

Bluefin Fitness Ultra Slim

Bluefin Fitness Ultra Slim Vibration Platform User Manual

Model: Ultra Slim | Brand: Bluefin Fitness

1. IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual carefully before operating the Bluefin Fitness Ultra Slim Vibration Platform. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children and pets away from the machine during operation.
- Place the platform on a firm, level surface with adequate clear space around it. Do not place on thick carpet as this may impede air circulation.
- Ensure the power cord is not pinched or damaged. Always unplug the unit when not in use or before cleaning.
- Do not operate the machine with wet hands or bare feet.
- The maximum user weight for this device is **100 Kilograms**. Do not exceed this limit.
- Do not insert any objects into the openings of the platform.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.

2. PRODUCT OVERVIEW

The Bluefin Fitness Ultra Slim Vibration Platform is designed to provide a full-body workout through advanced vibration technology. Its compact and sleek design makes it suitable for home use and easy storage.

Components Included:

- 1 x Bluefin Ultra Slim Vibration Platform
- 1 x Remote Control
- 2 x Resistance Training Cables

- 1 x UK Power Cable
- 1 x EU Power Cable
- 1 x Training Diagram
- 1 x Training + Nutrition Guide
- 1 x Instruction Manual (this document)



Image: The Bluefin Fitness Ultra Slim Vibration Platform, showing the main unit, remote control, and included resistance bands.

100,000+ PRODUCTS SOLD

COMMITTED TO QUALITY



Image: Detailed diagram illustrating key features of the Ultra Slim platform, such as the silent drive motor, LCD display, Bluetooth speakers, linear vibration mechanism, rubber feet for stability, compact design, anti-slip footplate, and resistance cord mounts.

3. SETUP

1. **Unpack:** Carefully remove all components from the packaging. Check for any damage during transit.
2. **Placement:** Place the vibration platform on a hard, flat, and stable surface. Ensure there is sufficient space around the unit for safe operation and movement. Avoid placing it on thick carpets or uneven floors.
3. **Connect Power:** Insert the appropriate power cable (UK or EU) into the power input port on the side or back of the platform. Plug the other end into a suitable wall outlet.
4. **Remote Control Battery:** The remote control requires 1 CR2032 battery. Open the battery compartment on the back of the remote and insert the battery, observing the correct polarity (+/-).

4. OPERATION

Powering On/Off:

- Press the power button on the platform or the remote control to turn the unit on. The LCD display will illuminate.
- Press the power button again to turn the unit off.

Using the Remote Control:

The remote control allows you to adjust settings conveniently during your workout. It features buttons for power, program selection, speed/intensity adjustment, and Bluetooth control.

LCD Display:

The LCD display shows important information such as current speed/intensity level, time remaining, and selected program.

Programs and Intensity Levels:

- The Ultra Slim offers **5 pre-set programs** designed for various fitness goals. Use the 'Program' button on the remote to cycle through them.
- There are **180 intensity levels**. Use the '+' and '-' buttons on the remote to manually adjust the vibration intensity.

