

Vibration Plate

user's manual



Model:S02

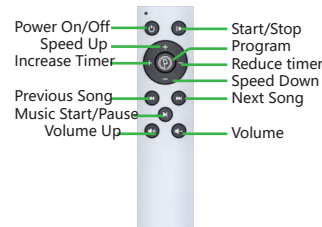
Operating instructions

1. Remove the vibration board from the packaging box and place it flat on the ground. The suction cup of the vibration board needs to be attached to the ground, otherwise the equipment will bounce on the ground during use, causing loud noise and making it unusable
2. Insert one end of the power cord into the vibration board and the other end into the power strip
3. Press the red "ON/OFF" button on the vibration board to turn on the device, and the screen will light up at this time
4. Click the "START/STOP" button on the screen to start the device and start working. Click the "+" button on the screen to increase the speed. Click the "-" button on the screen to decrease the speed, with a maximum speed of 200. Click the "START/STOP" button on the screen again to stop working. This function can be used in manual mode before pressing the "START/STOP" button (automatic programs are not available).
5. After the device is started, press the "MODE" button on the screen to switch to automatic mode. The automatic mode is P1-P20, with 20 modes. It defaults to stopping every 10 minutes and changing speed every 1 minute. P1-P20 is the system's preset speed and time, and cannot be manually adjusted
6. In Bluetooth mode, after hearing the Bluetooth prompt sound when turning on the phone, open the phone, search for the device name "Bluetooth" in the Bluetooth list, and then connect successfully. This way, the vibration board can play music from your phone

Automatic mode P1-P20 speed details																			
Time	Speed	Time	Speed	Time	Speed	Time	Speed	Time	Speed	Time	Speed	Time	Speed	Time	Speed	Time	Speed	Time	Speed
P1	01	30	50	00	01	101	121	131	141	151		P11	71	40	05	05	111	121	131
P2	40	30	00	01	101	121	131	141	151			P12	50	34	50	71	117	137	145
P3	101	50	71	01	121	141	01	151	01	181		P13	101	44	07	05	125	145	05
P4	24	20	75	101	141	121	07	05	151	151		P14	30	32	71	07	117	125	03
P5	101	50	71	01	121	141	105	117	151	150		P15	171	40	07	07	117	137	100
P6	40	24	50	00	01	105	117	151	151	151		P16	50	20	54	05	05	100	110
P7	22	30	00	01	105	121	120	121	151	161		P17	20	32	03	03	107	125	127
P8	00	50	71	01	121	141	01	151	01	163		P18	05	40	00	03	125	140	03
P9	111	20	75	101	141	121	07	03	141	151		P19	101	34	70	100	130	123	01
P10	01	50	00	01	121	141	105	101	101	100		P20	05	52	05	00	123	130	107

Safety Notice

- For your safety, please read the following questions before using the product:
Before using and installing this product, please carefully read all the instructions in the user manual;
02. Please ensure that your socket voltage is the same as the product before use;
03. This product does not use a transformer. Please use a special socket with a grounding wire and do not share the socket with other appliances. The power cord must provide a current of 6A
04. The installation and use of this product should be carried out on a flat and clean indoor floor;
05. Children are prohibited from using it. Minors can only use it under adult supervision and should not be allowed to turn on the power without authorization;
06. Before each use, please check that the power cord and other components are functioning properly before use. If any abnormalities are found, please immediately shut down the machine and stop using it. After use, please turn off the power and unplug the power cord
07. Do not use this product during machine malfunctions, especially when the power cord is damaged. Do not use it
08. People with trauma cannot use this product. Before exercising, you need to do warm-up exercises and it is best not to use them within an hour after meals.
9. This product can only be used for healthy users. It is forbidden to use this product for patients with heart disease, diabetes, liver disease, cancer or osteoporosis
10. Do not use after drinking alcohol. Do not use during pregnancy or menstruation. Do not use continuously for more than 20 minutes;
11. It is appropriate to use 10-15 minutes before waking up in the morning or going to bed. Please make sure to drink plenty of water after use to facilitate the elimination of bodily waste.
12. Before using this device, people with limited mobility must have nursing staff to assist and ensure safety throughout the entire process, and should not be allowed to use it alone;
13. It is strictly prohibited to disassemble equipment by oneself to avoid any danger.



Exercise Posture Instructions



Sitting posture with legs crossed
Sit cross legged on the fitness machine, place your hands on your knees, close your eyes and relax.
This posture mainly exercises your legs and hips



Half crouch
Bend your feet and stand on the fitness equipment, place your hands flat, and maintain a vertical balance. This position mainly exercises the muscles in your back, arms, and thighs.



Standing strap posture
Standing on the fitness equipment, tightening the straps with both hands, this position mainly exercises the leg and arm muscles



Bending squat posture
Place one foot on the pedal of the vibrator, keep your upper body straight, and your legs in a semi squatting position. This posture mainly exercises the muscles of the legs, feet, and buttocks.



Forward bending posture
Kneeling on the ground, knees on the ground, hands on the shaker, this exercise mainly exercises the muscles of the legs, shoulders, arms, and upper limbs.

Product cleaning and maintenance

Surface cleaning: Before cleaning, turn off the power and unplug the power plug from the socket. You can use a damp cloth containing cleaning agent to clean the foot pedal pad and housing, and then wipe off the cleaning agent with a dry cloth.
Attention: Do not use corrosive cleaning agents to clean the product, otherwise the product may be corroded. Do not let liquids flow into the interior of the equipment to prevent short circuits.
Remote control: Only use a dry cloth to clean the remote control. Using a damp cloth to clean the remote control may cause malfunctions.
Product maintenance: Ensure that the power switch is turned off, the power plug is unplugged from the socket, wipe off dust and dirt on the product, keep the product clean, and keep it away from high temperatures and humid places

General troubleshooting

Phenomenon	Possible Causes	Approach
Unable to turn on the power	The power plug is not inserted correctly	Insert the power supply.
	The power switch of the product is not turned on.	Turn on the power switch and the indicator light will turn on.
	Instantaneous high current, fuse blown.	Replace the same type of fuse.
Machines work with a "clattering" sound	This is the sound produced by the machine during operation, not a mechanical malfunction, but a normal working sound.	Normal, no need to handle.
Remote control not responding	The remote control battery is low. Too far from the device	Battery replacement. The effective distance of the remote control is 2 meters.
Stop in use	The default working hours have arrived	Restart for use
Cannot operate normally	The command may be executed too frequently	Turn off the power and restart

FCC Statement

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.

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.

Any 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 the FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

The device can be used in portable exposure conditions without restriction.