

Button Cell Battery Warning:

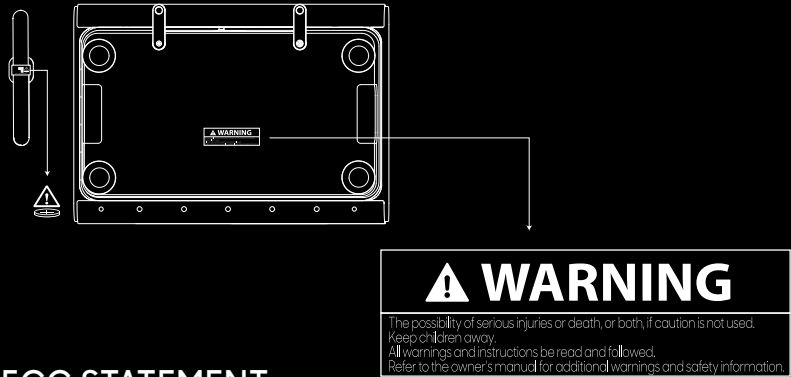
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating), or incinerate. Doing so may result in injury due to venting, leakage, or explosion, resulting in chemical burns.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.
- Keep these instructions for future reference.

Warning -Connect This Appliance To A Properly Grounded Outlet Only, See Grounding Instructions.

GROUNDING INSTRUCTIONS
THIS PRODUCT MUST BE GROUNDED. IF IT SHOULD MALFUNCTION OR BREAKDOWN, GROUNDING PROVIDES A PATH OF LEAST RESISTANCE FOR ELECTRIC CURRENT TO REDUCE THE RISK OF ELECTRIC SHOCK. THIS PRODUCT IS EQUIPPED WITH A CORD HAVING AN EQUIPMENT-GROUNDING CONDUCTOR AND A GROUNDING PLUG. THE PLUG MUST BE PLUGGED INTO AN APPROPRIATE OUTLET THAT IS PROPERLY INSTALLED AND GROUNDED IN ACCORDANCE WITH ALL LOCAL CODES AND ORDINANCES.

DANGER - IMPROPER CONNECTION OF THE EQUIPMENT-GROUNDING CONDUCTOR CAN RESULT IN A RISK OF ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICEMAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT- IF IT WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

THIS PRODUCT IS FOR USE ON A NOMINAL 120-V CIRCUIT AND HAS A GROUNDING PLUG. MAKE SURE THAT THE PRODUCT IS CONNECTED TO AN OUTLET HAVING THE SAME CONFIGURATION AS THE PLUG. NO ADAPTER SHOULD BE USED WITH THIS PRODUCT.



⚠ WARNING

The possibility of serious injuries or death, or both, if caution is not used. Keep children away. All warnings and instructions be read and followed. Refer to the owner's manual for additional warnings and safety information.

FCC STATEMENT

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.

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.

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

Care Instructions

1. Always unplug the Vibration Plate before cleaning. Use a soft, slightly damp cloth to wipe the rubber surface. Do not use harsh chemicals, solvents, or abrasive scrubbers, as these may damage the anti-slip material.
2. Store in a cool, dry place away from direct sunlight. Ensure the power cable is not pinched or crimped.
3. Regularly check that the rubber feet are securely attached to the Vibration Plate and that the power cable is free of fraying or other damage.

Please read all instructions and warnings prior to use. Keep this manual as it contains important information for future reference.

Congratulations On Your New Vibration Plate.

- Consult your physician before starting any exercise program.
- Do not use this device if you are pregnant, have a heart condition, a pacemaker or other electronic implants, joint/bone/spinal issues, a history of blood clots (DVT), or are recovering from recent surgery.
- Stop using immediately if you experience dizziness, pain, or discomfort.
- Do not fall asleep while using the device. Do not use it on anyone who is asleep or unable to respond.
- Always maintain a slight bend in your knees while standing on the plate. Never lock your joints.
- Do not exceed 20 minutes of continuous use per session. Allow the machine to cool for at least 15 minutes between uses.
- Use only the provided power cable.
- Do not wrap the power cable around the device or excessively tightly.
- Keep away from water and other liquids.
- Keep out of reach of children and pets during operation.
- Maintenance and repairs should only be performed by authorized service technicians.
- The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the equipment removed from service until the repair is made.
- Household use only. Not for commercial or professional use.
- Stop using immediately if you experience dizziness, pain, or discomfort.
- Do not fall asleep while using the device. Do not use it on anyone who is asleep or unable to respond.
- Always maintain a slight bend in your knees while standing on the plate. Never lock your joints.
- Do not exceed 20 minutes of continuous use per session. Allow the machine to cool for at least 15 minutes between uses.
- Do not wrap the power cable around the device or excessively tightly.
- Keep away from water and other liquids.
- Do not use the device outdoors or in wet environments.
- Maintenance and repairs should only be performed by authorized service technicians.
- The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the equipment removed from service until the repair is made.

Household use only. Not for commercial or professional use.

Save These Instructions.

For customer support, please visit www.msccustomercare.com or call 1-800-374-2744.

Printed in China.

CA 92618. ALL RIGHTS RESERVED.

TRADEMARKS, DISTRIBUTED BY AND © 2025 MERCHSOURCE, LLC, IRVINE.

SHARPER IMAGE® NAME AND LOGOS (INCLUDING THE 77 LOGO) ARE TRADEMARKS OR REGISTERED

Model # 1021449

⚠ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH OF CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.

Vibration Plate

SHARPER IMAGE®



Important Safety Instructions

PLEASE READ BEFORE USE.

WHEN USING AN ELECTRICAL APPLIANCE, BASIC PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING: READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE.

DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

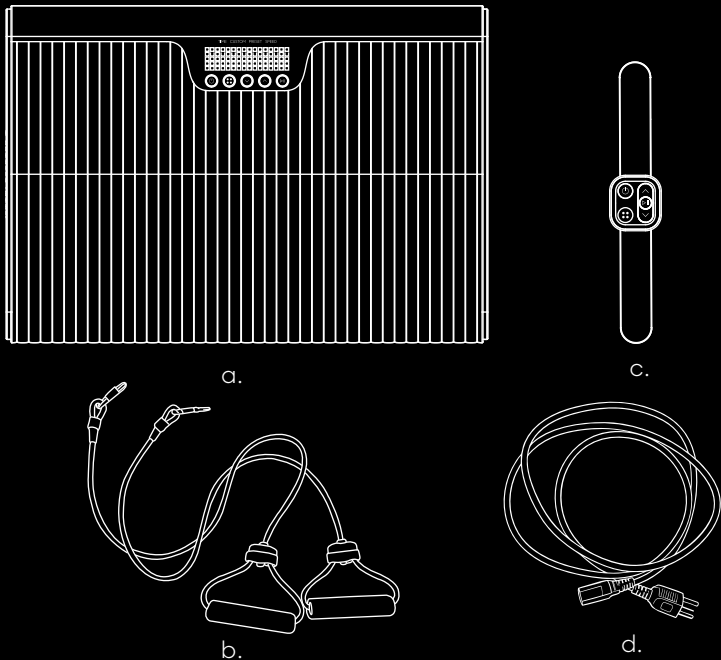
WARNING

–To reduce the risk of burns, fire, electric shock, or injury to persons:

- ⚠ **WARNING** – Consult your physician before starting any exercise program. Do not use this device if you are pregnant, have a heart condition, a pacemaker or other electronic implants, joint/bone/spinal issues, a history of blood clots (DVT), or are recovering from recent surgery.
- An appliance should never be left unattended when plugged in. Unplug from the outlet when not in use, and before putting on or taking off parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by the supply cord or use the cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

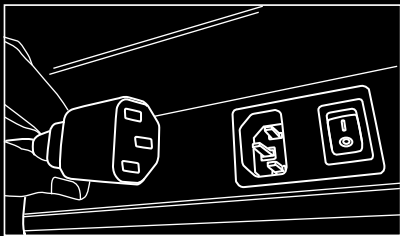
WHAT YOU GET

- a. Vibration Plate
- b. 2 Resistance Bands
- c. Remote Control Watch
- Included Coin Battery (CR 2032, 3V)
- d. Power Cable



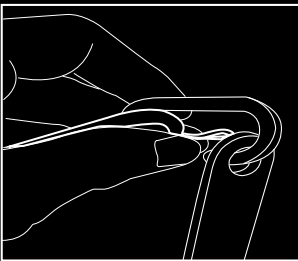
GETTING STARTED

1. Place the Vibration Plate on a flat, solid, and level floor. Avoid thick carpets or unstable flooring, as this reduces vibration efficacy and stability. Make sure there is sufficient space around the Vibration Plate and that the suction cups on the rubber feet of the Vibration Plate are securely attached to the floor for stability.
2. Connect the power cable to the Vibration Plate.

