User Manual

FLYBIRD Vibration Platform Machine

HR23-SZJ



Introduction

Thank you for choosing FLYBIRD fitness vibration machine. We kindly request that you carefully review the User Manual. It is essential to read and fully comprehend the Safety Precautions before operating the machine. By following these guidelines, you can ensure a safe and enjoyable experience with our product.

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Safety Precautions

● Recommended usage time is 10-20 minutes per session.

● If you have joint problems, hypertension, bronchitis, heart condition, skin disease, diabetes, are pregnant, have extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, use a pacemaker, or have other medical conditions, it is advisable to consult a medical professional before using this vibration platform machine.

● Familiarize yourself with the functions and operation of the machine to prevent malfunctions or injuries.

● Keep children away from this machine.

● It is normal to feel a slight dizziness during the initial use due to the vibration oscillation of the machine. This sensation should diminish after using it a few time.

● Avoid stamping on the pad to prevent injury and damage.

● Do not place your knees on the pad to avoid injury and impairment.

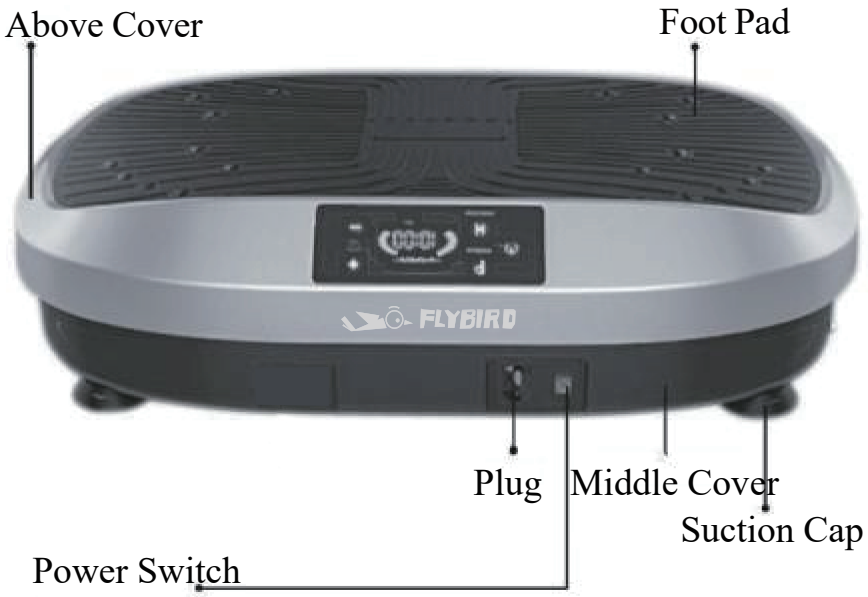
● Distribute your weight evenly and avoid putting excessive pressure on one side.

● Avoid touching the device with wet hands.

● Only one person should use the device at a time.

● This product is intended for exercise purposes only. Other uses are prohibited.

