



VP
VP ROTATOR



CONTENT

1. Introduction and Caution
2. Available device versions (Pro/Lite)
3. Purpose and use of the device
4. Differences between the Pro and Lite versions
5. Preparing the device before use
6. Device Setup
7. Using the device – step by step
8. Device Function and Benefits
9. Main components and their functions
10. Safety Instructions
11. Equipment Maintenance
12. Assembly instructions
13. Warranty conditions
14. Contact details of the manufacturer and dealer



Warning:

Please read the instruction manual carefully before use. If you feel nauseous during exercise or feel pain, stop exercising immediately. Consult your physician before use.

Available versions:

Figure 1 – VP ROTATOR PRO

Figure 2 – VP ROTATOR LITE

Figure 1 – VP ROTATOR PRO

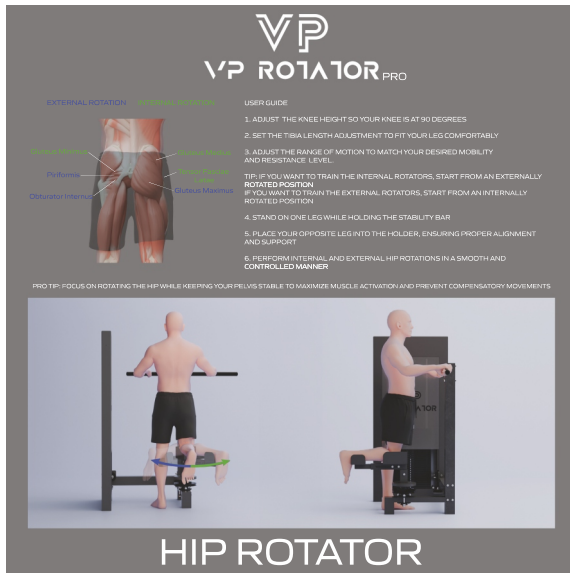
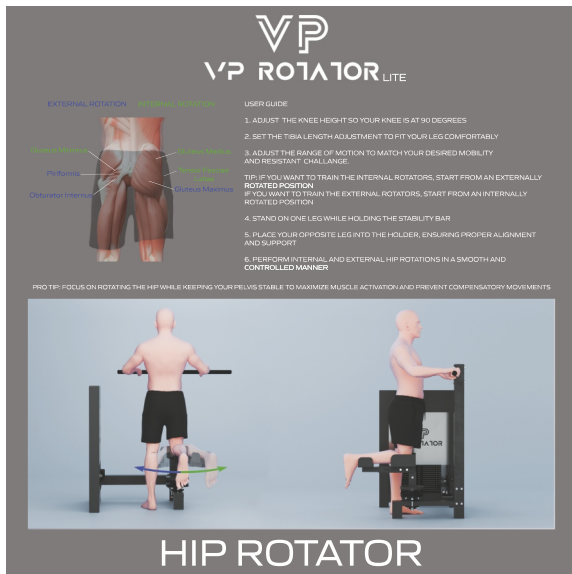


Figure 2 – VP ROTATOR LITE



Purpose of the device:

Strengthening the internal and external rotators of the hip joint, rehabilitation, injury prevention and mobility support.

Difference between versions:

- **VP Rotator Pro:** Maximum load of 80 kg, larger weight block, more weight of the device.
- **VP Rotator Lite:** Maximum load 40 kg, smaller load block, lighter device weight

Preparation of the device:

1. Place the device on a flat, stable, and non-slip surface to prevent any movement during use.
2. Check that all components are correctly fitted according to the assembly instructions. In particular, pay attention to the correct attachment of the weight block, cable system and stabilization bar for holding.
3. Make sure that all moving and adjustable parts (knee and ankle mount, rotation mechanism, extendable arm) are securely secured and do not endanger the user during the exercise.
4. Before use, we recommend performing a no-load test movement to verify the correct functioning of the system.

To set up the device:

1. Adjust the height of the knee and ankle mount so that the users knee is at a 90-degree angle. The knee and ankle are adjusted at the same time – they cannot be adjusted in height separately.
2. Adjust the length of the support for the lower leg according to the individual length of the user's tibia (lower leg). Make sure that the support point is in a comfortable position, without unwanted pressure.
3. Select the desired resistance in the load system. Each weight block weighs 2.5 kg – the Lite version contains 16 blocks (max. 40 kg), the Pro version 32 blocks (max. 80 kg).
4. Set the initial rotation position using the mechanical stop system. Rotate the upper disc to the desired position and insert the locking pin into one of the holes in the lower disc.
5. Set the range of motion according to the user's needs or the physiotherapist's recommendations. The resistance is smooth and active in both directions of rotation – external and internal.

Device Usage:

1. Adjust the height of the knee support so that the thigh and lower leg form a 90-degree angle at the knee joint.
2. Adjust the length of the support for the lower leg (tibia) to comfortably match the length of your leg.
3. Adjust the range of motion according to the desired level of mobility and resistance.

Tip:

- *To target the internal rotators, begin from the externally rotated position.*
 - *To target the external rotators, begin from the internally rotated position.*
4. Stand on one leg while holding the stability bar.

