

SQUATZ

SQUATZ.com



SCAN ME

Visit our
website



Vibration Plate with Handle

SQVBTRHB36BL - SQVBTRHB36PK - SQVBTRHB36GY - SQVBTRHB36BK

USER GUIDE

Before using this unit for the first time, please read all sections of this User Manual carefully, paying special attention to the Safety Instructions. Please retain this manual for future reference.

TABLE OF CONTENTS

FEATURES & TECHNICAL SPECS ----- 3

IMPORTANT SAFETY PRECAUTIONS ----- 4

PARTS DESCRIPTION ----- 6

CONTROL PANEL AND REMOTE CONTROL ----- 6

OPERATION ----- 7

SETUP ----- 8

WORKOUT RECOMMENDATIONS ----- 10

CLEANING AND MAINTENANCE ----- 10

REGISTER PRODUCT ----- 11

CALIFORNIA PROP 65 WARNING

 WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.
For more info go to: www.P65warnings.ca.gov



UNIQUE ELEMENTS

- Built-in Carrying Handle with 3-level Height Adjustment

FEATURES

- Adjustable 1–99 Speed Levels for Customized Workout Intensity
- High-powered Vibrations Accelerate Fat Burning and Weight Loss
- 10 Pre-set Programs (P1–P10) for Weight Loss, Toning, and Circulation
- Lightweight Design for Easy Transport
- Touch Control Panel with LED Time, Speed & Calories Display
- Non-slip Surface and Stable Base Ensure Safe, Secure Workouts
- Includes a Remote Control for Hands-free Adjustments to Speed, Time, and Intensity
- Gentle on Joints, Ideal for Recovery or those with Joint Issues
- Enhances Muscle Strength, Toning, Circulation, and Flexibility
- Built with Durable, High-quality ABS Plastic for Long-lasting Use
- Boosts Blood Flow and Promotes Lymphatic Drainage
- Low-noise Motor Operates at ≤50 dB
- Improves Muscle Activation During Bodyweight Workouts, Including Squats, Push-ups, and Sit-ups

WHAT'S IN THE BOX:

- Vibration Plate Machine
- Remote Control
- Power Cord
- 2 Resistance Band
- Handle Parts (Assembly Required)



TECHNICAL SPECS

- Construction: Durable ABS Plastic with Non-slip Rubber Surface for Stability and Safety
- Motor Power: 300 Watts
- RPM: Up to 3300 Revolutions Per Minute for Optimal Vibration Intensity
- Maximum Session Time Setting: 20 Minutes
- Speed Levels: 1–99 for Personalized Intensity
- Pre-set Programs: 10 Pre-set Programs (P1–P10)
- Max Weight Capacity: 330 lbs
- Battery Operated Remote Control, Requires (2) x 'AAA' Batteries (included)
- Display: LED Screen Shows Time, Speed, and Calories
- Power Supply: 110V with 3 pins US Plug
- Noise Level: Quiet Operation ≤ 50 dB
- Item Weight: 37.04 lbs
- Power Cord Length: 5.91 ft
- Product Dimensions (L x W x H): 26.7 x 18.8 x 43.5 Inches

IMPORTANT SAFETY PRECAUTIONS

Read all instructions before using this unit. When using an electric appliance, basic safety precautions should always be followed, including the following:

DANGER

To reduce the risk of electric shock:

- Always remove the power plug from the electrical outlet immediately after use.
- Always remove the power plug from the electrical outlet before cleaning.

WARNING

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

- To reduce the risk of short circuits and fire, always insert the power plug fully into the outlet.
- Before turning ON the unit, make sure the electrical current from your outlet matches the voltage listed on the unit's power adapter.

1. Before Use

- Do not operate this unit during thunderstorms or lightning.
- If you have experienced previous illness or have concerns about your health, consult your doctor before using this unit.
- Persons with the following conditions should consult a doctor before use:
 - Epilepsy
 - Severe diabetes
 - Heart or vascular disease
 - Skin disease
 - Asthma or other respiratory disorders
 - Hypertension
 - Spinal disc herniation or other spinal abnormalities
 - Knee or hip implants
 - Pacemaker
 - Bone fractures or joint problems
 - Recently inserted IUD or metal pins
 - Blood clots
 - Tumors
 - Recent infections
 - Pregnancy
 - Women during their menstrual cycle

- Severe migraines
- Patients recovering from surgery
- Close supervision is required when the unit is used by or near children.
- This unit is NOT intended for use by persons with reduced physical, sensory, or mental capabilities unless closely supervised by a responsible individual.

