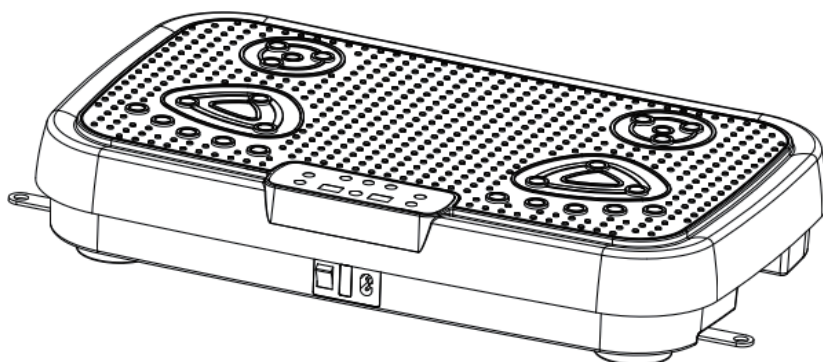


Vibration Plate Machine User Manual



JF-B-31-1 Vibration Plate Machine with Bluetooth

To ensure that you use this product correctly,
please read this manual carefully before use.

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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:

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

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) Do not operate under blanket or pillow. Excessive heating can occur and cause fire electric shock, or injury to persons.

3) 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 14 away from this machine.

4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

5) 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. Connect to customer service for help.

6) Do not carry this appliance by supply cord or use cord as a handle.

7) Keep the cord away from heated surfaces.

8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9) Never drop or insert any object into any opening.

10) Do not use outdoors.

11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12) To disconnect, turn all controls to the off position, then remove plug from outlet.

13) To reduce the risk of injury, place the appliance on a flat, horizontal, and stable surface. Do not place or use the appliance on a slippery surface.

14) To reduce the risk of injury, do not use the appliance with wet shoes, wet feet.

15) To reduce the risk of injury, do not use the appliance if the surface is wet. If the appliance surface becomes wet, dry the surface before using.

SAVE THESE INSTRUCTIONS

Product Safety Instructions

Important! Please read all details before use, and keep this user manual for future reference.

Operating Environment: Do not use this product in damp, humid, or dusty environments to avoid device malfunction.

Indoor Use Only: Please use this product indoors at standard room temperature.

Storage & Child Safety: Do not store this product outdoors. Store it safely indoors and keep it out of reach of children to prevent unsupervised operation or accidents.

Surface Placement: Always place the product on a flat, stable surface when in use.

Medical Contraindications: Do not use this product on infants, pregnant women, or individuals with pacemakers, metal implants, internal medical devices, fractures, severe osteoporosis, or those using other vibration equipment.

Health Restrictions: Individuals diagnosed with cancer or other serious medical conditions should not use this product.

Liquid Warning: Do not immerse the product in water or any other liquids.

Usage Limits: After using the product for 10 minutes, allow it to rest for 10 to 20 minutes before using it again.

Discontinue Use: If you feel unwell, dizzy, or experience discomfort during use, please stop using the product immediately.

Timing of Use: Do not use this product immediately after meals or after consuming alcohol to prevent physical discomfort or injury during intense movement.

Menstrual Cycle Notice: Women should avoid using this product during menstruation.

Post-Use Safety: After use, turn off the device, unplug the power cord, and store it safely out of reach of children to prevent unsupervised use.

Warning

The appliance is intended for household/domestic use only.

1. Do not immerse the product in water or any other liquids.
2. Keep fingers away from the gap between the upper and lower housing to prevent pinching or injury.
3. Do not attempt to disassemble, repair, or modify the product on your own.
4. Do not carry pocket knives, keys, or other sharp or hard objects while using the product to prevent unintended injury.
5. This product is designed for single-person use only. Do not allow two or more people to use it at the same time to avoid accidents.
6. Do not overload or exceed the rated capacity of the product during operation.
7. Stop exercising immediately if you feel dizzy, faint, nauseous, short of breath, or experience chest tightness.
8. Always unplug the power cord before moving, repositioning, or storing the product.
9. Keep the product away from heat sources, open flames, or direct radiators.
10. Do not use the product if either the main unit or the remote control is malfunctioning or damaged.
11. Maintain a clear space of at least 6 feet (2 meters) around the product during operation to prevent collisions or hazardous situations.
12. Use only the original power cord provided with the device. Do not use power cords from other products to avoid fire hazards or damage.
13. Never plug in or use a damaged power cord. Replace it immediately with an authorized cord of the same model to prevent fire or electrical hazards.
14. To reduce the risk of personal injury, read and understand all the instructions before using this product.

