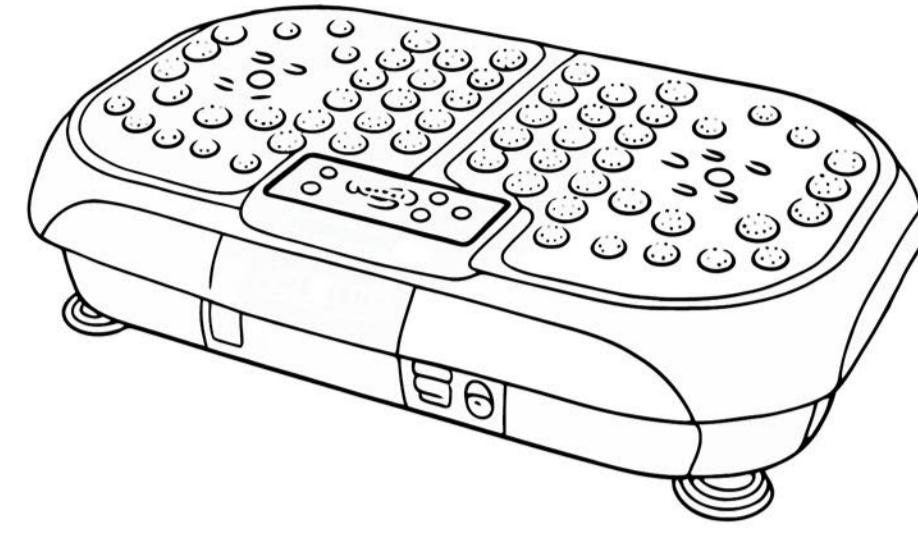


User Manual

KEARLBOR

Vibration machine

(XR-378)



