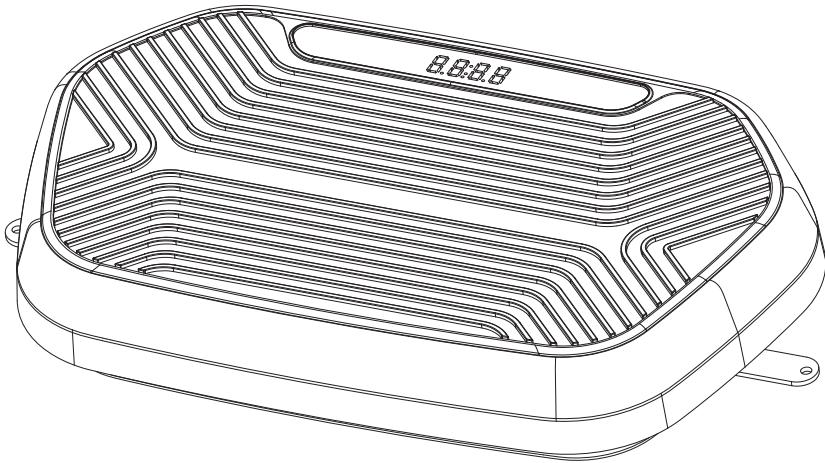


USER MANUAL



Model:S1

Note: Please read this product manual carefully before installing or using our products

Users Manual

Thank you for purchasing this fitness vibration machine.

Please read the User Manual carefully to ensure safe and proper use of this machine. Please read and fully understand the Safety Precautions before use.

Customer Service & Support

Thank you for purchasing our product!

If you have any questions about the product, need operational guidance, or encounter any quality issues, please feel free to contact us via the following email address. Our professional customer service team is here to assist you.

Customer service email: **runningsp@163.com**

To help us process your inquiry more efficiently, please include your **Order ID** or **Product Serial Number** in your email.

-WARNING – To reduce the risk of personal injury, read and understand all the instructions before using this product.

- For Household/Residential Use Only.

-WARNING – Risk of personal injury – Keep children under the age of 13 away from machine.

-WARNING – Remove the control box when the product is not in use, and store it in an area inaccessible to children.



Scan the OR code to get after-sales service



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1.IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER

– To reduce the risk of electric shock and the injury from moving parts:

- 1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning or servicing.

WARNING

– To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- 3) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 5) Do not carry this appliance by supply cord or use cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 8) Never drop or insert any object into any opening.
- 9) Do not use outdoors. Household use only.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 12) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 13) Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
- 14) Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.

SAVE THESE INSTRUCTIONS

2.GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

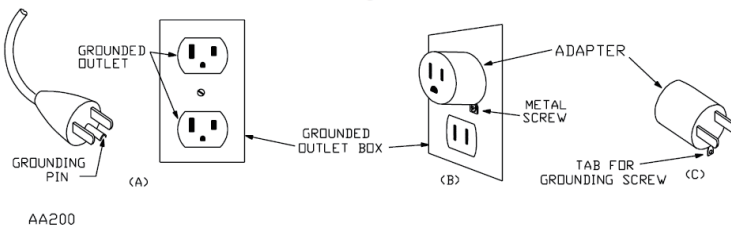
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

b) For a grounded, cord-connected product rated less than 15 A and intended for use on a nominal 120-V supply circuit, the instructions in either (1) or (2):

1) This product is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated in sketch A in Figure 86.1. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

2) This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 86.1. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure 86.1
Grounding methods



AA200

3.INTRODUCTION

Product Name: Vibration Platform Machine

Model: S1

FCC ID: 2BKEQ-S1

Trademark: Kalietel

Product Size: 63*38.5*12CM

Net Weight/Gross Weight: 7.9kg/9.0kg

Input: 120V~, 60Hz, 2A

Maximum Weight Capacity: 350lbs

Speed range: 1-20levels

Amplitude: 0-15mm

Outline Dimension: 66*43*14.5cm

Manufacture Date: 06/15/2026

Exporting Country: China

Chengdu Mingyu Xinchuan E-commerce Co., Ltd.

Adress: Room 506, 5th Floor, Block 3, Section 2, Fuhe Road, Huayang Subdistrict, Tianfu New Area, Chengdu, Sichuan Province, 610213, CN

Importer: MENGQUER TRADING LIMITED

Importer Address: RM 7B, WING LOONG BUILDING, 260 CASTLE PEAK ROAD, CHEUNG SHA WAN 999077 HONGKONG HK

Tel: +852 96301289

E-Mail: zhuc12138@163.com

Batch/SN ID:20260615

Made In China

4.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. Design with big LCD display, ensure clear reading and easy adjustment. Comes with Arm cords, Remote control, Resistance Bands and Instruction manual.

