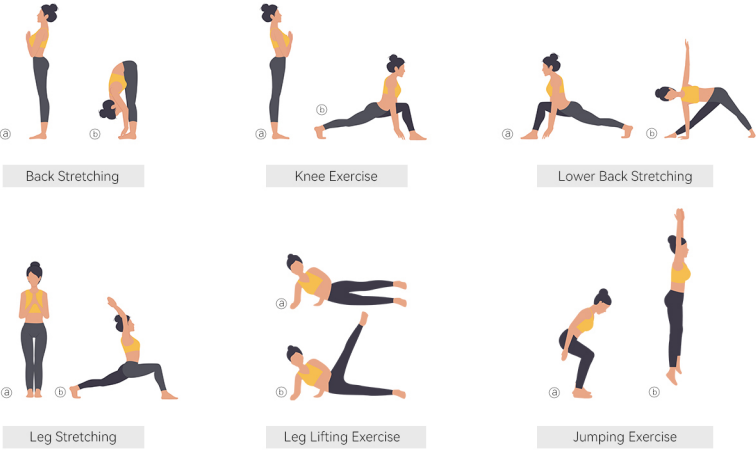


Thank you for choosing our product. Please read this manual carefully before use to understand the correct usage and give full play to its excellent performance. We believe it will bring convenience and comfort to your life and family. Please retain this manual for future reference. If you encounter any issues during use, contact our customer service or our company for assistance. We are committed to serving you.

01 / Precautions Before Use

1. Warm-up exercises should be done before use. Use according to your physical abilities and condition. Avoid excessive use.
2. Place the product on a flat, stable surface. Do not share the power socket with other electrical devices; ensure proper grounding.
3. Before each use, inspect the product. Ensure all components are securely tightened. Replace worn parts promptly before use. Avoid wearing loose clothing to prevent entanglement or hazards.
4. Keep hands and feet away from moving parts or belts to prevent injuries.
5. Keep unsupervised children and pets away from the equipment. This product is not intended for children under six years old.
6. Only for personal use at home, not for commercial or community purposes.
7. Stop immediately and consult a doctor if you experience headaches, dizziness, irregular heart rate, or chest discomfort during use.
8. The maximum safe weight limit for this machine is 330lb.
9. Maintain a safe distance of one meter during use.



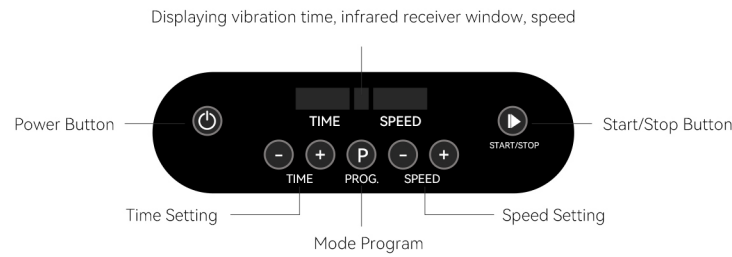
02 / Basic Information and Product Components

Product Name :	Vibration massage
Product Size :	53.5*32*12cm/21*12.6*4.7in
Net Weight :	6.5kg/14.3lb
Materials :	Steel pipe, PP, PVC
Category :	H



Product Component Information		
Serial Number	Component Name	Quantity
1	Main Unit	1
2	Remote Control	1
3	Battery	2
4	Power Cord	1
5	Manual	1

03 / Using the Product Panel Buttons



Time Adjustment	Default working time is 15 minutes. In standby mode, the "Time" button can adjust the working time duration.
Speed Adjustment	During operation, use this button to control the motor's speed, with 1-99 levels.
Mode Button	In standby mode, select P1P2P3P4P5P6P7P8P9 exercise modes.

The "Time" and "Mode" buttons cannot be switched during operation. Press "Stop" first before making changes.

Start/Pause Button: Press this button to pause/start the machine.



Individuals with disabilities or exercise limitations should consult a physician and fitness trainer before exercising. Carefully read this manual before using the product. Our company is not liable for improper use, personal injuries, or product damage.

03 / Using the Product Panel Buttons

Power Button	Plug in the power cord, then press this button to start the machine. Press to stop during operation.
Time Button	Default working time is 15 minutes. In standby mode, adjust the time duration (1-20 minutes).
Speed Button	During operation, control the motor's speed with this button, with 1-99 levels.
Mode Button	In standby mode, choose Auto Mode or Manual Mode.
Auto Mode	Select P0-P9 modes. Press "Start" to begin.
anual Mode	Set the time to 20 minutes, then press "Start." Adjust vibration levels (1-200) with the "Speed +/-" buttons.Press "Stop" first before making changes.
Start/Stop Button	Press to switch between start/pause (shown in red).

04 / Remote Control Functions and Use

		Power switch: Plug in the power, turn on the power of the machine and press this button to start the machine
		Press this key during work and the machine will stop working
		Speed acceleration/deduction (up and down buttons): When the machine is working, press this button to control How fast the motor rotates, and the up/down gears are 1-99 ; Automatic mode (center button): The default state is remote control mode, press this buttonEnter automatic mode; Time addition and subtraction (left and right buttons): The default working time is 15 minutes, press this button Make addition and subtraction adjustments; Start/Stop: Press this button to pause/start the machine
		Stop/quick speed (automatic cycle of gears);
		Low-end / mid-range / high-end



Note: The effective range for remote control signal reception is 1.5 meters. Align the infrared emitter with the receiver window.

05 / Product Maintenance and Care

- Before cleaning, ensure the power switch is off and the plug is disconnected.
- Clean foot pads and outer shell with a damp cloth and mild detergent, then wipe dry.

Note:

- Avoid using corrosive or volatile cleaners, which may damage the product.
- Only use a dry cloth to clean the remote control.
- After cleaning, protect the product from high temperatures and moisture. Use a dust cover when not in use to prevent dust accumulation.

06 / Common Product Issues and Solutions

Some issues can be resolved as follows.
For ongoing issues, please get in touch with customer service.

Issue Description	Cause Analysis	Solution
Unable to start	Loose power plug	Tighten the power plug
	Unopened power switch	Turn on the power switch, and the indicator light is on
	Blown fuse due to excessive current	Replace the fuse with the same model
The machine makes abnormal noises during the operation	Normal operational sounds	No processing required
Remote control unresponsive	The remote control battery is exhausted	Replacement battery
	Distance from remote control	Infrared sensing effective range 1.5 meters
The machine stops during use	Elapsed default working time	Please turn it on again after 10 minutes.
Operational difficulties	Frequent command execution	Power off and restart



Vibration massage
INSTRUCTIONS

User Manual

Please read this user manual carefully before using it and keep it for future reference.

Warning:

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