Additional Safety Precautions

- Do not allow pets to use this unit.
- Do not place heavy objects on the unit.
- Use this unit only for its intended purpose as described in this manual.
- Use caution when moving the unit. Dragging it over surfaces such as wood or tile may cause damage.
- Do not exercise on the unit within 30 minutes before or after meals.
- Do not insert fingers into any openings on the platform.
- Drink plenty of water before and after use.
- Do not wrap the power cord around the footplate.
- Do not drop or insert objects into any openings.
- Do not strike the unit with hard objects.
- Keep children and pets away from the unit at all times.

2. During Use

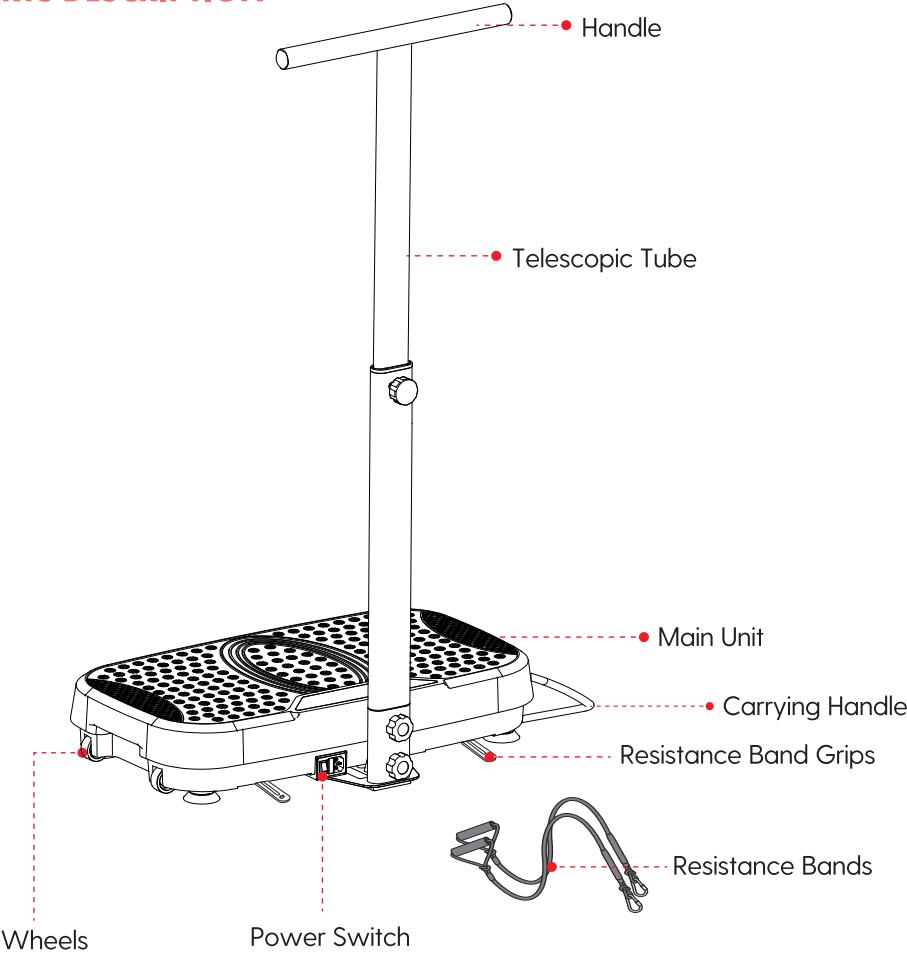
This unit is designed for ONE person only. Injury or damage may occur if more than one person uses it at the same time.

- Do not jog or jump on the footplate.
- Do not kneel on the footplate. Vibration is not intended for the knees.
- Always balance your weight evenly on the footplate.
- Do not operate the unit with wet or humid hands.
- Handle the remote control carefully. Dropping it may cause damage.
- Stop using the unit immediately if you experience discomfort and consult a doctor.
- Do not apply excessive force to the unit.
- Do not remain in the same position for more than 10 minutes during use.
- Do not use this unit more than four times per day.

