



ULTRA SLIM VIBRATION PLATE



USER MANUAL

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Product Specification

Product Name	Vibration Plate
Dimension	72.5x40x14.5cm(LxWxH)
Product Weight	13.2kgs
Modes	Manual / Automatic
Automatic(Programmed)	Pre-programmed Time Set / Speed Set
Voltage	AC 120V, 50/60Hz
Power	200W
Speed Levels	1-120
Max Weight	120kgs
LCD Display	Time & Speed
Oscillation Movement	Up & Down
Auto Shut Off	15 minutes
Warranty	1 Year
Origin	CHINA

Package

- Vibration Plate
- Full Function Remote Control
- 2 Resistance Bands
- User Manual
- Power Cord
- Bluetooth frequency range: 2402~2480MHz

EXERCISE GUIDE

Vibration platform utilizes the body's own reflexes to exercise your muscles in a convenient manner and does not require you to get out of breath. The body shaper accomplishes this best when you are in a stress position, such as a squat posture and your muscles are working to keep in a position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep in the posture, hence exercising your muscles really efficiently. You will find the body shape extremely effective, but only if you use it whilst in one of the positions shown, but you will only get 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 body shaper as a general massager to ease muscle pain and improve circulation, and here you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes each for complete workout.

			
Whole-body-exercise posture: Stand on the plate with your feet roughly as wide as your hips. This will help improve overall circulation and muscle tone.	Squat posture: Begin this exercise by standing with your legs about as far apart as your shoulders. Lower yourself into a squatting position. This is great for thigh workout.	Press-Up posture: Place both hands on the middle of the plate, shoulder width apart. 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 on the plate with your hands supporting behind you on the ground. To improve your workout, raise your seat off the floor and press down on your calves.
			
Waist Bend posture: Begin this exercise by standing with your legs wider than your shoulders width, bend at the waist and put your hands elbows to enhance your workout.	Single-foot posture: Step on the plate with the main foot and relax yourself. To enhance your workout, lunge forward with one leg and place more body weight on the plate.	Sitting posture I: Sit on vibration platform, find your comfortable position while keep your back straight.	Sitting posture II: Put your feet on the plate when sitting on a chair. This is a great way to relief muscle tension and to improve leg circulation.

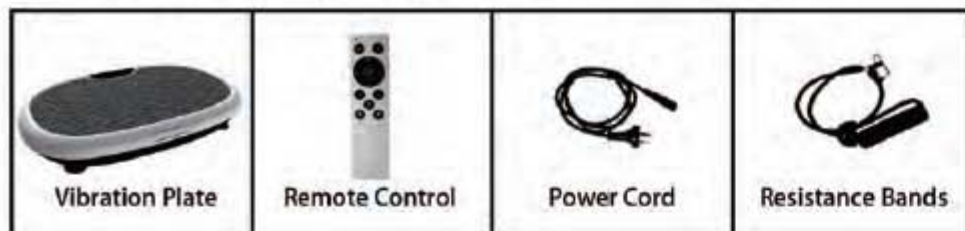
Important Safety

Please keep this manual in a safe place

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, please 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 vibration platform are adequately informed of all warnings and precautions.
2. Operate vibration platform only as described in this manual.
3. Place the vibration platform on a level surface. To protect the floor or carpet from damage, place a mat beneath vibration platform.
4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.
5. Do not operate 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 vibration platform at all times.
7. Vibration platform should not be used by persons weighing more than 120 kg.
8. Never allow more than one person on 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 unplug the power cord when it is not in use.
11. Operate the vibration platform only as described in this manual.
12. Inspect and tighten all parts of vibration platform regularly.
13. Wrong usage could influence the stability of vibration platform. For example, the post is made to support you during an exercise to keep you balance. One should NOT PUSH the post for stretching or use the post to create more tension..
14. Never insert or drop any object into any opening on the vibration platform.
15. **DANGER:** Always unplug the power cord before cleaning 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.
16. Vibration platform is intended for in-home use only. Do not use vibration platform in any commercial, rental, or institutional setting.

Product Description



Display Layout



1. Power On/Off
2. Program Button
3. Time Increase and Decrease Button
4. Speed Increase and Decrease Button
5. Time / Speed / Program Monitor

Remote Control Instruction



- ⏻ ---- Turn ON / OFF the machine
- ▶ ---- Press this button to start or stop machine working after it is plugged in to the power.
- Ⓟ ---- In STANDBY mode, press this button to select auto programs, with ten different preset speed and time for choice, press ▶ to start workout.
- + / - (Left/Right) ---- Adjust timer duration in STANDBY mode. Default time is 15 minutes. Does not work in Auto mode.
- + / - (Up/Down) ---- Adjust vibration speed in Manual mode after machine is activated.
- ⏮ / ⏭ ---- Press and switch to last or next song when music is played.
- 🔊 / 🔊 ---- Press to turn up or down volume when music is played.
- ⏸ ---- Press to stop or continue playing music.

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.