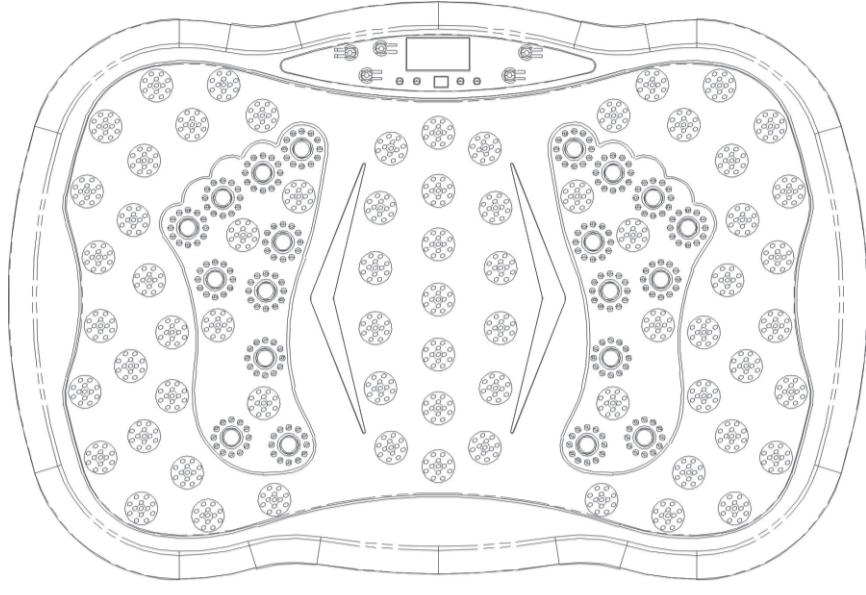


User Manual

Intelligent fitness vibrator



Introduction

■ Thank you for purchasing this fitness vibration machine. Please read the User Manual carefully to ensure safe and proper use of this machine. Please read and fully understand the Safety Precautions before use.

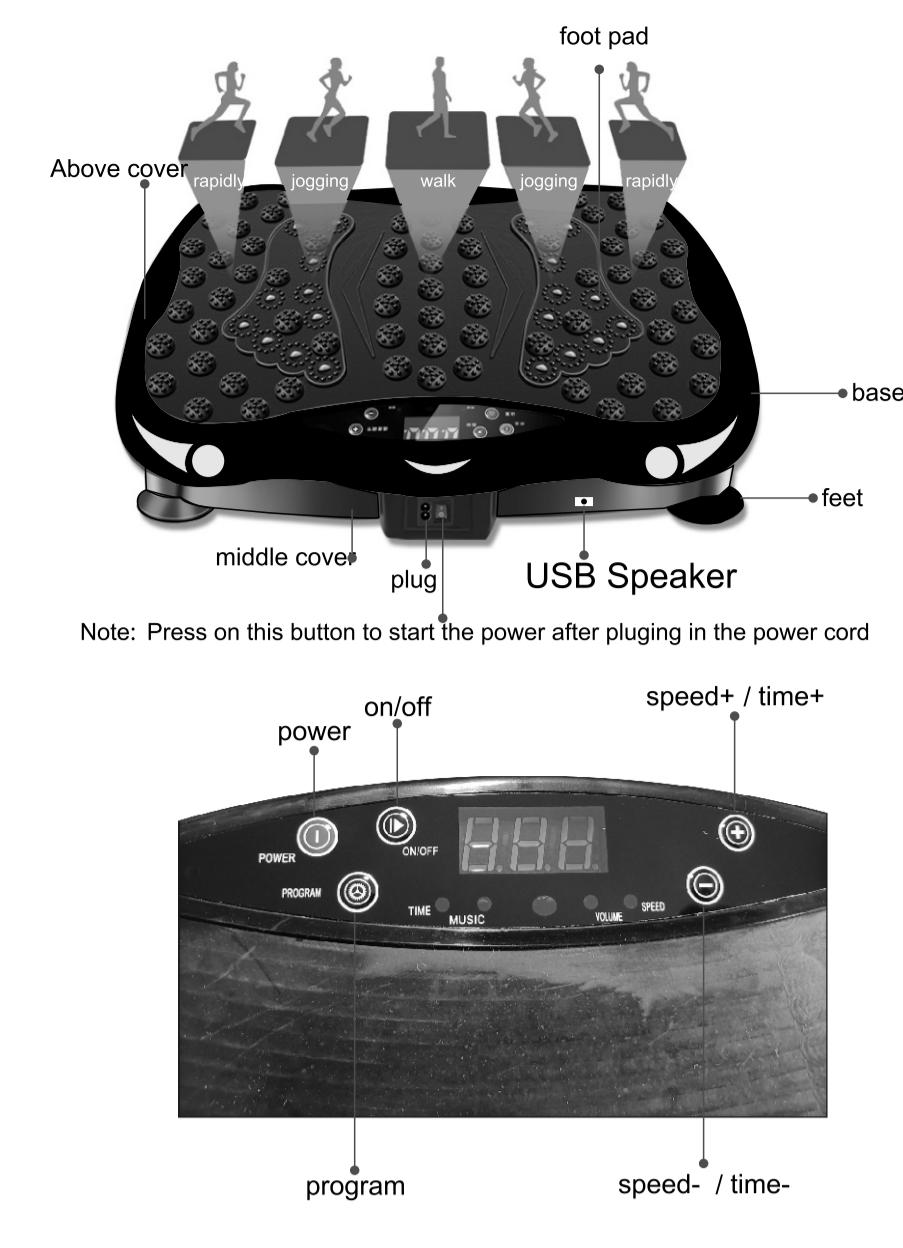
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Safety Precautions