Pro tip:

- *Concentrate on rotation in the hip joint without pelvic movement to maximize muscle activation and prevent compensatory movements.*
5. Place the other leg into the knee and ankle support, ensuring proper alignment and secure positioning.
 6. Slowly perform internal and external rotation of the hip joint in a smooth and controlled motion.

Purpose and function of the device:

VP Rotator is an innovative training and rehabilitation device designed for isolated strengthening of internal and external hip rotators. The device is specially designed to allow precisely controlled movement while standing on one leg, with the other leg placed in an adjustable support and the user stabilizing with a horizontal bar.

Rotation in the hip joint is provided by a cable system with an adjustable weight block, while the resistance acts in both directions of movement – in internal and external rotation. With the help of a mechanical stop system, the user can precisely select the initial position of movement according to the needs or recommendations of an expert.

The VP Rotator allows individual adjustment to the user's body proportions – the height and length of the knee and ankle holder, as well as the range of motion, are adjustable. The device is available in Lite (max. 40 kg) and Pro

(max. 80 kg) versions, making it suitable for a wide range of users – from patients in rehabilitation to professional athletes.

The device supports hip mobility, strength, stability, and functionality, which are crucial for walking, sports, and injury prevention.

Basic information and main components:

1. Steel Frame – The main supporting structure of the device is made of powder-coated steel for long life, wear resistance, and high stability during exercise.
2. Total weight of the machine:
 - Pro version: 171 kg
 - Lite version: 120 kg
3. Load system with guide bars and pulleys:
 - Pro version: 80 kg (32 × 2.5 kg weight plates)
 - Lite version: 40 kg (16 × 2.5 kg weight plates)
 - The weight block is covered with plexiglass on both sides to prevent unwanted contact and injuries.

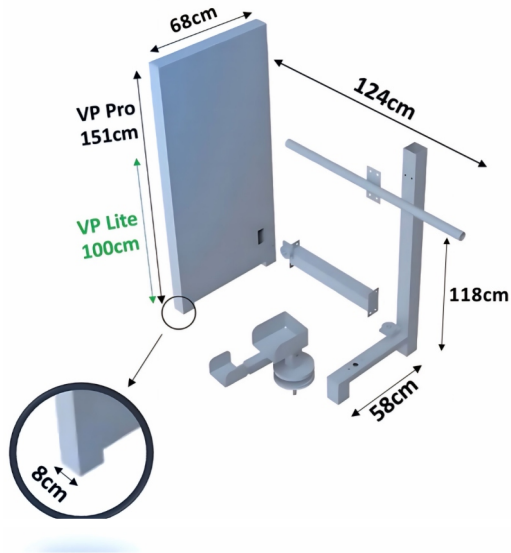
4. Resistance Cable System – Transfers resistance from the weight block to the rotating mechanism using a wire rope guided through 5 pulleys. The cable is connected to the load block and at the same time to the mechanical stop system, thus ensuring resistance in both directions of rotation.
5. Adjustable knee and ankle holder – Used to hold the working leg. The height position is adjustable together – it is not possible to adjust the height of the knee and ankle separately.
6. Mechanical stop system – It consists of two circular discs attached to each other. The upper disc is firmly connected to the leg holder, while the lower disc with holes is used to adjust the initial angle of rotation using a locking pin.

The lower disc does not move during the initial position – it only moves during the exercise itself.

A cable from the resistor system is connected to the bottom disc, transmitting the resistance to the entire rotating mechanism.

7. Stabilization Bar for Holding – Used to maintain the user's balance during exercise. Positioned horizontally, it is coated with a soft grip for maximum comfort.
8. Load System Protective Cover – A transparent plexiglass panel protects the moving parts of the system from user contact.
9. Stable base with plastic feet – Ensures a firm footing and protection of the floor from damage or displacement of the machine.
10. Adjustment elements – Lever locks and locking pins are used to easily adjust the height, range of motion and length of individual parts of the device.
11. Padded elements – Comfort leatherette fillings located in the contact zones (knee and ankle) ensure comfort and protection during exercise.

12. Dimensions:



Safety information:

1. The device is classified as class S – for professional and commercial use.
2. The device must not be exposed to high temperature, humidity, or contact with water.
3. The machine must be placed on a flat, stable and firm surface.
4. The maximum user weight is 120 kg.
5. Improper use of the device may result in injuries.
6. Read the operating instructions and safety instructions carefully before use.
7. Use only under supervision or after being trained in proper operation.
8. Do not exceed the maximum load set in the load system.
9. Always check that all adjustment rotating mechanism are securely locked before use.
10. In case of pain, discomfort or unnatural movements, stop the exercise immediately.

11. Keep the device out of the reach of children.
12. Regularly check the condition of the cables, brackets, weight block and swivel mechanism.
13. Clean surfaces with a damp cloth. Do not use aggressive chemicals.
14. Store the device in a dry and dust-free environment.
15. When moving the device, lift only by the solid base structure – do not pull on the adjusters, cable or stabilizer bar.
16. After each use, we recommend that you carry out a visual inspection of the moving parts and re-lock the locking mechanisms.
17. When adjusting the initial rotation angle, make sure the locking pin is securely inserted into the hole in the bottom disc.

