



Hue Light

IMMUNITY CARE SYSTEMS

# SW-VM15 SW-VC15

**USERS GUIDE**  
Guía del usuario





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

### Inside the Package



2m Power cord



Rubber  
leveling pads  
1mm (2)  
1.5mm (1)



Audio cable  
(External audio)



M8x70  
Bolts (4)



6mm  
T-spanner



\*The body and plate are packaged separately



## *Integrated Sonicwave System*



## Safety Guidelines

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



This caution sign shall be interpreted as a **[WARNING]** or **[ATTENTION]**. Please properly follow the instructions to prevent any injury and/or damage of the device.



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### Caution

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To avoid any risk of electric shock, this equipment should only be connected to a stable, protective electric ground supply. Please avoid the cord from being stangled and/or placed under a heavy object.

110V Compatible

Do not touch the power plug with wet hands.

Do not spray the water, fluid cleaning detergent directly to the device for cleaning. Please detach the plug before cleaning and only use a dry cloth to clean the surface of the device.

Dedicate a power outlet solely for this device to prevent any fuse breakage or defect of the product.

Avoid using damaged power cord.

Remove the cord when there's a smoke and/or burn from the product.

Stop using the device when it's not safe to use.

Do not modify this device in any shape or form.

Dissambling, repairing and/or modifying the device without the manufacturer's authorization, the device would not be eligible for any services.

Do not place any hazardous materials near the device.

When not using it for a long time, please clean and store it in a safe place.





Be sure to use the device at general indoor temperature and humidity (not too dry or wet).

Do not install the device in a wet floor.

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## Transportation

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When moving the device, please hold the bottom 1,2 to lift the plate up and move it.



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## Operating Guide

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Only operate the device when your stance is firm and stable. When you start the device while you are in an unstable position, you may get a physical damage.

Step down from the plate only when the device is completely stopped.

This device is intended to be operated directly by the user.

When a child is using the device, please have an adult guardian accompanied for safety.



*Integrated Sonicwave System*



Stimulate the muscle fibers

Efficient energy deliverance

Optimal sonicwave application

Outbeating the gravity

Speaker Mechanism



**SONIX**





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## HEALTH BENEFITS

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**1**

### **Improve body balance and posture.**

Individuals who have difficulty exercising due to their psychological and/or physical issues as well as people who are too busy to find some time to exercise. Users can expect to gain the better and faster effect of regular 60-min aerobic exercise in just 10-min of sonicwave vibration exercising system.

**2**

### **Increase the muscle strength**

For athletes who need intense power training, it is very critical to maintain the weight and performance of fast twitch muscle fiber. In addition, the users can improve muscular endurance by stimulating the growth hormone secretion to improve the performance of slow twitch muscle fiber.

**3**

### **Targets tendons and ligaments**

Sonicwave exercise can soften the tendons and ligaments, which are hard to exercise. Sonicwaves can target not only the large muscles but small muscles including facial and pelvic muscles as well. Moreover, whole-body sonicwave vibration exercise when combined with intensive power training can increase the muscle strength up to 30%. Contrarily to usual muscle training workouts, sonicwave vibration exercise is safe and effective and would not overload the joint, tendons and/or ligament - minimizing the risk of workout injury.

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## USER GUIDELINE

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### Recommended Daily Usage

30 minutes or less per session. Up to 2 sessions a day.