Product Structure Overview

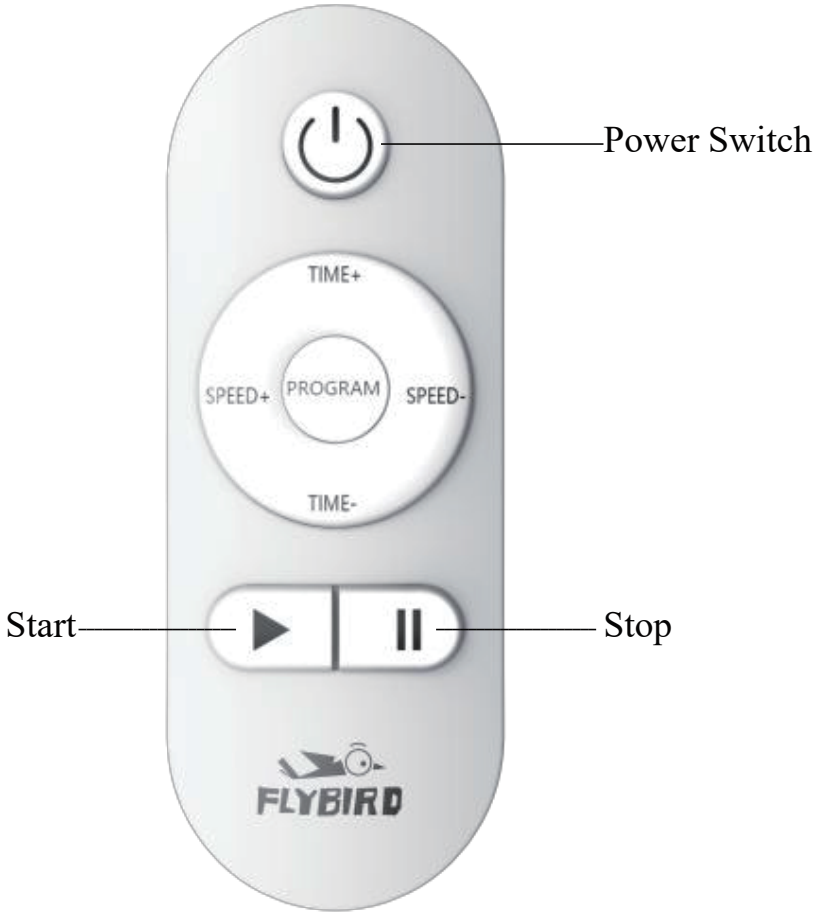




Package List

No.	Name	Quantity	Unit
1	Fitness Vibration Platform Machine	1	pcs
2	Resistance Bands	2	pcs
3	Remote Control	1	pcs
4	Power Cord	1	pcs
5	User manual	1	pcs

Remote Control



Operating Instruction

● **Power switch:** To start or stop the product, simply press the power switch.

● **Start:** Press the start button to initiate the device.

● **Automatic programs:** There are 5 automatic programs available, labeled as P1, P2, P3, P4, and P5.

● **Speed+ button & Speed- button:** Press the Speed+ button/Speed- button to increase/decrease the speed as desired. It can be used when using a manual program (not available in automatic programs). The speed ranges from levels 1- 120.

● **Time+ button & Time- button:** Press the Time+ button/Time- button to increase/decrease the time. These two buttons can be used in a manual programs (not available in automatic programs).

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 the machine.

How to use automatic program:
Follow these steps:

1. Ensure the machine is in STANDBY mode by pressing the STOP button.

2. Press the desired program button (P1-P5). Please note that for safety reasons, pressing PROGRAM will only work in STANDBY mode.

3.To cycle through the various modes, press the STOP button to return the machine to STANDBY mode before pressing Program.

4. Once you have selected a program (P1-P5), press the START button to begin your workout.

Please note: When starting an auto-program, you cannot adjust the time and speed manually. Simply choose an auto-program and press the start button, and the machine will begin the selected program.

Speed Setting Options

Auto program speed sheet

	S1	S2	S3	S4
P1	20	60	40	80
P2	30	70	50	90
P3	40	80	60	100
P4	50	90	70	110
P5	60	100	80	120

Technical Specification

Rated Voltage: 110V Speed Range: 1 to 120 levels

Power: 200W Amplitude：0- 10mm

Product Weight:17.6lbs Product Dimension: 20.5*13.7*7.1in

Cleaning and Maintenance

Attention

- Before cleaning, please make sure the machine is powered off and unplugged.
- The surface of machine can be cleaned with a warm and damp cloth with a mild detergent.
- Ensure that the machine is completely dry before plugging it back in or using it again.
- Avoid using harsh chemicals, such as benzene, thinner, ethyl alcohol, or gasoline, as they can cause damage to the machine's components and finish.
- If the machine will not be used for an extended period, consider covering it with a protective cover to prevent dust accumulation.