VIBRATION PLATE FITNESS PLATFROM EXERCISE MACHINE

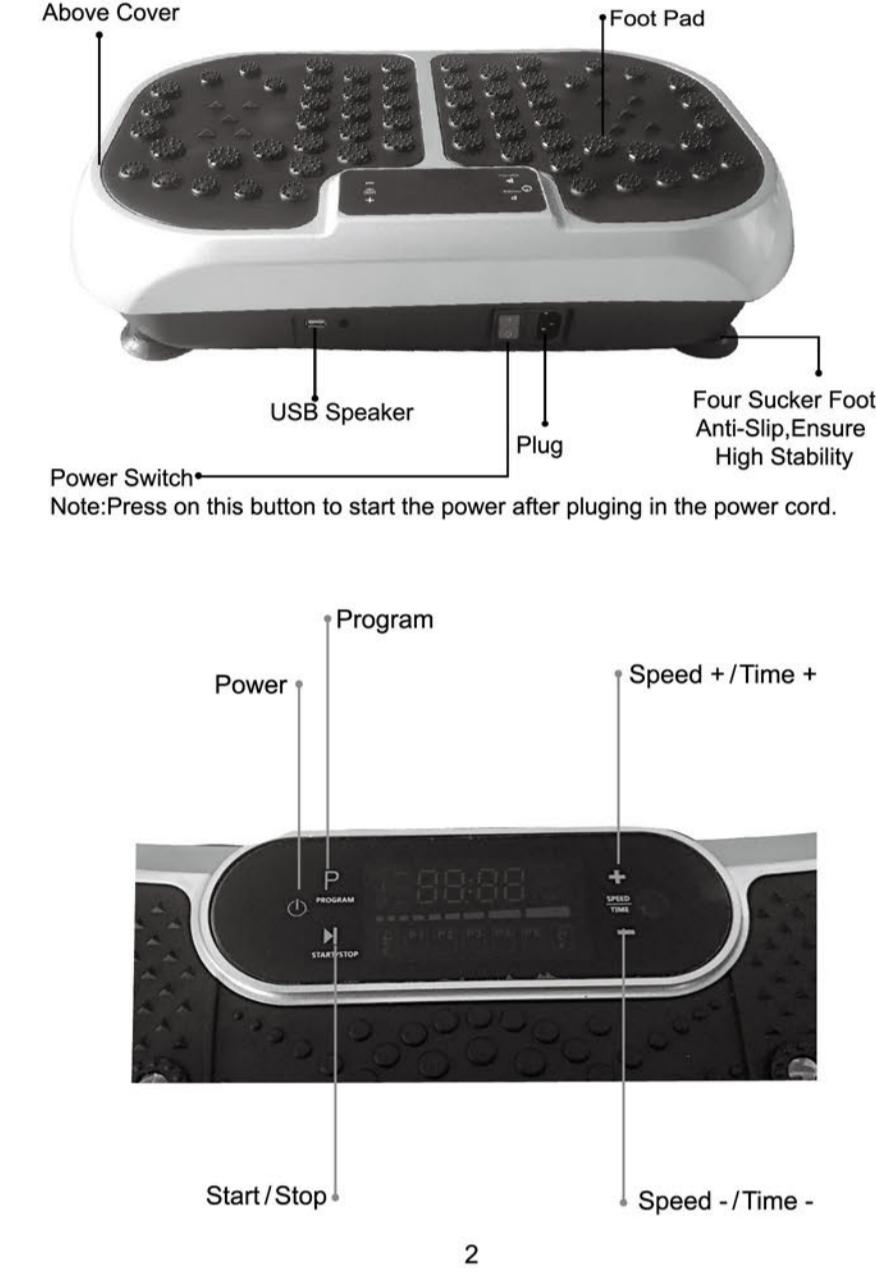
Safety Precautions

⚠ Attention

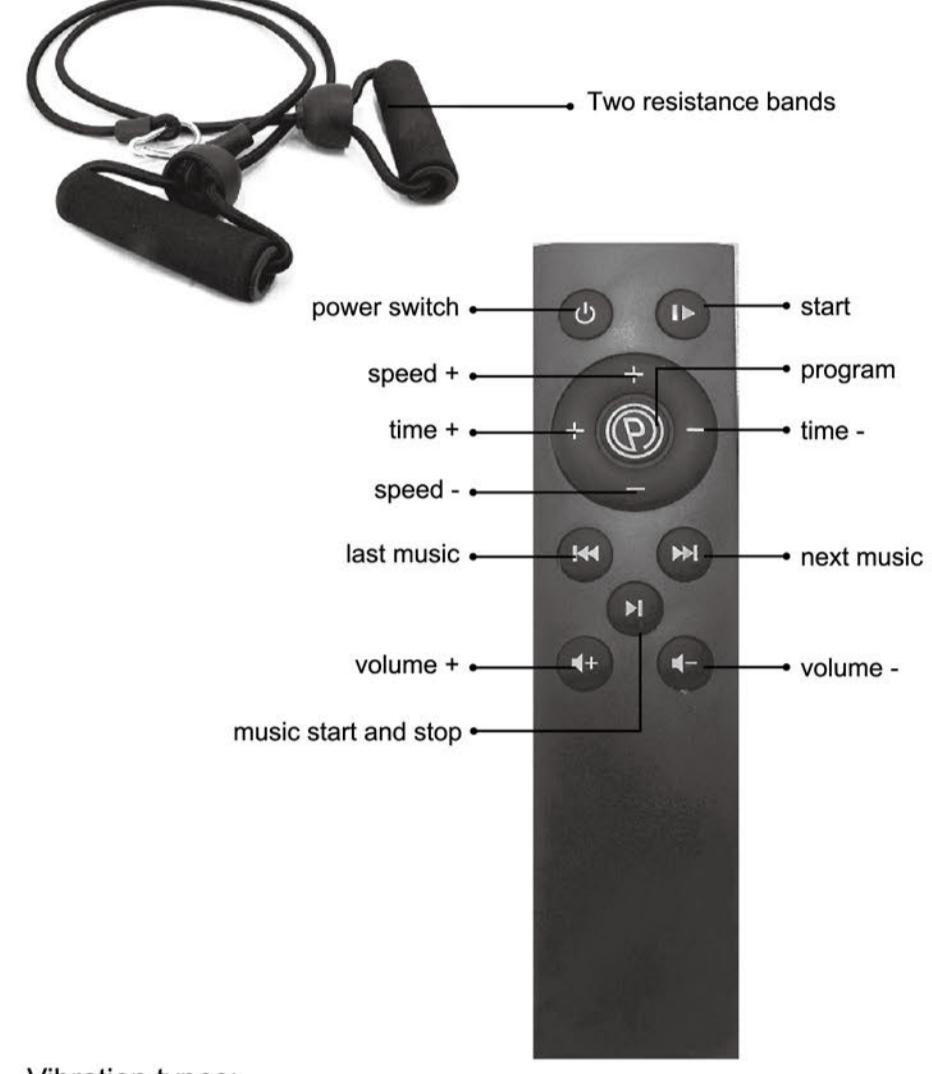
- Recommended time is 10-20 minutes every time.
- If you suffer from joint problems, have a hypertension, bronchitis, heart condition or skin disease, diabetes, or pregnancy, extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, or use a pacemaker, or other diseases, we recommend seeking medical advice before using this vibration trainer.
- Study the functions and make sure you know how to operate the machine to avoid malfunction or injury.
- Keep children away from this machine.
- It is normal that some one may feel a little dizzy while using at the first time due to the Vibration Oscillation of the machine ,it will not happen again after using for a few time .
- To avoid injury and impairment, stamping on the pad is forbidden.
- Do not put your knees on the pad to prevent injury and impairment.
- Do not put all your weight on one side
- Do not touch the device with wet hands.
- Only one person at a time may use the device. This product is for exercising only. Other uses are prohibited.
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Product Structure Overview



