Nautilus VibraTone Manual

Please read this user manual carefully before use of this product!

PRODUCT SPECIFICATIONS

UNIT SPECS

Size:	21.9" L × 13.6" W × 4.7" H
Net Weight:	6.5kg
Power:	200 W
Voltage:	120V, 60HZ
Maximum User Weight:	265KG
Speed Levels:	1–120
Automatic Mode Programs:	P1 - P4
Operating Temperature:	14–95 °F
Storage Temperature:	-4–104 °F
Auto Shutoff Time:	10 minutes

MADE IN CHINA

1. How to turn on the Bluetooth functionDifferent devices turn on Bluetooth in slightly different ways, here are some common ways to turn on Bluetooth:

1. Mobile Phone:• Android devices: Open the Settings app, find the "Connections" or "Bluetooth" option, tap to enter, and turn on the Bluetooth switch.• iPhone: Open the Settings app, tap Bluetooth, then toggle the Bluetooth switch to On, and find RC-CFM-V77Click Connect

2. Select the device you want to pair: In the search results, find the device you want to connect to and tap it to pair. At this point, a pairing code may appear, make sure the pairing code displayed on both devices matches (usually 0000 or 1234), and then confirm the pairing

3. Successful Connection: Once the pairing is successful, the devices can start communicating with each other. At this point, you can see the connected device in the Bluetooth settings to play music

PACKING LIST

Remote Control

Power cord

Resistance Bands

EASY-START SETUP GUIDE

1 INSERT BATTERIES IN THE REMOTE CONTROL

- Remove the back of the remote control and insert AAA battery*2pcs battery (does not contain).

NOTE: Be sure to insert the battery according to the polarity markings inside the battery compartment.

2 ATTACH THE RESISTANCE BANDS

- Locate the two short metal bars extending from the underside of the machine.
- Insert the end of a resistance band through one of the metal bars. Then thread the handle through and pull tight to secure the band.
- Repeat to attach the second resistance band to the machine.

3 POWER ON THE Vibration Plate

- Insert the power cord frmly into the power jack on the front of the Vibration Plate.

NOTE: Press forcefully until you feel a click, which indicates that the cord is securely connected. The power cord fts tightly so it will not loosen during use.

- Plug the power cord into a standard electrical outlet.
- Flip the power switch to the ON position.

OPERATING INSTRUCTIONS

USING THE CONTROL PANEL

1. Standby/ Stop button: Connect the power cable, turn on the power switch, the machine displays "----", press this key, the machine is in standby state, the display time is "10 00"
2. Start/Pause Button: Press this key in the standby state to start the machine, and press this key in the running state to stop the machine.
3. Mode key: Press this key to select automatic mode and manual mode. (P1-P4)
4. Speed +/ time + button: The manual mode can be adjusted to increase the movement time in the standby state, and can be accelerated in the running state. (Automatic mode is not valid)
5. Speed -/ Time - button: Manual mode can be adjusted to reduce the time of movement in the standby state, and can be reduced in the running state. (Auto mode is not valid)
6. Remote control signal reception.

After the movement begins, the on-screen value display automatically jumps between speed and time

Manual mode:
1. Default time 10 minutes (do not want to adjust the time)
Press ①-- ② start (the default 10 minutes after the start press-- ④ speed +, ⑤ speed - adjust speed 1-120).
2. Adjust your exercise time (you want to set your own exercise time)
Press ①-- (④ time +, ⑤ time minus)-- start ②(④ speed +, ⑤ speed -)--① stop.

Automatic mode:
Press ①-- select ③P program (P1-P4 can choose automatic mode, the program defaults to 10 minutes)-- ② Start --② pause --① stop (in this state press ④, ⑤ is invalid)

To switch between manual mode and automatic mode or switch between automatic P1-P4, you need to press 1 first to restore the machine to standby mode (standby state screen shows H000), and then set the desired motion mode.

REMOTE DESCRIPTION

1. Standby/ Stop button: Power on, "----" is displayed, indicating that the machine is powered on normally. Press this button, and the value will be displayed on the display. The machine is in standby mode.In the running state, press this key to stop the machine.

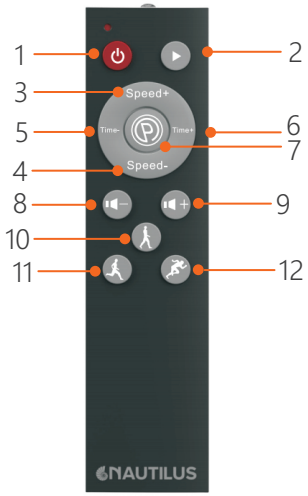
2. Start Button: Press this button in the standby state to start the machine.

3.High Speed Button:Press the button toincrease vibrations.
(Long press the button to quickly adjust the speed, The running time cannot be adjusted after the machine starts running).

