

# **User Manual**

## **HARVEY M5 rhythmic equipment M5**

Please read the precautions carefully before use, or follow the instructions of the customer service personnel. [M5](#) can help you to achieve your goals and promote good health through whole-body vibration. Please understand our company will not assume any responsibility if you do not follow the instructions of the manual. It is forbidden to use it in any way other than that required in this manual.

If you have any questions regarding the use of the product, please contact Mayn Health Distributor directly for assistance.

## Operating instructions

**Contraindication:** Pregnant women and women 1 month before pregnancy or 1 month after delivery, people with broken or unhealed wounds, and people who take rest under medical advice and children under 6 years old.

**The following people should "vibrate slowly"** (recommended at level 1-3) :

- Patients with serious cardiovascular and cerebrovascular diseases
- People recovered from spinal injuries
- Stroke patients
- The arthritic
- Menstruating women
- People who are permitted by their doctors to exercise rehabilitation or walk
- People with artificial organs inside of the body
- People with old age, infirmity or limited mobility

Please start from level 1 for the initial vibration, and gradually adjust the level according to the comfort range you can bear.

### **For people with herniated disc:**

Do not stand or sit on the product for vibration exercise.

Place a table, chair or something to lie on next to the product, stand on the vibrator, lie on the desk or chair in front of your upper body, and train at the most comfortable vibration level that your body can accept. It can effectively avoid the compression caused by disc herniation, and better relax and dredge the waist and back to relieve the discomfort.

### **For people with scoliosis and osteoporosis:**

Do not stand or sit on the product for vibration exercise.

Place a table, chair or something to lie on next to the product, stand on the vibrator, lie on the desk or chair in front of your upper body, and train at the most comfortable vibration level that your body can accept to avoid further stress on the spine. You can also sit on a stool with your feet on the vibrator for lower limb exercise.

### **Suggestions for vibration exercise::**

- Before vibration exercise, please drink about 200ml warm water.
- After vibration exercise, please drink about 200ml warm water.
- The best vibration time is one hour after meals.

### **•Time of vibration exercise:**

Week 1: Exercise for 15 minutes each time, and repeat the vibration at an interval of two hours;

Week 2: Exercise for 30 minutes each time, and repeat the vibration at an interval of two hours;

The best vibration exercise is at least twice in the morning and at night.

If you are trying to lose weight, you should avoid eating high-calorie food within two hours after exercise. Instead, you should take some warm water or low-fat food. If you are trying to gain weight, you can take food 10 minutes after the exercise.

**•Suggestions for vibration exercise:**

Start at level 1 and work your way up to the level where you are most comfortable for vibration exercise.

**Precautions for the use of whole body vertical vibrator:**

1. Read the product instruction carefully before using this product.
2. The children and the elderly should be accompanied and assisted by adults when using this product to avoid being used alone.
3. This product is limited to indoor use and should be avoided damp or dusty environment.
4. Do not use this product overtime in order to improve the effectiveness of exercise, increase the service life of the product and exercise safety.
5. Keep the power cord away from heat source and pressure.
6. When the product does not work normally or the power cord is damaged, please stop using it immediately, unplug the power supply and inform the maintenance service personnel.
7. When using this product, do not stretch your hand into the gap between the upper cover and the lower cover of the base.
8. When using this product, please start from low speed, and then increase the speed after warming up or getting used to it. The best effect will be achieved at the most comfortable speed for the user.
9. This product is designed for innovative precision linkage mechanism, which needs to avoid heavy fall and collision. In addition, do not disassemble the product to avoid damage, reduce service life or cause human injury.
10. The external wires of the product shall not be pressed by other heavy objects, and bits of pets or mice shall be avoided. Please remove the power socket after using or not using the product, and do not pull the plug with wet hands to avoid electric shock.
11. This product shall not be empty operated, the power supply can be only started after you stand firm or sit down on the vibrator.
12. When the product is not in use, do not place any object on the base.
13. When using this product, do not place the articles vulnerable to vibration damage on the vibrator (such as watches, mobile phones, glasses...). .
14. This product is equipped with automatic overload protection. If the product stops working during use, please turn off the switch or unplug the power cord for about 1 minute before turning on again. Please use the product within the load limit, if the product continues to be unavailable, please inform the service personnel.
15. Do not use volatile cleaning oil, detergent, alcohol and corrosive items to wipe the product, in order to avoid damage to the product surface appearance.
16. When using the product, do not jump or eat on the product surface.