Remote control



Vibration types:

- Left-right Oscillation :Amplitude:0-10mm, Frequency: 50/60Hz.

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Operating Instruction

- **Power switch:** Press the power switch to start or stop the product
- **START:** Press the start button to start the device
- **Automatic programs:** 5 Automatic programs can be selected P1,P2,P3,P4,P5;
- How to use this program: press power switch button: For safety reason pressing P will only work under machine STANDBY condition. Press STOP button to STANDBY machine before pressing P to cycle through various modes.
- Press button "P", the machine enter into auto-mode (From P1-P5).Select from P1-P5, Press START to begin work out.
- Please note: Choose an auto-program and press the start button, the machine will start the chosen program. You cannot adjust the time and speed when you start an auto-program.
- **Speed+ button:** Press this buttons to increase the speed as desired. This button can be used when you use a manual program, before you press the "start" button (not available with an automatic program).Speed range from 1-120 level.
- **Speed- button:** Press this buttons to decrease the speed. This button can be used when you are using a manual program (not available for automatic programs).Speed range from 1-120 level.
- **Time+ button & Time- button:** Press Time+ button/Time- button to increase/decrease the time. These two button can be used when you use a manual program (not available for automatic programs)
- When you use USB speaker
- Last music & Next music button:** You can choose the music you like

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Volume+&Volume- button: Press these two buttons can adjust the volume of music

Music start&stop: Press on this button, you can start or stop music.

Please note the valid receiving range of the remote control is 2.5 meter; the infrared light on the remote control must align with the infrared receiver window on machine.

Technical Specification

Rated voltage:110V-220V Speed range: 1 to 120 levels
Power : 200W Amplitude: 0-10 mm
Max Loading: 150kg

Product weight: 9kg/19.84 lbs

AUTO PROGRAM SPEED SHEET

TIME FROM 10 MIN TO 1 MIN

	S1	S2	S3	S4
P1	10	40	50	60
P2	15	35	30	40
P3	20	60	80	100
P4	25	65	80	105
P5	30	60	90	120

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Whole body Exercise Reference I



1. Standing stance:

Stand on the pad, feet shoulder width apart.

