

# VIBRATION PLATE



**MANUAL**

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## IMPORTANT SAFETY

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Vibration Plate

1. It is the responsibility of the owner to ensure that all users of this Vibration Plate are adequately informed of all warnings and precautions.
2. Use the Vibration Plate only as in this manual.
3. Place the Vibration Plate on a level surface, with at least eight feet of clearance behind it. Do not place the Vibration Plate on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Vibration Plate.
4. Keep the Vibration Plate indoors, away from moisture and dust. Do not put the Vibration Plate in a garage or covered patio, or near water.
5. Do not operate the Vibration Plate where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the Vibration Plate at all times.
7. The Vibration Plate should not be used by persons weighing more than 300lb.
8. Never allow more than one person on the Vibration Plate at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.
10. Never leave the Vibration Plate unattended while it is running. Always remove unplug the power cord when the Vibration Plate is not in use.
11. Do not attempt to move or adjust the Vibration Plate until it is properly assembled.
12. Inspect and tighten all parts of the Vibration Plate regularly. Wrong usage could influence the stability of the Vibration Plate. For Example, the post is made to support you during an exercise to keep you in balance. One should NOT PUSH the post for stretching or use the post to create more tension.
13. Inspect and tighten all parts of the Vibration Plate regularly.
14. Never insert or drop any object into any opening.
15. DANGER: Always unplug the power cord immediately after use, before cleaning the Vibration Plate, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
16. This Vibration Plate is intended for in-home use only. Do not use this Vibration Plate in any commercial, rental, or institutional setting.

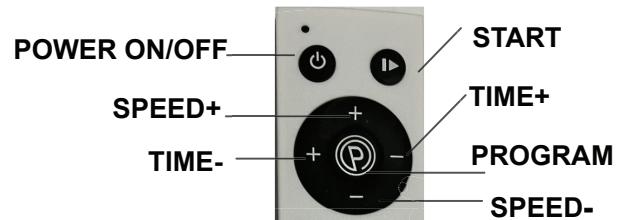
## PRODUCTION SPECIFICATIONS



Note: The resistance band hook is set at the bottom and can be shrunk for easier use

Max Weight:	No More Than 300lbs
Auto Off Time:	15 Minutes
Rated Voltage:	110V
Rated Power:	200W

## REMOTE CONTROL INSTRUCTION

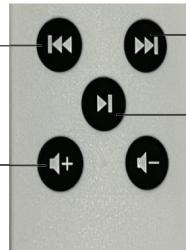


**Two-step Activation:** Press first, then press to activate

**SPEED+/- :** Speed regulation in steps of 1, 99 steps in total

**TIME+/- :** Time adjustments are made in 1-minute increments for a total of 15 minutes.

**P:** P1-P5: total of 5 auto shifting modes (all for 15 minutes)



## PERVIOUS SONG

—NEXT SONG

## **VOLUME CONTROL**

## **MUSIC PAUSE / START**

**Note:** The effective receiving range of the signal of the remote control is 1.5 meters. The infrared transmitting indicator of the remote control should be aligned with the infrared receiving window on the product when operating.

## AUTO PROGRAM SPEED SHEET

Time from 15 min to 1 min

time modes	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
P1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	2
P2	4	8	10	12	17	20	24	20	17	6	12	17	20	24	4
P3	8	20	10	30	12	40	20	14	8	20	40	8	20	35	8
P4	12	23	29	18	40	18	60	40	22	50	38	18	40	22	12
P5	20	55	30	65	40	75	50	85	60	95	75	55	35	50	20

\* Corresponding table of speed variation with time for different modes.

P.S.

In order to maintain your balance and keep you safe while exercising, please be careful not to stand on one side while using the product to prevent tipping over or falling. If you have any questions, please feel free to contact us.

## EXERCISE SESSION

The Body shaper utilises the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The Body shaper accomplishes this best when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles really efficiently. You will find the Body shaper extremely effective, but only if you use it whilst in one of the positions shown, but you will only get the best results if you bend your knees or arms (depending which is pressing on the oscillating plate) so your muscles adopt the automatic motion described. You can also use the Body shaper as a general massager to ease muscle pain and improve circulation, and here you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes each for a complete workout.

			
<b>Whole-body-exercise posture:</b> Stand on the plate and stretch your feet like as wide as your shoulders. This will help improve overall circulation and muscle tone.	<b>Squat posture:</b> Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for a thigh workout.	<b>Press-Up posture:</b> Stretch your arms as wide as your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.	<b>Lower legs posture:</b> Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.
			
<b>Waist Bend posture:</b> Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.	<b>Single-foot posture:</b> Put one foot on the pedal and relax yourself. For a deeper exercise, lunge forward, placing more body weight on the plate.	<b>Sitting posture I :</b> Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.	<b>Sitting posture II:</b> Put your legs on the plate when sitting on a chair. This is a great way to ease tension and can help to improve circulation in the legs.

FCC Warning:

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 a 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.