

SONIX

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SONIX USER MANUAL

SW-VM15 / SW-VC15 08-31-2023

▶ Please read this manual carefully before use.



www.sonicworld.kr

Integrated Sonic Wave System

SONIX
SONIX

USER MANUAL

- Please read this manual carefully before use.
- Please keep this manual in a safe place.
- This product has been manufactured for overseas use only.

1 Package Components

2 Safety Guidelines

- Safety guidelines for handling
- Safety guidelines for electric power
- Safety guidelines for installation
- Safety guidelines for operation
- Safety guidelines for maintenance & storage

3 Principle of Operation

- Beneficial Effects and Applications
- Nomenclatures
- Control Panel
- Buttons
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- Audio System

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- Program Modes(SW-VM15)
- SONIX Training Programs







9 After Service

Package Components

Complete Configuration



Body and plate can be packaged separately

	Power cord	2m
	Rubber leveling pad	1mm 2ea 1.5mm 1ea
	Audio connection cable	Input external audio
	T spanner 1pcs	6mm
	bolt (4pcs)	M8x70
	hardcopy	

> Safety guidelines

> Safety guideline for handling

In order to prevent any accident or hazard, users shall follow the below instructions of cautions for safe and proper operation of the product.

Cautions are distinguished into warning or attention



or



injury or damage can be caused if not properly followed.

Meaning of Symbols



Observation



Inhibition



No disassembly



Remove power plug



Ground

4

5

> Safety Guideline for electric power



Observation

To avoid risk of electrical shock, this equipment must only be connected to a grounded outlet.

This Product shall be overseas use only.

The power plug should not be depressed by rear side of the product.



Inhibition

Do not touch power plug with wet hands.

Power cord shall not be bent excessively nor placed under heavy object.

Any damaged power cord or outlet shall not be used.



Observation

An exclusive power outlet shall be assigned for the product. Simultaneous use of other appliances may destroy fuses or may cause a failure of the product.

Dusted power plug terminals shall be cleaned with a dry cloth before use.



Remove power plug

If smoke or a burning smell comes from the machine, please stop operation immediately and remove the power cord.

> Safety guideline for installation



Inhibition

Do not install the product in a wet area or high humidity.

Do not install the product in the areas where it may be exposed to water.

The product shall be installed at least 20 centimeters away from the wall.

The product shall be installed on solid and level floor.



Observation

Make sure the power outlet is capable enough to support the maximum power consumption of the product.

Proper carrier shall be used to move the product; or improperly moving the machine may cause damage.

> Safety guideline for operation

Press the "START" button after your stance is firm and stable:
Abrupt operation at unstable stance may cause physical damage.

Stepping down from the plate while in motion may cause injury.
Press "STOP" and then make sure the product stops completely
before descending from the product.



Observation

For power saving, unplug the power cord from the outlet.

Jumping on the plate while in operation may cause injury or damage to
the product.

Children and the elderly should be accompanied by a guardian for safety.



No
disassembly

No modification of this equipment is allowed.

Please do not disassemble, repair or modify the product which may
cause consequential damage or malfunction of the product.

> Safety guidelines for maintenance & storage

Do not place any flammable material near the product.



Inhibition

Do not spray water directly, or do not use benzene, thinner or bleach to clean the product.

Unplug the power cord from the outlet before cleaning.

To clean the control panel, wipe it out with dry cloth.
Water should not get into the control panel.



Observation

To clean the product surface, use appropriate cleaning solution suitable for the product material.

Clean and dry the product before long-term storage.

> Principle of Operation

- 1 Sonic wave vibrations are generated using new forms of speaker mechanism instead of rotating motors their energy is delivered to body, stimulating muscle fibers (myocytes). The machine promotes muscle contraction and relaxation, whereby muscle strength is improved faster than usual muscle trainings.
- 2 The Sonic wave vibration machine from SONIC WORLD, is an innovative product developed with optimal application of sonic wave frequencies that helps to improve training, immunity, and autotherapy in a short period of time.



