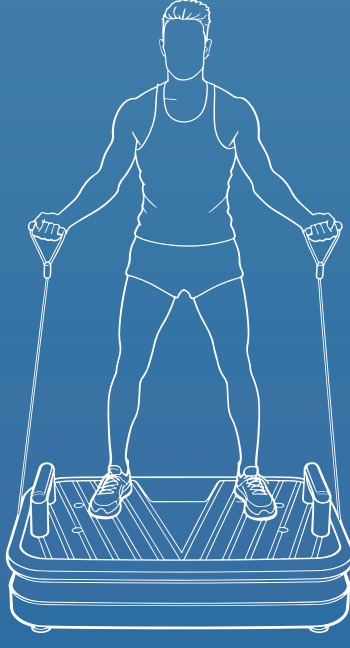




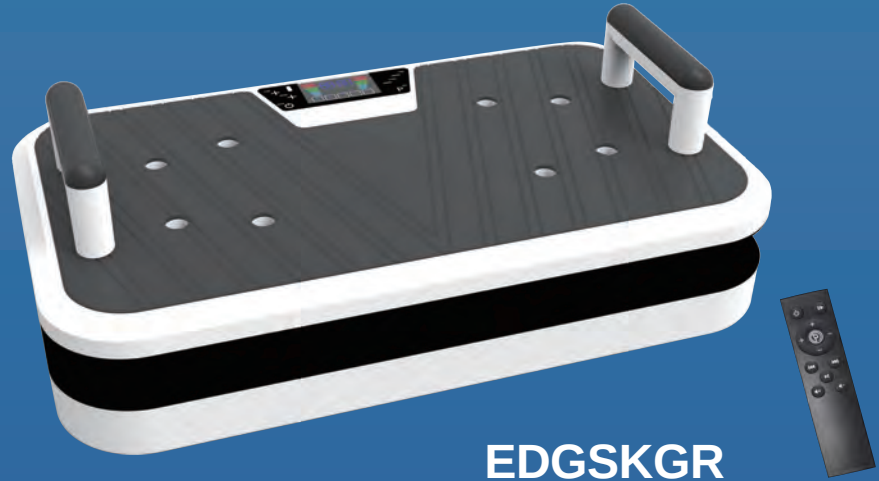
EDGSKGR

For Life Health and Happiness !

VERTICAL TYPE

INCLUDES
REMOTE CONTROL





EDGSKGR

User Manual

Please read this User Manual carefully before using this product

Contents

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One year warranty

This warranty covers the original consumer purchase only and is not transferable.

This warranty covers products that fail to function properly UNDER NORMAL USAGE, due to defects in material or workmanship. Your product will be repaired or replaced at no charge for parts or labor for a period of one year.

What is Not Covered by Warranty: Damages or malfunctions not resulting from defects in material or workmanship and damages or malfunction from other than normal use, including but not limited to, repaired by unauthorized parties, tampering, modification or accident.

To receive Warranty service along with the name and address of an authorized product service center, the original consumer purchaser must contact us for troubleshooting and service procedures. Proof of purchase in the form of a bill of sale or receipted invoice, evidencing that the product is with in the applicable warranty period(s), MUST be presented in order to obtain the requested service. It is your responsibility to properly package and send any defective products along with a dated copy of proof of purchase, a Written explanation of the problem, and a valid return address to the authorized service center at your expense. Do Not include any other items or accessories with the defective product. Any products received by the authorized service center that are not covered by warranty will be returned not repaired.

Introduction

Thank you for purchasing the fitness vibration massager machine. The vertical vibration platform enhances your workout by engaging all your stabilizing muscles, helping you relax quickly and get toned fast

Package contents

- Full Body vibration massage machine- Remote control.
- Arm Resistance Bands
- User's Manual with warranty Information
- Power Cord
- Pushup Handles

Maintenance

- Before cleaning, ensure the product has been turned off and disconnected from a power supply. To clean,wipe with a slightly damp soft cloth.
- Keep your platform away from extreme temperatures.
- Stow the appliance in a clean, dry environment out of reach from children and pets.

Specification

Name	:Vibration Massage Machine
Rate Voltage	:110V-120V
Max Power	:200W
Max Weight	:330lbs

**CAUTION**

Do NOT expose this appliance to extreme temperatures. Do not let children play with this appliance. Always Follow All Manufacturer's Instructions When Using.

