

Excellence on Vertical Vibration

**Turbosonic®**

Turbosonic Therapy system

## User's Guide

Version 11-2010

Create  
Valuable  
Life

Turbosonic Therapy System  
**Create Valuable Life**  
TT2590X7, X5



**Turbosonic®**

TS Meditech Co., Ltd.

[www.tsmedi.com](http://www.tsmedi.com)

## User's Guide

Please read through this User's Guide prior to use. After you have finished reading this manual, please keep it with warranty in a safe place. This product has been manufactured for overseas use only.

1. Package Contents .....	1
2. Specifications .....	2
3. Assembly & Disassembly Instruction .....	3
4. Safety guides for operation .....	4
- Safety guide for product handling & installation	
- Safety guide for maintenance & storage	
- Safety guide for operation	
5. Denominations and Features .....	7
- Control panel	
- Buttons & Dials	
- Display	
- TS Audio System	
6. Contraindications for use .....	10
7. Operating guide .....	11
- TT2590X7, X5	
- Remote Controler	
8. Program Mode .....	13
9. Stimulus region by the Frequency (Hz) .....	15
10. Turbosonic 24 Basic Training .....	16
11. Quick replacement of fuse .....	33
12. Trouble shooting list before service claim .....	34
13. Memo .....	35



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Great

Feel  
Great



## Package Contents

Separate packing for the body  
and plate is available

Main System



2 m

Power cord



Remote Control (2 batteries)



Input external audio

Audio connection cable



17mm(M10)

Combination Spanner



(250V / 10A, 12A)

Spare fuse (2 pcs)



Level adjust tool



M10x25

Sem's bolt (6 pcs)



User's Guide



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by Turbosonic  
TT2590X7, X5  
User's Guide

# Specifications



- Model • TT2590X7
- Applicable Frequency • 0.1~100,000Hz
- Operating Frequency • 3~25Hz / 26~50Hz
- Max. Allowable Load • Max 230 Kg
- Power Source • 110V/220V, 50Hz/60Hz
- Power Consumption • 300W~500W
- Sonic Wave Generator • 216Ø X 2
- Operating Conditions • Temp. : 40°C(32-104°F),  
Humidity : 0-82%
- Size • 903mm X 1000mm X 1600mm
- Weight • Body 24kg , Plate 140kg
- Finish • SPAS ( Spraying )
- Color Options • Sleek Silver  
Blue Diamond  
Creamy Gold



Look  
Great

Feel  
Great

- Model • TT2590X5
- Applicable Frequency • 0.1~100,000Hz
- Operating Frequency • 3~25Hz / 26~50Hz
- Max. Allowable Load • Max 150 Kg
- Power Source • 110V/220V, 50Hz/60Hz
- Power Consumption • 300W~500W
- Sonic Wave Generator • 267Ø X 1
- Operating Conditions • Temp. : 40°C(32-104°F),  
Humidity : 0-82%
- Size • 800mm X 930mm X 1530mm
- Weight • Body 18kg , Plate 110kg
- Finish • SPAS ( Spraying )
- Color Options • Sleek Silver  
Noble White



\* The specifications may be changed if it's necessary  
at the sole discretion of the manufacturer without prior notice.

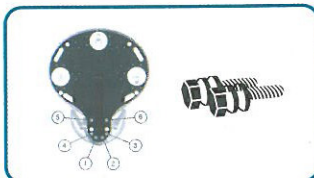


## Assembly and Disassembly Instruction

### Assembly



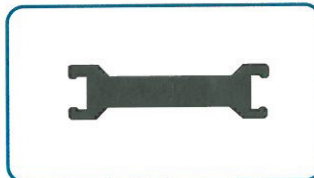
1. Place the body close to the plate, and connect the internal connection cables (2 lines).



2. Align the guide pin of the plate with the body, then insert the bolt under the plate.



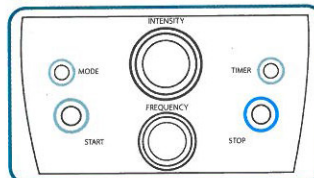
3. Fasten the bolt tight enough not to sway by using the enclosed combination spanner(17mm).



4. With the level adjust tool, level the product with the floor by adjusting the leveling screw under the plate. For more precise adjustment using hand is recommendable.



5. Connect the power cable to the power terminal at the rear of the body.
6. Turn the power switch "ON".



7. After pressing the "START" button check if the product runs normally by turning the "INTENSITY" dial.

### Disassembly

1. The procedure of disassembly is in reverse of the assembly.
2. Power cable must be removed in advance prior to start working on disassembly.
3. Proceed the disassembly following the assembly sequence in reverse i.e. #3 to #1.

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TT2590X7, X5  
User's Guide

## Safety guide for product handling & installation

Please do not install the product in wet area.



Inhibition

For installation, please avoid areas close to veranda where it may touch with water easily.



Inhibition

The product shall be installed with space from the wall more than 20cm.



Observation

The product shall be installed on solid and leveled floor.



Observation

It is necessary to check if the power outlet is capable enough to support the maximum power consumption of the product.



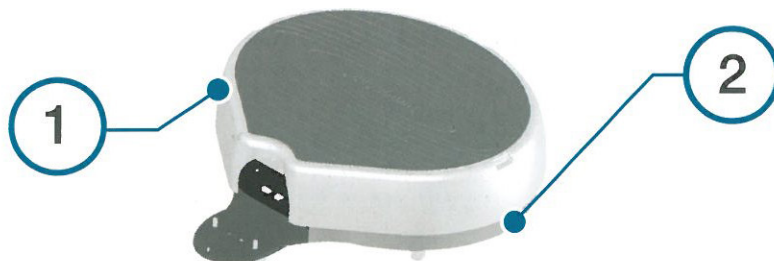
Observation

Proper carrier shall be used to move the product, or inappropriate move may cause damage to the product.



Observation

To move the product, please lift and move the product holding the grips under the plate ( ① & ② in the photo below ).



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Great



## Safety guide for maintenance & storage



Inhibition

Please do not place any flammable material nearby the product.



Inhibition

Please do not spray water directly , or do not use benzene, thinner or bleach for cleaning the product.



Inhibition

Please remove the power plug from the power outlet before cleaning.



Observation

For cleaning the control panel, please wipe up with dry cloth avoiding water being penetrated into the control panel.



Observation

For cleaning the outside of the product, please use appropriate cleanser which is suitable with the material of the product.



Observation

Please clean and dry the product before long term storage.



Turn your body  
by Turbosonic

TT2590X7, X5  
User's Guide

## Safety guide for operation

As a sudden exercise at unsettled stance may cause certain physical damage, please press the "Start" button after your stance is ready.