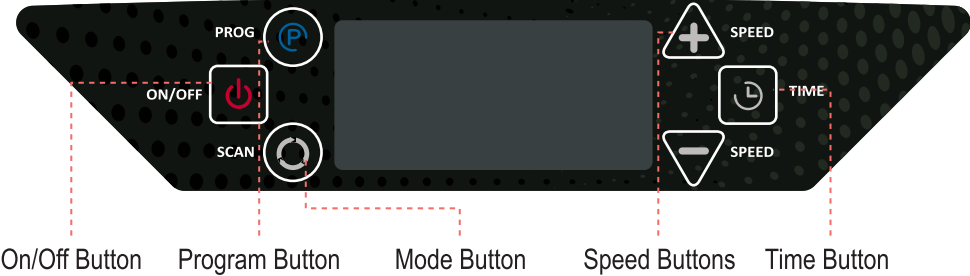
3. After Use

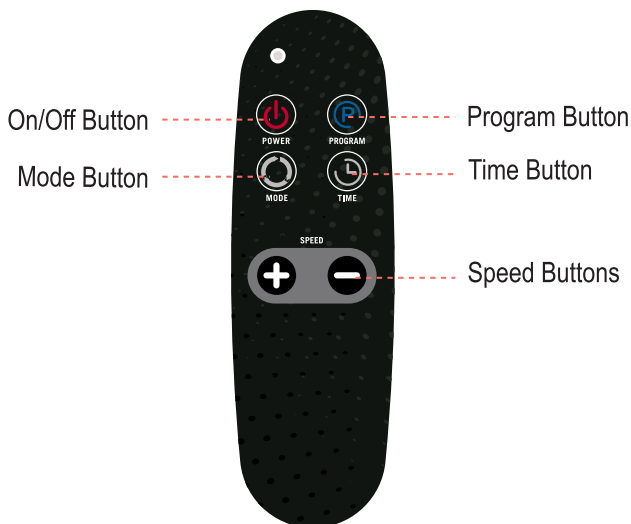
- After each session, turn off the power and disconnect the power plug from the wall outlet.
- Drink plenty of water before and after use.
- Clean the unit using only a dry cloth. Keep moisture away from the unit.

PARTS DESCRIPTION



CONTROL PANEL AND REMOTE CONTROL





OPERATION

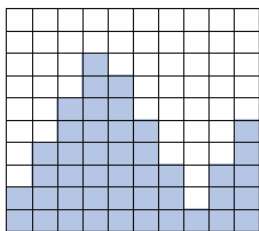
1. Insert the power plug into a standard electrical outlet.
2. Flip the power switch to the ON position. The unit will enter Standby Mode, indicated by beeps and four horizontal dashes on the control panel.
3. Press  to begin operation. The unit starts in Manual Mode (P1) at Speed Level 1 for 10 minutes.

Manual Mode (P1)

- a. In Manual Mode (P1), the timer can be set between 1 and 20 minutes.
Press  to increase the time in 1-minute increments.
 - b. In Manual Mode (P1), vibration speed can be adjusted in increments between 1 and 99 using the  /  controls.
4. To use one of the automatic programs, press . Each press cycles through the Program Modes: P2, P3, and P4. These are pre-set programs, each lasting 10 minutes, with vibration speeds that vary in intensity throughout the program.
(Returning to P1 will return the unit to Manual Mode.)

AUTOMATIC PROGRAMS

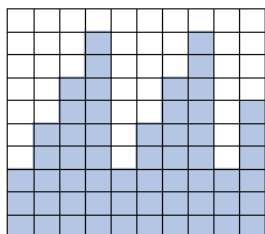
Note: Program 1 (P1) is considered Manual Mode. It starts at Speed Level 1 and runs for 10 minutes. Follow the instructions to manually adjust the speed and duration settings for P1.



Program 2 (P2)

Quick climb and cool-down.

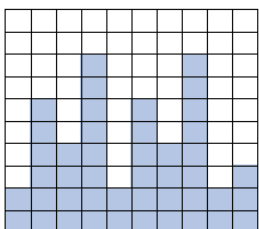
P2 starts at Speed 10 and increases by 5 speed levels per minute until it reaches Speed 80. During the final 3 minutes, the speed gradually decreases.



Program 3 (P3)

Gentle climb.

P3 starts at Speed 30 and gradually increases to a maximum speed of 90.



Program 4 (P4)

Interval training.

P4 follows a slow/fast pattern, switching speeds every minute, with a maximum speed of 80.

