

User Manual

SEDOZik

Vibration Plate Exercise Machine

Rapid weight
loss and
body shaping

Promote blood
circulation

Promote
gastrointestinal
motility

Regulate the
nervous system



The power socket used must be properly grounded and should not be shared with other electrical equipment.

If you need to replace the power cable, ensure it has a grounding function.

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) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 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. Return the appliance to a service center for examination and repair
- 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.

SAVE THESE INSTRUCTIONS

Safety Precautions

For your safety, please read the following precautions carefully before using this product:

1. This product uses a 110V/60HZ power source. Please confirm whether the voltage of your socket is the same as that of this product before use.
2. When installing and using this product, it must be done on a clean, horizontal indoor floor.
3. Before each use, please inspect the appearance and operation of all parts. If any abnormalities are found, please immediately turn off the machine and contact us SEDOZIK seller through the order page for assistance.
4. Do not use this product when it is malfunctioning, especially if there is a problem with the power cord.
5. Do not touch the power cord with wet hands. When the appliance is in use, do not move it. After use, please turn off the power.
6. Do not apply any load before starting the machine. Start the machine for 10 seconds before use, and then adjust the machine speed according to personal needs.
7. It is strictly prohibited to dismantle the vibration plate exercise machine to avoid accidents.
8. It is recommended to use this product for 10-15 minutes in the morning after waking up or before going to bed. After use, please drink enough water to help eliminate waste and toxins from the body.
9. Children can only use this product under adult supervision and should not be allowed to operate it independently.
10. Patients with heart disease, diabetes, kidney disease, liver disease, cancer, osteoporosis, and other conditions CAN NOT use this product, Do not use this product after drinking alcohol. Pregnant women and individuals during menstruation CAN NOT use this product.

Product Features and Usage Effects

1. Ergonomic design with a novel and fashionable appearance, LED display showing time and speed.
2. The product features 8 preset speed levels and a 120-gear speed adjustment to meet the needs of different people.
3. This product improves the drawbacks of general traditional aerobic exercise and is convenient and compact for home use.
4. This product uses a vibration and swinging method to drive the movement of all parts of the body, thereby reducing body fat without causing excessive fatigue to various body parts.
5. This product can also enhance body flexibility and joint mobility, stimulate and strengthen body stretching and muscles, improve blood circulation and enhance fiber activity, improve uneven skin, and gradually restore muscle and skin elasticity. There is a significant and amazing difference in effect before and after exercise.
6. This product can enhance bone density and prevent osteoporosis. It has a significant effect on improving symptoms such as back pain and degenerative arthritis caused by muscles. It can also relax tense feet, legs, waist, abdomen, neck, joints, and muscles, significantly alleviating chronic pain in human joints.
7. Using this product can prevent physical decline and weakness caused by lack of exercise for a long time. It can stimulate hormone secretion in the body, strengthen physical circulation, enhance internal organ function, and has a certain effect on post-surgical recovery and muscle strengthening.

Install Batteries

1. Remove the back of the remote control.
2. Insert two AAA batteries into the battery compartment.

NOTE:

- 1)The batteries are not included, please purchase separately.
- 2)Install the batteries according to the polarity markings on the inside of the battery compartment.
- 3)Remove the batteries from the remote if the machine will not be used for a long time.

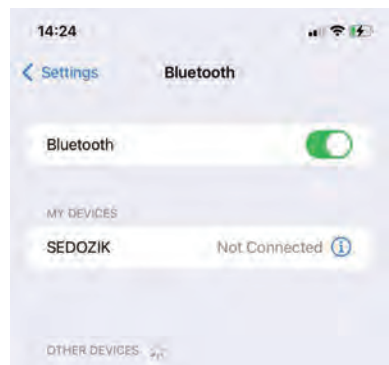
Instructions

1. Insert the power cord firmly into the power jack on the front edge of the product. The power cord fits tightly so it will not loosen during use.
2. Plug the power cord into a standard wall outlet.
3. Flip the power switch on the front of the Vibration to the ON position to power on the machine.
4. Press the On/Off button on the remote control to turn on the control panel on to standby mode.



Bluetooth Settings

Once powered on, the Vibration will play a Bluetooth pairing tone. Simply open your phone's Bluetooth settings, choose "SEDOZIK" to connect, then a voice prompt will indicate a successful bluetooth pairing or disconnection, and you're ready to stream your music.



Using the Remote to Operate the SEDOZIK

1. Power Button:

Press to turn on/off the touch panel.

