

# ServeUmeal Vibration Plate Fitness Platform



## USER MANUAL

Read all instructions before use, save these instructions for future reference!

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To use this product correctly, please read this manual carefully before use . Please keep it in a safe place for future reference.

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

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.

## RF Statement

**The device has been evaluated to meet general RF exposure requirement.**

## CE Statement

This device is CE certified.Our products comply with the essential health,safety,and environmental requirements set by the European Union,and the products comply with European standards and regulations.

# Important Safety Instructions

**Keep this manual in a safe place for future reference.**

**Before using this product, read all safety warnings and operating instructions. Failure to do so may result in serious injury or death, or damage to the product or property.**

## Contraindications

Consult with a medical professional before beginning a new exercise program to determine your appropriate fitness intensity and duration. Your physician can help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product; some exercise programs or fitness products may not be appropriate for all people.

### **Do not use this device if you:**

- Are, or suspect you may be, pregnant, or if you have recently given birth.
- Have arrhythmia, severe cardiac disease, heart failure, deep-vein thrombosis, deep thrombophlebitis, erysipelas, or pulmonary edema.
- Have epilepsy or seizures, dementia, or severe diabetes or severe diabetic neuropathy.
- Have vertigo or positional dizziness, have balance impairments, or if you are taking drugs that affect balance.
- Have acute migraines, retinal detachment, acute rheumatoid arthritis, or severe joint disease.
- Have an orthopedic condition, spinal injury, osteoporosis, fracture, herniated or slipped disc, abnormal vertebra, spinal canal stenosis, Spondylosis, gliding Spondylolisthesis, ankylosing or cervical spondylitis, chronic back pain, sciatica, or other condition/disorder affecting the back or spinal column.
- Have recently had surgery or LASIK or PRK eye surgery.
- Have a medical implant, such as a pacemaker, cochlear implant, chest stent, ECG, joint replacement, intrauterine device, plate, pin, or rod.
- Are injured, ill, or if you have an open wound, a fever, or acute inflammation.
- Have a gallstone or a kidney or bladder stone.

### **Consult your physician before using this product if you:**

- Have heart disease or vascular disease, blood circulation disorder, chronic hypertension, abnormal blood pressure, or if you are receiving treatment to normalize your blood pressure.
- Have a tumor or cancer, or if you suspect you may have cancerous lesions.
- Take painkillers or medicine to regulate your blood sugar.
- Are under the care of a physician for a serious health condition or have any concerns about your health.

## Disclaimer

- The health benefits suggested or implied in this manual, other product literature are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper assembly, or inadequate or improper maintenance or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual

## WARNING: CHOKING HAZARD

Children under 3 years old can choke or suffocate on small parts required for assembly of this product. Keep children away during assembly. Adult assembly is required.

## WARNING: BATTERY INGESTION HAZARD

Battery-ingestion is extremely dangerous and can cause severe injury and even death. Never allow children to play with batteries and always keep batteries out of reach. If a battery is ingested, seek immediate medical attention.

## Warning

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only power the machine using the included power cord.
- Only plug the machine into a properly grounded wall outlet, installed by a certified electrician.
- Always unplug the power cord by pulling gently from the plug. Never unplug by pulling on the cord itself.
- Never operate the machine, plug in, or unplug the power cord with wet hands.
- Do not wrap the power cord around the machine. Do not squeeze or place heavy objects on top of the power cord. Never place the power cord near sharp objects or hot surfaces.

- **Only use and store indoors, a way from moisture, dust, dirt, and heat sources. Do not use or store in high-temperature or high-humidity environments. Keep out of direct sunlight.**
- **Do not operate where aerosol products are used or where oxygen is being administered. Keep the power cord, surge suppressor, and batteries away from all heat sources.**
- **Ensure remote control batteries are inserted according to the polarity marking in the battery compartment. Incorrect installation may cause battery leakage and corrosion. Avoid contact with all battery residues, clean remote with a cotton swab, wash hands thoroughly, and dispose of old batteries properly.**
- **Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when machine is not in use.**
- **Keep the power cord, surge suppressor, and batteries away from all heat sources**
- **Check the machine, power cord, and remote for damage or loosened screws prior to each use. Tighten any loosened screws before use. Do not use if damaged, faulty or defective.**

