

ULTRATHIN VIBRATION PLATE

User Manual

WALKING JOGGING RUNNING LIGHT EXERCISE YOGA GYM STRENGTH



Please read this User Manual carefully before use of this product

Common problems&solutions:

S/N	Problems	Causes	Solutions
1	The product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		The fuse is burnt	Replace with a new fuse(of the same model)
2	Sound like gher or di-da heard during working	Normal sound generated by the motor or from the abrasion between	No additional treatment is required
3	Operate the controller, but the product no action	The electricity of batteries is worn out	Replace batteries
		The controller is too far away from the product	The effective distance of infrared signal is 2.5M
4	Sudden	Default working time is up	Restart it after 10 minutes' Interval
5	Can not work	Too many commands sent to the product and they can not be responded in time	Power off and then restart

Safety Precautions

Environment for use

Do not use the product in humid or dusty environment to avoid electric shock or breakdown of the mechanical parts.
Do not use the product when indoor temperature is over 40 degree.
Do not use the product in the open air or under the direct sunlight.
Please put the product on the flat floor.

▲ Please wait for one hour before using the product when it is moved from low to high temperature, so as to prevent water vapor from condensing on the machine and resulting in any failure.

People under these conditions below are not suggested to use the product:

It is strongly advised to consult your doctor before use.
Patients who are under treatment or feel not good;
Patients with malignant tumor;
Pregnant women or women in menstrual period;
People with heart disease;
Osteoporosis patients;
People with heart pacemaker or other medical electronic instrument implanted;
People with artificial limb;
People who are sensitive to vibration and strenuous exercise.

⊗ Notices during operation

Before use, please undersw watch, bangle, cell phone or other valuable objects, and keys, knife or other incisive objects, so as to avoid damage or body injury.
Do not smoke while using the product.
Please do not use the product together with other medical equipments.
Please do not use the product for medical treatment purpose.
Do not use the product right after a meal or drink.
During use, please keep child or pet away from the product. It is forbidden to put fingers or other foreign bodies into the gap between the middle cover and base cover.
Supervision is needed for child under 10 years and the aged over 60 years during using the product.
The load capability of the product is 100KGS; people over this weight are not suggested to use the product.
This product is only limited for one-person use.

Thank you for your purchase of this product. To ensure proper operation of the product, please read this USER MANUAL carefully before using, and pay special attention to the safety precautions.

Please keep this USER MANUAL properly for further reference.

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Speed Range

1-99		Speed															
P0	4	8	10	12	17	20	20	20	17	6	12	17	20	24	20		
P1	2	4	6	8	10	13	13	12	9	8	8	10	13	15	12		
P2	8	14	8	14	8	20	20	14	8	14	14	8	20	8	14		
P3	12	23	29	38	49	56	56	76	48	29	38	49	56	69	76		
P4	9	13	16	21	24	35	35	50	38	30	21	24	35	67	50		
P5	23	55	23	55	23	55	55	55	23	55	23	55	23	55			
P6	11	11	25	25	38	38	38	48	25	25	25	38	38	48	48		
P7	30	30	50	50	70	70	70	40	60	60	50	70	70	40	40		
P8	55	40	55	40	50	77	77	65	65	99	40	50	77	80	65		
P9	40	85	75	65	25	90	90	60	65	80	65	25	90	76	65		

Note: Each program defaults to 15 minutes. If you choose P1, the speed level of the machine will continue to change over time: 2-4-6-8...12, the running speed level of the machine at the first minute is 2, at the last minute is 12.

Technical specification
Product Name: Ultrathin body slimmer
Rated voltage: 220V-240V □
Rated power: 200W
Rated frequency: 50/60Hz

Storage and maintenance

Surface cleaning

Before cleaning, ensure the power switch is turned off, and the attaching plug is pulled out of the socket

The rubber pedal and covers can be cleaned with a wet cloth containing detergent, and the detergent should be removed with a cloth.

▲ Notice:

Do not clean the product with corrosive detergent such as benzene or thinner as it may cause fading, corrosion or crack on the product.
Do not splash water into the product to avoid short circuit.

Controller

As wet cloth may cause malfunction of the controller, only dry cloth can be used.

Storage and maintenance

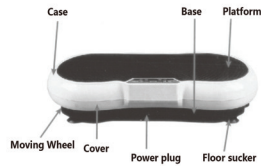
Make sure that the power switch is turned off and the plug is removed from the power supply.
Clean off the dust and dirt on the product and keep it clean and away from places with high temperature or high humidity.
If the product is not in use for a long time, a dustproof cover (buy it yourself) should be applied on the product to prevent the entry of dust.

Use Method

- Stand upright on the product, with two legs apart, the distance of two legs is mostly the same as width of shoulder. This posture can exercise waists and buttocks to relieve stress on waists and sculpture beautiful curve of buttocks.
- Stand on the product with two legs apart and knee bent. The posture can exercise thighs to sweep pain and soreness, improve blood circulation, and reduce fat deposit.
- Seat on chair or sofa, with feet put on the product. This posture can exercise both thigh and calf.
- Seat on carpet, with two legs put on the product. This posture can exercise leg.
- Kneel on the carpet, put hands onto the products, with body lean forward, this posture can exercise shoulder joint



Component Parts



ATTENTION:STRAPS HOLDER WAS ASSEMBLED ON THE BOTTOM OF THE MACHINE, IT IS COLLAPSIBLE, EASY TO USE.

Specification

SPEED LEVEL	PRODUCT SIZE
1-99	66x37x13.5CM

Computer Instruction



Key Functions

START: When machine stop this button will start the engine as the preset mode
PRO MODE:When machine stop this button can preset four modes as below:
Manual :LED shows HA.00,this mode can set time between 0 and 20 Minutes.
When you press start button, you can adjust the speed as needed, but time cannot be adjusted

Automatic P1:LED shows P1.01, this mode will run at a certain rhythm.
Time and speed cannot be adjusted.

Automatic P2:LED shows P2.03,this mode will run at a certain rhythm.Time and Speed Cannot be adjusted

Automatic P3:LED shows P2.05,this mode will run at a certain rhythm.Time and Speed cannot be adjusted

POWER : The machine will go to standby mode when this button is pressed.
The LED will show "----". Press the button again and the machine will resume normal function.

If the machine is turned on and not used for 3 minutes,it will also go to standby mode.

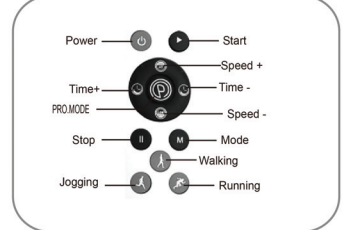
TIME/SPEED + : When the machine stops in manual mode,time can be increased between 1-20minutes(Default time:10 minutes).

While machine works in manual mode,speed can be raised by this button.

TIME/SPEED - : When the machine stop in manual mode,time can be reduced between 1-20minutes(Default time:10 minutes).

While machine works in manual mode,speed can be down by this button.

Remote control:



FCC statement

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.

RF Exposure Information

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