Maintenance

- After each use, turn off the machine and ensure that it is powered off.
- Store the machine in a dry, dust-free, and well-ventilated location. Avoid exposing the machine to direct sunlight, as it may cause damage or discoloration. Ensure that the storage and transportation environments meet the specified requirements.
- Regularly inspect the machine for any safety risks or potential issues.
- Regularly inspect the power cord for any signs of damage or wear.

Troubleshooting

	Symptom	Possible Cause	Solution
1	Lights are off	Power supply issue	Check the power supply and plug it in again.
		Power switch of the appliance off	Make sure the power switch is turned on.
		Transient current too strong, blown fuse	If the fuse is blown, replace it with a new one.
2	Noise	Uneven floor or improper leveling of the foot screw	Adjust the foot screw to ensure it is level with the floor.
3	Remote control does not work	Battery is not inserted or battery is empty	Check the battery and replace it if necessary.
		Too far from the machine	Make sure you are within the valid range of 2.5 meters from the machine

4	Machine Stops while in use	Machine is overheated	Allow the machine to cool down for 10 minutes and then start it again.
5	Does not work as intended	Received too many commands	Turn off the power,wait for a moment, and then restart the machine.

If the issue persists or you encounter any other problems, please refer to the user manual or contact customer support for further assistance.

Storage and Transportation

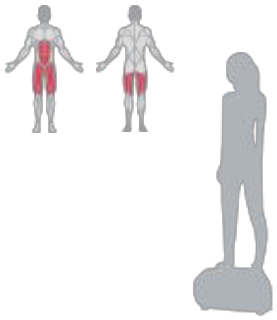
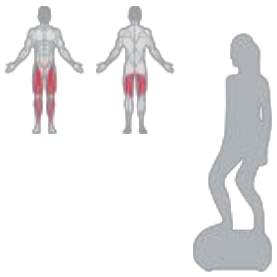
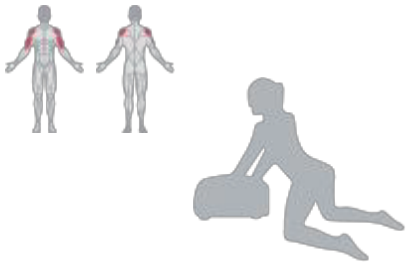
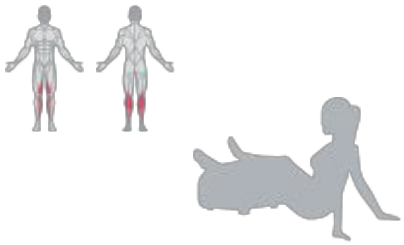
Transportation Guidelines:

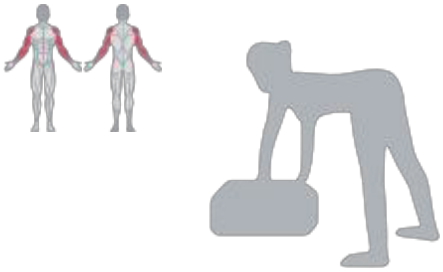
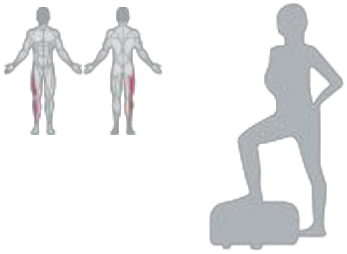
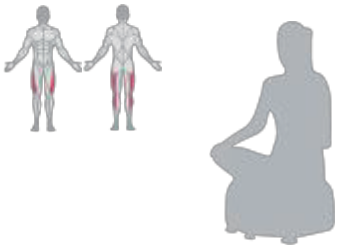
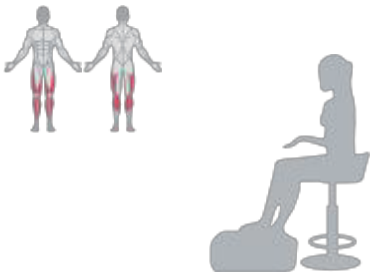
The machine can be transported using general transportation tools. Ensure that the machine is protected from severe vibrations, shocks, and exposure to rain during transportation.

Storage

The fitness vibration machine must be stored in a well-ventilated room without corrosive gas. Ensure that the storage area maintains an ambient temperature between - 10°C and +50°C (14°F- 122°F). The relative humidity must be lower than 93%(non-condensing), and the atmospheric pressure should be within the range of 50-106 kPa.

Whole Body Exercise Reference I

	**1. Standing stance:** Stand on the machine with your feet positioned shoulder-width apart.
	**2. Squatting stance:** Stand on the machine with your feet shoulder-width apart while maintaining a squat position.
	**3. Upper body workout:** Place your hands shoulder-width apart on the pad while kneeling on your knees.
	**4. Lower leg workout:** Rest your lower legs on the pad and support yourself by placing your hands on the ground behind you.

	**5. Arm workout:** Bend at the waist with your feet shoulder-width apart and extend your arms straight to rest on the pad.
	**6. Single-foot stance:** Place one foot on the machine and stand in a relaxed and upright position.
	**7. Sitting stance I:** Sit securely on the pad with your legs crossed.
	**8. Sitting stance II:** Place your legs on the pad while sitting on a stool or chair.

Whole Body Exercise Reference II



1. Push-up

Starting position:
Place your legs on the vibration plate, with your knees bent and hands behind your head.

Exercise:
Raise your upper body off the plate, but not fully, and then lower it back down.



2. Sit-ups

Starting position:
Place your legs on the vibration plate, with your knees bent and hands behind your head.

Exercise:
Raise your upper body off the plate, but not fully, and then lower it back down.





3. Triceps Dip

Starting position:
Face away from the device, place your hands firmly on the plate, and support yourself on it.

Exercise:
Push your body up, slightly bending your elbows and lowering your upper body. Keep your shoulder blades pressed together. Alternatively, you can extend your legs.





4. Bridge on One Leg

Starting position:
Lie on your back on a mat in front of the device, with one foot stepping on the plate.

Exercise:
During the vibration, lift and extend one leg at a time, switching legs every 3-5 seconds. Make sure to keep your pelvis stable and not tilted to one side.



5. Lunge with Bands

Starting position:

Place one foot in the middle of the device and extend the other leg backward. Hold one resistance band firmly.

Exercise:

Keep your back straight and firmly press your foot onto the plate, engaging the leg muscles. Bend your forearm and alternately pull the resistance band upwards and back.



6. Biceps Curls

Starting position:

Stand on the device and hold both resistance bands firmly.

Exercise:

Maintain a straight back and wrists. Bend your elbows and pull the bands firmly upward.



7. Lunge

Starting position:
Place one foot in the middle of the device, with the other leg extended backward.

Exercise:
Maintain a straight back and firmly press the front foot onto the vibration plate. Engage your leg muscles and cross your arms in front of your body.



8. Squat

Starting position:
Stand on the device with your feet shoulder-width apart.

Exercise:
Maintain a straight back, slightly bend your knees and upper body forward, and engage your leg muscles. Alternatively, move up and down in a squatting motion.

Warranty Information

This product is covered by a one-year warranty against defects in materials or workmanship. Please note that the warranty does not cover damage resulting from accidents or misuse of the product .

If you need replacement parts or support, please contact us via Amazon.

(Login your Amazon account > choose "Your orders"> find the order ID>click "Contact seller")

Or email to flybirdfitness@gmail.com

Our customer service will get back to you within 24 hours.

In order to resolve your issue better, please include the following information in your email to us.

Order number_____

Product _____

Issue_____

Request_____

Address _____

Phone number_____

If you have any questions, please feel free to contact us.