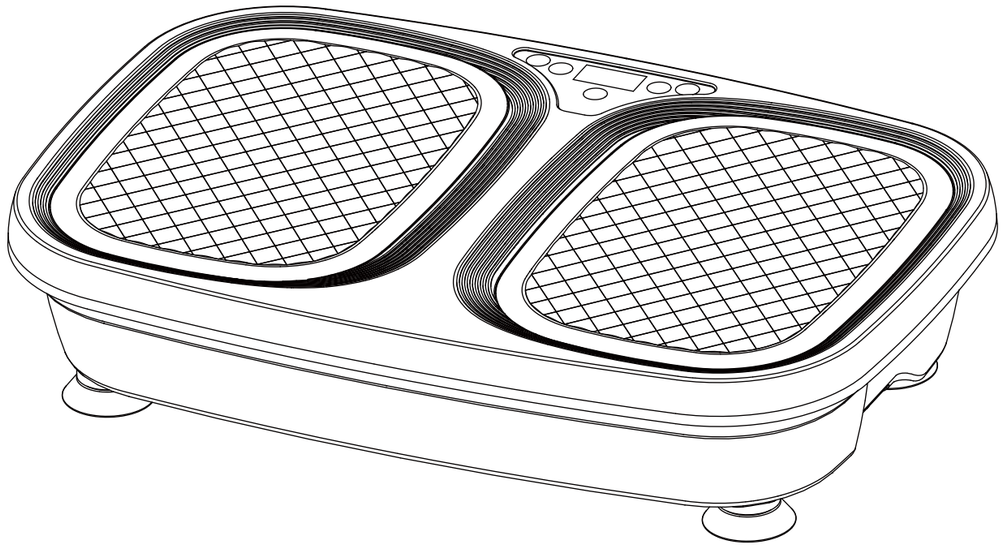
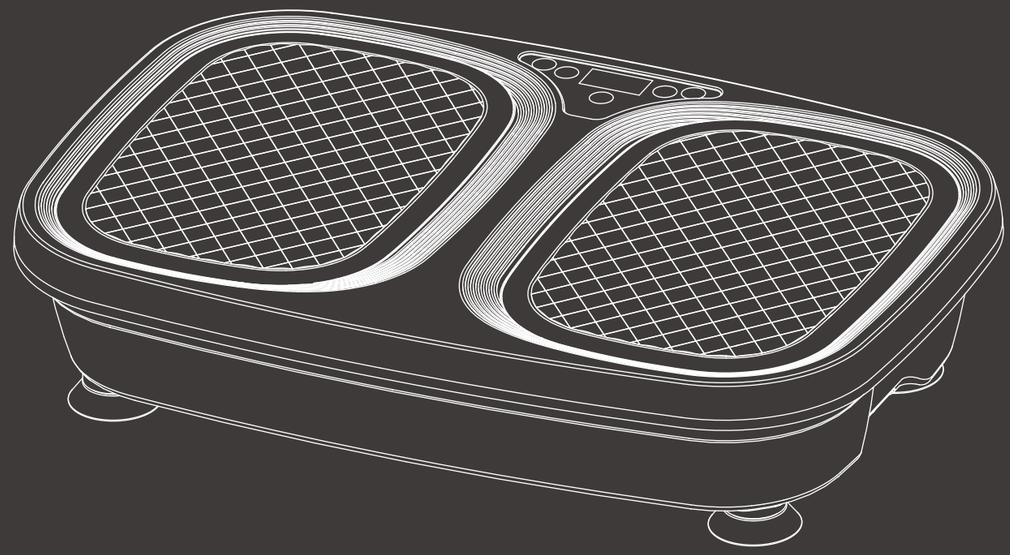


Vibration Plate

Instruction Manual

SI-SZJ2025



Technical Support

6269443420 | 6267435564

Other Info

HJ-Customer-Service@outlook.com

Thank you for choosing this product. We strive to provide you with the best quality products and service in the industry. Should you have any issues, please don't hesitate to contact us.

HJ-Customer-Service@outlook.com
6269443420 | 6267435564
EST 9:00AM--17:00PM

Safety Instructions

Thank you for purchasing this Vibration Plate. For your safety, please read the following instructions carefully before use:

1. Read this manual carefully before installation and operation.
2. Warm up before use. Do not attempt to disassemble the vibration plate. Ensure that the power supply voltage is 120 V / 60 Hz.
3. This product is not equipped with a transformer and must be connected to a dedicated grounded outlet. Do not connect other appliances to the same outlet. The power supply must provide at least 6 A.
4. Place and use the vibration plate only on a flat, clean indoor floor. Do not use it continuously for more than 20 minutes.
5. Do not move the vibration plate while it is in use. Always turn off the power after use.
6. Inspect all parts of the vibration plate for proper appearance and function before each use. If any abnormalities occur, turn off the machine immediately and contact our after-sales service.
7. Do not use the vibration plate if it malfunctions, especially in case of a damaged power cord.

