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Hurtle HURVBTR36

Hurtle Fitness Vibration Plate Machine User Manual

Model: HURVBTR36 | Brand: Hurtle

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Hurtle Fitness Vibration Plate Machine. Please read all instructions carefully before operation and retain this manual for future reference.

Safety Information

- Consult a physician before starting any new exercise program.
- Ensure the machine is placed on a stable, level surface.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- Keep children and pets away from the machine during operation.
- Unplug the machine when not in use or before cleaning.
- Do not use if the power cord is damaged.

2. WHAT'S IN THE BOX

Carefully unpack all components and ensure everything listed below is present:

- Hurtle Fitness Vibration Plate Machine
- Resistance Bands (2)
- Remote Control
- 'AAA' Batteries (2) for remote control
- Power Cord



Image: The Hurtle Fitness Vibration Plate Machine shown with its remote control, resistance bands, and packaging. A person is demonstrating its use with the resistance bands.

3. SETUP

1. **Placement:** Position the vibration plate on a firm, level surface. Ensure there is adequate space around the machine for safe movement during exercise.
2. **Power Connection:** Insert the power cord into the machine's power inlet and then into a standard electrical outlet (120V).
3. **Remote Control Batteries:** Open the battery compartment on the remote control and insert the two 'AAA' batteries, observing polarity.
4. **Resistance Bands (Optional):** Attach the resistance bands to the designated anchor points on the sides of the machine if you plan to use them.

Features:



Image: A detailed view of the Hurtle Vibration Plate, highlighting its key features such as the rubber grip anti-slip surface pad, digital touch button controls, wireless remote control, 4 heavy-duty suction cups, and the included resistance bands.

4. OPERATING INSTRUCTIONS

Powering On/Off

- Locate the main power switch on the side of the machine and flip it to the 'ON' position.
- Press the 'POWER' button on the control panel or remote control to start the machine.
- Press the 'POWER' button again to turn off the machine. For complete power-off, flip the main power switch to 'OFF'.

Control Panel and Remote Functions

The machine can be operated using the integrated touch button controls or the wireless remote control.

- **POWER:** Turns the machine on or off.
- **MODE:** Cycles through preset workout programs (P1, P2, P3, etc.).

- **TIME:** Adjusts the session duration (up to 20 minutes).
- **SPEED +/-:** Increases or decreases the vibration intensity (40 levels available).

Using the Resistance Bands

The detachable resistance bands allow for upper body and core workouts while standing on the platform. Hold the handles firmly and perform exercises such as bicep curls, tricep extensions, or shoulder presses while the machine is vibrating.



Dynamic Strength

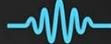
- 
Vibration Assisted Exercise for Full Body Training
- 
Dynamic Oscillating Motion Technology
- 
High-Powered Vibrations do the Hard Work
- 
Accelerated Fat Burning & Weight Loss
- 
Incorporates Upper Body, Lower Body & Core Workouts

Image: A woman demonstrating an exercise with resistance bands while standing on the Hurtle Vibration Plate, illustrating full body training capabilities.

