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Skandika V2000

Skandika V2000 3D/4D Vibration Plate User Manual

Model: V2000

1. Introduction and Product Overview

Thank you for choosing the Skandika V2000 3D/4D Vibration Plate. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and keep it for future reference.

Key Features:

- **4D Vibration Technology:** Two independently controllable special motors enable 4D vibration and effective training vibration up to 40 Hz.
- **Curved Surface Design:** Provides maximum contact with the extra-large, non-slip training surface for more effective workouts.
- **Smart LED Display:** Intelligent LEDs indicate training intensity.
- **Variety of Training Programs:** Numerous smart training programs and Bluetooth speakers ensure varied workouts.
- **Comprehensive Accessories:** Includes a training poster, resistance bands, personal training videos, and a remote control for a full-body workout.
- **Health Benefits:** Stimulates muscle groups, promotes fat burning, improves skin appearance, reduces cellulite, strengthens muscles, and enhances mobility and coordination.



Figure 1: Front view of the Skandika V2000 3D/4D Vibration Plate.



Figure 2: Internal motor view illustrating the 4D vibration technology.

2. Safety Information

Before using the Skandika V2000, please review the following safety guidelines. Failure to do so may result in injury or damage to the device.

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Keep children and pets away from the device during operation.
- Ensure the device is placed on a flat, stable surface.
- Do not use the device if you are pregnant, have a pacemaker, or suffer from acute thrombosis, severe diabetes, or epilepsy.
- Always wear appropriate athletic footwear.
- Do not exceed the maximum user weight of 120 kg.
- Unplug the device from the power outlet when not in use or before cleaning.
- For more detailed safety information, refer to theOfficial Safety Information PDF.

3. Package Contents and Assembly

Verify that all components are present before assembly.

Package Contents:

- Skandika V2000 Vibration Plate
- Remote Control
- Resistance Bands (2)
- Training Poster
- Power Cable
- User Manual (this document)



Figure 3: Skandika V2000 package contents including the vibration plate, remote control, resistance bands, and training poster.

Assembly:

1. Unpack all components carefully.
2. Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is enough space around the device for safe operation.
3. Connect the power cable to the device and then to a suitable power outlet.
4. The resistance bands can be attached to the designated points on the side of the vibration plate if desired for upper body exercises.

4. Operating Instructions

Familiarize yourself with the controls and functions of your Skandika V2000.

Control Panel and Remote Control:

The vibration plate features an integrated control panel and comes with a remote control for convenient operation. The remote control allows you to power on/off, select programs, adjust intensity, and control Bluetooth music.



Figure 4: Remote control for the Skandika V2000.

Powering On/Off:

- To power on, press the power button on the control panel or remote control.
- To power off, press the power button again.

Selecting Programs and Intensity:

The V2000 offers 6 pre-set programs (P1-P6) and 3 manual modes. It has 60 resistance levels.

- Use the 'P' buttons on the remote to cycle through pre-set programs.
- In manual mode, use the '+' and '-' buttons to adjust the vibration intensity (levels 1-60).
- The Smart LED lights on the plate will change color to indicate the current intensity level:
    - Green: Levels 1-20
    - Blue: Levels 21-40
    - Red: Levels 41-60

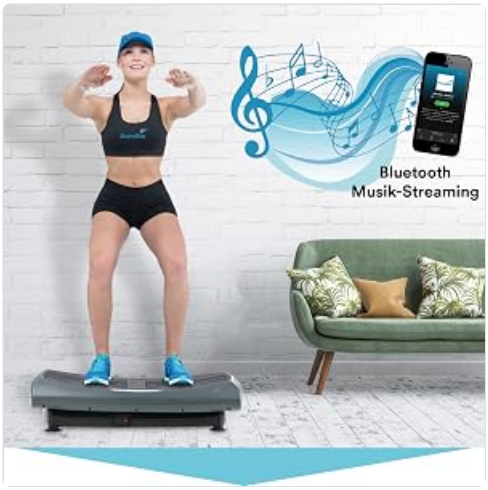


Figure 5: LED indicators for vibration intensity levels.

