

# Mini Ultrathin Vibration Plate



User's Manual

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# IMPORTANT SAFETY

## IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for reference.

**WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the fitness vibration trainer.

1. It is the responsibility of the owner to ensure that all users of this fitness vibration trainer are adequately informed of all warnings and precautions.
2. Use the fitness vibration trainer only as in this manual.
3. Place the fitness vibration trainer on a level surface, with at least eight feet of clearance behind it. Do not place the fitness vibration trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Power Trainer Plus.
4. Keep the fitness vibration trainer indoors, away from moisture and dust. Do not put the fitness vibration trainer in a garage or covered patio, or near water.
5. Do not operate the fitness vibration trainer where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the fitness vibration trainer at all times.
7. The fitness vibration trainer should not be used by persons weighing more than 120kg.
8. Never allow more than one person on the fitness vibration trainer at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.
10. Never leave the fitness vibration trainer unattended while it is running. Always remove unplug the power cord when the fitness vibration trainer is not in use.
11. Do not attempt to move or adjust the fitness vibration trainer until it is properly assembled.
12. Inspect and tighten all parts of the fitness vibration trainer regularly. Wrong usage could influence the stability of the fitness vibration trainer. For Example, the post is made to support you during an exercise to keep you in balance. One should NOT PUSH the post for stretching or use the post to create more tension.
14. Inspect and tighten all parts of the fitness vibration trainer regularly.
15. Never insert or drop any object into any opening.
16. **DANGER:** Always unplug the power cord immediately after use, before cleaning the Fitness vibration trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
17. This fitness vibration trainer is intended for in-home use only. Do not use this fitness vibration trainer in any commercial, rental, or institutional setting.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using.

# PRODUCT DESCRIPTION

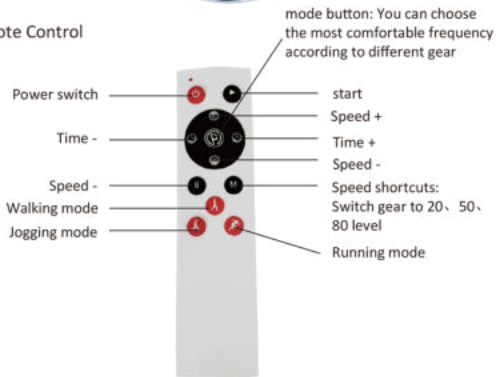
## 1.Name & Components



## 2.Console



## 3.Remote Control



# EXERCISE SESSION

The fitness vibration trainer the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The vibration trainer accomplishes this best when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles really efficiently. You will find the vibration trainer extremely effective, but only if you use it whilst in one of the positions shown, but you will only get the best results if you bend your knees or arms (depending which is pressing on the oscillating plate) so your muscles adopt the automatic motion described. You can also use the vibration trainer as a general massager to ease muscle pain and improve circulation, and here you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes each for a complete workout.

			
<p><b>Whole-body-exercise posture:</b></p> <p>Stand on the plate and stretch your feet like as wide as your shoulders. This will help improve overall circulation and muscle tone.</p>	<p><b>Squat posture:</b></p> <p>Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for a thigh workout.</p>	<p><b>Press-Up posture:</b></p> <p>Stretch your arms as wide as your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.</p>	<p><b>Lower legs posture:</b></p> <p>Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.</p>
			
<p><b>Waist Bend posture:</b></p> <p>Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.</p>	<p><b>Single-foot posture:</b></p> <p>Put one foot on the pedal and relax yourself. For a deeper exercise, lunge forward, placing more body weight on the plate.</p>	<p><b>Sitting posture I :</b></p> <p>Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.</p>	<p><b>Sitting posture II :</b></p> <p>Put your legs on the plate when sitting on a chair. This is a great way to ease tension and can help to improve circulation in the legs.</p>

- Do NOT use the Machine in an excessively humid or dusty environment as it may result in malfunction or electric shock.
- Do NOT expose the machine to heaters, stoves or direct sunlight
- Place and use the machine on an even, non-slip floor. Keep the product away from the pets and children. The machine is designed for home use and not for commercial purpose.

## Please stop using it if the following cases happen

- You should stop using the machine immediately when the following cases happen, and turn the power off, pulled the power line out from the outlet. Splash water or other liquid on products or remote control.
- Relevant parts are damaged or the inside occurs abnormal sound.
- Feel abnormal body or local pain during use the product, and power outages suddenly.
- Thunder and lightning occur.

Phenomena	Common reasons	Methods
Unable to start work	Power plug didn't connect well	Connect the power plug
	power switch do not turn on	Turn on the power switch and the indicator lights up.
	Fuse was burned out for Excessive current abruptly	change a fuse of the same model
Machine noise like <i>pinging and dada.</i>	It is normal operation sound not for machinery breakdown.	Don't need to deal with
The remote control doesn't work	It has a dead battery	Replace the battery
	The control distance is too far	The effective infrared sensing range is 2.5m
Stop working when using	Default working time is over	Operate again in the interval of 10min
Unable to operate normally	Maybe execute commands too often	turn off the power and restart

If the breakdown has not been solved after the above methods, please contact the manufacturer or local dealers, and do not disassemble and maintain by yourself.

## Product placement and storage

Environment factors can strongly affect the product physically and mechanically. Do not expose the machine to direct sunlight or in places with extreme heat in order to avoid the machine cracked or the color faded.

Please cover it with a dust cover and disconnect the power plug from the electrical outlet if the machine is not to be used for a long time.

Do not use benzene thinner and corrosive and volatile detergent such as alcohol and gasoline to clean the machine. This may result in the paint faded or cause the interior structure corrosive and cracked. Don't spilled the liquid into the body inside in case of power short circuit.

Please wipe the remote control with dry cloth. Wet cloth may result in malfunction.

## Technical Specification

Product Name: Mini Ultrathin Vibration Plate

Rated Voltage: 220V-240V/50Hz

Rated Power: 200W

Suggested Usage Time: 15 minutes

Max. Loading: 120KGS