Two Motor Vibration Plate

User Manual
Contents

Contents 1
Introduction 1
Parts 3
Console 4
Button Description and Operation 5-7
Installation 8
Safety Cautions 9-10
Product Maintenance 11
Specification 12

Introduction
Thank you for purchasing Two Motor Vibration Plate. Please read the user manual thoroughly before you begin operating the machine. This user manual should be kept available for future reference after you have read it thoroughly.

Our company has the absolute right to alter the picture, and material color without prior notice. Design, picture and material color seen in this manual is solely for illustration purpose.
1: Control Panel
3: Screw (M6X16)
5: Screw (M6X16)
7: Lock Catch
9: M8 Plastic Bolts
11: Adjust Feet Cushion

2: Panel Permanent Seat
4: Handrail
6: Extension Tube
8: Support Tube
10: Main Machine
Console

1. Program (Manual, P1, P2, P3)
2. BMI
3. Mode (switch function between vibration plate and oscillation)
4. Time (+)
5. Time (-)
6. LCD Window
7. Start/Stop button
8. Start/Stop button
9. Vibration Speed +
10. Vibration Speed -
11. Oscillation Speed +
12. Oscillation Speed -
### Button Description

<table>
<thead>
<tr>
<th>Button</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Button Icon" /></td>
<td>(Manual, P1, P2, P3)</td>
</tr>
<tr>
<td><img src="image" alt="Button Icon" /></td>
<td>Fat measurement function</td>
</tr>
<tr>
<td><img src="image" alt="Button Icon" /></td>
<td>(switch function between vibration plate and oscillation)</td>
</tr>
<tr>
<td><img src="image" alt="Button Icon" /></td>
<td>Time up, BMI data input</td>
</tr>
<tr>
<td><img src="image" alt="Button Icon" /></td>
<td>Time down, BMI data input</td>
</tr>
<tr>
<td><img src="image" alt="Button Icon" /></td>
<td>Startup, shutdown, start running, stop running, to confirm \ return.</td>
</tr>
</tbody>
</table>
| ![Button Icon](image) | Left: Oscillation speed up  
Right: Vibration speed up |
| ![Button Icon](image) | Left: Oscillation speed down  
Right: Vibration speed down |

### Button Operation:

1. **Time Adjustment:**
   - Press ![Button Icon](image) to adjust the total running time, the default time is 10 minutes.

   **Note:** The default time can be customized.

2. **Startup\Shutdown:**
   - Press the ![Button Icon](image) button after adjusting time, the default oscillation/vibration speed is 1. Press left speed ![Button Icon](image) button to adjust oscillation speed, the max speed is 60, the oscillation movement is off when the speed is 0. Press right speed ![Button Icon](image) button to adjust vibration speed, the max speed is 60, the vibration movement is off when the speed is 0. The user can press ![Button Icon](image) button to stop the movement or hold on the ![Button Icon](image) button more than three seconds to turn off the control system. (the power is still on, only soft-off control system), press the ![Button Icon](image) button again,
system will be on.

Note: a) After press the button, only the speed buttons are active.

b) The max speed level can be customized.

3. Mode Selection:

On the standby state, press button, the machine will do switch function between vibration plate and oscillation

2. The movement of oscillation and vibration can not be activated in same time, it is always switching movement between oscillation and vibration.

4. Auto Program:

**P1**
- Oscillation: 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68 70 72 74 76 78 80 82 84 86 88 90
- Time Interval: 5 seconds

**P2**
- Vibration: 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68 70 72 74 76 78 80 82 84 86 88 90
- Time Interval: 5 seconds

**P3**
- Oscillation: 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38
- Vibration: 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38
- Time Interval: 5 seconds

Vibration and Oscillation

Vibration: 20 22 24 26 28 30 32 34 36 38
Oscillation: 20 22 24 26 28 30 32 34 36 38

Vibration: 40 42 44 46 48 50 52 54 56 58
Oscillation: 40 42 44 46 48 50 52 54 56 58

Vibration: 60 58 56 54 52 50 48 46 44 42
Oscillation: 60 58 56 54 52 50 48 46 44 42

Vibration: 80 78 76 74 72 70 68 66 64 62
Oscillation: 80 78 76 74 72 70 68 66 64 62

Vibration: 10 8 6 4 2
Oscillation: 10 8 6 4 2
5. **BMI Function**:

On the standby state, press \[\text{BMI}\] , the screen shows \[\text{BMI} \], \[\text{J}\] flashes, \[\text{J}\] is male, \[\text{J}\] is female.

