

**COSTWAY**

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## **USER'S MANUAL**

### **Vibration Plate Exercise Machine SP37518**

THIS INSTRUCTION BOOKLET CONTAINS IMPORTANT SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE

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**Please give us a chance to make it right and do better!**

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

# Contact Us!

## **Do NOT return this item.**

Contact our friendly customer service department for help first.



# Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

## WHAT'S IN THE BOX?

1 x Ultra Slim Vibration Plate

1 x US Power Cable

1 x Instruction Manual

2 x Workout Cables

1 x remote control

### Using Accessories:

Your vibration plate comes with 2 bungee cables for use in upper body exercises in conjunction with the plate. Attach the silver clips on the bungees to the corresponding silver ring on either side of the bottom of the plate. Please do not attempt to attach or detach accessories from the plate while in use.

## GETTING STARTED

**1**

Unbox your vibration plate and place it on a flat, hard surface. If the surface is slightly uneven, adjust the feet under the plate. If you live in a flat or an apartment building we recommend placing a yoga mat or rug beneath the plate to absorb any noise. The fitness plates are very quiet but all vibration plates make at least some noise.

**1**

Insert 2x AAA batteries into the remote control.

**1**

Insert the power cable into the back of the plate and plug the other end into the electrical outlet. Make sure the plate is close enough to the electrical outlet that the cord is not stretched. Ensure that the power switch next to the plug is turned on. If the switch is illuminated, the machine is on. When not in use, switch the machine off and ensure that this button is not illuminated.

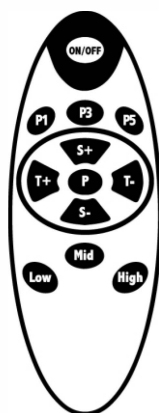
**1**

Familiarise yourself with the screen and remote before stepping onto the plate. Place your feet on either side of the plate for more intensity and better balance. Please be sure to step on the plate slowly and carefully before starting any workout setting. We recommend beginning with speeds below 120 or using program setting P1.

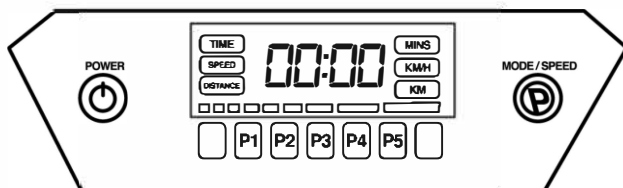
# CONTROLS

## Using Your Remote:

- P1** • (i) Select for Program 1.  
(ii) Press ON/OFF to start.
- P3** • (i) Select for Program 3.  
(ii) Press ON/OFF to start.
- P5** • (i) Select for Program 5.  
(ii) Press ON/OFF to start.
- P** • (i) Scroll through Programs 1 to 5.  
(ii) Once selected, press ON/OFF to start.
- T+/-** • Increase or decrease time setting from 01:00 to 10:00.  
NB/ Only available for Manual Program prior to workout.
- S+/-** • Increase or decrease speed level from 1 to 180.  
NB/ Only available for Manual Program during workout.
- Low** • Quick-start select for speed level 60.  
NB/ Only available for Manual Program during workout.
- Mid** • Quick-start select for speed level 120.  
NB/ Only available for Manual Program during workout.
- High** • Quick-start select for speed level 180.  
NB/ Only available for Manual Program during workout.



## CONTROLS



### Using Your Display:

The display will show information for Time, Speed and Distance during the exercise. Besides the remote control, you can also use the following display buttons to control your vibration plate.

**POWER:** Press to start and stop your workout.

**MODE / SPEED - prior to workout:**

- (i) Scroll through Programs 1 to 5.
- (ii) Once selected, press ON/OFF to start.

**MODE / SPEED - during workout:**

Press and/or hold to increase speed.

Speed can also be decreased once maximum speed level has been reached.

**NB/ Only available for Manual Program during workout.**

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## WORKOUT SETTINGS

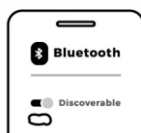
### **M • Manual Workouts:**

The time can be programmed up to 10 minutes.  
The speed level can be programmed up to 180.

### **Programmed Workouts:**

- P1 •** 10 minute low-intensity program. Perfect for warming-up, gentle massage and recovery after exercise.
- P2 •** 10 minute low-to-moderate-intensity program. Perfect for gradual weight-loss and cellulite reduction.
- P3 •** 10 minute moderate-intensity program. Perfect for gradual weightloss, muscle-toning and intensive massage.
- P4 •** 10 minutes high-intensity program. Perfect for muscle-toning and improving core-strength.
- P5 •** 10 minute ultra-high-intensity program. Perfect for all-round power and weight-loss training.

## BLUETOOTH



- 1 • Ensure your device has Bluetooth turned on and the device is 'discoverable'.



- 2 • Turn your Vibration Plate 'ON'. The Bluetooth module simply turns on once the Vibration Plate has powered on.



- 3 • The Vibration Plate will now appear in the Bluetooth devices list on your phone or tablet. You are now connected to the Vibration Plate and are ready to go!

CONTROL YOUR MUSIC & VOLUME  
DIRECTLY FROM YOUR DEVICE!



## TECH SPECS

<b>MOTOR</b>	Single Motor
<b>FUNCTIONS</b>	Vibration
<b>POWER REQUIRED</b>	AC 110v
<b>LEVELS</b>	180 levels
<b>PROGRAMS</b>	5 built in programs
<b>MANUAL FUNCTION</b>	180 levels & variable time control
<b>USER WEIGHT</b>	Maximum: 330 lbs
<b>UNIT WEIGHT</b>	29 lbs





