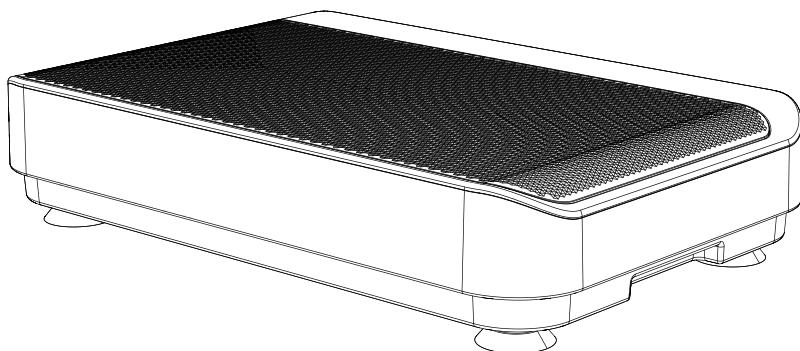


# Vibrating Plate

User's Manual



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# I. Important Precaution

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

 [Arthoot-service@outlook.com](mailto:Arthoot-service@outlook.com)

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Respond within 48 hours

Contact us with your Amazon Order Number in your email or text to get a quick response.

**Please contact CUSTOMER SERVICE before returning.**

# HOW TO CONTACT US ON AMAZON?

Step 1: Log in to your Amazon account.



Step 2: Go to **Your Orders**. Select the item you purchased from us.

Buy it again >

## Need help with your item?

Contact seller >

Get product support >

Request refund >

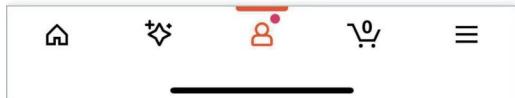
Step 3: Select **Contact seller**.

## How's your item?

Write a product review >

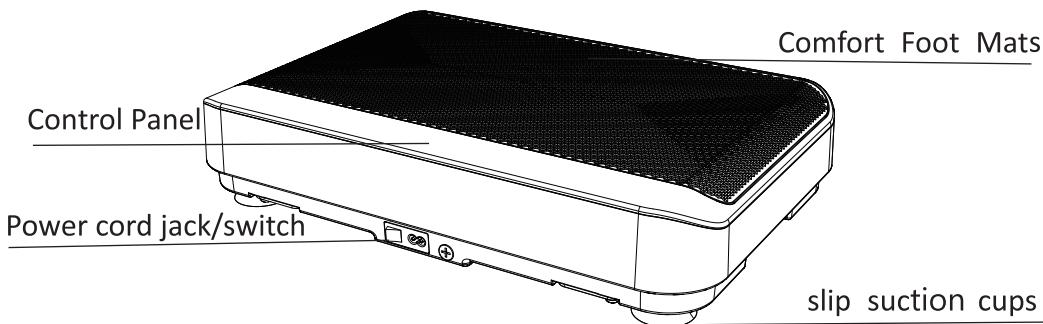
Create a video review >

## Order info



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## II. Product Description



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Name	Specification
Mode	TD-330
Rated Voltage	100-240V
Rated Frequency	50/60HZ
Rated Power	150W
Product Size	53.2*33.9*11.4cm

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**Note:**

Product dimensions are approximate, please refer to the actual product for exact dimensions and weight.

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### III. Panel Description



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Symbol	Function
Power Supply	Connect the power supply - digital display 10 minutes, standby status recognized display manual HR mode.
Switch Starts	The machine to start the movement or turn it off.
<b>M</b>	Without starting the machine, 9 fully automatic modes can be set (P1-P9 within 10 minutes of full automatic, the speed can be changed automatically).
Program Setting	be set (P1-P9 within 10 minutes of full automatic, the speed can be changed automatically).
+/-	Before the machine is running, press the key to set the time from 1 to 20 minutes (only available in manual mode).
Time	from 1 to 20 minutes (only available in manual mode).
+/-	After the machine is running, press the key to set the speed from 1-99 steps. Press the key to set the speed from 1 to 99 (only available in manual mode).
Speed	(only available in manual mode).
*	After successful connection, the panel shows the Bluetooth flag lights up.

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# Remote Description

-  **-Power Switch:** Turn on and power off the machine
-  **-Start/Stop:** Start and stop the machine
-  **-Program Keys:** 9 automatic modes
-  **-Speed+/-Speed-:** Set machine running speed
-  **-Time+/-Time-:** Set machine running time
-  **-Previous Music:** Set Bluetooth music to previous song
-  **-Next Music:** Set Bluetooth music to next song
-  **-Music Switch:** Turn on or turn off Bluetooth music
-  **-Music Volume+:** Increase the volume
-  **-Music Volume-:** Lower the volume



# Bluetooth Connection

1. When the machine is on, turn on the Bluetooth function of the mobile phone, search for peripheral Bluetooth devices, find a device named "Bluetooth" in the search results, and connect with it! After successful connection, the panel shows the Bluetooth flag lights up.
2. After the pairing is successful, play the music in your phone. The wonderful music accompanies the sport, making your sport life easier and more passionate.
3. The phone or remote control can control the music playing or stopping, the previous song, the next song, volume up, volume down!