*Excessive use may overload the body.*

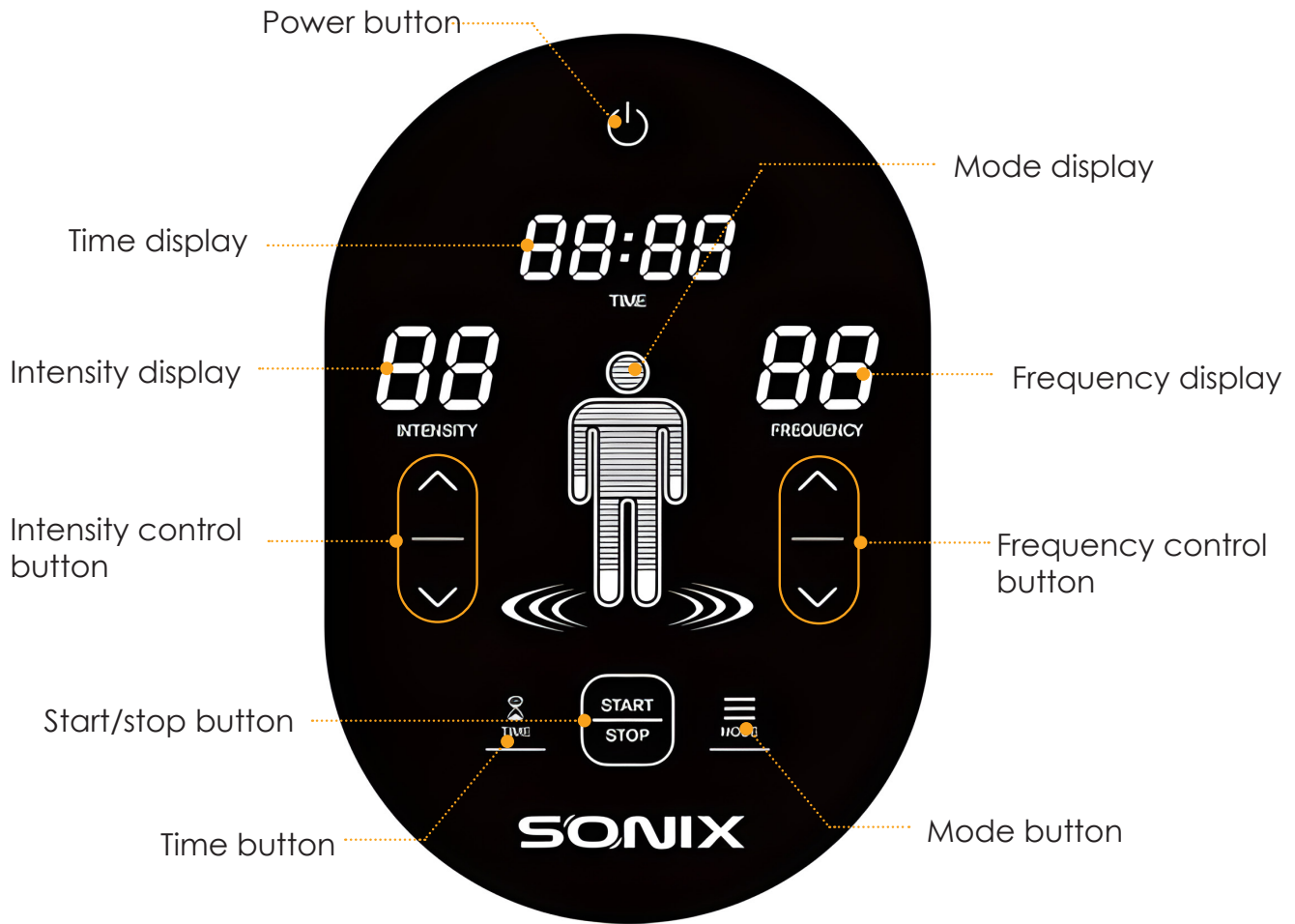
### Consult your doctor before use for any of the following physical conditions

- Patients with: cardiovascular weakness/disease, vertebral disk, tumor/cancer, rehabilitation, artificial device (i.e. pacemaker) inserted inside the body, epileptic fit, broken bones fixed with the metal screws
- Pregnant women

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## Sonicwave Vibration Device



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### Audio System : Dual mode feature

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**Volume** | controls the intensity of sonic vibration and sound.

