

## Remote control for Personal Power Plate



### Main Controls

#### Start/Stop



When press the Start/Stop button the first time, the machine starts up. When press the Start/Stop button again, the machine stops.

#### Time



When press the Time button the first time, it changes the machine time setting to 30sec. When press the Time button again, it changes the machine time setting to 60sec.

#### Low/High



When press the Low/High button the first time, it changes the machine amplitude setting to Low. When press the Low/High button again, it changes the machine amplitude setting to High

#### Repeat



When the user completes the first cycle of exercise, then press the Repeat Button, the machine will start up with the previous setting of Time & Low/High amplitude.



This Remote Control only operate the Personal Power Plate machine

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

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.