

USER'S MANUAL

Vibration Plate Exercise Machine SP37500

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

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!

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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.

Safety Precautions


Environment for use

Do not use the Product in humid or dusty environment to avoid electric shock or break down of the mechanical parts.

Do not use the Product when indoor temperature is over 40°C.

Do not use the Product in the open air or under the direct sunlight.

Place the Product on flat floor.

 Please wait for one hour before using the Product when it is moved from low to high temperature, so as to prevent water vapor from condensing on the machine and resulting in any failure.

People under these conditions below are not suggested to use the Product

It is strongly advised to consult your doctor before use

Patients who are under treatment or feel not good;

Patients with malignant tumor;

Pregnant women or in menstrual period;

People with heart disease;

Osteoporosis patients;

People with heart pacemaker or other medical electronic instrument implanted;

People with artificial limb;

People who are sensitive to vibration and strenuous exercise.

Notices during Operation

Before use, please undress watch, bangle, cell phone or other valuable objects, and keys, knife or other incisive objects, so as to avoid damage or body injury.

Do not smoke while using the Product.

Please do not use the Product together with other medical equipments.

Please do not use the Product for medical treatment purpose.

Do not use the Product right after a meal or drink.

During use, please keep child or pet away from the Product. It is forbidden to put fingers or other foreign bodies into the gap between the middle cover and base cover.

Supervision is needed for child under 10 years and the aged over 60 years during using the Product.

The load capability of the Product is 220 LBS; People over this weight are not suggested to use the Product.

This product is only limited for one-person use.



Warning:

Unauthorized dismantle, disassembly or renovation is not allowed to prevent electric shock or any malfunctions. Please contact manufacturer or local dealer immediately if there is any service work needed.

Stop using the Product under below conditions, then power off and remove the plug from power supply

Water or other liquid is accidentally splashed onto the Product or controller.

Any accessory is found damaged or internal component is exposed

Feel abnormal or severe pain during use,

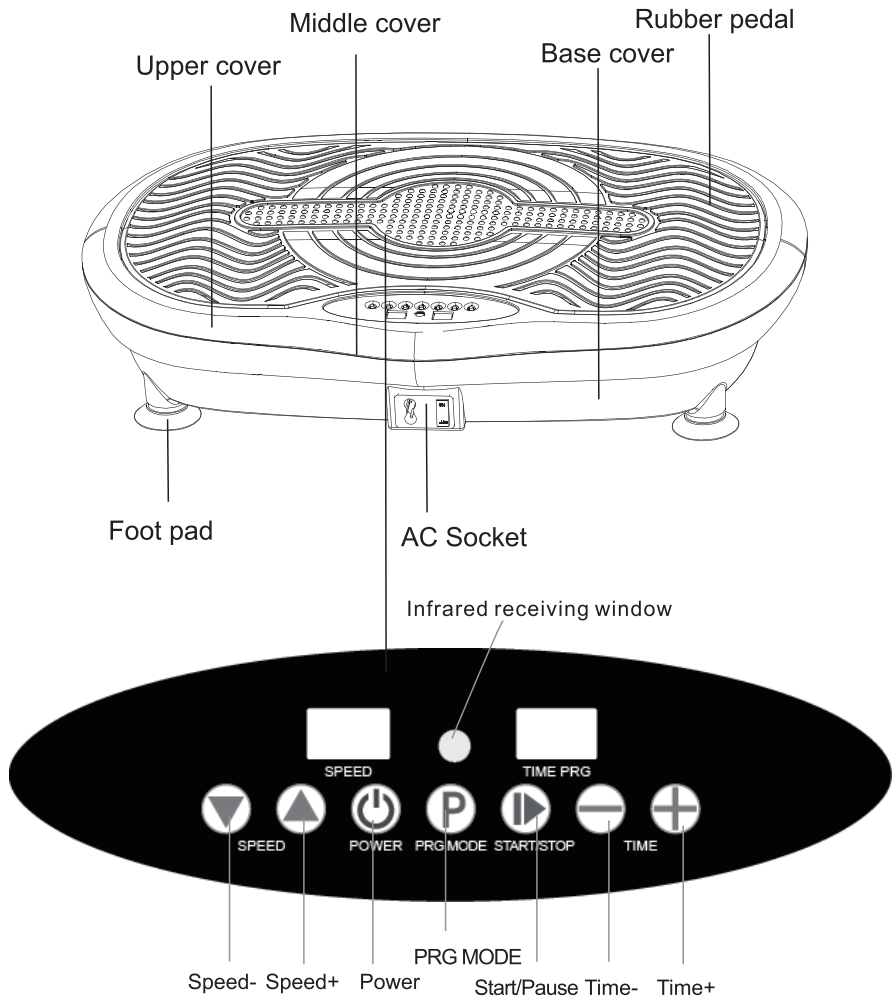
Power failure.

