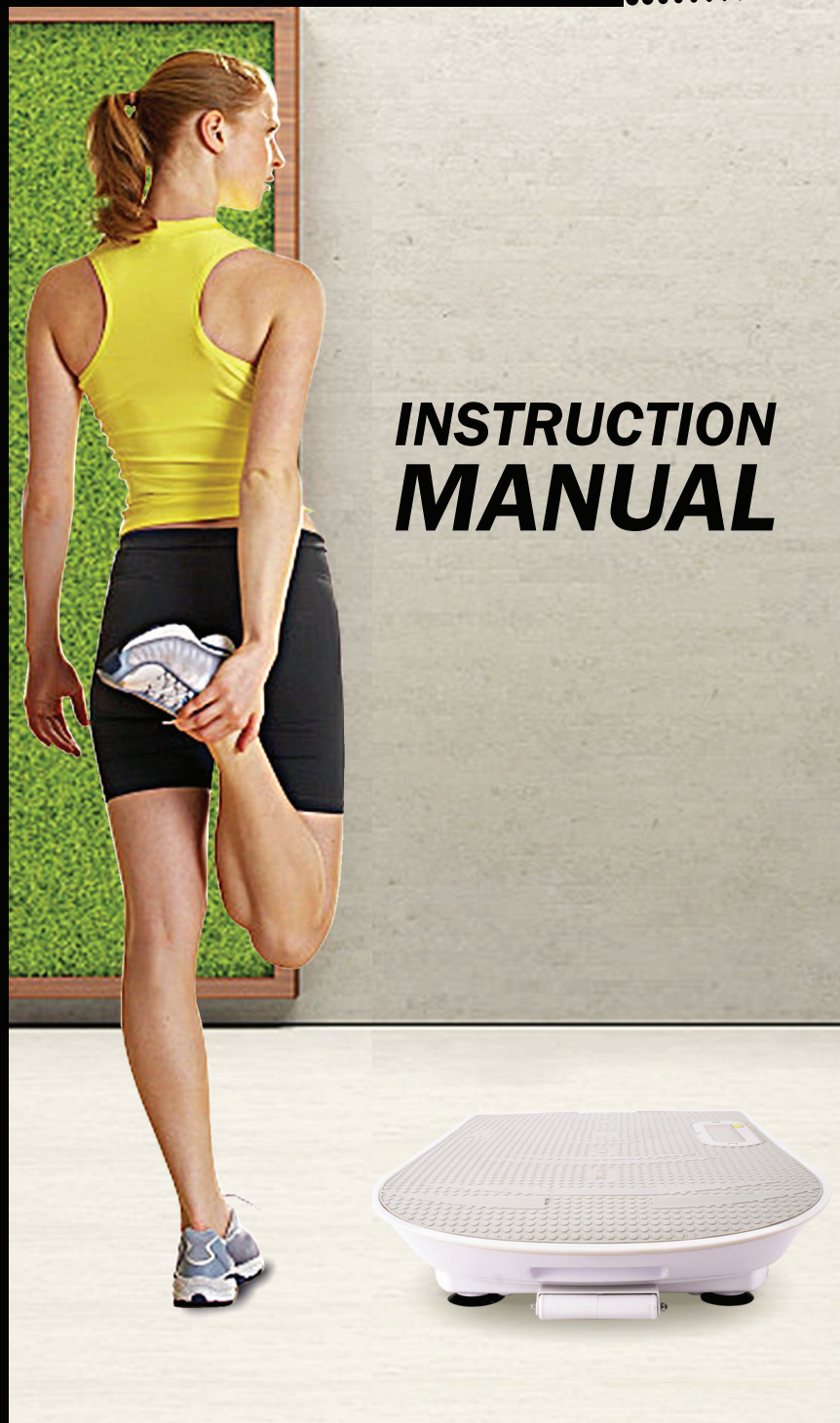
Fit never felt so good

MAXhealth
FITNESS BOARD

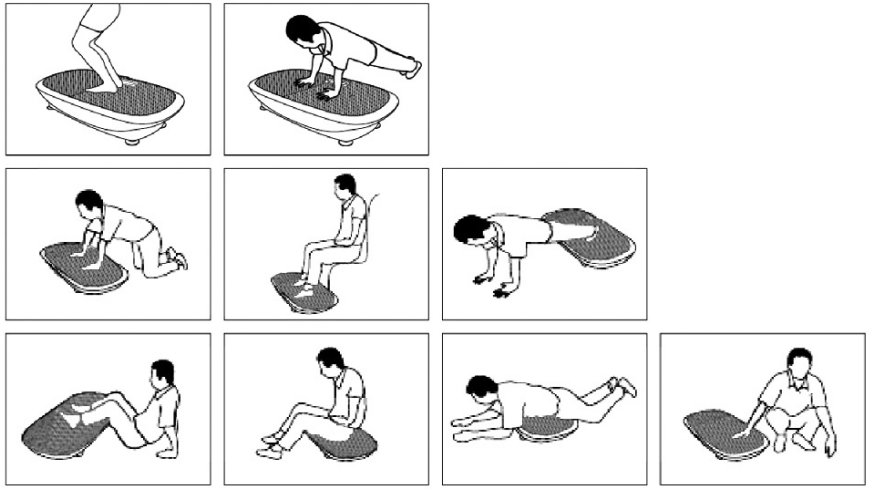


INSTRUCTION MANUAL

Thank you for purchasing the

MAXhealth
FITNESS BOARD

FITNESS GOALS



SPECIFICATIONS

BRAND: MAXhealth
PRODUCT: FITNESS BOARD
MODEL: MH-1346
RATED POWER: 60-150W
PACKAGING DIM.: 85*50*19 (cm)
G.W.: 21.35 kg
N.W.: 18.8 kg
RATED VOLTAGE/FREQUENCY:
AC220-240V 50Hz/60Hz ☐
AC100-120V 50Hz/60Hz ☐

MADE IN CHINA

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INTRODUCTION AND SAFETY

Please read all instructions before using the MAXhealth Fitness Board and keep the manual in a safe place for future reference.

SAVE THESE INSTRUCTIONS

Safety:
Before starting to operate the MAXhealth Fitness Board, please review the following:
1. If you are using an extension cable, ensure to not exceed the maximum rated voltage.
2. When not in use, turn off the power and unplug the power cord.
3. If the power cord is damaged, contact your original place of purchase.
4. Do not use any kind of sharp objects near the device.
5. Do not use the MAXhealth Fitness Board 30 minutes before or after a meal.
6. Do not use the MAXhealth Fitness Board on an empty stomach, if you are suffering from exhaustion, dehydration or after any strenuous exercise.
7. MAXhealth Fitness Board is designed to be used by only one person at a time.
8. It is recommended before starting any exercise program you should consult your doctor. Your doctor's advice is essential if you are taking medication that effects your heart rate, blood pressure or cholesterol level. It is not recommended if you are suffering from physical injuries, heart conditions, malignant tumors or any other ailment.