2. Start/Stop Button:

In standby mode, press this button to enter Manual Speed Adjustment Mode. The default speed is 1 gear. During use, press this button to pause, and press it again to resume.

3. Preset Button:

In standby mode, press this button directly to enter automatic speed adjustment mode, second press to change into manual mode. During use, press this button to change the adjustment type between automatic mode and manual mode.

4. Speed Increase/Decrease Buttons:

1) Manual Mode: Press the "P/SPEED" +/- buttons to increase or decrease the speed level (1-120 gear). Press once changes the speed by 1 gear; press and hold can scroll continuously through speed levels.

2) Automatic Mode: Press the "P/SPEED" +/- buttons to cycle through the 8 preset programs (P0-P7), each with a different speed intensity but a fixed duration of 15 minutes.

5. Time Increase/Decrease Buttons:

Press the "TIME" +/- button to set the auto-off time (1-20 minutes) in 1-minute increment.

6. Previous Button:

Press to go to the previous song.

7. Next Button:

Press to go to the next song.

8. Play/Pause Button:

Press to play or pause music.

9. Volume Down Button:

Press to decrease volume.

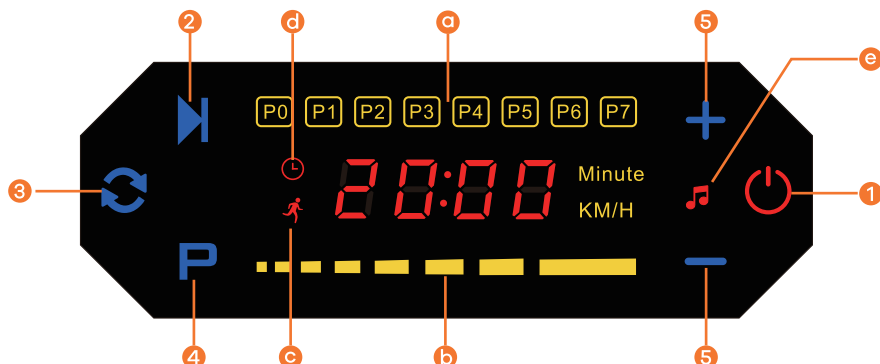
10. Volume Up Button:

Press to increase volume.



Using the Touch Panel to Operate the SEDOZIK

When the device is connected to the power supply, a brief self-test will begin and last for 0.5s. Then you can touch power button on the panel to begin use.



- 1. Power Button:** The Power button lights up when the device is plugged in and powered on. Touch the Power button to wake the device and enter standby mode. Touch it again can turn the device off.
- 2. Start/Stop Button:** In standby mode, touch this button to enter Manual Speed Adjustment Mode. The default speed is 1 gear and "001" is displayed. During workout, touch this button to pause, and press it again to resume.
- 3. Cycle Button:** During use, touch this button once to enter Speed Adjustment Mode for speed setting. Touch it again to switch to Time Adjustment Mode. Touch it a third time to enter Volume Adjustment Mode. A blinking value on the screen indicates the setting is ready for adjustment. After any adjustment is made, the value will continue to blink for 5 times before the display automatically returns to showing the speed status.
- 4. Preset Button:** In standby mode, touch this button can enter Automatic Speed Adjustment Mode (the default program is P0) directly. Touch this button can switch the speed adjustment type between Automatic Mode and Manual Mode.

5. Speed/Time/Volume Increase/Decrease Buttons:

1) Speed Adjustment Mode

Manual Mode: Use the +/- buttons to increase or decrease the speed level (1-120 gear). A single touch changes the speed by 1 gear; touch and hold to scroll continuously through speed levels.

Automatic Mode: Use the +/- buttons to cycle through the 8 preset programs (P0-P7), each with a different speed intensity but a fixed duration of 15 minutes.

2) Time Adjustment Mode

use the +/- buttons to set the auto-off time (1-20 minutes) in 1-minute increment. The time is displayed on the screen in the MM:SS (minutes: seconds) format.

3) Volume Adjustment Mode

use the +/- buttons to adjust the volume level (1-12 level) in step of 1 level.

6. Icons:

a - lit when a preset program is chosen.

b - lit when a speed level is selected, indicating the speed intensity.

c - lit whenever a speed level is selected - in both Automatic and Manual modes, whether the machine is running or paused. It only turns off when is in Volume Adjustment Mode.

d - lit when it's in Time Adjustable Mode, "Minute" will lit correspondingly.

e - lit when the bluetooth is connected. Volume is adjustable through touch panel when Icon c & d are off and only icon e is lit.