2. Squatting stance:

Stand on the pad, feet shoulder width apart, while squatting

3. Upper body workout:

Place your hands shoulder width apart on the pad, while on your knees.

4. Lower legwork out:

Rest your lower legs on the pad with your hands braced on the ground behind you for support.

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5. Arm workout:

With your feet shoulder width apart, bend at the waist and stretch your arms straight to rest on the pad.

6. Single-foot stance:

Put one foot on the pedal and stand relaxed and straight.

7. Sitting stance I:

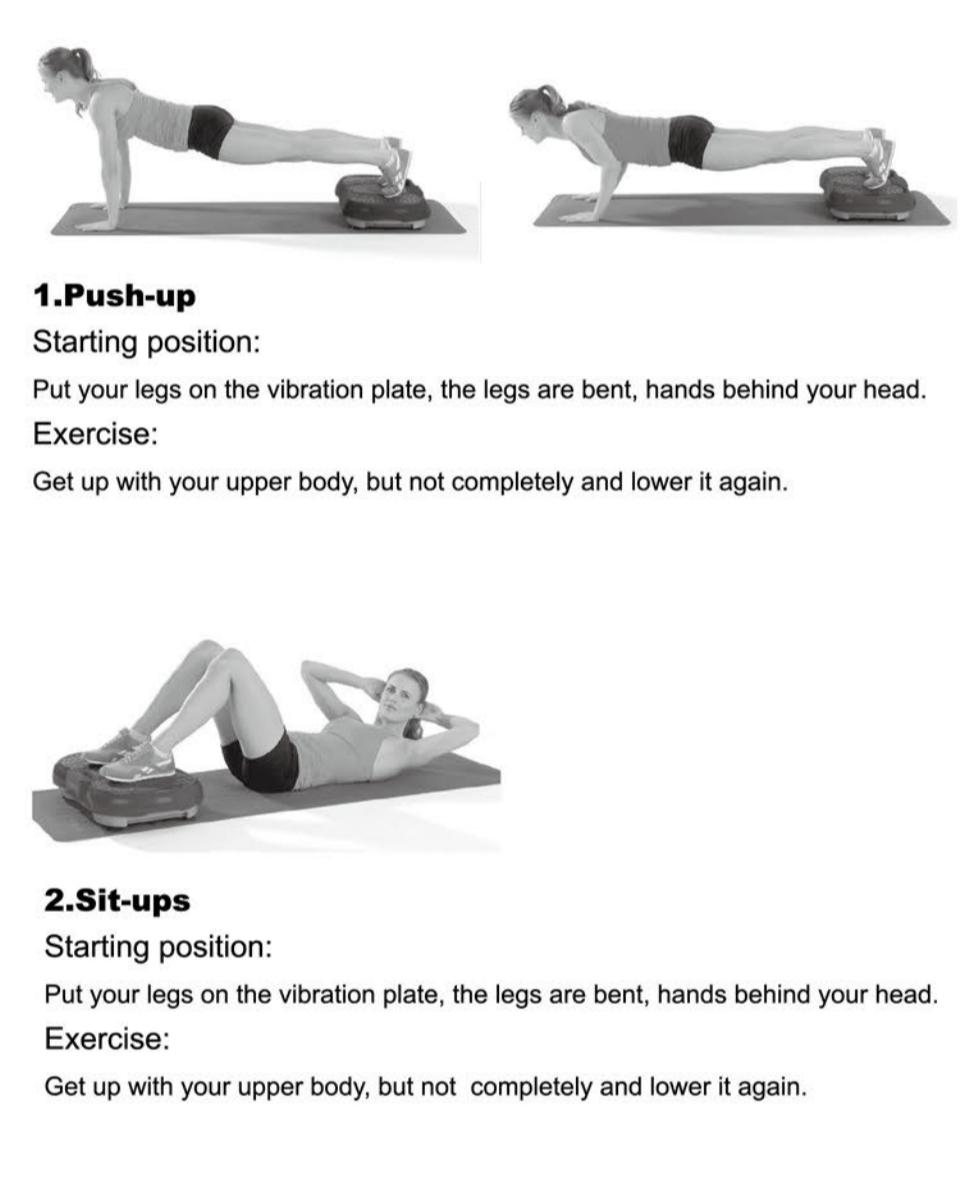
Sit securely on the pad with your legs crossed.