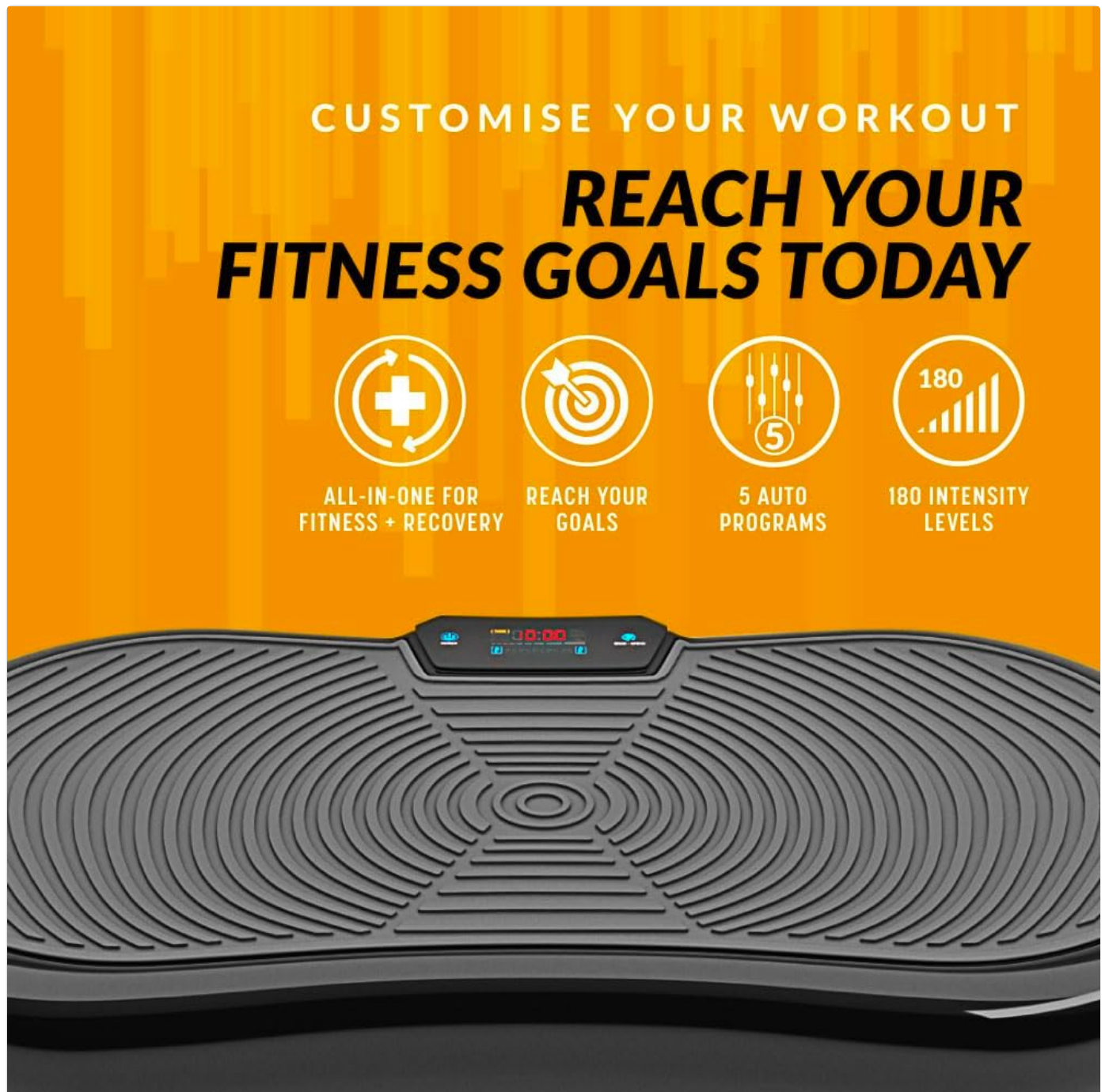


Image: Visual representation of the workout customization options available on the Ultra Slim platform, highlighting the 5 auto programs and 180 intensity levels.

Bluetooth Speaker Connection:

The platform features integrated Bluetooth speakers. To connect, enable Bluetooth on your mobile device and select "Bluefin Ultra Slim" from the list of available devices. You can then play music through the platform's speakers.

Using Resistance Bands:

Attach the resistance training cables to the designated mounts on the sides of the platform. These can be used to enhance upper body and core workouts while vibrating.

A woman in a blue patterned sports bra and black leggings is using resistance bands on a vibration platform. She is holding the handles of the bands with both hands, and a black wrist device is visible on her left wrist. The background is a light gray wall.

**RESISTANCE BANDS
AND CORDS FOR
ENHANCED
TONING + SHAPING**



RESISTANCE
BANDS



RESISTANCE
CORDS



PREMIUM
ACCESSORIES

Image: A close-up view of the resistance bands and cords, demonstrating their use for enhanced toning and shaping exercises.