> Beneficial Effects and Applications

1 General Training | Help to improve balance and health

Exercise on the Sonix is very effective for people who cannot exercise due to physical factors or those without the time or space for traditional exercise. Using the Sonix, you can achieve the effect of aerobic exercise in a shorter amount of time.

2 Special Training | Increase muscle strength through intense power training

The Sonix provides strength training by stimulating fast-twitch muscle fibers. For athletes who perform explosive exercise during sports, like sprinting, jumping or throwing, fast-twitch muscle fiber training can help. The Sonix also helps to improve muscular endurance by stimulating growth hormone production, which can help stimulate slow-twitch muscle fiber.

3 Safe but efficient Effect of Sonic Waves

The Sonix stimulates and relaxes tendons and ligaments, which are hard to train with traditional exercise. Additionally, sonic wave exercise stimulates small muscle groups, like facial muscles and pelvic muscles, which traditional weight training cannot.

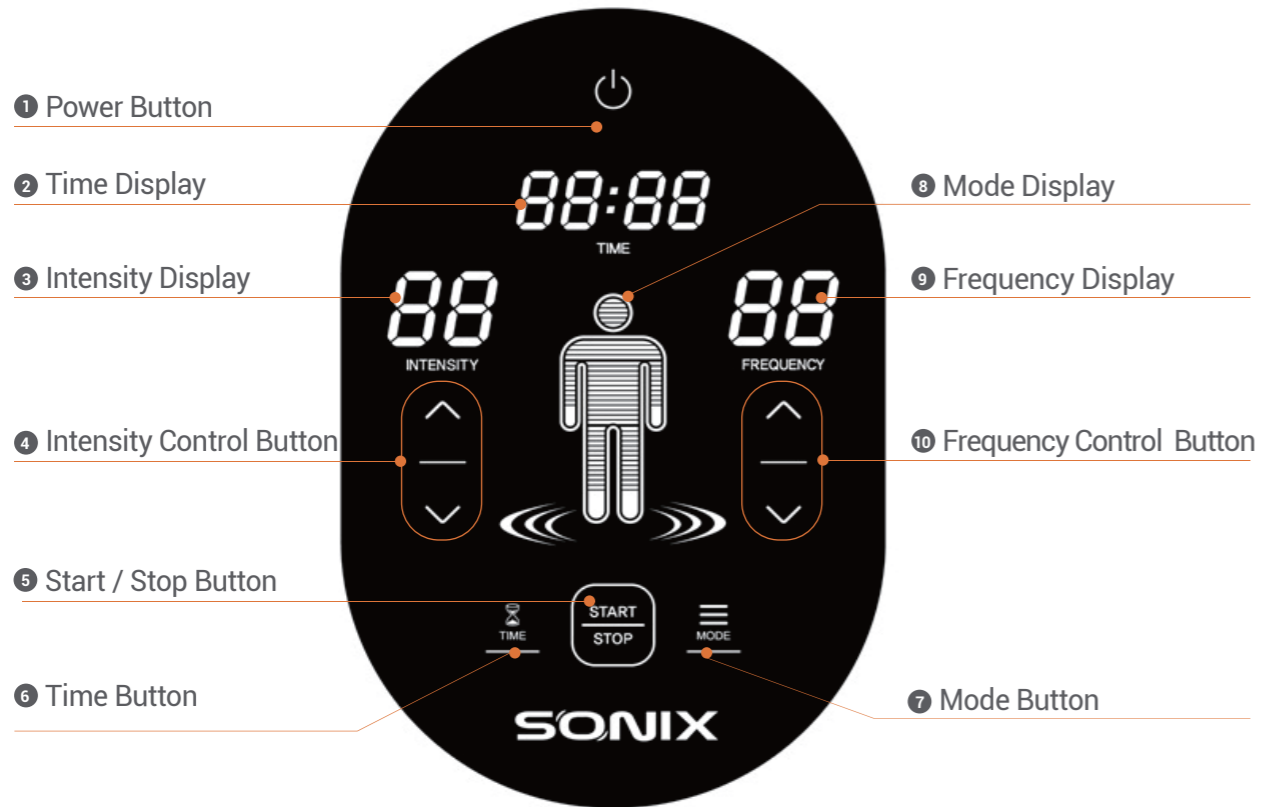
Whole body vibration combined with traditional weight training increases maximum muscle strength by 30%, reduces the required training period by 85%, and also reduces session length by 50%.

