

VIBRATION PLATE



Thank you for purchasing this product!
Please read this manual carefully before use and pay special attention to safety precautions to ensure proper operation and use of this product.

Please keep this manual in a safe place for future reference.

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I Safety Cautions

Environment

1. Do not use this product in wet or dusty environment, to avoid the occurrence of electric shock or motor failure;
2. Do not use this product at room temperature above 40 degrees Celsius;
3. Do not place the product in a place outside or in direct sunlight;
4. Please lay the product on the flat ground.

Note: if the product is moved from the low temperature to a higher temperature, wait for an hour before use. In order to avoid condensation of water vapor on the machine parts, resulting in failure of the machine.

People who are not suitable for using this product

If you have any of the following circumstances, please consult your doctor before using this product.

1. The people who is receiving treatment or physical discomfort;
2. Malignant tumor patients;
3. A pregnant woman or a woman in the physiological period;
4. Heart patients;
5. Osteoporosis patients;
6. In vivo implantation of an electronic instrument such as a pacemaker;
7. Children under 10 years of age, 60 years of age or older, please reduce the frequency of vibration;
8. People with artificial limb or handicapped

Need to know when to use

Before using, please put your watch, bracelet, mobile phone and other valuables and keys, knives and other sharp objects, so as not to damage the goods or cause physical damage.

1. Please do not smoke in using;
2. Do not use this product with other medical equipment;
3. Do not use this product for medical purposes;
4. Do not use this product after a meal or drink;
5. When using this product, do not let children or pets near, it is strictly prohibited to insert finger or other objects into the clearance between the middle cover and a base.
6. This product bearing 330LB if you are more than the weight, please do not use;
7. This product is only for one person, please do not use two or more than two people at the same time.

Prohibit

It is forbidden to disassemble, disassemble or modify the products without permission, in order to avoid the electric shock or cause the malfunction of the machine.

Please stop using the following situations

1. Accidental water or other liquids splash on the product or on the remote control;
2. Related parts are damaged or internal abnormal sound;
3. Feel abnormal or local pain during use;
4. Sudden power failure;

5. Occurrence of lightning.

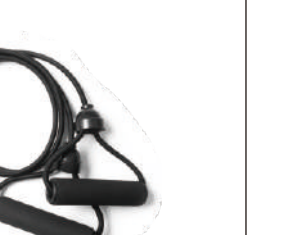
About power plug and power cords

1. Please check if the voltage is in conformity with the requirements of the product before use.
2. Do not pull the plug with wet hands to avoid electric shock;
3. Pull out the plug by gripping the power cord while pulling out the socket. Do not force pull, bending, twisting power cord;
4. When power cut off or long term is not used, please turn off the power switch, unplug the power plug;
5. If the power cord is damaged, please stop using it immediately, turn off the power switch, pull the power cord out of the socket and contact a maintenance professional.

II Product Description

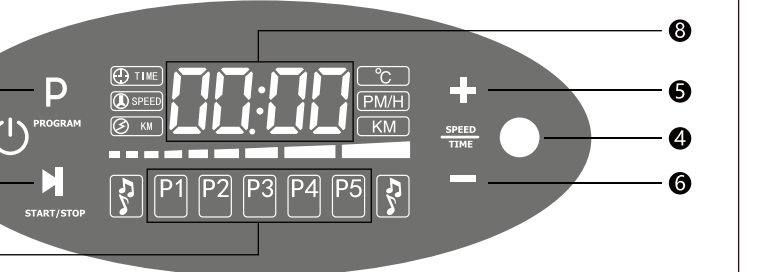


Remote Control



Resistance Bands

III Panel Description



NOTE:

In automatic mode, speed and time cannot be adjusted. In manual mode, standby time can be adjusted the time, speed can not be adjusted; start working, speed can be adjusted, time cannot be adjusted.

1. Press the key to start the machine.
2. Press the button to select the mode you want P1-P5
3. Press to start working, press again to stop working.
4. Receive remote control signal
5. Increase speed/increase time
6. Reduce speed/time
7. P1-Warm Up, P2-Stretch Out, P3-Vigour, P4-Yoga, P5-Run
8. View your time (in minutes)/ speed level (1-120)/mileage (KM)

IV Remote Control Description

The default mode is manual mode, you can press "P" key to enter the automatic mode, repeat press keys can choose "P1", "P2", "P3", "P4" and "P5" program.

In automatic mode, speed and time cannot be adjusted.
In manual mode, standby time can be adjusted the time, speed can not be adjusted; start working, speed can be adjusted, time cannot be adjusted.

Time+:

The default working time is 10 minutes, press this key to increase the time.

Time-:

The default working time is 10 minutes, press this key to decrease the time.

Power switch:

Plug in power supply, open the power switch, and press the key to start the machine.

Start/End:

Press to start working, press again to stop working.

Speed +:

Manual mode, when machine in working, we can press the key to increase the speed.

Speed -:

Manual mode, when machine in working, we can press the key to reduce the speed.