Bluetooth Connectivity:

The V2000 features integrated Bluetooth speakers for music streaming during your workout.

1. Ensure Bluetooth is enabled on your mobile device.
2. Search for "Skandika V2000" in your device's Bluetooth settings.
3. Pair your device. Once connected, you can stream audio through the vibration plate's speakers.



Figure 6: Bluetooth music streaming feature.

5. Training Programs and Exercises

The Skandika V2000 is designed for a variety of exercises targeting different muscle groups and fitness goals. Refer to the included training poster and online videos for guidance.

Exercise Modes:

- **Regeneration/Mobilization (approx. 7-12 Hz):** Ideal for warm-up, cool-down, fascia training, and improving flexibility.
- **Metabolism Activation/Fat Burning (approx. 13-24 Hz):** Suitable for cardio and weight loss.
- **Strength Training/Muscle Definition (approx. 25-35 Hz):** Focuses on muscle building and static exercises.



Figure 7: Example of a squat exercise on the vibration plate, demonstrating different frequency zones for various training goals.

Targeted Exercises:

The 4D vibration technology with two independently controllable motors allows for diverse exercises:

- **Core:** Crunches, planks.
- **Chest and Triceps:** Push-ups.
- **Back:** Standing rows with resistance bands.
- **Biceps:** Bicep curls with resistance bands.
- **Legs and Glutes:** Squats, lunges.



Figure 8: Examples of exercises for different muscle groups using the Skandika V2000.

Recovery and Relaxation:

The V2000 also offers modes for active recovery and relaxation.

- **Lateral Oscillation:** For legs, glutes, and back.
- **Up and Down Vibration:** For deep muscle stimulation.
- **Fine Vibrations:** For gentle massage and relaxation.



Figure 9: Recovery and relaxation exercises.

Training Resources:

Utilize the provided training poster and access personal training videos for comprehensive guidance on exercises and routines.

Figure 10: Training poster and video resources for the Skandika V2000.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Skandika V2000.

- **Cleaning:** Wipe the surface of the vibration plate with a damp cloth after each use. Do not use abrasive cleaners or solvents.

- **Storage:** Store the device in a dry, cool place away from direct sunlight and moisture.
- **Inspection:** Periodically check the power cable for any damage. Ensure all parts are securely fastened.
- **Anti-slip Mat:** The included anti-slip mat (77x43 cm, 10mm thick) is water-repellent and shock-absorbing, providing ideal floor protection and silent training. Keep it clean and free of debris.