5. EXERCISE GUIDELINES

The Bluefin Fitness Ultra Slim Vibration Platform can be used for a variety of exercises to target different muscle groups and achieve various fitness benefits. Refer to the included **Training Diagram** and **Training + Nutrition Guide** for specific exercise

routines and dietary advice.

- **Start Slowly:** Begin with lower intensity levels and shorter durations (e.g., 5-10 minutes) to allow your body to adapt to the vibrations.
- **Proper Posture:** Maintain good posture during exercises. Keep your core engaged and knees slightly bent to absorb vibrations.
- **Hydration:** Drink plenty of water before, during, and after your workout.
- **Listen to Your Body:** If you feel any discomfort or pain, stop the exercise immediately.



ULTRA SLIM
VIBRATION PLATE

BURN FAT + LOSE WEIGHT



FULL BODY
WORKOUT



REDUCE JOINT
STRESS



IMPROVE
FLEXIBILITY



BUILD
MUSCLE



LOSE WEIGHT
+ BURN FAT

Image: A woman demonstrating a squat exercise on the Ultra Slim Vibration Plate, accompanied by text outlining the benefits such as full body workout, reduced joint stress, improved flexibility, muscle building, and fat burning.

THE ULTIMATE **FULL-BODY WORKOUT**



Image: A woman performing a lunge on the Ultra Slim Vibration Plate, with visual indicators highlighting the comprehensive benefits of a full-body workout, including stress relief, increased metabolism, muscle building, improved flexibility, and fat burning.

6. MAINTENANCE

Cleaning:

- Always unplug the platform before cleaning.
- Wipe the surface of the platform with a soft, damp cloth. Do not use abrasive cleaners or harsh chemicals, as these may damage the finish.
- Ensure no liquid enters the internal components.

Storage:

Thanks to its sleek and compact design, the Ultra Slim is easy to store. Store it in a cool, dry place away from direct sunlight and moisture. Its low profile allows it to be slid under furniture.



Image: A diagram illustrating the compact dimensions of the Ultra Slim Vibration Plate (380mm x 140mm x 670mm) and a visual example of its easy storage capability, such as sliding it under a bed.

Regular Checks:

- Periodically check the power cord for any signs of damage.
- Ensure all connections are secure.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Platform does not power on.	Power cable not connected properly; Power outlet not working; Unit is off.	Ensure power cable is securely plugged into the unit and a working outlet. Press the power button on the unit or remote.
Remote control not working.	Battery is dead or incorrectly inserted; Remote is too far from the unit.	Replace the CR2032 battery, ensuring correct polarity. Ensure you are within range of the platform.

Problem	Possible Cause	Solution
Unusual noise during operation.	Unit not on a flat surface; Internal component issue.	Ensure the platform is on a completely flat and stable surface. If noise persists, discontinue use and contact customer support.
Bluetooth not connecting.	Bluetooth on device is off; Incorrect device selected.	Ensure Bluetooth is enabled on your device. Select "Bluefin Ultra Slim" from the list. Restart both devices if necessary.

8. SPECIFICATIONS

Feature	Specification
Model	Ultra Slim
Brand	Bluefin Fitness
Dimensions (L x W x H)	67 cm x 38 cm x 14 cm (approx. 26.4 x 15 x 5.5 inches)
Weight	15.2 Kilograms (approx. 33.5 lbs)
Maximum User Weight	100 Kilograms (approx. 220 lbs)
Control Type	Remote Control
Display Type	LCD
Number of Programs	5
Number of Resistance Levels	180
Power Source	Electric Cable
Main Material	Plastic, Aluminum
Remote Battery Required	1 x CR2032

9. WARRANTY AND SUPPORT

Bluefin Fitness provides support for its products. Spare parts availability in the EU is indicated for **1 year** from the date of purchase. For any issues, questions, or to claim warranty, please contact Bluefin Fitness customer support directly. Keep your proof of purchase for warranty claims.

For further assistance, please visit the official Bluefin Fitness website or contact their customer service department.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question