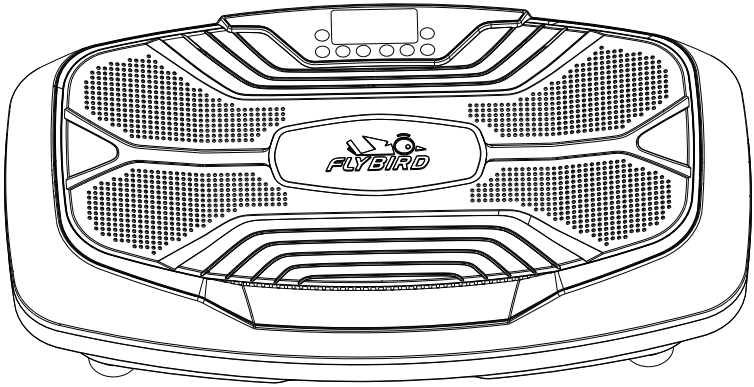
FLYBIRD 4D Vibration Plate

USER MANUAL



JF01-SZJ

SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING:

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the product.

DISCLAIMER

1. The health benefits suggested or implied in this user manual, our other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.

2. The use of this vibration machine is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the product are adequately informed of all warnings and precautions.

4. Use the product only as instructed in this manual.

5. Place the product on a level surface, with at least eight feet of clearance behind it. Do not place the product on any surface that blocks air openings.

To protect the floor or carpet from damage, place a mat under the product.

6. Keep the product indoors, away from moisture and dust. Do not put the product in a garage or covered patio, or near water.

DOS AND DON'TS

7. Do not operate the product where aerosol products are used or where oxygen is being administered.

8. Keep children under the age of 12 and pets away from the product at all times.

9. The product should not be used by persons weighing more than 330 lbs.

10. Never allow more than one person on the product at a time.

11. Keep the power cord and the surge suppressor away from all heat sources.

12. Never leave the product unattended while it is running.

13. Always unplug the power cord when the product is not in use.

EXERCISING

14. Consult with a medical professional before beginning a new exercise program.

15. Get into position before powering on the product.

16. Always wear appropriate clothing and athletic shoes when using the product.

17. The product is intended for in-home use only. Do not use the product in any commercial, rental, or institutional setting.

MAINTENANCE

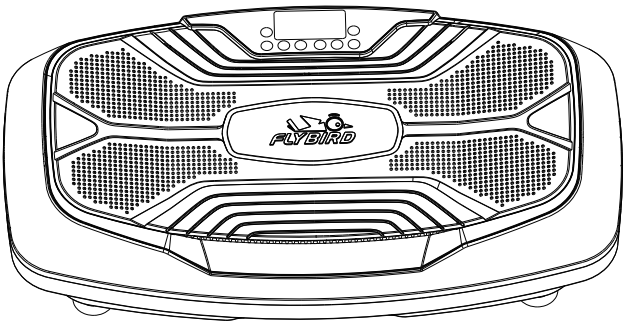
18. DANGER: Always unplug the power cord immediately after use, before cleaning the product, and before performing the maintenance and adjustment procedures described in this manual.

19. Inspect and tighten all external screws periodically (do not remove the motor hood).

20. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

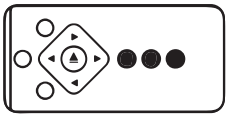
21. Never insert or drop any object into any opening.

WHAT'S IN THE BOX



FLYBIRD 4D
Vibration Plate

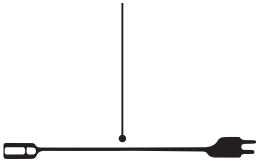
Remote Control

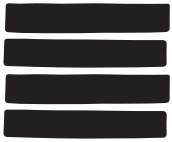


Resistance Bands (2)