9. MAXhealth Fitness Board is not intended for use by children, persons with reduced physical, sensory or mental capabilities.
10. MAXhealth Fitness Board is not a medical device. Stop using if you feel uncomfortable at any time.
11. Do not use the MAXhealth Fitness Board where water or other liquids can come in contact with the Fitness Board, this can cause damage.
12. Do not use the MAXhealth Fitness Board near high temperature sources. Do not expose to direct sunlight.
13. Store the MAXhealth Fitness Board in a clean, dry location.
14. Do not alter or disassemble the Fitness Board. Contact your original place of purchase for repair or warranty work.
15. The maximum weight capacity for the MAXhealth Fitness Board is 120 kg or 265 lbs.

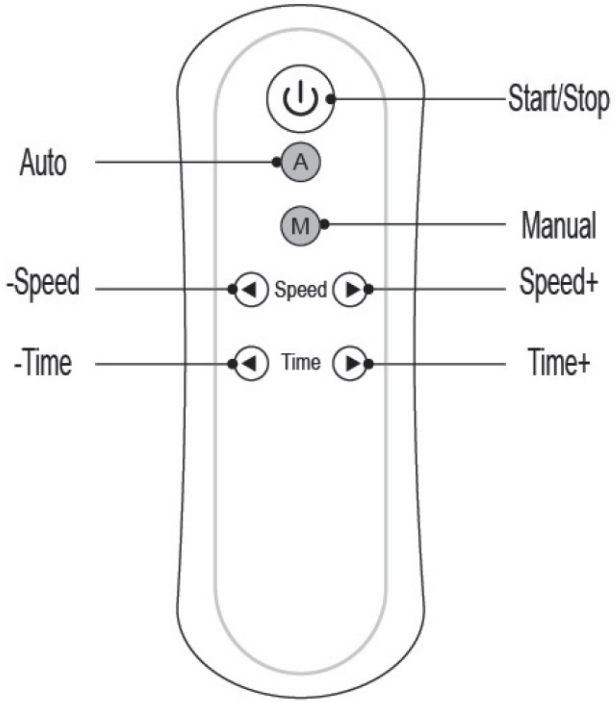
HOW TO USE THE REMOTE CONTROL

On/Off (Start/Stop) Button - Press this button to turn the power on. Machine will be in standby mode and the display will light up. Press the button again to turn the power off. The display will turn off.
Auto Button - When the machine is in standby mode, press this button to start the automatic programs. Each press of the button will take you to a new program. There are 3 programs to choose from. The programs have automatic varying vibration speed patterns.
Manual - When the machine is in the standby mode, press this button to start the manual programs. You can then adjust the speed settings to customize your workout.
Speed - To increase your speed, press (+), to decrease your speed, press (-). There are 10 levels from you to choose from to customize your workout.
Time - The MAXhealth Fitness Board has a default time of 10 minutes. To increase your time, press (+), to decrease your time, press (-).

