

## Contents

<i>Important Safety Information</i> .....	3
<i>Product Description</i> .....	4
<i>Display Instruction</i> .....	5
<i>Exercise Session</i> .....	6
<i>Stand position</i> .....	7

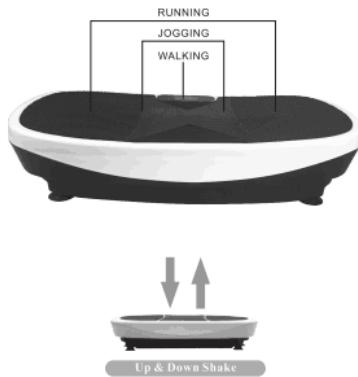
2

## AUTO PROGRAM SPEED SHEET

TIME FROM 10 MIN TO 1 MIN

PRGTIME	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

3 DIFFERENT STAND POSITION FOR DIFFERENT TUNE



7

## Product description

### name and components



4

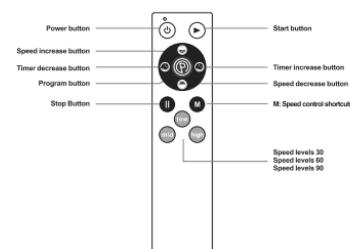
## DISPLAY INSTRUCTION

### 1. MONITOR INSTRUCTION



SET: H,L,P1,P2,P3,P4,P5  
SPEED: is show 1-99 speed level.  
H is mean up and down motion.

### 2. REMOTE CONTROL INSTRUCTION

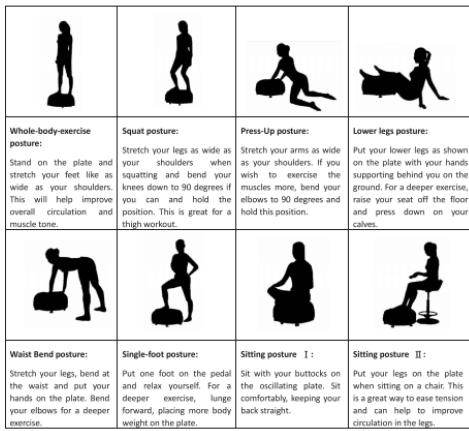


THIS REMOTE USED IN THE MACHINE WITHOUT MUSIC FUNCTION.

5

#### EXERCISE SESSION

The Vibration platform utilizes the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The Vibration platform 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 Vibration platform 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 Vibration platform 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.



#### Important safety

**Please keep this manual in a safe place for reference.**

**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 platform.

1. It is the responsibility of the owner to ensure that all users of this Vibration platform are adequately informed of all warnings and precautions.
2. Use the Vibration platform only as in this manual.
3. Place the Vibration platform on a level surface, with at least eight feet of clearance behind it. Do not place the Vibration platform on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Vibration platform.
4. Keep the Vibration platform indoors, away from moisture and dust. Do not put the Vibration platform in a garage or covered patio, or near water.
5. Do not operate the Vibration platform 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 platform at all times.
7. The Vibration platform should not be used by persons weighing more than 150kg.
8. Never allow more than one person on the Vibration platform at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.
10. Never leave the Vibration platform unattended while it is running. Always remove unplug the power cord when the Vibration platform is not in use.
11. Do not attempt to move or adjust the Vibration platform until it is properly assembled.
12. Inspect and tighten all parts of the Vibration platform regularly. Wrong usage could influence the stability of the Vibration platform. 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 platform regularly.
14. Never insert or drop any object into any opening.
15. 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. **DANGER:** Always unplug the power cord immediately after use, before cleaning the Vibration platform, 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.
17. This Vibration platform is intended for in-home use only. Do not use this Vibration platform in any commercial, rental, or institutional setting.

6

3

2018-05-08  
nc0508

work2018-09-06

290mm