Common Problems & Solutions:

S/N	Problems	Causes	Solutions
1	The Product can not be started	The plug is not in place	Insert the plug
		The red rocker switch is off	Turn on switch
		The fuse is burnt	Replace with a new fuse of the same model
2	Sound like phew or Da-da is heard during working	Normal sound generated by the motor or from the abrasion between mechanical units	No additional treatment is required
3	Operate the controller, but the Product no action	The battery of controller is out of power	Replace batteries
		The controller is too far away from the Product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes'interval
5	Can not operation	Too many commands sent to the Product and they can not be responded in time	Power off and then restart

Safety Precautions

Do not use the Product in humid or dusty environment to avoid electric shock or breakdown of the mechanical parts.
Do not use the Product when indoor temperature is over 40°C.
Do not use the Product in the open air or under the direct sunlight.
Place the Product on flat floor.

 Please wait for one hour before using the Product when it is moved from low to high temperature,so as to prevent water vapor from condensing on the machine and resulting in any failure.

1

People under these conditions below are not suggested to use the Product

It is strongly advised to consult your doctor before use.
Patients who are under treatment or feel not good;
Patients with malignant tumor;
Pregnant women or women in menstrual period;
People with heart disease;
Osteoporosis patients;
People with heart pacemaker or other medical electronic instrument implanted;
People with artificial limb;
People who are sensitive to vibration and strenuous exercise.

Important Usage Tips

Before use, please remove watches, bangles, jewelry, mobile phones, or other valuable items, as well as keys, knives, or other sharp objects, to prevent damage to your belongings or personal injury.
Do not smoke while using the Product.
Please do not use the Product together with other medical equipments.
Please do not use the Product for medical treatment purpose.
Do not use the Product right after a meal or drink.
During use,please keep child or pet away from the Product.It is forbidden to put fingers or other foreign bodies into the gap between the middle cover and base cover.
Supervision is needed for child under 10 years and the aged over 60 years during using of the Product.
The maximum load capacity of the Product is 330lbs.
The product is intended for use by only one person at any given time .

2

Stop using the Product under conditions below

Water or other liquid is accidentally splashed into the Product or controller.
Any accessory is found damaged or exposure of internal component.

Feeling abnormal or severe pain during using.
Power failure.

Plug and power cord

Check if the voltage complies with that specified for the Product.
Do not retract the power plug with wet hand to prevent electric shock.
Hold the plug rather than the power cord to pull out the power cord.
Turn off the power switch and remove the plug from the power supplyif not in use for a long time.
Stop using the product if the power cord has any damage,turn off the power switch,pull out the plug,and contact technicians for repair.

Warning:

Unauthorized dismantle,disassembly or renovation is not allowed to prevent electrical shock or any malfunctions. Please contact manufacturer or local dealer immediately if there is any service work needed.

3

Storage and Maintenance Surface cleaning

Before cleaning,ensure the power switch is turned off, and the attaching plug is pulled out of the socket.

The rubber pedal and covers can be cleaned with a wet cloth containing detergent, and the detergent should be removed with a cloth

Notice

Do not clean the Product with corrosive detergent such as benzene or thinner,as it may cause fading, corrosion or crack on the Product. Do not splash water into the Product to avoid short circuit.

Controller

As wet cloth may cause malfunction of the controller, only dry cloth can be used

Storage and Maintenance

Make sure that the power switch is turned off and the plug is removed from the power supply.

Wipe dust and dirt off the product and keep it clean and away from areas of high temperature or humidity.

If the Product is not in use for a long period, a dust-proof cover (buy it yourself) should be applied on the Product to prevent the entry of dust

4

A Closer Look (Vibration Platform) Touch Screen Mode



TIME, ON/OFF, SPEED, PROGRAM, LCD Display& Settings, Handrail (For doing push ups), Anti-slip Coating

Using the Handles

1.Create a deeper workout by using the handles to do push ups. This will allow you to strengthen the biceps and triceps while working out the lower body.

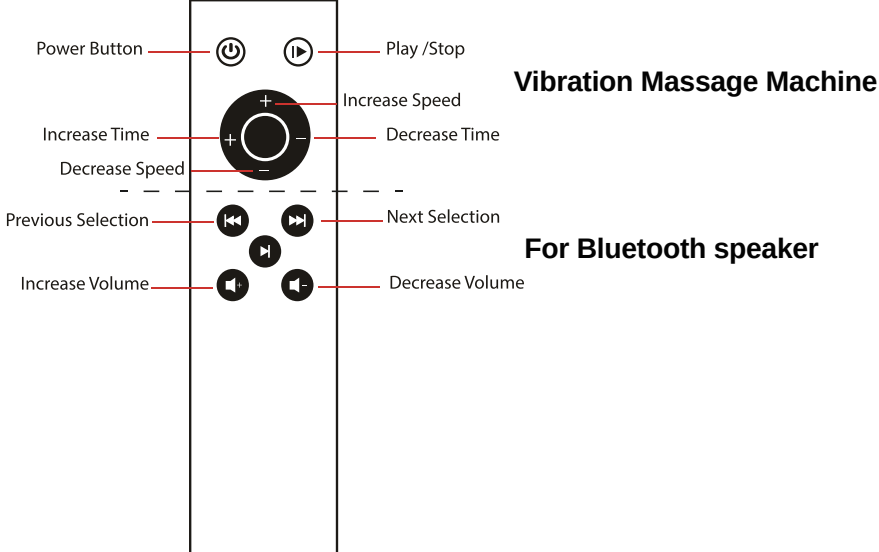
2.Handles are hidden under the sides of the machine. Remove it when needed.Holes in the surface of the machine can be used to adjust the position of the handles.



