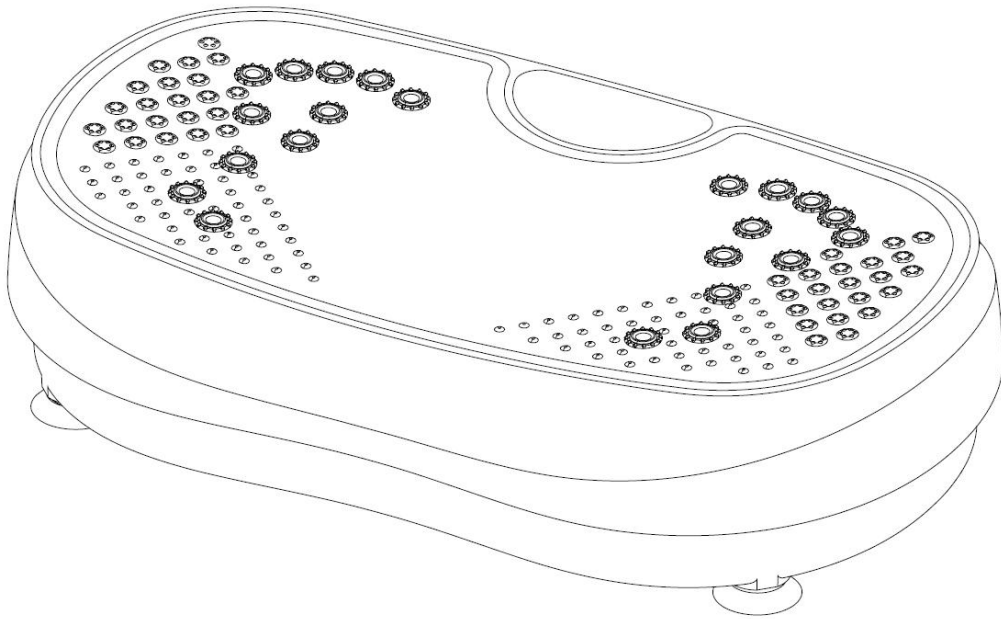


EvoSpark Vibration Plate

Product Instruction Manual



Model: JTF029D

After-sales mailbox: evosparksupport@163.com

Contact us by scanning the QR code:



Please read all details carefully before use and keep this user manual for future reference.

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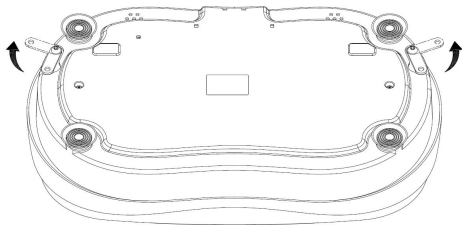
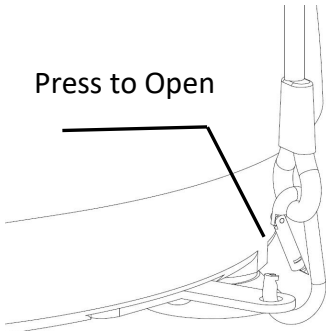
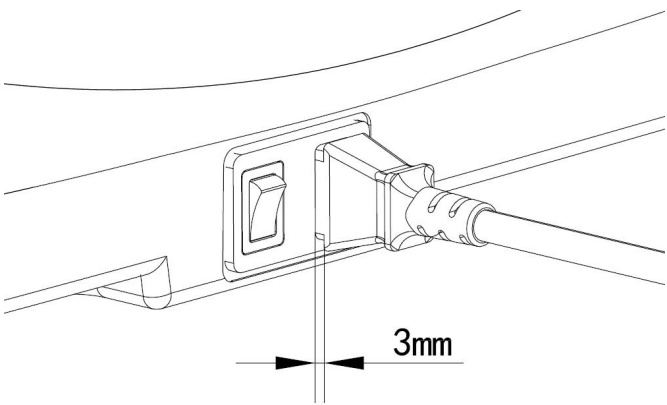
1.Precautions for Use

