

EILISON KM-560

EILISON Bolt Vibration Plate Exercise Machine User Manual

Model: KM-560

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the EILISON Bolt Vibration Plate. Retain this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- 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.
- Use the vibration plate on a firm, level surface. Ensure there is adequate space around the machine for safe operation.
- Do not use the machine if it is damaged or malfunctioning. Discontinue use immediately if you experience pain, dizziness, or discomfort.
- Keep children and pets away from the machine during operation.
- Do not insert any objects into the machine's openings.
- Ensure the power cord is not pinched or damaged. Unplug the machine when not in use and before cleaning.
- Maximum user weight capacity: 300 pounds (136 kg).

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- EILISON Bolt Vibration Plate
- Remote Control
- Resistance Loop Bands (2)

- Power Cord
- User Manual

3. PRODUCT OVERVIEW

The EILISON Bolt Vibration Plate is designed to provide a full-body workout through oscillating vibrations. It features a user-friendly control panel and a remote for convenient operation.



Image 3.1: EILISON Bolt Vibration Plate, remote control, and resistance bands.

Key Features:

- **Pivot Motion:** Utilizes a seesaw-like motion for effective muscle stimulation.
- **Anti-Slip Surface:** Textured platform for secure footing during exercises.
- **99 Intensity Levels:** Adjustable vibration speed for varied training needs.
- **Silent Mode:** Designed for quiet operation.
- **LED Touch Display:** Shows time and speed settings.
- **Remote Control:** For convenient adjustment of settings.
- **Compact and Portable:** Easy to store and transport.

5 ADVANTAGES



Image 3.2: Diagram highlighting key features and advantages of the vibration plate.

4. SETUP AND ASSEMBLY

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is sufficient clear space around the unit.
3. **Power Connection:** Insert the power cord into the power input port on the machine and then plug the other end into a standard electrical outlet.
4. **Remote Control Batteries:** Insert 2 AAA batteries (not included) into the remote control, observing polarity.

5. OPERATING INSTRUCTIONS

Control Panel:



Image 5.1: Control panel with LED display and buttons.

- **Power Button:** Press to turn the machine on or off.
- **Time Display:** Shows the remaining exercise time.
- **Speed Display:** Shows the current vibration speed level (1-99).
- **Speed Adjustment Buttons (+/-):** Increase or decrease the vibration speed.
- **Program Button (P):** Cycles through pre-set programs.

Remote Control:



Image 5.2: Remote control for the vibration plate.

The remote control duplicates the functions of the main control panel, allowing for convenient adjustments during your workout.

- **Power Button:** Turns the machine on/off.
- **Start/Stop Button:** Begins or pauses the vibration.
- **Speed Adjustment Buttons (+/-):** Adjusts vibration intensity.
- **Time Adjustment Buttons:** Sets the duration of your workout.
- **Program Buttons (P1, P2, P3, etc.):** Selects different pre-programmed workout modes.

Starting a Workout:

1. Step onto the vibration plate.
2. Press the Power button on the control panel or remote.
3. Select your desired speed level using the +/- buttons, or choose a pre-set program using the 'P' button.
4. The default workout time is typically 10 minutes. Adjust as needed.
5. Begin your exercise. The machine will automatically stop when the timer reaches zero.

6. EXERCISE GUIDELINES

The EILISON Bolt Vibration Plate offers various ways to engage different muscle groups. Adjust your stance to modify intensity.

Foot Placement Zones:



Image 6.1: Foot placement zones for varying exercise intensity.

- **Walking (Relax):** Place feet closer to the center for a gentler vibration.
- **Jogging (Comfortable):** Place feet slightly wider for moderate intensity.
- **Running (Strong):** Place feet furthest apart for the most intense vibration.

Using Resistance Bands:

Attach the included resistance bands to the designated points on the vibration plate to incorporate upper body exercises and enhance core stability.

POWERFUL & THERAPEUTIC VIBRATIONS



Pre-Set
Program



1-99
Speed Levels



Remote
Control



Small &
Portable



LED Touch
Display



Image 6.2: Demonstrating use of resistance bands with the vibration plate.

Benefits of Vibration Training:

VERSATILE TRAINING EFFECTS

Zones for Different Intensity Training



Image 6.3: Overview of potential benefits from regular use.

- May help decrease stress.
- Can improve circulation.
- May contribute to stronger bones.
- Aids in increasing core strength.
- Can boost metabolism.

7. MAINTENANCE AND CARE

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- **Storage:** Store the vibration plate in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check the power cord and all components for any signs of wear or damage.

8. TROUBLESHOOTING

If you encounter issues with your EILISON Bolt Vibration Plate, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; no power from outlet.	Ensure power cord is securely plugged into both the machine and a working electrical outlet. Test the outlet with another device.
Remote control is not working.	Batteries are dead or incorrectly inserted; remote not aimed at receiver.	Replace remote control batteries (2x AAA). Ensure batteries are inserted with correct polarity. Point the remote directly at the machine's receiver.
Machine makes unusual noise or vibrates unevenly.	Machine not on a level surface; internal component issue.	Ensure the machine is placed on a completely flat and stable surface. If the issue persists, discontinue use and contact customer support.
Vibration feels too weak or too strong.	Incorrect speed setting; foot placement.	Adjust the speed level using the +/- buttons. Refer to the 'Foot Placement Zones' in Section 6 to modify intensity.

9. PRODUCT SPECIFICATIONS

Specification	Detail
Model Number	KM-560
Product Dimensions	60 x 35 x 14.5 cm (23.6 x 13.8 x 5.7 inches)
Item Weight	7.14 kg (15.74 lbs)
Maximum Weight Recommendation	300 Pounds (136 kg)
Controls Type	Remote, Touch Panel
Display Type	LED
Number of Resistance Levels	99
Operation Mode	Automatic
Power Source	Corded Electric
Included Components	Vibration Plate, Remote Control, Loop Bands, Power Cord, User Manual

10. WARRANTY AND CUSTOMER SUPPORT

The EILISON Bolt Vibration Plate comes with a**Lifetime Warranty**, reflecting our commitment to quality and

customer satisfaction.

For any inquiries, concerns, or technical assistance regarding your vibration plate, please contact EILISON customer support. Refer to the contact information provided with your purchase documentation or visit the official EILISON website for support details.