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› Power Fit Vibration Plate Exercise Machine User Manual

## POWERFIT ACCELERATED TRAINING Powerfit Elite (E383)

# Power Fit Vibration Plate Exercise Machine User Manual

Brand: POWERFIT ACCELERATED TRAINING | Model: Powerfit Elite (E383)

## 1. INTRODUCTION

The Power Fit Elite Vibration Plate is designed to provide a low-impact, full-body workout in just 10 minutes a day. This machine utilizes advanced multidimensional oscillation technology to stimulate muscles, improve circulation, and assist in achieving fitness goals. It is suitable for use at home, in the office, or while traveling due to its compact and silent design.

## 2. WHAT'S INCLUDED

Your Powerfit Elite package includes all the necessary components to begin your workout routine immediately:

- Powerfit Main Unit
- Resistance Bands (2)
- Remote Control
- Instruction Manual
- Workout Guide
- Healthy Eating Plan
- Power Cord



Image 2.1: The Power Fit Elite Vibration Plate shown with its complete set of accessories, including the remote control, resistance bands, diet plan, and user guide.

### 3. SETUP

The Powerfit Elite Vibration Plate comes fully assembled and ready for immediate use. No complex assembly is required.

1. Place the Powerfit Elite unit on a flat, stable surface. Ensure there is enough clear space around the unit for safe operation and movement.
2. Connect the power cord to the unit's power input port and then plug it into a standard electrical outlet.
3. Turn on the main power switch, usually located on the side or front of the unit.

Your Powerfit Elite is now ready for use. Refer to the 'Operating Instructions' section for details on starting your workout.

### 4. OPERATING INSTRUCTIONS

The Powerfit Elite offers various ways to engage your muscles and customize your workout.

## 4.1 Basic Operation

- **Power On/Off:** Use the main power switch on the unit or the power button on the remote control.
- **Program Selection:** The unit features 3 pre-set programs. Select your desired program using the control panel on the unit or the remote.
- **Manual Adjustment:** You can manually adjust the vibration intensity (levels 1-99) and workout time to suit your preference.

## 4.2 Workout Positions and Intensity

The intensity of the vibration and muscle engagement can be varied by changing your foot position on the platform:

- **Minimum Level (Walk):** Place your feet close together on the center of the platform. This provides a gentle vibration, ideal for warm-ups or light activity.
- **Medium Level (Jog):** Position your feet slightly separated, closer to the middle of the platform. This increases the vibration intensity, simulating a jogging motion.
- **Maximum Level (Run):** Place your feet wider apart, towards the edges of the platform. This delivers the highest vibration intensity, mimicking a running motion for a more vigorous workout.



Image 4.1: Illustration of various foot placements on the Power Fit Elite platform to achieve different exercise intensities, from walking to running.

### 4.3 Incorporating Exercises

The Powerfit Elite can be used for a variety of exercises while standing, sitting, or even performing push-ups, maximizing your workout with low impact. The ergonomic non-slip mat ensures stability during your routine.

Video 4.2: An official product video demonstrating various exercises and the multi-dimensional oscillation technology of the Power Fit Elite Vibration Platform. This video highlights how the vibrations stimulate muscles and improve blood flow, and shows users performing squats, push-ups, and other movements on the platform.



Image 4.3: Visual guide to different exercises that can be performed on the Power Fit Elite, targeting various muscle groups for a comprehensive workout.

## 5. BENEFITS AND FEATURES

The Powerfit Elite Vibration Plate offers numerous benefits for your fitness and well-being:

- **Full Body Fitness and Recovery:** The vibration platform is versatile for use at home, in the office, or while traveling. It's easy to store, operates silently, and has a compact design.
- **Muscle Stimulation:** The multidimensional oscillation technology continuously stimulates your muscles, helping

to increase blood flow and oxygen delivery for enhanced muscle stimulation.