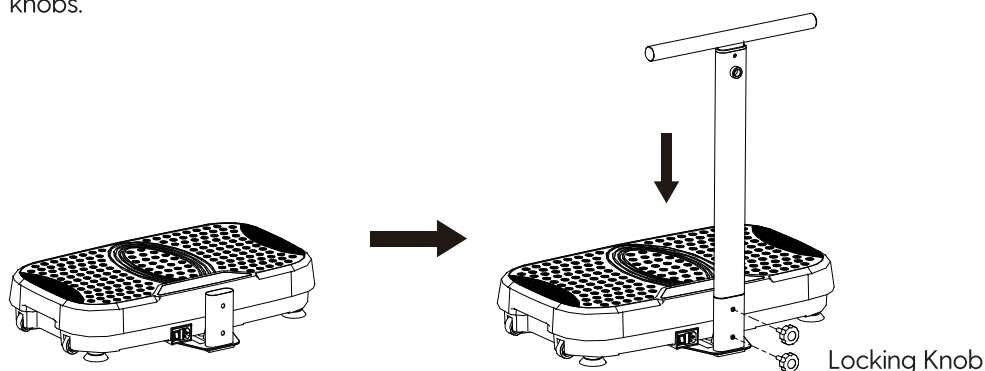
Note: While any Automatic Program is in operation, vibration speed and time adjustments are disabled.

5. During any massage program, press  to scroll through the display options, including calories burned, vibration speed, and elapsed time.
6. To end your massage at any time, press the  button.

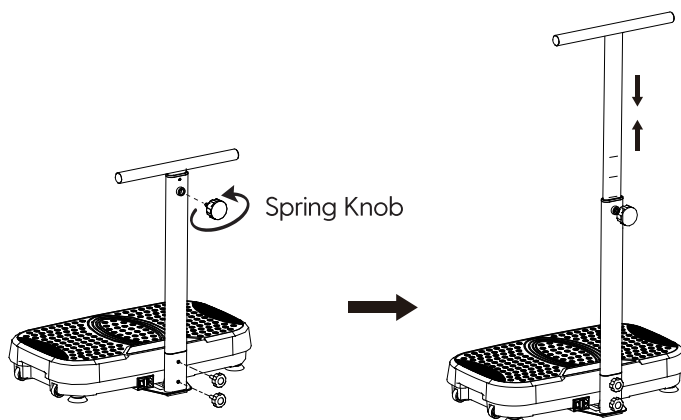
SETUP

1. Locate the handle underneath one edge of the platform. Tilt the platform upward to form a 45° angle with the floor. With the weight of the platform resting on its wheels, pull the handle out to its full length. Grasp the handle to move the unit to your desired location.
2. Place the platform on a smooth, level surface. To prevent possible injury, leave at least 3 feet of clearance on each side.

3. Place the telescopic tube onto the base frame and tighten it using the two locking knobs.



4. Adjust the telescopic tube to your desired height, then secure it by tightening the spring knob provided.



5. Unwind the power cord and insert the plug into an electrical outlet.

6. Insert two (2) AAA batteries into the battery compartment of the remote control.

Battery Safety Notes:

- Batteries should be recycled or disposed of according to state and local guidelines.
- Install only new batteries of the same type.
- Incorrect battery polarity may shorten battery life or cause leakage.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium or nickel metal hydride) batteries.
- Do not dispose of batteries in fire.

WORKOUT RECOMMENDATIONS



Standing Position (5 minutes)

Feet shoulder-width apart, hands gripping handles.

Targets: back, waist, glutes, chest, abdomen.



Standing Squat Position (2 minutes)

Feet wider than shoulder-width, knees bent about 6 inches.

Targets: glutes, thighs, spine.



Tip-Toe Position (2 minutes)

Same squat position with heels raised.

Targets: feet, glutes, thighs, spine.



Starting Block Position (2 minutes)

Hands on platform, body angled forward.

Targets: shoulders, back, arms.



Central Pivot Position

Standing farther from the center increases intensity.

RESISTANCE BAND WORKOUT

Attach resistance bands to the front connectors to add upper-body training during any workout.

CLEANING AND MAINTENANCE

DANGER

To reduce the risk of electric shock:

- Do not spray water on the unit.
- Do not immerse the unit in water or other liquids.

1. Wipe all surfaces with a soft, damp cloth regularly, especially after each workout.
2. Do not use abrasive cleaners or solvents.
3. Store the unit in a dry location away from heat or open flames.
4. Avoid prolonged exposure to direct sunlight.
5. Keep out of reach of children and pets.
6. Store the unit in its original packaging when possible.



SQVBTRHB36BL



SQVBTRHB36PK



SQVBTRHB36GY



SQVBTRHB36BK

REGISTER PRODUCT

Register online to activate your warranty and access expert support.
Keeps your SQUATZ product in top condition.

START HERE



SQUATZ.com/register

SQUATZ



**QUESTION OR COMMENTS?
WE ARE HERE TO HELP!
1.718.535.1800
[SQUATZ.COM/CONTACTUS](https://squatzen.com/contactus)**