## **Warning**

**To reduce the risk of serious injury or death:**

- **Excessive exercise or overexertion can be damaging to your health. Always exercise within intensity and time limits recommended by your doctor.**
- **Stop exercising immediately and consult your doctor if you begin to feel tired, faint, dizzy, or nauseous, or if you experience pain, irregular heartbeat, or shortness of breath.**
- **Do not use the product near swimming pools or other bodies of water.**
- **Never place your head or upper body directly on the machine.**
- **Do not use the machine with straight legs or arms, as the vibrations are directed to your bones and brain, which can be dangerous for your health. Always slightly bend your legs and arms.**
- **This product is for adult-use only. Do not allow children to play with or on the machine; this product is not a toy.**
- **Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product.**
- **This product is not intended for use by people with reduced physical, sensory or mental capabilities, unless supervised by a responsible adult.**

## Caution

**To reduce the risk of minor or moderate injury, or damage to the product or property.**

**·Do not use this product for more than 20 minutes per day.**

- Always use the remote control to adjust the workout once exercise has begun. Using the control panel while the machine is moving may result in an accident or injury.
- Never attempt to turn around on the machine while it is in motion. Do not quickly lean back or change position while the machine is in motion.
- Do not perform other activities while using, as this could cause accidents or injury.
- Do not get on or off the machine until it is fully stopped. Do not jump on or jump off the machine.
- Never use the product while under the influence of drugs or alcohol.
- Use the product only on a flat, sturdy, non-slip floor. Do not place the product on any surface that could block air vents.
- Ensure adequate clear space around the product during use (at least seven feet on all sides). Remove any obstacles in the area, in case of falls or accidents.
- Place in a location away from traffic where it will not create a tripping hazard.
- Do not exceed the maximum weight-load capacity of 400 lb.
- Always maintain control and move slowly through exercises to avoid injury.
- Never allow more than one person on the product at a time.
- Do not perform other activities while using the product to avoid accidents or injury.
- Make sure your body is used to the vibrations before you sit on or begin doing exercises on the machine.
- Do not use while wearing socks or slippers as this may cause slipping.
- Do not wear baggy or loose clothing, or clothing with drawstrings or ties that could get snagged and cause injury or falling.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.
- Remove items, especially sharp objects, from your pockets before using.
- Always properly warm up before exercise and cool down after exercise to avoid sports injury.
- Keep hair, hands, feet, and clothing away from moving parts.
- Do not use accessories not approved by the manufacturer.

# PACKING LIST

|                                   |                       |
|-----------------------------------|-----------------------|
| ·SoftGym Vibration Plate Platform | • Resistance Bands x2 |
| •Power Cord                       | ·Mini Bands x4        |
| ·Remote Control                   | ·User Guide           |



# ASSEMBLY

## Connect To Power

Open the packing box and take out all the related accessories and the machine from the package, place the machine on a cleared and flat floor.

**NOTE:** Be sure to insert the batteries according to the correct polarity (+/-) markings show inside the battery compartment.

### ASSEMBLY WARNINGS

- Adult assembly is required. Keep children away during assembly. This product contains small parts that could present a choking hazard to children.
- Properly dispose of all packaging especially plastic bags, which can present a suffocation hazard to small children, before assembly.



