Vertical Vibration Exercise Plate

—

User Manual

Please read this User Manual carefully before using the product.

Model: **VP-02**

Scan The QR Code

For Customer Service

Welcome!

Thank you for purchasing the Vertical Vibration Exercise Plate (Model VP-02). Before using, please read the user manual carefully and pay special attention to the safety precautions to ensure proper operation and use of this product.

This manual provides safe and effective operating instructions for users. Please keep it properly stored after reading for future reference.

Specifications

Product Name: Vertical Vibration Exercise Plate
Product Model: VP-02

Product Dimensions: 25.6 x 15.7 x 3.9 inches (650x400x100mm)
Gross Weight: 18 lbs（8 kg）
Net Weight: 13 lbs（6 kg）
Maximum Weight Capacity: 265 lbs（120 kg）
Recommended Age: 8 years and up

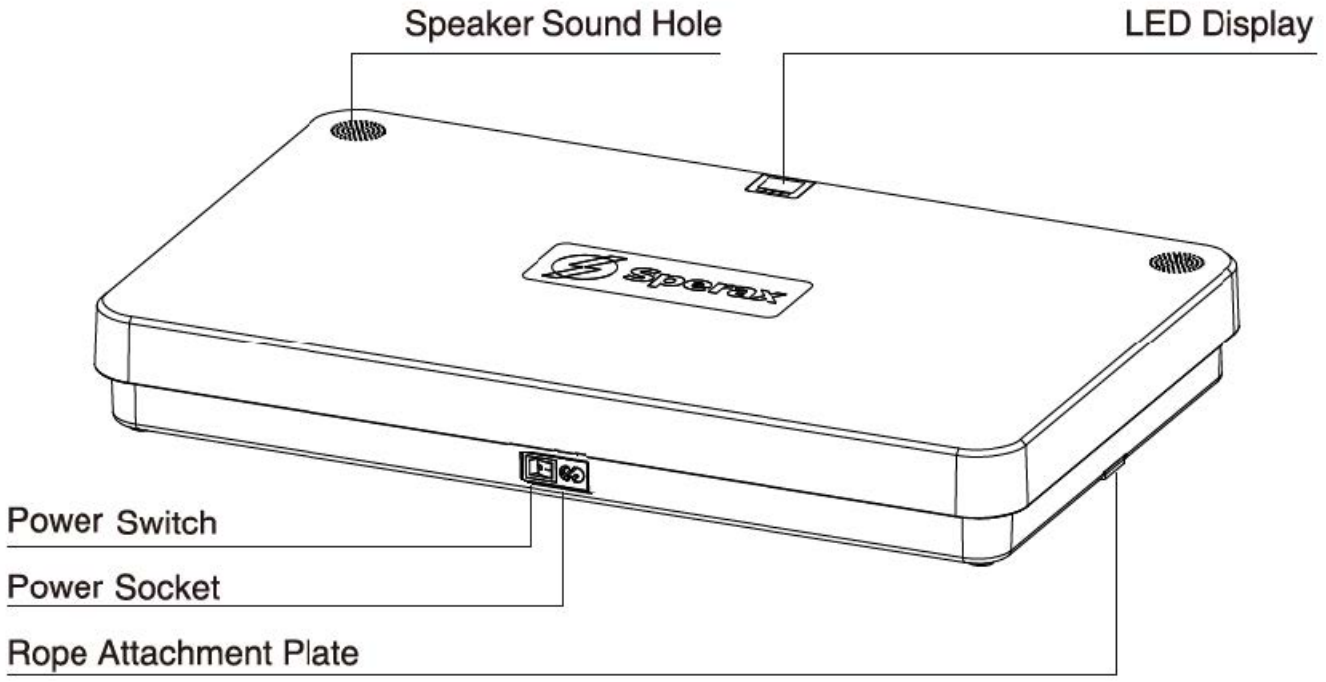
Rated Power: 200 W
Rated Voltage: 120 V
Rated Frequency: 60 Hz
Frequency Range: 2—13 Hz
Amplitude: 3.2 mm

