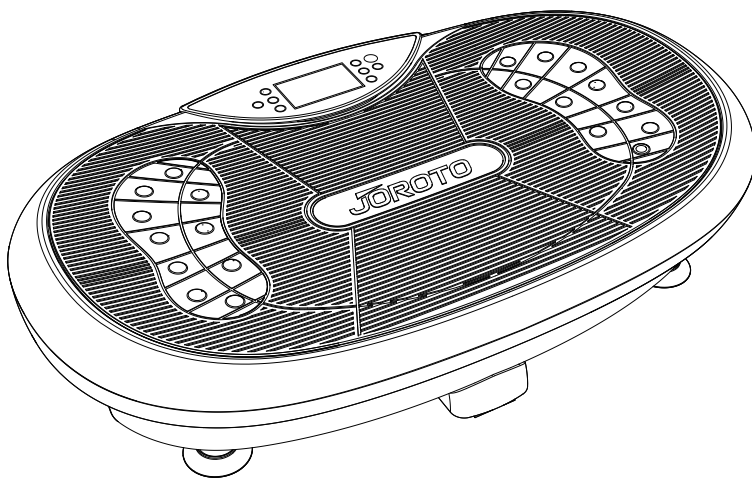




User Manuals

VIBRATION PLATE - JV80

EN · DE · FR · IT · ES · NL · PL



Customer Support and Assistance

Thank you for choosing our product. If you encounter any issues or require further assistance while assembling and using your product, please do not hesitate to email our customer service team. We are committed to providing you with prompt and professional support.

Customer Service Email: [\[support@jorotofitness.com\]](mailto:support@jorotofitness.com)

Hey!

Please read the User Manuals carefully before using the product.
For customer service, please contact:



Email:
support@jorotofitness.com



Please keep the manual in a safe place.



Warning: To reduce the risk of burns, fires, electric shocks, or personal injuries, please read the following important precautions and safety information before operating the Seven-in-One Fat Burning Machine.

Precautions for the Use Environment

- 1.To avoid electric shock or electromechanical failures, do not use the product in a humid or dusty environment.
- 2.This product is not allowed to be used in a high-temperature environment where the indoor temperature is higher than 40 degrees Celsius.
- 3.Please do not place the product outdoors or expose it directly to the sun.
- 4.Please place this product on a level floor.

Users with the following conditions are not recommended to use this product:

- 1.If the user is receiving treatment or is not feeling well, please consult a healthcare doctor before using it.
- 2.This product is not suitable for the following users: children under 10 years old; pregnant women; women during their menstrual period; patients with malignant tumors.
- 3.This product is not suitable for the following users: those with implanted cardiac pacemakers or other electronic devices.
- 4.Please do not use this product within half an hour after drinking alcohol.

Special Instructions for Using this Product

- 1.It is strictly prohibited to put fingers or other objects in the gap between the middle frame and the bottom cover of this product.
- 2.Children and the elderly with slow mobility should be under the supervision of an adult.
- 3.This product is not suitable for users who feel severe pain or local discomfort during use.
- 4.The maximum load-bearing capacity of this product is 120 kilograms. To protect the service life of this product, users weighing more than 120 kilograms are not recommended to use it.
- 5.This product is only suitable for single-person use.

Prohibitions

- 1.To prevent electric shock or electromechanical failures, users are prohibited from disassembling, removing, or modifying this product privately. If any problems occur, please contact the manufacturer or local dealer in a timely manner.
- 2.To prevent your fingers from being injured, please do not move this product while it is in operation.
- 3.Please do not use this product at the moment of startup. If the following situations occur, please pull out the power cord from the socket: the product suddenly starts or stops; water or other liquids suddenly spill into the product or the remote control; relevant accessories are damaged; or abnormal internal sounds are produced.
- 4.Please check whether the voltage meets the requirements of the product before using this product.
- 5.Please do not pull out the power cord plug with wet hands to prevent electric shock.
- 6.Please ensure that the power cord plug is tightly inserted into the power switch.
- 7.Please do not drag, bend, or twist the power cord.
- 8.If there is a power outage or the product is not to be used for a long time, please turn off the power switch and pull out the plug.
- 9.Please stop using this product immediately when the power cord is damaged, turn off the power switch, pull out the power cord, and contact a professional service person.