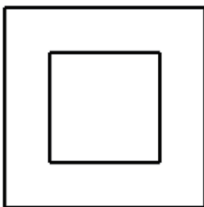
Warning

1. Do not attempt to disassemble, repair, or modify the product without authorization, as this may cause electric shock, injury, or other hazards.
2. Do not use the product if the power cord is damaged or if the wall outlet is loose, to avoid electric shock, power leakage, short circuits, or fire.
3. Do not damage, forcibly bend, twist, pull, or place heavy objects on the power cord, and avoid pinching the wire, to prevent power leakage, electric shock, or fire.
4. Keep batteries out of reach of children. If swallowed, batteries can cause severe chemical burns or other life-threatening hazards.

SERVICING OF DOUBLE-INSULATED PRODUCTS

In a double-insulated product, two systems of insulation are provided instead of grounding. No grounding means is provided on a double-insulated product, nor should a means for grounding be added to the product. Servicing a double-insulated product requires extreme care and knowledge of the system, and should be done only by qualified service personnel.

Replacement parts for a double-insulated product must be identical to the parts they replace. A double-insulated product is marked with the words "DOUBLE INSULATION" or "DOUBLE INSULATED." The symbol (square within a square)



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.

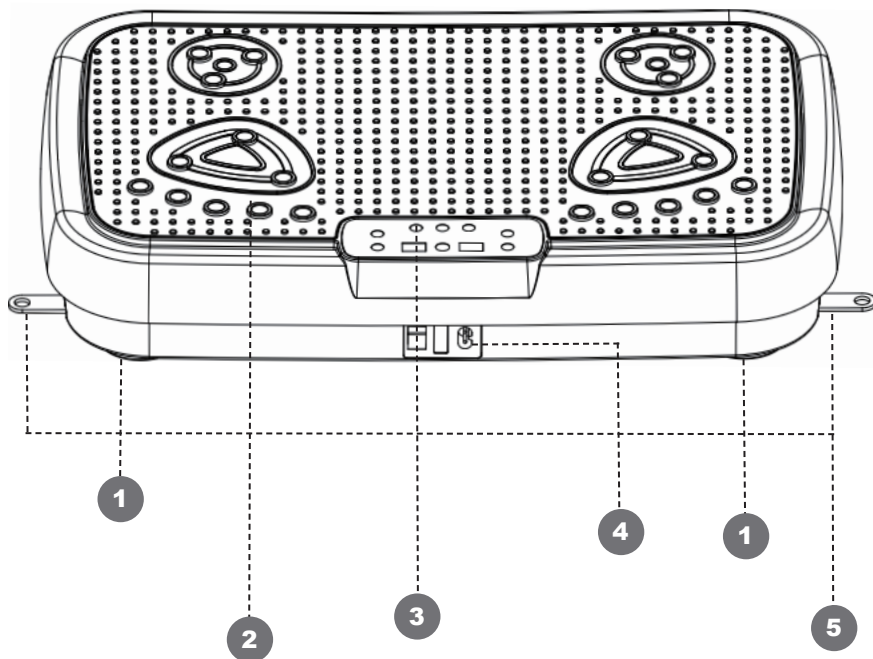
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate 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.

Important: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.

Product Description



1 Foot Pad

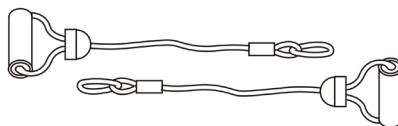
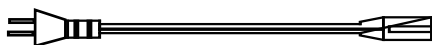
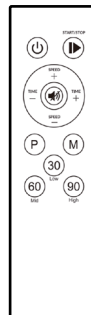
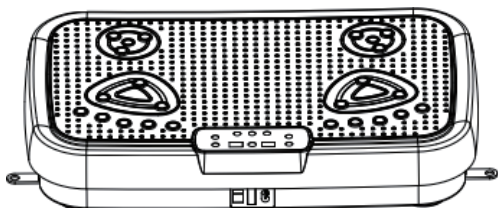
4 Power cord & switch