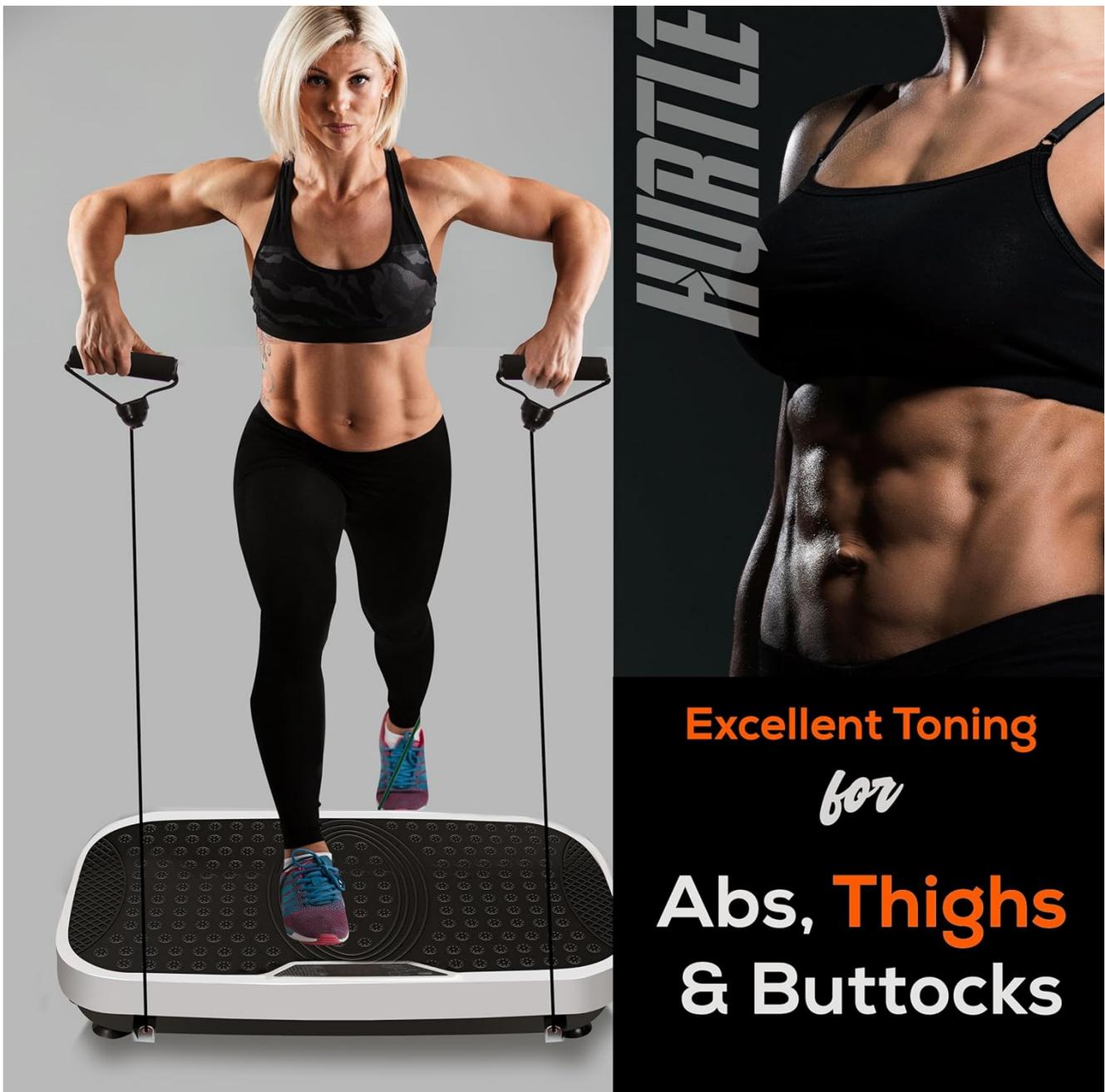


Image: A woman performing a lunge-like exercise on the Hurtle Vibration Plate, emphasizing its effectiveness for toning abs, thighs, and buttocks.

5. FEATURES AND BENEFITS

The Hurtle Fitness Vibration Plate Machine is designed to provide a comprehensive workout experience through dynamic oscillating motion technology.

- **Vibration Assisted Exercise:** Utilizes high-powered vibrations to engage muscles throughout the body, supporting core and full-body training.
- **Dynamic Oscillating Motion:** The platform moves with a side-to-side motion, simulating walking or running, which helps to activate various muscle groups.
- **Adjustable Speed and Time:** Offers 40 levels of vibration intensity and a timer setting up to 20 minutes, allowing for customized workout sessions.
- **Preset Workout Programs:** Includes built-in programs for varied exercise routines.
- **Detachable Resistance Bands:** Provides additional options for upper body and arm exercises.
- **Anti-Slip Standing Surface:** Features a rubber grip surface for user safety and stability during workouts.

- **Portability:** Equipped with a convenient carrying handle and rolling wheels for easy transport and storage.



Image: A woman demonstrating the portability of the Hurtle Vibration Plate, utilizing its built-in wheels and carrying handle for easy movement.

6. MAINTENANCE

Cleaning

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

Storage

- Store the machine in a cool, dry place away from direct sunlight and moisture.
- Utilize the built-in wheels and handle for easy relocation.



Image: A man sitting next to the Hurtle Vibration Plate, demonstrating its compact design which facilitates easy storage in various home environments.

7. TROUBLESHOOTING

- **Machine does not power on:**

Check if the power cord is securely plugged into both the machine and the wall outlet. Ensure the main power switch is in the 'ON' position. Verify the wall outlet is functional.

- **No vibration:**

Ensure the machine is powered on and a program or manual mode is selected. Check the speed setting; increase it if it's too low.

- **Remote control not working:**

Check the batteries in the remote control and replace them if necessary. Ensure there are no obstructions between the remote and the machine's sensor.

- **Unusual noise during operation:**

Stop the machine immediately. Check for any loose parts or foreign objects under or around the platform. If the noise persists, contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	HURVBTR36
Power Output	300 Watt
RPM (Revolutions Per Minute)	3300+ RPM
Maximum Session Time Setting	20 Minutes
Adjustable Vibration Speed Intensity	40 Levels
Weight Capacity	265 lbs. (120 kg) Max
Construction Material	Engineered ABS
Power Cord Length	5.9 ft. (1.8 m)
Power Output	120V
Dimensions (L x W x H)	26.77" x 14.96" x 4.72" inches (68 x 38 x 12 cm)
Item Weight	13.95 kg (30.75 lbs)
Controls Type	Touch
Display Type	LCD

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Hurtle website. Keep your proof of purchase for any warranty claims.