Please check whether the following accessories are complete before using the machine.

1.Floor Mat



2.Pull Rope



3.Instruction Manual



4.Power Cord



5.Remote Control

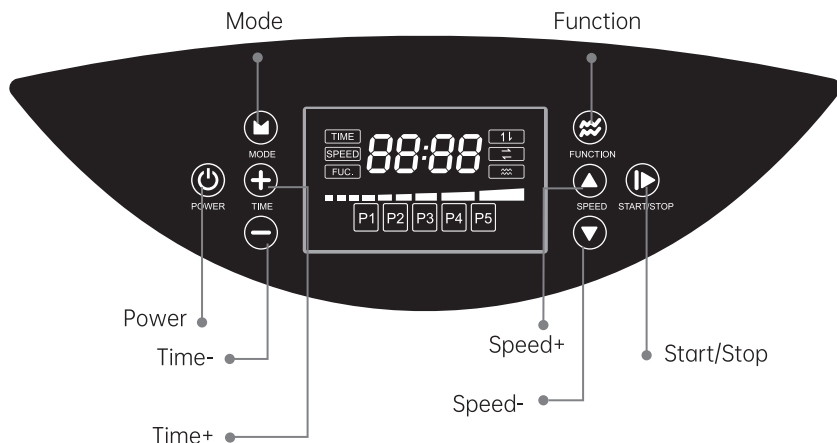


6.x5Resistance Bands
Black Bag for Resistance Bands



There are two ways to operate the functions of this product. One is to operate through the control interface of the machine, and the other is to operate through the remote control. The detailed instructions are as follows:

1.Control Interface Operation Instructions (with Interface Operation Diagram)



1.Plug in the power cord plug and turn on the power switch. The display shows "...", and the machine enters the standby state.

2.Press the power button to wake up the screen and enter the default state. The display "TIME_10: 00"  lights up.

3.The manual mode is divided into 7 functions.

First, gently touch the function selection button to select one of the following 7 modes, and then gently touch the time + button or time - button to select a time from 1 - 30 minutes (the default time of the machine is 10 minutes).

①The first is the swing mode . In the default state of the display, after adjusting the time, you can directly press the start/pause button to start. During the operation of the machine, you can select the speed  button or speed  button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds). During the use of the machine, if you need to select other modes or programs, you can gently touch the start/pause button to pause, and the machine will return to the default state.

②The second is the translation mode . Gently touch the mode selection button once, and the display "TIME10:00"  lights up. Then gently touch the start/pause button to start. During the operation of the machine, you can select the speed + button or speed - button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds). During the use of the machine, if you need to select other modes or programs, you can gently touch the start/pause button to pause, and the machine will return to the default state.

③The third is the vibration mode . Gently touch the mode selection button twice, and the display "TIME10:00"  lights up. Then gently touch the start/pause button to start. During the operation of the machine, you can select the speed + button or speed - button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds). During the use of the machine, if you need to select other modes or programs, you can gently touch the start/pause button to pause, and the machine will return to the default state.

④The fourth is the swing + translation mode . Gently touch the mode selection button three times, and the display "TIME.10:00"  lights up. Then gently touch the start/pause button to start. During the operation of the machine, you can select the speed + button or speed - button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds). During the use of the machine, if you need to select other modes or programs, you can gently touch the start/pause button to pause, and the machine will return to the default state.

⑤The fifth is the swing + vibration mode . Gently touch the mode selection button four times, and the display "TIME.10:00"  lights up. Then gently touch the start/pause button to start. During the operation of the machine, you can select the speed + button or speed - button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds). During the use of the machine, if you need to select other modes or programs, you can gently touch the start/pause button to pause, and the machine will return to the default state.

