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› AXV Vibration Plate Fitness Platform Exercise Machine MINI-BLUE User Manual

## AXV MINI-BLUE

# AXV Vibration Plate Fitness Platform Exercise Machine MINI-BLUE User Manual

Model: MINI-BLUE

## 1. INTRODUCTION

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The AXV Vibration Plate Fitness Platform Exercise Machine, model MINI-BLUE, is designed to provide a full-body vibration workout. This compact device aims to stimulate muscles, increase blood flow, and support overall physical well-being. It features adjustable vibration speeds, pre-set programs, and comes with resistance bands for varied exercises.

## 2. IMPORTANT SAFETY INFORMATION

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Please read all instructions carefully before using the AXV Vibration Plate. Failure to follow these guidelines may result in injury or damage to the product.

- Consult a physician before beginning any new exercise program, especially if you have pre-existing medical conditions, are pregnant, have heart conditions, or have recently undergone surgery.
- Ensure the vibration plate is placed on a flat, stable, and non-slip surface before use.
- Keep children and pets away from the machine during operation.
- Do not use the machine if you feel dizzy, nauseous, or experience any pain. Stop immediately and consult a physician.
- Keep hands and feet clear of moving parts.
- Do not immerse the unit in water or expose it to excessive moisture.
- Use only the provided power cord and accessories.

## 3. PACKAGE CONTENTS

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Verify that all items are present in the package:

- AXV Vibration Plate Fitness Platform (MINI-BLUE)

- Remote Control
- Resistance Bands (2)
- Power Cord
- Operation Manual

## Mini Body / Remote Control / Pull Bands

Compact Mini Size Can be Used Anywhere  
Save Space/Easy to Carry and Store

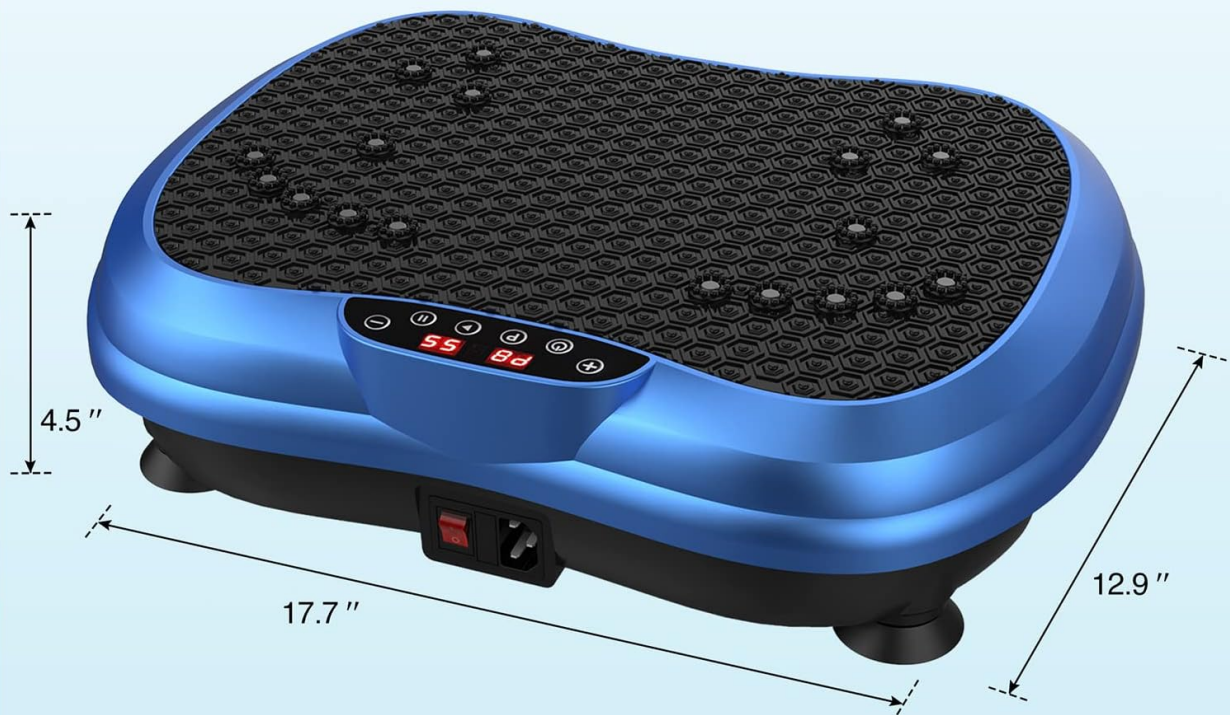


Image: Contents of the AXV MINI-BLUE package, including the vibration plate, remote control, two resistance bands, power cord, and the operation manual.

### 4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the AXV Vibration Plate on a firm, level, and stable surface. Ensure there is adequate space around the machine for safe operation.
3. **Power Connection:** Ensure the power switch on the machine is in the OFF position. Connect the power cord to the power input port on the machine, then plug the other end into a standard electrical outlet.
4. **Initial Check:** Before first use, inspect the power cord for any damage.

### 5. OPERATING INSTRUCTIONS

## 5.1 Controls and Display

The AXV Vibration Plate can be operated using the control panel on the unit or the included remote control.



Image: Detailed diagram illustrating the functions of the control panel buttons and the remote control for the AXV Vibration Plate.

- **Power Switch:** Located on the side of the unit. Turn ON/OFF before/after plugging in.
- **LED Display:** Shows current time, speed level (P8 in diagram indicates program 8), and remaining time (55 in diagram indicates 55 seconds).
- **Power Button (Unit/Remote):** Turns the machine ON/OFF.
- **Speed +/- (Unit/Remote):** Adjusts vibration intensity from level 1 to 99.
- **Time +/- (Remote):** Adjusts workout duration.
- **Program (P) Button (Unit/Remote):** Cycles through pre-set automatic programs.
- **Run Mode Shortcuts (Remote):** Buttons for low, middle, and high running speeds for quick adjustments.
- **Stop Button (Remote):** Halts the current operation.

## 5.2 Basic Operation

1. Turn on the main power switch on the side of the unit.
2. Press the Power button on the control panel or remote to activate the machine.
3. Select your desired program using the 'P' button or manually adjust the speed and time using the +/- buttons.
4. Step onto the platform. Refer to the exercise zones for different intensity levels.
5. Begin your workout. A typical session lasts 10-15 minutes.
6. When finished, press the Power button to stop the machine, then turn off the main power switch.

## 5.3 Exercise Zones and Usage

The platform features distinct zones for varying intensity levels based on foot placement:

- **Walking (Relax):** Feet closer to the center.
- **Jogging (Comfortable):** Feet slightly wider than center.
- **Running (Strong):** Feet widest apart.



Image: Visual guide for foot placement on the AXV Vibration Plate to achieve different exercise intensities: Walking (relax), Jogging (comfortable), and Running (strong).

The integrated magnet health massage function targets specific points on the feet for enhanced comfort during use.



Image: Close-up view of the AXV Vibration Plate's surface, showing the textured foot pads and highlighted magnet massage points for foot stimulation.

#### **5.4 Using Resistance Bands**

Attach the resistance bands to the designated points on the vibration plate. These bands allow for upper body exercises while simultaneously benefiting from the vibration therapy.



Image: A woman standing on the AXV Vibration Plate, holding the resistance bands to perform an upper body exercise, demonstrating combined workout potential.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe the surface of 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 and extreme temperatures.
- **Power Cord:** Periodically inspect the power cord for any signs of wear or damage. If damaged, discontinue use and contact support.
- **Stability:** Ensure the rubber sucker feet are clean and free of debris to maintain stability during operation.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not turn on	Power cord not properly connected Main power switch is off No power from outlet	Ensure power cord is securely plugged into both the machine and the outlet. Turn the main power switch to the ON position. Test the outlet with another device.
Remote control not working	Dead batteries Obstruction between remote and receiver Remote not paired (if applicable)	Replace batteries in the remote control. Ensure clear line of sight to the machine's receiver. Refer to the manual for remote pairing instructions (if applicable).
Unusual noise or vibration	Loose components Machine not on a level surface	Stop use immediately. Check for any loose parts. Ensure the machine is on a flat, stable surface. If the problem persists, contact customer support.

If the problem persists after attempting these solutions, please contact AXV customer support.

## 8. SPECIFICATIONS

Feature	Specification
Brand	AXV
Model	MINI-BLUE
Controls Type	Remote
Display Type	LED
Maximum Speed Levels	99
Resistance Bands	2 included
Operation Mode	Automatic
Power Source	Corded Electric
Item Dimensions (L x W x H)	17.7 x 12.9 x 4.5 inches
Item Weight	8.05 Kilograms
Material	Aluminum
Color	Blue

## 9. WARRANTY AND SUPPORT

AXV is committed to customer satisfaction. The product comes with a lifetime satisfaction guarantee. If you encounter any problems or have questions regarding your AXV Vibration Plate, please contact the seller

directly via email for assistance. They are dedicated to providing a satisfactory solution.