Built-in LED Strip: RGB Ambient Lighting
Speakers: 4Ω, 3W
Rope Attachment Plate: Elastic Rope Slot

Control Program:
·**Standard Mode**:Frequency Adjustment: 1-30 Levels
·**Smart Mode**: **Gradual Mode | Jump Mode | Mixed Mode**
Features three preset programs, each with adjustable vibration intensities (Levels L1-L4)

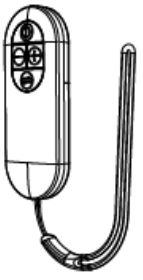
Product & Accessories

Product

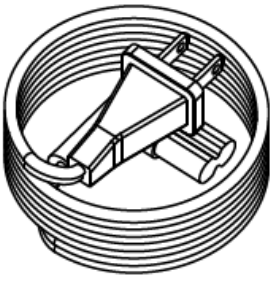


Accessories

User Manual



Remote Controller

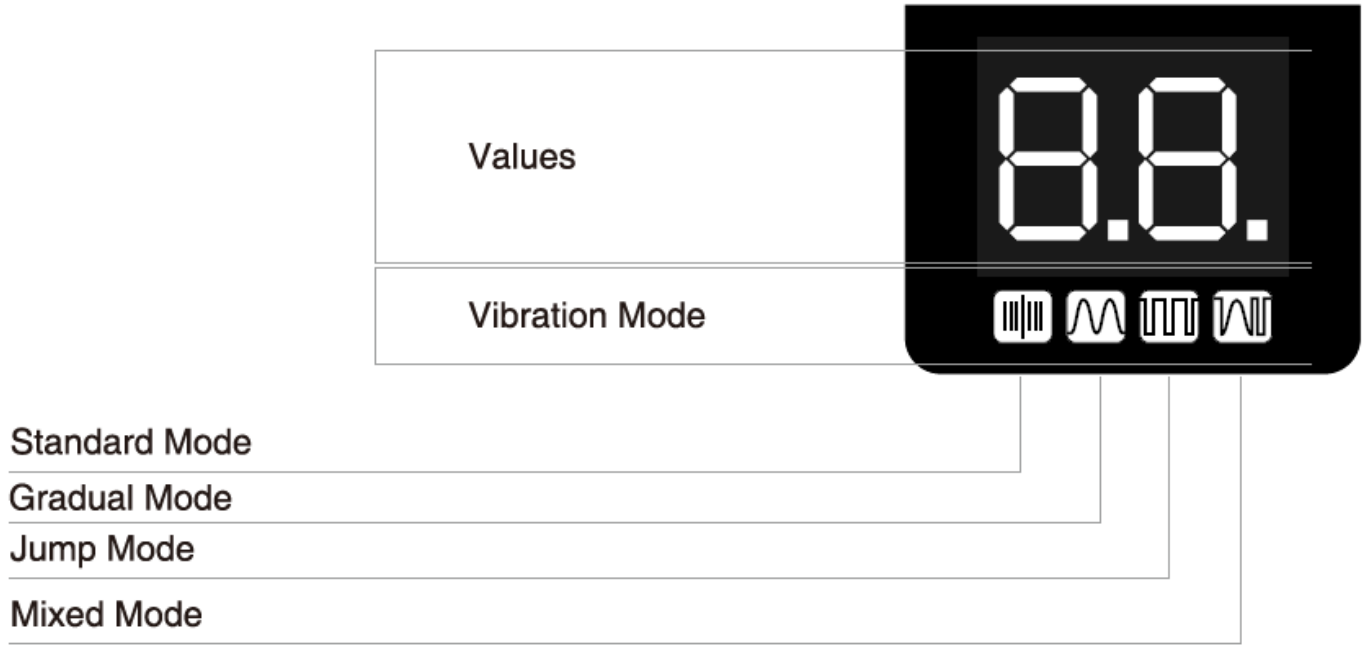


Power Cord

This product is equipped with different power plugs according to the country/region

