

## EILISON FitMax 3D XL

# EILISON FitMax 3D XL Vibration Plate Exercise Machine

User Instruction Manual

Model: FitMax 3D XL | Brand: EILISON

## INTRODUCTION

The EILISON FitMax 3D XL Vibration Plate is engineered to provide a comprehensive whole-body workout experience. Utilizing advanced vibration technology, this machine stimulates muscle contractions, enhances blood circulation, and supports lymphatic drainage, contributing to overall wellness, weight management, and physical recovery. Its robust construction from strong ABS material ensures durability and reliability.

Key benefits include:

- **Weight Loss & Full Body Workout:** Stimulates muscle fibers for fat burning, improved balance, and muscle toning.
- **Pain Relief & Bone Density:** Features a unique acupressure surface that targets pressure points, aiding in pain relief, increasing bone density, and improving body flexibility.
- **Enhanced Circulation:** Vibrations promote better blood flow throughout the body.

## SETUP

Your EILISON FitMax 3D XL Vibration Plate comes ready for immediate use with minimal assembly required. Simply unpack the unit and connect the power cord.

### Included Components:

- Vibration Plate Unit
- Power Cord
- Rope Bands
- Remote Control
- User Manual



Figure 1: Product details and included accessories.

Ensure the unit is placed on a stable, flat surface. The integrated suction cup feet on the bottom of the unit provide stability and prevent movement during operation, especially on hard floors.



Figure 2: Underside of the unit showing suction cup feet for stability.

## OPERATING INSTRUCTIONS

The FitMax 3D XL features a smart touch panel and a remote control for convenient operation. Familiarize yourself with the controls before starting your workout.

### Controls:

- **Power Button:** Turns the unit ON/OFF.
- **Time +/-:** Adjusts the workout duration (up to 15 minutes).

- **Speed +/-:** Adjusts the vibration intensity (1-120 levels).
- **Program (P):** Cycles through pre-set workout programs.
- **Start/Stop:** Initiates or pauses the current program.



Figure 3: Smart Touch Panel with LED Display.



Figure 4: User interacting with the touch panel, remote control also visible.

### Foot Placement & Workout Intensity:

The intensity of your workout can be adjusted by changing your foot placement on the platform:

- **Running (Strong):** Place feet wider apart towards the edges of the platform for maximum vibration.
- **Jogging (Comfortable):** Place feet shoulder-width apart in the middle section for moderate vibration.
- **Walking (Relax):** Place feet closer together in the center for a gentle, relaxing vibration.



# Versatile Training Effects



Figure 5: Foot placement guide for varied workout intensities.

## Using Resistance Bands:

Attach the included rope bands to the designated hooks on the sides of the unit. These bands allow for upper body exercises and added resistance during your vibration workout.



Figure 6: Resistance bands can be attached for a full-body workout.

### **Shiatsu Acupressure Massage:**

The unique acupressure surface provides a shiatsu massage effect, targeting pressure points on your feet. This feature can be particularly beneficial for relieving foot pain, improving circulation, and promoting relaxation.

# SHIATSU ACUPRESSURE MASSAGE

Acupressure massage helps in blood circulation, improves sleep quality, relieve tension and gives full body relaxation.



Figure 7: Shiatsu acupressure surface for foot massage.

## MAINTENANCE

To ensure the longevity and optimal performance of your EILISON FitMax 3D XL Vibration Plate, regular maintenance is recommended.

- **Cleaning:** Wipe down the surface and body of the unit with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures.
- **Cord Care:** Always unplug the power cord from the outlet when not in use. Avoid bending or crimping the cord excessively.

## TROUBLESHOOTING

If you encounter any issues with your vibration plate, please refer to the following common troubleshooting tips:

- **Unit Not Turning On:** Ensure the power cord is securely plugged into both the unit and a working electrical outlet. Check if the power switch on the unit is in the 'ON' position.

- **No Vibration:** Verify that the unit is powered on and a program or speed setting has been selected. Ensure you are standing correctly on the platform.
- **Remote Not Working:** Check the batteries in the remote control and replace them if necessary. Ensure there are no obstructions between the remote and the unit's sensor.

For persistent issues or further assistance, please contact EILISON customer support.

## SPECIFICATIONS

Feature	Detail
Maximum Weight Recommendation	350 Pounds
Controls Type	Remote
Display Type	LED
Handle Type	Strap
Maximum Speed	120 RPM
Motor Horsepower	0.40 horsepower
Number of Programs	1
Number of Resistance Levels	120
Operation Mode	Automatic
Power Source	Corded Electric
Item Dimensions LxWxH	28.5 x 15.8 x 5.7 inches
Item Weight	11.6 Kilograms
Material	Plastic


## WARRANTY & SUPPORT

The EILISON FitMax 3D XL Vibration Plate comes with a**Lifetime Warranty**, reflecting our commitment to quality and durability.






For any inquiries, concerns, or support regarding your vibration plate, please do not hesitate to reach out to EILISON customer support directly. We are dedicated to providing you with outstanding assistance.

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### Related Documents - FitMax 3D XL

	<a href="#">Eilison Fitmax Vibration Plate KM-818 User Manual &amp; Benefits</a> 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.
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	<p><a href="#">Eilison Fitmax Vibration Plate User Manual and Guide</a></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><a href="#">Lifepro Turbo 3D Vibration Plate User Manual: Ready, Set, Pro</a></p> <p>This user manual provides comprehensive instructions for the Lifepro Turbo 3D Vibration Plate, covering setup, operation, safety guidelines, and workout routines. Discover how to enhance fitness, recovery, and well-being with Lifepro's advanced vibration technology.</p>
	<p><a href="#">Lifepro Turbo 3D Vibration Plate User Manual</a></p> <p>Comprehensive user manual for the Lifepro Turbo 3D Vibration Plate, detailing setup, operation, programs, exercises, safety, and specifications. Enhance fitness, recovery, and well-being with this advanced vibration platform.</p>
	<p><a href="#">Bluefin Fitness 3D Vibration Plate Instruction Manual</a></p> <p>Comprehensive instruction manual for the Bluefin Fitness 3D Vibration Plate, covering setup, controls, workout settings, technical specifications, and warranty information.</p>
	<p><a href="#">BX Fitness Trilplaat Gebruiksaanwijzing: Veilig Gebruik &amp; Training</a></p> <p>Complete handleiding voor de BX Fitness Trilplaat. Leer over veiligheid, bediening, trainingsopties en specificaties voor een optimale fitnesservaring thuis.</p>

Documents - EILISON – FitMax 3D XL

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**FITMAX VIBRATION PLATE**  
SKU KM-818

**EILISON**  
WITH WARRANTY

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