1. The power socket used must be well grounded to avoid sharing with other electrical equipment.
2. If the user needs to replace the power cord, please choose one with a grounding function.
3. After use, please turn off the power and unplug the plug.
4. When unplugging the power plug, do not pull the wire with your hands. Hold the tail of the plug and pull it out gently.
5. Before use, please check whether it is placed steadily.
6. The user can adjust the speed according to his needs
7. For indoor use, avoid moisture, do not splash water on the machine, and do not place any foreign objects.
8. Children, pregnant women, the elderly or people with disabilities are prohibited from using this machine.
9. During use, children are prohibited from playing or touching the machine.
10. If you feel uncomfortable, please stop using it and consult a medical staff.
11. If you have a disease, please consult a medical staff before use.
12. During use, if you feel that the machine is abnormal, please stop using it and contact the local dealer for processing. The dealer will send professional maintenance personnel to check it. It is strictly forbidden to disassemble it privately to avoid unexpected dangers.
13. Fat measurement or heart rate test is not a medical test. The test results are not necessarily accurate. The measured data is for reference only.
14. People in the following conditions should use it with caution: patients with hypertension; those who use pacemakers or other electronic devices implanted in the body; those with prostheses or inconvenient legs and feet; those who are uncomfortable with vibration or strenuous exercise, etc. and patients with other diseases.

2.Instructions for Use

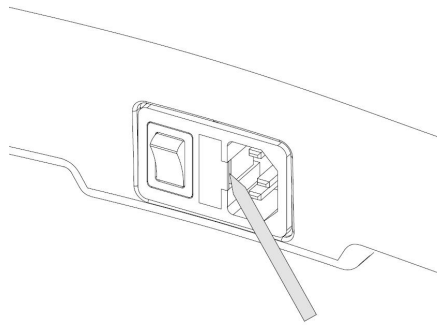
1. Do not use this product with other medical devices.
2. Do not use this product after meals or after drinking.
3. Do not allow children or pets to approach during use, and do not insert fingers or other foreign objects into the gap of the product.
4. This product is for one person only——do not use it with two or more people at the same time.
5. Before use, please check whether the power supply voltage meets the requirements of this product.
6. If there is a power outage or it is not used for a long time, please turn off the power switch and unplug the power plug.
7. If water spills onto the product or remote control, stop using it immediately.
8. If the product-related accessories are damaged or there is an abnormal sound, please stop using it immediately.
9. If you feel dizzy, numb, painful or other physical discomfort during use, stop using it immediately.
10. Do not use the product during a sudden power outage or thunderstorm.
11. Please pay attention to your body balance when using it to avoid falling.

3.Product Installation

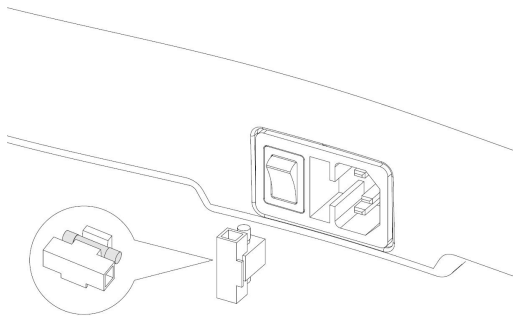
Pull strap installation	
1.1: 	Operating Instructions 1、 As shown in Figure 1.1, turn the machine over and push the strap buckle outward in the direction of the arrow. 2、 As shown in Figure 1.2, press to open the strap hook on the accessory, then attach it to the strap buckle.
1.2: 	
Power Cord Installation	
	Operating Instructions Insert the power cord firmly into the socket in the direction shown. Once fully inserted, the gap between the plug's step and the socket surface should be approximately 3 mm.