5.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 turning it on again.
Be sure not to use benzene, thinner, ethyl alcohol, gasoline etc.
which can result in hazardous 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 machine and make sure It's power off.
- 2: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.
- 3:Check whether safety risks exist on a regular basis.

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, extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, or use a pacemaker, or other diseases, were commend 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.
Keep children away from this machine.
- It is normal that some one may feel a little dizzy while using at the first time due to the Vibration scillation of the machine ,it will not happen 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 for exercising only. Other uses are prohibited.

6.MENU AND REMOTE CONTROL



Menu:

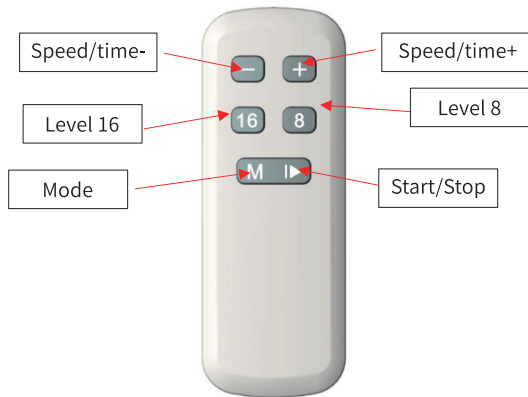
TIME	00~20:00Min
SPEED	1~20Levels

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

Keypress Function:

-  Long press the button to speed down.
Short press the button to reduce the time.(only effective in a stationary state)
-  Long press the button to speed up.
Short press the button to increase the time (only effective in a stationary state)
-  Short press the button to Choose P01-PO9 Automatic Program.
-  Press the button to Start/Off the machine.

Remote control



FUNCTIONALITY

▶ Start/stop: Press the start button to start the device

M Mode switch: While the machine is running, short press the button to Choose P01-PO9 Automatic Program.
(Goal Setting: While the device is turned on, press and hold the “M” button for 3 seconds to set your exercise goal. When the time begins to flash, you’ve entered the timer mode. Press the “M” button again; when the calorie number flashes, the device enters calorie mode. Press “+” or “-” to adjust the target; continue pressing these buttons to adjust the value (Timed Mode: up to 60 minutes; Calorie Mode: up to 999). Press the “M” button once to confirm and start exercising. The target value will count down until it reaches 0. Once the exercise goal is achieved, the machine will stop vibrating and enter powered standby mode.)

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.

16 8 Speed Shortcut: Set the speed to the specified 16 level or 8 level.

+ Speed+: While the machine is running, Increase the speed. (not available with an automatic program). Speed range from 1- 20 level.

- Speed-: While the machine is running, Decrease the speed. (not available for automatic programs) Speed range from 1- 20 level.

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

**AUTOMATIC PROGRAM SPECIFICATION 9 Programs,
10 Minutes, 20 Speed Levels**

Level	P01	P02	P03	P04	P05	P06	P07	P08	P09
1MIN	2	1	1	1	4	2	4	3	2
2MIN	4	1	1	3	6	5	6	6	4
3MIN	6	2	3	1	4	7	10	10	7
4MIN	9	3	1	4	11	10	13	13	11
5MIN	11	3	3	6	9	12	14	16	14
6MIN	9	4	1	9	6	10	13	14	16
7MIN	6	3	3	6	11	7	10	13	13
8MIN	4	4	1	3	6	5	6	10	10
9MIN	2	3	3	2	3	2	4	6	6
10MIN	1	1	1	3	1	1	2	3	3

7.TROUBLESHOOTING

1	Symptom	Possible causels	Solution
	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 control does not work	No battery/battery empty	Replace battery
		Too far from the machine	Valid range is 2.5 meter
4	Machine stops while In Use	Machine Is overheated	Start again after 10 minutes
5	Does not warkas intended	Received too many commands	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 !

8.STORAGE AND TRANSPORTATION

Transportation

The fitness vibration machine can be transported using general transportation 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.

9.Bluetooth Connection

This vibration plate is equipped with a Bluetoothspeaker function.You can follow the steps below toconnect your mobile phone anduse this function.

Step 1 Tum on the machine.After it ispowered on,the machine willautomatically emit a prompt sound forconnecting to Bluetooth.Please keepyour phone's Bluetooth on.

Step 2 Find the device namewith the code"MR-2398"in theBluetooth interface of your mobilephone.

Step 3 After clicking "Connect",themachine will emit a prompt soundindicating a successful connection,and at the same time, it will displayconnected"on your mobile phoneaccordingly.

Step 4 You can control thevolume,play tracks and otherfunctions on your music APP



FCC STATEMENT :

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.
- (3) Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.