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› Confidence Fitness Slim Full Body Vibration Platform Fitness Machine, Black

Confidence 5051401124685

Confidence Fitness Slim Full Body Vibration Platform Fitness Machine

Model: 5051401124685

INTRODUCTION

The Confidence Fitness Slim Full Body Vibration Platform is designed to provide a low-impact exercise solution for home use. This machine utilizes high-frequency vibrations to stimulate muscles, enhancing various fitness goals such as weight reduction, improved flexibility, and muscle toning. It is equipped with a user-friendly display and menu for ease of operation.



Image: The Confidence Fitness Slim Full Body Vibration Platform, shown from an angled front view. The machine is black and silver, featuring a wide base, a central support column, and two curved handlebars extending upwards. The control panel is visible at the top of the central column, and yoga straps are attached to the base.

IMPORTANT SAFETY INFORMATION

Before using this vibration platform, please read all instructions carefully. Adhere to all warnings and precautions to ensure safe operation.

- Consult a medical professional before use if you have joint problems, a heart condition, or use a pacemaker.
- Maximum user weight capacity is 300 lbs. Do not exceed this limit.
- Ensure the machine is placed on a stable, level surface.
- Keep children and pets away from the machine during operation.
- Do not insert any objects into openings.
- Unplug the machine when not in use and before cleaning.

PACKAGE CONTENTS

Verify that all components are present before assembly:

- Vibration Platform Base
- Main Console with Handlebars
- Support Poles
- Yoga Straps (Included Components)
- Assembly Hardware (bolts, washers, nuts)
- Power Cord
- User Manual (this document)

SETUP AND ASSEMBLY

Follow these steps to assemble your Confidence Fitness Vibration Platform:

1. **Unpacking:** Carefully remove all components from the packaging. Place them on a clean, flat surface.
2. **Base Placement:** Position the vibration platform base in your desired exercise area, ensuring it is on a stable and level floor.
3. **Attach Support Poles:** Securely attach the support poles to the base using the provided hardware. Ensure all bolts are tightened.
4. **Mount Console:** Mount the main console with handlebars onto the top of the support poles. Connect any internal wiring as instructed in the detailed diagram (refer to physical manual for diagrams).
5. **Connect Yoga Straps:** Attach the yoga straps to the designated anchor points on the platform.
6. **Power Connection:** Plug the power cord into the machine and then into a grounded electrical outlet (100-120V, 50-60Hz).





Image: The Confidence Fitness Slim Full Body Vibration Platform fully assembled, viewed from the front. It shows the sturdy black base, the central support column with 'CONFIDENCE FITNESS' branding, and the silver control panel at the top. Two black handlebars curve outwards, and the yoga straps are seen hanging from attachment points near the base.

OPERATING INSTRUCTIONS

The Confidence Fitness Vibration Platform offers various modes and speed settings for a customized workout.

Control Panel Overview



Image: A detailed close-up of the control panel on the Confidence Fitness Vibration Platform. The silver panel features a digital display with readouts for 'PROGRAM SELECT', 'TIME / PULSE', and 'SPEED'. Below the display are several circular buttons labeled 'START/STOP', 'PROGRAM SELECT', 'TIME', 'PULSE', 'SPEED+', and 'SPEED-'. A list of program options (P1 Gentle Hills, P2 Fat Burn, P3 Pro Training, Manual Mode) is printed on the panel.

- **Start/Stop:** Initiates or pauses the vibration.
- **Program Select:** Cycles through pre-set programs (P1, P2, P3) or Manual Mode.
 - P1: Gentle Hills
 - P2: Fat Burn
 - P3: Pro Training
 - Manual Mode: Allows custom speed and time settings.
- **Time:** Adjusts the duration of your workout in Manual Mode.
- **Pulse:** (Functionality may vary, typically displays pulse if connected to a heart rate monitor, or may be a placeholder button).
- **Speed+ / Speed-:** Increases or decreases the vibration intensity (Speed Range 1-50).

Using the Machine

1. **Power On:** Ensure the machine is plugged in and the main power switch (if present, usually at the back or side of the base) is turned on.
2. **Select Program/Mode:** Use the "Program Select" button to choose a pre-set program (P1, P2, P3) or "Manual Mode".
3. **Adjust Settings (Manual Mode):** If in Manual Mode, use the "Time" button to set your desired workout duration and "Speed+" / "Speed-" to set the vibration intensity (1-50).
4. **Start Workout:** Press the "Start/Stop" button to begin the vibration.
5. **Positioning:** Stand, sit, or lie on the vibration plate as appropriate for your exercise. The vibration plate dimensions are 21" x 15".
6. **Using Yoga Straps:** The included yoga straps can be used to enhance upper body and arm workouts by pulling against their resistance.
7. **End Workout:** The machine will automatically stop after the set time, or you can press "Start/Stop" to pause or end the session manually.

Note: Just 10 minutes on the Vibration Plate is equivalent to 60 minutes of conventional exercise. For best results, use for 10 minutes, 2-3 times a week, as part of a low-fat and low-calorie diet.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your vibration platform.

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check all bolts and connections to ensure they are secure. Tighten if necessary.
- **Power Cord:** Inspect the power cord for any damage. If damaged, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter issues with your Confidence Fitness Vibration Platform, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Main power switch off; No power from outlet.	Ensure power cord is securely plugged into the machine and a working outlet. Check the main power switch on the machine. Test the outlet with another device.
Vibration is weak or inconsistent.	Incorrect speed setting; Machine not on a level surface; User weight exceeds limit.	Increase the speed setting. Ensure the machine is on a flat, stable surface. Verify user weight is within the 300 lbs limit.
Unusual noise during operation.	Loose components; Obstruction under the platform.	Check and tighten all assembly bolts. Ensure there are no objects under the vibration plate. If noise persists, discontinue use and contact support.

If the problem persists after attempting these solutions, please contact customer support.

SPECIFICATIONS

- **Model Name:** Platform
- **Model Number:** 5051401124685
- **Color:** Black
- **Material:** Blend
- **Item Package Dimensions (L x W x H):** 46 x 29 x 10 inches
- **Assembled Dimensions (approx.):** 29" x 27.5" x 48"
- **Vibration Plate Dimensions:** 21" x 15"
- **Item Weight:** 66 Pounds
- **Package Weight:** 70 Pounds
- **Maximum User Weight:** 300 lbs
- **Maximum Power:** 1.5hp
- **Input Power:** 600W
- **Input Voltage:** 100-120V
- **Frequency Range:** 50-60Hz
- **Speed Range:** 1-50
- **Included Components:** Yoga Straps

WARRANTY AND SUPPORT

This Confidence Fitness Slim Full Body Vibration Platform is covered by a **1-year manufacturer warranty** from the date of purchase.

For warranty claims, technical support, or any inquiries regarding your product, please contact Confidence customer service. Refer to the contact information provided with your purchase documentation or visit the official Confidence website.

Online Resources: For additional information, FAQs, and product registration, please visit the [Confidence Store on Amazon](#).