

Bluefin Fitness 5060840909579

Bluefin Fitness Dual Motor 3D Vibration Platform User Manual

Model: 5060840909579

1. INTRODUCTION

Welcome to the Bluefin Fitness Dual Motor 3D Vibration Platform. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before first use and keep it for future reference.

This vibration platform is designed to provide a comprehensive full-body workout, utilizing oscillation, linear vibration, and 3D movement to engage muscles and enhance your fitness routine. It features dual silent motors, a large anti-slip surface, Bluetooth speakers, and comes with resistance bands and a remote control for a versatile home fitness experience.

2. SAFETY INFORMATION

Before using the Bluefin Fitness Vibration Platform, please observe the following safety precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the platform is placed on a stable, level surface.
- Keep children and pets away from the equipment during operation.
- Do not use the platform if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Do not exceed the maximum user weight of 180 kg (396 lbs).
- Always wear appropriate athletic footwear.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Unplug the unit from the power outlet when not in use or before cleaning.

3. PACKAGE CONTENTS

Carefully unpack your Bluefin Fitness Vibration Platform and check that all components are present:

- 1 x Bluefin 3D Vibration Plate
- 1 x Remote Control (requires 2 AAA batteries, not included)

- 2 x Resistance Cords
- 1 x UK Power Cable
- 1 x EU Power Cable
- 1 x Instruction Manual (this document)
- 1 x Exercise Chart
- 1 x Workout + Nutritional Guide



Image: The Bluefin Fitness 3D Vibration Platform shown with its complete set of accessories, including the main unit, resistance bands, remote control, and printed manuals.

4. SETUP

1. **Placement:** Choose a flat, stable, and non-slip surface for the vibration platform. Ensure there is enough clear space around the unit for safe exercise.
2. **Power Connection:** Insert the appropriate power cable (UK or EU) into the power port on the side of the platform. Plug the other end into a suitable wall outlet.
3. **Remote Control Batteries:** Open the battery compartment on the back of the remote control and insert 2 AAA batteries, observing the correct polarity. Close the compartment.
4. **Resistance Cords (Optional):** If desired, attach the resistance cords to the designated attachment points on the base of the platform.

5. OPERATING INSTRUCTIONS

5.1. Control Panel Overview



Image: A detailed view of the platform's control panel, showing the LCD display, ON/OFF button, time adjustment, speed adjustment, and program mode selection. The control panel features an LCD display and various buttons for operation. You can also use the included remote control for convenience.

- **ON/OFF Button:** Powers the unit on or off.
- **TIME +/-:** Adjusts the workout duration.
- **SPEED +/-:** Adjusts the vibration intensity (180 levels).
- **PRG MODE:** Selects between manual mode and 5 pre-set programs.
- **3D Mode Button:** Activates or deactivates the 3D movement mode.

