ULTRATHIN VIBRATION PLATFORM

MANUAL

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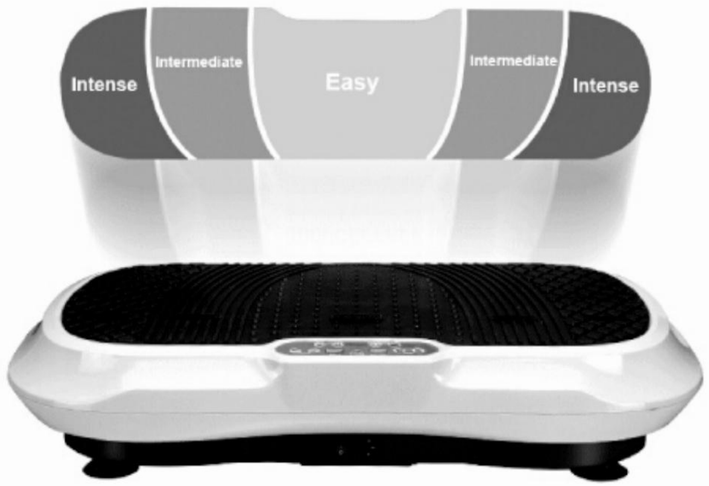
AUTO PROGRAM SPEED SHEET

TIME FROM 15 MIN TO 1 MIN

		15min	14min	13min	12min	11min	10min	9min	8min	7min	6min	5min	4min	3min	2min	1min
low	PO	4	8	10	12	17	20	24	20	17	6	12	17	20	24	20
	P1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	12
	P2	8	14	8	14	8	20	8	14	8	14	14	8	20	8	14
mid	P3	12	23	29	38	49	56	68	76	48	29	38	49	56	68	76
	P4	9	13	16	21	24	35	67	50	38	30	21	24	35	67	50
	P5	23	55	23	55	23	55	23	55	23	55	55	23	35	23	55
	P6	11	11	25	25	38	38	48	48	25	25	25	38	38	48	48
high	P7	30	30	50	50	70	70	40	40	60	60	50	70	70	40	40
	P8	55	40	55	40	50	77	80	65	65	99	40	50	77	80	65
	P9	40	85	75	65	25	96	78	60	65	80	65	25	96	78	60

3 DIFFERENT STAND POSITION FOR DIFFERENT TUNE



EXERCISE SESSION

The Vibration platform utilizes the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The Vibration platform can accomplishes this when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture that will exercise your muscles efficiently. You will find the Vibration platform extremely effective, but only if you use it whilst in one of the positions shown below. You will achieve the best results if you bend your knees or arms (depending which is pressing on the oscillating plate) so your muscles adopt the automatic motion described. You can also use the Vibration platform as a general massager to ease muscle pain and improve circulation. For this function, you do not need to apply too much pressure on the plate, instead you let the plate do the work for you. Use several different postures for a few minutes each for a complete workout.

Whole-body-exercise posture: Stand on the plate and stretch your feet as wide as your shoulders. This will help improve overall circulation and muscle tone.	**Squat posture:** Stretch your legs as wide as your shoulders when squatting and bend your knees to 90 degrees if you can and hold the position. This is great for a thigh workout.	**Press-Up posture:** Stretch your arms as wide as your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.	**Lower legs posture:** Put your lower legs as shown above on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.
Waist Bend posture: Stretch your legs, bend your waist and put your hands on the plate. Bend your elbows for a deeper exercise.	**Single-foot posture:** Put one foot on the pedal and relax yourself. For a deeper exercise, lean forward, placing more body weight on the plate.	**Sitting posture I :** Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.	**Sitting posture II:** Put your legs on the plate while sitting on a chair. This is a great way to ease tension and can help to improve legs′ circulations.

Important safety

Please keep this manual in a safe place for reference.

WARNING: **To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Vibration platform.**

1. It is the responsibility of the owner to ensure that all users of this Vibration platform are adequately informed of all warnings and precautions.

2. Use the Vibration platform only as in this manual.

3. Place the Vibration platform on a level surface, with at least eight feet of clearance behind it. Do not place the Vibration platform on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Vibration platform.

4. Keep the Vibration platform indoors, away from moisture and dust. Do not put the Vibration platform in a garage or covered patio, or near water.

5. Do not operate the Vibration platform where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the Vibration platform at all times.

7. The Vibration platform should not be used by persons weighing more than 180kg.

8. Never allow more than one person on the Vibration platform at a time.

9. Keep the power cord and the surge suppressor away from heated surfaces.

10. Never leave the Vibration platform unattended while it is running. Always remove unplug the power cord when the Vibration platform is not in use.

11. Do not attempt to move or adjust the Vibration platform until it is properly assembled.

12. Inspect and tighten all parts of the Vibration platform regularly. Wrong usage could influence the stability of the Vibration platform. For Example, the post is made to support you during an exercise to keep you in balance. One should NOT PUSH the post for stretching or use the post to create more tension.

14 .Inspect and tighten all parts of the Vibration platform regularly.