1. Remove the back of the remote control and insert 2 AAA batteries (not included).



2. Connect the power button cord and turn on the red power button.



3. Make sure the machine was held in place by suction cups before start it.

## Resistance Band Installation



1. Install the two metal bars on the underside of the unit. Use the hex key and two screws to secure each bar in place.



2. Hook the end of a resistance band through the hole in one of the metal bars you just installed.



3. Attach the second resistance band to the other metal bar, start working out.

# Using the control panel to operate the machine



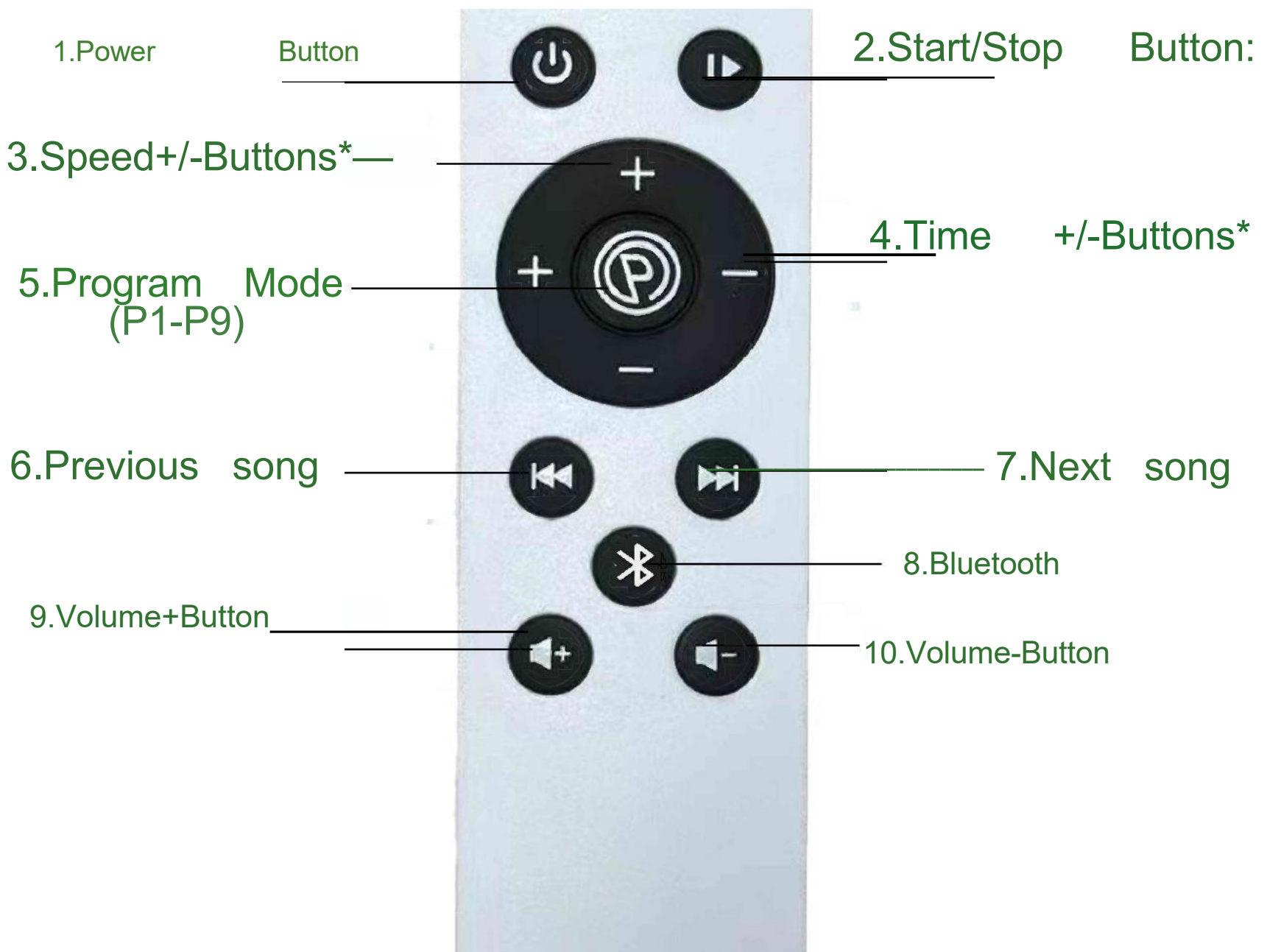
- 1.Short press-previous song,long press-volume down.
  - 2.Short press-next song,long press-increase volume.
  - 3.Program P1-9 mode,the vibrating plate will change speed once a minute according to the mode.
  - 4.After starting the power,a short press increases the time,the default time of the device is 10 minutes;
- After powering up again,press briefly to increase the speed;**
- 5.After starting the power supply,a short press reduces the time, the default time of the device is 10 minutes;
- After powering up again,press briefly to reduce the speed;**

You can use the machine in program or manual mode.To get the best results, alternate between the preset programs and custom workouts created in manual mode to keep your body guessing.Your body tends to adapt to a workout routine over time,so you want to change up your workouts to keep improving your fitness.

| Progam &Speed                                                                                              |                                                                                           |
|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| Program Mode                                                                                               | Manual Mode                                                                               |
| Programmed setting mode automatic-ally adjusts the speed every minute w-ith different speeds every minute. | Create your own custom workout: Select from H001-H200 speed and set the workout duration. |

# Remote Control Guidelines

Remote operation is the same as on-screen operation



Remote control does not come with batteries  
(2 AAA Batteries)

# Program Mode

## How to use program mode?

- 1.Press the Power button to turn the system on.
- 2.Press the Program Mode button to toggle between preset program modes P1 through P9.
- 3.Press the Start button to activate the selected program.
- (NOTE:program mode default timed for 10minutes.)