Hidden handle

5

A Closer Look(Remote)With Music



Power Button, Play /Stop, Increase Speed, Decrease Time, Previous Selection, Next Selection, Increase Volume, Decrease Volume

Vibration Massage Machine
For Bluetooth speaker

Powering On

1. Take the power cord and plug it into a suitable wall outlet.
2. Press the red rocker switch on the front of the platform to power it ON
3. Press the on/off button on screen to start the machine.

Using the controls

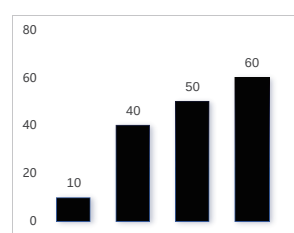
On/off: Press the On/Off button to start the vibrating function.
Speed+: Short press to increase the speed by one level; long press to increase the speed rapidly.
Speed-: Short press to decrease the speed by one level; long press to decrease the speed rapidly.
Time+:Short press to increase time by one minute; long press to increase time rapidly.
Time-:Short press to decrease time by one minute; long press to decrease time rapidly.
Program: Use the Program button to cycle through the different programs preset for 10 minutes each. When using the automatic program, the highest gear is 120 levels.

6

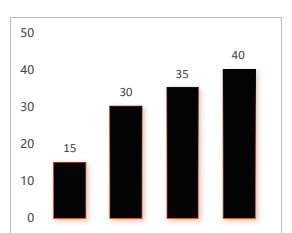
Program settings

Each program is preset for 10 minutes with interchanging vibration levels that create a unique workout.

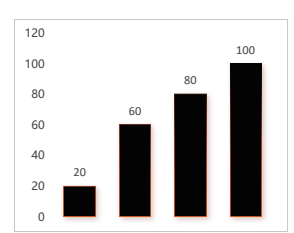
P1: Relaxed Stretch



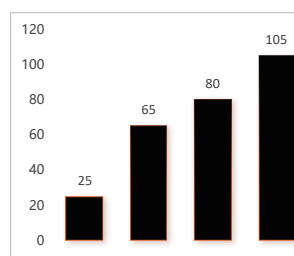
P2: Gentle Stretch



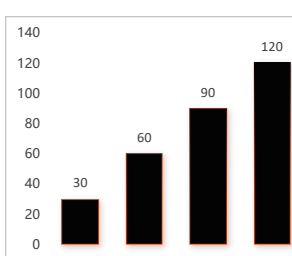
P3: Intermediate Paced Stretch



P4: Moderate Paced stretch

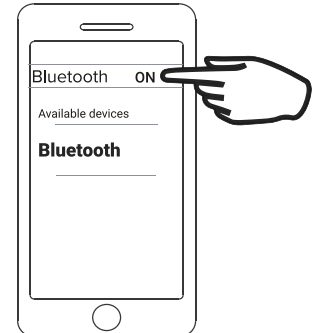


P5: Fast Paced Stretch



Bluetooth set-up

1. Press the red rocker switch on the front of the platform to power it ON. Then press the On/Off Button on the remote or screen to turn on the plate.
2. Go into the Bluetooth settings page on your smartphone/ tablet. Select **"Bluetooth"** under Available devices and the platform will state that it has connected successfully.



7

Suggested Fitness Guide

 Full-body-exercise posture: Stand on the plate and stretch your feet like as wide as your shoulders .This will help improve overall circulation and muscle toning.	 Squat posture: Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can. This is great for a thigh workout.	 Push up posture: Extend your arms as wide as your shoulder s. If you want to build more muscles, install a push-up stand and maintain this position.	 Lower legs posture: Put your lower legs on the plate as shown with your hands supporting behind you on the ground.
 Waist Bend posture: Stretch your legs,bend at the waist and put your hands on the plate.Bend your elbows for a deeper exercise.	 Single-foot posture: Put one foot on the plate and relax your self. For a deeper exercise,lunge forward , placing more body weight on the plate.	 Sitting posture: Sit with your buttocks on the vibration plate. Sit comfortably , keeping your back straight.	 Sitting posture: Put your legs on the plate when sitting on a chair. This is a great way to ease tension and can help improving circulation of legs.

Please take attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.
(2)This device must accept any interference received, including interference that may cause undesired operation.

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