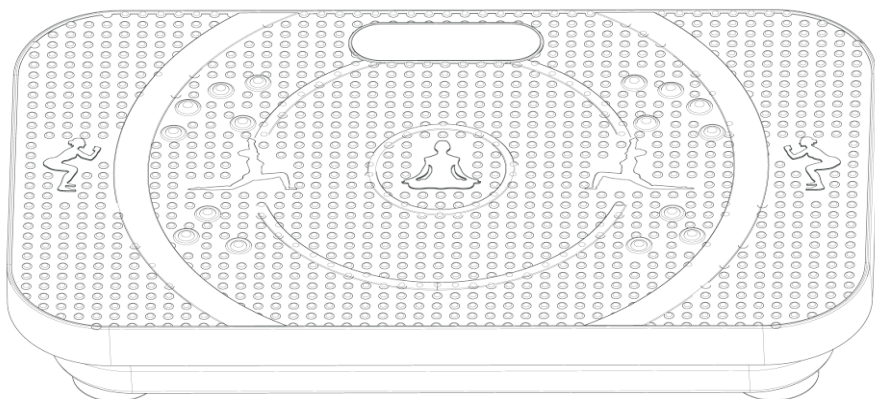


Vibration Plate



HELLO THERE

In the journey of pursuing health and vitality, we are committed to providing excellent sports experience.

Our goal is to enable everyone to enjoy the benefits of exercise, regardless of their starting point.

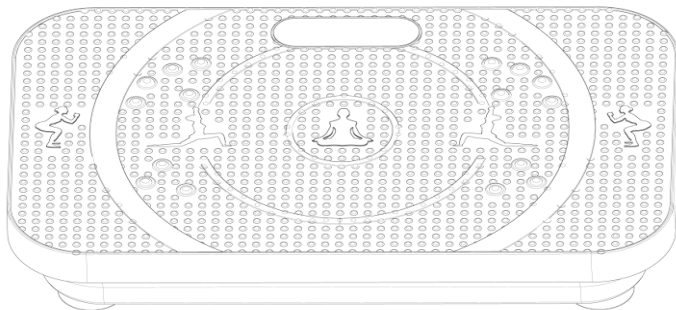
With its innovative design and efficient performance, it aims to inspire your inner potential and let you find the joy of exercise in your busy life.

We promise to be user-centric, constantly explore and innovate, and provide the most solid support for your health journey.

CONTENTS

WHAT'S IN THE BOX	1
QUICK START-UP GUIDE	2
OPERATING INSTRUCTIONS	3/4
PRESET PROGRAM MODES	5/6
CONNECT TO BLUETOOTH	6
MANUAL MODE	7
QUICK EXERCISE GUIDE	8
SAFETY INFORMATION	9
WARNING	10
TROUBLESHOOTING	11
TECHNICAL SPECIFICATIONS	11

WHAT'S IN THE BOX



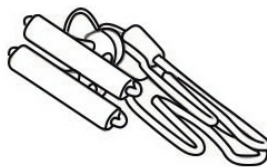
Vibration Plate



Power Cord



Remote Control



Loop Band x 2

QUICK START-UP GUIDE

Get started in four easy steps:

1 Connect to Power

Insert the power cord firmly into the power port on the front of the machine, then plug it into a standard AC outlet. Flip the breaker switch on the front of the machine to the ON position.

2 Turn on Power

Tap the power switch on the display panel, or press the power button on the remote control to turn on the machine.

3 Choose the Mode

Select a preset program (P1–P10) with preconfigured time and speed levels, or use Manual Mode to set your own time and speed.

4 Start the Workout

Step onto the vibration plate and begin your workout.
Enjoy your journey toward a healthier lifestyle!

For detailed instructions, see "OPERATING INSTRUCTIONS", "PRESET PROGRAM MODES" AND "MANUAL MODE" for more information on mode settings.

OPERATING INSTRUCTIONS

USING THE DISPLAY PANEL



1. On / Off Button

Tap the button to power the machine on or off.

2. **P Preset Mode Button**

Tap the P button to cycle through the preset programs from P1 to P10 and select your desired program.

To switch to Manual Mode, continue tapping the P button after P10 until the program indicator disappears.

3. Start / Stop Button

Tap the Start/Stop button to begin vibration after selecting your desired preset program or Manual Mode. Tap again to stop the current operation.

4. **+ / - Button (Speed/Time)**

First, set the workout time using the + / - buttons. Then tap the  Start button to begin a custom workout in Manual Mode, with the vibration speed starting at Level 1.

When the plate starts vibrating, tap the + / - buttons to adjust the vibration speed, up to a maximum of Level 200.

Note: Speed adjustment is available only in Manual Mode and not in preset programs, and is only adjustable when it begins vibrating.

5. **Mode / Time Display Panel**

The display alternates between showing the remaining time, the current mode, and the vibration speed (Preset Programs P1–P10 or Manual Mode).

OPERATING INSTRUCTIONS

USING THE REMOTE CONTROL

1. On / Off Button

Press the Power button. The display will show "----", indicating that the machine has entered standby mode.

