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## Dripex B0CBMV6KB9

# Dripex Vibration Platform User Manual

Model: B0CBMV6KB9

## INTRODUCTION

Thank you for choosing the Dripex Oscillating Vibration Platform. This professional fitness vibration plate is designed to provide a healthy and effective home training experience. Even without going to the gym or performing strenuous exercises, you can achieve significant fitness results. Just ten minutes of daily use can help you reach your fitness goals.

This manual provides important information regarding the setup, operation, maintenance, and troubleshooting of your new vibration platform. Please read it thoroughly before use to ensure safe and optimal performance.

## IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always read and follow these basic precautions before using the Dripex Vibration Platform:

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Keep children and pets away from the machine during operation.
- Place the machine on a stable, level surface. Ensure there is adequate space around the unit.
- Do not use the machine if it is damaged or malfunctioning.
- Always ensure the power cord is not pinched or damaged.
- Do not insert any objects into the openings of the machine.
- Maximum user weight: 150 kg (330 lbs).
- Unplug the machine when not in use and before cleaning.

## PACKAGE CONTENTS

Please check the package for the following items:

- Dripex Vibration Platform
- Remote Control
- Resistance Bands (x2)
- Power Cord
- User Manual (this document)



Image: The Dripex Vibration Platform shown with its accessories, including the remote control, two resistance bands, and the power cord. The image also indicates the dimensions of the platform (53.5cm x 32.5cm x 12cm) and a maximum weight limit of 150 kg.

## SETUP GUIDE

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration platform on a firm, level, and non-slip surface. Ensure there is enough clear

space around the unit for safe operation. The anti-slip suckers on the bottom of the platform will help secure it.

3. **Power Connection:** Insert the power cord into the power input port on the side of the platform and then plug it into a standard electrical outlet.
4. **Resistance Bands (Optional):** If desired, attach the resistance bands to the designated hooks on the front of the platform.

## SLIM BODY RICH ACCESSOIRES



Image: A detailed breakdown of the vibration plate's components, highlighting the powerful motor, anti-slip suckers on the base, the resistance band hook, the magnet massage mat on the surface, and the function control panel with its LED display.

## OPERATING INSTRUCTIONS

The Dripex Vibration Platform offers 5 modes and 99 intensity levels to cater to various training needs. You can monitor your progress and training time on the LED screen or adjust settings using the touch screen or the remote control.

### Control Panel and Remote Control

# DETAILS OF VIBRATION PLATE



Image: A close-up view of the vibration platform's control panel, featuring an LED screen, and the accompanying remote control. Icons indicate features like 5 modes, 99 levels, anti-slip rubber, massage magnets, Bluetooth speakers, and an LED screen.

- **Power Button:** Turn the unit ON/OFF.
- **Start/Stop:** Begin or pause the vibration.
- **Mode Selection:** Cycle through the 5 pre-set training modes (P1, P2, P3, P4, P5).
- **Speed/Level Adjustment:** Use the '+' and '-' buttons to increase or decrease the vibration intensity (1-99 levels).
- **Time Adjustment:** Adjust the training duration.
- **Bluetooth Speaker:** Connect your device via Bluetooth to play music through the integrated speaker.

## Training Recommendations

Regular use of the vibration plate can help train various body parts including glutes, legs, arms, and abs. Aim for 10-15 minutes per day for effective results.

# COMPACT BUILD, POWERFUL RESULTS



Image: An infographic illustrating the time efficiency of using the vibration platform. It suggests that 10-15 minutes of daily use can be comparable to 1 hour of jogging, 30 minutes of swimming, 100 sit-ups, or 30 minutes of yoga.

The platform's 3D vibration technology combined with the magnetic massage beads on the surface can help strengthen muscles, improve circulation, boost metabolism, increase core strength, develop stronger bones, relieve joint and back pain, and enhance mobility and flexibility.

# Core Stability Circulation

Enjoy whole body fitness and relax

Improve Circulation

Boosts Metabolism

Increase Core Strength

Develop Stronger Bones

Relieve Joint & Back Pain

Gain Mobility & Flexibility

Decrease Stress



Image: A woman demonstrating an exercise on the vibration platform using resistance bands. Text overlays highlight the benefits: Decrease Stress, Improve Circulation, Boost Metabolism, Increase Core Strength, Develop Stronger Bones, Relieve Joint & Back Pain, and Gain Mobility & Flexibility.



Image: A man performing a plank exercise with his forearms on the Dripex Vibration Platform. The image emphasizes that the 1-99 speed levels help to tone the body, strengthen muscles, and relieve muscle tension.

# 10-15 Minutes A Day

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1 Hour Jogging



30 Min swimming



100 Sit-ups



30 Min Yoga



Image: A collage showcasing four different exercise postures on the Dripex Vibration Platform, including lunges, squats, stretches, and a plank variation, demonstrating its versatility for full-body workouts.

## MAINTENANCE AND CARE

- **Cleaning:** Unplug the machine before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the vibration platform in a cool, dry place away from direct sunlight and moisture. Its ultra-thin design makes it suitable for family use without taking up much space.
- **Inspection:** Periodically check the power cord and all connections for any signs of wear or damage.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power outlet not working; Machine switch is off.	Ensure power cord is securely plugged into both the machine and the outlet. Test the outlet with another device. Turn on the main power switch on the machine.
Vibration is weak or inconsistent.	Incorrect mode/level selected; Overload.	Increase the intensity level. Ensure user weight does not exceed 150 kg.
Remote control not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and sensor.	Replace batteries. Ensure batteries are inserted with correct polarity. Remove any obstructions and point the remote directly at the sensor.
Bluetooth not connecting.	Bluetooth not enabled on device; Device too far; Interference.	Ensure Bluetooth is enabled on your phone/device. Keep your device within range. Restart both the platform and your device.

If you encounter issues not listed here or if the problem persists, please contact customer support.

## PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Dripex
Model	B0CBMV6KB9
UPC	840325609669
Color	Gold
Material	Plastic
Dimensions (L x W x H)	53.5 x 32.5 x 12 cm (21.06 x 12.8 x 4.72 inches)
Weight	8 kg (17.6 lbs)
Maximum Weight Recommendation	150 kg (330 lbs)
Control Type	Remote Control, Touch Screen
Vibration Levels	1-99
Vibration Modes	5 Pre-set Modes

Feature	Detail
Special Features	3D Vibration Technology, Bluetooth Speaker, Magnetic Massage Beads, Anti-slip Suckers

## WARRANTY INFORMATION

Dripex products are manufactured to the highest quality standards. This product comes with a standard manufacturer's warranty against defects in materials and workmanship from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accident, unauthorized modification, or normal wear and tear.

For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Dripex website.

## CUSTOMER SUPPORT

If you have any questions, concerns, or require assistance with your Dripex Vibration Platform, please do not hesitate to contact our customer support team.

### Contact Information:

**Website:** [www.dripex.com](http://www.dripex.com) (Please note: This is a placeholder URL. Refer to your product packaging or official documentation for actual support contact details.)

**Email:** [support@dripex.com](mailto:support@dripex.com) (Placeholder email.)

When contacting support, please have your product model number (B0CBMV6KB9) and purchase date ready.