Fuse Replacement

1.1:



1.2:



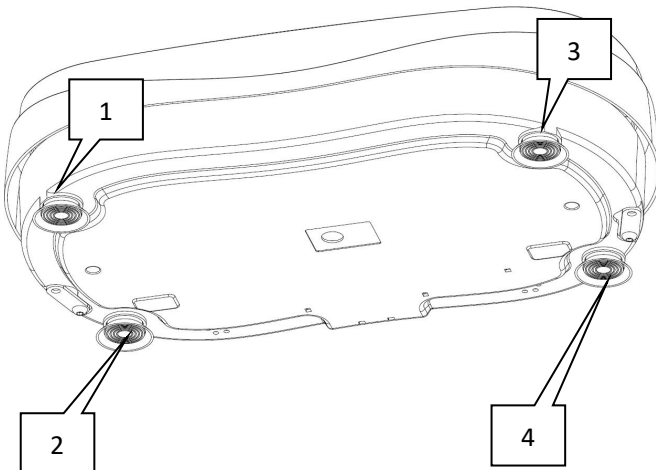
Operating Instructions

1、 As shown in Figure 1.1, use a pointed tool to gently pry out the fuse holder.

2、 As shown in Figure 1.2, remove the damaged fuse and replace it with a new one, then reinstall the fuse holder back into the power socket in its original position.

(Fuse specification:5x20 5A)

Machine Parallel Adjustment



Operating Instructions

This product must be placed on a flat and level surface during use. If the machine wobbles due to uneven flooring, please adjust it as follows: for example, if Foot No. 1 is suspended and causes the machine to wobble, rotate Foot No. 1 counterclockwise by one to two turns until the machine is stable. If any of the other three feet are suspended, adjust them in the same way.

4. Operating Instructions



Button Functions

- 1、 **TIME**: Adjust the running time. The default is 10 minutes, the maximum can be adjusted to 20 minutes, and the minimum can be adjusted to 1 minute. (The time can only be adjusted before the machine starts)
- 2、 **PROGRAM**: Mode Selection(Automatic and Manual)
M represents Manual Mode, while **P1, P2, P3, P4, P5, P6** represent Automatic Modes.
 - (1) In Manual Mode, you need to manually increase or decrease the speed.
 - (2) In Automatic Mode, the machine automatically adjusts both time and speed according to the built-in program. During this mode, the time and speed controls on the main panel and remote control will have no effect.
- 3、 **LED**: Switch lighting effects with a single press.
- 4、 **START/STOP**: Start and stop the machine.
- 5、 **SPEED+**, **SPEED-**: Adjust the operating speed. (Speed can only be adjusted after the machine is started)

Display Panel

- 1、 **TIME** -- Displays the remaining time of the workout (in minutes).
- 2、 **SPEED** -- Indicates the current vibration speed level (KM/H).
- 3、 **DISTANCE** -- Displays estimated distance (in kilometers).
- 4、 **M** -- The indicator light means the current mode is **Manual Mode**.
- 5、 **P1** -- Indicates the current mode is P1 Automatic Mode.
- 6、 **P2** -- Indicates the current mode is P2 Automatic Mode.
- 7、 **P3** -- Indicates the current mode is P3 Automatic Mode.
- 8、 **P4** -- Indicates the current mode is P4 Automatic Mode.
- 9、 **P5** -- Indicates the current mode is P5 Automatic Mode.
- 10、 **P6** -- Indicates the current mode is P6 Automatic Mode.

5.LED Light Function Description

Press the **LED** button to switch between lighting effects. The LED system has 9 lighting effects, The sequence is as follows:

1、Breathing Display → 2、Dynamic Display A → 3、Dynamic Display B → 4、Blue → 5、Orange → 6、Green → 7、Red → 8、Yellow → 9、Cyan → 10、Off

In standby mode, the machine's light strip displays the first state — Breathing Display. When the machine starts, the light strip switches to the second state — Dynamic Display A.