7. Others:

1) During use, the screen cycles through three displays every 3 seconds: Speed Level, Timer (Minute) and Speed (KM/H).

2) You can stop your workout before the end of the work time at any time by pressing the "Start/Stop" button on remote or touch panel. Then Press "Start/Stop" button again to continue workout. The workout will stop automatically when the set working time is over.

3) After each workout, be sure to press the power button to turn off the touch panel, turn the power switch to the "Off" position, and unplug the power cord.

Exercise Posture Description

Through the machine's balanced high-frequency vibrations, combines with various body postures, it deeply stimulates muscle tissue, reduces fat accumulation, enhances muscle elasticity, allows to thoroughly relax your body and mind without leaving home, you thereby achieving a perfect body curve, restoring vitality and strengthening the body.

When you are standing on the top of the vibration plate exercise machine, powerful vibrations will pass through your whole body, then your muscle move rapidly, forced to work harder to keep your body balanced. For better results, you can use one or multiple positions in each session. Some people may experience dizziness, stomach discomfort, skin irritation, or facial redness before adaptation. Please start with the side-sitting posture to gradually adapt.



Side-sitting Posture

Sit on a chair, lightly place your feet on the vibration plate exercise machine, and relax.

This posture mainly exercises the calf muscles.



Leg-lifting Posture

Sit on the vibration plate exercise machine, keep your legs suspended. This posture mainly exercises the leg muscles, buttocks, and abdomen.



Single-leg Posture

Place one foot on the pedal of the vibration plate exercise machine and stand straight with the other leg on the ground. This posture mainly exercises a single thigh and calf.



Cross-legged Posture

Sit cross-legged on the vibration plate exercise machine, place your hands on your knees, close your eyes, and relax. This posture mainly exercises the legs and buttocks.



Half-squat Posture

Stand with your legs bent on the vibration plate exercise machine, place your hands flat, and maintain balance in a standing position. This posture mainly exercises the back muscles, deltoid muscles, and legs.



Bent-leg Posture

Stand facing away from the vibration plate exercise machine, bend one leg and place it on the pedal, and bend the other leg to stand on the ground. This posture mainly exercises the legs and buttocks.



Crouching Posture

Place one foot on the pedal of the vibration plate exercise machine, keep your upper body straight, and crouch with your legs. This posture mainly exercises a single thigh and calf.



Standing Posture

Stand with your legs apart, hands on your waist or at your sides, and adjust the distance between your feet according to your needs. This posture exercises the whole body.



Backward Leaning Posture

Lean your body backward, place your legs on the vibration plate exercise machine, and support yourself with your hands on the ground. This posture mainly exercises the leg muscle groups.



Forward Leaning Posture

Stretch your legs backward, place your hands on the vibration plate exercise machine, and do a plank position. This posture mainly exercises the arms and shoulder back muscles.



Sitting-standing Posture

Sit on the vibration plate exercise machine, hold the edges of the fat-shaking machine with your hands, and bend or straighten your legs. This posture mainly exercises the legs and buttocks.

Attaching the Resistance Bands

1. Gently tilt the front edge of the machine upward to access the underside.
2. Locate the two short metal bars and rotate each one outward until they are fully extended.
3. Secure the resistance bands to the hole on each of the bars.



Cleaning and Maintenance of the Product

Cleaning the surface of the body: Before cleaning, please ensure the power switch is turned off and the power plug is unplugged from the socket. The foot pads and shell can be thoroughly cleaned with a damp cloth containing cleaner, and then carefully wipe off the cleaner with a dry cloth.

Note: Do not use benzene, diluent, alcohol, gasoline, or other corrosive and volatile cleaners to clean the product, as they may cause corrosion. Do not spill any liquid into the internal parts of the machine to prevent circuit shortages.

Remote Control: Only use a dry cloth to clean the remote control. Cleaning the remote control with a damp cloth may cause malfunctions.

Product Maintenance: Ensure the power switch is turned off and the power plug is unplugged from the socket. Wipe off dust and dirt from the product, keep it clean, and store it away from high temperature and humidity. If the product is not used for a long time, please cover it with a dust cover (please purchase separately) to prevent dust from accumulating.

Customer Support

For any questions or support, please feel free to contact us. We are dedicated to providing you with prompt and professional support.

Email: support@sedozik.org

FCC statement:

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. (Part 15 Section 15.21)

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. (Part 15 Section 15.19)

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.