

Belmint BEL-VPM

Belmint Vibration Plate Exercise Machine User Manual

Model: BEL-VPM

Brand: Belmint

INTRODUCTION

Thank you for choosing the Belmint Vibration Plate Exercise Machine. This mini fitness board is designed to provide a full body workout, helping to improve flexibility, circulation, and overall fitness from the comfort of your home. Please read this manual thoroughly before operation to ensure safe and effective use of your new equipment.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this vibration plate. Keep this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Use the machine only on a flat, stable surface. Ensure adequate space around the unit.
- Do not exceed the maximum weight recommendation of 265 pounds (120 kg).
- Keep children and pets away from the machine during operation.
- Always ensure the power cord is securely connected and not damaged.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not use the machine if any part is damaged or malfunctioning.
- When attaching resistance bands, ensure the latch is pulled into the narrow side of the latch to prevent breakage.



Figure 1: Correct Resistance Band Attachment. Always ensure the resistance band latch is pulled into the narrow side of the hook to prevent damage or breakage during use.

WHAT'S INCLUDED

Your Belmont Vibration Plate Exercise Machine package includes the following components:

- Belmont Fitness Platform
- 2x Resistance Bands
- Remote Control
- Workout Instructions Manual (this document)



Figure 2: Package Contents. All items included with your Belmont Vibration Plate Exercise Machine.

PRODUCT OVERVIEW AND FEATURES

The Belmint Vibration Plate is a compact and lightweight fitness device designed for home use. It features a durable ABS material construction and a user-friendly interface.



Figure 3: Belmint Vibration Plate and Accessories. The main unit with its LCD display, along with the remote control and resistance bands.

Key Features:

- **Vigorous Shakes:** Provides multi-directional vibration for full body stimulation.
- **99 Speed Levels:** Offers a wide range of intensity adjustments.
- **Remote Control:** Convenient operation from a distance.
- **5 Vibration Programs:** Pre-set modes for varied workouts.
- **Non-Noisy Vibrations:** Designed for quiet operation.
- **Bluetooth Speakers:** Integrated for audio playback during workouts.
- **Resistance Bands:** Included for upper body and additional full-body exercises.
- **Compact Sizing:** Dimensions of approximately 20.4" L x 13" W x 4.7" H for easy storage.
- **Non-Slip Feet:** Ensures stability during use.
- **LCD Display:** Clear display for tracking time, speed, and program.



Figure 4: Key Features Overview. Visual representation of the main functionalities and benefits.



Figure 5: Compact and Lightweight Design. The dimensions and weight of the unit, highlighting its suitability for home use.

SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level, and stable surface. Ensure there is enough clear space around the unit for safe exercise. The non-slip feet will help secure the unit.
3. **Power Connection:** Plug the power cord into a standard electrical outlet.
4. **Remote Control Batteries:** Insert 2 AAA batteries into the remote control (batteries not included).

5. **Resistance Bands (Optional):** If you plan to use the resistance bands, attach them to the designated hooks on the side of the platform. Refer to Figure 1 in the Safety Instructions for correct attachment to prevent damage.

OPERATING THE VIBRATION PLATE

Control Panel and Remote Control:

The vibration plate can be operated using the control panel on the unit or the included remote control. The remote control offers convenient access to all functions during your workout.



Figure 6: Control Panel and Remote. The LCD display shows current settings, and the remote allows for easy adjustments.

Basic Operation:

1. **Power On/Off:** Press the **Power** button on the control panel or remote to turn the unit on or off. The LCD display will illuminate.
2. **Start/Stop:** Press the **Start/Stop** button to begin or pause the vibration.
3. **Adjusting Speed:** Use the **Speed +** and **Speed -** buttons to increase or decrease the vibration intensity. There are 99 adjustable speed levels.
4. **Selecting Programs:** Press the **Program (P)** button to cycle through the 5 pre-set automatic programs (P1-P5). Each program has a unique vibration pattern and intensity profile.
5. **Adjusting Time:** Use the **Time +** and **Time -** buttons to set your desired workout duration.
6. **Bluetooth Connection:** To connect to the built-in Bluetooth speakers, enable Bluetooth on your mobile device and search for "Belmint Vibration Plate" (or similar name). Pair with the device to play audio through the machine's speakers.