2. **P** Preset Mode Button

Press the Preset Mode button cycle through to select one of the preset programs (**P1–P10**).

3. Start / Stop Button

When you stop on a desired preset program, or you choose to use a manual mode, press the Start/Pause button to start, or pause a workout either under a preset program or manual mode.

4. **Vibrating Time**

After powering on, the default workout time is **15 minutes**. Press either button to increase or decrease the workout duration before. The maximum workout time is **20 minutes**.

*Note: Vibrating Time adjustment is **only available in Manual Mode** and only **before** the plate starts vibrating.*

5. **Hi / Low (Speed Adjustment)**

Press the Start button to begin a custom workout in Manual Mode. The vibration will start at **Level 1**. Then press the **Hi** or **Low** buttons to adjust the vibration speed, with up to **200 levels** available.

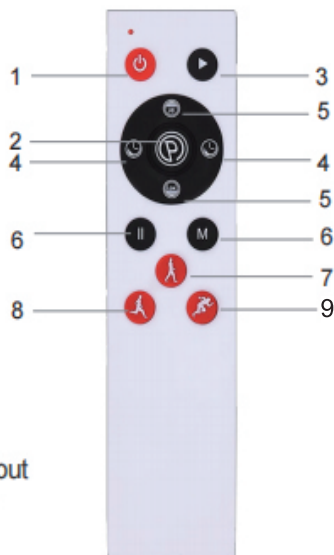
*Note: Speed adjustment is **available only in Manual Mode** and not in preset programs, and is only adjustable **after** it starts vibrating.*

6. **Auto Levels Turn(60-90-140-180)**

7. **Walking(90 levels)**

8. **Jogging(140 levels)**

9. **Running(180 levels)**



PRESET PROGRAM MODES

SPEED FOR EACH PROGRAM

You have four preset programs to choose from, each lasting 15 minutes. The speed level changes every minute, as shown in the graphs below. Typically, from P1 to P10, the vibration intensity progressively increases.

Automatic gear upgrade P1-P10

P1=60 seconds 4 speed, 60 seconds 8 speed, 60 seconds 12 speed, 60 seconds 17 speed, 60 seconds 20 speed (this cycle is 10 minutes)

P2=60 seconds 8 speed, 60 seconds 12 speed, 60 seconds 16 speed, 60 seconds 25 speed,

60 seconds 40 speed (this cycle is 10 minutes)

P3=60 seconds 10 speed, 60 seconds 15 speed, 60 seconds 20 speed, 60 seconds 25 speed, 60 seconds 50 speed (this cycle is 10 minutes)

P4=60 seconds 20 speed, 60 seconds 35 speed, 60 seconds 60 speed, 60 seconds 80 speed, 60 seconds 90 speed (this cycle is 10 minutes)

P5=60 seconds 30 speed, 60 seconds 45 speed, 60 seconds 60 speed, 60 seconds 76 speed, 60 seconds 90 speed (this cycle is 10 minutes)

P6=60 seconds 70 speed, 60 seconds 100 speed, 60 seconds 70 speed, 60 seconds 100 speed,

60 seconds 60 speed (this cycle is 10 minutes)

P7=60 seconds 55 speed, 60 seconds 40 speed, 60 seconds 65 speed, 60 seconds 75 speed, 60 seconds 40 speed (this cycle is 10 minutes)

P8=60 seconds 60 speed, 60 seconds 70 speed, 60 seconds 80 speed, 60 seconds 90 speed, 60 seconds 100 speed (this cycle is 10 minutes)

P9=60 80 seconds, 100 seconds, 120 seconds, 140 seconds, 160 seconds (this cycle lasts

for 10 minutes)

P10=180 seconds, 100 seconds, 160 seconds, 80 seconds, 180 seconds (this cycle lasts for 10 minutes)

PRESET PROGRAM MODES

BENEFITS

Low Setting (P1-P3)	Medium Settings (P4-P6)	High Setting (P7-P10)
Great for starting out · Detoxification · Increase bone density · Improve balance · Lymphatic drainage · Improve postural control	Perfect for people with arthritis and fibromyalgia · Joint maintenance · Improve postural control · Fat loss · Increase bone density · Improve balance · Cellulite removal	Great for increased intensity · Muscle growth · Highly increase bone density · Power accumulation · HGH release

CONNECT TO BLUETOOTH

This vibration plate also functions as a Bluetooth speaker, allowing you to listen to music during your workout. Each time the machine is powered on, you will hear a voice prompt indicating that Bluetooth mode is active.

To connect:

1. Turn on Bluetooth on your smartphone or other compatible device.
2. Search for available devices and select "Bluetooth" from the device list.
3. Once connected, you can play music through the vibration plate's built-in speaker.