5.2. Remote Control



**REMOTE
CONTROL**



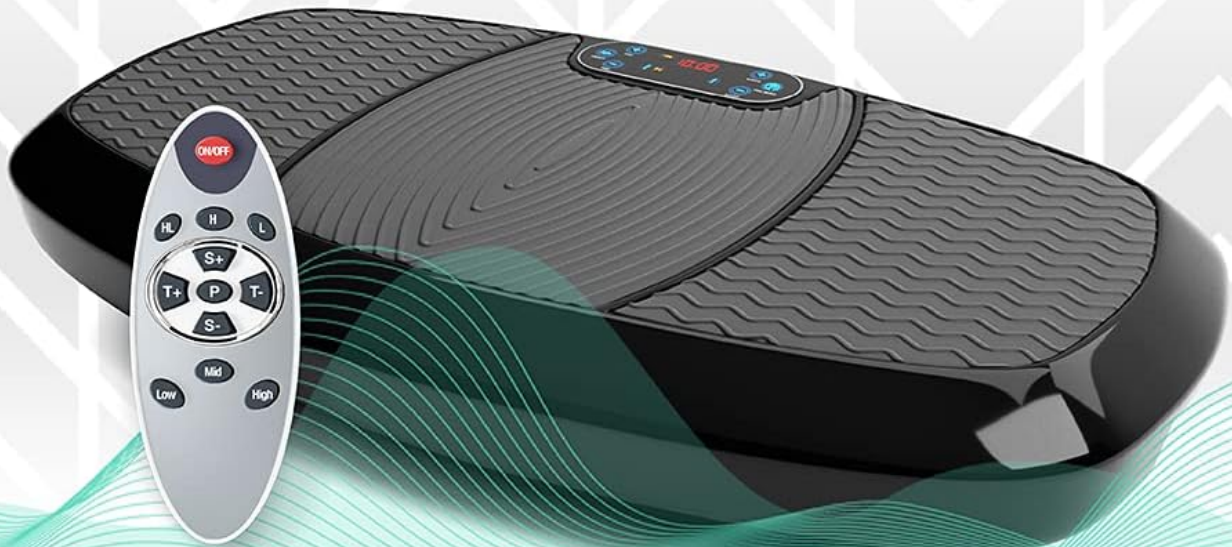
**ANTI-SLIP
SURFACE**



**EXERCISE
POSTER**



**DUAL
MOTORS**

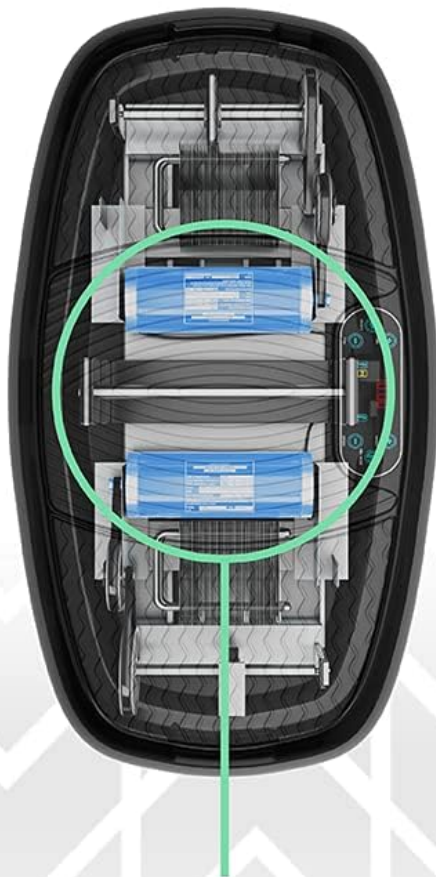


IMPROVE CORE STRENGTH
TARGET SPECIFIC MUSCLE GROUPS

Image: The vibration platform alongside its remote control, illustrating the convenience of remote operation and other key features of the device. The sweat-resistant remote control allows you to adjust settings without bending down. It mirrors the functions of the main control panel.

5.3. Vibration Modes

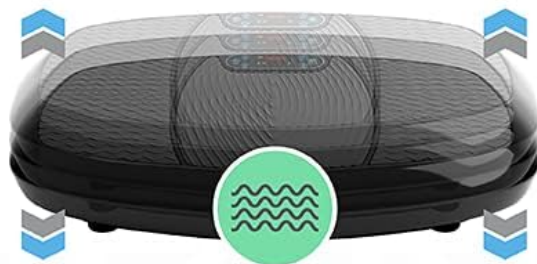
3D VIBRATION PLATE



**POWERFUL
DUAL MOTORS**



OSCILLATION MODE
HORIZONTAL MOVEMENT



LINEAR MODE
VERTICAL MOVEMENT



3D MODE
VERTICAL + HORIZONTAL

Image: A visual representation of the platform's powerful dual motors and the distinct movements for oscillation, linear, and combined 3D modes.

Your Bluefin Fitness platform offers multiple vibration options:

- **Oscillation Mode:** Mimics a seesaw motion, primarily horizontal movement.
- **Linear Mode:** Provides vertical up-and-down movement.
- **3D Mode:** Combines both oscillation and linear movements for a comprehensive multi-directional vibration.