**Input Jack** | plug the external audio source.

**Output Jack** | connect the headphone to enjoy the music as well.





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## Control Panel

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### Power button

Press the Power Button to activate the 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.

### Time display

Remaining time is displayed.

### Intensity control button

**Manual mode:** The level of intensity can be selected in the range from 0 to 99 (by 10 increments)

**Pro mode:** The intensity can be selected from 5 levels (L1-L5)

### Intensity display

The level of intensity is displayed.

### Start/Stop button

Press Start/Stop button once to operate the machine. Press it again to stop the machine.

Red - in operation / Blue - in stop mode

### Time button

Press this button to add the time by 1 minute up to 10 minutes. You can adjust the time during its operation.

### Mode display

Selected mode is displayed

### Frequency display

Frequency range is displayed.

### Frequency control button

**Manual mode:** the frequency (Hz) can be selected from 3 to 50 Hz by 1 Hz increment, 55 to 70 Hz by 5 Hz increments.

### Mode button

Individual modes can be selected in sequence from Manual, Pro, Pro2, Pro3, and Pro4.

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## Specification

### SW-VM15

Applicable Frequency	0.1~100,000Hz
Operating Frequency	3~50Hz, 55, 60, 65, 70 Hz
Max Loading Weight	Max 130 kg
Power Source	110-120V/50, 60Hz 220-240V/50, 60Hz
Power Consumption	210W
Sonicwave generator	150 $\phi$
Operating conditions	Temperature 0-40 C(32-140F) Humidity: 0-80%
Size	700mmx750mmx1450mm
Weight	Body 12kg, Plate 35kg
Color Options	Silver, White



## SW-VC15

Applicable Frequency	0.1~100,000Hz
Operating Frequency	3~50Hz, 55, 60, 65, 70 Hz
Max Loading Weight	Max 250 kg
Power Source	110-120V/50, 60Hz 220-240V/50, 60Hz
Power Consumption	230W
Sonicwave generator	150 φ
Operating conditions	Temperature 0-40 C(32-140F) Humidity: 0-80%
Size	850mmx850mmx1450mm
Weight	Body 12kg, Plate 65kg
Color Options	Silver



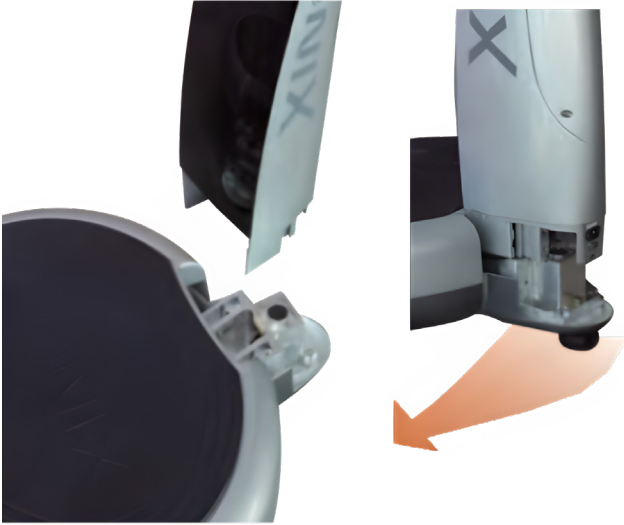
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# Assembly

1

Place the plate on a flat surface. As indicated in the image, insert the body onto the plate.



3

Place the plate on a flat surface. As indicated in the image, insert the body onto the plate.



2

Tighten the M8x70 bolts (4) to fix the body to the plate using the enclosed T-spanner.



4

Please use a leveling pad under the plate to make it leveled. Plug the power cable to the power socket.



# How to operate SONIX



## To confirm its proper operation

1. Press the [POWER] button on the control panel.
2. Press the [START/STOP] button once and set the [INTENSITY] and [FREQUENCY] to adjust the level.
3. Confirm that the machine is operating properly.