Observation

As stepping down from the plate while in operation is in danger of injury, please make sure the product comes to a stop before descending from the product.



Observation

For power saving, please remove the power plug from the outlet or turn off the power switch at the rear of the body.



Observation

Doing mischief or jumping on the plate of product while in operation may cause injury to human body or damage to the product.



Observation

When the aged or children use the product, they need to be accompanied by a guardian for safety.



Observation

In any case, please do not disassemble, repair or modify the product in order to avoid any damage or malfunction of the product as a consequence.



No  
disassembly

Any objects piled up on the plate may cause damage to the product.



Inhibition



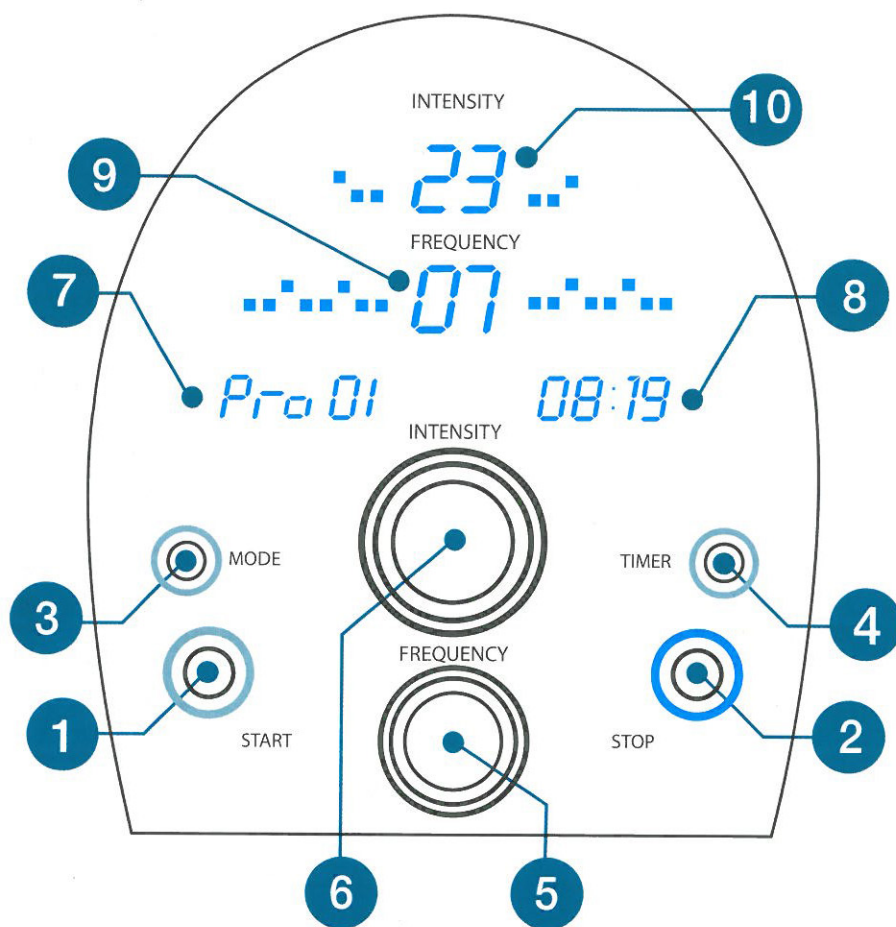
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TT2590X7, X5  
User's Guide



- |                          |                          |
|--------------------------|--------------------------|
| 1 Start Button           | 6 Intensity Control Dial |
| 2 Stop Button            | 7 Mode Display           |
| 3 Mode Selection Button  | 8 Time Display           |
| 4 Time Selection Button  | 9 Frequency Display      |
| 5 Frequency Control Dial | 10 Intensity Display     |

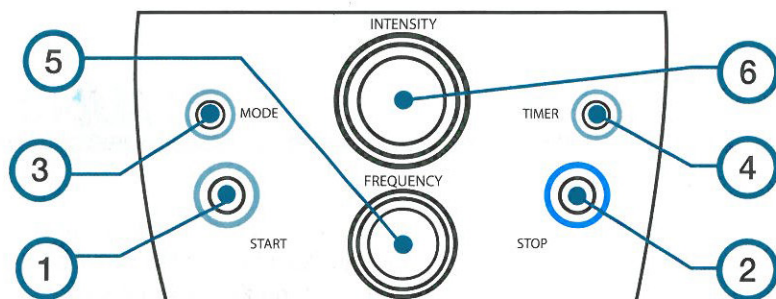
## Buttons & Dials

① **START** It starts the operation by the selected mode from the state of standstill, and in case of Pro mode, the intensity increases gradually up to the selected level.

② **STOP** It turns the machine into standby mode  
It stops the operation manually.

③ **MODE** Modes can be selected by  
sequence of MANU 1, Pro 1~12 and MANU 2.

- MANU 1(MANUAL 1) : As the manual operation button, this function freely selects the frequency (3~25 Hz) and the intensity in accordance with users' physical condition.
- Pro 1~12(PROGRAM 1~12) : This function enables user 10 minutes exercise automatically by regions at standing position. 12 programs preset by the analysis of biodynamics are stored.
- MANU 2(MANUAL 2) : As the manual operation button, this function freely selects the frequency (26~50 Hz) and the intensity in accordance with users' physical condition.



④ **TIMER** This button can be used only in MANU 1 and MANU 2 to set the exercise time, and every pressing of the button increases 1 minute up to maximum 10 minutes. Even while in operation, every pressing of timer button increases 1 minute.

⑤ **FREQUENCY ( Hz )** In MANU 1 and MANU 2 mode, the frequency (Hz) can be selected at an interval of 1 Hz by using this dial. The selection range of the frequency (Hz) is 3~25Hz in MANU 1 and 26~50Hz in MANU 2.

⑥ **INTENSITY**

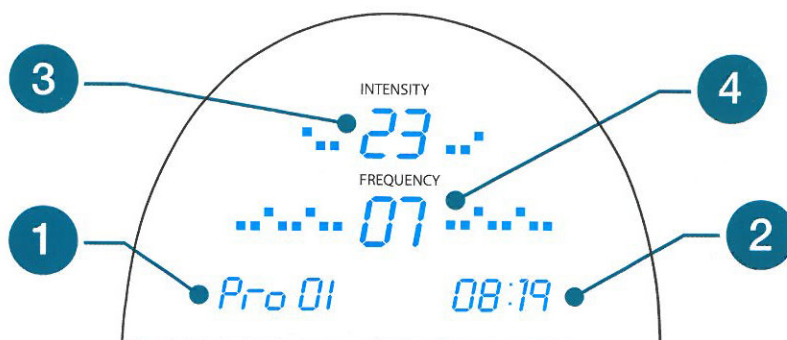
- In MANU 1 and MANU 2 mode, the level of intensity can be selected in the range of 0~99 by using this dial.
- In Pro mode, the intensity can be selected in 3 steps [ HI (high), HL (middle), Lo (low)].
- In MANU 1 and MANU 2, for the safety purpose, the intensity can not be increased more than level 10 for 3 seconds just after pressing the start button.