2 Workout area

5 Clip for Pull-string

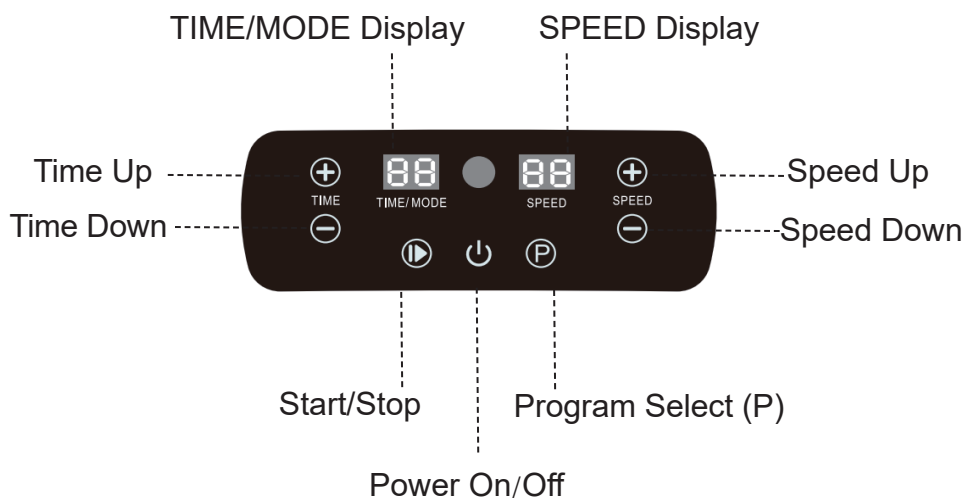
3 Control Panel

Accessories List



Package List		
1	Vibration Plate Machine	*1
2	Remote	*1
3	Power cord	*1
4	Manuel	*1
5	Pull-string	*2

Control Panel Instruction



Control Panel Functions & Display Definitions

1. **TIME / MODE Display**: Manual mode "HA" with a standard 10-minute session upon power-on. The display toggles between Mode and Remaining Time every 5 seconds.
2. **SPEED Display**: Displays the current operating speed level.
3. **Time Up&Down**: In manual mode, press before starting to increase&decrease the workout time(From 10-20mins). Press and hold for fast adjustment.
4. **Speed Up&Down**: Press during operation to increase&decrease the speed (up to level 99). Press and hold for fast adjustment.
5. **Start / Stop Button**: Press once to start or stop.
6. **Power On / Off Button**: Press to wake&turn off the screen.
7. **Program Select (P)**: Press to cycle through preset programs. Programs must be selected before starting the device. Speed for preset programs are pre-programmed.
8. **Bluetooth Speaker Function**: Turn on Bluetooth on your mobile device, and select the device name "VPM-0506" to connect.

Remote Control Functions



Power / Standby Button: Press during operation to stop the machine and turn off the display to enter standby mode. Press again to turn on the display and return to mode selection status.



Start / Stop Button: After powering on, press once to start operating in the current mode. Press again to stop operation.



Speed Up&Down Button: In manual mode, press after starting to increase&decrease speed (range: 99 to 1). Press and hold for rapid continuously adjustment.



Time Up&Down Button: In manual mode, press before starting to increase&decrease workout time (range: 1-20mins). Press and hold for rapid continuously adjustment.



Mute Button: Press to toggle the button/beeper sound on or off.



Program Button: Press to cycle through automatic preset modes (P1 → P2 → P3 → P4 → P5).



Mode Button: Press to switch to manual mode (HA).



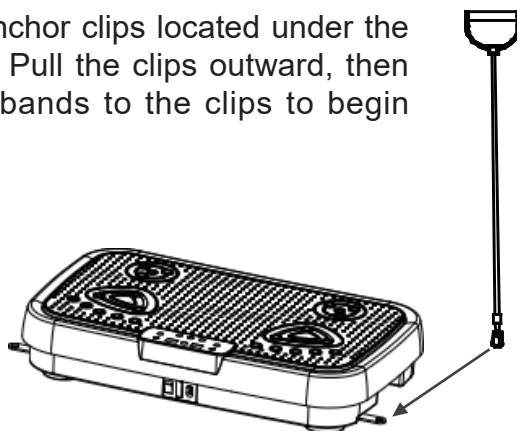
Speed Shortcut Buttons: In manual mode, press after starting to quickly set the speed directly to level 30 (Low), 60 (Mid), or 90 (High).

Battery Instruction:

1. Only use the battery type specified: 2 × AA Batteries (not included)
2. Ensure batteries are inserted with the correct polarity (+ and -).
3. Do not recharge non-rechargeable batteries.
4. Rechargeable batteries must be removed from the appliance before charging.
5. Do not mix different types of batteries (e.g., alkaline and carbon-zinc), or new and used batteries.
6. Remove exhausted batteries promptly and dispose of them safely.
7. Remove the batteries if the appliance is to be stored unused for a long period.
8. Do not short-circuit the supply terminals.