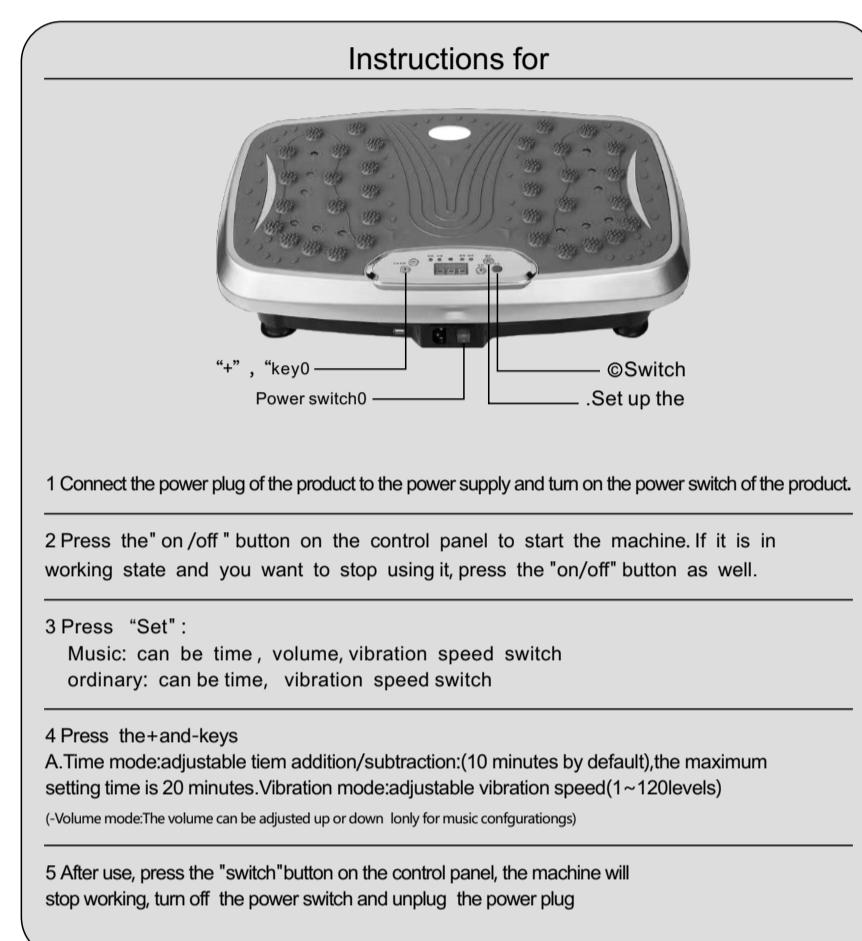
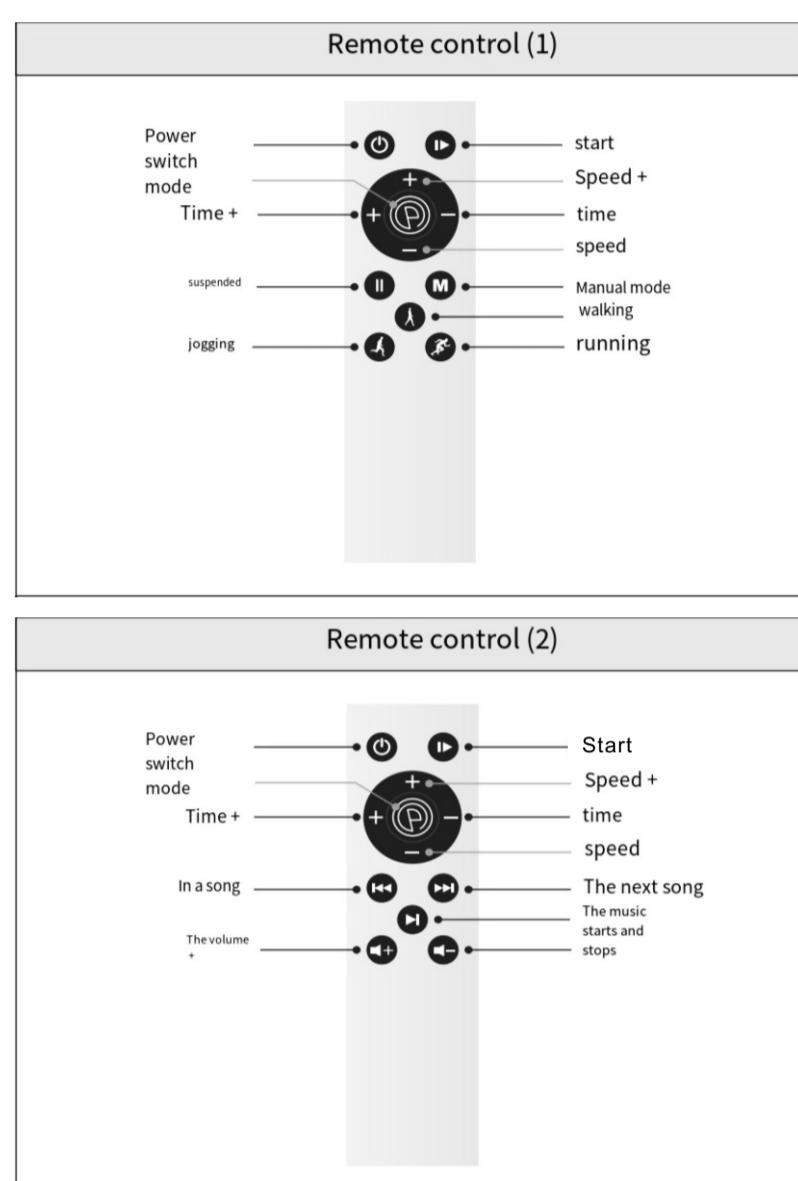
⚠ Attention