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Feel  
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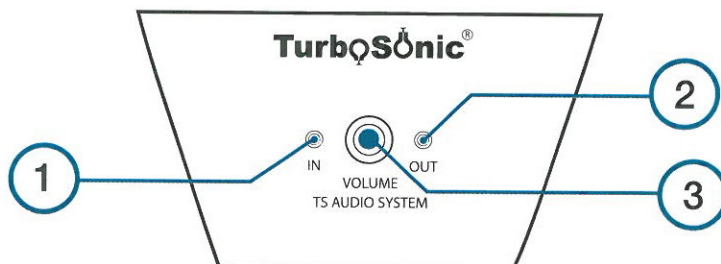


- 1 **MODE** Selected mode is displayed . (MANU 1, Pro 1 ~ 12, MANU 2)
- 2 **TIMER** Remaining time is displayed.
- 3 **INTENSITY** - The intensity of vibration is displayed in the range of 0~99.  
- In Pro mode, high (HI), middle (HL), and low (Lo) are displayed.
- 4 **FREQUENCY** The range displayed is 3~25Hz in MANU 1, and 26~50Hz in MANU 2.

## TS AUDIO System

DUO (Dual Mode Operation) function

This is the world's first system - exclusively materialized by the Turbosonic technology, which enables user to feel not only the vibration but also the sound simultaneously by connecting the external sound sources such as MP3 player or PC into the audio input terminal of the product.



- 1 **INPUT Jack** External sound sources can be input into this terminal.
- 2 **OUTPUT Jack** Sound sources such as Mp3 can be output through this terminal by using headset or earphone.
- 3 **VOLUME** Controls the intensity of sonic vibration as well as the sound itself.

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TT2590X7, X5  
User's Guide

## Contraindications for use



Warning

### Warning

Consult a physician before using this equipment for the first time. Stop the machine immediately if you experience chest pain, faintness, difficulty breathing, or severe discomfort

If any of the conditions listed below apply to you, consult your physician or competent healthcare practitioner who is familiar with whole body vibration therapy before using the Turbosonic.

- \*Serious cardiovascular condition
- \*Pacemaker or other electrical implant
- \*Pregnancy
- \*Acute thrombosis
- \*Hip, knee or other joint replacements
- \*Epilepsy
- \*Severe migraine
- \*Recently placed IUD, metal pins or plates



## Operating guide of Sonic Whole Body Vibration



### Operating guide of Sonic Whole Body Vibration

1. Plug the power cord at the rear of the body into the power source.
2. Press "STOP" for 3 seconds, then the machine goes into standby mode.
3. Step on the plate and straddle the feet in shoulder width.
4. Press "START" for 3 seconds, then the machine goes into operating mode.

#### In Manual Mode

4. Select MANU 1 or MANU 2 mode by using mode selection button (Initial mode is set at "MANU 1".)
5. Press "START" button.
6. Press "TIMER" button to set the time. (1 minute increment per press, up to max. 10 minutes)
7. By using "INTENSITY" and "FREQUENCY" dials set the Intensity(0~99) and Frequency (MANU 1 : 3~25Hz, MANU 2 : 26~50Hz) for desirable exercise fitting to the physical condition of the user
8. Please refrain from excessively long time exercise.
9. To stop while in operation, simply press "STOP" button. It slows down gradually for 5 seconds. Please make sure the operation stops completely before stepping down from the plate.

#### In Program Mode

4. Select the desired program by using mode election button. (please refer to page 13,14 for program mode manual)
5. Select the appropriate intensity (Low, middle, high) by using "INTENSITY" dial.
6. Press "START" button.
7. Exercise time is preset for 10 minutes.
8. To stop while in operation, simply press "STOP" button. It slows down gradually for 5 seconds. Please make sure the operation stops completely before stepping down from the plate.



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by Turbosonic  
**TT2590X7, X5**  
User's Guide



# Operating guide of Remote Control

## Operating guide of Remote Control



1. Plug the power cord at the rear of the body into the power source.
2. Turn the power switch "ON"
3. Step on the plate and straddle the feet in shoulder width.
4. Press "POWER" button on the Remote Control, then the machine will turn into operating mode.

### In Manual Mode

5. Select MANU 1 or MANU 2 mode by using "MODE" button (Initial mode is set at "MANU 1".)
6. Press "START/STOP" button.
7. Press "TIME" button to set the time. (1 minute increment per press, up to max. 10 minutes)
8. By using "INTENSITY" and "FREQUENCY" UP/DOWN button to dials set the Intensity(0~99) and Frequency (MANU 1 : 3~25Hz, MANU 2 : 26~50Hz) for desirable exercise fitting to the physical condition of the user
9. Please refrain from excessively long time exercise.
10. To stop while in operation, simply press "START/STOP" button. It slows down gradually for 5 seconds. Please make sure the operation stops completely before stepping down from the plate.
11. In case of not using the machine for longer time, turn the machine into standby mode by pressing "POWER" button.

### In Program Mode

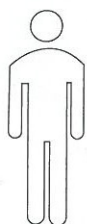
5. Select the desired program by using "MODE" button. (please refer to page 13,14 for program mode manual)
6. Select the appropriate intensity (Lo : Low, HL : middle, Hi : high) by using "INTENSITY" UP/DOWN button.
7. Press "START/STOP" button.
8. Exercise time is preset for 10 minutes.
9. To stop while in operation, simply press "STOP/STOP" button. It slows down gradually for 5 seconds. Please make sure the operation stops completely before stepping down from the plate.
10. In case of not using the machine for longer time, turn the machine into standby mode by pressing "POWER" button.



Look  
Great

Feel  
Great





### Pro 1. Standard Mode

This is the most general program, combining with frequency of 4 ~25Hz and intensity of 5~99, which gives feelings of diverse variations. You can feel the intensity and rhythmical movement of the sonic vibration simultaneously.