8. Sitting stance II:

Put your legs on the pedal while sitting on a stool.

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Whole body Exercise Reference II



1. Push-up

Starting position: Put your legs on the vibration plate, the legs are bent, hands behind your head. Exercise: Get up with your upper body, but not completely and lower it again.

2. Sit-ups

Starting position: Put your legs on the vibration plate, the legs are bent, hands behind your head. Exercise: Get up with your upper body, but not completely and lower it again.

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3. Triceps Dip

Starting position:

Turn away from the device, put your hands firmly on the plate and support yourself on it.

Exercise:

Push your body up. Bend the elbows slightly, lower the upper body. Ensure the shoulder blades are pushed together. Alternatively you can also extend the legs.



4. Bridge on one leg

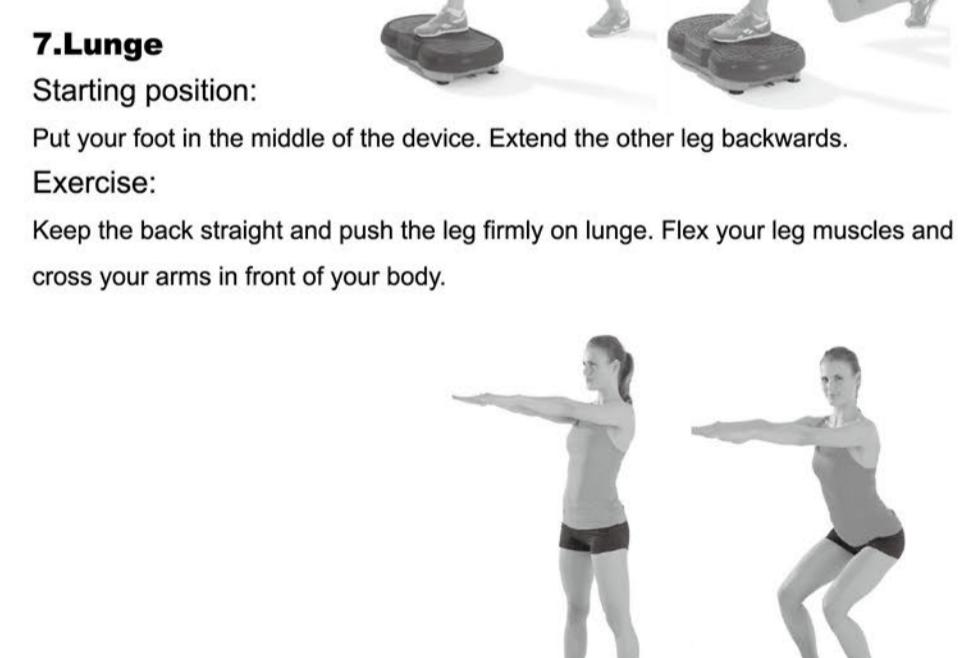
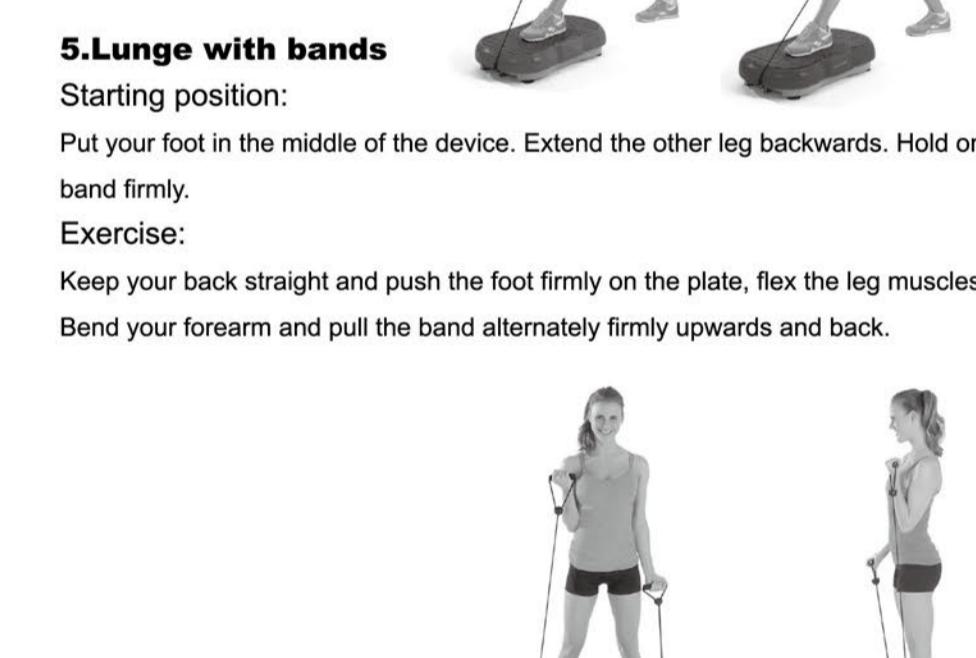
Starting position:

Lie on your back on a mat in front of the device with your feet stepping on the plate

Exercise:

During the vibration one leg is lifted up and extended, switch the leg every 3-5 seconds, during the exercise ensure that the pelvis doesn't fall to one side.

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5. Lunge with bands

Starting position:

Put your foot in the middle of the device. Extend the other leg backwards. Hold one band firmly.

Exercise:

Keep your back straight and push the foot firmly on the plate, flex the leg muscles.

Bend your forearm and pull the band alternately firmly upwards and back.



6. Biceps Curls

Starting position:

Get on the device.Hold both bands firmly.

Exercise:

Keep the back and the wrists straight. Bend the underarm and pull the bands firmly upwards.

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7. Lunge

Starting position:

Put your foot in the middle of the device. Extend the other leg backwards.

Exercise:

Keep the back straight and push the leg firmly on lunge. Flex your leg muscles and cross your arms in front of your body.



8. Squat

Starting position:

Get on the device, the feet shoulder-width apart.

Exercise:

Keep the back straight, the knees and the upper body slightly bent forward, the leg muscles slightly flexed. Alternatively move up and down.

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Troubleshooting

1. Lights are off

Possible cause

Is power supply ok?

Power switch of the appliance off

Transient current too strong, blown fuse

Adjust foot screw

Is the foot screw level with the floor?

Replace battery

No battery / battery empty

Too far from the machine

Valid range is 2.5 meter

Machine stops while in use

Machine is overheated

Start again after 10 minutes

Received too many commands

Turn off power and restart

2. Noise

3. Remote control

4. Machine stops while in use

5. Does not work as intended

Solution

Plug in again

Turn off to on

Change a new fuse

Adjust foot screw

Replace battery

Valid range is 2.5 meter

Start again after 10 minutes

Turn off power and restart

If this still can't help you solve the problem, please contact us and our engineers will help you deal with it. Thanks !

① Transportation

The fitness vibration machine can be transported using general transportation tools. Severe vibration, shock, or rain must be avoided during transportation.

② Storage

The fitness vibration machine must be stored in a well-ventilated room without corrosive gas. The ambient temperature must be -10°C to $+50^{\circ}\text{C}$ (14°F - 122°F) the relative humidity must be lower than 93% (non-condensing), and the atmospheric pressure must be 50-106 kPa

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Package List



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Product Features

- Variants of Speed Range and Strong body shape Massage Vibration

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.

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.

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