⑥The sixth is the translation + vibration mode . Gently touch the mode selection button five times, and the display "TIME10:00"  lights up. Then gently touch the start/pause button to start. During the operation of the machine, you can select the speed + button or speed - button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds). During the use of the machine, if you need to select other modes or programs, you can gently touch the start/pause button to pause, and the machine will return to the default state.

⑦ The seventh is the swing + translation + vibration mode.  Gently touch the mode selection button six times, and the display "TIME10:00"  lights up. Then gently touch the start/pause button to start. During the operation of the machine, you can select the speed + button or speed - button to adjust the speed from 1 - 120 gears (the time and speed on the display alternate every 5 seconds).

4. Lightly press the mode key to select the P1, P2, P3, P4 or P5 automatic programs (time and speed are non-adjustable).

P1 Program: Press the mode key 1 times. The display shows "TIME.10:00, MODE, P1"  illuminated.

P2 Program: Press the mode key 2 times. The display shows "TIME.10:00, MODE, P2"  illuminated.

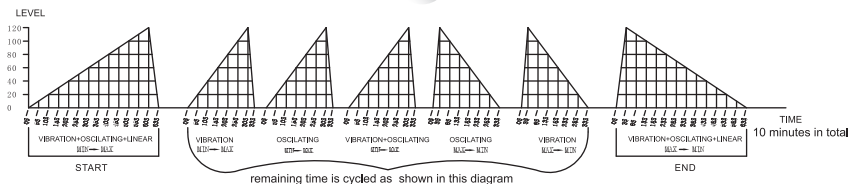
P3 Program: Press the mode key 3 times. The display shows "TIME.10:00, MODE, P3"  illuminated.

P4 Program: Press the mode key 4 times. The display shows "TIME.10:00, MODE, P4"  illuminated.

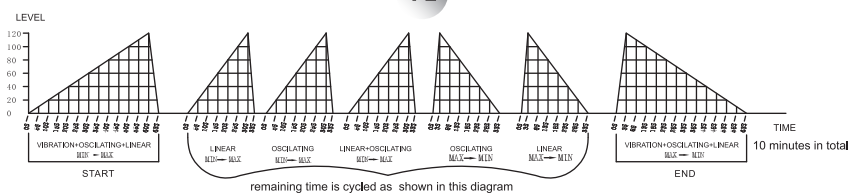
P5 Program: Press the mode key 5 times. The display shows "TIME.10:00, MODE, P5"  illuminated.