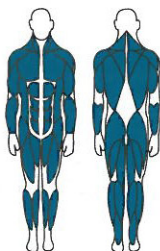
### Pro 2. Children

It is set at frequencies of 4, 8, 25Hz mainly which are quite suiting to the general exercise of children. As it is programmed not to exceed over intensity of 50, children under 13 years can take exercise safely in this mode.



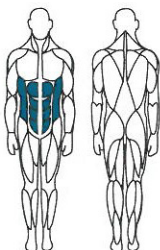
### Pro 3. The aged

It is set at frequencies of 4, 7, 20~25Hz. As it is programmed not to exceed over intensity of 70, the aged can take exercise being free from any injury in this mode.



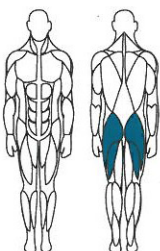
### Pro 4. Massage

This mode is programmed exclusively for massage stimulating the whole body using mainly 20~45Hz of sonic vibration.



### Pro 5. Abdomen

Though, in upright standing posture, the rectus abdominal muscle shows stimulation in the entire range of frequency, this mode is programmed mainly at the frequency ranges of 8, 24 and 40 Hz which are giving stimulation mostly to the rectus abdominal muscles according to the result of electromyogram- experiments based on biodynamics, and enables the abdominal muscles to exercise easily in upright standing posture.



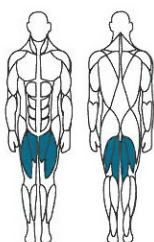
### Pro 6. Buttocks

This mode combines programs mainly with the range of 5~11 Hz in which the glutens maximus muscle gets the biggest stimulations, and gives the vibration exercise to the buttocks easily in upright standing posture.



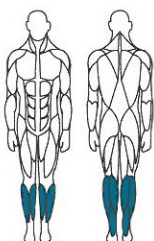
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by TurboSonic  
TT2590X7, X5  
User's Guide

# Program Modes



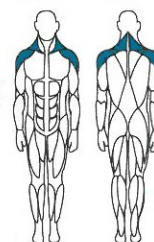
## Pro 7. Inguinal Region

As well as the rectus abdominal muscle, the femoral muscle gets much stimulations among 8 large muscles in human body within the entire frequency range. However, based on the result of electromyogram-experiments, this mode is programmed mainly at 6~12Hz and 20Hz which shows the highest activity rate and enables the femoral muscle to get exercise easily in upright standing posture.



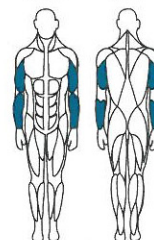
## Pro 8. Calves

This mode is programmed in the frequency range of 18~24 Hz which gives much stimulation to the soleus muscle among the several muscles in the calf regions, and enables to give exercise onto calves region in upright posture.



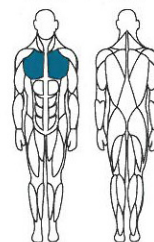
## Pro 9. Shoulder

This mode is programmed in the frequency range of 9, 10, 11 and 16 Hz which shows the high activity rate of the trapizius muscle among the several muscles around the shoulder, and enables to give exercise easily onto shoulders in upright standing posture.



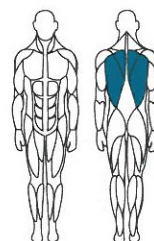
## Pro 10. Hand

This mode is programmed in the frequency range of 4, 5, 6, 7 and 10 Hz which shows the high activity rate of the biceps brachii muscle among the several muscles around the hand, and enables to give exercise easily onto the biceps brachii region in upright standing posture.



## Pro 11. Chest

This mode is programmed in the frequency range of 3~9 Hz which shows the high activity rate of the musculus pectoralis major consisting with most of chest region, and enables to give exercise easily onto chest region in upright standing posture.



## Pro 12. The back

The erector spinae is one of the muscle which gets relatively less stimulation among muscles locating in the back. Based on the result of electromyogram-experiments, This mode is programmed mainly with the range of 9, 10, 11 and 15Hz which shows the most high activity rate and enables to give the exercise centered onto the back and lumbar region in upright standing posture.



Look  
Great

Feel  
Great



## Stimulus region by the Frequency(Hz)



Turn your body  
by TurboSonic  
TT2590X7, X5  
User's Guide

3Hz	Whole body(walk)
4Hz	Arm, Shoulder
5Hz	Chest, Shoulder, Back
6Hz	Shoulder, Back, Abdomen(Trunk)
7Hz	Back, Abdomen(Trunk), Hip
8Hz	Abdomen, Back, Hip
9Hz	Abdomen, Waist, Hip
10Hz	Thigh(Inner), Waist, Hip
11Hz	Thigh(Inner), Waist, Hip, Prostate(Man)
12Hz	Face, Knee, Thigh
13Hz	Knee, Face, Thigh
14Hz	Whole body(Backbone), Trapezius, Face
15Hz	Neck, Thigh(Front), Calf
16Hz	Thigh(Front), Calf
17Hz	Abdomen, Thigh(Inner), Front Pelvis
18Hz	Entire stimulation to the Whole Body
19Hz	Entire stimulation to the Whole Body
20Hz	Entire stimulation to the Whole Body
21Hz	Pelvis(Side), Thigh, Underbelly(Women)
22Hz	Pelvis(Side), Thigh, Underbelly(Women)
23Hz	Calf, Thigh(Back)
24Hz	Calf, Thigh(Back)
25Hz	Calf, Thigh(Back)
26~50Hz	Muscular stimulation and muscular nervous system stimulation Rehabilitation training and circulation massage

# 24 Basic Training for Turbosonic

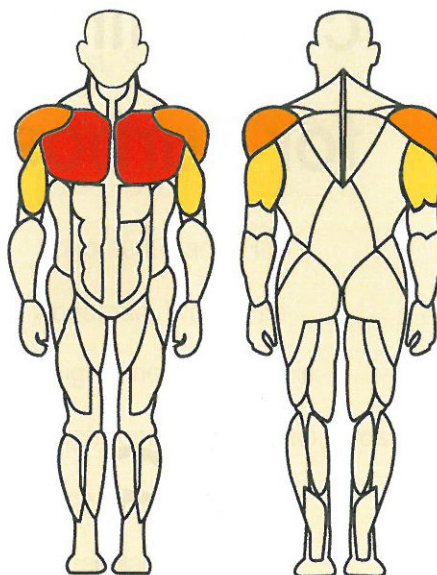


Look  
Great

Feel  
Great



# Pectoralis



## P 1 PUSH UP 10Hz~14Hz

Strength

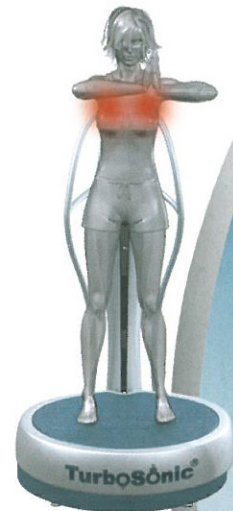
- ◇ Extend the elbows toward outside, lie down on the plate and take a push-up stance.
- ◇ Stick the palms to the plate and transmit a strength direction toward the two thumbs.
- ◇ **CAUTION**  
Adjust the height of the shoulder and waist horizontally not to get the waist drooped downward.