## IV. Mode & Recommendations

SETTING	Speed Rate	Time (minutes)										Cal(Total)
		0 1	1 2	2 3	3 4	4 5	5 6	6 7	7 8	8 9	9 10	
P1	Speed Rate	-01-	-11-	-33-	-55-	-66-	-33	-66-	-55-	-11-	-01-	403
P2	Speed Rate	-01-	-33-	-66-	-88-	-99-	-66	-99-	-55-	-33-	-01-	657
P3	Speed Rate	-01-	-55-	-22-	-33-	-55-	-99	-88-	-66-	-55-	-01-	576
P4	Speed Rate	-01-	-11-	-33-	-55-	-33-	-11-	-33-	-55-	-11-	-01-	295
P5	Speed Rate	-01-	-22-	-55-	-66-	-55-	-33-	-55-	-66-	-22-	-01-	460
P6	Speed Rate	-01-	-33-	-77-	-88-	-99-	-66	-99-	-66-	-33-	-01-	682
P7	Speed Rate	-01-	-22-	-33-	-55-	-66-	-77-	-66-	-55-	-22-	-01-	481
P8	Speed Rate	-01-	-33-	-44-	-55-	-66-	-88-	-66-	-55-	-33-	-01	536
P9	Speed Rate	-01-	-33-	-55-	-66-	-88-	-99-	-88-	-66-	-55-	-01-	697
00	Speed Rate	Manual setting										

## Exercise Intensity Recommendations

Category	Exercise Cycle	Run Time	Run Speed
General fitness	1-3 times/day	5-10 minutes/trip	Running at an even speed
Weight loss	4-8 times/day	10-20 minutes/times	Low speed running

## Usage

1. According to the instruction manual, after standing on the machine, the user can use the remote control to press the "START/STOP" button to start the movement.
2. Please refer to the above key instructions for the operation method.
3. If you use the machine in a standing position, it is recommended that you choose the appropriate vibration zone when standing, different vibration zones will have different vibration effects.

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## V . Safety Precautions

**For your safety, please read the following matters carefully before using this product.**

- 1.This product uses 110-240V, 50/60Hz power supply, please make sure that the voltage of your socket is the same as this product before use.
- 2.Installation and use of the product should be carried out on a level clean indoor floor.
- 3.Children can only be used under the supervision of an adult, and should not be allowed to turn on the power by themselves without authorization.
- 4.Before each use, please check the appearance and the operation of each part,if you find a strange noise, please turn off the machine immediately, and immediately contact with the dealer or our maintenance center.
- 5.Do not use this product when the machine is faulty, especially when the power cord is faulty.
- 6.Do not unplug the power cord with wet hands, do not move the appliance when it is charged, and turn off the power after use.
- 7.People with trauma can not use this product, before exercise, need to do a good job of warm-up exercises, one hour after meals are prohibited.
- 8.Patients with heart disease, diabetes, kidney disease, liver disease, cancer and osteoporosis, etc., please use according to the instructions of the physician.
- 9.Do not use after drinking alcohol, pregnant women, menstruation, do not use more than 20 minutes of continuous use.
- 10.Wake up in the morning or before going to bed each use 10-15 minutes is appropriate, after use, please be sure to drink more water, in order to facilitate the discharge of body wastes and toxins.
- 11.Action on the use of this equipment for people with disabilities, there must be a caregiver to assist the whole process and pay attention to their safety, do not let them use alone.

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12. This equipment is designed for home indoor use, not suitable for use as a professional fitness center.
13. It is strictly prohibited to disassemble the machine by yourself to avoid danger.
14. This product is only suitable for indoor, home use, the maximum load of 265lbs.

## Common Troubleshooting

Fault Description	Cause Analysis	Troubleshooting
Cannot turn on the power	Power plug is not plugged in properly	Plug in the power plug properly
	Power switch is not turned on	Turn on the power switch, the indicator light is on
	Fuse blown	Replace the fuse with the same type
When working, it makes "Da-da" sound	Sound made when the machine is running is not a malfunction.	Normal phenomenon, no need to deal with
Remote control can not control the machine	Remote control battery is dead Remote control too far from the machine	Replace the battery effective distance of 1.5 meters
Stop during use	Set the end of working hours	Power cycle the system
Normal operation is not possible	Commands are executed too frequently	Turn off the battery and reboot

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## VI. Cleaning and Maintenance

1. Body surface cleaning: Before cleaning, please make sure that the power switch has been turned off, the power plug has been removed from the socket, the foot pad and shell can be thoroughly cleaned with a damp cloth containing detergent, and then carefully wipe off the detergent with a dry cloth.
2. Note: Do not use benzene, thinner and alcohol, gasoline and other counties have corrosive and volatile cleaning agent cleaning products. Otherwise, it will cause the product to be corroded. Do not spill liquid into the body to prevent short circuit.
3. Remote control: Only use a dry cloth to clean the remote control, using a wet cloth to clean the remote control may cause malfunction.
4. Product maintenance: Make sure the power switch is turned off, the power plug has been unplugged from the socket, and wipe off the dust and dirt of the product. Keep the product clean and away from high temperature,humid places, if you do not use the product for a long time. Please use the dust cover (please purchase) to prevent dust from falling in.

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## **VII. Warranty Description**

**1 Year Warranty**

## FCC Statement

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.

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 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.

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

### FCC RF Radiation Exposure Statement

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