Thundering or lighting weather.

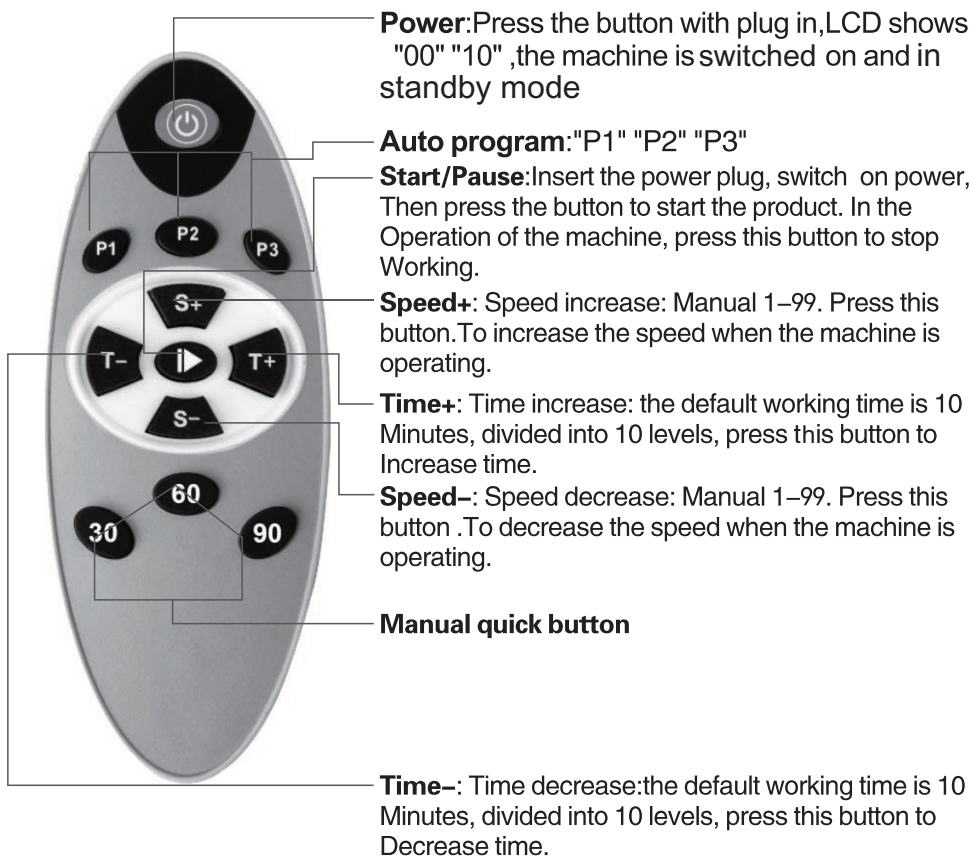
Plug and power cord

Check if the voltage complies with the one specified for the Product. Do not retract the power plug with wet hand to prevent electric shock. Hold the plug rather than the power cord to pull out the power cord. Turn off the power switch and remove the plug from the power supply in case of electrical failure or not in use for a long time. Stop using the Product if the power cord has any damage, turn off the power switch, pull the plug, and contact technicians for repair.

Name and Function of the Product



Name and Function of Controller



Note: The effective reception range of the remote Control signal is 2.5 meters, the infrared emission Indicator of the controller should aim at the infrared Receiving window on the product.
When the machine is in automatic mode, the speed cannot be adjusted manually.

Use method

1. Stand upright on the Product, with two legs apart, the distance of two legs is mostly the same as shoulder width. This position can exercise waists and buttocks to relieve stress on waists and sculpture beautiful curve of buttocks.



2. Stand on the Product with two legs apart and knees bent. The posture can exercise thighs to sweep pain and soreness, improve blood circulation, and reduce fat deposits.



3. Seat on chair or sofa, with feet put on the product. This posture can exercise both thigh and calf.



4. Seat on carpet, with two legs put on the product. This posture can exercise leg.



5. Kneel on the carpet, put hands onto the product, with body lean forward, this posture can exercise shoulder joint and arms.