### P 2 PUSH EACH HAND 9Hz~13Hz

#### Strength

- ◇ Raise the elbows as much as a shoulder width, gather the two hands in front of the face as a sort of praying shape.
- ◇ Push the palms which faced each other to each inner side of the palms, move it to the left and right not to make the body twist.
- ◇ **CAUTION**  
Do not let the two hands exceed a movement range over than that of the shoulder width.



### P 3 PECTORALIS STRETCHING 8Hz 12Hz

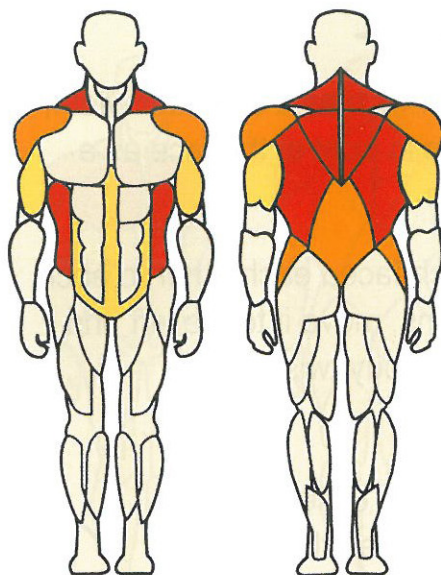
#### Stretching

- ◇ Sit down and the edge of the plate while straightening the waist, grab by one hand the grip of the guard which is at the rear of the body
- ◇ Get down the elbows to come over to the below line of the chest.
- ◇ **CAUTION**  
When pushing down the elbows, keep well the forearm a vertical state against the bottom not lean to forward.





# Back



## B 1 PULL DOWN 13Hz~18Hz

Strength

- ◇ Raise the two hands to the above of the head while stretching the elbows.
- ◇ Open the chest, gather the shoulder blade to a center of the back so as to maintain a tension state, and push down the elbows as an axis.
- ◇ Get down the elbows to come over to the below line of the chest.

### ◇ CAUTION

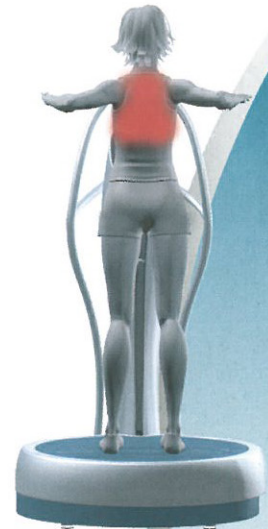
Maintain the upper body frontally not make it lean to a side or not to make the waist twist.



## B 2 ROWING BACK

13Hz~18Hz

- ◇ Stretch the back of the hands abreast forward to look and the sky to the chest height while maintaining the two arms as much as a shoulder height.
- ◇ Gather the shoulder blade to a center of the back to enable the bottom, and push down backward with the elbows on the center.
- ◇ **CAUTION**  
When pushing down the elbows to the rear, maintain a height of the below chest.



## B 3 ROLLING UP SPIN

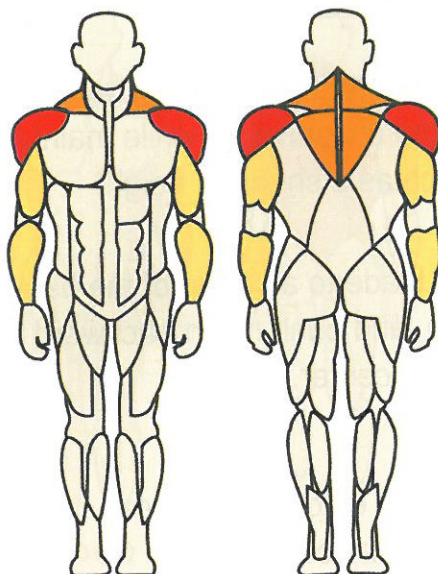
13Hz~18Hz

- ◇ Extend the two as much as a shoulder width and grab the guard.
- ◇ Roll the back like a circle so as to push the center part of the back to the rear to a maximum and raise the pelvis to a front while getting down the knees a little bit.
- ◇ Straighten the arms that grabbed the guard, pull down the jaw to downward.
- ◇ **CAUTION**  
Move the upper body to the backside as if pulling the guard slightly.





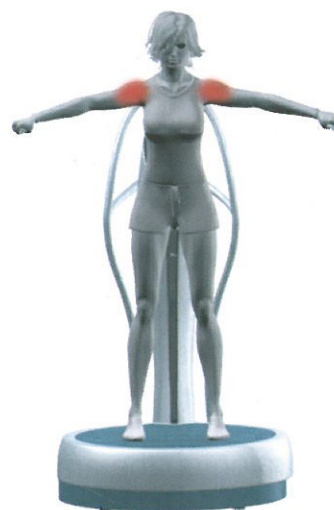
# Shoulder



## S 1 LATERAL RAISE 5Hz~6Hz

Strength

- ◇ Extend the feet on the plate center as much as a shoulder width, stretch the two hands spontaneously and lift it up to a shoulder height.
- ◇ Maintains a horizontality of the elbows and hands, reiterate ups for 3 seconds and downs for 3 seconds as a felling to move the whole arms.
- ◇ **CAUTION**  
Always do not loosen a tension of the shoulder not to be further raised from the shoulder height and not to let the hands touch the legs.

