

## AXV B098FFRHJP

# AXV Vibration Plate Exercise Machine User Manual

Model: B098FFRHJP

## 1. IMPORTANT SAFETY INSTRUCTIONS

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Please read all instructions carefully before using the AXV Vibration Plate Exercise Machine. Keep this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- This machine is designed for home use only. Do not use it for commercial purposes.
- Place the machine on a flat, stable, and non-slip surface. Ensure there is adequate space around the machine for safe operation.
- 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, acute thrombosis, or other serious health conditions.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Do not stand on the machine with wet feet or wear slippery footwear.
- Ensure the power cord is not damaged or pinched.

## 2. PACKAGE CONTENTS

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Carefully unpack the box and ensure all items are present and in good condition. If any items are missing or damaged, please contact customer support.

- AXV Vibration Plate Exercise Machine
- Remote Control
- Loop Resistance Bands (2)

- Power Cord
- User Manual (this document)

# SLIM BODY RICH ACCESSORIES



Loop Bands\*2



Remote Control



Operation Manual



Power Cord



Image: The AXV Vibration Plate with its included accessories: two loop resistance bands, a remote control, the operation manual, and a power cord. The machine's dimensions are also indicated: 21.5 inches long, 13.7 inches wide, and 7.0 inches high.

## 3. PRODUCT OVERVIEW AND FEATURES

The AXV Vibration Plate is designed to provide a full-body workout through therapeutic vibrations, promoting wellness and fitness. It features a robust design with user-friendly controls.

### Key Features:

- **Adjustable Speed:** Offers 99 levels of adjustable speed for varied intensity.
- **Pre-Set Programs:** Includes pre-set workout programs for convenience.
- **Bluetooth Speakers:** Integrated Bluetooth speakers allow for music playback during workouts.
- **LED Touch Display:** Clear LED display for monitoring settings and progress.
- **Calorie Count:** Tracks estimated calories burned during your session.
- **Magnetic Health Massage:** Features magnetic points on the platform for foot massage.

- **Resistance Bands:** Comes with two loop resistance bands for upper body and arm exercises.
- **Remote Control:** Conveniently adjust settings from a distance.

# POWERFUL & CUSTOMIZABLE THERAPEUTIC VIBRATIONS



Adjustable  
Speed (1~99)



Pre-Set  
Program



Bluetooth  
Speakers



LED Touch  
Display



Calorie  
Count



Image: An illustration highlighting the main features of the AXV Vibration Plate, including its adjustable speed from 1 to 99, pre-set programs, built-in Bluetooth speakers, LED touch display, and calorie counting function.

# MAGNET HEALTH MASSAGE



Image: A detailed view of the AXV Vibration Plate's surface, illustrating the magnetic health massage points designed to stimulate the feet during use. Accompanying smaller images show hands and feet being massaged.

## Benefits of Use:

- Decrease Stress
- Increase Core Strength
- Relieve Joint and Back Pain
- Improve Circulation
- Boost Metabolism
- Develop Stronger Bones
- Gain Mobility and Flexibility



Image: A woman demonstrating an exercise on the AXV Vibration Plate using the resistance bands. Text overlays highlight various benefits such as decreased stress, increased core strength, and improved circulation. It also compares 20,000 vibrations to 60 minutes of jogging, 40 minutes of swimming, and burning 3000 calories.

## 4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the AXV Vibration Plate on a firm, level, and non-slip surface. Ensure there is enough clear space around the machine for safe movement during exercise.
3. **Connect Power:** Insert the power cord into the power input port on the side of the machine, then plug the other end into a standard electrical outlet.
4. **Attach Resistance Bands (Optional):** If desired, attach the loop resistance bands to the designated attachment points on the sides of the machine.

## 5. OPERATING INSTRUCTIONS

### Powering On/Off:

- Locate the main power switch on the side of the machine. Flip it to the 'ON' position. The LED display will illuminate.
- To turn off, flip the main power switch to the 'OFF' position.

### Using the Remote Control:

The remote control allows you to operate the machine conveniently without bending down.

- **Power Button:** Turns the machine on or off (standby mode).
- **Start/Stop:** Begins or pauses the vibration.
- **Speed +/-:** Adjusts the vibration speed (levels 1-99).
- **Program (P) Button:** Cycles through pre-set workout programs.
- **Mode Button:** Switches between manual and program modes.
- **Bluetooth Button:** Activates Bluetooth pairing for the speakers.

### Adjusting Speed and Programs:

- In manual mode, use the Speed +/- buttons to increase or decrease the vibration intensity.
- Press the 'P' button to select a pre-set program. Each program has a unique combination of speed and time variations.

### Bluetooth Speaker Pairing:

- Press the Bluetooth button on the remote or the control panel. The display will indicate Bluetooth pairing mode.
- On your mobile device, search for Bluetooth devices and select 'AXV Vibration Plate' (or similar name) to connect.
- Once connected, you can play music through the machine's speakers.

### Exercise Positions and Intensity Zones:

The vibration plate offers different intensity levels based on your foot placement:

- **Walking (Relax):** Place your feet closer together in the center of the platform.
- **Jogging (Comfortable):** Place your feet slightly wider apart.
- **Running (Strong):** Place your feet widest apart, towards the edges of the platform.

# POWERFUL & CUSTOMIZABLE

## Multi-Functional Vibration Plate

### Zones for Different Intensity Training



Image: A visual representation of the AXV Vibration Plate's surface, indicating three distinct zones for different intensity levels: a central 'Walking (Relax)' zone, a slightly wider 'Jogging (Comfortable)' zone, and the outermost 'Running (Strong)' zone, demonstrating how foot placement affects workout intensity.

### Example Exercises:

Utilize the resistance bands and various body positions to target different muscle groups.



Image: A collage displaying six different exercise postures using the AXV Vibration Plate. These include standing exercises with resistance bands, seated meditation, lunges, planking, and knee raises, demonstrating the versatility of the machine for various workouts.

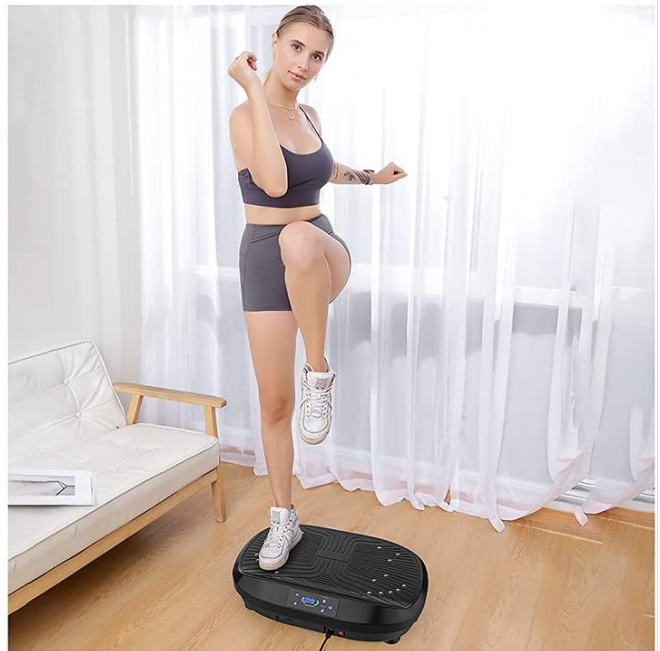


Image: A collage showcasing four additional exercise positions on or near the AXV Vibration Plate. These include sitting on the plate, standing on it, and performing knee raises, illustrating more ways to incorporate the machine into a fitness routine.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your AXV Vibration Plate.

- **Cleaning:** Wipe down 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 machine in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the power cord for any signs of damage. Ensure all connections are secure.
- Do not attempt to open or repair the machine yourself. Refer to qualified service personnel for any repairs.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Main power switch is off; Power outlet issue.	Ensure power cord is securely plugged into both the machine and the outlet. Check if the main power switch is in the 'ON' position. Test the outlet with another device.
Remote control not working.	Batteries are dead or incorrectly inserted; Remote not pointed at receiver.	Replace batteries in the remote control, ensuring correct polarity. Point the remote directly at the machine's display panel.
No vibration or weak vibration.	Machine is in standby mode; Speed setting is too low; Overload.	Press the 'Start' button on the remote or control panel. Increase the speed setting. Ensure the user's weight does not exceed the maximum capacity (refer to specifications).
Bluetooth not connecting.	Bluetooth not activated on machine; Device too far; Device already connected to another Bluetooth speaker.	Press the Bluetooth button on the machine/remote. Ensure your device is within range. Disconnect from other Bluetooth devices and try pairing again.

If the problem persists after trying these solutions, please contact customer support for further assistance.

## 8. SPECIFICATIONS

Attribute	Value
Brand	AXV
Model	B098FFRHJP
Handle Type	Strap (for resistance bands)
Number of Resistance Levels	10 (implied by speed levels)
Operation Mode	Automatic
Power Source	Corded Electric
Item Package Dimensions (L x W x H)	25.25 x 17 x 8.5 inches
Package Weight	9.53 Kilograms
Color	Black
Material	Metal, Plastic, Rubber
Controls Type	Remote
Display Type	LED
First Available Date	October 12, 2021

## 9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or

contact the seller directly. Keep your proof of purchase for any warranty claims.

For further assistance, you may visit the AXV store on Amazon:[AXV Store](#)