How to Attach the Resistance Bands

The resistance band anchor clips located under the machine are retracted. Pull the clips outward, then attach the resistance bands to the clips to begin your workout.



Product Specification

Product Name	Vibration Plate Machine
Product Model	JF-B-31-1
Operating Voltage	AC 110V-240V 50/60Hz
Rated Power	130W
Speed Gear	1-99
Net Weight of Product	6kg
Gross Weight of Product	7.2kg
Product Dimensions	520*315*100 mm
Packaging Dimensions	604*353*116 mm

Exercise Guide & Demonstrations

Standing Posture

Carefully step onto the platform. Stand upright with feet shoulder-width apart and engage your core. Maintain a stable posture and keep your back straight without slouching or swaying from side to side. This position activates your core, glutes, and lower body muscles, boosting metabolism and toning your body through vibration.



Resistance Band Standing Workout

Carefully step onto the platform and hold the resistance bands with both hands. Keep your shoulders stable and pull the bands upward using arm strength. Keep your back straight and avoid leaning forward. This position relaxes the body while effectively targeting and strengthening your arm muscles.



Seated Exercise

Sit directly on the platform with your back straight. Keep your head up and avoid slouching. Relax your hands on your knees. This pose effectively relieves tension in your hips and lower back.



Leg & Calves Stretch

Place both feet flat on the platform and support your upper body with your hands behind you. Keep your back straight and avoid slouching. This pose helps relax and stretch your calf and thigh muscles.



Upper Body Shoulder Stretch

Place your hands flat on the platform with arms supporting your upper body, knees resting on a mat. Keep your body in a straight line from back to hips, engage your core, and avoid sagging your lower back. This position targets and relieves shoulder tightness.



Chair-Seated Calves Relaxation

Sit comfortably in a chair with your back straight. Place your feet flat on the vibration platform and relax your hands on your knees. This pose provides a soothing massage for your calves.



Care & Maintenance

WARNING!

Please always disconnect the power cord before cleaning. Prevent cleaning liquids or moisture from entering the device, as this may cause short circuits, electric shock, fire, or other hazards.

Product care

1. **Cleaning:** Always unplug the power cord first. Wipe the outer housing and non-slip foot pad using a slightly damp cloth with a mild, neutral detergent.
2. **Storage:** If the product will not be used for an extended period, turn off the power and store it in a cool, dry place. This helps prevent accidental surface scratches and slows down the aging of the plastic housing.
3. **Chemical Warning:** Do not use acidic or alkaline cleaners, alcohol, or harsh chemicals, as they may corrode the plastic surface

Remote Control Care

1. **Cleaning:** Remove the batteries before cleaning. Wipe off dirt using a slightly damp cloth or paper towel. Allow the remote control to air-dry completely in a well-ventilated area before reuse (avoid direct sunlight).
2. **Chemical Warning:** Do not use acidic or alkaline cleaners to wipe the remote control, as they may cause corrosion.

Troubleshooting

Problem	Possible Cause	Solution
1. Device does not turn on	1.1 The power cord is not fully plugged in.	1.1.1 Re-plug and secure the power cord.
	1.2 The main power switch is off.	1.2.1 Press the power switch from "0" to "I"
	1.3 A power surge caused the fuse to blow.	1.3.1 Please Contact customer service
2. Clicking noises during operation	2.1 Normal sound when it works, not a malfunction.	2.1.1 No action required.
3. Remote control is unresponsive	3.1 The batteries are depleted.	3.1.1 Replace with new batteries.
	3.2 Operating distance is too far.	3.2.1 Move closer to the device and try again.
4. Device stops when using	4.1 Preset workout timer ended (10 minutes).	4.1.1 Restart the program if desired.
	4.2 Motor overheat or overload protection was triggered.	4.2.1 Turn off the device, allow it to cool down completely, and restart.

WARRANTY INFORMATION

Defective Products & Returns

This product comes with a 1-year full warranty from the date of purchase. Do Not dispose of your product before contacting us.

Should your product prove defective, please contact the Customer Support via **zhongfutaitradingying@outlook.com** with your invoice and order number.

Customer Support

Your satisfaction is our goal! Should you encounter any issues or have any questions about your new product, feel free to contact our Customer Support Team via

zhongfutaitradingying@outlook.com



Dispose of electrical devices in an environmentally responsible manner!

Do not dispose of electrical devices with household rubbish

Please contact your local authorities for available disposal options for your worn-out device.

In accordance with European Directive regarding electrical and electronic devices must be collected separately and sent in for recycling.



This product complies with relevant European directives

EC REP

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Privilégiez la réparation ou le don de votre appareil !