**Specification of the product:**

Item	Description
Name of the product	HARVEY M5 rhythmic equipment
Model	M5
Voltage	AC120V, 60Hz
Power	1HP
Dimension	W 750 * L 785 * H 182mm
Frequency	3~10Hz
Amplitude	5mm
Weight	80 kg
Load	180 kg
Type of mode	1 manual mode, 8 intelligent modes
Time of mode	Manual mode 15-60 minutes, intelligent mode 15-20 minutes
Exercise level	1~8
G value	0.09 0.16 0.25 0.36 0.49 0.64 0.82 1.01

**Attention:**

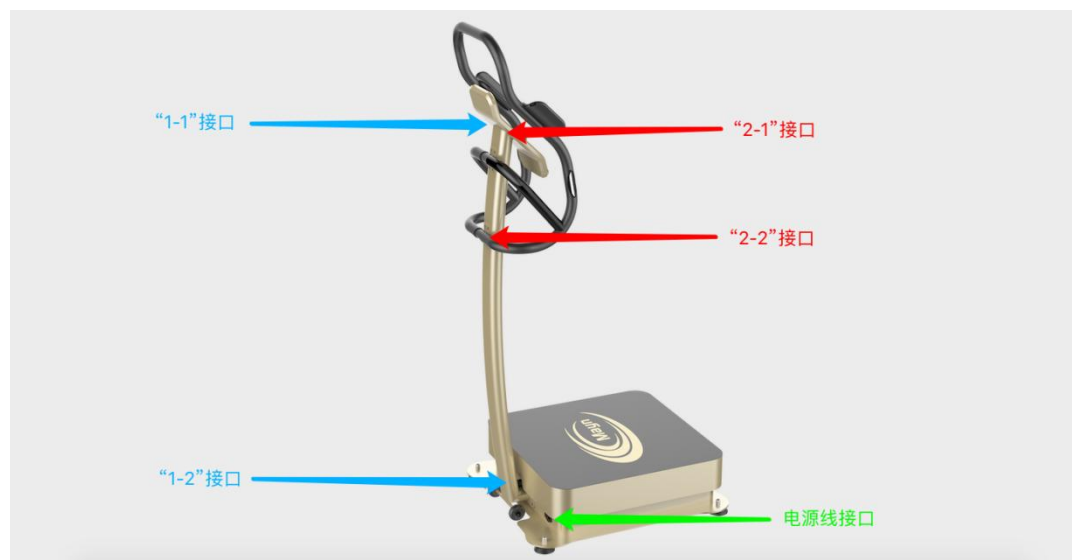
1. If the product cannot work properly because the power plug is not tightly inserted, please re-check whether the power plug is tightly inserted.
2. Check whether the product is switched on.

**Proper use of power cord:**

1. The power extension cord should be used under allowable load, do not plug more than one electrical appliance into one socket or one extension cord, and the extension cord should use products with overload protection device to prevent power cord misfire caused by overload.
2. If the power cord in use is hot or smelly, it indicates the cord is overloaded, please stop using the product immediately.
- 3, the power cord cannot be pressed under the furniture, heavy objects or placed in a place prone to be trampled, and it cannot be fixed with nails, riding nails or staples.
- 4, The external power cord needs to avoid being bitten by pets or mice. Remove the power socket after using the product or when the product is not in use.
5. Do not bundle the power cord in use. Since the power cord is not easy to dissipate heat after being bundled, the temperature rises and the insulation melts, which results in short-circuit and fire of the power cords.
6. The power cord should avoid being placed above the stove or near other heat sources, because high temperature will melt the insulation, and result in short-circuit and fire of the power cords.
7. When unplugging the power cord, please hold the plug to remove without tightening the cord in order to prevent the copper wire inside the power cord from breaking.

## Product installation guidance:

Fig. ① consists of 4 components: "control panel, handrail, support pipe, and base", the connecting parts have certain distance between each other; The "Line Connection Diagram" is displayed at the connecting parts, and the name of the connecting line connection is marked.



Connections shown in above figure:

"1-1" connection: host line connection (1 black wire)

"1-2" connection: host line connection (1 black wire)

"2-1" connection: heart rate sensing connection (2 gray wires)

"2-2" connection: heart rate sensing connection (2 gray wires)

Fig. ② consists of 4 components: " handrail, control panel, support pipe, and base", the connecting parts have certain distance between each other; The "Drawing of fastening bolts" is displayed at the connecting parts, and the model of the bolt is marked.



## Preparations before installation:

Open the outer package of the product and place the four components of the product (control panel, handrail, support pipe and base), installation kit and power cord on the position where the instrument is installed.

### Step 1:

Make sure the base is placed smoothly on the level ground. Adjust the bolts of the base support to keep the product for safe use.

(Note: the product must be adjusted to the level before use. If the product is moved, it should be adjusted again.)