Power Cord





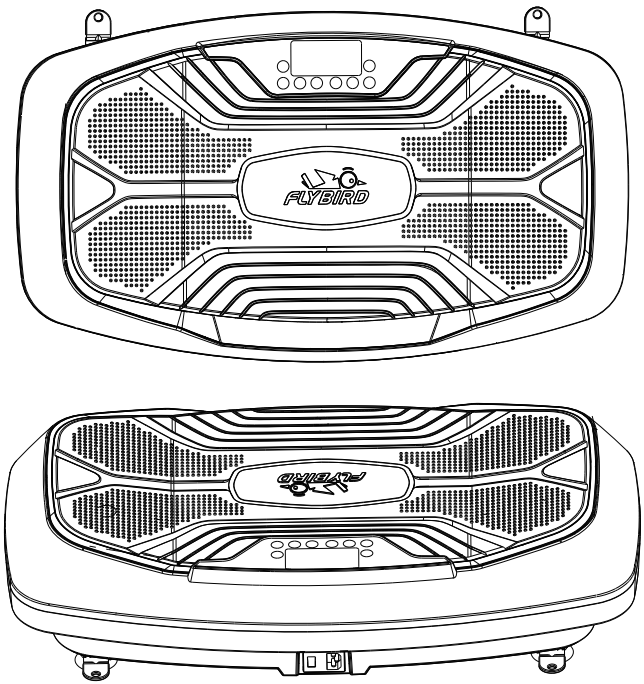
FLYBIRD Bands (4)



Exercise Mat



User Guide



UNIT SPECS

- Product Size: 31.5×17.72×6.69in
- Net Weight: 47 lbs
- Power: 350W+350W+100W
- Voltage: 120V
- Amplitude: 11mm/6mm/1-2mm
- Max User Weight: 330 lbs

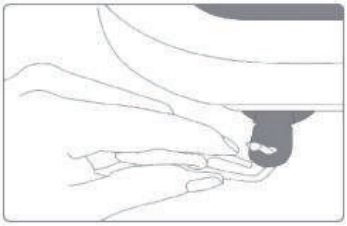
- Frequency: 5.2-40 Hz
- Speed Levels: 99
- Preset Programs: P1-P9
- Battery: CR2025 battery (included)

EASY-START SETUP GUIDE

1. ACTIVATE THE REMOTE

- Remove the plastic insert under the CR2025 battery.

2. ATTACH THE TWO RESISTANCE BANDS



- Loosen the carabiner locks on the end of the 2 Resistance Bands. Attach the 2 Resistance Bands to the holes on the 2 Resistance Band Fixed Pieces. Then tighten the carabiner lock in place.

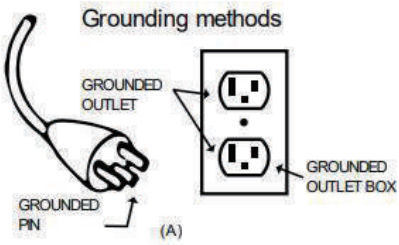
NOTE: Make sure the carabiner locks on the end of the 2 Resistance Bands are tightened in place, to avoid them loose during use.

3. CONNECT TO POWER

- **IMPORTANT NOTE:** This machine requires a power source of 110

Volts in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the machine. Any power supply source above or below this level could cause significant damage to the machine and/or user.

- **GROUNDING METHODS:** This machine must be grounded. Should the machine malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This machine is equipped with a plug that has 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.



4. POWER ON THE PRODUCT

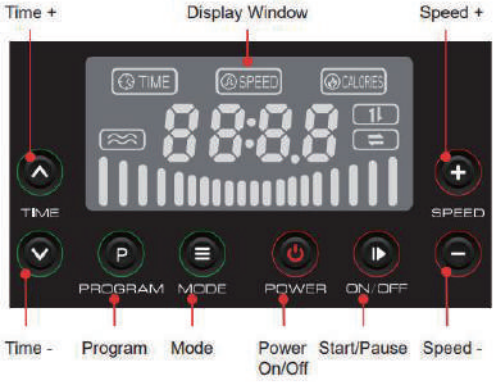
- Flip the breaker switch on the front of the product to the ON position.
- Press the power button on the product's display or the remote control.