MANUAL MODE

In Manual Mode, vibration speed levels are divided into the following ranges:

Low Range:

Levels 1–60

Medium Range:

Levels 60–120

High Range:

Levels 120–200

Creating a Custom Workout in Manual Mode

1. Tap the Power button to turn the system ON. The display will show “----”, indicating that the unit has entered standby mode.
2. Use the Time + / – buttons to set your desired workout duration.
3. Tap the Start button to begin the manual workout. The vibration will automatically start at Speed Level 1.
4. Use the Speed + / – buttons to adjust the vibration speed as desired.

Note: Speed adjustments can only be made after the unit has started vibrating.

For Best Results: Alternate Between Programs

To keep your body challenged, we recommend alternating between different programs. The body naturally adapts to repeated routines, so varying your workouts helps promote continued progress.

Each speed level offers unique benefits. Start at a lower level and gradually work your way up as your comfort and fitness level improve.

QUICK EXERCISE GUIDE

HOW TO BEGIN

It is recommended to start slowly and gently when using the Vibration Plate, as your body may need time to adjust to the sensation and movement of vibration training.

RECOMMENDED POSTURES

1. Standing Position (Upright)

Stand upright on the unit with your feet shoulder-width apart. This posture helps engage your waist and glute muscles, supports overall stability, and promotes proper posture.



2. Standing Position (Knees Slightly Bent)

Stand on the unit with your feet apart and knees slightly bent. This position helps activate the thigh muscles, may relieve muscle tension, and supports healthy blood circulation.



3. Seated Position (Chair or Sofa)

Sit on a chair or sofa and place your feet on the vibration plate. This posture helps engage the thighs and calves while providing a more relaxed experience.



4. Seated Position (Floor)

Sit on the floor with your legs placed on the vibration plate. This position helps stimulate and engage the leg muscles.



5. Kneeling Position (Upper Body)

Kneel on a carpet or mat and place your hands on the vibration plate, leaning your body slightly forward. This posture helps engage the arms and shoulder joints.



SAFETY INFORMATION

Please keep this manual in a safe place for future reference.

WARNING: To reduce the risk of burns, fire, electric shock, or personal injury, please read and follow all important safety instructions and precautions before operating this product.

USER RESPONSIBILITIES

1. It is the responsibility of the owner to ensure that all users of the vibration plate are properly informed of all warnings and safety precautions.
2. Use the vibration plate **only** as described in this manual.
3. Place the unit on a **level surface** with at least **8 feet (2.4 m)** of clear space behind it. Do not place the unit on any surface that may block air openings. To protect floors or carpets, place a mat under the unit.
4. Keep the unit **indoors**, away from moisture and dust. Do not use or store it in a garage, covered patio, or near water.

IMPORTANT SAFETY PRECAUTIONS

5. Do not operate the unit in areas where aerosol (spray) products are used or where oxygen is being administered.
6. Keep children under the age of **12** and pets away from the vibration plate at all times.
7. Never allow more than **one person** to use the unit at the same time.
8. Keep the power cord and any surge suppressor away from all heat sources.
9. Never leave the unit unattended while it is operating. Always unplug the power cord when the unit is not in use.

WARNING

The following individuals are not advised to use this product. It is strongly recommended to consult a physician before use if any of the following conditions apply:

- Individuals currently undergoing medical treatment or feeling unwell
- Individuals with **malignant tumors**
- **Pregnant women** or women during their menstrual period
- Individuals with **heart disease**
- Individuals with **osteoporosis**
- Individuals with a **pacemaker** or other implanted electronic medical devices
- Individuals with **artificial limbs**
- Individuals who are sensitive to vibration or strenuous exercise

Always consult a medical professional before beginning any new exercise program.

Important Safety Instructions

- Get into position before powering on the vibration plate.
- Always wear appropriate clothing and athletic shoes when using the vibration plate.
- The vibration plate is intended for in-home use only. Do not use it in commercial, rental, or institutional settings.

MAINTENANCE

DANGER: Always unplug the power cord immediately after use, before cleaning the unit, and before performing any maintenance or adjustment procedures described in this manual.

- Inspect and tighten all external screws periodically. (Do not remove the motor hood.)
- Never remove the motor hood unless instructed by an authorized service representative.
- Servicing other than the procedures described in this manual must be performed by an **authorized service representative only**.
- Never insert or drop any object into any opening of the unit.

TROUBLESHOOTING

No.	Problem	Possible Cause	Solution
1	The product will not turn on	The power plug is not properly inserted	Ensure the plug is fully inserted into the power outlet
		The power switch is turned off	Turn the power switch on; the indicator light should illuminate
		The fuse is blown	Replace the fuse with a new one of the same type and rating
2	A sound such as "phew" or "da-da" is heard during operation	Normal motor operation or friction between mechanical components	This is normal; no action is required
3	The product does not respond when operating the controller	The controller batteries are depleted	Replace the batteries with new ones
		The controller is too far from the product	Ensure the controller is within the effective infrared range (within 2.5 meters)
4	Sudden shutdown during operation	The default operating time has expired	Restart the device after a 10-minute cooling interval
5	The device is not working properly	Too many commands were sent in a short time, causing delayed response	Turn the power off and restart the device

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

