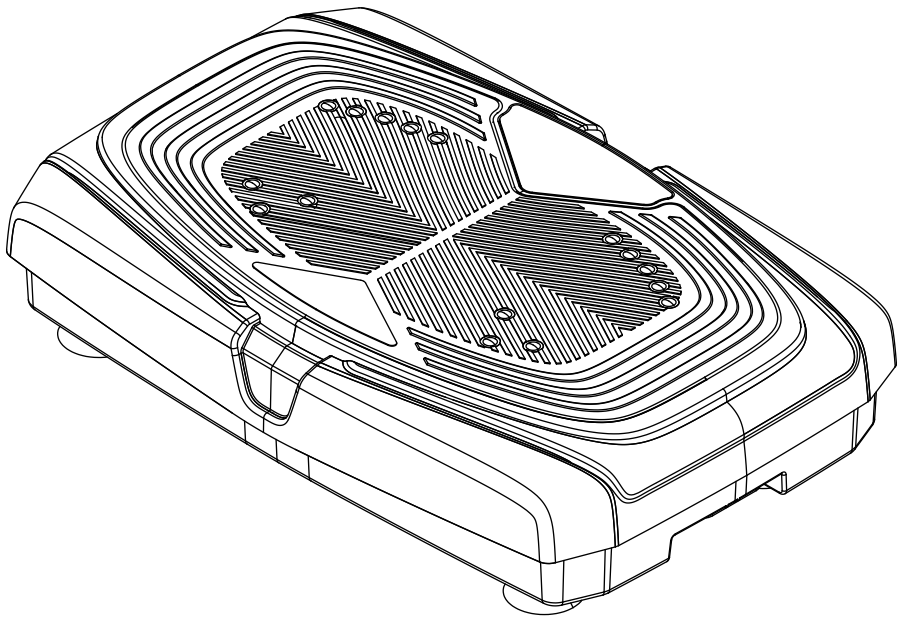
User manual



1.Introduction

Thank you for purchasing this fitness vibration machine.
Please readthe User Manual carefully to ensure safe and proper use of this machine.Please read and fully understand the Safety Precautionsbefore use.

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2.Product Features

• Variants of Speed Range and Strong body shape Massage Vibration.
With speaker, enable to enjoy music and relax while taking exercise.

• Perfect for muscle toning, muscle building, weight loss & cellulite reduction.
• Fitted with yoga straps to enhance its potential for improving the upper body and arms.
• Small compact size - can be used anywhere at home & easy to put away.
Designwith big LCD display, ensure clear reading and easy adjustment.
• Comes with Arm cords, Remote control , Resistance Bands and Instruc tion manual.

3.Cleaning and maintenance

Attention:

Please make sure the machine is power off.
The machine can be cleaned with a warm, damp cloth with detergent.
Make sure the machine is completely dry before turing it on again.
Be sure not to use benzene, thinner, ethyl alcohol, gasoline etc.
which can result inhazardous fumes, fading of the paint or corroding of the inner parts.If the machine is not used for a long time, cover it to prevent dust from entering the machine.

Maintenance

• Variants of Speed Range and Strong body shape Massage Vibration.
With speaker, enable to enjoy music and relax while taking exercise.
1:After each use,turn off the manchine and make sure it's power off.
2:Store this machine in a dry, dust-free, and well-ventilated place. Ensure that themachine is not exposed to sunlight. Ensure that the storage and transportationenvironments meet the requirements
3:Check whether safety risks exist on a regular basis.

Attention:

- Recommended time is 10-20 minutes every time.
- If you suffer from joint problems, have a hypertension, bronchitis,heart condition or skin disease, diabetes, or pregnancy, extremeobesity, middle ear infection, bone weaknesses, osteoporosis,stomach illness, or use a pacemaker, or other diseases, werecommend seeking medical advice before using this vibration trainer.
- Study the functions and make sure you know how to operate themachine to avoid malfunction or injury.
- Keep children away from this machine.
- It is normal that some one may feel a little dizzy while using at thefirst time due to the Vibration scillation of the machine ,it will nothappen again after using for a few time .
- To avoid injury and impairment, stamping on the pad is forbidden.
- Do not put your knees on the pad to prevent injury and impairment.
- Do not put all your weight on one side
- Do not touch the device with wet hands.
- Only one person at a time may use the device. This product is forexercis ing only.
- Other uses are prohibited.
- This product is for exercising only. Other uses are prohibited.