Automatic Program Operation Diagram

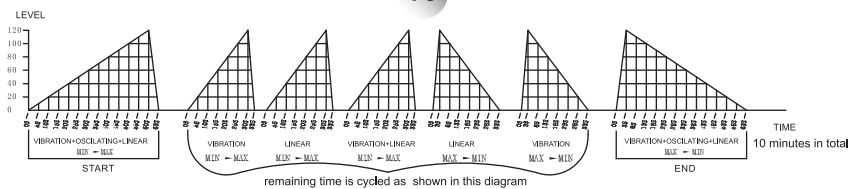
P1



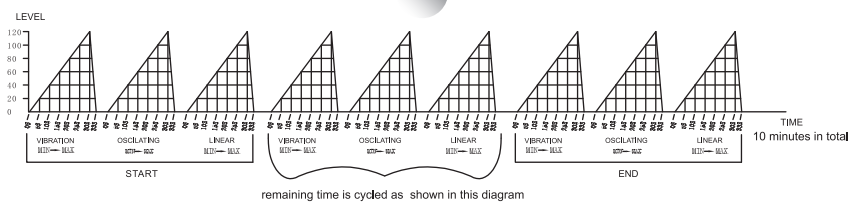
P2



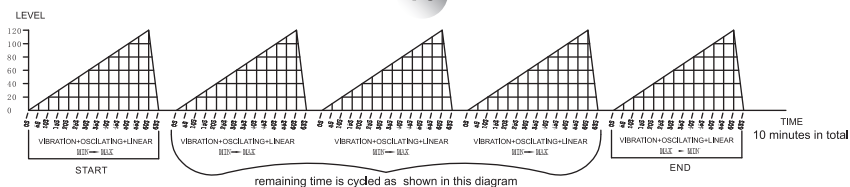
P3



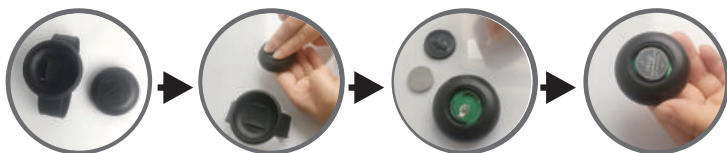
P4



P5



Remote Control Operation Instructions (with Interface Operation Diagram)



Back of the remote control.

Use a flathead tool or coin to turn the cover clockwise and open it.

Remove the insulation tab.

Reinsert the batteries.



Completion.

Rotate the cover counterclockwise to close it.

Align the protruding part of the cover with the groove.

Before use, please remove the insulation tab by following the steps below, which are the same as the battery replacement method.

1. Increase time (TIME+) Button*:

Default display duration: 10 minutes. After screen activation, adjustable between 1 - 30 minutes. Press button once to increase by 1 minute. Time adjustment disabled during machine operation.

2. Decrease Time (TIME -) Button*:

Default display duration: 10 minutes. After screen activation, adjustable between 1 - 30 minutes. Press button once to decrease by 1 minute. Time adjustment disabled during machine operation.

3. Increase Speed (SPEED+) :

In manual mode, by pressing this key after the machine start moving, you can adjust the speed from 1 to 120 levels. Press this button once to increase the speed by one level.

4. Decrease Speed (SPEED -) :

In manual mode, by pressing this key after the machine start moving, you can adjust the speed from 1 to 120 levels. Press this button once to decrease the speed by one level.

5. Function (⚙️) Button*:

In the default state, select manual mode and press the button to switch between seven training modes: 1. oscillation 2. linear 3. vibration 4. oscillation + linear 5. oscillation + vibration 6. line
ar + vibration 7. oscillation + vibration + linear.

6. Program (🔄) Button:

Press the button to switch between three preset programs: P1, P2, P3, P4, P5, and Manual Mode.

7. Start/Stop (▶️) Button:

In the default state, press the button to start the exercise. Press the button again to stop the exercise.

8. Power (🔌) Button:

Press the button to power on the control panel (standby mode). Press and hold to turn off the control panel.

9. Press this (💡) button :

To control the light switch when the machine is in startup state.

10. LOCK Button (🔒) :

press to lock the control panel buttons. press again to unlock



Note:

The effective receiving range of the remote control is within 2.5 meters.



There are two fixed pull - rope rings on both sides near the handles under each Seven - in - One Fat - burning Machine. Please gather the ends of the pull - rope and pass them through the fixed pull - rope rings at the bottom of the Seven - in - One Fat - burning Machine. Once you pass the bottom of the pull - rope through the fixed pull - rope ring, then pass the handle part of the pull - rope through the ring at the bottom of the pull - rope. In this way, a fixed knot will be formed on the fixed ring. When using, it is necessary to ensure that the pull - rope is firmly bound to the fixed pull - rope ring and does not come off. Please ensure that the fixed knot is firm and the pull - rope ring and the fixed pull - rope ring are closely combined with each other before using the Seven - in - One Fat - burning Machine. Please check the pull - rope regularly. If there are any signs of wear, and if it is worn or damaged, please do not use it anymore.

STORAGE & CLEANING

Clean the Seven - in - One Fat - burning Machine only with a slightly damp cloth and mild detergent, and clean it immediately after using the machine. Make sure the power is turned off before starting to clean.