### INITIAL SETTING:

Frequency: 3 Hz

Intensity: 0

Time: 1 minute

## Manual Mode

1. Press the [POWER] button on the control panel.
2. Press [TIME] button to set the time (1-min increment up to 10 minutes).
3. Press the [START/STOP] button once to operate the device.
4. Adjust the [INTENSITY] from 0 to 99 (10 increment).
5. Adjust the [FREQUENCY] from 3-70Hz.

### TO STOP

6. Press the [STOP] button to stop the device.
7. Step down from the plate after the device has completely stopped its operation.
8. Press the [POWER] button to switch the system to a standby mode.

## Program (Pro) Mode

1. Press the [POWER] button on the control panel.
2. Press the [MODE] button to select the program of your choice.
3. Press the [INTENSITY] button to adjust the intensity.
4. Time is automatically set to 10 minutes.
5. Press the [START] button to start.

### TO STOP

6. Press the [STOP] button to stop the device.
7. Step down from the plate after the device has completely stopped its operation.
8. Press the [POWER] button to switch the system to a standby mode.

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# Stimulated area per frequency

3Hz	Whole-body workout
4Hz	Arms, shoulders, chest
5Hz	Shoulders
6Hz	Shoulders, back
7Hz	Hip, back, abdomen (trunk)
8Hz	Abdomen, hip, thigh
9Hz	Hip, thigh, abdomen
10Hz	Waist, thigh (inner)
11Hz	thigh (inner), prostate (male)
12Hz	Thigh, face
13Hz	Whole-body (vertebra), face, knees
14Hz	Whole-body (vertebra), shoulders, knees
15Hz	Thigh (front), calves, knees, thigh (front)
16Hz	Calves, knees, abdomen, thigh (inner)
17Hz	Pelvis (front), whole-body stimulation (stretching)
18-20Hz	Whole-body stimulation (stretching)
21-22Hz	Pelvis (side), sartorius, lower abdomen (female)
23-25Hz	Calves, thigh (back)
26Hz ~	Entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, and circulation massage



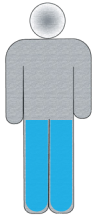
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## Program Modes

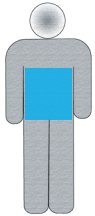
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Specially programmed based on the bio-electromyographic research



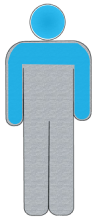
### **Pro1 :: Lower Body**

Applies a range of frequencies for stimulating the gluteus maximus, femoral muscle, and soleus muscle.  
Targeted areas: hips, thighs, and calves (standing straight position)



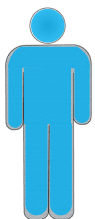
### **Pro2 :: Abdomen**

Applies a range of frequencies for stimulating the rectus abdominus muscle and erector spinae muscles.  
Targeted areas: abdomen (rectus abdominus muscle)



### **Pro3 :: Upper Body**

Applies a range of frequencies for stimulating the facial muscles, biceps, and pectoral muscle.  
Targeted areas: shoulders, arms, chest and face



### **Pro4 :: Whole body**

Applies all ranges of frequencies programmed (3-50Hz) and all intensity levels (10-99) for stimulating the all parts of the body.

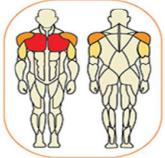
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# Sonix Training Program

## PECTORAL



### PUSH UP

10-14Hz



**Position |** Extend the elbows outward on a push-up pose. Firmly place palms down onto the plate.

**Caution |** Adjust the shoulders and waist heights close to the horizontal level, avoid the waist bending down.

### PUSH HAND

9-13Hz



**Position |** Place the elbow to the shoulder level, position the hands together (like praying hands). Push the hands inward and move them to the left and right without twisting the body.

**Caution |** Do not place the hands above the shoulder level.

### PECTORALIS STRETCHING

8-12Hz



**Position |** Sit straight on the edge of the plate. Stretch one arm backward positioned paralleled with the floor. Push the chest forward to extend the chest muscles and the arm muscles to your best ability.