### Program Mode



| Low Settings                                                                                                                                                   | Medium Settings                                                                                                                                                                       | High Settings                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Great for starting out<br>(P1-P3)                                                                                                                              | Perfect for people with<br>arthritis and fibromya-<br>lgia(P4-P6)                                                                                                                     | Great forincreased<br>intensity<br>(P7-P9)                                                                                                                  |
| <div>·Detoxification</div> <div>·Increased bone density</div> <div>·improved balance</div> <div>·Lymphatic drainage</div> <div>·Improve postural control</div> | <div>·Joint maintenance</div> <div>·Improved postural control</div> <div>●Fat loss</div> <div>·Increased bone density</div> <div>·Improve balance</div> <div>·Cellulite removal</div> | <div>·Fat loss</div> <div>·Muscle growth</div> <div>·Highly increased</div> <div>·bone density</div> <div>·Power accumulation</div> <div>·HGH release</div> |

## Program Speed

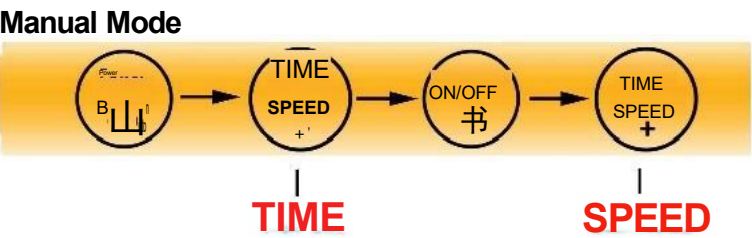
| time<br>programs | Speed Level |      |      |      |      |      |      |      |      |      |
|------------------|-------------|------|------|------|------|------|------|------|------|------|
|                  | 10min       | 9min | 8min | 7min | 6min | 5min | 4min | 3min | 2min | 1min |
| P1               | 5           | 10   | 15   | 20   | 25   | 30   | 35   | 40   | 25   | 15   |
| P2               | 5           | 10   | 20   | 10   | 15   | 30   | 35   | 25   | 20   | 15   |
| P3               | 10          | 25   | 10   | 25   | 10   | 40   | 10   | 40   | 10   | 15   |
| P4               | 40          | 35   | 35   | 25   | 35   | 30   | 40   | 30   | 40   | 50   |
| P5               | 50          | 60   | 60   | 80   | 100  | 80   | 90   | 70   | 65   | 60   |
| P6               | 70          | 60   | 70   | 80   | 60   | 70   | 50   | 60   | 35   | 50   |
| P7               | 5           | 15   | 30   | 50   | 60   | 35   | 60   | 35   | 50   | 80   |
| P8               | 20          | 50   | 80   | 100  | 60   | 140  | 180  | 160  | 140  | 120  |
| P9               | 30          | 50   | 70   | 80   | 120  | 130  | 150  | 130  | 90   | 80   |

# How to use manual mode?

In manual mode,vibration speeds correspond to the following levels.

| Low Settings | Medium Settings | High Settings  |
|--------------|-----------------|----------------|
| 1-60 speeds  | 61-120 speeds   | 121-200 speeds |

- 1.Press the Power button to turn the system on.
- 2.While already standing on the vibration plate platform,use the Time Increase/Decrease buttons to set a time duration for your manual workout.(Note:The default time for themachine is 10 minutes and the maximum settable time is 20 minutes.)
- 3.Press the Start button to begin the manual workout.
- 4.Press the Speed Increase/Decrease buttons to adjust the vibration speed.(Note:The machine can be adjusted at a minimum speed of 1 and a maximum speed of 200.Adjustable speed of H000-H200)



## To Get The Best Results,Alternate Between Programs

Keep your body guessing.We tend to adapt,so we want to continue eliciting change in our bodies.Each level has its own set of benefits;however,we recommend you start out at the first level:H001,and work your way up

# Exercise Program Guide

## How To Begin

It's a good idea to start off slow and easy with your vibration plate platform as it can take time to get use to how vibration plates move and feel.We recommend you follow the workout guide below-building from beginner to advanced over a period of several weeks.

## Exercise Guide

Hold the stretches and exercises on page 16 for the number of seconds shown in the chart below.You will build strength and stamina as you progress through the levels.

| LEVEL        | PROGRAM MODE | SPEED | SECONDS |
|--------------|--------------|-------|---------|
| Beginners    | P1           | H10   | 10      |
|              | P2           | H25   | 25      |
|              | P3           | H40   | 40      |
| Intermediate | P4           | H65   | 65      |
|              | P5           | H80   | 80      |
|              | P6           | H105  | 105     |
| Advanced     | P7           | H140  | 140     |
|              | P8           | H175  | 175     |
|              | P9           | H200  | 200     |

## SPECIFICATIONS

|                    |                                  |
|--------------------|----------------------------------|
| Product Name       | Vibration Plate Fitness Platform |
| Model Number       | SZJ-01                           |
| Rated Voltage      | 110V                             |
| Hz &Amplitude      | 5-12. 5Hz&0-12mm                 |
| Power Rating       | 200W                             |
| Speed Range        | 1-200 Levels                     |
| Color              | Black                            |
| Batteries Required | 2 AAA Batteries(not included)    |

# Vibrating platform instructions for use

## Standing Positions



60 mins  
of  
**JOGGING**



30 mins  
of  
**SWIMMING**



30 mins  
of  
**YOGA**



60 mins  
of  
**CYCLING**



**CALORIES  
BURN  
400**



Where you stand on the vibration plate platform will impact how challenging the vibrations are for your body. Stand with your feet close together for an “easy” workout and stand with your feet further apart for “medium” and “intense” workouts.

