

Instruction Manual

Vibration Plate Exercise Machine



**Please read this instruction carefully
before using the product, and keep it properly.**

Contents

Operating Environment	01
Individuals for Whom This Product Is Not Suitable	01
Operating Guidelines and Contraindications	02
Important Notes	02
Instructions for Power Plug and Power Cord	02
Remote Control Operation Instructions	02
Product Description	03
Panel Function Keys	03
Bluetooth Description	05
How to use the vibration plate	05
Vibration Amplitude of Different Areas on the Panel	06
Whole body Exercise Reference	07
Product Specification	09
After-sales Service	10
Disclaimer	10
FCC statement	11

Operating Environment

1. To prevent electric shock or product malfunction, do not operate this product in damp or dusty environments.
2. Do not use this product if the ambient temperature exceeds 40°C.
3. Do not position or install this product outdoors or in direct sunlight.
4. Place this product on a stable, level surface.

Individuals for Whom This Product Is Not Suitable

If you fall into any of the following categories, consult a physician before using this product:

1. Individuals currently undergoing medical treatment or experiencing physical discomfort.
2. Patients with malignant tumors.
3. Pregnant women or women who are menstruating.
4. Patients with heart disease or osteoporosis.
5. Individuals experiencing discomfort (e.g. , fever, dizziness, or skin allergies).
6. Individuals with implanted electronic devices (such as pacemakers).
7. Children under 10 years old or adults over 60 years old.
8. Individuals with prosthetic limbs or mobility impairments.
9. Those who experience discomfort from vibration or vigorous exercise.
10. Before use, remove watches, bracelets, mobile phones, keys, knives, and other sharp objects to prevent damage to items or bodily injury.
11. Do not smoke while using this product.
12. Do not use this product in conjunction with other medical devices.
13. Do not use this product for medical purposes.
14. Do not use within one hour after meals or while under the influence of alcohol.
15. Keep children and pets away during use. Never insert fingers or foreign objects into the gap between the middle cover and the base.
16. For single-user only. Do not use with two or more people simultaneously.

The power socket used must be properly grounded and should not be shared with other electrical equipment.

If you need to replace the power cable, ensure it has a grounding function.

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire,electric shock, or injury to persons
- Close supervision is necessary when this appliance is used by, on, or near children,invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly,if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair
- Do not carry this appliance by supply cord or use cord as a handle
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening
- Do not use outdoors
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered
- To disconnect, turn all controls to the off position, then remove plug from outlet.

SAVE THESE INSTRUCTIONS

FCC statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. (Part 15 Section 15.21)

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. (Part 15 Section 15.19)

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.

Operating Guidelines and Contraindications

Immediately stop using the product, turn off the power, and unplug the power cord if any of the following occurs:

1. The product or remote control comes into accidental contact with water (or other liquids).
2. Components or accessories are damaged, or unusual noises are emitted from inside the product.
3. You experience physical discomfort or localized pain during use.
4. A sudden power outage occurs.

Important Notes

1. It is recommended that the duration of a single use in high-speed vibration mode should not exceed 20 minutes. Prolonged use may cause physical discomfort. Should any discomfort occur, discontinue use immediately.
2. Managing Expectations: This vibrator primarily serves as an assistive tool. Its use should be combined with dietary control and regular exercise.
3. Risk Notice: High-frequency vibration may pose risks such as visceral displacement or spinal injury. Strictly adhere to all operating instructions.

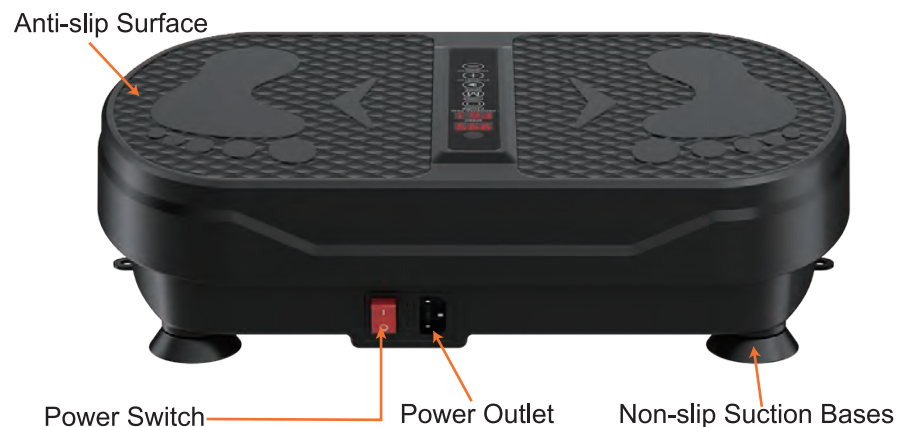
Instructions for Power Plug and Power Cord