1. **Breathing Display:** The 7 colors (Purple, Blue, Orange, Green, Red, Yellow, Cyan) cycle continuously in a loop, displaying a breathing-like effect.
2. **Dynamic Display A:** The 7 colors Purple, Blue, Orange, Green, Red, Yellow, Cyan scroll across the lights.
3. **Dynamic Display B:** The 7 background colors Purple, Blue, Orange, Green, Red, Yellow, Cyan scroll dynamically, with 5 lights showing additional effects as follows:
 - ① **Red background: 5 lights are White**
 - ② **Blue background: 5 lights are Red**
 - ③ **Yellow background: 5 lights are Red**
 - ④ **Green background: 5 lights are Red**
 - ⑤ **Cyan background: 5 lights are Red**
 - ⑥ **Purple background: 5 lights are Red**

6.Instructions for use of Preset mode

M mode: The default manual mode after power on. When using this mode, the times and speed needs to be adjusted by the user. (Please note: the time can only be adjusted before the machine is started, and the speed can only be adjusted after the machine is started!)

Six preset programs: P1,P2,P3,P4,P5 and P6

P1 mode: Press the Program key to select the P1 function, and then press the run key to start this mode. When this mode is working, the speeds will automatically cycle according to the data in the table below until the total running time is completed.

SPEEDS	10	30	50	70	90	110	90	70	50	30
TIME (min)	1	2	3	4	5	6	7	8	9	10

P2 mode: Press the Program key to select the P2 function, and then press the Run key to start this mode.

When this mode is working, the speeds will automatically cycle according to the data in the table below until the total running time is completed.

SPEEDS	20	45	70	95	120	145	120	95	70	45
TIME (min)	1	2	3	4	5	6	7	8	9	10

P3 mode: Press the Program key to select the P3 function, and then press the Run key to start this mode.

When this mode is working, the Speeds will automatically cycle according to the data in the table below until the total running time is completed.

SPEEDS	30	60	90	120	150	180	150	120	90	60
TIME (min)	1	2	3	4	5	6	7	8	9	10

P4 mode: Press the Program key to select the P3 function, and then press the Run key to start this mode.

When this mode is working, the Speeds will automatically cycle according to the data in the table below until the total running time is completed.

SPEEDS	40	50	60	70	80	90	80	70	60	50
TIME (min)	1	2	3	4	5	6	7	8	9	10

P5 mode: Press the Program key to select the P3 function, and then press the Run key to start this mode.

When this mode is working, the Speeds will automatically cycle according to the data in the table below until the total running time is completed.

SPEEDS	50	70	90	110	130	150	130	110	90	70
TIME (min)	1	2	3	4	5	6	7	8	9	10

P6 mode: Press the Program key to select the P3 function, and then press the Run key to start this mode.

When this mode is working, the Speeds will automatically cycle according to the data in the table below until the total running time is completed.

SPEEDS	60	75	105	135	165	195	165	135	105	75
TIME (min)	1	2	3	4	5	6	7	8	9	10

Please Note: The Vibration Plate offers 6 preset modes: P1,P2,P3,P4,P5 and P6 each with a fixed running time of 10 minutes !

During machine operation, you can switch modes using the “**PROGRAM**” button on the main panel or the “**P**” button on the remote control. After switching modes, the time and speed will reset according to the newly selected mode.

Operation function description:

1. Standby three minutes without operation, the screen displays ‘----’ , while all the lights off.
2. After switching on the machine, the default mode is M, if you need to switch the mode, you can press the ‘**PROGRAM**’ on the panel of the host or the ‘**P**’ key on the remote control to select.
3. After running, the digital tube rotating switching display ‘**TIME**’ , ‘**SPEED**’ , ‘**DISTANCE**’ three functions, each switching time is 5 seconds.

7.How to start the machine ?

- ① Please insert the plug into the power socket to ensure that the power is on.
- ② Press the red switch on the device
- ③ Press the start button on the machine panel to start using the machine.