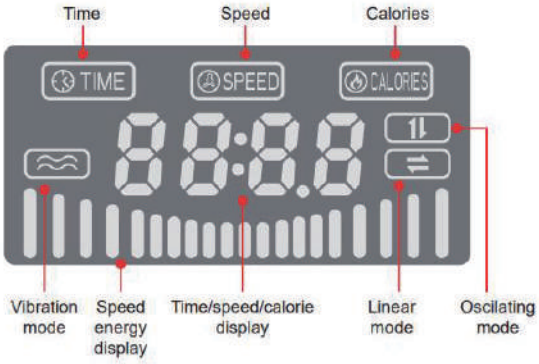
HOW IT WORKS

The product has three powerful, ultra-quiet motors: a lateral motor, a horizontal/oscillating motor, and a pulsating motor. The three motors combine to create a unique 4D motion which activates all of your muscle fibers more efficiently than other exercise product.

OPERATION INSTRUCTIONS

USING THE DISPLAY PANEL TO OPERATE THE PRODUCT





1. **POWER:** Press the button to power the product on and off.

2. **ON / OFF:** Start/stop the selected preset program or manual mode workout.

3. **PROGRAM:** Toggle through preset programs (P1, P2, P3……P9).

4. **MODE:** Toggle through the 7 training modes (Oscillating, Linear Vibration, Oscillating+Linear, Oscillating+Vibration, Linear+Vibration and Oscillating+Linear+Vibration).

5. **TIME+/TIME-:** Set time duration for manual mode workout. Each preset program is 10 minutes long. Time cannot be adjusted for preset programs.

6. **SPEED+/SPEED-:** Adjust workout speed after manual mode workout begins. Speed automatically starts at 1. Speed cannot be adjusted for preset programs.

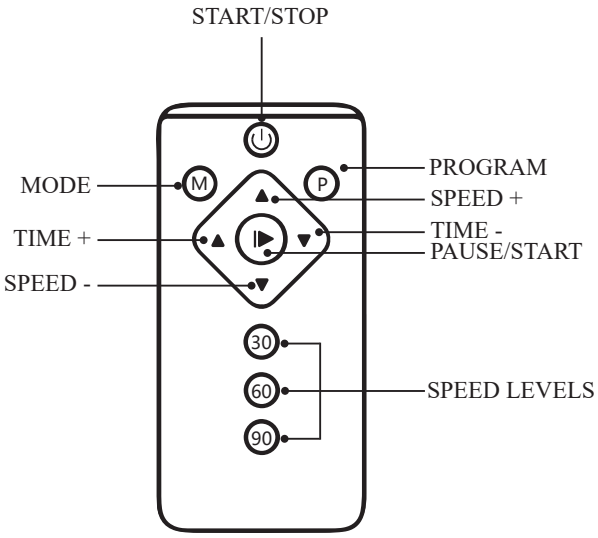
7. **CALORIE:** Shows number of calories burned in current workout.

8. **SPEED LIGHT:** Shows current workout intensity (Green: 1~30, Blue: 31~60, Red: 61~99). Simultaneously, the light color on both sides of the product changes following the LED Display.

USE THE BUILT-IN SPEAKERS

Turn ON Bluetooth on your smartphone or other Bluetooth device. Select the device called "FLYBIRD 4D vibration plate". Once found, click on it to establish a connection. Once the connection is successful, you can start playing music.

USING THE REMOTE TO OPERATE THE MACHINE



CHOOSING A TRAINING MODE

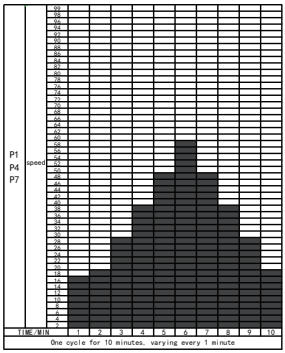
TRAINING MODES*	MOTOR MOVEMENT	ACTIVE MOTOR
Oscillation	Up-Down	Oscillating Motor
Pulsation	Pulsating	Pulsating Motor
Lateral	Side-to-Side	Lateral Motor
Oscillating Pulsation	Up-Down + Pulsating	Oscillating Motor + Pulsating Motor
3D/Spiral	Up-Down + Side-to-Side	Oscillating Motor + Lateral Motor
Lateral Pulsation	Pulsating + Side-to-Side	Pulsating Motor + Lateral Motor
4D	Up-Down + Pulsating + Side-to-Side	Oscillating Motor + Pulsating Motor + Lateral Motor

