

2020-06-19 ne0619

RINKMO
—FITNESS—

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.

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rinkmo.service@outlook.com

INSTRUCTION MANUAL



For use with RINKMO 2D Massager Appliances(Vibration Plate)



WARRANTY

The RINKMO warranty covers any technical faults with your item. If you need to make a warranty claim, contact us via email at rinkmo.service@outlook.com

Your warranty does not cover the following:

- General wear and marks from use.
- Water damage.
- Damage due to improper use.
- Chassis damage and scratching due to improper use or dropping.
- Electronic damage due to improper use or dropping.

Your warranty begins on receipt of delivery. Technical faults are covered for 12 months and the motor is covered for life!

As our valued customer, you have the chance to extend the warranty to 24 MONTHS, just send us your AMAZON ORDER ID via rinkmo.service@outlook.com.

If you have any questions regarding your warranty please email us at:

rinkmo.service@outlook.com

We also offer an extra discount of \$5-\$10 for each additional baby food maker purchased. The more you buy, the bigger the DISCOUNT.



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Please Read Carefully Before Using

- 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 a power cord with a grounding function.
- 3.Please turn off the power supply and pull out the plug after using.
- 4.When pulling out the plug, don't use your hands to hold the wire. Please hold the plug tail and pull it out slightly.
- 5.Check whether the product is placed on a flat surface before using.
- 6.Users can adjust the speed according to their needs.
- 7.Keep the machine dry. Don't splash water on the device. Don't put other things on the machine.
- 8.Children, pregnant women, the elderly, or those with physical disability are should not use the device.
- 9.Children should not play nearby or touch the device during the use process.
- 10.If you feel discomfort, please stop using the product and consult a healthcare professional.
- 11.People with medical conditions should consult the medical personnel before use.
- 12.If in the process of using the product, you feel that is operating abnormally, please stop using it and contact local professional maintenance personnel for inspection. Unauthorized disassembly is strictly prohibited to avoid unpredictable danger.
- 13.People with the following conditions should be used with caution: those with high blood pressure; those with cardiac pacemakers or other electronic devices implanted in the body; those with limb prostheses, vibration or severe movement discomfort.



WHAT'S IN THE BOX?



WHAT YOU WILL FIND IN THE BOX

- 1x Vibration exercise machine unit
- 1x Remote control
- 1x One set of resistance bands with carabiner fixings
- 1x Power cord

YOU WILL NEED

- 2 x AAA Alkaline batteries for the remote control



TECH SPECS

MOTOR	ZZ-SZ306
FUNCTIONS	2D Oscillation, Vibration, Massage
POWER REQUIRED	AC 120V/-60Hz
LEVELS	99 levels
PROGRAMS	3 built in programs
MANUAL FUNCTION	99 levels & variable time control
USER WEIGHT	Maximum: 330lbs
UNIT WEIGHT	36.4lbs
WARRANTY	Rinkmo MotorWarranty



UK



Product Maintenance

- Store the product with the power plug pulled off from the socket. Take off the special training belt from the body.
- If it gets dirty, please use dry and soft duster cloth to wipe. At the time of maintenance, don't use corrosive, alkaline bleaching agents. This may cause discolor, deformation and damage, etc. If it is dirty, please wipe it with a dry soft cloth. Don't use volatile, corrosive, alkaline bleach, etc. during maintenance. This will cause discoloration, deformation, damage, etc.
- Please don't store in high temperatures, humidity, direct sunlight, or in dusty places.
- Check regularly to see whether the product is damaged. If it is damaged, don't use it before repairs are made.

GETTING STARTED

- 1 Please put the machine in a stable place.
- 2 Please put the machine at a place with a distance of 1m to radio, TV, and AV devices. In addition, don't use the same receiver. This may cause noise.
- 3 Connection of power cord
After 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.)
- 4 After the power key of the main body is switched on, the vibration machine starts to work.



User's Manual

1. Preparation before use: Please plug in the power cord, press and hold the display power key, and then insert the 2 AAA batteries into the remote controller.(The batteries are not included)

2. The default vibration time of the machine is 10 minutes.

3. Vibration Selection mode:

A. Vibration in automatic mode:

Modes from 15/45/75 are provided. Use the automatic mode key to select the mode (switch according to the time of key pressing). After pressing the vibration Start button, vibration starts to work. Before the end of the program, the vibration stops. The power switch and other buttons can be operated, but the vibration speed, vibration time change, etc. which cannot be operated.

B. Vibration in manual mode

After the vibration time (1-10 minutes) minutes is set, press the Start key to start the vibration. During the vibration process, use speed "±" to adjust the vibration speed(1-99 LEVEL). During vibration, you cannot operate time adjustment and mode switching.

4. The instruction for use of infrared remote controller (With music function) Bluetooth:



Common Problems & Solutions

Once the machine breaks down, please check the following content again before you send it for repair. If the problems still exist, please stop using and contact the seller.

- The power supply is not connected and the electronic meter does not display.
 - Is the power cord is inserted to the bottom of the side wire port of the machine?
 - Is the power key of the machine and the power key of the electronic meter is switched on?
- The remote controller does not respond.
 - Is the anode and cathode of the built-in battery of the remote controller installed correctly? Try using a new battery.
 - Is the remote controller aimed at the inducer in the middle of the machine for operation?
- There is a clicking sound
 - Is the product placed on a flat ground? The ground friction will produce noise.
 - Check whether the rubber foot strap of the bottom comes loose.
 - Is the body inclined? Keep the gravity center at the center of the vibration surface.
- Stops 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 stay on for a short time. This is not a problem.
- 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 the customer service center for problems relevant to

products: rinkmo.service@outlook.com.



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;



The machine supports Bluetooth function to connect smartphones and other devices.

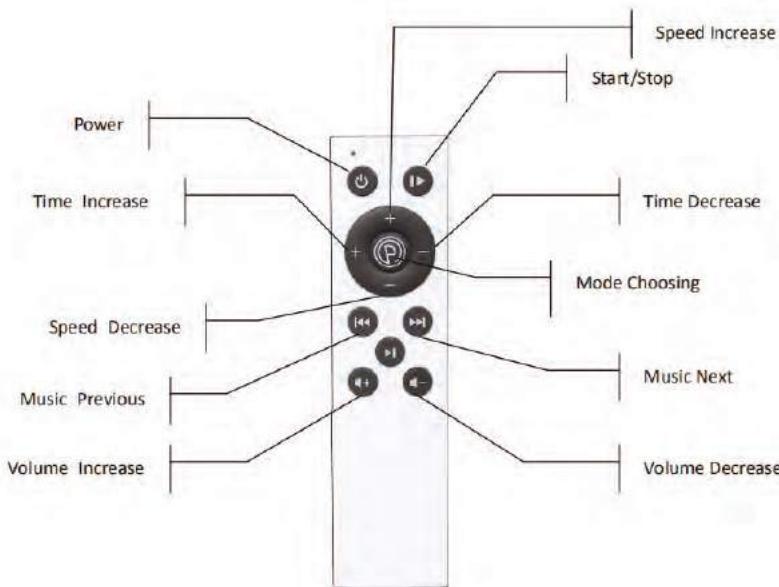


Description of pairing

1. Open the Bluetooth function of the mobile phone or other device.
2. Search and pair the device with the name ZZKJ.
2. After pairing is successful, you can hear the prompt of "SUCCESSFUL BLUETOOTH CONNECTION".
3. You can play the music in the mobile phone, and the music will be played from the machine!
4. Use the controller provided or mobile phone to operate the music with pausing/playing, previous song, next song, volume + and volume -.



CONTROLS



Note: The effective receiving range of the remote controller is 59"(1.5m).

Examples of All Types of Training

- Don't wear slippers or stockings during use. It may cause accidents or injuries.
- Once you feel any headaches, nausea, or discomfort, please stop using it immediately.
- The time for the first training should be controlled in 10mins. Continuous use should be more than 15 minutes apart. Daily use time should not exceed 60 minutes. 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;