Vibration exercise is also low-impact. It does not stress or overload the joints, tendons or ligaments, which helps to greatly reduce the risk of injury.

> Nomenclatures



> Control Panel



> Buttons

- 1 Power Button**
Press Power Button to check control panel (You will hear buzz sound when it turns on). Every LED will turn on with initial settings of frequency to 7Hz, intensity to "0", and time to "10" minute.
- 2 Time Display**
Remaining time is displayed.
- 3 Intensity Display**
- Vibration intensity is displayed in the range of 0-99.
- In Pro mode, L1, L2, L3, L4, L5 is displayed.
- 4 Intensity Control Button**
- In Manual mode, the level of intensity can be selected in the range of 0~99(by increment of 10).
- In Pro mode, the intensity can be selected from 5 levels : [L1, L2, L3, L4, L5].
- 5 Start / Stop Button**
Press this button once to start to operate. Press it again to stop operation (blue: stop, red: in operation)
- 6 Time Button**
Each press increases 1 minute up to maximum 10 minutes. You can use this button during operation.
- 7 Mode Button**
Individual modes can be selected in sequence of Manual, Pro1, Pro2, Pro3, and Pro4.
- 8 Mode Display**
Selected mode is displayed .
- 9 Frequency Display**
Frequency range of 3 - 50Hz , and 55hz, 60hz, 65hz, 70hz are displayed.
- 10 Frequency Control Button**
In Manual mode, the frequency (Hz) can be selected from 3 to 50 Hz by the increment of 1Hz. and 55hz, 60hz, 65hz, 70hz.

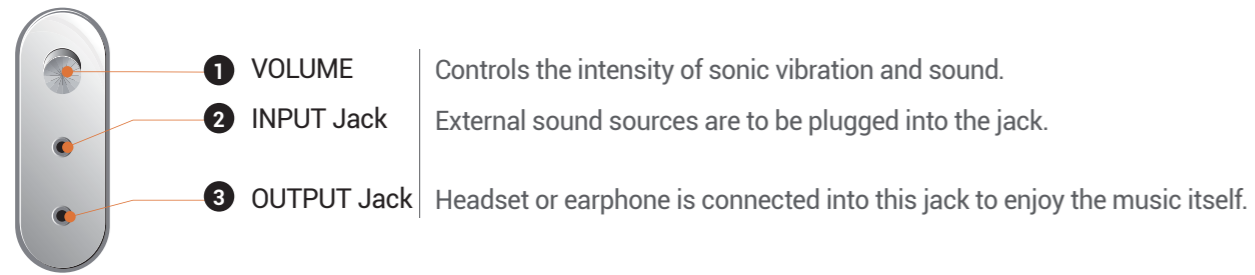
> Display

- 2 Time Display**
Remaining time is displayed.
- 3 Intensity Display**
- Vibration intensity is displayed in the range of 0-99.
- In Pro mode, L1, L2, L3, L4, L5 is displayed.
- 8 Mode Display**
Selected mode is displayed .
- 9 Frequency Display**
Frequency range of 3 - 50Hz , and 55hz, 60hz, 65hz, 70hz are displayed.

> Audio System

DUO (Dual Mode Operation) Feature

The Sonix is equipped with DUO, a feature which integrates sound waves from a connected audio device (like an MP3 player) with the standard vibration from the machine.