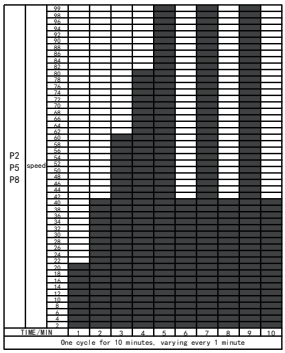
MANUAL MODE

In manual mode, you can create your own custom workout by choosing from 7 training modes and then setting a workout time and speed.

The machine will be in manual program after the machine is turned on. You can change the time by pressing or holding the “TIME” button on the console panel or remote control. Speed level could also be changed by pressing the SPEED + or – button on the console panel or the remote control. In manual program, the machine will start at the lowest speed level, so the user will not be able to decrease the speed. The user could stop the vibration at any time by pressing the “START/STOP” button on the console panel or button on remote control.

PROGRAM MODE

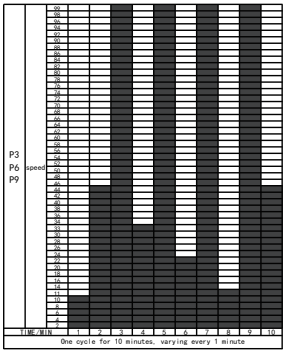




P1 P2 P3
Swing mode automatic program

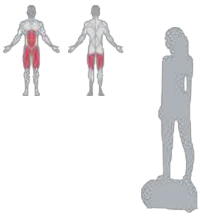
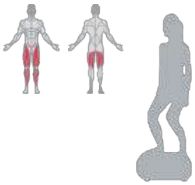
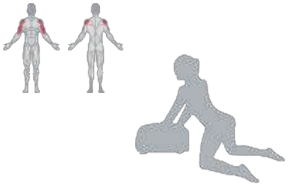
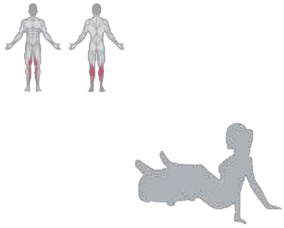
P4 P5 P6
Horizontal mode bot

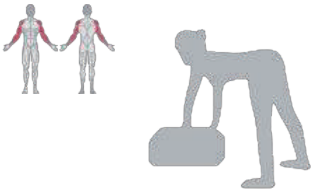
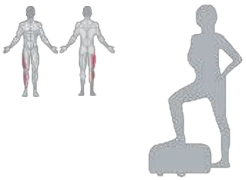
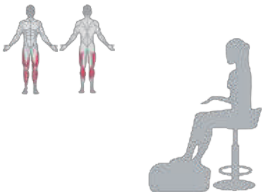
P7 P8 P9
Vibration mode automatic program



In program mode, you can select from nine preset programs: P1, P2, P3, P4, P5, P6, P7, P8, P9. Each preset program is 10 minutes long and uses a different training mode to challenge your body. All the nine preset programs vary speed and intensity throughout to help keep you on your toes. NOTE: You cannot adjust the workout time or speed for preset programs.

HOW TO USE THE FLYBIRD 4D VIBRATION PLATE

	**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.





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 band 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.

