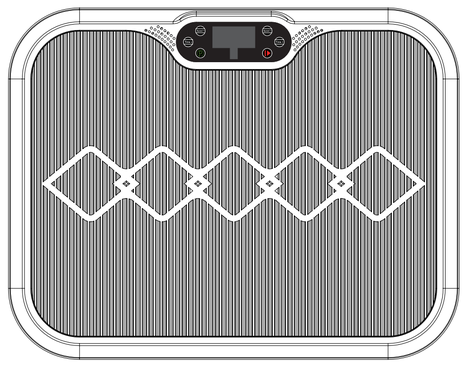
285x210mm 2026.3.1

User manual



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1.Introduction

Thank you for purchasing this fitness vibration machine.
Please readthe User Manual carefully to ensure safe and proper use of this machine.Please read and fully understand the Safety Precautionsbefore use.

2.Product Features

• Variants of Speed Range and Strong body shape Massage Vibration.

• Perfect for muscle toning, muscle building, weight loss & cellulite reduction.
• Fitted with yoga straps to enhance its potential for improving the upper body and arms.
• Small compact size - can be used anywhere at home & easy to put away.
Designwith big LCD display, ensure clear reading and easy adjustment.
• Comes with Arm cords, Remote control , Resistance Bands and Instruc tion manual.

3.Cleaning and maintenance

Attention:

Please make sure the machine is power off.
The machine can be cleaned with a warm, damp cloth with detergent.
Make sure the machine is completely dry before turing it on again.
Be sure not to use benzene, thinner, ethyl alcohol, gasoline etc.
which can result inhazardous fumes, fading of the paint or corroding of the inner parts.If the machine is not used for a long time, cover it to prevent dust from entering the machine.

Maintenance

• Variants of Speed Range and Strong body shape Massage Vibration.

1:After each use,turn off the manchine and make sure it's power off.
2:Store this machine in a dry, dust-free, and well-ventilated place. Ensure that themachine is not exposed to sunlight. Ensure that the storage and transportationenvironments meet the requirements
3:Check whether safety risks exist on a regular basis.

4.Menu and Remote Control

Menu



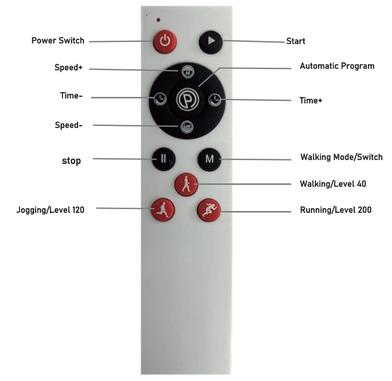
TIME	0:00~20:00Min
SPEED	1~250Levels

The LED screen rotates automatically:
Time, Speed,
changing every 5 seconds
for easy tracking of your workout stats.

Keypress Funcetion:

- Speed - Long press the button to speed down.
- Speed + Long press the button to speed up.
- Time - Short press the button to reduce the time.(only effective in a stationary state)
- Time + Short press the button to increase the time (only effective in a stationary state)
- P Press the button to Choose P01 -P09 Automatic Program.
- Press the button to Start / Off the machine.

Remote control



5.Parameters

Operating Voltage	110V/60HZ
Power	200w
Maximum Load	350lbs
Speed range	1-250levels
Amplitude	0-12mm
Outline Dimension	515*390*120mm
Product Dimension:	408*328*105mm
N.W/G.W	5.3/6.3kg

AUTOMATIC PROGRAM SPECIFICATION 9 Programs,
10 Minutes, 250 Speed Levels

Time \ Level	P01	P02	P03	P04	P05	P06	P07	P08	P09
1MIN	27	9	7	18	53	30	50	40	20
2MIN	53	18	15	36	80	60	80	80	50
3MIN	80	27	36	18	53	90	130	120	90
4MIN	107	33	10	53	133	120	160	160	140
5MIN	133	36	36	80	107	150	180	200	180
6MIN	107	44	7	107	80	120	160	180	200
7MIN	80	36	36	80	133	90	130	160	160
8MIN	53	53	3	36	80	60	80	120	120
9MIN	27	36	36	27	36	30	50	80	80
10MIN	9	9	15	36	18	10	20	40	40
	Stop	Stop	Stop	Stop	Stop	Stop	Stop	Stop	Stop

6.Troubleshooting

	Symptom	Possible causels	Solution
1	Lights are off	Is power supply ok?	Plug in again
		Power switch of the appliance off	Turn off to on
		Transient current too strong, blown fuse	Change a new fuse
2	Noise	Is the foot screw level with the floor	Adjust foot screw
3	Remote controldoes not work	No battery / battery empty	Replace battery
		Too far from the machine	Valid range is 2.5 meter
4	Machine stopswhile in use	Machine is overheated	Start again after10 minutes
5	Does not warkas intended	Received too many commands	Turn off powerand restart

If this still can"t help you solve the problem, please contact us and our engineers will help you deal with it. Thanks !

7.Storage and Transportation

Transportation

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

Storage

The fitness vibration machine must be stored in a well-ventilated room without corrosive gas.
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.

FUNCTIONALITY

- Power switch : Press the power switch to start or stop the product
- Start/stop :Press the start button to start the device
- Automatic program: Autamatic programs can be selected:
  How to use this program: press power switch button:

  Every the button "p" is pressed,
  the machine enter into auto-mode Program （Cycle from P01 to P09）.
  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 anauto-program.
- Speed+ : Increase the speed. (not available with an automatic program).
  Speed range from 1- 250 level.
- Speed- : Decrease the speed. (not available for automatic programs)
  Speed range from 1- 250 level.
- Time+ : increase the time. time range from 1-20 minutes.
- Time- : reduce the time.time range from 1-20 minutes.

Please note the valid receiving range of the remote control is 2.5 meter, theinfrared light on the remote control must align with the infrared receiver window onmachine.

Attention:

- Recommended time is 10-20 minutes every time.
- If you suffer from joint problems, have a hypertension, bronchitis,heart condition or skin disease, diabetes, or pregnancy, extremeobesity, middle ear infection, bone weaknesses, osteoporosis,stomach illness, or use a pacemaker, or other diseases, werecommend seeking medical advice before using this vibration trainer.
- Study the functions and make sure you know how to operate themachine to avoid malfunction or injury.
- Keep children away from this machine.
- It is normal that some one may feel a little dizzy while using at thefirst time due to the Vibration scillation of the machine ,it will nothappen again after using for a few time .
- To avoid injury and impairment, stamping on the pad is forbidden.
- Do not put your knees on the pad to prevent injury and impairment.
- 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 forexercis ing only.
- Other uses are prohibited.
- This product is for exercising only. Other uses are prohibited.