- 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.
- This product is for exercising only. Other uses are prohibited.



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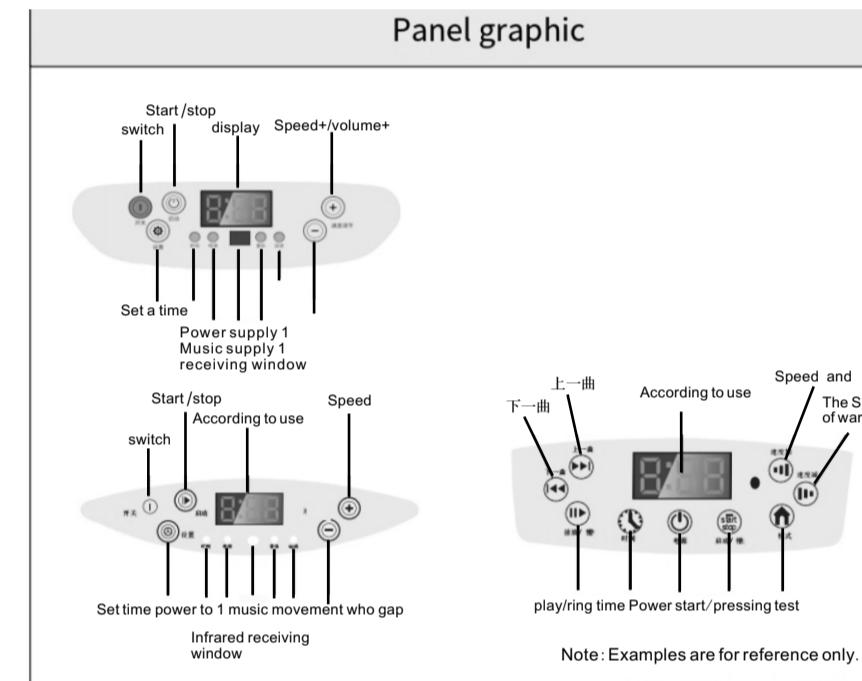


The technical specification
Voltage: 110v to 220v/50hz
Power: 200w
The most: 150kg
Product weight: 6kg(weight to customer purchase model for reference) speed R fan E: 0-120 grades

Note: Remote control 1 only for the machine without music, remote control 2 only for the machine with music configuration. When using the remote control, please note that the signal receiving range of the remote control is within 1.5 meters. When operating the remote control, use it at the display screen.

