

VIBRATION PLATE



USER MANUAL

Read all instructions before use and keep this manual for future reference

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1. INTRODUCTION

Thank you for purchasing VIBRATION PLATE.
the compact-sized fitness vibration plate. Please read the User Manual carefully to
ensure safe and proper use of this machine.

Please read and fully understand the Safety Precautions section before use.

2. SAFETY PRECAUTIONS



**IMPORTANT, KEEP FOR FUTURE REFERENCE:
PLEASE READ CAREFULLY.**

ATTENTION

- Recommended time is 10-20 minutes every time.
- If you suffer from joint problems, have hypertension, bronchitis, heart condition skin disease, diabetes, pregnancy, extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, or use a pacemaker, use a pacemaker, or have other medical conditions 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.
- Do not let children use or play on or near the machine.
- It is normal to feel slightly dizzy when using the machine for the first time due to vibration oscillation. This usually disappears after a few uses.
- To avoid injury and impairment, stamping on the pad is forbidden.
- Do not put your knees on the pad to prevent injury and impairment.
- The maximum user weight is 120 kgs.
- 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.
- This product is for exercising only. Other uses are prohibited.
- Do not use it after alcohol ingestion.
- Wait at least one hour after eating to use the device.

3. THE SET INCLUDES



1x
Vibration Plate



1x User
Manual



1x Remote
control

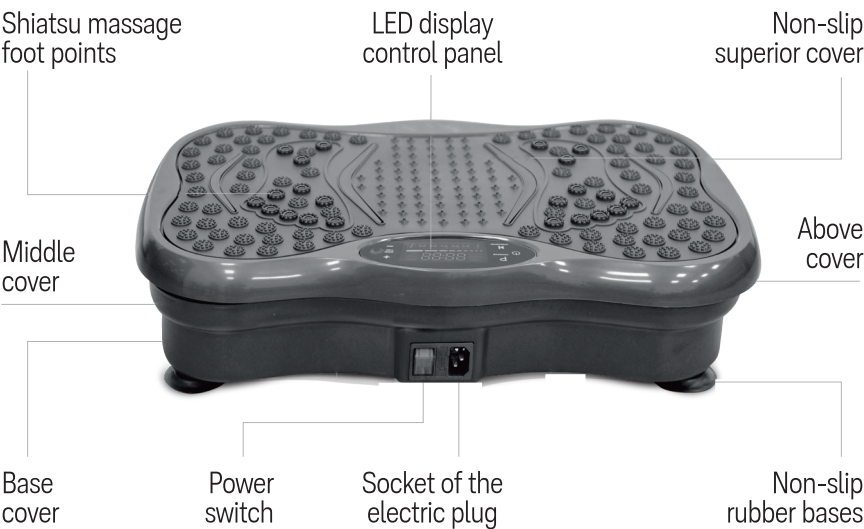


2x Resistance
bands

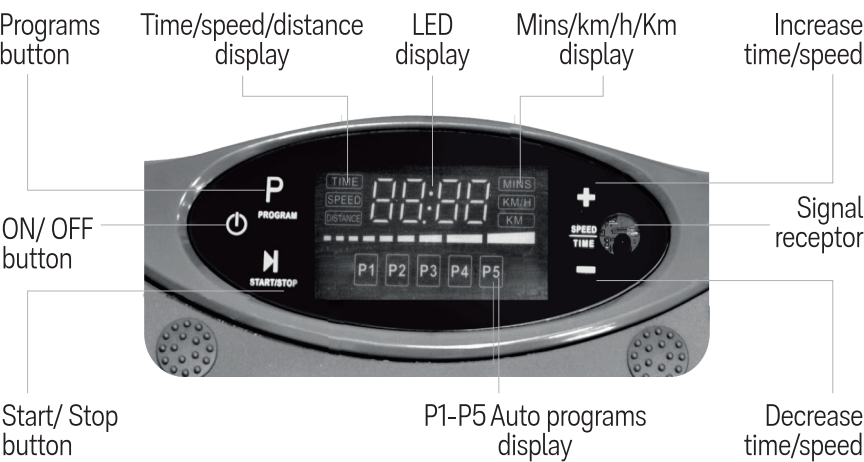


1x Power
cord

4. PRODUCT PARTS LIST



5. CONTROL PANEL



6. REMOTE CONTROL

Remote control:

 On / Off

 Start / Stop

Time + Increase time

Speed + Increase speed

Time - Decrease time

Speed - Decrease speed

P Select programme mode P1 to P5

M Quick setting button for tempos 30 (press once);
60 (press twice); 90 (press three times)

LOW Quick setting Speed 20

MID Quick setting Speed 50

HIGH Quick setting Speed 80



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

The remote control uses two 1.5V AAA batteries (not included). Make sure to install correctly the batteries according to polarity in the battery compartment located in the rear part of the remote control.

7. PRODUCT OPERATING INSTRUCTIONS

WARNING: For delicate floors (for example, parquet), we recommend the placing of a stable mat or a suitable carpet below the device. This prevents damage and discolouration to your floor.

Power switch: Press on this button to Start the power after plugging in the power cord.

ON/OFF: Press the start button to start the device.

Automatic program: Automatic programs can be selected.

- 1. Press button "P" one time, the machine enter into auto-mode Program "P1" (From P1-P5).
- 2. Press button "P" two times, the machine enters into auto-program"P2".
- 3. Press button "P" three times. the machine enters into auto-program"P3".
- 4. Press button "P" four times, the machine enters into auto-program"P4".
- 5. Press button "P" five times, the machine enters into auto-program"P5".

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.

8. AUTOMATIC PROGRAM TABLE

5 PROGRAMS / 10 MINUTES / 99 SPEED LEVELS

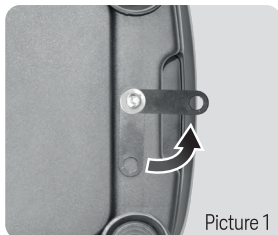
SPEED LEVEL										
TIME	10	9	8	7	6	5	4	3	2	1
P1	5	10	30	40	60	70	50	40	20	10
P2	10	80	10	80	10	80	20	80	20	80
P3	30	50	80	85	80	50	30	50	80	90
P4	15	25	35	45	65	75	85	80	95	85
P5	20	30	40	90	50	80	75	80	95	99

9. HOW TO USE RESISTANCE BANDS

The resistance bands can be used for training when the machine is ON or OFF, provided they are securely attached before use.

WARNING: Always turn the power OFF and make sure the platform has completely stopped before attaching, adjusting or removing the resistance bands.

1. Turn and slide out the metal hook at the bottom of the machine (Picture 1).
2. Attach the resistance band clip securely to the hook (Picture 2).
3. Check that the resistance band is firmly attached before starting your exercise (Picture 3). After use, turn the power OFF and wait until the platform has completely stopped before removing the resistance bands.



Picture 1



Picture 2



Picture 3

Fold the metal hooks in after detaching the resistance bands after training.

10. MAINTENANCE AND STORAGE

Attention

- Please make sure the machine is powered OFF.
- Clean the machine with a warm, damp cloth and mild detergent.
- Make sure the machine is completely dry before turning it on again.
- Do not use benzene, thinner, ethyl alcohol, gasoline, or similar substances as these may produce hazardous fumes, damage paint, or corrode internal parts.
- If the machine is not used for a long time, cover it to prevent dust from entering the machine.

Maintenance

- After each use, turn off the machine and make sure it is powered off.
- 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
- Regularly check for potential safety risks.

Transportation

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

Storage

- Store the machine in a dry, dust-free, well-ventilated area away from direct sunlight.
- 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.
- Ensure storage and transportation conditions meet the specified requirements.

11. TROUBLESHOTING

ISSUE	POSSIBLE CAUSE	POSSIBLE SOLUTION
Lights are OFF.	1. Is power supply ok? 2. Power switch of the appliance OFF. 3. Transient current too strong, blown fuse.	1. Plug in again. 2. Turn OFF to ON. 3. Change a new fuse.
Noise.	1. Is the foot screw level with the floor?	1. Adjust foot screw.
Remote control does not work.	1. No battery/ battery empty. 2. Too far from the machine.	1. Replace battery. 2. Valid range is 2.5 mt.
Machine stops while in use.	1. Machine is overheated.	1. Start again after 10 mins.
Does not work as intended.	1. Received too many commands.	1. 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!