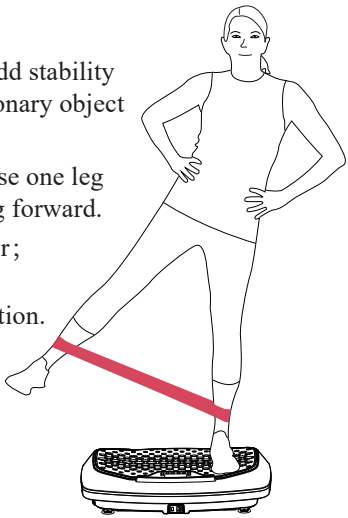


8. Squat

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

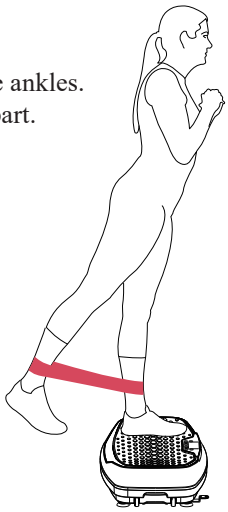
Exercise:
Maintain a straight back, slightly bend your knees and upper body forward, and engage your leg muscles. Alternatively, move up and down in a squatting motion.

STANDING HIP ABDUCTORS



1. Place the tubing around the ankles. To add stability to the exercise you can hold onto a stationary object for support if needed.
2. With your legs shoulders width apart raise one leg out to the side, with your foot still facing forward.
3. Try to keep your hips parallel to the floor; don't lean too much to one side
4. Slowly return the leg to the starting position.
5. Repeat this exercise 10-12 times before moving onto the other leg.

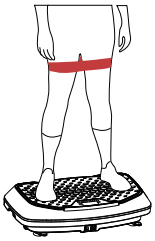
STANDING KICKBACK

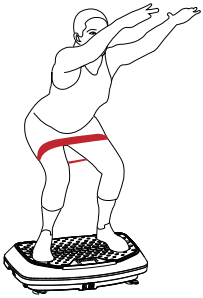


1. Place the band around your legs just above the ankles. Place both feet on the plate, shoulder width apart.
2. With your hands at your chest or your hips, shift all your weight onto your left leg.
3. Tense your stomach and push your right leg back as far as you can. Keep the leg straight.
4. Return your right foot to the plate, keeping tension in the band, for 10-12 rep
5. Switch legs and repeat.

SQUAT

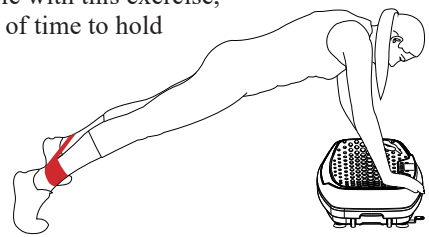
1. Start by placing the resistance band around your thigh area.
2. Stand on the plate with your feet a little wider than shoulder width apart andknees and toes very slightly turned out to the side. Keep your weight backon your heels
3. Start by bending slightly at the hips and knees at the same time. Start to squat back as if sitting into a chair. Keep the chest lifted, back straight and your shoulders back.
4. Lower your hips as much as possible while keeping your knees and toes in the same line.
5. To come back up, keep your body tight and engage your core stomach muscles as youpush back up through your heels.





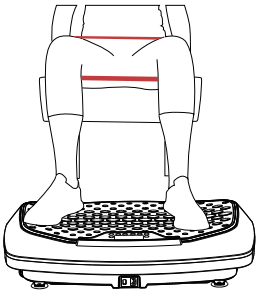
PLANK

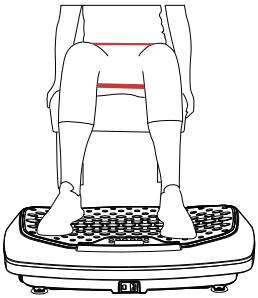
1. Place the resistance band around both ankles and place your toes onto the floor and hands onto the plate in the press up position, taking care not to lock your knees.
2. Keeping your head down, your head should be in line with the back.
3. Slowly move your feet apart.
4. Keep the resistance band stretched as wide as you can.
5. Hold the position for 20 seconds to begin with.
6. As you get more comfortable with this exercise, you can increase the length of time to hold the position.