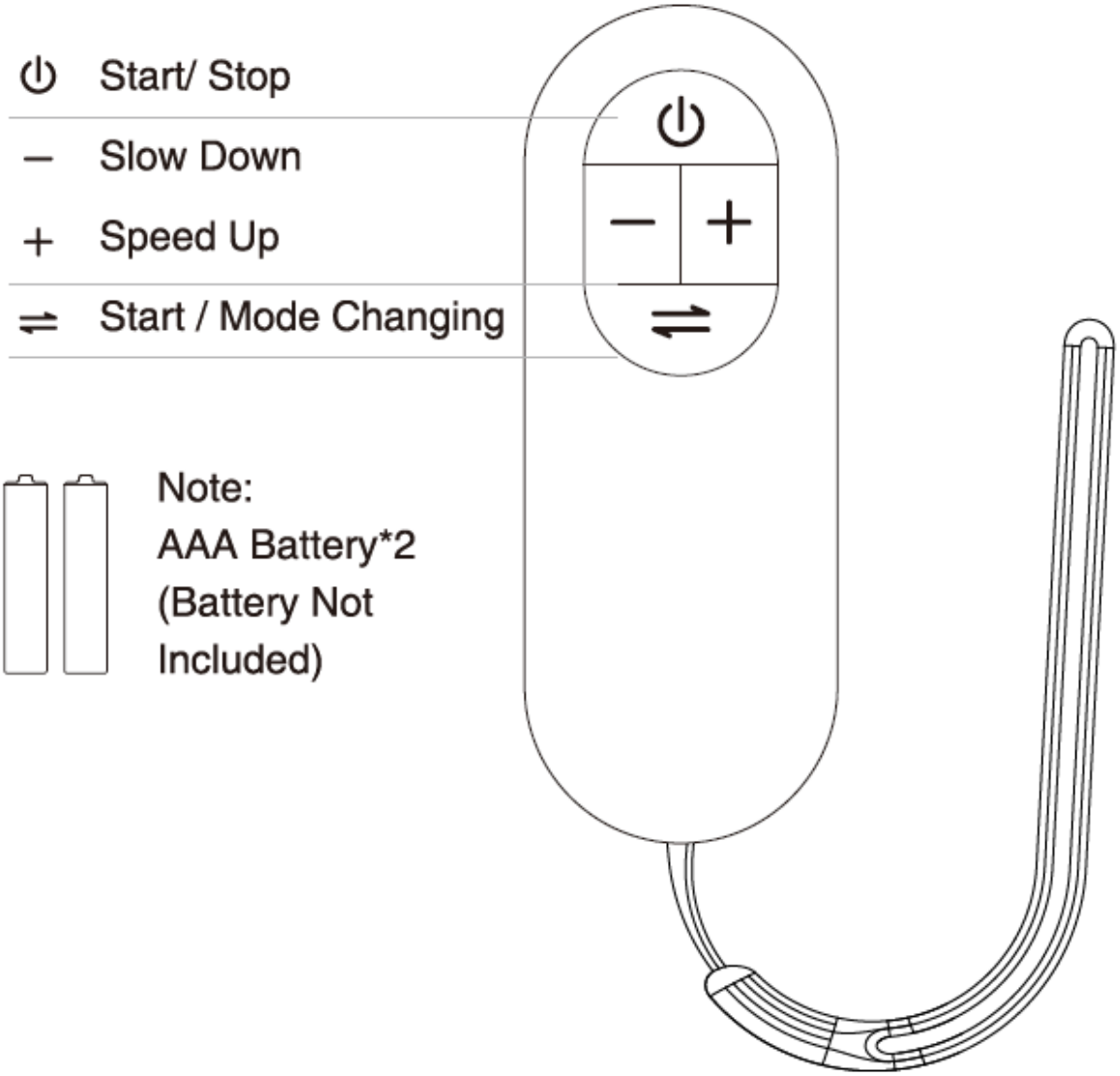
Elastic Rope Handle

LED Display



Rhythm Modes and Descriptions	Programming	Display
Standard Mode — Constant vibration at fixed setting	**Manually Adjustable** Fixed frequency range from level 1 to 30, with intensity gradually increasing from low to high.	Level Display
Gradual Mode — Smoothly varies within a defined range of levels.	**Automatic Mode** 4 vibration levels per mode: L1: Low L2: Medium-low L3: Medium-high L4: Highh.	Vibration Level Display
Jump Mode — Alternates between defined high and low levels in an alternating pulse mode.		
Mixed Mode — Fluctuates dynamically within a defined range of levels, blending the characteristics of Jump Mode and Gradual Mode.		

Remote Controller



LED Atmosphere Light Description

This device (model: VP-02) comes with built-in RGB atmosphere lighting, which adjusts in sync with vibration intensity and frequency, enhancing the workout experience.

Rhythmic Breathing Effect

The atmosphere lighting changes in sync with the vibration levels, creating a rhythmic breathing effect that adds to the sense of rhythm and fun.

Personalized Customization via App

Through the companion app, users can adjust the color and brightness of the atmosphere lights to create a personalized ambiance.

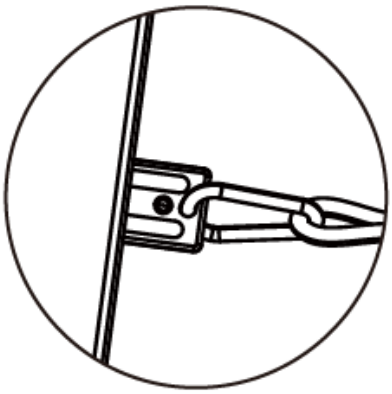
⚠ **Attention:**

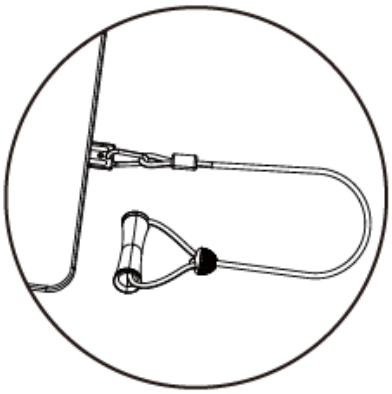
- Do not disassemble or modify the RGB atmosphere lights, as doing so may impact the device' s performance.
- If you experience any issues with the lighting or other aspects of the device, please contact customer service for assistance.

Elastic Rope Handle Installation Diagram