4.Menu and Remote Control

Menu

TIME	0:00~20:00Min
SPEED	1~120Levels

The LED screen rotates automatically:
Time, Speed,
changing every 5 seconds
for easy tracking of your workout stats.

Keypress Funcetion:

Long press the button to play the last music.
Short press the button to reduce the volume.

Long press the button to play the next music.
Short press the button to increase the volume.

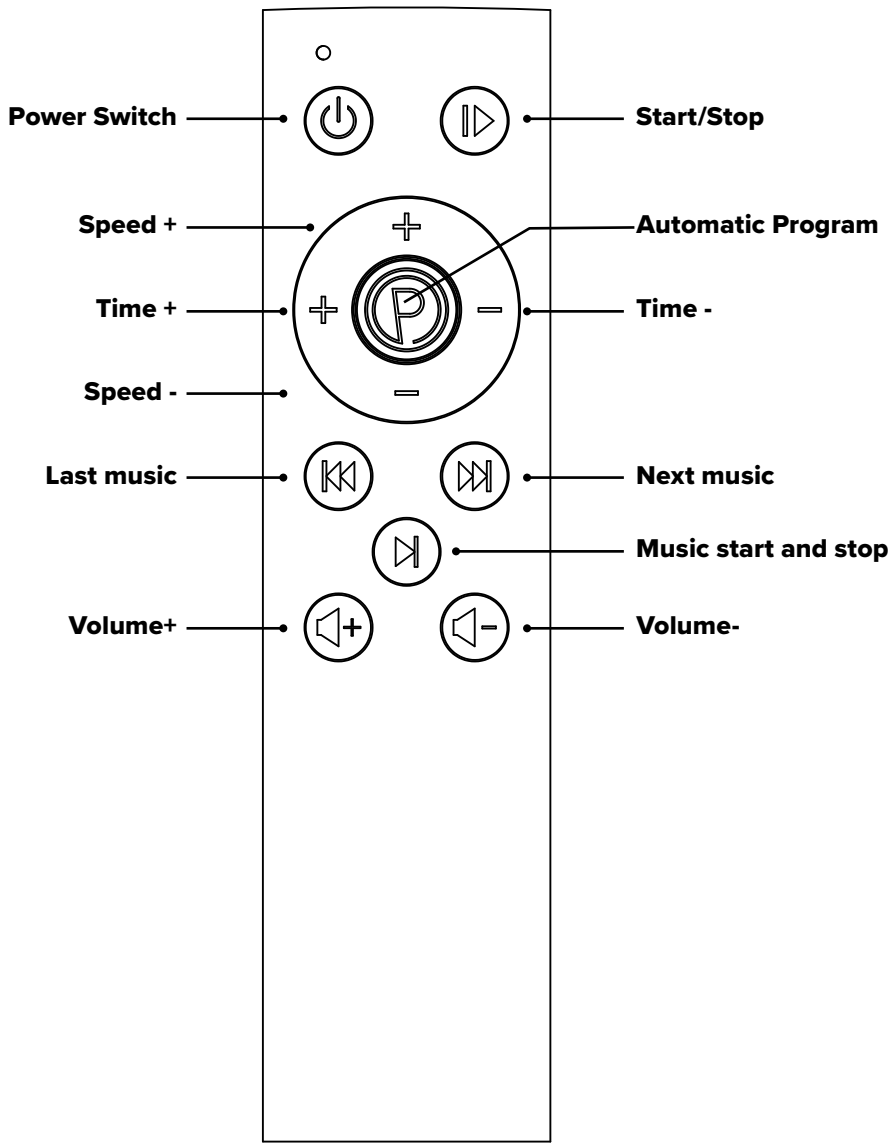
Long press the button to speed down.
Short press the button to reduce the time.(only effective in a stationary state)

Long press the button to speed up.
Short press the button to increase the time (only effective in a stationary state)

Press the button to Choose P1-P5 Automatic Program.