4. Low Speed Button:Press the button todecrease vibratios.
(Long press the button to quickly adjust the speed, The running time cannot be adjusted after the machine starts running).

5.Time + Button:Press the button toincrease workout time (does not workwith preset workouts)
(Long press the button to quickly adjust the speed, The running time cannot be adjusted after the machine starts running).

6.Time -Button: Press the button toreduce workout time (does not workwith preset workouts).
(Long press the button to quickly adjust the speed, The running time cannot be adjusted after the machine starts running).



7.Mode key: Press the button to quickly switch between preset exercises. (P1-P4)

8.Volume button:Press this button to reduce the volume.

9. Volume button:Press the button to increase the volume.

10.Walk Button: Press the button to set speed to 30,(Invalid in automatic mode)
11. Run Button: Press the button to set speed to 60,(Invalid in automatic mode)
12. Sprint Button:Press the button to set speed to 60,(Invalid in automatic mode)

Bluetooth: Turn on Bluetooth, search for "Nautilus",

CREATE A CUSTOM WORKOUT

Manual mode (which is the default mode) allows you to create a workoutwith custom time and speed.

Use the remote control to begin a 'manual mode' workout.

1. Standby/ Stop button:: Connect the power cable, turn on the power switch, the machine displays "----", press this key, the machine is in standby state, the display time is "10 00" You can add time to your workout, up to 15 minutes)

2. Press the Time +/-buttons on the remote control to adjust the workin.

3.time from 1-15 minutes (in 1-minute increments) if desired. The defaulttime is 10 minutes. Your selected time is shown in the time window,which counts down as the workout progresses. At the beginning of the exercise process, the time can not be adjusted.

4.Press the Speed +/-buttons to increase or decrease the vibrationspeed (from level 1-120, in increments of 1) if desired. The defaultspeed level is 1. The speed may be adjusted at any time during theworkout.

5.Press the Walk, Run and Sprint Buttonsat any time in the manualmode workout to toggle through the speed options, 30.60 and 90.

6.You may press the Stop button at any time to pause the workoutbefore the working time ends. Press theStart button to resume theworkout. The workout will stop automatically when the set workingtime is complete.

7. Always press the Power button to turn off the control panel, fip the power switch to the OFF position.

NOTE: You can adjust the vibration speed at any time in the manual program.

BEGIN A PRESET WORKOUT PROGRAM

In automatic mode, you may select from 4 preset workout programs.
Use the remote control to begin a preset workout program:
1.Press the Power button to turn the control panel on to "StandbyMode." Manual mode is selected by default and "----" appears in theTime Window.
2.Press the P button to toggle through the 4 preset programs in order:P1-P4. Your selected preset program shows on the display.
3.Press the Start button to begin the selected preset program.
4.You may press the Pause button at any time to pause the workoutbefore the working time ends. Press theStart button to resume theworkout. The workout will stop automatically when the set workingtime is complete.

NOTE: You can not adjust the working time and vibration speed duringthe preset program.

EXERCISE QUICK START GUIDE

HOW TO BEGIN

It's a good idea to start slow and easy with your Vibration plate as it cantake time to get used to how vibration plates move and feel. We recommendyou follow the workout guide below--building from beginner to advanced overseveral weeks.

Program	Speed Level									
	10min	9min	8min	7min	6min	5min	4min	3min	2min	1min
P1	1	30	60	90	120	1	30	60	90	120
P2	20	60	80	120	20	60	80	120	20	60
P3	30	40	50	60	70	80	90	100	110	120
P4	60	70	80	90	100	110	10	90	80	70

STANDING POSITIONS

Where you stand on the Vibration plate will impact how challenging thevibrations are for your body, Stand with your feet close together for aneasy" workout and stand with your feet further apart for "medium" andintense" workouts.

Use Method

1: Stand upright on the product, with two legs apart, the distance of two legs is mostly the same as width of shoulder. This posture can exercise waists and buttocks to relieve stress on waists and sculpture beautiful curve of buttocks.

2: Stand on the product with two legs apart and knee bent. The posture can exercise thighs to sweep pain and soreness, improve blood circulation, and reduce fat deposit.

3: Seat on chair or sofa, with feet put on the product, This posture can exercise both thigh and calf.

4: Seat on carpet, with two legs put on the product. This posture can exercise leg.

5: Kneel on the carpet, put hands onto the products, with body lean forward, this posture can exercise shoulder joint and arms.