Model	SW-VM15	SW-VC15
Applicable Frequency	0.1~100,000Hz	0.1~100,000Hz
Operating Frequency	3~50Hz, & 55,60,65,70Hz	3~50Hz, & 55,60,65,70Hz
Max. Loading Weight	Max 130 Kg	Max 250 Kg
Power Source	110-120V/50Hz, 60Hz 220-240V/50Hz, 60Hz	110-120V/50Hz, 60Hz 220-240V/50Hz, 60Hz
Power Consumption	210W	230W
Sonic Wave Generator	150Φ	150Φ
Operating Conditions	Temp.: 0-40°C (32-140°F) Humidity : 0-80%	Temp.: 0-40°C (32-140°F) Humidity : 0-80%
Size	700mm X 750mm X 1450mm	850mm X 850mm X 1450mm
Weight	Body 12kg , Plate 35Kg	Body 12kg , Plate 65Kg
Color Options	Silver, White	Silver

* These specifications are subject to change at manufacturer's discretion without prior notice.



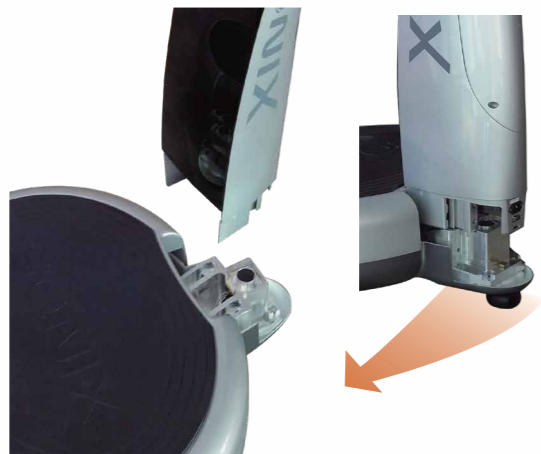
> Assembly and Disassembly Instructions

16

17

> Assembly

1



- a Put the plate on flat floor.
- b As above photo, insert the body into the hole on the plate.

2



- c Fasten the bolts 4ea (M8X70), using enclosed T-wrench.

3



Assemble the plate's cover.

4



Use leveling pad under plate to level.
Plug power cable into socket.

> Assembly

5



How to Operate SONIX

- 1 Push "POWER" button on control panel.
- 2 After pushing "START" button, push "INTENSITY" and "FREQUENCY" buttons to set your level.
- 3 Confirm the machine is operating properly.

> Disassembly

6

- 1 Disassembly procedure is in the reverse order of the assembly procedure.
- 2 Power cable must be removed in advance prior to disassembly.
- 3 To disassemble the machine follow the assembly sequence in reverse order from #5 to #1.

> How to operate SONIX

In Manual Mode

- 5 Press Power Button to turn on the product (initial settings: frequency to 3Hz, intensity to "0", and time to "1" minute).
- 6 Press Time Button to set the time (increment by 1 min per press, up to 10 minutes).
- 7 Press Start Button.
- 8 Adjust INTENSITY(0-99, increment by 10) and FREQUENCY(3-70Hz) to your choice.
- 9 Press Stop Button to stop operation. Step down from the plate after it stops completely.
- 10 Press Power Button to stop operation and change into standby.

In Program Mode

- 5 Press Mode Button to select the program you want.
- 6 Press Intensity Button to adjust intensity.
- 7 Time is set to 10 minutes. (You can't change intensity and frequency during operation).
- 8 Press Start Button.
- 9 Press Stop Button to stop operation. Step down from the plate after it stops completely.
- 10 Press Power Button to stop operation and change into standby.

> User Requirements

SONIX is a safe, state-of-the-art sonic wave vibration exercise machine. However, for maximum safety, follow all safety instructions. Sonic World is not responsible for injury.

1. Avoid excessive use. Limit use to 30 minutes per session and 2 sessions per day.
2. Consult with your doctor or healthcare provider, if you have a limiting condition.