8. Bluetooth Connection Tutorial

Step 1: Turn on the machine

Press the red power button to start the device and make sure the device is in pairing mode (if the indicator light is always on, it usually indicates a connectable state).

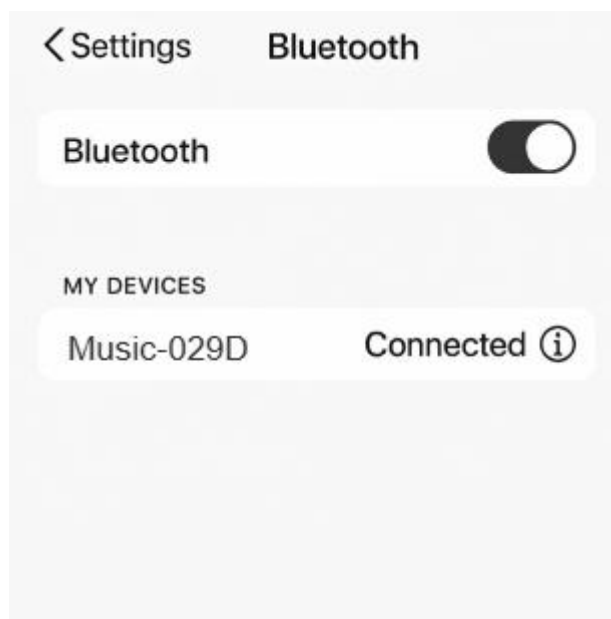
When the machine is turned on, it will be accompanied by a Bluetooth waiting to connect prompt: **The bluetthooth device is ready to pair**

Step 2: Mobile phone Bluetooth settings

Open your cell phone [Settings] → Go to [Bluetooth] function → Turn on the Bluetooth switch.

Search and connect the device, find “Music-029D” in the Bluetooth list → Click the device name to finish pairing.

A successful connection is made and the machine beeps with the message Successful Connection: **The bluetthooth device connection successful**



[Note]: If repeated the Bluetooth is ready to pair with the prompt, because the Bluetooth with the phone is not stable, you can turn off the Bluetooth and then open the reconnection

9. Training Guide

Warm-Up

Perform a 5 – 10 minute warm-up before each workout.

Breathing

Do not hold your breath during exercise. Inhale through the nose during preparation and exhale forcefully through the mouth during exertion. Coordinate breathing with movement. If you become overly short of breath, stop exercising immediately.

Frequency

Allow at least 48 hours of rest before training the same muscle group again. This means each muscle group should only be exercised every other day.

Load

Determine your training intensity based on your personal fitness level. Follow the principle of gradually increasing the load. Muscle soreness at the beginning of training is normal and will diminish with continued practice.

Cool-Down

After each workout, perform 5 minutes of relaxation exercises, especially stretching and relaxing the leg muscles, to avoid long-term stiffness and to maintain muscle elasticity.