1. Pull out the rope attachment plates on both sides of the bottom of the device.

2. Clip the carabiner on one end of the elastic rope handle to the hook on the rope attachment plate.





User Guide

⚠ **Attention**:

1. **Best time to use:** It's recommended to use the device 1 hour before or after meals to avoid discomfort.
2. **Stay hydrated:** Drink at least 300 ml (16 oz) of water during use to stay hydrated.
3. **Vibration intensity:** Start with a low vibration intensity and gradually adjust to a level that feels most comfortable for you for the best results.
4. **Clothing recommendations:** Do not wear high heels when using the device. For safety and comfort, wear rubber-soled shoes or go barefoot.
5. **Stay relaxed:** Keep your body naturally relaxed with knees and elbows slightly bent. Do not fully extend them to avoid unnecessary pressure on the joints.
6. **Recommended usage time:** Limit each session to no more than 30 minutes to avoid discomfort.
7. **If you feel discomfort, stop immediately:** If you feel any discomfort while using the device, stop immediately and seek assistance.

Start:

1. Connect the power cable and turn on the device's power switch.
2. Press the [⏻] button on the remote control, and the device will default to Standard Mode, Level 1. The user can gradually adjust the vibration speed.

Stop:

1. Press the [⏻] button on the remote control, and the device will stop vibrating.
2. After stopping, the device will enter sleep mode after 5 minutes. Press any button on the remote control to wake the device and resume use.

Mode Switching:

Press the [⇌] button to cycle through the modes.