- **Low Impact:** Designed to be gentle on your joints, making it suitable for various fitness levels and recovery.
- **Core Strength and Balance:** Regular use assists in boosting core strength and improving overall balance.
- **Metabolism and Circulation:** Helps stimulate metabolism and enhance circulation throughout the body.
- **Stress Reduction:** Can contribute to reducing stress and promoting relaxation.
- **Convenient Workout:** Achieve significant results with just 10 minutes of daily use.



EXPERIENCE A  
COMPLETE WORKOUT

IN JUST **10 MINUTES.**

- LYMPHATIC DRAINAGE
- MUSCLE TONING
- RELIEVE JOINT AND BACK PAIN
- BOOST METABOLISM
- ACCELERATE YOUR TRAINING

- DECREASE STRESS
- IMPROVE CIRCULATION
- INCREASE CORE STRENGTH
- RECOVER FROM INJURIES FASTER
- FULL BODY WORKOUT

**POWERFIT**  
Accelerated training



Image 5.1: Visual representation of the key benefits of using the Power Fit Elite, including physical and mental well-being improvements.

AN ALL-IN-ONE  
WORKOUT

**ANYWHERE** YOU WANT.



Image 5.2: Demonstrates the versatility of the Power Fit Elite, showing its use in various environments like home and office, and its compact design for easy storage.

## 6. MAINTENANCE

To ensure the longevity and optimal performance of your Powerfit Elite Vibration Plate, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents, as they may damage the surface.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under furniture or in a closet.
- **Power Cord:** Regularly inspect the power cord for any signs of damage. If damaged, discontinue use and contact customer support for a replacement.
- **General Care:** Do not expose the unit to excessive moisture or liquids. Avoid dropping or placing heavy objects on the platform.

## 7. TROUBLESHOOTING

If you encounter any issues with your Powerfit Elite Vibration Plate, please refer to the following common troubleshooting steps:

- **Unit Does Not Power On:**
  - Ensure the power cord is securely plugged into both the unit and a working electrical outlet.
  - Check if the main power switch on the unit is in the 'ON' position.
  - Verify that the electrical outlet is functional by plugging in another device.
- **No Vibration:**
  - Confirm the unit is powered on and a program or manual setting is selected.
  - Check the intensity level; ensure it is set above zero.
- **Remote Control Not Working:**
  - Replace the batteries in the remote control (uses two 1.5V AAA batteries, not included).
  - Ensure there are no obstructions between the remote and the unit's sensor.
- **Unusual Noises or Odors:**
  - Immediately turn off the unit and unplug it from the power source.
  - Contact customer support for assistance. Do not attempt to repair the unit yourself.

If these steps do not resolve the issue, please contact customer support for further assistance.

## 8. SPECIFICATIONS

| Feature                       | Specification                 |
|-------------------------------|-------------------------------|
| Brand                         | POWERFIT ACCELERATED TRAINING |
| Model Name                    | Powerfit Elite                |
| Model Number                  | E383                          |
| Product Dimensions (LxWxH)    | 21"W x 12.6"D x 4.5"H         |
| Item Weight                   | 9.82 Kilograms                |
| Maximum Weight Recommendation | 100 Kilograms                 |
| Material                      | Metal                         |
| Color                         | Gray                          |
| Power Source                  | Corded Electric               |
| Controls Type                 | Display, Remote Control       |
| Number of Programs            | 3                             |

|                |                   |
|----------------|-------------------|
| Operation Mode | Automatic, Manual |
| UPC            | 697333124581      |

## 9. WARRANTY AND SUPPORT

The Powerfit Elite Vibration Plate comes with **Lifetime Support** from POWERFIT ACCELERATED TRAINING. For any questions, technical assistance, or warranty claims, please contact our customer support team. Refer to the contact information provided in your product packaging or visit the official POWERFIT ACCELERATED TRAINING website for the most up-to-date support details.

We are committed to ensuring your satisfaction and helping you achieve your fitness goals with the Powerfit Elite.