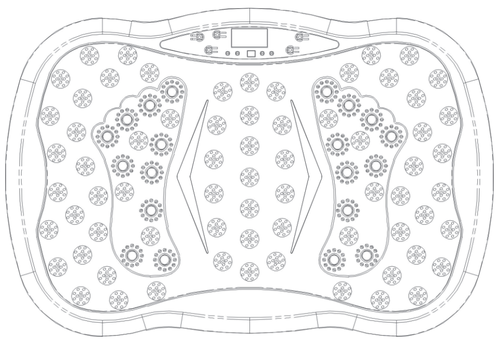
User Manual

Intelligent fitness vibrator



Introduction

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

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Safety Precautions

⚠ 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, extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, or use a pacemaker, or other diseases, we recommend seeking medical advice before using this vibration trainer.

● Study the functions and make sure you know how to operate the machine 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 the first time due to the Vibration Oscillation of the machine ,it will not happen 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 for exercising only. Other uses are prohibited.

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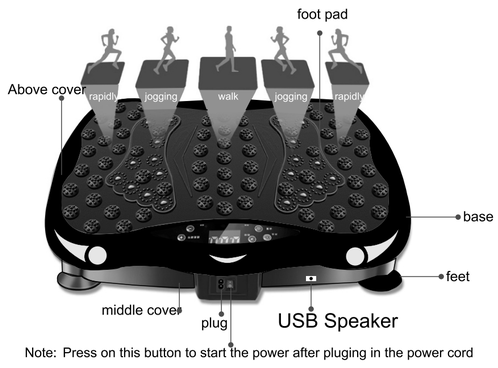
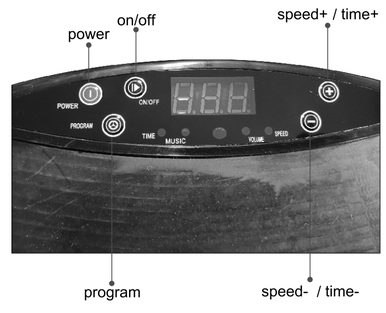
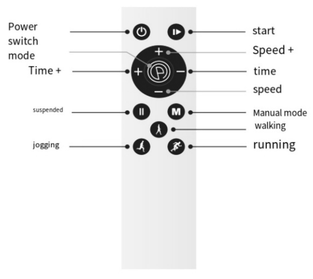


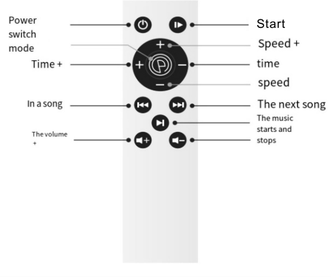
Note: Press on this button to start the power after pluging in the power cord



Remote control (1)

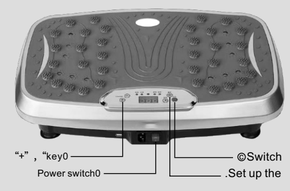


Remote control (2)



Note: Remote control 1 only for the machine without music, remote control 2 only for the machine with music configuration. When using the remote control, please note that the signal receiving range of the remote control is within 1.5 meters. When operating the remote control, use it at the display screen

Instructions for



1 Connect the power plug of the product to the power supply and turn on the power switch of the product.

2 Press the" on /off " button on the control panel to start the machine. If it is in working state and you want to stop using it, press the "on/off" button as well.

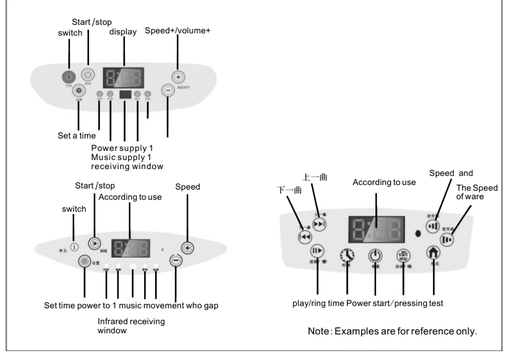
3 Press "Set" :
Music: can be time , volume, vibration speed switch
ordinary: can be time, vibration speed switch

4 Press the+and-keys
A.Time mode:adjustable tiem addition/subtraction:(10 minutes by default),the maximum setting time is 20 minutes.Vibration mode:adjustable vibration speed(1～120levels)
(-Volume mode:The volume can be adjusted up or down lonly for music configurationgs)

5 After use, press the "switch"button on the control panel, the machine will stop working, turn off the power switch and unplug the power plug

The technical specification
Voltage: 110v to 220v/50hz
Power: 200w
The most: 150kg
Product weight: 6kg(weight to customer purchase model for reference) speed R fan E: 0-120 grades

Panel graphic



Note : Examples are for reference only.