Standard Mode

Gradual Mode

Jump Mode

Mixed Mode

⚠ **Operating Instructions:**

After the device is turned on, it will vibrate continuously for 10 minutes, during which you can switch modes at any time. After 10 minutes, it will automatically stop.

To continue your session, press the [⏻] button or [⇌] button to restart.

Frequency Adjustment (Add/Minus Button Function Explanation)

Standard Mode (Level Range: 1-30)

[+] Add Button:

Each press increases the level by 1.

Hold the button to continuously increase the level until it reaches the maximum of 30.

[-] Decrease Button:

Each press decreases the level by 1.

Hold the button to continuously decrease the level until it reaches the minimum of 1.

Gradual Mode | Jump Mode | Mixed Mode (Level Range: L1-L4)

[+] Add Button:

Each press increases the intensity step by step:

L1 → L2 → L3 → L4

[-] Decrease Button:

Each press decreases the intensity step by step:

L4 → L3 → L2 → L1

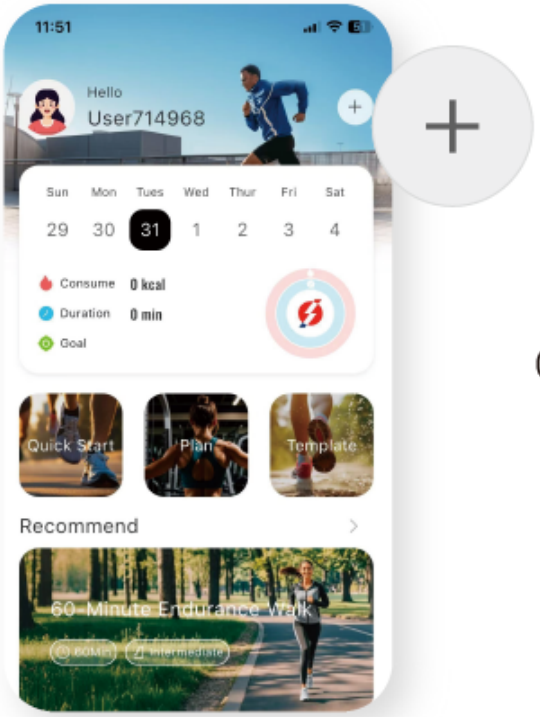
APP User Manual

Scan The QR Code

Download Sperax APP

Connect the Device

- Please make sure that the Bluetooth of the mobile phone/tablet is turned on.
- When using for the first time, click the「+」in the upper right corner ofthe「Home」or enter the course and connect the device according to the interface prompts.



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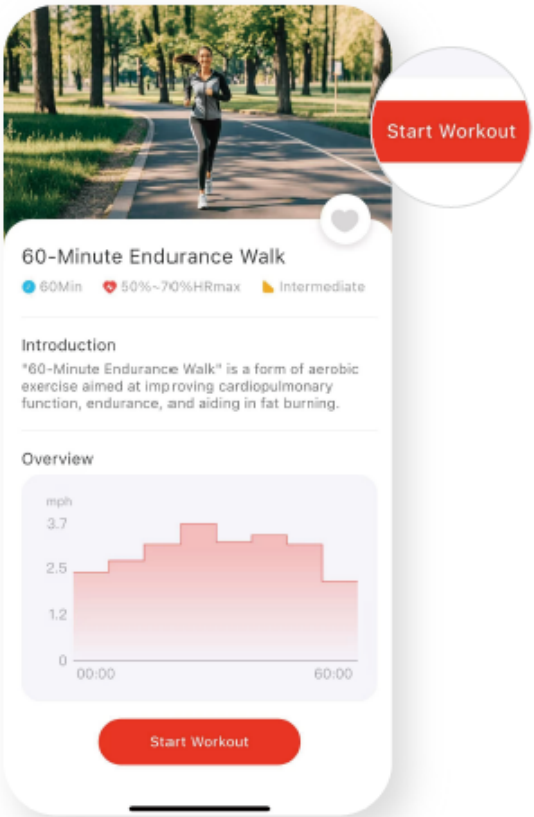
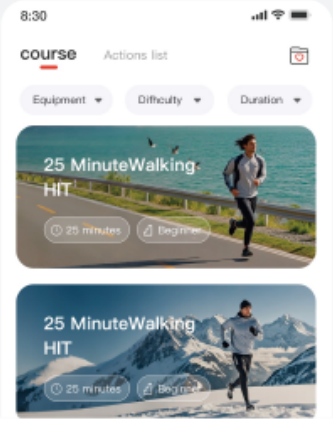