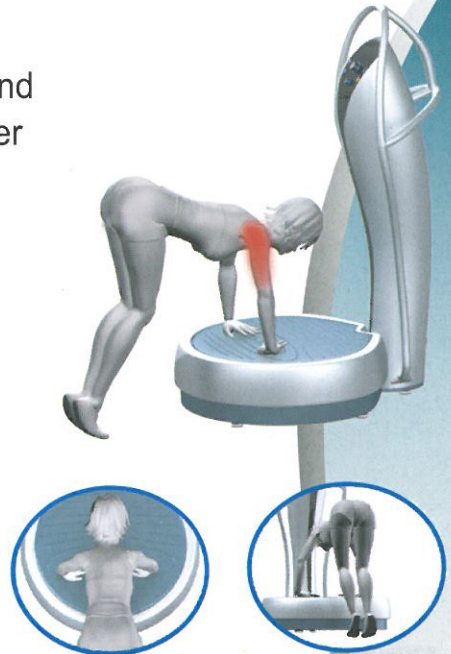


## S 2 SHOULDER PRESS

Strength

10Hz~14Hz

- ◇ Stand facing the plate, bend the upper body and lie flat to enable the fingertips to see each other on the plate center.
- ◇ Straighten the legs and waist, raise the heels of the feet a little bit, move the weight toward the upper body and begin to bend the elbows.
- ◇ **CAUTION**  
Raise the heels so that the shoulder and hands be positioned in a straight line.

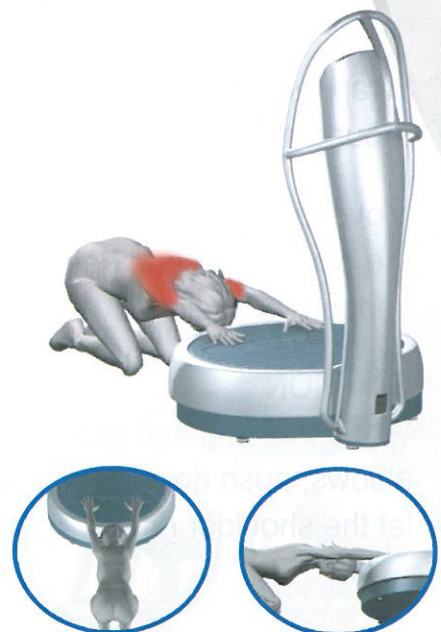


## S 3 NECK & SHOULDER STRETCHING

Stretching

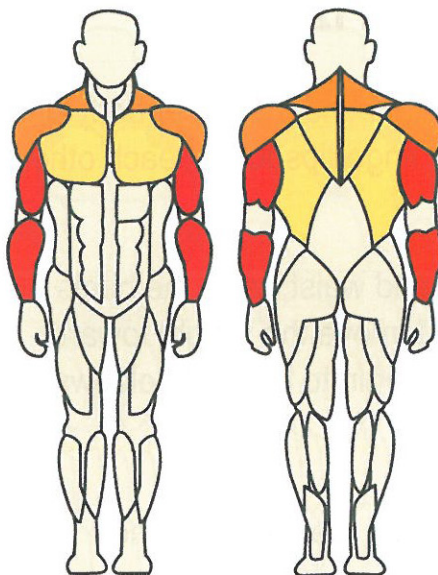
10Hz~14Hz

- ◇ Face the plate, take one step backward, get down the chest to the floor enabling the two legs and upper body to touch each other.
- ◇ Push the hip backward push and get down the chest to the floor enabling the two legs and upper body to touch each other.
- ◇ **CAUTION**  
Be careful not to let the palms and forearms fall off from the plate, full the heap and fingertips as a feeling to get away each other to a maximum.





# Arm



## A 1 TRICEPS DIP 11HZ~15Hz

Strength

- ◇ Wrap the plate edge part by the fingers, turn around and sit down at the end of the plate.
- ◇ Move the hip forward, pull out it outside of the plate, bend and get down the elbows, support the weight by the arms.
- ◇ **CAUTION**  
When bending and getting down the elbows, push down to downward not to let the shoulder rise.



### A 2 PRAY EXERCISE 6Hz~9Hz

Strength

- ◇ Bend the legs on the plate center, sit down comfortably, straighten the waist and gather the two hands in front of the chest.
- ◇ Push the hands that gathered in front of the chest to the opposite direction of the hands each other, fix the wrist and take over the fingertips obliquely.
- ◇ **CAUTION**  
Be careful to enable the elbows height, hands height to maintain at a chest line.



### A 3 WRIST STRETCHING 13Hz~16Hz

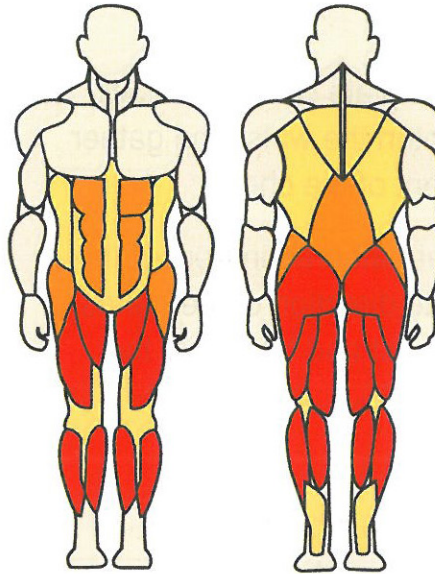
Stretching

- ◇ Face the plate, take one step backward, get down the knees on the floor and put the two hands on the plate.
- ◇ Turn the wrist to enable the fingertips to see the body and stick it to the plate, push the hip backward and enlarge the muscle around the wrist.
- ◇ **CAUTION**  
When the forearm muscle is relaxed, do not give a reaction, and do not allow the hands fall off from the plate either.





# Leg



## L 1 SQUAT 12Hz~16Hz

Strength

- ◇ Extend the legs on the plate center as much as shoulder width, grab the guard, erect the waist, bend the knees and sit down.
- ◇ Pull out the hip backward not to make the knees protrude forward than the tiptoes, maintain the wrist and bend the upper body forward.

### ◇ CAUTION

Be careful to let the tiptoes and knees indicate to the same direction, make the hands that grabbed the guard keep a balance only.



## 24 Basic Position

### Strength

### L 2 T-BALANCE

13Hz~17Hz

- ◇ Grab the guard on the plate center, stand up, raise the leg from the heel and bend the upper body forward in order for the body to be a T shape.
- ◇ Straighten the supporting leg and load the weight toward the heel, keep a balance while not pulling the guard.
- ◇ **CAUTION**  
Push down the pelvis downward not to make the pelvis twist due to the raised leg, lift up the heel as an axis.