# How to use the vibrating platform?



**SPLIT SQUAT**



**LEG CURL**



**KNEE LIFT**



**STRAIGHT ARM PLANK**



**NECK STRETCH**



**GLUTE STRETCH**



**SPLIT SQUAT**



**KNEE LIFT**



**HIP AND LEG TRAINING**



**LEG STRETCHES**



**ARM TRAINING**



**BACK TRAINING**

# SoftGym Resistance Bands



## Resistance Bands Have Revolutionized The Fitness Industry

Resistance bands have become the new go-to for sculpting a stronger, leaner physique. The colored resistance bands in conjunction with their workout routines. They add resistance to cardio workouts and power to strength training sessions, allowing you to train both simultaneously. The number of creative workout possibilities are endless. Unlike the inconvenience of a full gym, these mini bands are well-known for their ability to train all aspects of fitness and performance at any intensity—anywhere, anytime. NO more excuses.

The SoftGym resistance bands are made from 100% latex. Each band has a different resistance strength, which allows you to level-up your resistance training effortlessly.

Use the resistance bands in conjunction with your vibration plate platform to exponentially improve your fitness results.

## Amplify Your Workouts

Experience the unique benefits of the SoftGym resistance bands.

- Versatile: add resistance to cardio workouts and power to strength training
- joint-friendly: reduce joint compression; high-intensity, low-impact training
- Portable: carry the mini bands in your pocket to work out on the go

### Resistance levels

|      |  |       |
|------|--|-------|
| 10LB |  | 10 LB |
| 15LB |  | 15 LB |
| 20LB |  | 20 LB |
| 25LB |  | 25 LB |

## Cleaning And Storage

**WARNING:** Always unplug the power cord and allow the machine to cool before cleaning, moving, or storing.

- Use a slightly damp cloth to wipe away dirt or moisture. **WARNING:** Do not allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids.
- Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
- Store in a cool, dry, indoor location. Store in a well-ventilated area, free of dust, and out of direct sunlight.
- When storing for a long time, remove the batteries from the remote control and cover the machine to keep out dust and dirt.
- Do not attempt to disassemble or repair; device contains no user-serviceable parts.

### Notice:

- This product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting. This product is intended for indoor-use only.
- To avoid damage to flooring or carpet, place a non-slip rug or exercise mat under the machine.
- Dispose of the product and all parts according to local and federal regulations.
- Unplug the device immediately in the event of a power failure.
- Keep sharp objects away from the product to avoid damaging it.

# TROUBLESHOOTING

| PROBLEM                                                  | CAUSE                                                                             | SOLUTIONS                                                                    |
|----------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| The product does not turn on                             | Power cable is not plugged into a wall outlet                                     | Connect power cable to an outlet                                             |
|                                                          | Power cable is not securely plugged into the front of the unit.                   | Remove the power cable and reinsert forcefully until it issecurely connected |
|                                                          | The fuse is burnt                                                                 | Replace with a new fuse of thesame model                                     |
| Sound like phew or ON da-da heard during then working be | Normal sound generated by the motor or from the abrasion between mechanical units | No additional treatment is required                                          |
| Remote control does not work                             | Battery is dead                                                                   | Replace batteries                                                            |
|                                                          | The Remote control is too far away from the product                               | Point remote directly at infrared sensor when in use                         |
| Machine stopped working suddenly                         | Program or manual workout ended                                                   | Begin a new exercise program                                                 |
| The product can not work                                 | Too many commands sent to the product and they                                    | Power off and then restart                                                   |
| The product can not adjust the speed                     | The machine did not start vibrating.When the machine vibrates                     | start adjusting the speed                                                    |

## MANUFACTURER'S LIMITED WARRANTY

ServeUmeal warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the premise that it has been installed and operated in accordance with ServeUmeal Owner's Manual. ServeUmeal's obligation under this warranty applies to the following:

### Exclusions from Warranty Coverage:

ServeUmeal does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by ServeUmeal's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidents or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightning or other natural disasters), environmental conditions (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.