- Cardiovascular issues
- Vertebral disk injuries
- Cancer
- Recovering from surgery
- If you use a Pacemaker or similar device
- Epilepsy or a seizure condition
- Have had broken bones repaired with screws
- Pregnancy

> SONIX Training Program

> Stimulation Area per Frequency

3Hz	whole body exercise	15Hz	thigh (front), calves, knees
4Hz	arms, shoulders	16Hz	thigh (front), calves, knees
5Hz	chest, shoulders	17Hz	abdomen, thigh (inner), pelvis (front)
6Hz	shoulders, back	18Hz	whole body stimulation (stretching)
7Hz	hip, back, abdomen (Trunk)	19Hz	whole body stimulation (stretching)
8Hz	abdomen, hip, thigh	20Hz	whole body stimulation (stretching)
9Hz	hip, thigh, abdomen	21Hz	pelvis (side), sartorius, lower abdomen (female)
10Hz	waist, thigh (inner)	22Hz	pelvis (side), sartorius, lower abdomen (female)
11Hz	thigh (inner), prostate (male)	23Hz	calves, thigh (back)
12Hz	thigh, face	24Hz	calves, thigh (back)
13Hz	whole body (vertebra), face, knees	25Hz	calves, thigh (back)
14Hz	whole body (vertebra), shoulders, knees	26Hz –	entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, circulation massage

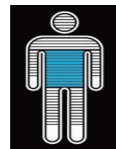
> Program Modes



Lower Body Vibration.

Lower Body

Programed to apply, based on bio-electromyographic experiments, a range of frequencies which stimulate gluteus maximus, femoral muscle, and soleus muscle. This mode of vibrational exercise to easily influence hips, thighs, and calves when standing erect.



Abdomen Vibration.

Abdomen

Programed to apply, based on bio-electromyographic experiments, a range of frequencies which stimulate the rectus abdominus muscle and erector spinae muscle. This mode of vibrational exercise stimulates abdominal muscles when standing erect. (Rectus abdominus muscle is stimulated by all frequencies when standing erect.)



Upper Body Vibration.

Upper Body

Programed to apply, based on bio-electromyographic experiments, a range of frequencies which stimulate trapezius muscle, biceps, and pectoral muscle. This mode of vibrational exercise stimulates the shoulders, arms, and chest when standing erect.



Whole Body Vibration.

Whole Body

Programed to apply whole range of frequencies (3-50Hz) and all intensity levels(10-99) which stimulates most of the muscles in whole body. This general mode of vibrational exercise allows you to feel and enjoy compelling rhythms of sonic wave vibrations.

> SONIX Training Programs

> Pectoralis

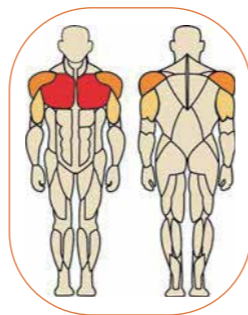
P1 // // // // //
PUSH UP
10Hz-14Hz

Position |

- Extend elbows toward outside, lie face down on the plate, and take a push-up pose.
- Stick palms on the plate and exert force into the directions of thumb ends.

Caution |

- Adjust shoulder and waist heights close to horizontal level, so as to avoid the waist bending down.



> Pectoralis

P2 // // // // //
PUSH EACH HAND
9Hz-13Hz

Position |

- 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 inner directions and move them to left and right alternately, without twisting body.

Caution |

- Do not move hands beyond the shoulder ends.



> Pectoralis

P3 // // // // // PECTORALIS STRETCHING 8Hz-12Hz

Position |

- Sit on the plate edge with waist and back erect, and stretch one arm backward to the main body with the arm in parallel with the floor.
- Push your chest forward to extend chest muscles and arm muscles as much as you can.

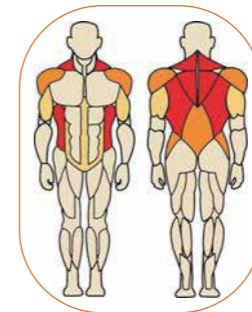
Caution |

- Keep facing forward while maintaining erect waist and back not tilting or twisting upper body.



> Back

B1 // // // // // PULL DOWN 13Hz-18Hz



Position |

- Raise hands with arms open to both sides.
- Open your chest, push the shoulder blades toward center of the back and maintain their tension, and then push elbows down.
- Push elbows down to the below your breast.