**Caution |** Do not tilt or twist your upper body. Keep your body up straight.

## BACK



### ARMS PULL DOWN

10-14Hz



**Position |** Place your arms up and open to the sides. Stand straight and push the shoulder blades inward towards the center and maintain the tension. Try to push down the elbow below the bottom breast line.

**Caution |** Maintain the forearms perpendicular to the floor while moving the elbows down.

### ARMS ROWING BACK

13-18Hz



**Position |** Stretch the arms forward to the shoulder level with your hands faced down. Push the shoulder blades inward towards the center and maintain the tension. Push the elbows backward.

**Caution |** Move upper body backward as if pulling the handle slightly.

### SPINE ROLLUP

13-18Hz



**Position |** Roll your upper body while holding the handle. Pull the back outward as much as possible while slightly bending your knees and raising your pelvis up.

**Caution |** Try to roll the upper body as much as possible but don't over do it.



## SHOULDERS



### LATERAL RAISE

5-6Hz



**Position** | Stand straight with your legs open and raise your arms to the shoulder level. Move your arms up and down for 3 seconds repeatedly.  
**Caution** | Maintain the tensions in your shoulders.

### SHOULDER PRESS

10-14Hz



**Position** | Stand on the floor facing the plate. Put your hands on the plate inward facing each other. Bend the arms inward and outward like doing push ups.  
**Caution** | Lift your heels up to position your shoulders aligned with your hands.

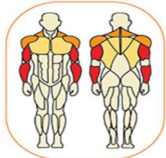
### UPPER BODY STRETCHING

10-14Hz



**Position** | Kneel down on the floor facing the plate. Put your hands on the plate with your arms extended out while pushing your chest down.  
**Caution** | Be sure to place your forearms and hands on the plate. Your hips and hands should be pulled away from each other.

## ARMS



### TRICEPS DIP

11-15Hz



**Position** | Sit on the edge of the plate while holding the edges with your hands. Lift your hips out from the plate while trying to support the body weight with your arms.  
**Caution** | Level your shoulders and bend your elbows.

### MEDITATING

6-9Hz



**Position** | Sit straight on the center of the plate in a meditating (praying) position. Close your hands tightly together, pushing your hands inward.  
**Caution** | Make sure not to move your hands from the center.

### WRIST STRETCHING

13-16Hz



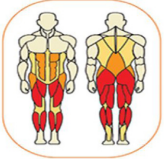
**Position** | Kneel down on the floor and put your hands on the plate. Turn your wrists around towards the body. Stretch your wrists by pushing the hips outward.  
**Caution** | Do not bend your elbows and keep your hands firmly on the plate.

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# Sonix Training Program

## LEGS



### SQUAT

12-16Hz



**Position** | Keep your upper body straight while bending your knees.  
**Caution** | Hold the handle to maintain the body balance.

### T-BALANCE

13-17Hz



**Position** | Raise one leg up outwards and your upper body down to form a t-shape.  
**Caution** | Do not try to twist your pelvis.

### QUADRICEPS STRETCHING

14-18Hz



**Position** | Stretch out one leg out on the plate while the supporting leg firmly on the floor.  
**Caution** | Be sure to hold the handle with one hand to support the body.

### TRUNK FLEXION

15-20Hz



**Position** | Join your feet together and stand on the plate center. Lower your upper body down. Pull your jaw closely to your body and stretch your back as much as possible.  
**Caution** | Keep your legs straight and keep your foot firmly down on the plate.

### CALF RAISE

12-18Hz



**Position** | While standing on the plate center, hold the handle. Then, bend your knees while tiptoeing (50 degrees from the plate). Maintain the body balance.  
**Caution** | If you feel too much pressure in your ankles, please lower your feet.