- After that, just step on the device and then clck the sports mode or course of the APP to automatically connect.
- The device does not support multiple mobile phones connected at the same time. Please confirm that no other users are connected to the device before use.
- The device will be disconnected after 5-10 minutes of inactivity.

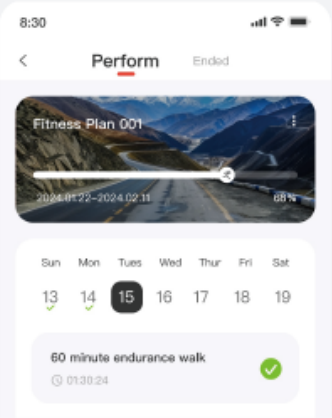
Multi-Courses

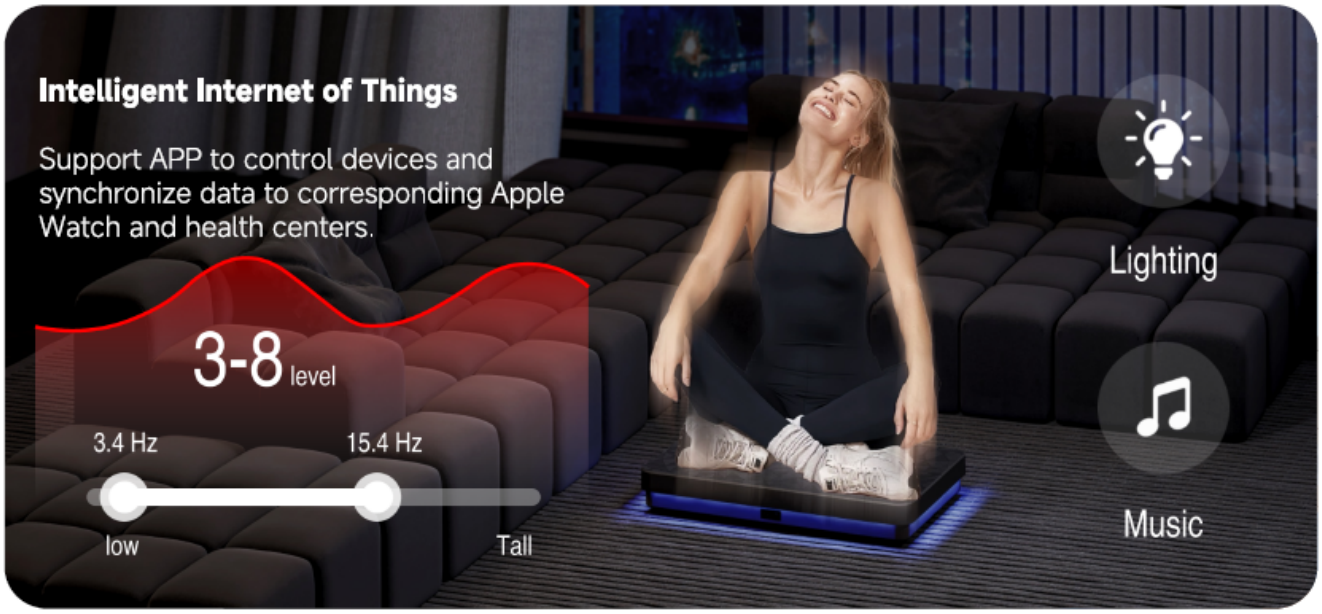
Whether it is self-weight training, yoga courses or endurance sports, find the most suitable project for you in our extensive course library.