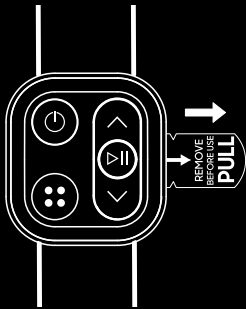


3. Plug the other end of the power cable into a grounded electrical outlet.
4. Turn the main power switch located on the back of the Vibration Plate to the on position.
5. Step onto the center of the Vibration Plate with your feet shoulder-width apart.
6. Choose your exercise position.
 - Standing: Standard position for overall body engagement. Always maintain a slight bend in your knees while standing on the Vibration Plate. Never lock your joints.
 - Squatting: Bend your knees to 90 degrees while on the plate to intensify muscle engagement.
 - Hands-On: Place your hands on the plate while kneeling off the Vibration Plate on a separate mat (not included) for upper body or core training.

7. Attach the training bands to add resistance and increase muscle engagement, targeting the arms, shoulders, and core. Attach the bands to the designated hooks on the back of the vibration plate. Thread the bands through the hooks and secure them firmly, ensuring they are tightly fastened before use.

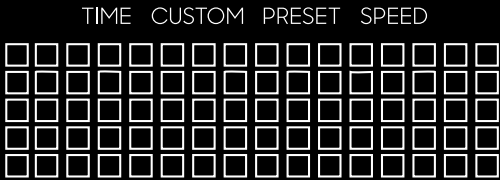


8. Pull the battery tab out of the remote-control watch before first use.

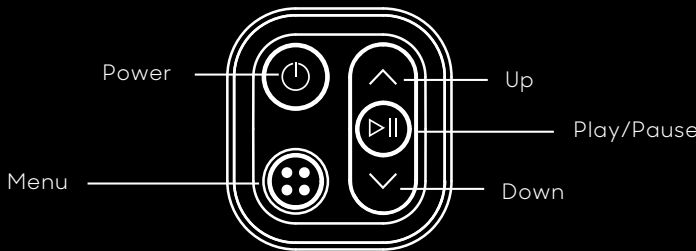


CONTROLS

Vibration Plate



Power Menu Down Up Play/Pause



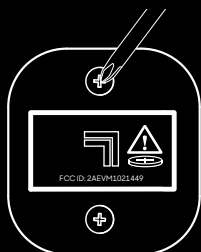
HOW TO USE

1. While the power switch on the back of the Vibration Plate is in the on position, press and hold the power button on the Vibration Plate or remote control watch for 2 seconds to power on the Vibration Plate. The Vibration Plate will play a beep, and the display will light up.
2. Press the up and down buttons on the control watch to select from the 5 preset programs.
3. Press the play/pause button to confirm your selection and start or pause the program.
4. Optionally, press the menu button to change to the main menu and select custom mode.
 - Set the time between 1 and 20 minutes using the up and down buttons and then press the play/pause button to confirm.
 - Next, set the speed between 1 and 10 and then press the play/pause button to confirm.
 - Then, press the play/pause button to start the custom mode.
5. To change setting during use, press the play/pause button to pause the Vibration Plate. Then, press the menu button to choose a different mode. If no new selection is made within 7 seconds, the Vibration Plate will return to the previous program. Press the play/pause button to resume the program.
6. To power off the Vibration Plate, press and hold the power button on the Vibration Plate or remote control watch for 2 seconds.

Note: When pausing, the Vibration Plate will slow down gradually for over 5 seconds before fully stopping.

REPLACING THE BUTTON CELL BATTERY

1. Pull out the watchband.
2. Locate the battery compartment on the back of the remote control watch.
3. Use a small Phillips screwdriver to remove the battery compartment cover.
4. Remove the old button cell battery.
5. Insert a new CR 2032 battery, ensuring the "+" (positive) side is facing up as marked inside the battery compartment
6. Reinstall the battery compartment cover and tighten the screw securely.
7. Test the product to confirm it is operating properly.



IMPORTANT SAFETY INFORMATION

- Replace only with the same or equivalent battery type recommended for this product.
- Keep button cell batteries out of the reach of children. Swallowing a button cell battery can cause serious injury or death.
- If a battery is swallowed or inserted into any part of the body, seek immediate medical attention.
- Do not recharge, disassemble, heat, or dispose of batteries in fire.
- Dispose of used batteries according to local regulations.