Press \[\text{TIME + TIME -}\] to choose your gender and press \[\text{TIME + TIME -}\] to confirm. Then the screen will show \[\text{AGE}\] and there are three number flash, press \[\text{TIME + TIME -}\] to enter your age and press \[\text{TIME + TIME -}\] to confirm. Then the screen will show \[\text{kg W}\] and there are three number flash, press \[\text{TIME + TIME -}\] to enter your weight and press \[\text{TIME + TIME -}\] to confirm. Then the screen will show \[\text{cm H}\] and there are three number flash, press \[\text{TIME + TIME -}\] to enter your height and press \[\text{TIME + TIME -}\] to confirm. Then the screen will show \[\text{J}\], put your hands on the two sensor chips, the system will show your measured BMI.

**Installation**

1. Take out the support tube(8) and main base(10) from packing carton. Straighten up the support tube(8).

2. Lock them with M8 Plastic Bolts(9).

3. Rotate the lock catch(7) 90 degrees clockwise to make the extension tube (6) mouth loosen.

Pull up the extension tube(6) and make sure that the copper bead bounces fixed hole.
4. Rotate the lock catch(7) 90 degrees anticlockwise to make the extension tube(6) locking.

5. Install the panel permanent seat(2).

6. Install handrails(4) with (M6X16) screw (5).

6. Connect cable and install the control panel(1) with (M6X16) screw(3).
**Specification**

Model Name: Two Motor Vibration Plate

Input Voltage: 110V/60Hz

Oscillation Motor: 300W

Vibration Motor: 200W

Oscillation Amplitude: 0-10mm

Oscillation Frequency: 5Hz-15Hz

Vibration Amplitude: 2mm

Vibration Frequency: 15-40Hz

Speed Range: 1-60 level

Display: Program, Time, Speed

Dimensions: 720mm (L) x 690mm (W) x 330mm (H)

Load Weight: 120KGS

Net Weight: 28.1KGS

Gross Weight: 30.6KGS
Do not install the machine in wet place or near to water.
☐ It might lead to electric leakage. The machine may get corroded when used in wet place or place nearby water.

Please do not stock items on top of the plate.
☐ It might lead to electrocution or fire and may damage the electric circuit.

Do not sprinkle water or clean the machine using gasoline, benzene, thinner or chlorine.
☐ There is danger of getting electrocution or catching fire. It also might damage the electronic circuit.

Please remove the power plug before cleaning
☐ For prevention of electric leakage.

When the machine creates smoke or burning smell, remove the power cord immediately and stop exercising.
☐ It might lead to fire or electrocution.

Please do not disassemble, repair or modify the machine if you are not professional.
☐ Non-compliance will lead to product damage or financial damage due to fire or malfunctioning of the machine.

If you are under medical treatment or any of the following symptoms. Please consult your doctor before use.

Epilepsy
Diabetes
Heart and vascular
Slipped disc or had Back/Spine Surgery
Knee and hip implants
Pacemaker
Recently inserted IUD or Metal pins
Tumor
Recent infections
Recent operative wounds
Pregnant women
Severe migraines

Tips

It is advisable to drink 500ml lukewarm water before use in order to eliminate the toxic wastes, drink 3000ml of water daily for a healthier lifestyle, as it can revitalize energy in your body. Water can benefit your body as follows:

- Helps prevent indigestion
- Reduce sickness especially in the kidney
- Enhance metabolism rate
- Improve blood circulation and prevent heart disease
- Strengthen your immune system
- Reduce pressure and stress
- Prevent fatigue and increase stamina in the body
- Enhance your skin texture for a freshness look
Product Maintenance

A. How to Store
1. Do not store the Vibration Plate
   - Near heat or open flame.
   - Under the direct sunlight for a long period time.
   - Harmful gas and dust, especially humidity.
2. Keep the Vibration plate
   - Usage temperature: 0-35degree.
   - Keeping temperature: 5-50degree
   - Humidity: under 40%-80%
3. If the vibration plate is not use for a long period time, cover it with a piece of clean cloth to protect it from dust.
4. Do not store the vibration plate under direct sunlight or at places of high temperature.
5. Do not coil the wire cord as it may cause malfunction to the machine.

B. Self-Maintenance
1. Before cleaning, ensure that the main switch is turned off and AC plug is removed from the electrical outlet.
2. Do not use the Vibration Plate too long for the first time.
3. Switch off power and remove the plug from the socket every time after use.
4. Do not use this machine in wet areas such bathroom, swimming pool or spa.
5. Do not use it when there is too much dust, oil, smoke or caustic gas.
6. Avoid damaging the surface of the Vibration Plate surface with heavy object, by knocking hand, scratching with force.

C. Cleaning
1. Using corrosive cleanser is prohibited. Do not use benzene or thinner to clean or spray insecticide on the machine.