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Exercise Posture 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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Exercise Posture Reference II



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.



1. Push-up:

Starting position:
Put your legs on the vibration plate, the legs are bent, hands behind your head.

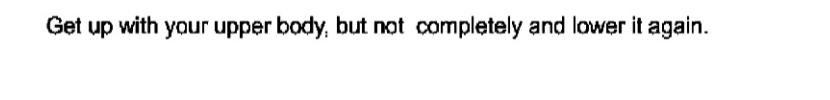
Exercise:
Get up with your upper body, but not completely and lower it again.



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.



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.

Product Features

- Variants of Speed Range and Strong body shape Message Vibration. With built-in USB speaker, enable to enjoy music and relax while taking exercise.
- Perfect for muscle toning, muscle building, weight loss & cellulite reduction.
- Fitted with yoga straps to enhance its potential for improving the upper body and arms.
- Small compact size - can be used anywhere at home & easy to put away. Design with big LCD display, ensure clear reading and easy adjustment.
- Comes with Arm cords, Remote control, Resistance Bands and Instruction manual.

Cleaning and maintenance

⚠ Attention

- Please make sure the machine is power off.
- The machine can be cleaned with a warm, damp cloth with detergent.
- Make sure the machine is completely dry before turning it on again.
- Be sure not to use benzene, thinner, ethyl alcohol, gasoline etc. which can result in hazardous fumes, fading of the paint or corroding of the inner parts.
- If the machine is not used for a long time, cover it to prevent dust from entering the machine.
- After each use, turn off the machine and make sure it's power off.
- Store this machine in a dry, dust-free, and well-ventilated place. Ensure that the storage and transportation environments meet the requirements.
- Check whether safety risks exist on a regular basis.

Maintenance

- ① After each use, turn off the machine and make sure it's power off.
- ② Store this machine in a dry, dust-free, and well-ventilated place. Ensure that the storage and transportation environments meet the requirements.
- ③ Check whether safety risks exist on a regular basis.

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Troubleshooting

| Symptom | Possible cause | Solution |
|--------------------------------|--|---|
| 1 Lights are off | Is power supply ok? Power switch of the appliance off | Plug in again Turn off to on |
| 2 Noise | Transient current too strong, blown fuse | Change a new fuse |
| 3 Remote control does not work | No battery / battery empty Too far from the machine | Replace battery Valid range is 2.5 meter |
| 4 Machine stops while in use | Machine is overheated | Start again after 10 minutes |
| 5 Does not work as intended | Received too many commands | 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!

Storage and Transportation

① Transportation

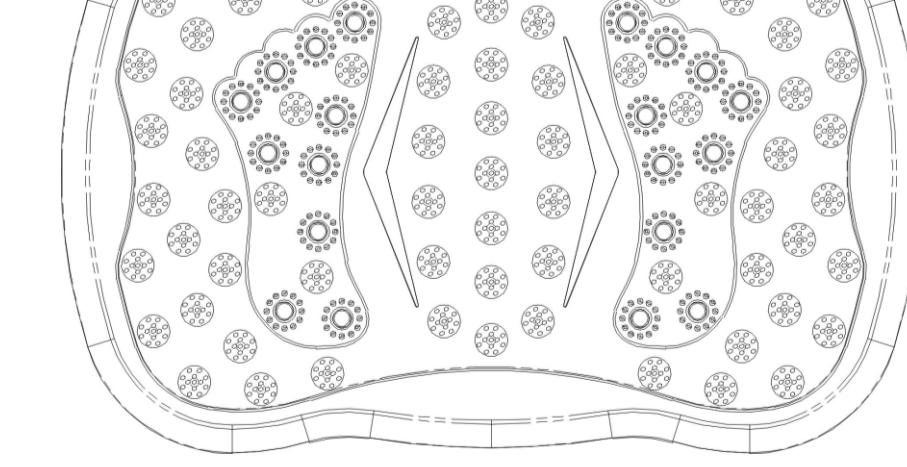
The fitness vibration machine can be transported using general transportation tools.

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°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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| No | Name | Quantity | Unit | Remarks |
|----|------------------------------------|----------|------|---------|
| 1 | Fitness vibration platform machine | 1 | pcs | |
| 2 | Resistance Bands | 2 | pcs | |
| 3 | Power Cord | 1 | pcs | |
| 4 | User manual | 1 | pcs | |

Note: the company model, specifications for general specifications, to buy the actual prevail.

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.

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