Bluetooth connections:
To activate the MAXhealth Fitness Board Bluetooth speakers to a Bluetooth-enabled device:
1. Press the Auto button until you see the music mode indicator is selected on the LCD screen.
2. Activate Bluetooth on your chosen device. Go to settings, find Bluetooth and select to turn it on.
3. Make the connection. MAXhealth Fitness Board name should now be listed as a device. (If you do not see the MAXhealth Fitness Board name, ensure it isn't connected to another device.)
4. Pair the two devices. Wait a few minutes. You will now be able to listen to your favourite music while working out.

Ready to Start:
1. Place the MAXhealth Fitness Board on a flat floor.
2. Insert the power cord correctly into the power socket and switch on power.
3. Stand on the MAXhealth Fitness Board with your feet in the Walking Position to start, keeping your knees slightly bent.
4. Press the On/Off (Start/Stop) button and choose a program to start.
5. Once your workout is complete, turn off the power and unplug the power cord from the wall outlet.

Remote Control



WARNINGS

Please follow the warnings below as this will prevent damage to your MAXhealth Fitness Board or any harm to your body which is caused by improper use of the machine.

1. Ensure the power cord does not get pressed by the machine. Do not use a damaged power cord or plug.
2. When in use, use the power outlet for the MAXhealth Fitness Board only. Connecting multiple products to an outlet may lead to overheating, a blown fuse or fire.
3. Unplug the machine when not in use.
4. Do not store items on top of the MAXhealth Fitness Board.
5. Leave a minimum 30 cm or 12-inch gap between the wall and the MAXhealth Fitness Board. Good air circulation will prevent the machine from overheating.
6. Use the MAXhealth Fitness Board on a solid, horizontal surface.
7. Do not run on the MAXhealth Fitness Board, as this may damage the machine.
8. Clean and dry the machine before storing after each use. (Unplug machine before cleaning.) Wipe the surface of the MAXhealth Fitness Board with a clean, dry towel. After use, cover the MAXhealth Fitness Board with the provided plastic cover to keep the unit free of dust and debris.
9. Do not use use any liquids or solvents to clean the machine.
10. Do not disassemble, modify or repair the MAXhealth Fitness Board. Warranty will be voided, if the machine is tampered with.

CARE AND MAINTENANCE

1. It is recommended to store your MAXhealth Fitness Board with the provided plastic dust cover when not in use.

2. It is recommended to unplug the MAXhealth Fitness Board from the power outlet when not in use and before you clean it.

3. It is recommended to use a clean, dry towel to clean the MAXhealth Fitness Board. Never use a wet cloth.

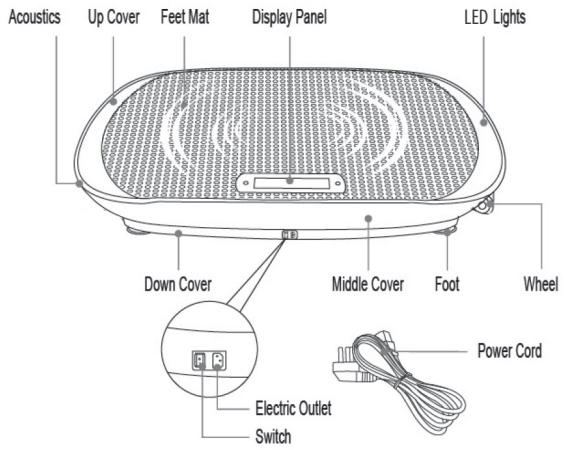
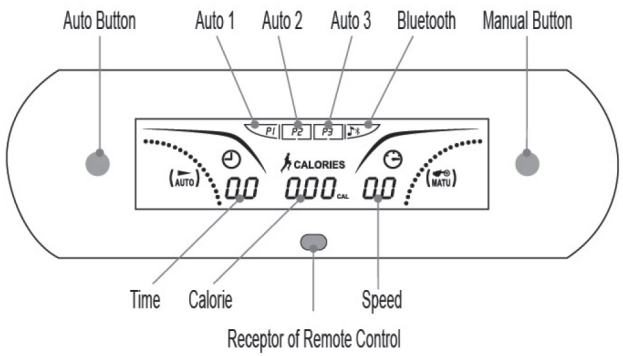
TROUBLESHOOTING

Please contact your original place of purchase if you require any help with using the MAXhealth Fitness Board.

PROBLEM	POSSIBLE REASON	SOLUTION
MAXhealth Fitness Board is not working	Switch is off- no power	Turn power switch on
	Plug is not correctly inserted	Ensure the plug is inserted correctly into the power outlet
	Remote control is too far away from the machine	Distance needs to be less than 2.5 M / 8 feet
	Product is damaged	Contact place of purchase
Sound during use	The machine has a sound generated by the motor and from the vibration between mechanical units, which is normal	No solution is needed, these are normal sounds
MAXhealth Fitness Board suddenly stops working	Power being used is stronger than recommended power/voltage	Follow the recommended power/voltage
	Default working time is up	Restart the machine
Vibration has slowed down	Lower than recommended voltage is being used	Follow the recommended power/voltage
	Recommended weight on the machine has been exceeded	Ensure the weight on the machine follows recommended weight limits

COMPONENTS

Please contact your original place of purchase if you require any help with using the MAXhealth Fitness Board.



The Display Panel