8. Children or individuals with mobility impairments must use the vibration plate under supervision.



9. Individuals with health conditions such as heart disease, diabetes, kidney or liver disease, cancer, or osteoporosis should consult a doctor before use.



10. Individuals with external injuries, as well as pregnant or menstruating women, should not use the vibration plate.



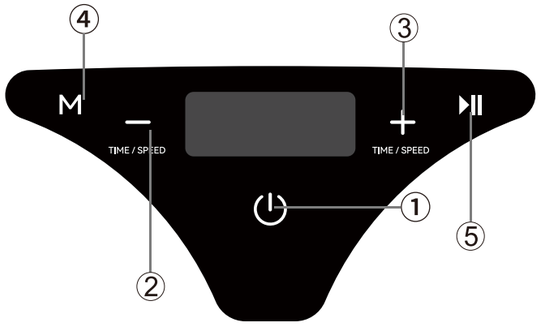
11. This product is designed for home (indoor) use only. Repair and maintenance services apply exclusively to products used in home environments.



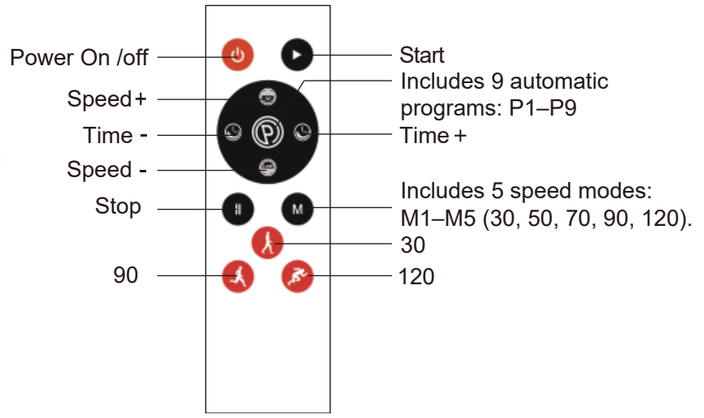
Product Specifications

Product Name	Voltage	Power	Gear Levels
Vibration Plate	120V~	130W	1-120 levels

Button Instructions:



Control Panel



Remote Control

① **Power Button**
After plugging in the power supply, the screen will display "15:00".Press the ⏯ button to turn on/off the machine.Press the ⏻ button to shut down the machine and enter the standby mode. The screen will display "----".

② **Decrease Button**
Before starting, press "-" to decrease the workout time. After the workout starts, press "-" to decrease the speed.

③ **Increase Button**
Before starting, press "+" to increase the workout time. After the workout starts, press "+" to increase the speed.

④ **Shortcut Mode Button**
Quickly switches between five preset speed levels: 30, 50, 70, 90, and 120.

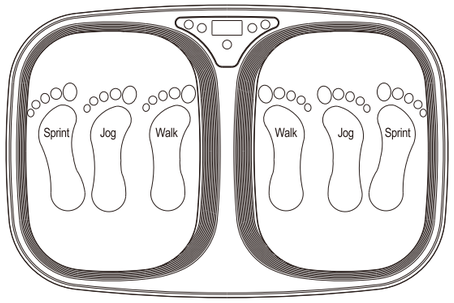
⑤ **Start /Pause**
Press to start or pause the vibration plate. After pausing, press again to resume. The previous program settings are retained.

⚠ Note

The remote control has an effective range of up to 1.5 m. During operation, the infrared transmitter at the top of the remote control must be aimed at the infrared sensor on the vibration plate.

Instructions for Use

1. Stand firmly on the vibration plate and press the Start button on the remote control to start the machine.
2. For detailed remote control functions, refer to the button instructions.
3. When standing on the vibration plate, you can use the three vibration zones: place your feet in different positions to simulate walking, jogging, or running. Adjust the distance between your feet to change the intensity of the workout.
4. For non-standing exercises, begin with a low speed and adjust as needed to avoid discomfort from excessive vibration.
5. Do not use the vibration plate for more than 20 minutes at a time to avoid excessive strain on the body.



Usage Recommendation

Category	Exercise Frequency	Duration	Gear Recommendation
General Fitness	1-3 times a day	5-10 minutes each time	Low to medium speed gear
Weight Loss Fitness	4-8 times a day	10-20 minutes each time	Medium to high speed gear

The Ⓟ button activates 9 exercise modes, each with intelligent speed adjustment and a default duration of 15 minutes:



Remote Control



Explanation of Exercise Posture

Using the vibration plate can help relax the body and mind, relieve muscle soreness, reduce fatigue, and improve blood circulation.
During initial use, some users may experience dizziness, stomach discomfort, itching, or skin redness. These reactions are generally normal and can be relieved by taking a short rest. If symptoms persist or do not improve after resting, stop using the vibration plate and seek medical attention immediately.
To adapt safely, start with a side-seated position and gradually increase usage during the first session.