It is recommended to start with shorter sessions (e.g., 5-10 minutes) and lower speeds, gradually increasing as your body adapts.

EXERCISE GUIDE

The Belmint Vibration Plate can be used for various exercises to target different muscle groups and achieve various fitness goals. Here are some common positions and exercises:

Basic Stances:

- **Standing Position:** Stand with feet shoulder-width apart on the platform, knees slightly bent. This targets the legs, glutes, and core. Vary foot placement to adjust intensity.



Figure 7: **Standing Exercise.** A common position to engage lower body muscles and improve circulation.

- **Sitting Position:** Sit on the platform with legs extended or bent. This can be used for relaxation, circulation improvement, or targeting core muscles.



Figure 8: **Seated Position.** Ideal for promoting circulation and relaxation, or for specific core exercises.

- **Push-up Position:** Place hands on the platform and perform push-ups. This adds an unstable element, increasing muscle activation in the chest, shoulders, and triceps.

Using Resistance Bands:

The included resistance bands can be attached to the side hooks to incorporate upper body and full-body exercises into

your routine.

- **Bicep Curls:** Stand on the platform, hold the handles, and perform bicep curls.
- **Shoulder Presses:** Stand on the platform, hold the handles, and press them overhead.
- **Rows:** Stand on the platform, lean forward slightly, and pull the handles towards your torso.
- **Squats with Bands:** Perform squats while holding the resistance band handles, adding resistance to your lower body workout.



Figure 9: Resistance Band Exercise. Utilizing the included bands to enhance upper body and full-body workouts.

Experiment with different positions and exercises to find what works best for your fitness goals. Always maintain proper form and control.

MAINTENANCE AND CARE

Proper maintenance will ensure the longevity and optimal performance of your Belmint Vibration Plate.

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the unit is unplugged before cleaning.
- **Storage:** Store the vibration plate in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the power cord, resistance bands, and the unit for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter any issues with your Belmint Vibration Plate, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Power cord not properly connected; no power from outlet.	Ensure the power cord is securely plugged into both the unit and a working electrical outlet. Test the outlet with another device.

Problem	Possible Cause	Solution
Remote control not working.	Batteries are dead or incorrectly inserted; remote not aimed at receiver.	Replace the AAA batteries in the remote control, ensuring correct polarity. Point the remote directly at the unit's receiver.
Vibration is weak or inconsistent.	Low speed setting; unit not on a flat surface; weight exceeds limit.	Increase the speed setting. Ensure the unit is on a flat, stable surface. Verify user weight is within the recommended limit.
Resistance bands break or detach.	Incorrect attachment; excessive force.	Refer to Figure 1 in the Safety Instructions for correct band attachment. Avoid sudden, jerky movements that could overstress the bands or latches.

If the problem persists after trying these solutions, please contact Belmint customer support.

PRODUCT SPECIFICATIONS

Specification	Detail
Model Number	BEL-VPM
Brand	Belmint
Product Dimensions	57.79 x 42.55 x 17.78 cm (20.4" L x 13" W x 4.7" H)
Item Weight	8.89 kg (19.6 lbs)
Maximum Weight Recommendation	265 Pounds (120 kg)
Material	Acrylonitrile Butadiene Styrene (ABS)
Controls Type	Remote, On-unit buttons
Display Type	LCD
Number of Speed Levels	99
Number of Programs	5 (Pre-set)
Power Source	Corded Electric
Batteries Required (Remote)	2 AAA (not included)
Color	Blue, Black
Usage	Lose Weight, Burn Fat & Cellulite, Build Strength & improve flexibility, Relieve Stress & Improve Circulation

WARRANTY AND SUPPORT

Belmint stands behind the quality of its products. For information regarding warranty coverage, product registration, or technical support, please refer to the warranty card included with your purchase or visit the official Belmint website. For direct assistance, you may contact Belmint customer service through their official channels. Please have your model number (BEL-VPM) and purchase date ready when contacting support.

Visit the Belmint Store: [Belmint Official Store](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question