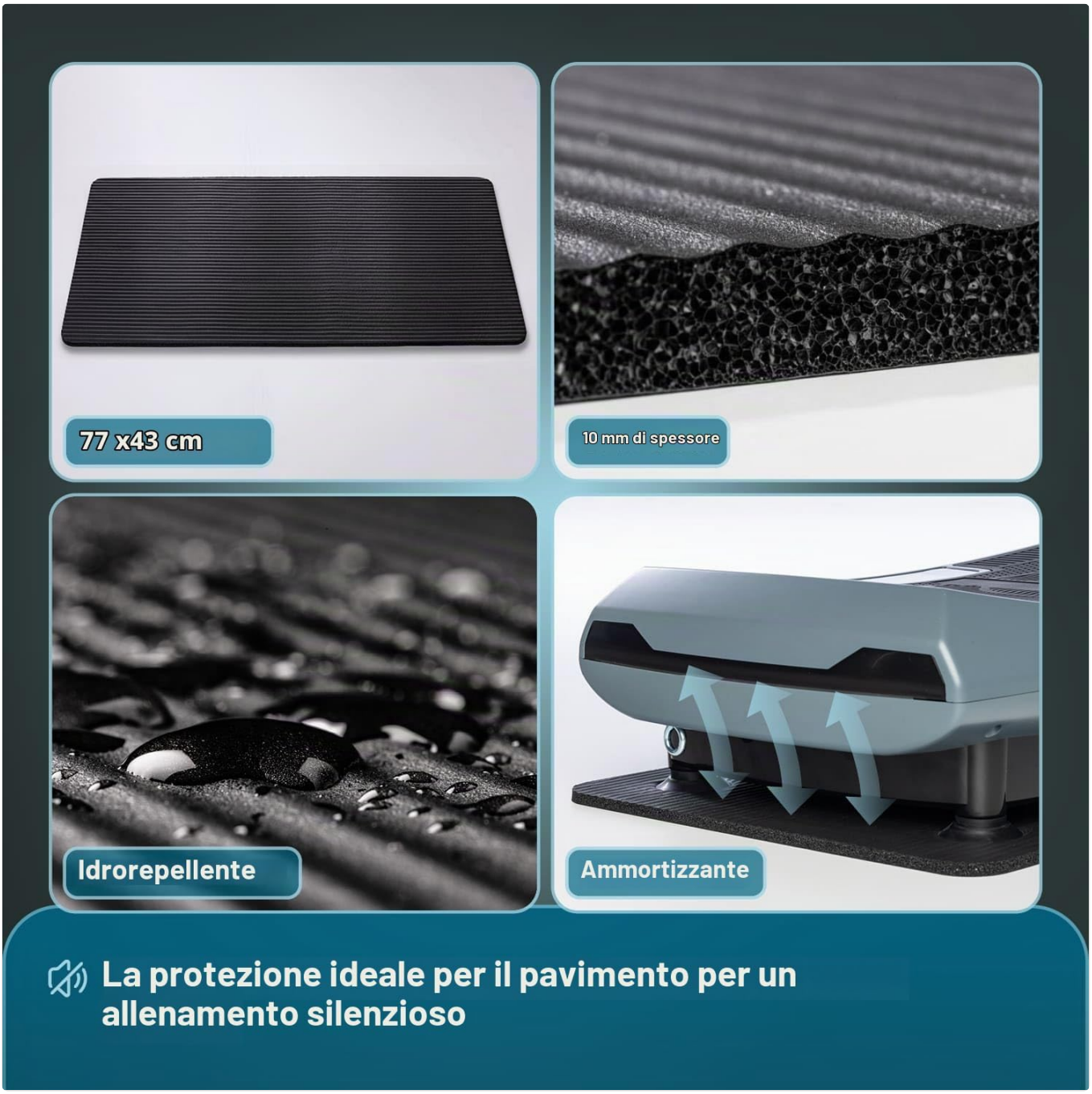


Figure 11: Details of the anti-slip mat for floor protection.

7. Troubleshooting

If you encounter any issues with your Skandika V2000, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not power on.	Power cable not connected; power outlet faulty; device switch off.	Check power cable connection; try a different outlet; ensure the main power switch is on.

Problem	Possible Cause	Solution
No vibration.	Program not selected; intensity set to zero; motor malfunction.	Select a program or increase intensity; contact customer support if problem persists.
Remote control not working.	Batteries depleted; obstruction between remote and device.	Replace batteries; ensure clear line of sight to the device's receiver.
Bluetooth not connecting.	Bluetooth not enabled on device; incorrect pairing.	Ensure Bluetooth is on and visible; re-attempt pairing as per operating instructions.

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

8. Specifications

Feature	Detail
Brand	Skandika
Model	V2000
Item Weight	13.5 Kilograms
Color	Grey
Material	Metal or similar substance
Product Dimensions (Depth x Width x Height)	66 cm (Depth) x 71.3 cm (Width) x 13 cm (Height)
Control Type	Remote Control
Display Type	DIGITAL
Handle Type	Integrated handle with curved design
Max Speed	60 Revolutions per minute
Number of Resistance Levels	60
Operating Mode	Automatic
Power Source	Corded Electric
Electric Power	280 watts
Number of Programs	6
Maximum Recommended Weight	120 Kilograms
EU Spare Part Availability Duration	10 Years



Figure 12: Product dimensions of the Skandika V2000.

9. Warranty and Support

Skandika provides a 10-year availability for spare parts within the EU, ensuring long-term support for your product.

- For warranty claims or technical support, please contact your retailer or Skandika customer service directly.
- Keep your proof of purchase for warranty purposes.
- Skandika is committed to providing high-quality, practical, and reliable equipment.

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