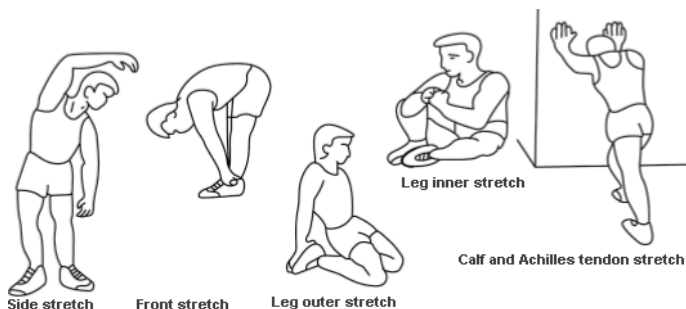
Carefully check the power cord for damage before storing it. If the power cord is damaged, only the manufacturer or a professional with similar qualifications should replace it to avoid personal injury or other risks.

Regularly check the Seven - in - One Fat - burning Machine. If you find that the machine is damaged or not operating properly, do not turn it on. Do not attempt to repair the Seven - in - One Fat - burning Machine in any way. In any case, hand it over to a qualified technician.

Use this Rowing Machine will help build your shape and strengthen your body, also with a healthy diet it will help you lose weight.

1. WARM-UP STAGE

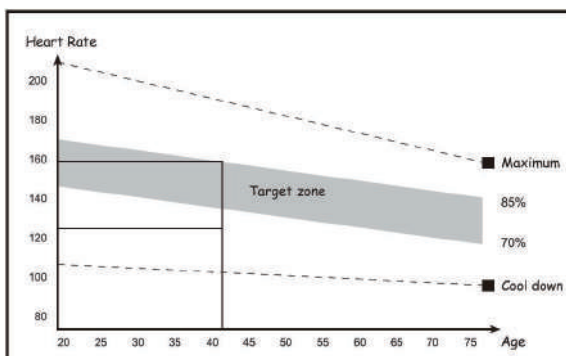
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—If you feel painful, please stop.



2. EXERCISE STAGE

Effort is needed. Your body will be more flexible after regular exercising for a period. It's very important to exercise with your own steady and acceptable cadence. The intensity of the exercise should allow you to reach the target heart rate range. Refer to the left image, find your age group on the x-coordinate, and then up to find your target heart rate range.

The target heart rate is suggested to last for at least 12mins to reach the exercise goal. It's suggested to +/- exercise according to the condition of your body. It's suggested to increase the intensity step by step.



3. CALM DOWN STAGE

After exercise, repeating the stretching like we do in warm-up stage. It can help relax your body. It's suggested to last for about 5mins. Please do the stretching according to the condition of your body. Do not force your muscle.

After the training intensity is adopted, it's suggested to train for at least 3 times a week.

4. IN SHAPE

A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle. Keep your heart rate in the target zone and do stretch after training.

5. LOSE WEIGHT

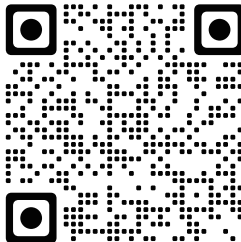
The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is the training goal.

JOROTO Fitness App Download Instructions

After receiving your JOROTO product, contact us at support@jorotofitness.com to obtain lifetime app membership, making healthy living accessible and enjoyable. The JOROTO Fitness App utilizes advanced digital technology to provide continuous professional services, creating an immersive workout environment that transforms exercise into an engaging experience.

How to Get Started with JOROTO

1. Scan the QR code to download the "JOROTO" app.
2. Scan the QR code for Bluetooth connection instructions.





Stand on the middle of the massaging machine with your toes. Keep your back straight, your abdominal muscles tight, and you will feel the change in the tension of your calf muscles. You can also bend your knees at a 90 - degree angle. This position will relax your waist and hips.

Stand on the massaging machine with your feet at shoulder - width. Place your hands on your waist. Rotate your torso clockwise and hold for a few seconds, then return to the original position. Repeat this movement in the other direction. This exercise can also be done with the pull - ropes. Place them in front of you at shoulder height and rotate left and right. This will exercise your abdominal muscles and obliques.