How to use

A

BASIC UPRIGHT POSE

B

ARM TRAINING

C

SHOULDER STRETCH

D

SQUAT

E

WHOLE-BODY TRAINING

F

ONE-LEG SQUAT

G

ONE-LEG BALANCE

H

CORE TRAINING

I

HAMSTRING STRETCH

TIPS FOR USING THE VIBRATION PLATE

SAFETY TIPS

1. Do not get on or off the unit until it is completely stoppe.
2.Use the remote control to adjust the workout once exercise has begun.
3.Using the control panel while the machine is moving could cause anaccident or injury.
4.Always stand on the machine with your back straight, your knees slightlybent, and your heels slightly lifted and your arms bent.
5.Do not use the machine with straight legs or arms, as the vibrations aredirected to your bones and brain, which can be dangerous for your healthIfyou feel vibrations in your eyes, vocal cords, orother parts of your head, you are not standing onthe machine correctly and should shift yourposition immediately.
6.Never place your head or upper body directly onthe machine.Never jump on or jump off the machine.Never attempt to turn around on the machine whileit is in motion. Do not quickly lean back or changeposition while the machine is in motion
7.Stop exercising immediately and contact yourdoctor if you feel tired, dizzy nauseous, or ifyou experience pain, diffculty breathing, orabnormal heart rate
8.Never perform other activities while usingthe machine as this could cause accidents orinjury.
9.Make sure your body is used to the vibration before you sit on the machine.
10.Do not use after drinking alcohol or takingmedication that could affect your balance or make you sleepy.
11.Never allow more than one person to stand on the unit.

SETUP TIPS

1.Place the vibration plate on a level, non-slip foor. You may put anexercise mat under the machine to protect your carpet or other fooring.and/or reduce noise.
2.Set up the vibration plate in an area with at least 7 feet of clearance onall sides of the machine.
3.Plug the power cord into an easily accessible wall outlet so that you canremove the power cord immediately if there is a problem.

EXERCISE TIPS

1.Beginners should stand on the machine with their feet close together.Slowly increase the diffculty by standing with your legs further apart.
2.Start slow and easy, with 5 to 10-minute workouts.
3.Work your way up to longer, more challenging workouts over several weeks.
4.Long-term use will help you reach your ftness goals.
5.Always wear appropriate athletic clothing and shoes. Appropriateclothing should'be comfortable and allow you to move freely.
6.You can amplify the vibrations by removing your shoes and socks.
7.Do not wear jewelry, belts, loose or baggy clothing, or other accessoriesthat could get caught and cause an accident or injury.
8.Remove cell phones and other valuables, as well as any sharp objectsfrom your hands and pockets before using the Vibration Plate.
9.Warm up before using and cool down at the end of your workout.
10.Make sure to take suffcient breaks between exercises.
11.Breathe evenly, Exhale during exertion; inhale after exertion.
12.Perform all exercises with smooth, even movements.
13.We recommend placing a towel or training mat on top of the machine ifsitting, lying, or using your hands or arms on the machine.
14.Drink plenty of water before and after exercise.
15.Do not use on a full stomach; wait at least 80 minutes after eating

SAFETY INSTRUCTIONS

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

RECOMENDATIONS

Consult with a medical professional before beginning a new exercise program to determine your appropriate ftness 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 ftness 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, severe diabetes, or severe diabetic neuropathy.
- Have vertigo, positional dizziness, or 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 infammation.
- Have a gallstone or a kidney or bladder stone.
- Consult your physician before using this product if you:
- Have heart disease or vascular disease, a 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.

⚠ WARNING: CHOKING HAZARD
Children under 3 years old can choke or suffocate on small parts.

⚠ 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, fre, 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 certifed 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.
- Only use and store indoors, away 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 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 the remote with a cotton swab, wash hands thoroughly, and dispose of old batteries properly.
- Only replace the remote control batteries with two new AAA batteries.
- Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when the machine is not in use.
- Check the machine, power cord, and remote for damage or loosened screws before 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 the 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.

FAQ

Quickly troubleshoot simple issues you might experience using the table below.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
THE MACHINE NOT WORKING.	Machine is not turned on.	Flip the power switch on the front of the machine to the ON position.
	The control panel is not on.	Press the On/Off button on the remote control to turn on the control panel.
THE MACHINE STOPPED WORKING SUDDENLY.	The vibration plate automatically shuts off after the set working time.	Turn the machine on again to begin a new workout program.
	When the machine has been working for a long time, the motor shuts off for overheating protection.	Allow the machine to cool for at least 30 minutes before using again.
THE REMOTE CONTROL DOES NOT WORK.	The remote control is too far away from the infrared sensor on the control panel.	Point the remote control directly at the infrared sensor when in use. The effective distance is approximately 5 feet.
	Battery is installed incorrectly.	Check to see if the battery is installed per the polarity markings on the inside of the battery compartment.
	Battery is dead.	Replace dead battery with a new battery (AAA battery*2pcs).
CANNOT TURN MACHINE OFF USING REMOTE CONTROL OR CONTROL PANEL	The Vibration plate must be powered off via the Power switch.	Flip the Power switch on the front of the machine to the OFF position.

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.

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

The devices has been evaluated to meet general RF exposure requirement， the device can be used in portable exposure condition without restriction