12. TECHNICAL SPECIFICATION

Product	Compact Vibrating Plate	Max. Loading	120KG
Rated Voltage	220-240V AC/50-60Hz	Amplitude	0-12 MM
Rated Power	200W	Product Weight	6.6KG
Speed Range	1 - 99 Levels	Dimension	53*32*13cm

13. EXERCISE GUIDE

WALKING, JOGGING AND RUNNING

This vibration plate uses horizontal oscillating movements to support walking, jogging, and running-style exercises at home. The exercise intensity may vary depending on the position of your feet on the surface of the device. A wider foot position generally provides a stronger vibration effect.

3 EXERCISES IN A SINGLE PLACE

This device allows you to perform three exercise styles in one place: walking, jogging, and running-style movements. Walking provides a gentle and steady movement; jogging offers a moderate exercise option; and running-style movement provides a more active exercise experience. You can use the device indoors as part of your home workout routine.

The following table shows the suggested foot positions for the three exercise modes:

FEET POSITION	DESCRIPTION	EXERCISE FOCUS
Walking  Feet on the center.	Walking is one of the simplest and healthiest exercises to get in shape properly and get a healthy and balanced body. It does not require an excessive strain and it's easy to do.	Low-intensity movement for light exercise and familiarization with the device.
Jogging  Feet slightly separated.	Jogging is an exercise that requires higher effort on the body and it gives results more quickly because it activates 70% of the muscles.	Medium-intensity movement for regular home workout use.
Running  Feet separated in the ends of the exercise area.	Running is a complete and demanding exercise that gives the best results. Running will activate practically all your body and works naturally.	Higher-intensity movement for users who want a more active workout experience.

14. EXERCISE ROUTINE

EXERCISE POSTURE REFERENCE I

1. Standing stance:

Stand on the vibrating plate, feet shoulder width apart.



2. Squatting stance:

Stand on the vibrating plate, feet shoulder width apart, while squatting.



3. Upper body workout:

Place your hands shoulder width apart on the device, while on your knees.



4. Lower leg workout:

Rest your lower legs on the device 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 device.



6. Single-foot stance:

Put one foot on the vibrating plate and stand relaxed and straight.



7. Sitting stance I:

Sit securely on the vibrating plate with your legs crossed.



8. Sitting stance II:

Put your legs on the vibrating plate 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.

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.



WARNING

Read all instructions carefully before use.

- For household fitness use only. This product is not a medical device and is not intended to diagnose, treat, cure or prevent any disease or injury.
- Keep children and pets away during use. This product is not suitable for children.
- Do not use this product if you are pregnant, have a pacemaker or other implanted medical device, heart disease, epilepsy, circulatory problems, recent surgery, bone or joint injury, or any other medical condition. Consult your doctor before use.
- Maximum user weight: 120 kg.
- Use only on a flat, stable and dry surface.
- Do not move, lift or reposition the product while it is operating. Always turn the power OFF and wait until the platform has completely stopped before moving the product.
- Indoor household use only. Keep away from water.
- Use only with the supplied power cord.
- Regularly inspect the power cord for damage. Do not use the product if the power cord or plug is damaged.
- In case of emergency, unplug the power cord immediately.
- Stop using immediately if you feel dizzy, unwell or experience pain.

USE CAUTION

- Do not jump, stomp, or move heavily on the platform while the machine is operating.
- Do not stand on the edge of the platform.
- Adjust or attach the resistance bands only when the power is OFF to avoid finger pinching or accidental movement.
- Drink adequate water before use.
- Persons with low blood sugar, dizziness, or poor balance should use this product with extra caution.

WASTE TREATMENT

The symbol on the product, instruction manual or packaging indicates that this product must not be disposed of with general household waste at the end of its service life. Please dispose of this product responsibly in accordance with local waste classification and recycling regulations. Contact your local council or waste management authority for information on the correct recycling method.