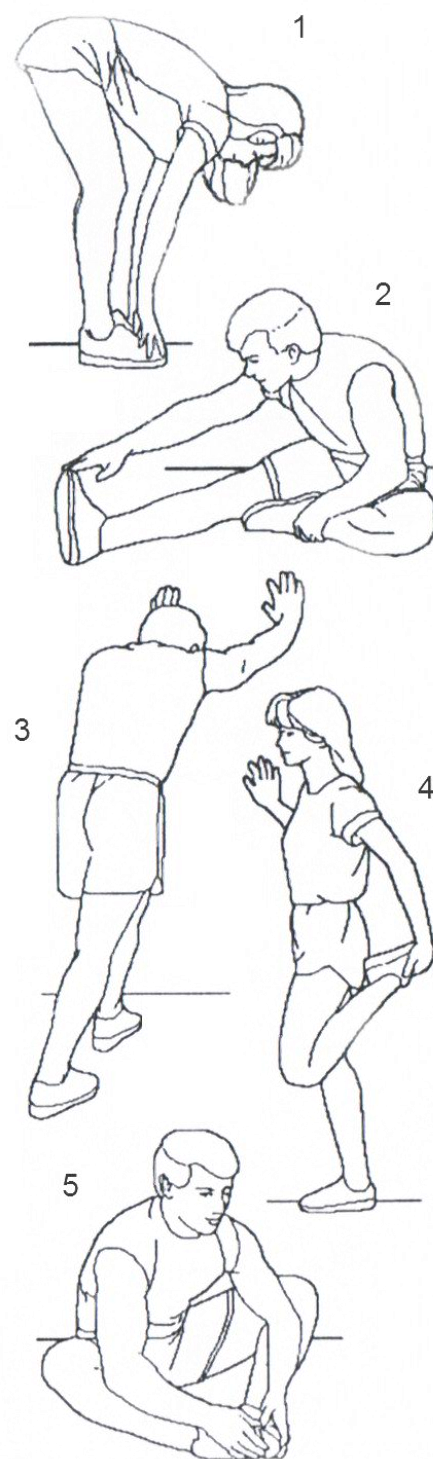
Diet

To protect your digestive system, wait at least one hour after meals before exercising. After training, wait at least 30 minutes before eating. Drink small amounts of water during exercise, and avoid drinking large quantities to prevent extra stress on the heart and kidneys.

Stretching Exercises

It is best to perform stretching exercises before training. Warm muscles stretch more easily, so walk for 5 – 10 minutes first, then stop and follow the stretches below. Perform each stretch 5 times per leg, holding each for 10 seconds or longer. Repeat the routine again after completing your workout.

- Downward Stretch (**Fig. 1**): Bend forward slowly with knees slightly bent. Relax your back and shoulders and try to touch your toes. Hold for 10 – 15 seconds, then relax. Repeat 3 times.
- Hamstring Stretch (**Fig. 2**): Sit on a clean mat with one leg extended and the other leg bent inward against the inner thigh. Reach forward toward your toes. Hold for 10 – 15 seconds, then relax. Repeat 3 times per leg.
- Calf and Achilles Stretch (**Fig. 3**): Stand facing a wall or tree with both hands against it. Place one foot behind, keeping the back leg straight and heel on the ground. Lean forward. Hold for 10 – 15 seconds, then relax. Repeat 3 times per leg.
- Quadriceps Stretch (**Fig. 4**): Stand with your left hand holding a wall or table for balance. Reach back with your right hand to grasp your right ankle, pulling it slowly toward your buttocks until you feel tension in the front thigh. Hold, then relax. Repeat 3 times per leg.
- Adductor (Groin) Stretch (**Fig. 5**): Sit with soles of your feet together and knees pointing outward. Pull your feet toward your groin. Hold for 10 – 15 seconds, then relax. Repeat 3 times.



10.Exercise Session



Whole body exercise posture

Stand on the plate with your feet positioned so their width apart is in line with your shoulders. This will give you a comfortable balance and ensure that the vibrations pass through your whole body to provide muscle tone.



Squat Posture

Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for your legs and your core muscles too.



Press Up posture

Position your hands in line with your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position



Lower Legs posture

Put your lower legs as shown on the plate with your hands supporting behind you on the floor. For a deeper exercise, raise your buttocks off the floor and press down on your calves.



Waist bend posture

Position your legs wide apart, bend down 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 footpad and on the machine and the other off of the machine on the floor. For a deeper exercise, lunge forward, placing more body weight on the plate.



Sitting Posture 1

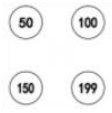
Sit with your buttocks on the Vibration Exercise Machine. Sit comfortably, keeping your back straight.