1. Before use, ensure that the voltage matches the product specifications.
2. When plugging in or unplugging the power cord, do not touch the power outlet with wet hands to prevent electric shock.
3. When unplugging from the outlet, always grip the plug firmly. Do not pull, bend, or twist the power cord itself.
4. During a power outage or when the product will not be used for an extended period, turn off the power switch and unplug the power cord.
5. If the power cord is damaged, immediately stop using the product, turn off the power switch, unplug the power cord, and contact qualified personnel for repair.

Remote Control Operation Instructions

Note: The remote control has an effective operating range of 2.5 meters. During operation, ensure that the remote's infrared transmitter indicator is directly facing the product's infrared receiver window.

Product Description



Panel Function Keys

POWER:
Press to turn the device on or off.

MODE:
Press the "MODE" button to cycle through the modes. H-R is Manual mode, P01-P10 are Auto modes (Auto-mode defaults to 10 minutes, time cannot be adjusted).



START/STOP:
Press to initiate or pause operation.

TIME/SPEED:
Before starting the machine, set "TIME+/" (default 10 minutes, adjustable from 1 to 30 minutes). Once the machine is running, the exercise duration cannot be adjusted. After starting the machine, press "SPEED+/" to adjust the operating speed (adjustable from 1 to 999 levels). Time and speed cannot be adjusted in P01-P10 modes.

After-sales Service

Warranty Terms:

1. Limited Warranty Period
 - This product is covered by a 1-year limited warranty from the date of purchase.
 - Exclusions: Accessories and consumable parts are not included.
2. Warranty service applies only under normal usage conditions, as defined in the user manual.
3. The warranty does not cover:
 - Physical damage caused by accidents, misuse, or improper handling
 - Unauthorized disassembly or modifications
 - Damage due to non-compliance with operating instructions

Note: Proof of purchase (Order number) is required for warranty claims.

Disclaimer

The information contained in this document is subject to change without notice. The manufacturer makes no representations or warranties, express or implied, regarding the accuracy, completeness, or fitness for any purpose of the contents of this document, and hereby disclaims all implied warranties, including but not limited to implied warranties that the product is of acceptable quality and fit for its ordinary purpose or for any particular purpose. The manufacturer reserves the right to revise this document at any time and to make changes to its contents as needed. The manufacturer shall have no obligation to notify any party of such revisions or changes.

This product specification manual describes the composition, functions, and characteristics of the product to the best of the manufacturer's current knowledge and information. While the manufacturer has taken reasonable efforts to ensure the accuracy of this manual, it assumes no responsibility for any inaccuracies, omissions, or for any direct, indirect, or consequential losses arising therefrom. Users should exercise their own judgment in conjunction with the most up-to-date technical documentation and the actual condition of the product.

Product Specification

Product Name:	Vibration Plate Exercise Machine
Model:	S7
Rated Voltage and Frequency:	110V
Rated power:	150W
Rated operation time:	10 minutes
Swing amplitude:	3mm
Material:	ABS+PP



-  **Power:** Press to turn the screen on or off.
-  **Start/Stop:** Press to initiate or pause operation.
-  **Mode Selection:**
 - Auto Mode Selection: Press to select P01–P10. The time is fixed at 10 minutes.
 - Manual Mode
-  **Speed Selection:** 1-999 levels (For Manual Mode only)
-  **Timer:** 1-30 minute (For Manual Mode only)
-  **Previous:** press to play back previous track when streaming music.
-  **Next:** press to play next track when streaming music.
-  **Play/Pause:** press to play or pause music.
-  **Volume +:** press to raise the volume when streaming music.
-  **Volume -:** press to lower the volume when streaming music.

