

WeightWorld TD006C-12

WeightWorld Vibrating & Oscillating Fitness Platform TD006C-12 User Manual

Model: TD006C-12

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your WeightWorld Vibrating & Oscillating Fitness Platform, Model TD006C-12. Please read this manual thoroughly before initial use and retain it for future reference. Proper setup, operation, and maintenance are essential for optimal performance and user safety.

IMPORTANT SAFETY INFORMATION

Observe the following safety precautions to prevent injury or damage to the device:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use the platform if you are pregnant, have a pacemaker, or suffer from severe heart conditions, epilepsy, or acute thrombosis.
- Ensure the platform is placed on a stable, level surface before use.
- The maximum user weight capacity is 120 kg (265 lbs). Do not exceed this limit.
- Keep children and pets away from the device during operation.
- Always hold onto a stable object or use the included resistance bands for balance, especially when starting.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Unplug the device from the power outlet when not in use or before cleaning.
- This product is certified CE, ROHS, and EMC, ensuring compliance with European safety and environmental standards.

**VOTRE SÛRETÉ
EST NOTRE
PRIORITÉ**



Certifié CE



RoHS



EMC



**Protection contre
les courts-circuits**



**Protection
contre les
surtensions**



**Protection de
l'isolation**



**Garantie
de 2 ans**

Image: Safety certifications (CE, RoHS, EMC) and protection features including short-circuit, overvoltage, insulation protection, and a 2-year warranty.

PACKAGE CONTENTS

Carefully unpack the box and ensure all items are present:

- WeightWorld Vibrating & Oscillating Fitness Platform
- Remote Control
- Resistance Bands (pair)
- Power Cable (with UK + EU Plug)
- User Manual

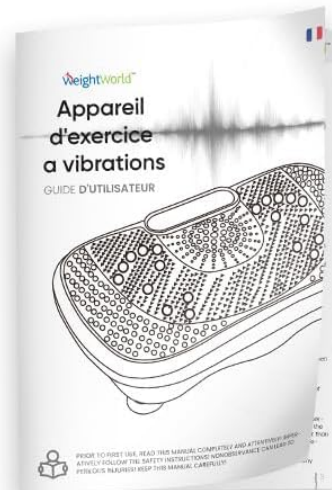


Image: The WeightWorld Vibrating Platform shown with its accompanying resistance bands, remote control, and user manual.

SETUP

Follow these steps to set up your fitness platform:

1. **Placement:** Choose a flat, stable, and non-slip surface for the platform. Ensure there is enough clear space around the device for safe movement.
2. **Power Connection:** Insert the power cable into the power input port on the side of the platform. Plug the other end into a suitable electrical outlet.
3. **Initial Power On:** Locate the main power switch (usually on the side or back of the platform) and switch it to the 'ON' position. The LED display should illuminate.

MODE D'EMPLOI



Image: Step-by-step guide illustrating how to plug in the platform and use the control buttons for operation.

OPERATION

Your WeightWorld Vibrating & Oscillating Fitness Platform offers various settings for a customized workout.

Controls and Display

- **LED Display:** The integrated LED screen shows current settings such as intensity level, program, and time.
- **Remote Control:** Use the ergonomic remote control to adjust settings conveniently during your workout.
- **Power Button (On/Off):** Activates or deactivates the platform's standby mode.
- **Start/Stop Button:** Initiates or pauses the vibration.
- **Program (P) Button:** Cycles through the available exercise programs.
- **Speed/Time Buttons (+/-):** Adjusts the intensity level or workout duration.

UN ECRAN À LED FACILE À LIRE



99 Niveaux d'intensité



5 Programmes

Télécommande facile à utiliser

Image: The platform's LED display showing 99 intensity levels and 5 programs, with the remote control for easy adjustments.

Programs and Intensity Levels

The platform features 6 pre-set programs and 99 adjustable intensity levels. Select a program or manually adjust the intensity to suit your fitness level and workout goals.

- **Programs:** The 6 programs offer varied vibration patterns and intensities for different workout objectives. Use the 'P' button on the remote to cycle through them.
- **Intensity Levels:** Adjust the vibration intensity from 1 to 99 using the '+' and '-' buttons. Start with lower levels and gradually increase as you become accustomed to the vibrations.

Bluetooth Speaker

The platform includes integrated Bluetooth speakers. To connect:

1. Ensure the platform is powered on.
2. Activate Bluetooth on your mobile device.
3. Search for available devices and select "WeightWorld Platform" (or similar name).