Caution |

- Maintain forearms in vertical position to the floor without leaning forward or backward, while pushing down elbows.



> Back

B2 // // // // // ROWING BACK 13Hz-18Hz

Position |

- Stretch arms forward in parallel at 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 push elbows back.

Caution |

- Move upper body backward as if you are pulling the handle slightly.



> Back

B3 // // // // // ROLLING UP SPINE 13Hz-18Hz

Position |

- Take a square stance and hold the handle.
- Push your back backward as much as possible while trying to make your back convex outward, bending knees a little bit and raising pelvis up and forward at the same time.
- Extend arms holding the handle and pull your jaw down.

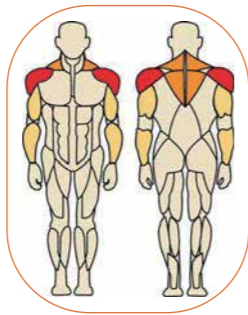
Caution |

- Move upper body backward as if you are pulling the handle slightly.



> Shoulder

S1 // // // // // LATERAL RAISE 5Hz-6Hz



Position |

- 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.

Caution |

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

> Shoulder

S2 // // // // // SHOULDER PRESS 10Hz-14Hz



Position |

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

Caution |

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

> Shoulder

S3 // // // // //

NECK & SHOULDER STRETCHING

10Hz-14Hz

Position |

- Kneel down on the floor facing the plate, bend your waist and back, and put hands on the plate with arms extended.
- Push your hips backward and push your chest down until breast reaches to legs.

Caution |

- Be careful not to separate hands and forearms from the plate but push hips as far as hips and hands can be away from each other.

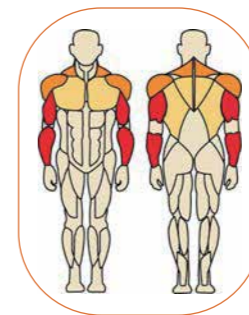


> Arm

A1 // // // // //

TRICEPS DIP

11Hz-15Hz



Position |

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

Caution |

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



> Arm

A2 // // // // // // // // PRAY EXERCISE 6Hz-9Hz

Position |

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

Caution |

- Be careful to maintain forearms in parallel with the floor.



> Arm

A3 // // // // // // // // WRIST STRETCHING 13Hz-16Hz

Position |

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

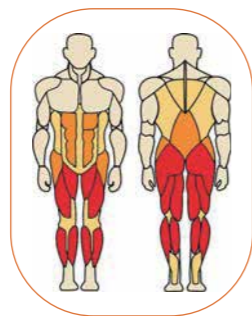
Caution |

- Don't apply any bounds to your wrists. Keep hand firmly on the plate.



> Legs

L1 /////////////// SQUAT 12Hz-16Hz



Position |

- Take a square stance on the plate center, hold handle, erect back right, and bend knees as if you sit down.
- Push hips backward keeping knees in range of your tiptoes, and push upper body forward down without bending your back.

Caution |

- Be careful to place tiptoes and knees in the same direction and to hold the handle softly with your hands to maintain body balance without applying forces.



> Legs

L2 /////////////// T-BALANCE 13Hz-17Hz

Position |

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

Caution |

- Raise one leg as if you are pushing the heel. Push down the pelvis of raised leg not to twist the pelvis itself.



> Legs

L3 //////////////

QUADRICEPS STRETCHING

14Hz-18Hz

Position |

- Stand on the floor with one leg and then kneel down on the plate with the knee of opposite leg, bending the knee of supporting leg on the floor.
- Push upper body forward down moving body weight forward while maintaining upper body erect up and not causing pelvis to be twisted.

Caution |

- Place the foot of supporting leg forward not to allow the knee of the same leg to go beyond above the foot on the floor.

