

EILISON FitMaxx

EILISON FitMaxx 3D XL Vibration Plate Exercise Machine User Manual

1. INTRODUCTION

Thank you for choosing the EILISON FitMaxx 3D XL Vibration Plate Exercise Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before operation and retain this manual for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not exceed the maximum weight recommendation of 350 pounds.
- Ensure the machine is placed on a stable, level surface. The suction feet are designed to prevent movement during use.
- Keep children and pets away from the machine during operation.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Always maintain balance while on the platform. Use the included resistance bands for additional support if needed.
- Unplug the machine from the power outlet when not in use or before cleaning.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- EILISON FitMaxx 3D XL Vibration Plate
- Power Cord
- Remote Control (requires 2 AAA batteries, not included)
- Rope Bands (Resistance Bands)

- User Manual (this document)

4. PRODUCT OVERVIEW

The EILISON FitMaxx 3D XL Vibration Plate is designed for whole-body vibration exercise. It features an acupressure surface, a smart touch panel, and a powerful, noiseless motor.



Figure 1: EILISON FitMaxx 3D XL Vibration Plate Exercise Machine.

4.1 Key Components

- **Acupressure Surface:** Textured surface with various points for foot massage and stimulation.
- **Smart Touch Panel:** Integrated display and control buttons for easy operation.
- **Noiseless Motor:** Provides smooth and quiet vibration.
- **Rubber Suction Feet:** Ensures stability and prevents movement on various floor types.
- **Handles:** Integrated handles on the sides for easy portability.
- **Attachment Points:** Hooks on the sides for attaching the included rope bands.



Figure 2: Detailed view of product features including non-slip surface and suction feet.

5. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure adequate space around the machine for safe operation.
3. **Power Connection:** Insert the power cord into the machine's power input and then into a suitable electrical outlet.
4. **Remote Batteries:** Insert 2 AAA batteries into the remote control (ensure correct polarity).

5. **Attach Bands (Optional):** If desired, attach the rope bands to the designated hooks on the sides of the machine.

6. OPERATING INSTRUCTIONS

The EILISON FitMaxx 3D XL can be operated using the integrated touch panel or the remote control.



Figure 3: Smart touch panel and remote control.

6.1 Basic Operation

1. **Power On:** Press the 'ON/OFF' button on the touch panel or the power button on the remote control. The display will illuminate.
2. **Select Program/Mode:** Use the 'PROGRAM' button to cycle through pre-set programs (P1, P2, P3) or manual mode. In manual mode, you can adjust speed and time.
3. **Adjust Speed:** Use the 'SPEED+' and 'SPEED-' buttons on the panel or remote to adjust the vibration intensity from 1 to 120 levels.
4. **Set Time:** Use the 'TIME+' and 'TIME-' buttons on the panel or remote to set the desired workout duration. The maximum duration is 15 minutes.
5. **Start/Stop:** Press the 'START' button to begin the vibration. Press 'STOP' to pause or end the

workout.

6.2 Foot Placement for Intensity

Different foot placements on the platform simulate varying exercise intensities:

- **Walking (Low Intensity):** Place feet closer to the center of the platform.
- **Jogging (Medium Intensity):** Place feet slightly wider than center.
- **Running (High Intensity):** Place feet towards the outer edges of the platform.



Figure 4: Foot placement guide for varying exercise intensities.

7. EXERCISE GUIDE

The vibration plate can be used for various exercises to target different muscle groups. Experiment with different postures and the included resistance bands to maximize your workout.



Figure 5: Examples of multiple exercises that can be performed on the vibration plate.

7.1 Standing Exercises

- **Basic Stand:** Stand upright with feet shoulder-width apart. Engage core muscles.
- **Squats:** Perform squats while standing on the platform. Adjust foot position for intensity.
- **Calf Raises:** Stand on the balls of your feet and raise your heels.

7.2 Seated Exercises

- **Seated Leg Massage:** Sit on a chair and place your feet on the platform for a relaxing massage.
- **Core Engagement:** Sit directly on the platform with legs extended or bent, engaging your core.

7.3 Upper Body & Core Exercises

- **Plank:** Place forearms or hands on the platform in a plank position.
- **Push-ups:** Perform push-ups with hands on the platform.
- **Resistance Band Work:** Attach the rope bands and perform bicep curls, tricep extensions, or shoulder presses while standing or sitting.

8. MAINTENANCE

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight.
- **Inspection:** Regularly inspect the power cord and all components for any signs of wear or damage. Do not use if damaged.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on	Power cord not properly connected; Power outlet malfunction	Check power cord connection; Try a different outlet
No vibration	Machine is on but not started; Incorrect program selected	Press 'START' button; Select a program or adjust speed in manual mode
Remote control not working	Dead batteries; Obstruction between remote and machine	Replace batteries; Ensure clear line of sight to the machine's sensor

10. SPECIFICATIONS




Feature	Detail
Brand	EILISON
Model Name	FitMaxx
Controls Type	Remote
Display Type	LED
Maximum Speed	120 RPM
Number of Resistance Levels	120
Operation Mode	Automatic
Power Source	Corded Electric

Feature	Detail
Item Dimensions (LxWxH)	29.33 x 16.33 x 5.51 inches
Package Weight	12.02 Kilograms
Material	Plastic
Maximum Weight Recommendation	350 Pounds
UPC	630792811623

11. WARRANTY AND SUPPORT

The EILISON FitMaxx 3D XL Vibration Plate Exercise Machine comes with a **Lifetime Warranty**. For any inquiries, concerns, or support needs regarding your product, please contact EILISON customer support directly. Refer to the contact information provided in your product packaging or on the official EILISON website.

Related Documents - FitMaxx

	<p>Eilison Fitmax Vibration Plate KM-818 User Manual & Benefits</p> <p>Comprehensive guide to the Eilison Fitmax Vibration Plate (SKU KM-818), covering technical specifications, operation, safety precautions, brand story, and warranty information. Enhance your fitness and lifestyle with this advanced vibration platform.</p>
	<p>Eilison Fitmax Vibration Plate User Manual and Guide</p> <p>Comprehensive user manual for the Eilison Fitmax Vibration Plate (SKU KM-818). This guide covers product setup, operating instructions, safety precautions, contra-indications, and the many benefits of using the vibration plate for fitness and wellness.</p>
	<p>Eilison Fitmax Vibration Plate User Manual</p> <p>User manual for the Eilison Fitmax Vibration Plate, detailing setup, operation, features, technical data, and safety guidelines for home fitness and wellness.</p>