SAA CE ROHS

Vibration Plate
VP01

User Manual

Mini Whole Body Shape Fitness
Vibration Platform
with Built-in USB Speaker

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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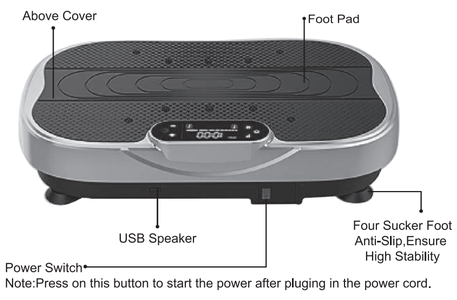
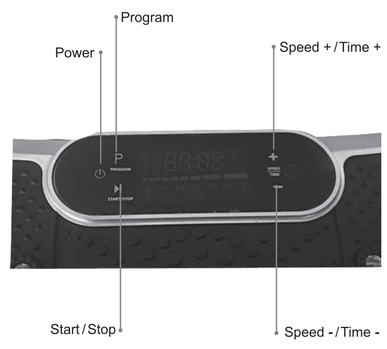
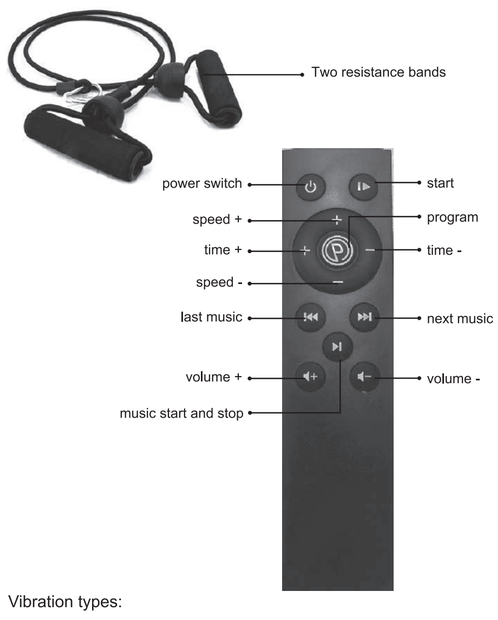
Produuct Struture Overview





Remote control



Vibration types:

- Left-right Oscillation :Amplitude:0-10mm, Frequency: 50/60Hz.

Operating Instruction

- **Power switch:** Press the power switch to start or stop the product
- **START:** Press the start button to start the device
- **Automatic programs:** 5 Automatic programs can be selected

P1,P2,P3,P4,P5:

How to use this program: press power switch button:

For safety reason pressing P will only work under machine STANDBY condition. Press STOP button to STANDBY machine before pressing P to cycle though various modes.

Press button "P" , the machine enter into auto-mode(From P1-P5).Select from P1-P5, Press START to begin work out.

Please note: Choose an auto-program and press the start button, the machine will start the chosen program. You cannot adjust the time and speed when you start an auto-program.

- **Speed+ button:** Press this buttons to increase the speed as desired. This button can be used when you use a manual program, before you press the "start" button (not available with an automatic program).Speed range from 1-120 level.
- **Speed- button:** Press this buttons to decrease the speed. This button can be used when you are using a manual program (not available for automatic programs). Speed range from 1-120 level.
- **Time+ button & Time- button:** Press Time+ button/Time- button to increase/decrease the time. These two button can be used when you use a manual program (not available for automatic programs)
- When you use USB speaker

Last music & Next music button: You can choose the music you like

Volume+&Volume- button: Press these two buttons can adjust the volume of music

Music start&stop: Press on this button, you can start or stop music.

Please note the valid receiving range of the remote control is 2.5 meter; the nfrared light on the remote control must align with the infrared receiver window on machine.

Technical Specification

Rated voltage:110V-220V 50/60HZ
Power : 200W
Max Loading: 150kg
Product weight: 9kg/19.84 lbs

Speed range: 1 to 120 levels
Amplitude: 0-10 mm

AUTO PROGRAM SPEED SHEET
TIME FROM 10 MIN TO 1 MIN

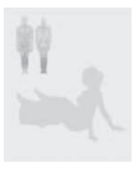
	S1	S2	S3	S4
P1	10	40	50	60
P2	15	35	30	40
P3	20	60	80	100
P4	25	65	80	105
P5	30	60	90	120

Whole body Exercise 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.

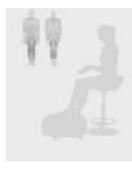


4.Lower legwork out:
Rest your lower legs on the pad with your hands braced on the ground behind you for support.

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.

Whole body Exercise 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.

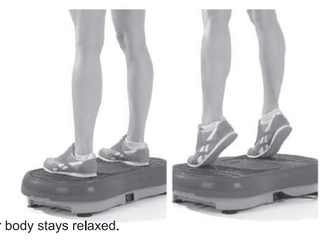
4.Bridge on one leg
Starting position:
Lie on your back on a mat in front of the device with your feet stepping on the plate
Exercise:
During the vibration one leg is lifted up and extended, switch the leg every 3-5 seconds, during the exercise ensure that the pelvis doesn't fall to one side.

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.



9.Calf raise
Starting position:
Get on the plate. The upper body stays relaxed.
Exercise:
Lift both heels slowly, simultaneously until you're standing on the balls of the feet. Hold the position for a short time.The exercise can also be done on one leg, to make it more strenuous.

Perfect for whole body exercise and enhance your health through this new and exciting way.

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

Package List

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

Warranty

WARRANTY for 1 year. This product is warranted to be free of defects in materials or workmanship for one year. This warranty does not include damage resulting from accident to misuse.

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.

FCC Radiation Exposure statement

The device has been evaluatec to meel general RF exposure requirement. The device can be used in portable exposure condition without restriction.