

# INSTRUCTION MANUAL

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Vibration Platform  
with Bluetooth

## ! NOTICE

To reduce the risk personal injury, read the following safety notices before operating this item.

- This device is intended for indoor, home use only.
- Use this device only on a stable, level surface.
- Allow at least 8 feet of clearance around device.
- To protect the floor from damage, place a mat under this device.
- Always keep children under the age of 12 away from this device.
- Children under the age of 12 or adults over 60 will require supervision.
- Always keep pets away from this device.
- This device is intended for use by one person at a time.
- Keep the power cord and surge suppressor away from heated surfaces.
- Never leave this device unattended when in use.
- Always unplug the power cord when this device is not in use.
- Inspect and tighten all parts of this device regularly.
- Always unplug the power cord immediately after use, before cleaning, and before performing maintenance/adjustment.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this device in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

**WEIGHT CAPACITY: 330 lbs**

## ! WARNING

- Do not cover this device.
- Do not insert or drop any objects into any openings.
- Do not remove the motor hood.
- Do not use this device immediately after eating or drinking.
- Do not use this device after consuming alcohol.
- Do not smoke cigarettes while this device is in use.
- Do not attempt to move or adjust any part of this device unless it is properly assembled.
- Do not use this unit while wearing loose clothing or jewelry
- Do not leave unattended near children or individuals with impairments that may prevent them from safely operating this device should not use this appliance.
- 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.

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

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 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.

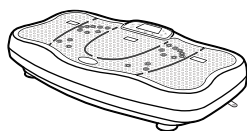
## MEDICAL WARNINGS

- Before use of this device or any exercise program, consult your physician.
- Do not use this device in conjunction with other medical equipment.
- Do not use this device as a substitute for medical treatment.
- Do not use if you are experiencing lightheadedness or nausea.
- Do not use if you have been diagnosed with a malignant tumor.
- Do not use if you are pregnant, planning to become pregnant, or menstruating.
- Do not use if you have heart-disease.
- Do not use if you have a pacemaker or other medical electronic implants.
- Do not use if you suffer from osteoporosis.
- Do not use if you have an artificial limb.

## PARTS

**A**

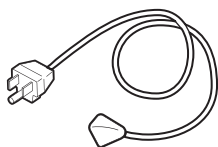
VIBRATION PLATFORM



1 PC

**B**

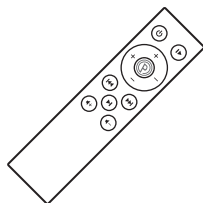
POWER CORD



1 PC

**C**

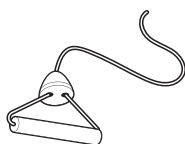
REMOTE CONTROL



1 PC

**D**

RESISTANCE BAND



2 PCS

**E**

EXERCISE BAND



5 PCS

**F**

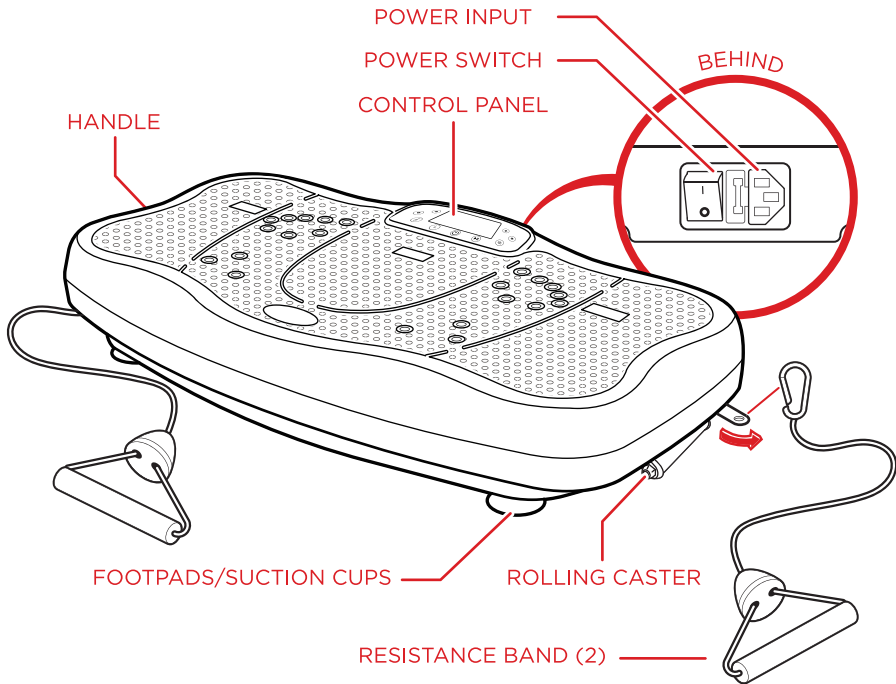
CARABINER CLIP



2 PCS

## MAIN DIAGRAM

**NOTE:** Flip power switch on before pressing power button.



## OPERATING INSTRUCTIONS

1. Place your vibration platform on a flat surface and plug into a wall outlet.
2. Press the Program button to select a program. There are 4 programs: P1, P2, P3, and P4.
3. Press the Start/Stop button to start the program.
4. To manually control, set desired session time, then press the Start/Stop button to start.
5. During session, adjust the speed with the Speed + or Speed - buttons.

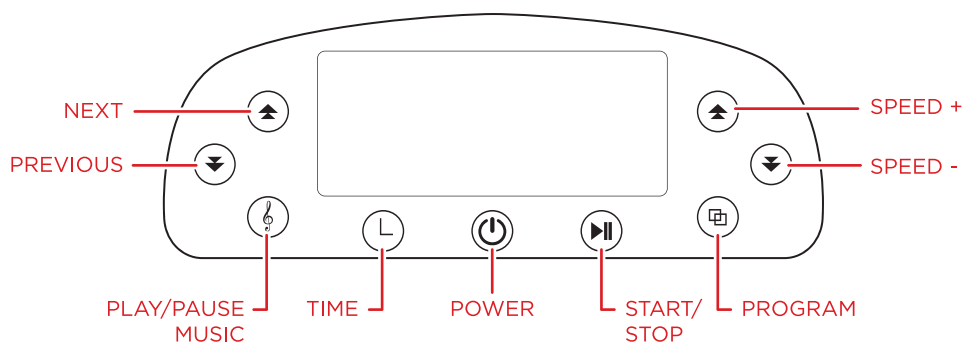
## PAIRING BLUETOOTH

1. Turn on vibration platform and speakers will automatically be ready to pair.
2. Pair music player with the Bluetooth network named "Bluetooth".
3. Play music through the built-in speakers.

## USING HANDLE

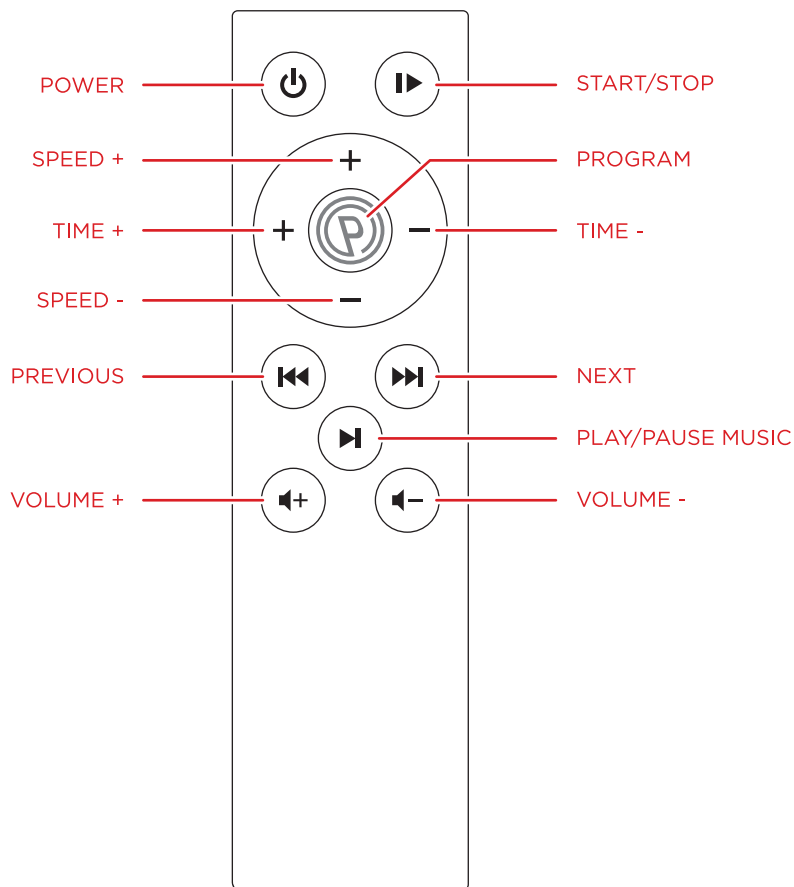
1. To move device, grasp the handle and lift until the rolling caster contacts the ground.
2. Roll vibration platform to your desired location.