15. Never insert or drop any object into any opening.

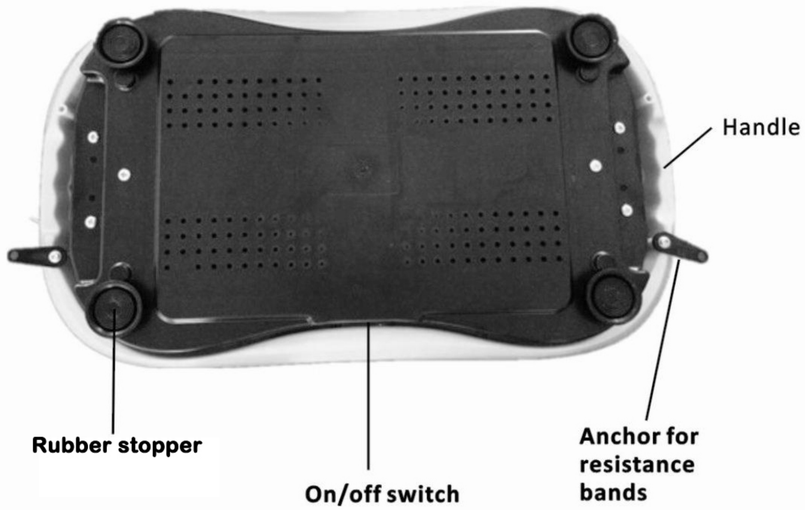
16. **DANGER:** Always unplug the power cord immediately after use, before cleaning the Vibration platform, and before performing the maintenance and adjustment procedures described in this manual.
Never remove the motor hood unless instructed to do so by an authorized service representative.
Servicing other than the procedures in this manual should be performed by an authorized service representative only.

17. This Vibration platform is intended for in-home use only. Do not use this Vibration platform in any commercial, rental, or institutional setting

Product description

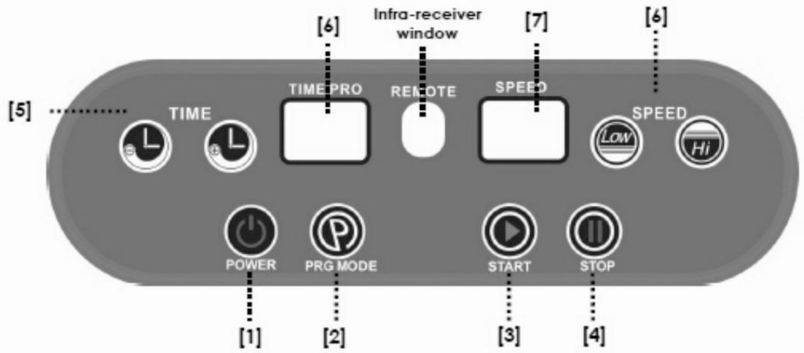
vibration machine Remote control Power cord Resistance cords

- Vibration fitness board
- Remote controller
- Power cord
- A pair of resistance bands
- User manual with warranty information



DISPLAY INSTRUCTION

1. MONITOR INSTRUCTION

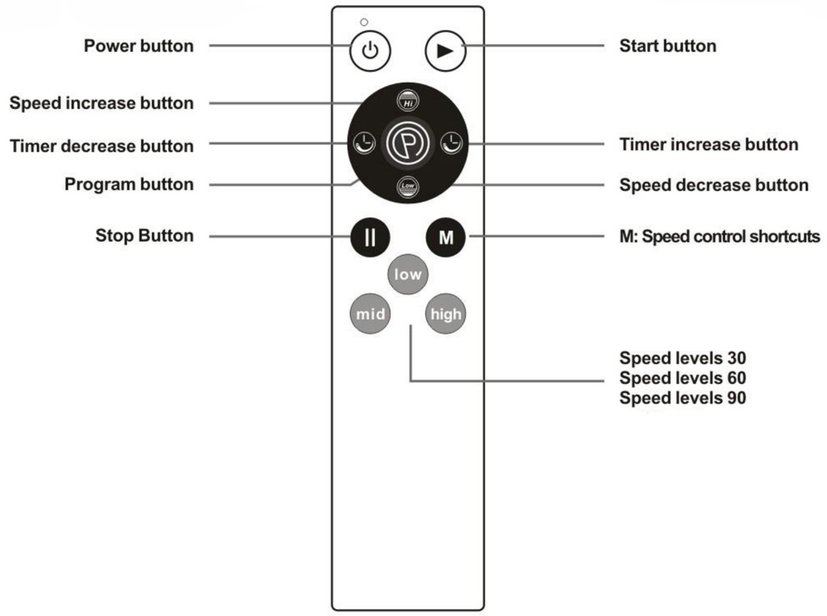


1: power on and off 2: change the mode of running 3: start

4: stop 5: change the time before the machine running

6: change the speed when machine running 7: monitor show the speed

2. REMOTE CONTROL INSTRUCTION



THIS REMOTE USED IN THE MACHINE WITHOUT MUSIC FUNCTION.

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.

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