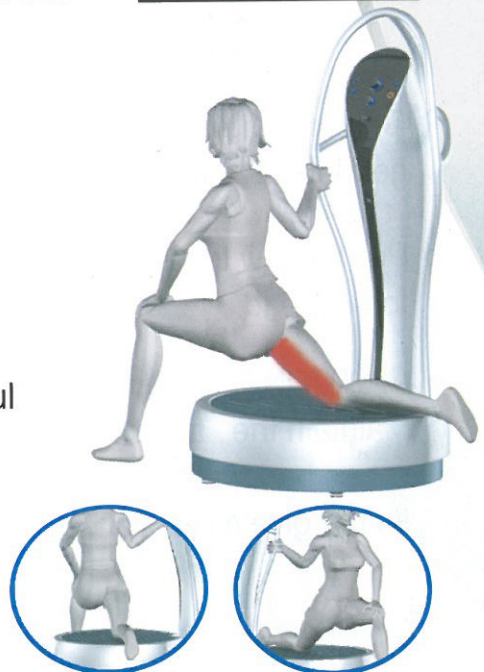


### L 3 QUADRICEPS STRETCHING

14Hz~18Hz

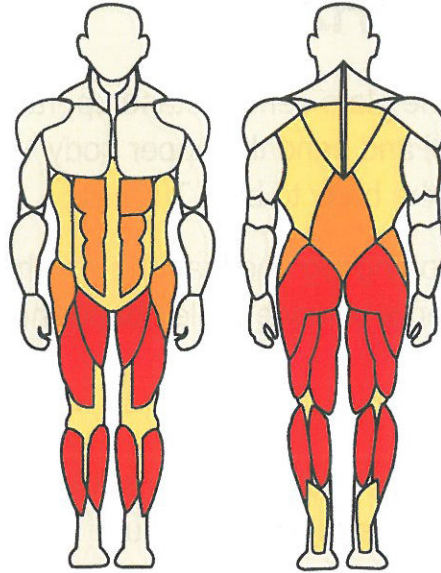
### Stretching

- ◇ Get down the one knee of the one leg on the plate, put the opposite leg outside of the plate and support it erecting the one knee.
- ◇ Straighten the upper body, push forward the one leg that put on the plate while being careful not to make the pelvis of the said leg twist.
- ◇ **CAUTION**  
Get the foot be positioned not to make the knee of the leg that support below the plate step forward than the tiptoe.





# LEG



## L 4 Trunk flexion 15Hz~20Hz

### Stretching

- ◇ Gather the two feet on the plate center, stand up get down the upper body as a feeling to fall down.
- ◇ Pull the jaw to relax to a maximum from the waist to the head.
- ◇ **CAUTION**  
Maintain the traightened legs not to make the knees bend, move the weight to the heels and do not give a reaction.



## 24 Basic Position

### Strength

# L 5 Calf raise

## 12Hz~18Hz

- ◇ Extend the legs on the plate center as much as a shoulder width, stand up, grab the guard, erect the waist, bend the knees and sit down.
- ◇ While the hands are being kept a balance only, raise the heels to approximately 50° from the plate.
- ◇ **CAUTION**  
Maintain a proper height since the stance that raised the heels a lot may preferably give an excessiveness to the ankle joint.



# L 6 Calf stretching

## 12Hz~18Hz

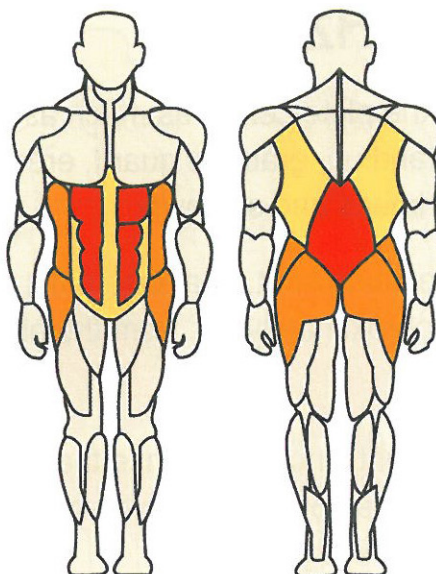
### Stretching

- ◇ Extend the legs on the edgepart of the plate as much as a shoulder width, stand up, grab the guard stretching the two hands.
- ◇ Push the hip and upper body toward the guard while straightening the knees not to let the heels fall off from the plate.
- ◇ **CAUTION**  
When pushing down the upper body toward the guard, make the body a straight line not to make the hip draw out to backward.





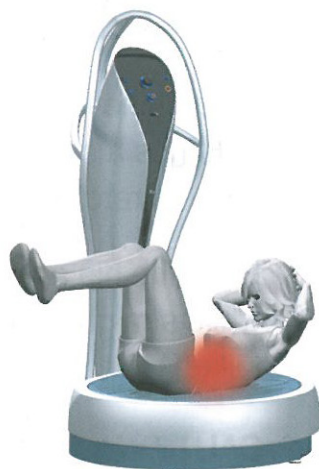
# Core



## C 1 Crunch 10Hz~14Hz

Strength

- ◇ Support the head by the two hands, put the back on the plate and lie down, bend the knees to 90° and raise the legs toward the abdomen.
- ◇ Pull the jaw toward the chest side, let the eyes look at the navel and raise the shoulder blade(wing bone) on the plate.
- ◇ **CAUTION**  
Be careful to let the tiptoes and knees indicate to the same direction, make the hands that grabbed the guard keep a balance only.



### C 2 LEG CIRCLE 11Hz~14Hz

Strength

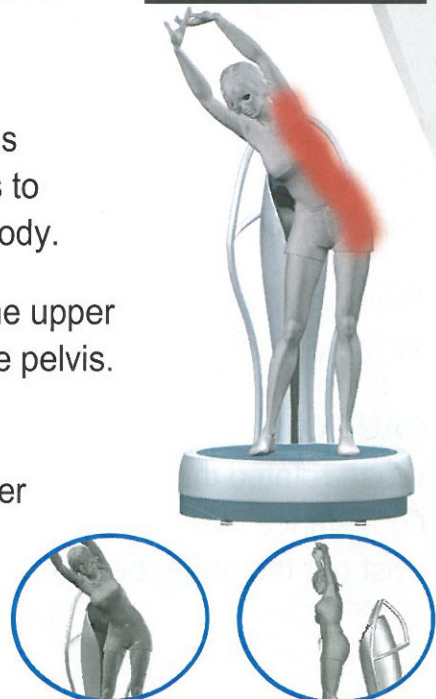
- ◇ Put the back on the plate and lie down, straighten the knees, gather and lift up the legs enabling it to be vertical against the floor.
- ◇ Gather the tiptoes of the raised legs, slowly draw a circle by the tiptoes while maintaining not to make the knees fall off.
- ◇ **CAUTION**  
When drawing a circle by the tiptoes, induce a tension of the underbelly not to make the hip fall from the plate.