Personalized Training Plan

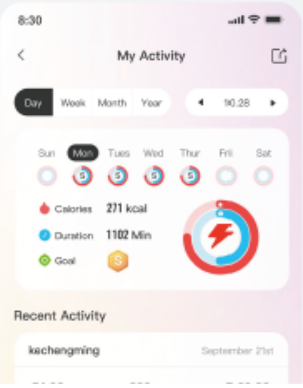
Based on the training purpose and physical data, tailor-made the training plan only belongs to you.





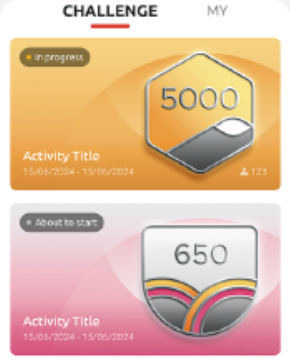
Deep Exercise Data

Accurately track each exercise data, and record exercise calorie consumption, power, mileage, speed, etc.



Challenge Events

Join the exciting challenge and compete with the vibrant community on the same stage, so as to turn solo sports into exciting competitions.



Maintenance and Care

To extend the lifespan of your device and ensure optimal performance, please follow the maintenance and care recommendations below:

Product Placement and Storage

- **Placement:** Place the device in a dry, cool area, avoiding direct sunlight, high temperatures, or air conditioning vents to prevent cracking or fading of materials.
- **Long-Term Inactivity:** Disconnect the power adapter and cover with a dust cover to prevent dust buildup.

Regular Cleaning

- **Preparation Before Cleaning:** Ensure the device is turned off and unplugged from the power source.
- **Cleaning Method:** Use a soft, dry cloth (such as microfiber) to gently wipe the surface. Avoid using liquid cleaners or damp cloths to prevent moisture from damaging electronic components.
- **Avoid Moisture:** The device contains electronic components; avoid spilling or allowing liquid to seep in, especially near the power button area, to prevent damage.

Precautions

- **Do Not Use Cleaning Solvents:** Avoid cleaning products that contain chemicals such as benzene or thinner, as they may cause fading or damage to the surface.
- **Do Not Attempt Self-Repair:** If the device malfunctions, do not disassemble or repair it yourself. Please contact the official after-sales service center for professional support.

By following these maintenance and care instructions, your vertical vibration machine will remain in optimal condition for long-lasting performance.

⚠ Warning

Do not touch electrical components with wet hands or feet: Ensure your hands and feet are dry before operating the device. Avoid touching switches, power plugs, or outlets to prevent the risk of electric shock.
Ensure proper grounding: Before use, plug the device into a grounded outlet that meets safety standards for safe operation.
Stop if you feel unwell: If you experience dizziness, difficulty breathing, or any other discomfort, stop using the device immediately and seek medical attention.
Avoid contact with moving parts: Keep clothing, hair, hands, and feet away from moving parts to prevent injury or accidents.

⚡ Danger

Do not use if the device is damaged: If you notice any signs of damage to the power cord, plug, or outlet, stop using the device immediately to prevent electric shock or accidental injury.
Disconnect power after use: Always unplug the device after each use to avoid potential safety hazards from prolonged power supply.

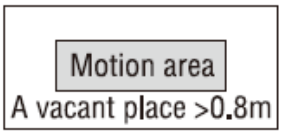
Safety Instructions

Electrical Safety

- **Power Voltage:** Before use, ensure the power voltage matches the product' s requirements and only use standard outlets. Avoid using adapters. Always unplug the power cord before cleaning or after use.
- **Prohibited Actions:** Never handle the power plug with wet hands. When unplugging, always grip the plug, not the power cord, to avoid pulling on the wire. Keep the power cord away from heat, heavy objects, and sharp items.

Operating Safety

- **Adequate Space:** Ensure there is at least 80 cm of clearance around the device to prevent accidents or potential hazards.



