

FCC Instructions:

This product 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 product 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 the product 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 product and receiver.
- Connect the product 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.

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.

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

User's manual



ZZ-SZ303

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Massager Appliances(Vibration Plate)

11 > Quality guarantee and after-sale service

1. Under the condition of normal operation following the instruction, in case that quality problems cause failure, you may enjoy repair without charge within 6 months from purchase date by following the content recorded on the card.
2. The components may be replaced during warranty, the replaced bad components belong to our company.
3. Please understand that our company will require you to pay the transportation fee when sending it for repair.
4. Please put the warranty certificate in the product for repair. Then send it to the store where you purchase it.
5. The following condition belongs to paid repair even during the warranty period.
 - Normal friction or placement caused by wear of consumption products.
 - Problems caused by misuse, abuse or improper use.
 - Problems caused by improper repair or remodeling, etc.
 - Problems caused by big fire, flood and earthquake;
 - Collision, discoloring and other appearance changes produced during use;
 - Sensory phenomenon that does not affect the product function (sound and vibration, etc);
 - Used by other people (commercial use)
6. The warranty is only issued once.

※ The warranty certificate does not limit the legal rights of customers.

9 Product maintenance

- Keep it at the state when the power plug is pulled off from the socket.
- Take off the special training belt from the body. Don't lose it and keep it carefully.
- The rubber foot strap at the bottom surface will be left with footprint. Don't place it at the same place for a long time.
- If it gets dirty, please use dry and soft duster cloth to wipe. At the time of maintenance, don't use versatile, corrosive, alkaline bleaching agents. This may cause discolor, deformation and damage, etc.
- Don't put it a place with high temperature, high damp, direct sunlight and dust.
- Confirm whether the product is damaged regularly. If it is damaged, don't use it before repair.

10 Main data parameter

Product name	Massager Appliances (Vibration Plate)
Type	ZZ-SZ303
Rated voltage	AC 110V/60Hz
consumes power	200W
Rated time Swing	10min
frequency	0-9mm
Maximum Load	120kg
Swing amplitude	
Battery type	
Executive standard	

1 Considerations before use

- 1.The socket of supply power must be grounded properly and should not be shared with other electric appliances.
- 2.If users need to replace the power cord, please choose the power cord with grounding function.
- 3.After use, please turn off the power supply and pull out the plug.
- 4.When pulling out the plug, don't use the hand to hold the wire. Please use your hand to hold the plug tail and pull it out slightly.
- 5.Check whether it is placed flatly before use.
- 6.The users may conduct speed adjustment according to their own need.
- 7.When it is used indoors, avoid dampness. Don't splash water on the device. Any foreign matters should not be placed on it.
- 8.Children, pregnant women, old people or those with physical disability are forbidden to use the device.
- 9.Children are forbidden to play nearby or touch the device during the use process.
- 10.If you feel under the weather, please stop use and consult the medical personnel.
- 11.People with disease should consult the medical personnel before use.
- 12.During the process of use, if you feel the device has abnormal condition, please stop use and contact the local distributor for disposal. The distributor will send professional repair personnel to make inspection. Forbid dismantling without permission to avoid occurrence of unpredictable danger.
- 13.Fat test or heart rate test don't belong to medical test. The test result may not be correct. The measured data is only for reference.
- 14.People with the following condition should use with caution. People with high blood pressure, people with cardiac pacemaker or other electronic device implanted into the body; people with artificial limb or difficulty in walking; people who are not suitable for vibration or strenuous exercise and people with other diseases.
- 15.This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

2》Packing list of the commodity



3》Introduction to use method of the host

Please put the main body at a stable place.

Please put the main body at a place with a distance of 1m to radio, TV and AV devices. In addition, don't use the same receiver. This may produce noise.

Connection of power cord

After the power key on the front surface of the main body is switched off, insert the power cord into the port of the main body.

(In order to prevent falling off, the socket is designed tightly. Ensure to insert to the bottom. Then insert into the socket.)

After the power key of the main body is switched on, the vibration treadmill starts.

8》Common faults and troubleshooting

If you think failure occurs

If you feel that failure develops, please confirm the following content again before you send it for repair. If the problems still exists, please stop using and contact the seller.

The power supply is not connected and the electronic meter does not display.

- Whether the power cord is inserted to the bottom of the side wire port of the host?

- Whether the power key of the host and the power key of electronic meter are switched on?

The remote controller does not respond.

- Whether the anode and cathode of the built-in battery of the remote controller is installed correctly? Or change a new battery and try.

- Whether the remote controller aims at the inducer in the middle of the host for operation?

There is sound of "click".

- Whether it is placed on a flat ground? The ground friction will produce noise.

- Confirm whether the rubber foot strap of the bottom comes loose.

- Whether the body inclines? Keep the gravity center at the center of vibration surface.

Stop during use

- keep working within the rated time and stop working automatically exceeding 10 minutes.

The indicator light is still on after the power cord is pulled off.

- The power indicator light will keep on for a time being. This is not fault.

Note: After the power supply is inserted, smell the burned taste or white smoke occurs.

- In order to prevent failure and accident, please pull off the power plug from the socket. Ensure to check and repair the power supply when purchasing. It is very dangerous to repair it by yourself. Don't dismantle it by yourself.

Please contact customer service center for problems relevant to products.