Press the button to Start / Off the machine.

Remote control



FUNCTIONALITY

- **Power switch : Press the power switch to start or stop the product**
- **Start/stop :Press the start button to start the device**
- **Automatic program: Autamatic programs can be selected:**

  How to use this program: press power switch button:

  ① Press button "p" one time, the machine enter into auto-mode Program "P1"(From P1-P5).

  ②Press button "P" two times, the machine enters into auto-program"P2"

  ③ Press button "p" three times, the machine enters into auto-program"P3"

  ④ Press button "p" four times, the machine enters into auto-program"P4"

  ⑤ Press button "p" five times, the machine enters into auto-program"P5"

  Please note: Choose an auto-program and press the start button, the machine willstart the chosen program. You cannot adjust the time and speed when you start anauto-program.
- **Speed+ : Increase the speed. (not available with an automatic program).**

  Speed range from 1- 120 level.
- **Speed- : Decrease the speed. (not available for automatic programs)**

  Speed range from 1- 120 level.
- **Time+ : increase the time. time range from 1-20 minutes.**
- **Time- : reduce the time.time range from 1-20 minutes.**

The following buttons will only take effect when the machine is connected to the phone.

- **Last music :play the last music.**
- **Next music :play the next music.**
- **Volume+ : increase the volume.**
- **Volume- : reduce the volume.**
- **Music start and stop: turn on/off music.**

Please note the valid receiving range of the remote control is 2.5 meter, theinfrared light on the remote control must align with the infrared receiver window onmachine.

5.Parameters

Model	S202
Operating Voltage	110V~120V 50/60Hz
Power	200w
Maximum Load	150kg
Speed range	1-120levels
Amplitude	0-12mm
Outline Dimension	650*400*160mm
Product Dimension:	530*330*120mm
N.W/G.W	7/8.3kg

AUTOMATIC PROGRAM SPECIFICATION5 Programs, 10 Minutes, 120 Speed Levels

Level / Time	P01	P02	P03	P04	P05
1MIN	18	6	5	12	36
2MIN	36	12	10	24	54
3MIN	54	18	24	12	36
4MIN	72	22	7	36	90
5MIN	90	24	24	54	72
6MIN	72	30	5	72	54
7MIN	54	24	24	54	90
8MIN	36	36	2	24	54
9MIN	18	24	24	18	24
10MIN	6	6	10	24	12
	Stop	Stop	Stop	Stop	Stop

6.Troubleshooting

	Symptom	Possible causels	Solution
1	Lights are off	Is power supply ok?	Plug in again
		Power switch of the appliance off	Turn off to on
		Transient current too strong, blown fuse	Change a new fuse
2	Noise	Is the foot screw level with the floor	Adjust foot screw
3	Remote controldoes not work	No battery / battery empty	Replace battery
		Too far from the machine	Valid range is 2.5 meter
4	Machine stopswhile in use	Machine is overheated	Start again after10 minutes
5	Does not warkas intended	Received too many commands	Turn off powerand restart

If this still can''t help you solve the problem, please contact us and our engineers will help you deal with it. Thanks !

7.Storage and Transportation

Transportation

The fitness vibration machine can be transported using general transporta tion tools.Severe vibration, shock, or rain must be avoided during transportation.

Storage

The fitness vibration machine must be stored in a well-ventilated room without corrosive gas.
The ambient temperature must be -10°C to +50°C(14°F_122°F)
the relative humidity must be lower than 93% (non-condensing),
and the atmospheric pressure must be 50-106 kPa.

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. 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 guarant ee 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 not expressly approved by the party