### C 3 OBLIQUE STRETCHING 18Hz~22Hz

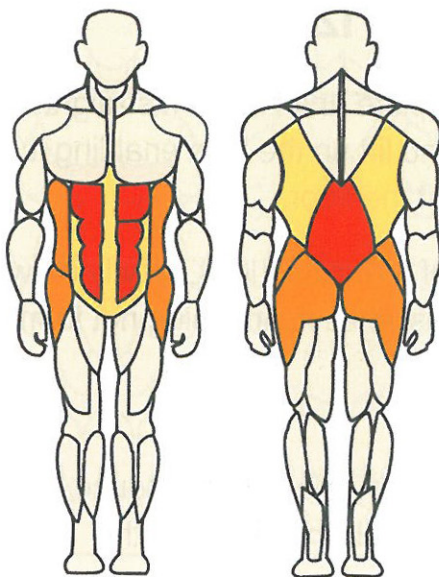
Stretching

- ◇ Extend the legs on the plate center as much as a shoulder width, stand up, raise the two arms to the above of the head and stretch the upper body.
- ◇ Push the pelvis toward the side, push down the upper body downward to the opposite direction of the pelvis.
- ◇ **CAUTION**  
In proceeding the exercise, straighten the upper body not to make the hip fall out backward.





# Core



## C 4 HORIZONTAL ROTATION 18Hz~22Hz

Strength

- ◇ Extend the legs on the plate center, stand up bend the two arms to 90° and raise it to a shoulder height enabling it to be horizontal against the floor.
- ◇ While maintaining a horizontality with the pelvis as the center, rotate the upper body.
- ◇ **CAUTION**  
When rotated the upper body, stand at the right stance that neither make the knees twist nor the upper body lean to.



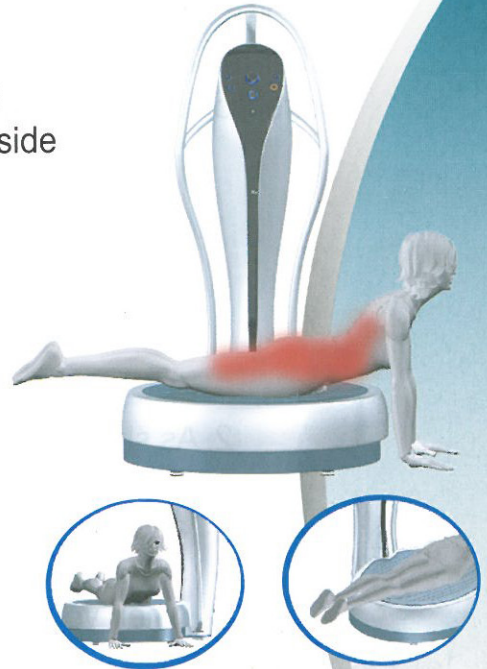
## 24 Basic Position

### Strength

### C 5 COBRA

#### 9Hz~13Hz

- ◇ Lie flat to enable the abdomen to touch on the plate, put the two hands down on the floor outside of the plate.
- ◇ Gather the tiptoes of the raised legs, slowly draw a circle by the tiptoes while maintaining not to make the knees fall off.
- ◇ **CAUTION**  
When drawing a circle by the tiptoes, induce a tension of the underbelly not to make the hip fall from the plate.



### C 5 VERTEBRA STRETCHING

#### 11Hz~15Hz

### Stretching

- ◇ Bend the legs on the plate center, face the two soles of the feet each other, gather it and sit down, grab the gathered feet.
- ◇ Pull the jaw toward the chest side, roll the upper body like a circle, hang down the upper body forward and push down.
- ◇ **CAUTION**  
When hanging down the upper body, set up the exercise range not to make the hip fall off from the plate.





## Quick replacement of fuse

1. After remove the power cord, turn the jutting part in the direction of arrow and then separate the fuse holder.



2. As shown in the photo, extract the fuse holder, remove both fuses in the holder slots, and replace with two spare fuses which are supplied with in the "Package List". when you replace the fuses, must replace both fuses at the same time.



3. Lock the jutting part with replaced fuses, turning them in the opposite direction of arrow.



\* When all of the supplied spare fuses are used out, please purchase specified fuses for further replacement.  
(Fuse : 250V / 10A)



Turn your body  
by Turbosonic  
TT2590X7, X5  
User's Guide

# Troubleshooting list before service claim

Trouble	Check Point/Solution	
Power does not come on.	Check Point	Check if the power cord is not connected to power source properly. Check if the power switch is "Off" Check if the fuse has blown out .
	Solution	Connect the power cord firmly Turn the power switch "On" Replace the fuse . (refer to page 33)
Excessive shaking and noise of the body while in operation.	Check Point	Check if the place where the product is located is tilted Check if the product is not leveled with the floor.
	Solution	Relocate the product to a leveled and solid floor Level the product by adjusting the leveling screw under the plate.
The product stops suddenly during the operation.	Check Point	Check if too many plugs are connected to the power outlet which is connected with the product..
	Solution	Use an exclusive power outlet for the product.
Error Message while in operating	Check Point	ER 001 - No Load ER 002 - Over Heat
	Solution	ER 001 : It indicates that the user steps down from the plate while in operation. Turn the machine OFF, then turn it ON once again. ER 002 : It indicates that the amplifier is overheated due to excessive operation. Turn the machine OFF and let the machine to be cool down for 30 minutes, then turn it ON.
No vibration in the plate , while the control panel works normally.	Check Point	Check if the ITENSITY is set in "0"
	Solution	Intensity can be controlled only in MANU 1 and MANU 2 mode. Adjust the intensity with the INTENSITY dial



Look  
Great

Feel  
Great





Turbosonic Therapy System  
Turn your body  
by TurboSonic  
TT2590X7, X5  
User's Guide

Harmony between sound and humans  
**Turbosonic**<sup>®</sup>  
Turbosonic Therapy system

Excellence in Vertical Vibration

**Turbosonic**<sup>®</sup>  
Turbosonic Therapy system

*Handwritten signature and date 2-19-15*

#### Domestic Patent

Patent No. 10-0620147 VIBRATORY APPARATUS OF EXERCISE

Patent No. 10-0651766 MAGNETIC CIRCUIT EQUIPPED WITH DUAL  
MAGNET, AND ITS APPLIED SPEAKER &  
VIBRATOR USED IT WITHIN

#### Overseas Patent

US patent No. US 7,141,029, B2 VIBRATORY APPARATUS OF EXERCISE



Korea Food & Drug Administration



HH-07763-0001A

KETI Safety Certificate of Electric Appliance



IEC 60335 Certificate



ISO 9001 : 2000

ISO 13485 : 2003



U.S Food & Drug Administration



U.S NRTL Certificate



Certificate



0470

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