Next Music:

Play the next music

Last Music:

Play the previous music

Music start and stop:

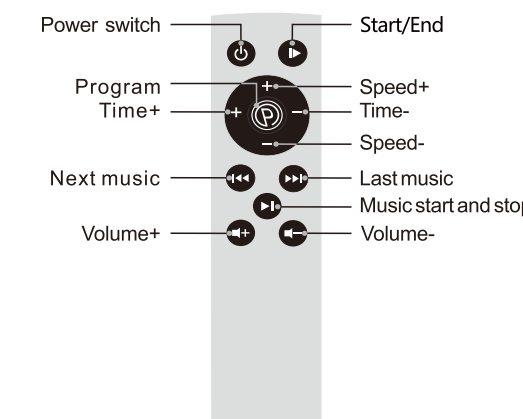
Play/pause music

Volume+:

Turn up the music volume

Volume-:

Lower the music volume



V Setup Guide

1 Easy Installation

Remote control installation battery

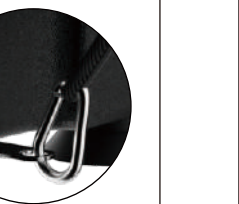
Remove the back of the remote control and insert the battery.

△ Note: Make sure to insert the battery according to the polarity mark in the battery compartment.

Connecting resistance band

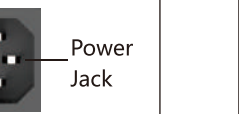
Locate two short metal rods protruding from the bottom of the machine.

Connect the hook of the resistance band to the metal rod.
Repeat connecting the second resistance band to the machine.



Power on the machine

Insert the power cord firmly into the power jack under the display.



Turn the power switch to the ON position.

2 Operation Steps

1. Plug the power plug into the power supply and turn on the power switch.
2. Press the "Start / Stop" button, the machine starts, when in the working state, press "Start / Stop" button and the machine stops working.
3. In the stop situation, press "Time+" and "Time-" to adjust the exercise time.
4. In the non-automatic mode, press "Speed+" and "Speed-" to adjust the speed of the movement.
5. Press the "Program" button to cycle through them.
6. After using, press the machine switch, turn off the power switch, unplug the power.

3 Bluetooth pairing instructions

1. Turn on Bluetooth on your mobile phone or PC, then search for nearby Bluetooth devices. If you see a device named "Bluetooth" in the search results, you can pair with it.
2. Once paired, your device can play music through the Sports Vibration Plate. You can control playback, adjust volume and manage songs using the product's remote control or your mobile phone.

VI Exercise Methods

Exercise Methods

1. For the waist and hip, stand on the machine, spread apart the legs, let the same as the shoulder wide.
 2. For the thigh, stand on the machine, let the knees bend.
 3. For the thigh and calf, sit in the chair, put the foot on the machine, let them vibrate.
 4. Just for calf, sit on the floor, let the calf on the machine, also can be lean back.
 5. For the shoulder joint, put the hands on the machine, let them distant, go down your knee.
- These all are normal posture, you can find others posture. Each posture will be benefit different body.

Benefits:

Body sculpting: Through the balanced high-frequency vibration of the machine, it can be used with various body postures to deeply stimulate muscle tissue, reduce fat accumulation, enhance muscle elasticity, and shape the body shape, thus showing the perfect body curve and rejuvenating your body.

Fitness:

Using the horse steps in Chinese Kung Fu, the meditation of Buddhism, the meditation of Taoism, and the essence of traditional Chinese fitness, and advocating advanced static sports concepts, you can completely relax and relieve soreness and eliminate your pain without leaving your home. Fatigue, reconcile qi and blood, improve circulation in the body, and then achieve the effect of strengthening the body.



VII Cleaning And Maintenance Of The Machine

Please confirm you have cut off the power before clean. The power plug has been pulled out of the socket. Then you can use the cloth with detergent to clean the machine surface. Last, use dry cloth deal with these detergent.

Caution

Do not use benzene, thinner and alcohol, gasoline and other corrosive and volatile cleaners to clean the products.

Otherwise maybe cause the product discoloration or internal structure corrosion, cracking, etc.

For the remote control, you only use the dry cloth clean, not the wet. Please confirm you have cut off the power and the plug is pulled. Wipe off the dust and dirt, please move to the place away from the heating, another also prevent the wet. If you will not use for a long time, please use the dusty cover.

VIII Common Problems And Treatment Methods

case	probable cause	method
Can not start	The power plug is not plugged in.	Plug in the power plug
	Product power switch is not turned on	Turn on the power switch
	The instantaneous current is large and the fuse is blown	Replace the fuse of the same model
"Xiuxiu" or "Dada" sounds when the machine is working	This is the sound that the machine makes when it is running, not the machine failure. It is a normal working sound.	No need to deal with
Remote control operation did not respond	The remote control battery is dead	Replacement battery
	There is more control is too far from the machine	The effective distance of infrared sensing is 2.5 meters
Stop during use	Has reached the default working time	Turn it on again after 10 minutes
Can't operate normally	May execute commands too frequently	Turn off the power and restart

If it has not been removed after the above method, please contact the manufacturer or local distributor, do not disassemble and repair it.

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.

Any 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.

FCC Radiation Exposure statement

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