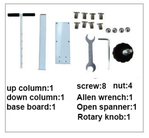
FM38 甩脂机 说明书

尺寸：650x180mm



Product accessories

1. Screw and nut under the pillar and base plate fixation

2. The base plate with screws with the host

3. Insert the upper column into the hole of the lower column and use the nut to set the position.
The hole on the upper column can adjust the height of the column.

4. Open the power cord link host and power supply, open the key of the products, then you can use

06 / Product maintenance and Protection

1. Before cleaning, ensure that the power switch is off and the power plug is removed.
2. The foot skin and the shell can use wet cloth containing detergent to clean thoroughly, then wipe cleaner with dry cloth.

Note:
1. Do not use benzene, thinner, alcohol , gasoline and other corrosive &volatile detergent cleaning products, otherwise may cause product paint fade or internal structure corrosion cracking, etc.;

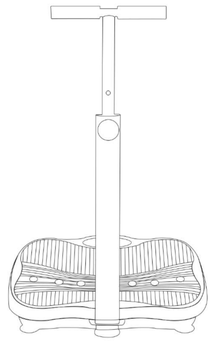
2. Use wet cloth to wipe the remote control may cause failures, so can only use dry cloth clean;

3. Confirm the power switch is closed, the plug is next.
After cleaning and finished products of dust and dirt, protection products clean and away from high temperature and wet places. If long time don't use the product, can use dust cover to cover. To prevent dirt into.

07 / Products are common problems and solutions

Part of the fault can use the following methods to solve,
if still can't solve, please consult the customer service center, we will serve you wholeheartedly.

Fault description	Cause analysis	Sulution
Unable to open	Power is not plugged in	Stick the plug in tight
	The power switch is not open	Open the power switch, indicator
	Instantaneous electric current too big, the fuse blew out	Changing a fuse of the same model
Noise is emitted during product operation	Normal sound	No need to solve
No response to remote control operation	The battery of the remote control is dead	Replace the battery
	The remote control distance is too far	Infrared sensing range is 1.5 meters
In use process to stop	The default work time is over	After an interval of 10 minutes, start the machine again
Can't normal operation	Executing commands too frequently	Shut off the power and restart



Vibration plate

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INSTRUCTIONS

user manual

Please read the instruction manual carefully before use, please keep this manual

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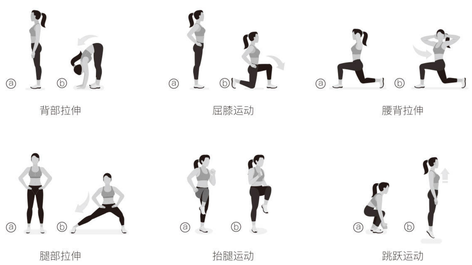
Please read carefully the instructions:

Thank you for using the grease machine produced by our company.
Before use, please read this manual in detail, correctly grasp the use method, in order to make full use of its excellent performance,
I believe that it will bring convenience and comfort to you and your family life.
Please keep the instructions for future reference.
If you encounter problems in the process of use, please contact our after-sales service or the company, we will serve you wholeheartedly, thank you for your cooperation.

01 / Precautions before use

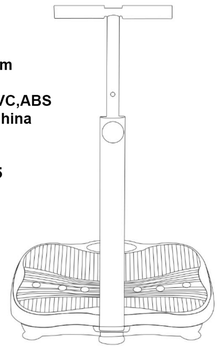
1. Warm up before use, please use according to your own physical ability and physical condition, do not overuse;
2. The power plate should be placed on the ground of smooth and stable use;
3. Must do check the product before each use, all components to determine the lock, if have worn parts can be used only need to change in time.
You used to wear loose clothes, to prevent parts hooks or clips and dangerous;
4. The hands and feet away from the movement parts or chain belt, in order to prevent the injury;
5. The product is strictly prohibited for children under 6 years old, and pets are not allowed near the product.
6. When using this product, in case of headache, dizziness, heart rate discomfort, chest tightness and other symptoms, stop immediately and consult a doctor;
7. This product is only for personal use in home, not for business rent or community activities;
8. This machine is one of the biggest safety limit weight is 100 kg.
9. When used, please keep the safe distance of 1 meter



This product cannot be used as medical apparatus and instruments, such as physical defect or movement disorder, before exercise, please consult the doctor and the fitness coach.
Before using this product, please must read this manual carefully.
The company in violation of regulations and the use of the product, caused personal injury and product damage will not be responsible for.

02 / Specification and Product components

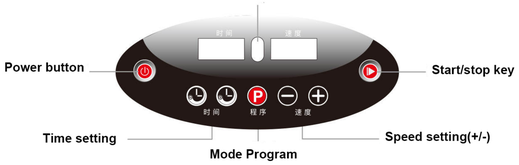
Name: vibration plate
Item No.:SC-FM37
Expand size:52.5*32*70cm
N.W.:10.9kg
Material:steel tube,PP,PVC,ABS
Place of origin:Jinhua ,China
Excutive Standard:
GB 4706.1-2005
GB 4706.10-2005



Product components					
NO.	Name	QTY	NO.	Name	QTY
1	Motor	1	8	Remote control	1
2	Up column	1	9	AAA battery	2
3	Down column	1	10	Power line	1
4	Base board	1	11	User manual	1
5	Screw	8	12	Warranty card/ Certification	1
6	Nut	4	13	Open spanner	1
7	Rotary knob	1	14	Allen wrench	1

03 / Use of the product buttons

Display the time, speed and infrared signal



1.Power button: plug in the power cord open host power switch, then press the "power button" on the screen, make the host into standby mode, press the machine to stop working at work;
2.Time setting: The default working time is 10 minutes. In standby state, the "time button" can adjust the working time (1-15 minutes).
3.Speed setting:When the machine is at work, click this button control of motor speed operation speed, plus/minus 1-120 file;
4.Mode Program:In standby mode can choose: A. automatic mode B. the manual mode
A. Automatic mode: Automatic mode has 10 modes, such as P1-P9. In standby state, press this key to select mode (switch P1-P9 according to the number of keystrokes), and then press "Start" to start work;
B.Manual mode: Set the time to 20 minutes and press The Start button to start work. You can use the "speed key" to adjust the vibration gear (1-120). In work, "time button" and "mode button" cannot be switched. Press "Stop button" before switching
5.Start/stop key:press this button machine stop/start work;
Note: all standby mode button shown in red.

04 / Function and use of remote control

	Power switch: plug in the power, turn on the power of the machine and press this button to start the machine. Press this button to stop the machine during work.
	Start/stop: press this button machine stop/start;
	Speed increase/decrease: When the machine is working, press this key to control the speed of the motor, increase/decrease the gear is 1-120; Automatic mode: Remote control mode by default. Press this key to enter automatic mode. Add or subtract time: the default working time is 14.5 minutes. Press this button to add or subtract time.
	Stop/fast speed (gear automatic cycle);
	Low/middle/top grade

Note: an effective remote control signal reception range of 1.5 meters, the operation of the remote control infrared emission light is to aim at the product on the infrared receiving window.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.