### Step 2:

After connecting the support pipe to the “1-2” host line connection (1 black wire) of the base, secure the connection completely using bolts No.③ (each bolt requires one gasket). ☆**Please avoid the connection wire being pressed during installation!**

### Step 3:

After connecting the support pipe to the “2-2” heart rate sensing connection (2 grey wires) of the handrail, secure the connection completely using bolts No.② (each bolt requires one gasket). ☆**Please avoid the connection wire being pressed during installation!**

### Step 4:

After connecting the support pipe to the “1-1” host line connection (1 black wire) of the control panel and the “2-1” heart rate sensing connection (2 grey wires), secure the connection completely using bolts No.①. ☆**Please avoid the connection wire being pressed during installation!**

**Note: For the first use, you need to scan the QR code of the product on Wechat and use it after activation (When activated, please keep the internet data and bluetooth available.)**

### Directions for use:



### Screen display area:

(1) BT connection signal (it's not displayed when not connected)

- (2) Mode display
- (2-1) Heart rate display (display when holding the sensor)
- (3) Code activation prompt (it's not displayed after activation)
- (4) Display of vibration level
- (5) Vibration G value
- (6) Calorie display
- (7) Time display

#### Button area:

- (8) Mode selection button, PROGRAM (Manual mode/intelligent mode, press STOP to pause before switching mode))
- (9) Up-vibration level increased, DOWN-vibration level decreased (only available in manual mode!)
- (10) Start button: START
- (11) Time selection button: TIME (only available in manual mode!)
- (12) Stop button: STOP (Click to pause, double-click to end the vibration mode)

#### Model introduction

In all modes, you can press START button to start vibration, and press STOP button to stop vibration.

##### I. Manual mode:

In manual mode, PROGRAM mode displays "0".

- ① Press UP/DOWN button to adjust the vibration level.
- ② Press TIME button to adjust the vibration time.
- ③ The PROGRAM button is pressed to switch to the intelligent mode only after the STOP button is pressed.

##### II. Intelligent mode

In intelligent mode, PROGRAM mode displaying "1" indicates intelligent 1.

Intelligent mode	Vibration time	Vibration G value	Law of vibration
Intelligent mode 1	10 min.	0.09	Level 1 (3 min.) - Level 2 (3 min.) - Level 1 (4 min.)
Intelligent mode 2	15 min.	0.14	Level 2 (3 min.) - Level 3 (9 min.) - Level 2 (3 min.)
Intelligent mode 3	15 min.	0.14	Level 2 (1min.) - Level 3 (2 min.) - Level 4 (9 min.) - Level 3 (2 min.) - Level 2 (1 min.)
Intelligent mode 4	15 min.	0.14	Level 2 (5 min.) - Level 3 (5 min.) - Level 2 (5 min.)
Intelligent mode 5	20 min.	0.2	Level 3 (2min.) - Level 4 (4 min.) - Level 5 (8 min.) - Level 4 (4 min.) - Level 3 (2 min.)
Intelligent mode 6	15 min.	0.2	Level 3 (5 min.) - Level 4 (5 min.) - Level 3 (5 min.)
Intelligent mode 7	10 min.	0.28	Level 4 (2min.) - Level 5 (2 min.) - Level 6 (2 min.) - Level 5 (2 min.) - Level 4 (2 min.)
Intelligent mode 8	10 min.	0.14	Level 2 (2min.) - Level 3 (2 min.) - Level 4 (2 min.) - Level 3 (2 min.) - Level 2 (2 min.)

#### Introduction of heart rate sensor:

1. When the power is on but the vibration is not started, hold the heart rate sensor with your hand can display the real-time heartbeat.
2. When the power is on and the vibration is started, hold the heart rate sensor with your hand, the heartbeat data detected by the heart rate sensor will be increased.



3. Generally, the data accuracy of heart rate sensor is higher when the hands are held firmly for 3-5 seconds and the data fluctuation is stable.

**Warranty policy:**

- 1、 The warranty period of the product in normal use is 12 months.
- 2、 When applying for warranty, purchase voucher and instruction manual of the product should be provided.
- 3、 The warranty period of the product shall be subject to the date of purchase voucher or the date of activation.

**The company will not provide free warranty or repair in the following cases:**

- 1、 Product failure caused by human or other non-product quality reasons
- 2、 Damage caused by transportation, movement, collision and falling in the process of logistics and express transportation after purchasing the product.
- 3、 Conduct unauthorized disassembly of the product or entrust others to dismantle, alter, or maintain the product.
- 4、 Failure caused by using non-original power cord of the product.
- 5、 Damage caused by environmental factors (damp, wet, sun exposure, sand, and animal pests, etc.)

**If the warranty period of the product has expired, our company will charge relevant spare parts fees according to the specific situation, and the corresponding costs of personnel and spare parts transportation shall be borne by the buyer.**



## FCC Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference, and 2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## FCC RF Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.