4. Once connected, you can play audio through the platform's speakers.

EXERCISE GUIDE

The WeightWorld Vibrating & Oscillating Fitness Platform can be used for a variety of exercises to target different muscle groups. Here are some recommended positions:

- **Legs Bent:** Stand with knees slightly bent to tone glutes and legs.
- **Stretching:** Perform various stretches while on the platform to enhance flexibility and muscle shaping.
- **Full Body:** Stand upright for a general full-body workout.
- **Squat:** Perform squats on the platform to strengthen the lower body.
- **Push-up Position:** Place hands on the platform for push-ups to train the torso, arms, and shoulders.
- **Back Support:** Lie with your calves or lower back on the platform to support muscle building in the calves or back.
- **Seated:** Sit on the platform or with hands on it to train arms and back.

The included resistance bands can be attached to the platform for additional upper body and core exercises.

ENTRAÎNEZ TOUTES LES PARTIES DE VOTRE CORPS

JAMBES PLIÉES

Tonifier les
fesses et les
jambes



ÉTIREMENT

Étirer les muscles
et modeler le corps



POUR LE CORPS

Toutes
les parties
du Corps



SQUAT

Muscler toute la
basse du corps



POSTURE DE POUSSÉE

Entraîner le torse,
les mains et
les épaules



SOUTIEN DORSAL

Muscler les
mollets



ASSIS SUR LE SOL

Entraîner les bras
et le dos



Image: Illustrations of different exercise positions on the vibrating platform, including standing, squatting, push-ups, and stretches, to engage various muscle groups.

UTILISEZ N'IMPORTE OÙ ET À TOUT MOMENT



Image: A visual guide demonstrating various exercise postures and uses for the vibrating platform, emphasizing versatility.

MAINTENANCE

Regular cleaning and proper storage will extend the life of your fitness platform.

Cleaning

- Always unplug the device before cleaning.
- Wipe the surface of the platform with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Ensure no liquid enters the internal components of the device.
- Dry the platform thoroughly after cleaning.

Storage

- Store the platform in a cool, dry place away from direct sunlight and extreme temperatures.
- Keep the platform covered to prevent dust accumulation.

TROUBLESHOOTING

If you encounter issues with your WeightWorld Vibrating & Oscillating Fitness Platform, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Platform does not power on.	Power cable not connected properly; Main power switch is off; Power outlet malfunction.	Ensure power cable is securely plugged into both the platform and the wall outlet. Check if the main power switch is in the 'ON' position. Test the outlet with another device.
Remote control is not working.	Remote batteries are depleted; Obstruction between remote and platform; Remote not paired (if applicable).	Replace remote control batteries. Ensure there is a clear line of sight to the platform's receiver. Refer to the manual for remote pairing instructions if necessary.

Problem	Possible Cause	Solution
Vibration is weak or inconsistent.	Low intensity setting; Overload (exceeding weight limit); Internal malfunction.	Increase the intensity level using the '+' button. Ensure the user's weight does not exceed 120 kg. If the problem persists, contact customer support.
Bluetooth speaker not connecting.	Bluetooth not enabled on device; Platform not in pairing mode; Incorrect device selected.	Ensure Bluetooth is active on your mobile device. Check if the platform is discoverable. Select the correct device name (e.g., "WeightWorld Platform") from your device's Bluetooth list.

SPECIFICATIONS

Feature	Detail
Model Number	TD006C-12
Brand	WeightWorld
Maximum Weight Recommendation	120 Kilograms (265 lbs)
Product Dimensions (L x W x H)	50 x 31 x 13 cm
Item Weight	7.5 Kilograms
Main Material	Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Control Type	Remote Control
Display Type	LED
Maximum Speed	99 rpm
Motor Power	0.268 horsepower
Number of Resistance Levels	99
Operating Mode	Automatic
Power Source	Electric Cable
Number of Programs	6
Included Components	Resistance Bands, Remote Control, Power Cable (UK + EU Plug)
Certifications	CE, ROHS, EMC

WARRANTY AND SUPPORT

Warranty

The WeightWorld Vibrating & Oscillating Fitness Platform comes with a **2-year warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact the manufacturer, Comfort Click Ltd. Refer to the contact information provided with your purchase or visit the official WeightWorld website for support details.