SEATED HIP ABDUCTOR

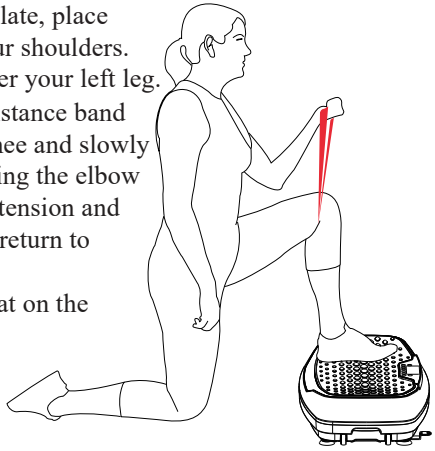
1. Sit on the edge of a chair or bench and place the resistance band around both legs across your thighs, just above the knees.
2. Place your feet onto the plate slightly wider than your shoulders.
3. Slowly push your knees out while keeping your feet flat on the plate. Hold for two seconds, and then slowly your knees back together.
4. Repeat 10 – 12 times.



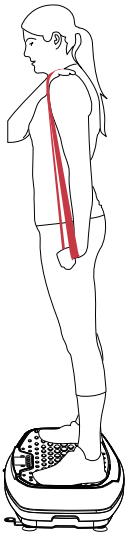


LUNGE BICEPS CURL

1. Place your left foot onto the plate, place your right knee parallel to your shoulders.
2. Place the resistance band under your left leg.
3. Place the other end of the resistance band in your left hand above the knee and slowly bring it up the shoulder, keeping the elbow tucked in. Slowly release the tension and bring your hand down to and return to the your knee.
4. Repeat 10-12 times then repeat on the opposite side.

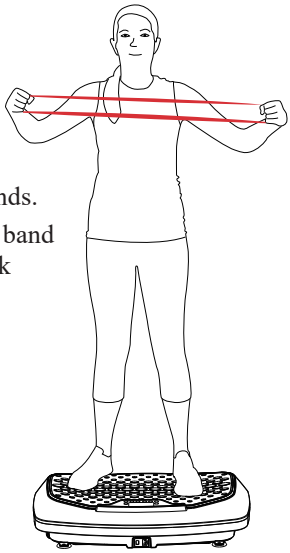


TRICEPS PRESS



1. Place the band around the middle of your hands then place your left hand onto your right shoulder.
2. Keep your shoulders back and chest high, and stand with your knees slightly bent.
3. Make a fist with your left hanad and then bend your right elbow to 90 degrees.
4. Slowly press your right hand toward the floor,fully extending your arm and squeezing through your triceps.
5. Pause, then reverse the move.
6. Repeat this exercise 10-12 times before moving onto your other arm.

CHEST PULL



1. Standing on the plate with your legs shoulderwidth apart.
2. Hold the each resistance band in both hands.
3. Bring the resistance band up to the chest band up to the chest squeezing the elbow sback towards your shoulders.
4. Hold for two seconds and return to the starting position.
5. Repeat 10- 12 times.

STOP IF YOU FEEL ANY UNEXPECTED PAIN OR DISCOMFORT WHEN DOING THESE EXERCISES

TROUBLESHOOTING GUIDE

ISSUE	CAUSE	SOLUTION
MACHINE DOES NOT TURN ON	Power cable is not plugged into a wall outlet.	Connect power cable to an outlet.
	Power cable is not securely plugged into the front of the unit.	Remove the power cable and reinsert forcefully until you hear a click indicating it is securely connected.
	Breaker switch is not turned on.	Flip breaker switch on the front of machine to theON position.
REMOTE CONTROL DOES NOT WORK	Remote is too far away from the infrared sensoron the display	Point remote directly at infrared sensor when in use (effective distance is approximately 16.4 feet).
	Battery is dead.	Insert new CR2025 battery.
	Battery is not contacting battery terminals.	Insert a piece of tissue or thin foam on top of battery to press it down.
UNIT STOPPED WORKING SUDDENLY	Program or manual workout ended.	Begin a new exercise program.

WARRANTY INFORMATION

This product is covered by a lifetime 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.

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.

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

The device has been evaluated to meet general RF exposure requirement.