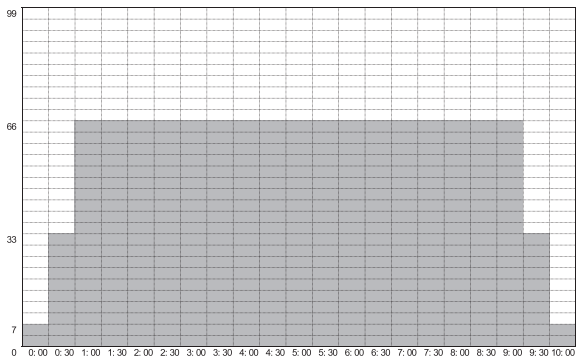
Functions and features:

Body beauty:By reposeful and high–frequency vibration and sway, combined with various exercise postures, this machine can deeply stimulate muscle tissue, lower fat accumulation, rehabilitate elasticity of muscle, sculpture beautiful body shape, then make users vitalized and feel confident.

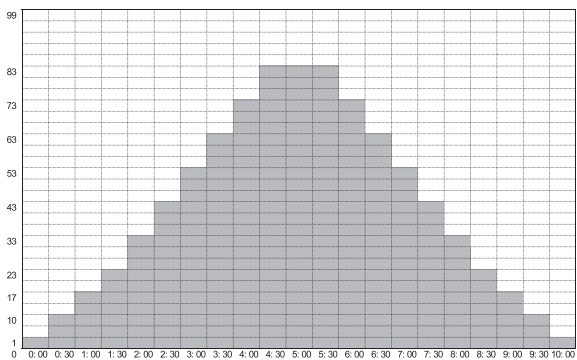
Exercise: Borrow health and fitness ideas from Chinese traditional culture like Kung Fu, Buddhism, Taoism, it advocates passive exercise, which allow you to exercise indoors in a relatively static manner to get mind and body relaxed, pain and soreness relieved, fatigue swept away, inner circulation improved, then make you stronger and healthier.

PROGRAM MODE

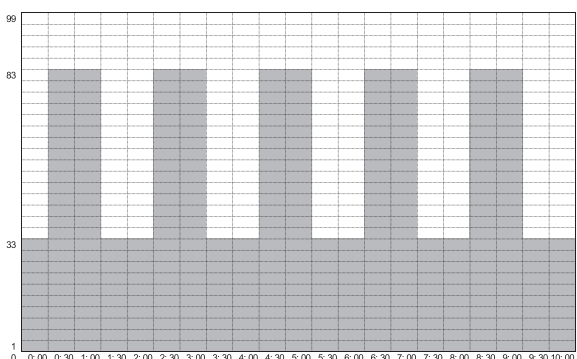
P1



P2



P3



Storage and Maintenance

Surface cleaning

Before cleaning, ensure the power switch is turned off, and the attaching plug is pulled out of the socket.

The rubber pedal and covers can be cleaned with a wet cloth containing detergent, and the detergent should be removed with a Cloth



Notice

Do not clean the Product with corrosive detergent such as benzene Or thinner, as it may cause fading, corrosion or crack on the Product. Do not splash water into the Product to avoid short circuit.

Controller

As wet cloth may cause malfunction of the controller, only dry cloth Can be used.

Storage and Maintenance

Make sure that the power switch is turned off and the plug is removed From the power supply

Clean off the dust and dirt on the Product and keep it clean and away From places with high temperature or high humidity.

If the Product is not in use for a long period, a dustproof cover (buy it Yourself) should be applied on the Product to prevent the entry of dust.

Change of fuse: turn the fuse base in the direction of the arrow (counterclockwise), and replace the fuse with a clockwise screw back.

Common Problems & Solutions:

S/N	Problems	Causes	Solutions
1	The Product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		Th fuse is burn	Replace with a new fuse of the same mode
2	Sound like phew or Da-da is heard during working	Normal sound generated by the Motor or from the abrasion Between mechanical units	No additional treatment is required
3	Operate the controller, but the Product no action	The electricity of batteries is worn out	Replace batteries
		The controller is too far away from the Product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes' interval
5	Can not operate	Too many commands sent to the Product and they can not be responded in time	Power off and then restart
6	Display "ER01" or "ER02"	The motor's working current is over	Disconnect the power supply,then Insert the plug and restart or contact with the after-sales center

Note: Please consult after-sales department, if malfunction can not be removed by consumers themselves

Technical Specification

Product name: VIBRATION PLATE
Rated voltage:110–120V AC
Rated power:200W
Rated FREQUENCY:50/60Hz

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We would like to extend our heartfelt thanks to
all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

THANK
you
😊