You can select individual modes or combine them for 3D movement, offering 180 intensity levels and 5 pre-set programs.

5.4. Bluetooth Speakers



Image: A user demonstrating the integrated Bluetooth speakers, allowing for music playback during workouts to enhance motivation.

To connect your device to the integrated Bluetooth speakers:

1. Ensure the vibration platform is powered on.
2. Enable Bluetooth on your smartphone or other audio device.
3. Search for "Bluefin Fitness" or a similar device name in your device's Bluetooth settings.
4. Pair with the platform. You can now play music through the platform's speakers.

6. EXERCISE GUIDE AND USAGE TIPS

The Bluefin Fitness 3D Vibration Platform can be used for various exercises to target different muscle groups. Refer to the included Exercise Chart and Workout + Nutritional Guide for detailed routines.



**BURN FAT AND
LOSE WEIGHT**
VIBRATIONS ENHANCE
SIMPLE ROUTINES


**RESISTANCE
BANDS**

- BLUEFIN
— FITNESS —** ●●●● X-LIGHT
- BLUEFIN
— FITNESS —** ●●●● LIGHT
- BLUEFIN
— FITNESS —** ●●●● MEDIUM
- BLUEFIN
— FITNESS —** ●●●● HEAVY

Image: A user engaging in a squat exercise on the platform, utilizing resistance bands to enhance the workout and promote fat burning.



Image: A user performing an exercise with resistance cords attached to the platform, illustrating how to enhance muscle toning and shaping.

- Start with shorter durations (e.g., 5-10 minutes) and lower intensity levels, gradually increasing as your body adapts.
- Maintain proper posture and form during exercises.
- Use the resistance cords for upper body and core exercises.
- Experiment with different foot positions on the platform to vary intensity. Wider stance generally increases vibration intensity.
- Aim for 15-minute sessions, 3-5 times per week, for optimal results.

7. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your vibration platform:

- **Cleaning:** Wipe down the platform with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the unit is unplugged before cleaning.
- **Storage:** Store the platform in a cool, dry place away from direct sunlight and moisture.

- **Inspection:** Periodically check all cables and connections for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Platform does not power on.	Power cable not properly connected; power outlet not working.	Ensure power cable is securely plugged in. Test the outlet with another device.
Remote control not working.	Batteries are dead or incorrectly inserted.	Replace batteries (2 AAA) and check polarity. Ensure no obstructions between remote and platform.
Unusual noise during operation.	Platform not on a level surface; internal component issue.	Ensure the platform is on a flat, stable surface. If noise persists, discontinue use and contact support.
Bluetooth connection issues.	Bluetooth on device is off; device too far from platform.	Ensure Bluetooth is enabled on your device. Move device closer to the platform. Restart both devices.

9. SPECIFICATIONS



Image: A visual guide to the physical dimensions and weight of the Bluefin Fitness 3D Vibration Platform.

Feature	Detail
Model Number	5060840909579
Dimensions (L x W x H)	77.47 x 44.96 x 14.99 cm (30.5 x 17.7 x 5.9 inches)
Weight	19 kg (41.8 lbs)
Max User Weight	180 kg (396 lbs)
Motor Power	0.67 horsepower
Intensity Levels	180
Programs	5 pre-set programs
Control Type	Remote Control, LCD Display

Feature	Detail
Material	Aluminum
Power Source	Corded Electric
Bluetooth	Integrated Bluetooth Speakers

10. WARRANTY AND SUPPORT

Bluefin Fitness products are designed for durability and performance. For warranty information and customer support, please refer to the details provided with your purchase or visit the official Bluefin Fitness website.

- **Spare Parts Availability (EU):** 1 Year
- **Manufacturer:** Bluefin Fitness
- For any issues or inquiries, please contact Bluefin Fitness customer service.

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For more information, visit bluefinfitness.com

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