- **Avoid Improper Environments:** Do not use the device outdoors, in high humidity, dusty environments, or where the temperature exceeds 40°C. Avoid direct sunlight or areas with spray mist.
- **Maintain Ventilation:** Ensure the area is well-ventilated, avoid direct sunlight, and keep away from heat sources.
- **Check Power Connections:** Before use, ensure the device and power supply are securely connected to avoid malfunction due to poor connections.
- **Avoid Pinch Hazards:** Keep hands away from the space between the vibration platform and the base during operation to prevent injury.
- **Place the Device on a Stable Surface:** Ensure the device is placed on a stable, dry surface to ensure stability during use.
- **Do Not Leave the Device Unattended:** Never leave the device running unattended to ensure safe use and avoid accidents.
- **Use Anti-Slip Mats:** If using an anti-slip mat, ensure it is at least 8 mm thick and made of PVC to prevent slipping and keep the device stable.

Usage Restrictions

- **Caution for the following groups:** People with heart disease, high/low blood pressure, pregnant women, diabetics, people with fractures or osteoporosis, and those with implanted medical devices should exercise caution. Please consult a healthcare professional before use.
- **The following groups should only use levels 1-3 in the Standard Mode:** Women during menstruation, people with arthritis, elderly individuals who are weak or prone to fatigue, elderly or disabled individuals with limited mobility.
- **Prohibited behaviors:** Do not treat the product as a toy, cover it, place it on a blanket or pillow, or subject it to violent impacts or tossing. Do not attempt to disassemble or repair the product yourself.
- **One person only:** The product is for use by one person at a time. Multiple users may cause injury or damage to the device.
- **Maximum weight limit:** The maximum weight limit is 120 kg. Exceeding the weight limit may damage the device.

Health Recommendations

- Do not consume alcohol before use. Do not use the device if you are feeling unwell, and avoid eating within one hour of use. If you feel discomfort during use, stop immediately. This product is not a medical device and should not be used as a substitute for medical diagnosis.

Handling Abnormal Situations

- If the device gets wet, disconnect the power immediately. If the power cord is damaged, stop using the device. For any abnormality with the product, contact an authorized service center.

Special Notice

This device is suitable for children aged 8 and above, as well as individuals with reduced physical, sensory, or mental capabilities, or those lacking experience or knowledge. However, they must use the device under the supervision of a guardian and must understand the associated risks.
Children should be supervised to ensure they do not play with the device.
Children should not clean or perform user maintenance on the device without supervision.

⚠**Warning:** This instruction is designed to ensure user safety. Please follow the guidelines strictly.

Troubleshooting

Issue Symptoms	Possible Causes	Troubleshooting Steps
Cannot Power On	Power plug is not fully connected	Check and make sure the power plug is properly inserted
	Power switch is off	Turn on the power switch
The device emits a "whooshing" or "clicking" sound during operation	Normal operating sound of the device.	This is a normal occurrence and requires no action
Remote control failure to respond	The remote control's battery has run out of power	Replace with a new battery
	The remote control is too far from the device	Ensure the operating distance is within 1.2 meters.
Stops working during use	Reach the preset default operation time	Restart the device
The device displays an error code.		Contact Customer Service

⚠ Caution:If the issue persists, turn off the power or unplug the power cord to disconnect the power, then contact customer service for further assistance and information.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Compliance 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: 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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

- CAUTION – To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.
- WARNING – To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.
- Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
- WARNING – Risk of personal injury – Keep children under the age of 13 away from machine.

ISED RSS Warning/ISED RF Exposure Statement

ISED RSS Warning:

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s).
Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
(1)l'appareil ne doit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED RF exposure statement:

This equipment complies with ISED radiation exposure limits set forth for an uncontroled environment. The device has been evaluated to meet general RF exposure requirement.
Le matériel est conforme aux imites de dose d'exposition aux rayonnements énoncés pour fac un autre environnement. ce dispositif a étê évalu é à satisfaire l'exigence générale de l'exposition aux rf.