

Instruction Manual

Vibration Plate Exercise Machine



Please read this instruction carefully
before using the product, and keep it properly.

Important Safety Instructions

1. The power socket used must be properly grounded and should not be shared with other electrical equipment.
2. If you need to replace the power cable, ensure it has a grounding function.
3. After use, turn off the power supply and unplug the device.
4. When unplugging, do not pull the cord—hold the plug firmly and remove it gently.
5. Before use, ensure the machine is placed on a stable surface.
6. The user may adjust the speed as needed.
7. For indoor use only: Avoid damp environments. Do not splash water on the machine or insert foreign objects.
8. Prohibited users: Children, pregnant women, the elderly, or individuals with physical disabilities must not operate this machine.
9. During use, children are not allowed to play with or touch this machine.
10. If you feel unwell, stop using the machine immediately and consult a medical professional.
11. Individuals with pre-existing medical conditions should consult a doctor before use.
12. If the machine malfunctions during operation, stop using it and contact the local dealer for assistance. Do not attempt to open or repair the machine yourself, as this may cause injury.

Note:

Use with caution if you:

- Have hypertension;
- Use a pacemaker or other implanted electronic devices;
- Have prosthetic limbs or limited mobility;
- Are sensitive to vibration or strenuous movement;
- Or have other relevant medical conditions.

 For safety, always turn off and unplug the machine when not in use.

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.

Changes or modifications 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, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Common Malfunctions & Troubleshooting Guide

Malfunction Phenomenon	Potential Causes	Resolution
Machine fails to power on	Main power switch not activated	Turn on the main switch
	Poor contact between plug and power socket	Ensure secure plug connection to outlet
Remote control unresponsive	Dead/improperly installed batteries	Replace/realign batteries (2xAAA)
	Exceeding operational range	Operate within 1.2m (4ft) range
Abnormal mechanical noises ("whooshing"/"clicking")	Normal operation sounds from drive mechanism	No action required - operational characteristic
Indicator light remains on after shutdown	Residual capacitor discharge in control system	Self-resolves within 30 seconds - normal behavior
Phantom power indication (no external power)	Induction current from manual platform movement	Expected physical phenomenon - safe to ignore
Power cord damage/burning odor/smoke	Electrical fault - immediate hazard	EMERGENCY PROTOCOL: 1. Disconnect power immediately 2. Contact authorized service center

Product Specification

Product Name	Vibration Plate Exercise Machine
Model	C302
Rated Voltage and Frequency	100-240V 50/60Hz
Rated power	150W
Rated operation time	10 minutes
Swing amplitude	10mm
Implementation of standard	GB4706.1-2005 GB4706.10-2008

Bluetooth Description

How to connect to the Bluetooth:

1. Enable Bluetooth pairing mode on your device.
2. Locate and select the "Bluetooth" , then pair it with your device.
3. Once connected, you can control playback (play/pause, skip tracks, adjust volume) directly from your device, and the audio will play through the product's speakers.

Manual Mode and Automatic Mode Operating Instructions

●Manual Mode

Step 1: Power On

- Press the main switch(The red button on the side of the device)  .After powering on, the screen will display 

Step 2: Turn on the Screen

- Press the start button on the screen  or the power button on the remote control  . After the screen turns on, it will display 

Step 3: Start Operation

1. Press the +/- buttons to select the desired time (1-20 minutes)

Note: Time can only be set before starting.

2. After selecting the time, press the Start button on the screen  or the Start button on the remote control  to begin operation.

3. While the device is operating, press the +/- buttons to adjust the speed (1-130 levels).

Note: Speed can only be adjusted after starting.

●Automatic Mode

Step 1: Power On

Press the main switch(The red button on the side of the device)  . After powering on, the screen will display 

Step 2: Turn on the Screen

Press the start button on the screen  or the power button on the remote control  . After the screen turns on, it will display 

Step 3: Start Operation

1. Press the P button to select the desired level (P1-P5).

2. After selecting a P level, press the Start button on the screen  or the Start button on the remote control  to begin operation.

Note: • In automatic mode, the time is fixed at 10 minutes.

- Time and speed cannot be adjusted.