- The operating distance of the remote control must not exceed 2.5 meters. And the remote control should be aimed at the receiver on the display.
- When you are not using the remote control, please remove the battery.
- Please keep the child away from the remote control

Bluetooth Description

How to connect to the Bluetooth:

1. Enable Bluetooth pairing mode on your device.
2. Locate and select **"Vibration"**, then pair it with your device.
3. Once connected, you can control playback (play/pause, skip tracks, adjust volume) directly from your device, and the audio will play through the product's speakers.

How to disconnect from Bluetooth:

Case 1: Your own device has connected to the Bluetooth of the vibration plate.

Find "Vibration" on the device and disconnect the connection.

Case 2: Other people's device has connected to the Bluetooth of the vibration plate.

First, ask the other person to disconnect the Bluetooth connection from their device.

Second, connect your own device to the Bluetooth and disconnect the connection.

Note: When the vibration plate is turned back on, its Bluetooth will default to connecting to the device that was connected before the vibration plate was last turned off.

How to use the vibration plate

Step 1: Power On

- Press the main switch (located on the side of the device).

Step 2: Activate Device

- Press the Power button to turn on the control panel.

Step 3:

Automatic Mode:

1. Press the M(MODE) key to select P01-P10 mode, then click the Start/Stop Control button to start using it.
2. The time for automatic modes P01-P10 is fixed at 10 minutes with preset speeds.
3. After starting, if you want to switch the mode, you need to press the START/STOP and then make a new selection.

Manual Mode:

1. Press the TIME/SPEED button to select 1-30 minutes, then click the START/STOP button to start using it.
2. After starting, use the TIME/SPEED button to select 1-999 levels.
3. If no time is selected before starting the machine/when switching from automatic mode to manual mode, it defaults to 10 minutes.

Standing Alternating Rope Pull Posture

Stand on the vibration plate with feet apart, holding a rope handle in each hand. Alternately lift one arm to pull the rope upward, this action works the unilateral arm and shoulder muscles, while also enhancing body balance.



Malfunction Phenomenon	Potential Causes	Resolution
Machine fails to power on	Main power switch not activated	Turn on the main switch
	Poor contact between plug and power socket	Ensure secure plug connection to outlet
Remote control unresponsive	Dead/improperly installed batteries	Replace/realign batteries (2xAAA)
	Exceeding operational range	Operate within 2.5m (8ft) range
Abnormal mechanical noises ("whooshing"/"clicking")	Normal operation sounds from drive mechanism	No action required - operational characteristic
Indicator light remains on after shutdown	Residual capacitor discharge in control system	Self-resolves within 30 seconds - normal behavior
Phantom power indication (no external power)	Induction current from manual platform movement	Expected physical phenomenon - safe to ignore
Power cord damage/burning odor/smoke	Electrical fault - immediate hazard	EMERGENCY PROTOCOL: 1. Disconnect power immediately 2. Contact authorized service center
The device will still vibrate slightly after being paused	Residual capacitor discharge in the motor	No action required - operational characteristic

Whole body Exercise Reference

Standing Posture	Squat Posture
Stand on machine with feet shoulder-width apart, arms hanging naturally at your sides or hands on hips. This stance activates muscles throughout the body and is ideal for beginners to adapt to the vibration rhythm. 	Begin this exercise by standing with your legs about as far apart as your shoulders. Lower your self into a squatting position. This is great for thigh workout. 
Press-Up Posture	Sitting Posture
Stretch your legs backward, place your hands on the vibration plate, and do a plank position. This posture mainly exercises the arms and shoulder back muscles. 	Sit on a chair, lightly place your feet on the vibration plate exercise machine, and relax. This is a great way to improve leg circulation. 
Lower Legs Posture	
Lean back, placing the lower legs on the vibration plate, and support yourself with both hands on the ground behind you. This position primarily works the leg muscles. 	

Vibration Amplitude of Different Areas on the Panel



Vibration Plate Weight: 5.93kg

The vibration amplitude is the smallest in the middle of the vibration plate, and it gradually intensifies toward the outer edges.

10 MINUTES ON THE VIBRATION PLATE EQUALS

1H Biking	1H Jogging	1H Yoga
30Min Swimming	100 Crunches	100 Push-ups