

GETTING STARTED

1. Unbox your Bluefin vibration plate and place on a flat hard surface. Adjust the feet on the bottom of the vibration plate for stability if needed.
 - **TIP:** For flats and apartment buildings; to reduce noise please place the vibration plate on a rug, carpet or foam surface such as a yoga mat.
2. Insert 2 AAA batteries into the remote control. (Detailed diagram on following page.)
3. Ensure the vibration plate is situated near a mains plug and insert the mains power cord into the machine.
4. Switch on the vibration plate and select the workout required. Familiarise yourself with the controls both on the vibration plate and the remote.

CONTROLS



Once the unit is plugged in you can control the five programs from the touch panel on on the plate. Use the “MODE/SPEED” button to cycle through the five programs and press the “POWER” button to begin.

TIP: To start the manual program press the power button once and control the time and speed using the remote control

The remote control can be used to control the board during your workout. Once the board is powered on, the user can change the speed, time, pro- gram and intensity.

- The centre button P scrolls through the five weight loss and toning programs included with the plate. Use P1, P3 and P5 to quickly switch to those programs.
- Once you have selected the program you require using the remote control select the on/ off button to start the machine and workout.
- To begin manual mode ensure no program is selected, then using the T+ and T- buttons specify the time you wish to workout and press the ON/OFF button to begin.

- To change the intensity whilst in manual mode use the S+ and S- buttons to scroll through all 180 levels. You can quickly change between low, medium and high intensity levels with the three quick action buttons at the bottom of the remote control.



WORKOUT PROGRAMS

P1- 10 minute low intensity program. Perfect for warming up, gentle massage and recovery after exercise.

P2- 10 minute low to moderate intensity program. Moderate vibration and massage, great for gentle weight loss and cellulite reduction.

P3- 10 minute moderate intensity program. Moderate intensity vibration and massage for weight loss, muscle toning and intensive massage.

P4- 10 minute high intensity program. Moderate/high intensity vibration and massage for muscle toning and building. Intensive weight loss and muscle toning.

P5- 10 minute ultra high intensity program. Highest intensity program for muscle building and toning. Ultra high intensity vibration provides muscle stimulation and fat loss.

Manual

- Variable program with manual time and intensity. Manual program between 8 and 20 minutes. Choose your intensity from 180 levels

BLUETOOTH



Ensure your device has Bluetooth turned on and the device is “discoverable”

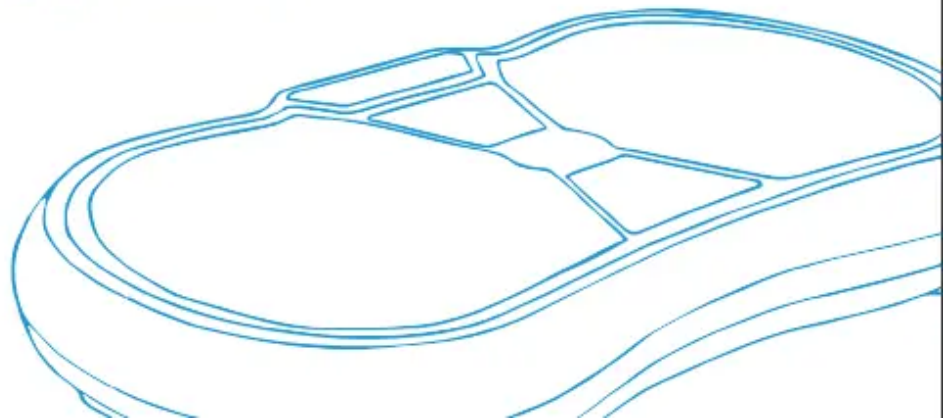


Turn your Bluefin Vibration Plate ON. The Bluetooth module simply turns on once the vibration plate has powered up.



The vibration plate will now appear in the bluetooth devices list on your phone or tablet – You are now connected to the plate and ready to go!

**CONTROL YOUR
MUSIC AND VOLUME
FROM YOUR DEVICE!**



1. Functions	1. Vibration, massage, bluetooth.
2. Power Required	2. AC 100-240v / 50-60Hz.
3. Levels	3. 180 levels.
4. Programs	4. 5 built in programs for weight loss, cellulite reduction and muscle toning.
5. Manual Function	5. Full manual function with 180 levels and variable time control.
6. Speakers	6. Built in Bluetooth speakers.
7. User Weight	7. Maximum user weight 150kg.
8. Board weight	8. 19kg.
9. Warranty	9. Lifetime motor warranty

WARRANTY

The Bluefin warranty covers any technical faults with your item for 12 months, if you need to make a warranty claim contact us via email at info@bluefintrading.co.uk

Your warranty does not cover the following:

- General wear and marks from use.
- Water damage.
- Damage due to improper use.
- Chassis damage and scratching due to improper use or dropping.
- Electronic damage due to improper use or dropping

Your warranty begins on receipt of delivery, technical faults are covered for 12 months and the motor is covered for life!

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