Mainly train the thigh and buttock;



Mainly train the buttock and back;



Mainly train the thigh, buttock and abdomen.



Mainly train the arm, abdominal muscles, shoulder and back



Mainly train the arm, shoulder and back;



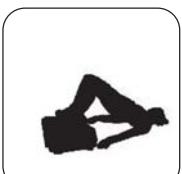
Mainly train the hands, chest and abdominal muscles,



Mainly train the shank and thigh;



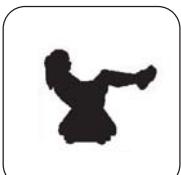
Mainly train the shank, back, pelvis, buttock, abdominal muscles and thigh;



Mainly train the shank, back, pelvis, buttock, abdominal muscles and thigh;



Mainly train the thigh, abdominal muscles and back

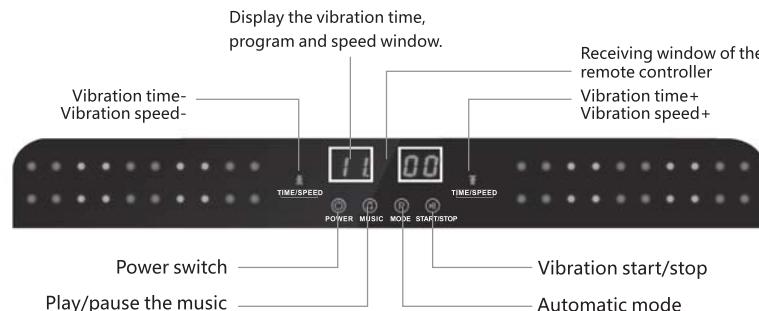


Mainly train the buttock, thigh and abdominal muscles;



Mainly train the buttock, thigh and abdominal muscles;

4 Use method of electronic meter



Use method

1. Preparation before use: after the power supply of the host is turned on, the power supply of electronic meter is switched on.

2. The default time of the host is 10 minutes.

3. Selection of vibration method:

A. Vibration in automatic mode

modes from P1~P5 are provided. Use automatic mode key to select the mode (switch P1-P5 according to the time of key pressing). After the vibration start key is pressed, vibration starts. Vibration stops before the program ends. The power switch key and other keys can be operated. But the vibration speed, vibration time change cannot be operated.

B. Vibration in manual mode

After the vibration time (1-10 minutes) minutes is set, press the start key and vibration starts. During the vibration process, use speed ± to adjust the vibration speed. During vibration, there is no method to operate time adjustment and mode switching. Such operation may be made after vibration stop key is pressed.

4. Insert the U disk into the designated port besides the switch and the music will be played automatically. Press the music play/pause key, it enters the mode of automatic cyclic play of music or pause mode.

The instruction for use of infrared remote controller
(With music function)

The Bluetooth play is released from the loudspeaker box of body shaping device and supports the mobile phone with Bluetooth function. But the non-smart phone does not support Bluetooth well and is not convenient to use. It is best that the used phone is smart phone and the computer is provided with Bluetooth function.

Description of pairing

1. Open the Bluetooth function of the mobile phone (computer) to search the peripheral Bluetooth equipment. Find the device with the name ZZKJ in the search result and pair with it after finding it.

2. After pairing is successful, you may play the music in the mobile phone. The beautiful music will be played from the loudspeaker box of body shaping device! Use the controller of the body shaping device or mobile phone to carry out the operation of pausing with the music, previous song, next song, volume + and volume -.

5 Use method of the remote controller



- Power switch: plug in. Press the key after switching on the power switch of the product. Start the product: press the key to stop working during work.
- Start/stop: press the key to pause/start.
- Speed increase/decrease: at the manual gear, press the key to increase/decrease when the machine is working. Speed: manual speed is 1-99 gear.
- Automatic mode: it is manual mode at default. Press the key to enter circular automatic mode.
- Time +/-: the default work time is 10 minutes. Press this key to conduct increased or decreased adjustment.
- Next song
- Previous song
- Play/pause: pause music/play music.
- Volume +/-: adjust the volume size when music is played.

 Note: the effective receiving scope of the remote controller is 1.5m. At the time of operation, please aim the direction of the remote controller at the receiving window of the host.

6 Installation and use method of the special belt for training



When the special belt for training is used, pull out the hook at the bottom of the host, hang the special belt for training on the hook and you may use it.

7 Example of all types of training

- During use, don't wear slipper or stocking and other things that are easy to slide. It is easy to cause accident or injury.
- When the feeling like headache, nausea, kecking, carsickness occurs, or eyes, ears, arms, hands or legs and other body parts feel discomfort or ache, please stop using immediately. If such symptom does not relieve after stopping use, please seek medical advice immediately.
- The time for training once is controlled for 10 minutes at most. The rated work time of the product is 10 minutes. If it is used continuously, the interval time is above 15 minutes at least before continuous use. The training effect is different with every individual. 30 minutes every day. Don't train excessively.



Mainly train the whole body, abdominal muscle and thigh.



Mainly train the thigh, buttock and abdomen.



Mainly train the thigh, shank, buttock and abdomen.



Mainly train upper musculus biceps;



Mainly train the deltoid and the upper part of greater pectoral muscle.



Mainly train the thigh, shank



Mainly train the whole body, flank and thigh.



Mainly train the upper arm;

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- 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.

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