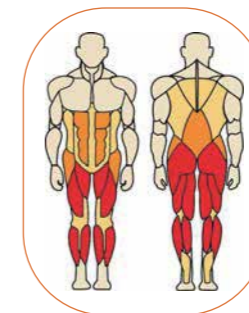


> Legs

L4 //////////////

TRUNK FLEXION

15Hz-20Hz



Position |

- Stand on the plate center with feet close together, and then lower upper body downward.
- Pull your jaw upward to the chest and make your back convex outward in order to stretch your body from head to waist as much as possible.

Caution |

- Don't bend knees and keep legs straight. Move body weight to your heels.



> Legs

L5 //////////////

CALF RAISE

12Hz-18Hz

Position |

- Take a square stance on the plate center, hold the handle and bend the knees as if you sit down with back and waist erected right.
- Raise feet up about 50 degrees from the plate, maintaining body balance by holding the handle with hands.

Caution |

- It may cause ankle ligament to be overloaded if feet are raised too high, raise feet to a proper angle and maintain it.



> Legs

L6 //////////////

CALF STRETCHING

12Hz-18Hz

Position |

- Take a square stance on the plate edge and stretch arms forward to hold the handle with hands.
- Keep knees straight while keeping heels on the plate, and push hips and upper body toward the handle.

Caution |

- When pushing down upper body toward the handle, keep whole body straight without pulling hips back.

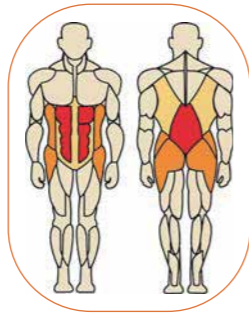


> Core

C1 // // // // //

CRUNCH

10Hz-14Hz



Position |

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

Caution |

- Keep your eyes to belly button in order to relieve overload to the cervical vertebral. Make your back convex outward.



> Core

C2 // // // // //

LEG CIRCLE

11Hz-14Hz

Position |

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

Caution |

- When rotating toes, keep hips and waist on the plate inducing tension in lower abdomen.



C3 // // // // // OBLIQUE STRETCHING 18Hz-22Hz

Position |

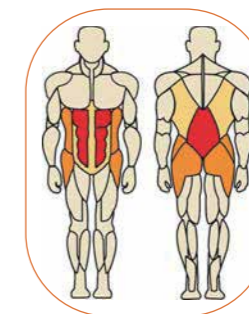
- Take a square stance on the plate center, raise arms up above your head, hold hands keeping elbows straight, and stretch upper body.
- While pushing pelvis sideways (left and right), draw upper body down counter-sideways (right and left).

Caution |

- During exercise, keep whole body straight without pulling hips back



C4 // // // // // HORIZONTAL ROTATION 18Hz-22Hz



Position |

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

Caution |

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



> Core

C5/////////
COBRA
9Hz-13Hz

Position |

- Lie face down on the plate with abdomen on the plate, put hands down on the floor in front of the plate.
- Raise upper body by stretching arms with supporting hands on the floor, while keeping legs straight to induce tension in your hips.

Caution |

- Location of hands on the floor or distance from the plate can be individually adjusted according to physical capabilities.



> Core

C6/////////
VERTEBRA STRETCHING
11Hz-15Hz

Position |

- Sit down on the plate center, bend knees to have soles close to each other, and hold feet together with hands.
- Pull jaws down toward your chest, bow head down to the plate to make your back convex outward.

Caution |

- Make sure hips on the plate are not separated from the plate when bowing head down.



Things to check before after service

Symptom	Things to check before after service	Actions
Power is not turned on	Make sure power cord is properly connected.	Plug power cable correctly into the power
Body shakes with noise a lot.	Make sure power cable is correctly connected to power.	Move the product on solid and level floor
Product stops abruptly during operation.	Make sure there are not too many other plugs in one power outlet.	Connect this product to one power alone
Product generates buzzing noise.	Make sure ambient temperature is not too high or the product is used too long.	In case ambient temperature is too high or the product is used too long, the fan starts to operate to prevent overheating. You can continue to use with no problem.
Control panel operates well but the plate does not vibrate.	Make sure intensity is set to zero (0).	Adjust intensity level by touching up or down buttons.

> If you would like to discard the device, contact your distributor.