### CALF STRETCHING

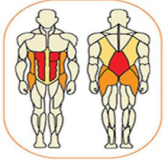
12-18Hz



**Position** | Stand on the edge of the plate and stretch your arms forward to hold the handle. Keep your knees straight while keeping your feet firmly on the floor. Have your upper body towards the handle.  
**Caution** | Be sure to keep your body straight without pulling your hips back.



## ABS



### CRUNCH

10-14Hz



**Position** | Lie down on your back while supporting your head. Bend your knees about 90 degrees up, and raise your upper body inward to do a crunch.

**Caution** | Keep your eyes on your belly button to relieve any overload to your cervical vertebral.

### LEG CIRCLE

11-14Hz



**Position** | Lie down on your back while raising your legs up and straight. While keeping your knees and toes together, try to rotate your feet.

**Caution** | When rotating your feet, keep your upper body firmly down on the plate inducing tension on your lower abdomen.

### OBLIQUE STRETCHING

18-22Hz



**Position** | While standing on the center of the plate, stretch your body with your arms up and holding hands. Push your pelvis sideways while stretching the upper body.

**Caution** | Try to keep your body straight without pulling the hips back.

### HORIZONTAL ROTATION

18-22Hz



**Position** | Stand straight on the center of the plate. Place your arms up to your shoulder level and bend your elbow 90 degrees. Twist your upper body to your left and right alternatively while not moving your pelvis and legs.

**Caution** | Maintain your stance balance while twisting your upper body.

### COBRA

9-13Hz



**Position** | Lie down on your ab on the plate, put your hands down on the floor. Raise your upper body with keeping your arms and legs straight.

**Caution** | Adjust your body accordingly to your physical abilities.

### VERTEBRA STRETCHING

11-15Hz



**Position** | Sit on the center of the plate. Bend your knees with your soles touching one another holding them with your hands. Roll your upper body down to stretch your back.

**Caution** | Do not lift your hips from the plate.

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# Common Issues that may occur

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## ! Power is not turning on.



### Diagnosis

Make sure that the power cable is properly plugged onto the power outlet. Please check that the power cable is not damaged.



### Suggested solution

If the power cable is damaged, please replace the power cable with a new power cable. Properly plug the cable in to the device and to the power outlet.

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## ! Body is shaking with a loud noise.



### Diagnosis

Make sure that the power cable is properly plugged onto the power outlet. Please check whether the bolts fixing the body to the plate are tightened up.



### Suggested solution

If the bolts are loose, tighten the bolts and try to move the device to a solid, leveled surface.

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## ! Device abruptly stopped during the operation.



### Diagnosis

Make sure that the power outlet is only dedicated only for this device. No other plugs are plugged to the same outlet.



### Suggested solution

Connect this product to a dedicated power outlet.

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For any other issues, please consult your distributor or contact Hue Light's CS team via email, [cs@huelight.kr](mailto:cs@huelight.kr).



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**! The device makes a buzzing noise.**

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**Diagnosis**

Check whether the device has been used for a long time and/or has heated up from the high heat in the room.



**Suggested solution**

If the device has heated up, please make sure to let it rest for a while to lower its temperature and prevent overheating. After the device has cooled down, you can use the device without any issue.

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**! The plate is not vibrating when I started the device.**

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**Diagnosis**

Check whether the intensity level is set to zero.



**Suggested solution**

If the intensity level is set to zero, please adjust the intensity level by touching up or down button.

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**! Start/Stop button is not working.**

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**Diagnosis**

Try pressing the start/stop button while you are not on the plate.



**Suggested solution**

If the start/stop button is not working, try to turn off the device, remove the power. Plug the power back in and wait for 3 seconds until you hear a “dd-ring” sound. After that sound, try to press the start button while you are not standing on the plate.

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If you wish to dispose the device, please contact your distributor and follow the instructions given to you.

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Hue Light

IMMUNITY CARE SYSTEMS

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