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JUFIT JFF118C-1

JUFIT Vibrating Oscillating Platform JFF118C-1 User Manual

Model: JFF118C-1

Brand: JUFIT

1. Introduction

This manual provides essential information for the safe and effective use of your JUFIT Vibrating Oscillating Platform, model JFF118C-1. This platform is designed for effective fat burning and muscle strengthening through a multidirectional vibration system. It features a unique design with a colored LED touch screen, a comfortable non-slip training surface, 30 different oscillation levels, and adjustable vibration intensity via a wrist remote control. Regular use can help protect joints, ligaments, and bones, increase blood circulation, and relax muscles.

Please read this manual thoroughly before operating the device and retain it for future reference.

2. Safety Information

Before using the JUFIT Vibrating Oscillating Platform, please observe the following safety precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use the device 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.
- Keep children and pets away from the device during operation.
- Do not insert any objects into the device openings.
- Unplug the device when not in use or before cleaning.

- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.

3. Package Contents

Verify that all items are present in the package:

- JUFIT Vibrating Oscillating Platform (Model JFF118C-1)
- Wrist Remote Control
- Power Cord
- Resistance Bands (with handles)
- User Manual



Image: Wrist remote control and resistance bands, essential accessories for varied workouts.

4. Product Overview

Familiarize yourself with the main components of your JUFIT Vibrating Oscillating Platform.



Image: The JUFIT Vibrating Oscillating Platform, showcasing its sleek design and included accessories.



Image: A top-down view highlighting the non-slip training surface and integrated LED control panel.



Image: Detailed view of the colored LED touch screen, displaying time, mode, and speed settings.

5. Setup

Follow these steps to set up your JUFIT Vibrating Oscillating Platform:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for storage or transport.
2. **Placement:** Place the platform on a firm, level, and non-slip surface. Ensure there is enough space around the device for safe movement during exercise.
3. **Power Connection:** Connect the power cord to the platform's power input and then plug it into a grounded electrical outlet.
4. **Remote Control:** Ensure the wrist remote control has a working battery.



Image: Front view of the JUFIT platform, ready for use.

6. Operating Instructions

The JUFIT Vibrating Oscillating Platform offers various settings for a customized workout.

6.1 Powering On/Off

- To power on, press the 'Power' button on the control panel or the wrist remote. The LED screen will illuminate.
- To power off, press and hold the 'Power' button until the screen turns off.

6.2 Using the Control Panel

The integrated LED touch screen allows direct control of the platform's functions:

- **Power:** Turns the device on/off.
- **Mode:** Selects between the 3 pre-set programs (P1, P2, P3) or manual mode.
- **Speed:** Adjusts the vibration intensity (30 levels). Use the '+' and '-' buttons.
- **Time:** Sets the duration of your workout.
- **Play/Stop:** Starts or pauses the current program/manual mode.

6.3 Using the Wrist Remote Control

The convenient wrist remote allows you to adjust settings without interrupting your workout:

- All functions available on the main control panel are mirrored on the wrist remote.
- Ensure the remote is within range of the platform for optimal functionality.

6.4 Programs and Speed Levels

- The platform features **3 pre-set programs (P1, P2, P3)** designed for different fitness goals. Select a program using the 'Mode' button.
- In manual mode, you can choose from **30 different speed (oscillation) levels** to customize your workout intensity.

6.5 Foot Positions for Intensity

The intensity of the vibration can be varied by changing your foot position on the platform:

- **Narrow Stance (feet close together):** Lower intensity, suitable for warm-ups or gentle massage.
- **Medium Stance (feet shoulder-width apart):** Moderate intensity, ideal for general fitness and muscle toning.
- **Wide Stance (feet further apart):** Higher intensity, for advanced muscle activation and strength training.

Experiment with different foot positions to find the optimal intensity for your exercises.

7. Exercise Guide

The JUFIT Vibrating Oscillating Platform can enhance a wide range of exercises. Here are some examples:

- **Squats:** Stand on the platform with feet shoulder-width apart. Perform squats as usual.
- **Lunges:** Place one foot on the platform and the other on the floor. Perform lunges, alternating legs.
- **Push-ups:** Place your hands on the platform and perform push-ups.
- **Plank:** Hold a plank position with your forearms or hands on the platform.
- **Resistance Band Exercises:** Attach the included resistance bands to the platform and perform exercises like bicep curls, tricep extensions, or shoulder presses while standing or sitting on the platform.

Remember to maintain proper form and adjust the intensity (speed and foot position) to suit your fitness level. Start with shorter durations and lower intensities, gradually increasing as your strength and endurance improve.





Image: A user demonstrating an exercise with resistance bands on the platform, highlighting its versatility.

8. Maintenance

Proper maintenance ensures the longevity and optimal performance of your JUFIT Vibrating Oscillating Platform:

- **Cleaning:** Wipe the surface of the platform with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and moisture. Its compact dimensions (71.5 x 39 x 15.5 cm) allow for space-saving storage.
- **Inspection:** Periodically check the power cord and all connections for any signs of damage. If any damage is found, discontinue use and contact customer support.

9. Troubleshooting

If you encounter any issues with your JUFIT Vibrating Oscillating Platform, refer to the following common problems and solutions:

- **Device does not power on:**
  - Ensure the power cord is securely plugged into both the platform and a working electrical outlet.
  - Check if the power outlet is functional by plugging in another device.
- **Remote control is not working:**
  - Check the battery in the wrist remote control and replace if necessary.
  - Ensure there are no obstructions between the remote and the platform's sensor.
- **Unusual noise or vibration:**
  - Ensure the platform is on a flat, stable surface.
  - Check for any loose parts or foreign objects under or around the platform.

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

10. Specifications

Feature	Specification
Brand	JUFIT
Model Number	JFF118C-1
Dimensions (L x W x H)	71.5 x 39 x 15.5 cm
Item Weight	12.9 Kilograms
Control Type	Remote Control, Touch Screen
Speed Levels	30
Programs	3 Pre-set Programs
UPC	743022908267
Color	Silver
Material	Not Concerned (as per source data, likely generic placeholder)



Image: Visual representation of the platform's dimensions for easy reference.

11. Warranty and Support

For warranty information, please refer to the documentation provided with your purchase or contact JUFIT customer support directly. If you require technical assistance, have questions about product operation, or need to report a defect, please reach out to our support team. Contact details can typically be found on the product packaging or the official JUFIT website.

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