Stand on the massaging machine with your feet aligned with your shoulders. Keep your back tight, bend your knees, and slowly tense your leg muscles. To increase the intensity of the exercise, bend your knees as much as possible, and then you will feel the tension in your quadriceps, hips, and back. This position can exercise your thigh muscles, relieve pain and soreness, promote blood circulation, and reduce fat deposition.

Stand on the massaging machine, grab the pull - ropes, and extend your arms upward to the height of your waist on the sides of your body with your palms facing down. Slightly bend your arms at the elbows. Lift both arms to shoulder height and then lower them, and repeat this movement for a period of time.



Uklęknij na ziemi z rękami na produkcie na ramieniu - szerokość. Utrzymuj ciało pochylone do przodu. Ta pozycja będzie ćwiczyć stawy barkowe i ramiona.



Stand carefully on the massaging machine. Hold the pull - ropes in front of your chest with your palms facing each other. Slowly lower your arms behind you until they are spread out and straight, then bring them back to the starting position. This can be done alternately with both arms or simultaneously. To enhance the exercise effect, you can choose to do squats or lunges.

Sit in front of the massaging machine with your back straight and your hands on both sides. Place your calves on the massaging machine with your toes facing up. This position is used to fully relax and enjoy the powerful calf massage.



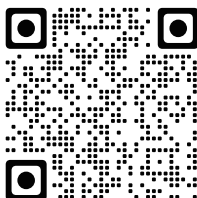
Sit on a chair in front of the massaging machine with your feet on the machine. The vibration of the product helps to relax the muscles of your back, hips, and thighs.

Lie on the ground with your shoulders touching the ground and your feet flat on the massaging machine. Keep your knees together and lift your hips. Slowly lift your heels as your body rises to tense the muscles of your thighs and hips. This will exercise your thigh muscles.



NO	Problem	Cause	Solution
1	The product fails to start.	The power cord plug is not inserted.	Insert the power cord plug.
		The power switch is not turned on.	Turn on the switch, and the indicator light will turn on.
		The fuse is blown.	Replace the fuse with the same model.
2	A rattling sound is emitted during operation.	It is the sound caused by the wear of the motor or various components of the product.	No repair is required.
3	The product does not respond when using the remote control.	The batteries of the remote control are depleted.	Replace the batteries.
		The remote control is too far away from the product.	The effective receiving distance of the remote control signal is 2.5m.
4	The product suddenly stops running.	The default running time of the product has ended.	Restart it after an interval of 10 minutes.
5	The product cannot be controlled.	The product freezes due to receiving too many instructions at the same time.	Turn off the power and restart.
6	"ER01" or "ER02" is displayed.	There is a malfunction in the working current of the motor.	Cut off the power supply, then insert the power cord plug and restart. If it still doesn't work, contact the after-sales staff.
7	If the problem is not resolved, please contact our after-sales team at the following email address for a solution.		Email: support@jorotofitness.com

Hereby, Li ang Health Technology (Beijing) Co. Ltd. declares that the equipment type JV80 is in compliance with 2014/30/EU (EMC), 2014/35/EU (LVD), EC Council Directive 2023/988/EU and 2015/863/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://scan.erweicaihong.cn/JHHF>



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.

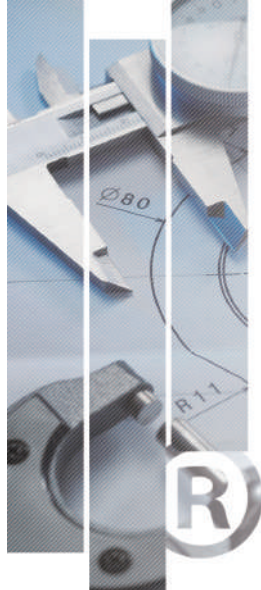
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



jorotofitness.com

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Email: support@jorotofitness.com