Maintenance of the device:

To ensure a long service life and trouble-free operation of the equipment, we recommend that you adhere to the following maintenance principles:

1. Regular visual inspection

Inspect all screws, connections, ropes, and mechanical parts for looseness or damage. Tighten or replace damaged parts if necessary.

2. Inspection of the rope system

Monitor the wear of the wire rope. If there are visible signs of splitting, wear or damage, replace the ropes immediately.

3. Surface cleaning

Clean the surfaces of the device with a lightly damp cloth without the use of harsh chemicals.

Avoid contact with water or excessive humidification, especially near bearings and the load system.

4. Lubrication of moving parts

If necessary, lubricate the rotating parts and bearings with a suitable technical lubricant – at least once every 6 months or at reduced smooth motion.

5. Transparent Load System Cover

Keep the enclosure clean so that the load plates can be visually inspected. If damaged, replace it immediately.

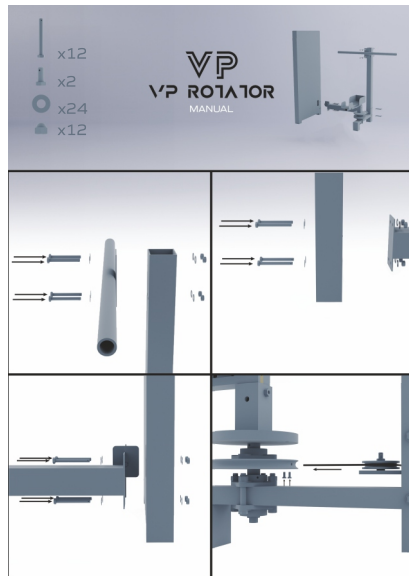
6. Security check

Test the device without load before each use to ensure that the rotation and resistance system is working properly.

7. Storage

Store the device in a dry and dust-free environment, away from direct sunlight or extreme temperatures.

Assembly instructions



Assembly instructions – VP Rotator

Pre-assembly components:

- **12 x Screws**
- **24 x Pads washers**
- **12 x Nuts**
- **2 x Screws for fixing the wire rope to the rotating mechanism**

1. Step: Attaching the Stabilization Handle

- Attach the horizontal stabilizer handle to the main vertical part of the frame.
 - Use screws, washers, and nuts to secure the fastening.
 - Tighten all fasteners thoroughly.
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2. Step: Mounting the connecting steel bar to the L-profile

- Align the horizontal steel bar (interconnecting) with the hole at the bottom of the L-profile.
- Use screws, washers, and nuts to secure the bar to the profile.
- This joint ensures the strength of the entire structure.

3. Step: Connection to the load-bearing structure with the load system

- Connect the assembled part to the main structure where the load block is located.
 - Align the holes and fasten the parts with screws, washers, and nuts.
 - Check that all connections are tight.
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4. Step: Installing the Cable System

- The cable will hang freely from the 4th pulley toward the front of the device.
 - The user must thread the cable through the last (5th) pulley that leads to the rotating mechanism.
 - Connect the cable to the lower rotating disc where the stop system is located.
 - Make sure the cable is taut and properly routed through all pulleys.
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Note:

Before using it for the first time, we recommend performing a no-load test movement to make sure everything is working properly.

Warranty conditions:

1. The device is provided to the buyer with a warranty period of 24 months from the date of purchase.
2. During the warranty period, any manufacturing defects caused by defective materials or workmanship will be eliminated so that the device can be used properly and safely.
3. The warranty does not cover damage caused by:
 - mechanical damage (e.g. misuse, impacts or drops);
 - unavoidable events (e.g. fire, flood, earthquake);
 - unprofessional interventions (e.g. modification of the structure, dismantling of components),
 - improper storage or inappropriate placement of the device (e.g. exposure to moisture, extreme temperatures, or harsh chemicals);
 - use outside the intended purpose (e.g. without professional supervision in rehabilitation facilities, if the instructions require it),

- deliberately interfering with the design, shape or dimensions.
 - exceeding the maximum load specified by the manufacturer (e.g. by adding additional weights)
 - the warranty also does not cover the replacement or damage of upholstered elements (e.g. knee, ankle and stability bar) that are covered with leatherette material and are subject to normal wear and tear due to use.
4. The complaint must be made in writing, with a precise description of the defect and an attached warranty card.
 5. The warranty can only be claimed from the dealer or organization where the product was purchased.
 6. The warranty does not cover normal wear and tear of individual parts caused by standard use.

Sale date:

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Stamp and signature of the manufacturer and seller:

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Manufacturer:

A.M.T. Industry s.r.o.

Školská 1/8, 94603 Kolárovo

ID: 46230351

Dealer:

FLORA NOVA s.r.o.

Sportová 1199/28C, 92901 Dunajská Streda

Company ID: 36245691

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Web: www.vpstrength.com

Email: support@vpstrength.com

Note to User: Please keep this document carefully – it serves as a warranty, product identification, and proof of purchase. In the event of a complaint, it is necessary to submit this page with the date of sale and stamp filled in.