Side-Seated Position

Sit on a chair with both feet lightly placed on the vibration plate. Keep your body relaxed. This position primarily targets the calf muscles.

Leg-Lift Position

Sit on the vibration plate with both legs suspended and both hands holding the handrails (or grip handles). This posture primarily engages the leg muscles, glutes, and abdominal muscles.

Crouching Position

Place one foot on the vibration plate's footrest, keep your upper body upright, and perform a half squat with your legs. This posture primarily targets the thighs and calves of the supporting side.

Front-Crawl Position

Extend both legs backward and keep them flat, support yourself with your hands on the vibration plate, and assume a prone position. This posture primarily engages the muscles of the arms and upper back.

Cross-legged Sitting Position

Sit cross-legged on the vibration plate, place both hands on your knees, and keep your eyes closed to relax. This posture primarily targets the legs and glutes.

Single-Leg Position

Place one foot on the vibration plate's footrest while keeping the other leg straight on the floor. This posture primarily engages the thigh and calf muscles of the supporting side.

Seated Position

Sit on the vibration plate, hold its edges with both hands, and bend or straighten your legs as needed. This posture primarily engages the leg and glute muscles.

Half-Squat Position

Stand on the vibration plate with both legs slightly bent, place both hands flat on the surface or handrails for support, and maintain an upright, balanced posture. This position primarily targets the back muscles, biceps, and legs.

Standing Position

Stand with your feet apart, hands on your hips or placed flat. Adjust the distance between your feet as needed. This posture engages the entire body.

Bent-Leg Position

Stand facing away from the vibration plate, place one bent leg on the machine's footrest and the other on the floor. This posture primarily engages the leg and glute muscles.

Back-Lying Position

Lean your body backward, place both legs on the vibration plate, and support yourself with your hands on the floor. This posture primarily engages the leg muscles.

Cleaning and Maintenance

1. Body Cleaning
Before cleaning, ensure the Vibration Plate is powered off and unplugged.
Clean the footrest and casing with a soft cloth slightly dampened with a mild detergent, then wipe dry with a clean cloth.

Note: Do not use cleaning agents containing benzene, acetone, alcohol, gasoline, or other corrosive or volatile substances. Avoid spilling liquids into the Vibration Plate to prevent short circuits.

2. Maintenance
Keep the Vibration Plate clean and store it away from high temperatures and humid environments. If the product will not be used for an extended period, keep it free of dust.

⚠ WARNING
AVERTISSEMENT

For Household Use Only
Risk of personal injury – Keep children under the age of 13 away from machine.
To reduce the risk of personal injury, read and understand all the instructions before using this product.

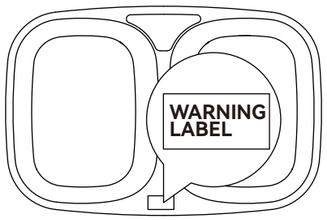
Usage domestique seulement
Risque de blessures corporelles - gardez les enfants de moins de 13 ans à l'écart des machines.
Pour réduire le risque de blessures, veuillez lire et comprendre attentivement toutes les instructions avant d'utiliser ce produit.

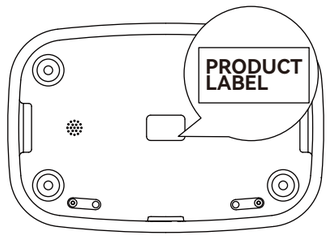
Yongkang Suosheng Technology Co., Ltd

Product Name: Vibration Platform
Model: SI-SZJ2025-21 Max Load:280lbs/127kg
Rated current:1.2A Rated Voltage: 120v~60hz
Production Date:
For Household Use Only / Usage domestique seulement
CONFORMS TO UL STD. 1647
CERTIFIED TO CSA STD. C22.2 NO.68

Made in China (SS)

Intertek
5035847





Troubleshooting

Problem	Possible Cause	Solution
Unable to Power on	Power plug not properly inserted.	Insert the power plug properly.
	Power switch not turned on.	Turn on the power switch; the indicator light should illuminate.
	Fuse blown due to a sudden current surge.	Replace the fuse with one of the same type and rating.
Machine makes a "clicking" sound during operation	This clicking sound is normal during operation and does not indicate a mechanical fault.	No action required.
No response when operating with the remote control	The remote control battery is dead or depleted.	Replace the battery.
	The remote control is out of effective range.	Ensure the remote control is within 1.5 meters of the vibration plate.
Machine stops during use	The default working time has expired.	Restart the machine.
Unable to operate normally	The machine has received excessive or conflicting commands.	Turn off the vibration plate, wait a few seconds, and then restart.

⚠ WARNING: To reduce the risk of injury, read and understand the User Manual before using this product. Save these instructions for future reference.