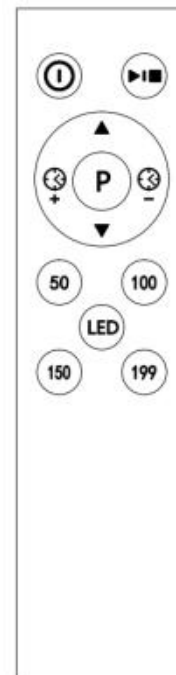


Sitting posture 2

Rest your legs on the Vibration Exercise Machine whilst sitting on a chair. This is a great way to ease tension and can help to support circulation in the legs.

Infrared Remote Control Instructions

1.  **Sleep button:** Press this button in standby mode to enter sleep mode, and the screen will not display after sleep mode.
2.  **Start/Stop:** In standby mode, press this button to start the machine. Press to stop the machine during operation.
3.  **Mode Button:** press to switch between automatic and manual modes.
4.  **Up/Down Arrows:** After the machine starts, use these arrows to increase or decrease the speed.
Left/Right Arrows: Before the machine starts, use these arrows to increase or decrease the time.
5.  **Speed Shortcut Key:**50/100/150/199
6.  **LED:**Switch Lighting Effects



Remote control pairing function:

The remote control that comes with this machine has been paired. If the remote control cannot be operated or needs to be replaced, please follow the steps below to pair the remote control:

1. Turn on the host power and put the host in standby mode.
2. Press the "SPEED+/SPEED-" button on the host panel at the same time.
3. Press any button on the remote control.
4. The host will make a long "beep" sound once, which means the pairing is successful.

Note: When the remote control distance becomes shorter or insensitive, please replace the remote control battery first. This remote control uses two AAA batteries. When installing the batteries, please install them according to the battery polarity direction instructions in the battery compartment. Do not install them in reverse

11.Common Issues and Troubleshootin

Troubles	Possible Cause	Solution
Machine Does Not Work After Power Is On	Power switch is not turned on	Turn on the switch
	Power switch and socket connection is poor	Check the power socket and ensure that the plug is firmly connected
No Response from the Machine When Using the Remote Control	Remote control batteries are not installed properly or are depleted	Install the batteries correctly or replace with new ones
	Remote control is too far from the machine	Reduce the distance and aim the remote at the machine
Machine Makes "Hissing" or "Clicking" Sounds	These sounds are caused by the mechanical structure of the product	This is a normal sound
Power Is Off, but Indicator Light Remains On	Residual power in the controller has not been fully discharged	No action needed
Machine Moves Slightly and Light Turns On When Power Is Off	The machine is activated by movement from stepping on it, generating induction power in the motor	This is a normal phenomenon, no action needed
Power Cord is Damaged, Product Emits Odor or Smoke	Immediately stop use and send for repair	

12.Product Maintenance

1. Place the machine in a dry and dust-free area for storage.
2. Do not store the machine near heaters or open flames. Avoid prolonged exposure to direct sunlight.
3. Do not use solvents such as thinners, volatile oils, or bleaches to clean the machine.
4. The foot pad and outer shell can be cleaned with a damp cloth. Avoid spilling liquids into the machine to prevent short circuits or other malfunctions.
5. Use a dry cloth to clean the remote control to prevent any potential malfunctions

13.Packing List

List	Quantity
Vibration Platform	1
Manual	1
Remote Control	1
Resistance Bands	2
Power Cord	1

14.Product Specifications

Product Name	Vibration Plate	
Brand	EvoSpark	
Model	JTF029D	
Rated Voltage	AC 110-120V / 60Hz	
Rated Power	200w	
Rated Operation Time	20 minutes	
Swing Frequency	8-15Hz	
Implementation standards	GB4706.1-2005	GB4706.10-2008
Manufacturer	Zhejiang Jintuo Mechanical & Electrical Co., Ltd	
Manufacturer's address	No.22 Jinshan(E)Road, Yongkang, Zhejiang, China	
Technical parameters are subject to change without prior notice		

FCC Warning:

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.

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.