it in its packaging box and store the box in a cool, dry place. Remove the batteries from the remote control.
- If **Power Fit** presents any issues that cannot be solved using the solutions in the Troubleshooting section, please contact Customer Service using the contact information in the back of this manual.

Troubleshooting

Issue	Cause	Fix
The Unit does not work.	The Power Cord is not plugged into a power outlet.	Connect the Power Cord to a power outlet.
	The Power Switch is in the Off position.	Place the Power Switch in the On position.
The Remote Control does not work.	The Remote Control's batteries are dead.	Replace the batteries.
	The remote control is too far away from the Unit's Infrared Receptor.	The effective distance of the Remote Control is 6.56 feet.
The machine stopped working suddenly.	The programmed exercise time ended.	Reset the exercise time.
The Unit is not responding.	Too many commands were input at once and the Unit cannot respond to all of them.	Turn off the Unit, wait 1 minute, and turn the Unit back on again.

60-Day Money-Back Guarantee

If you decide that you don't love this product, your order is covered by our 60-Day Money-Back Guarantee. You have 60 days from the day you receive your product to request a replacement product or refund of the purchase price minus processing and handling fees.

To receive a refund or replacement, you must return the product to us at your expense. To return the product, call customer service at 1-973-287-5186 and request a return merchandise authorization number. Pack the product carefully and include in the package a note with (1) your name, (2) mailing address, (3) phone number, (4) email address, (5) reason for return, and (6) proof of purchase or order number, and (7) specify on the note whether you are requesting a refund or replacement. Write the return merchandise authorization number on the outside of the package.

Send the product to the following return address:

Power Fit
 Tristar Products Inc.
 500 Returns Road
 Wallingford, CT 06495



We are very proud of the design and quality of our
Power Fit®

This product has been manufactured
to the highest standards. Should you have any questions,
our friendly customer service staff is here to help you.

Visit us at www.TristarCares.com,
email us at customerservice@tristarproductsinc.com,
or call us at **973-287-5186**



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