## CONTROL PANEL



- **NEXT:** Plays next music track
- **PREVIOUS:** Plays previous music track
- **PLAY/PAUSE MUSIC:** Start/stop music from connected Bluetooth device
- **TIME:** Increase session time from 1 and 20 minutes  
**NOTE:** Time will increase 1 minute every press of the button. If you press button while the time is set to 20 minutes, it will cycle back to 1 minute
- **POWER:** Turn platform on; press again to initiate standby mode
- **START/STOP:** Initiates or cancels the session
- **PROGRAM:** Select one of four Programs:
  - **PROGRAM 1:** (LED will show "p1") Runs at a set rhythm; time and speed cannot be adjusted
  - **PROGRAM 2:** (LED will show "p2") Runs at a set rhythm; time and speed cannot be adjusted
  - **PROGRAM 3:** (LED will show "p3") Runs at a set rhythm; time and speed cannot be adjusted
  - **PROGRAM 4:** (LED will show "p4") Runs at a set rhythm; time and speed cannot be adjusted
- **SPEED -:** Increase vibration speed; ranges from 1 to 120
- **SPEED +:** Decrease vibration speed; ranges from 1 to 120

## REMOTE DIAGRAM



- **TIME +** : Increase session time; ranges from 1 to 20 minutes
- **TIME -** : Press to decrease session time; ranges from 1 to 20 minutes
- **VOLUME +** : Increase volume of Bluetooth speakers
- **VOLUME -** : Decrease volume of Bluetooth speakers

## EXERCISES

The vibration platform utilizes the body's reflexes to exercise muscles. In certain positions, your muscles work to stay in those positions. The plate moves quickly, and your muscles automatically contract to keep you in position. The platform can also be used to ease muscle pain and improve circulation. Use the following postures to properly use this platform:



### WHOLE BODY EXERCISE POSTURE

Stand on the platform and place feet shoulder-width apart. Slightly bend your knees. Hold the position as the platform vibrates. This helps improve overall circulation and muscle tone. This position exercises your waist and buttocks.



### SQUAT POSTURE

Stand on the platform and place feet shoulder-width apart. Bend your knees at a 90° angle if possible. Hold the position as the platform vibrates. This position exercises your thighs and buttocks.



### PUSH-UP POSTURE

Place hands on the platform shoulder-width apart. Keep knees on the ground and slightly bend at the elbows. Hold the position as the platform vibrates. For increased intensity, lift knees off the ground or bend your elbows at a 90° angle. This position exercises your arms, shoulders, and chest.



### LOWER LEG POSTURE

Sit on the ground and place feet on the platform. Place hands behind you on the ground for support. Press feet down onto the platform as it vibrates. For increased intensity, lift body off the floor and continue to press down on the platform with legs. This position exercises the muscles and ligaments of the legs.



### WAIST BEND POSTURE

Place hands on the platform. Keep legs and back straight while bending at the waist. Keep torso parallel to the floor. Hold the position as the platform vibrates. For increased intensity, bend at elbows.

## EXERCISES



### SINGLE-FOOT POSTURE

Place one foot on the platform while standing. Hold the position as the platform vibrates. For increased intensity, lunge forward and place more body weight onto the platform.

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### SITTING POSTURE

Sit on the platform with feet on the ground. Keep your back straight. Hold the position as the platform vibrates.

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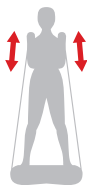


### SITTING POSTURE 2

While sitting on a chair, place feet on the platform. This helps ease tension and improve circulation. This position exercises both thighs and calves.



## RESISTANCE BAND EXERCISES



### BICEP CURL

Stand on platform with feet shoulder-width apart. Keeping both elbows on the waist, bicep curl resistance bands.



### SITTING SINGLE SHOULDER LIFT

Sit cross-legged on the platform. With one arm, lift a resistance band over your head. Keep back straight but lean to the side to extend the range of the shoulder lift. Repeat to exercise the other arm.



### SITTING LATERAL RAISE

Sit cross-legged on the platform. With both arms, lift resistance bands over your head simultaneously. Keep back and arms straight and lift arms overhead in an arc motion.



### TWISTING SHOULDER LIFT

Stand on platform with feet shoulder-width apart. Twist at the waist while using shoulders to simultaneously lift resistance bands to approximately shoulder height. Keep arms straight and lift in a half-arc motion.



### SINGLE-FOOT BICEP CURL

Place one foot on the platform while standing. With both arms, bicep curl resistance bands. End with arms crossed in an "X" position on your chest.

## CLEANING

- Switch-off and unplug the unit.
- Use light detergent and water to clean the rubber food pads.
- Use a damp cloth to clean surfaces of debris.
- Use a dry cloth to clean the remote control.

## STORAGE

- Switch-off and unplug the unit.
- Use a dry cloth to remove dust and debris.
- Store in a cool, dry place.
- For extended periods of storage, place the unit inside a dust-proof cover.

## TROUBLESHOOTING

PROBLEM	REASON	SOLUTION
Product will not start	Device is not plugged in	Plug the device in
	The power switch is off	Turn the power switch to the on position
	The power fuse is burned-out	Replace the damaged fuse
Grinding or skipping sounds during operation	This is a normal sound caused by interaction or abrasion between mechanical parts	-
Controller is unresponsive	The batteries are damaged or uncharged	Replace the batteries
	The controller is too far from the unit	The effective range of the controller is 2.5M
Sudden stop	Default timer has expired	Restart timer
Cannot operate	Too many commands have been sent to the unit at once	Power off and restart