Usage Instructions

1. Do not use this product with other medical devices.
2. Avoid use after meals or alcohol consumption.
3. Keep children and pets away from the product. Do not insert fingers or foreign objects into any openings.
4. For single-user only. Do not allow multiple people to use it simultaneously.
5. Ensure the power supply voltage matches the product's requirements.
6. During a power outage or extended non-use, turn off the power switch and unplug the device.
7. If water spills on the product or remote control, discontinue use immediately.
8. If accessories are damaged or produce abnormal sounds, stop using them at once.
9. Discontinue use immediately if you experience dizziness, numbness, pain, or discomfort.
10. Do not operate during power outages, thunderstorms, or lightning.
11. Maintain body balance to prevent falls during use.
12. For first-time users, we recommend starting at the lowest level. Later, adjust the level and time based on your personal needs.

Maintenance & Storage Instructions

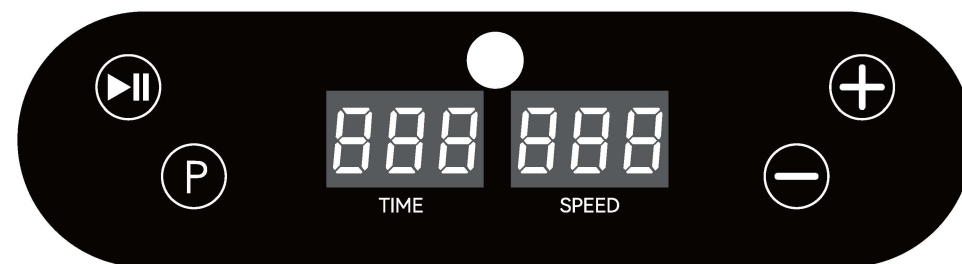
1. Storage Conditions
 - Store the machine in a dry, dust-free place.
 - Keep the unit away from heaters, open flames, or prolonged direct sunlight.
2. Cleaning Guidelines
 - Do not use harsh solvents such as thinner, volatile oils, bleach, or similar chemicals to clean the machine.
 - Wipe the pedal panel and outer shell with a damp cloth only.
 - Never pour liquids into the product to avoid short circuits or malfunctions.
 - Clean the remote control with a dry cloth to prevent damage.

Product Description



1. Suction cups
2. Switch
3. Fuse
4. Female Power Socket
5. Control panel
6. Foot Mat
7. Pull the Rope Buckle

Control Panel Description



Power/Start/Stop Control: • Press to turn on the screen.
• Press to initiate or pause operation.



Auto Mode Selection: Press to select P1–P5. The time is fixed at 10 minutes.



Time: Time display window / P mode display window



Speed: Speed display window



Timer Adjustment: • Press +/- to Adjust time (1-20 minutes)
• Only adjustable in Manual Mode
• Must be set before machine operation
• The time cannot be adjusted after the machine is started



Speed Adjustment: • Press +/- to Adjust Speed (1-130 level)
• Only adjustable in Manual Mode
• Must be set after machine operation



IR Sensor Alignment (IRM): Align remote control with the IR sensor for proper signal transmission.

Remote Control Description



-  **Power:** Press to turn the screen on or off.
-  **Start/Stop:** Press to initiate or pause operation.
-  **Auto Mode Selection:**
Press to select P1-P5. The time is fixed at 10 minutes.
-  **Speed Selection:** 1-130 levels (For Manual Mode only)
-  **Timer:** 1-20 minutes (For Manual Mode only)
-  **Previous:** press to play back previous track when streaming music.
-  **Next:** press to play next track when streaming music.
-  **Play/Pause:** press to play or pause music.
-  **Volume +:** press to raise the volume when streaming music.
-  **Volume -:** press to lower the volume when streaming music.

- The operating distance of the remote control must not exceed 1.2 meters.
And the remote control should be aimed at the receiver on the display.
- When you are not using the remote control, please remove the battery.
- Please keep the child away from the remote control

After-sales Service

Warranty Terms:

1. Limited Warranty Period

- This product is covered by a 1-year limited warranty from the date of purchase.
- Exclusions: Accessories and consumable parts are not included.

2. Warranty service applies only under normal usage conditions, as defined in the user manual.

3. The warranty does not cover:

- Physical damage caused by accidents, misuse, or improper handling
- Unauthorized disassembly or modifications
- Damage due to non-compliance with operating instructions

Note: Proof of purchase (Order number) is required for warranty claims.