Exercise Posture Reference I

1.Standing stance:
Stand on the pad, feet shoulder width apart.

2. Squatting stance:
Stand on the pad, feet shoulder width apart, while squatting

3.Upper body workout:
Place your hands shoulder width apart on the pad, while on your knees.

4.Lower legwork out:
Rest your lower legs on the pad with your hands braced on the ground behind you for support.

5.Arm workout:
With your feet shoulder width apart, bend at the waist and stretch your arms straight to rest on the pad.

6.Single-foot stance:
Put one foot on the pedal and stand relaxed and straight.

7.Sitting stance I:
Sit securely on the pad with your legs crossed.

8.Sitting stance II:
Put your legs on the pedal while sitting on a stool.

Exercise Posture Reference II

1.Push-up
Starting position:
Put your legs on the vibration plate, the legs are bent, hands behind your head.
Exercise:
Get up with your upper body, but not completely and lower it again.

2.Sit-ups
Starting position:
Put your legs on the vibration plate, the legs are bent, hands behind your head.
Exercise:
Get up with your upper body, but not completely and lower it again.

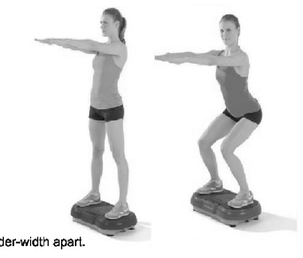
3.Triceps Dip
Starting position:
Turn away from the device, put your hands firmly on the plate and support yourself on it.
Exercise:
Push your body up. Bend the elbows slightly, lower the upper body. Ensure the shoulder blades are pushed together. Alternatively you can also extend the legs.

4.Bridge on one leg
Starting position:
Lie on your back on a mat in front of the device with your feet stepping on the plate
Exercise:
During the vibration one leg is lifted up and extended, switch the leg every 3-5 seconds, during the exercise ensure that the pelvis doesn't fall to one side.

5.Lunge with bands
Starting position:
Put your foot in the middle of the device. Extend the other leg backwards. Hold one band firmly.
Exercise:
Keep your back straight and push the foot firmly on the plate, flex the leg muscles. Bend your forearm and pull the band alternately firmly upwards and back.

6.Biceps Curls
Starting position:
Get on the device.Hold both bands firmly.
Exercise:
Keep the back and the wrists straight. Bend the underarm and pull the bands firmly upwards.

7.Lunge
Starting position:
Put your foot in the middle of the device. Extend the other leg backwards.
Exercise:
Keep the back straight and push the leg firmly on lunge. Flex your leg muscles and cross your arms in front of your body.



8.Squat
Starting position:
Get on the device, the feet shoulder-width apart.
Exercise:
Keep the back straight, the knees and the upper body slightly bent forward, the leg muscles slightly flexed. Alternatively move up and down.

Product Features

● Variants of Speed Range and Strong body shape Massage Vibration. With built-in USB 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. Design with big LCD display, ensure clear reading and easy adjustment.

● Comes with Arm cords, Remote control , Resistance Bands and Instruction manual.

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 turning it on again.

■ Be sure not to use benzene, thinner, ethyl alcohol, gasoline etc. which can result in hazardous 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

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 the machine is not exposed to sunlight. Ensure that the storage and transportation environments meet the requirements

③ Check whether safety risks exist on a regular basis.

Troubleshooting

	Symptom	Possible cause	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 control does not work	No battery / battery empty	Replace battery
		Too far from the machine	Valid range is 2.5 meter
4	Machine stops while in use	Machine is overheated	Start again after 10 minutes
5	Does not work as intended	Received too many commands	Turn off power and restart

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

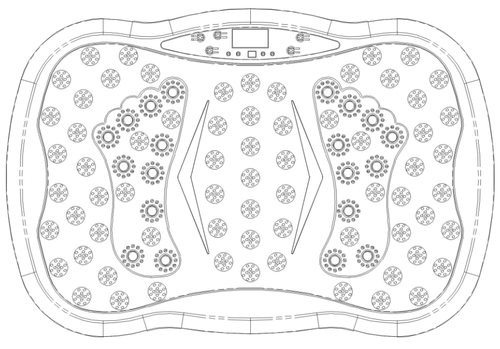
Storage and Transportation

① Transportation

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

② 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



No	Name	Quantity	Unit	Remarks
1	Fitness vibration platform machine	1	pcs	
2	Resistance Bands	2	pcs	
3	Power Cord	1	pcs	
4	User manual	1	pcs	

Note:the company model，specifications for general specifications，to buy the actual prevail.

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.
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction