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› [PUREROYI Vibration Plate Exercise Machine RB-CFU7900 User Manual](#)

## PUREROYI RB-CFU7900

# PUREROYI Vibration Plate Exercise Machine RB-CFU7900 User Manual

Model: RB-CFU7900

## 1. IMPORTANT SAFETY INSTRUCTIONS

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Before using the PUREROYI Vibration Plate Exercise Machine, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- Place the machine on a flat, stable, and non-slip surface. Ensure adequate space around the machine for safe operation.
- Do not use the machine if you weigh more than the maximum recommended weight of 330 lbs (150 kg).
- Keep children and pets away from the machine during operation.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not use the machine if you feel dizzy, nauseous, or experience any pain. Stop exercising immediately and consult a physician.
- Always maintain balance while on the plate. Use the resistance bands for support if needed.
- Unplug the machine from the power outlet when not in use or before cleaning.

## 2. PRODUCT OVERVIEW

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The PUREROYI Vibration Plate Exercise Machine is designed to provide a full-body workout through oscillating vibrations. It features a robust design, intuitive controls, and includes resistance bands for varied exercises.



Image: The PUREROYI Vibration Plate Exercise Machine, showing the main unit, remote control, and two resistance bands.

## Key Components:

- **Vibration Plate:** The main platform for exercise.
- **LED Touch Display:** Integrated into the plate for direct control and feedback.
- **Remote Control:** For convenient adjustment of settings during exercise.
- **Resistance Bands:** Two elastic ropes with handles for upper body workouts.
- **Non-slip Suction Cups:** Located on the base for stability.
- **Magnetic Acupressure Points:** Integrated into the plate surface for enhanced circulation.
- **Powerful Motor:** Provides consistent and effective vibration.



*Image: Detailed breakdown of the vibration plate's features, including the touch control panel, non-slip suction cups, powerful motor, magnetic acupressure points, and elastic rope hooks.*

### 3. SETUP

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Follow these steps to set up your vibration plate for first use:

- 1. Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
- 2. Placement:** Choose a firm, level surface for the machine. Ensure there is enough clear space around the unit for safe movement. The non-slip suction cups on the base will help secure the unit.
- 3. Power Connection:** Plug the power cord into a standard, grounded electrical outlet.
- 4. Resistance Bands (Optional):** If desired, attach the resistance bands to the designated hooks on the side of the vibration plate.

### 4. OPERATING INSTRUCTIONS

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The PUREROYI Vibration Plate can be operated using the integrated touch control panel or the included

remote control.

## Using the Touch Control Panel:

- **Power On/Off:** Press the power button on the panel to turn the machine on or off.
- **Adjust Speed:** Use the '+' and '-' buttons to increase or decrease the vibration speed (0-180 levels).
- **Select Program:** Press the 'M' button to cycle through the 5 pre-set programs.
- **Set Time:** Adjust the exercise duration using the time setting buttons.

## Using the Remote Control:

The remote control offers the same functionalities as the touch control panel for convenience.

- Ensure the remote has working batteries.
- Point the remote towards the machine's display for optimal signal reception.
- Use the corresponding buttons for power, speed adjustment, program selection, and time settings.



*Image: Demonstrates the ease of control via the touch panel and remote, and the compact design allowing for easy storage under furniture.*

## 5. EXERCISE GUIDE

Regular use of the PUREROYI Vibration Plate can contribute to various fitness goals. A typical session of 10 minutes daily is recommended.

### Recommended Positions:

Varying your stance on the plate can target different muscle groups and intensity levels.

# Powerful & Customizable Therapeutic Vibrations

Say goodbye to the gym, you can exercise at home

-  Adjustable Speed(0-180)
-  5 Pre-Set Programs
-  LED Touch Display
-  Remote Controls
-  Max Load 300LBS



*Image: Illustrates different foot placements on the vibration plate to simulate walking, jogging, and running, engaging various muscle groups.*

- **Walking Stance:** Feet closer together, towards the center of the plate. Provides a gentler vibration.
- **Jogging Stance:** Feet slightly wider apart than walking, towards the middle of the plate. Increases vibration intensity.
- **Running Stance:** Feet wide apart, towards the edges of the plate. Delivers the most intense vibration.
- **Squats:** Perform light squats while standing on the plate to engage leg and glute muscles.
- **Upper Body with Resistance Bands:** Attach the included resistance bands and perform exercises such as bicep curls, tricep extensions, or shoulder presses while standing or sitting on the plate.

# 10 Mins One Day

Shaping a Good Figure



Tighten The Waist  
and Abdomen



Firming The  
Buttocks



Slim Arms



Slim Legs



*Image: A woman demonstrates using the vibration plate with resistance bands, highlighting how it can help tighten the waist and abdomen, firm the buttocks, and slim arms and legs.*

## Potential Benefits:

Consistent use of the vibration plate may contribute to:

# 10 Min Vibrating Plate Practice

Exercise for 10 minutes every day to shape a perfect figure

 30 Mins Swimming

 30 Mins Yoga

 60 Mins Jogging

 60 Mins Cycling

 300 Times Sit-Up

 3000 Burn Calories



*Image: A woman stands on the vibration plate, surrounded by icons illustrating potential benefits such as relieving fatigue, strengthening bones, alleviating joint and back pain, improving balance, boosting metabolism, and aiding in weight loss.*

- Lymphatic drainage and improved circulation.
- Relief from fatigue and muscle soreness.
- Strengthening of bones and muscles.
- Alleviation of joint and back pain.
- Improved balance and coordination.
- Boosted metabolism.
- Assistance with weight management.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your vibration plate.

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure no liquid enters the control panel or motor area.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact

design allows for easy storage under a bed or sofa.

- **Inspection:** Periodically check the power cord for any signs of damage. Ensure all connections are secure.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; no power from outlet.	Ensure power cord is securely plugged into both the machine and a working electrical outlet. Check the circuit breaker.
Remote control is not working.	Batteries are dead or incorrectly inserted; remote not pointed at receiver.	Replace batteries with new ones, ensuring correct polarity. Point the remote directly at the machine's display panel.
Vibration is weak or inconsistent.	Speed setting is too low; machine overloaded.	Increase the speed setting. Ensure user weight does not exceed 330 lbs.
Unusual noise during operation.	Machine not on a flat surface; internal component issue.	Ensure the machine is on a completely flat and stable surface. If noise persists, discontinue use and contact customer support.

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

## 8. SPECIFICATIONS

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Detailed technical specifications for the PUREROYI Vibration Plate Exercise Machine RB-CFU7900.

- **Model Number:** RB-CFU7900
- **Brand:** PUREROYI
- **Dimensions (L x W x H):** 53.34 x 33.02 x 12.7 cm (21 x 13 x 5 inches)
- **Item Weight:** 7.98 kg (17.6 lbs)
- **Maximum Weight Recommendation:** 330 lbs (150 kg)
- **Number of Programs:** 5 pre-set programs
- **Speed Levels:** Adjustable from 0 to 180
- **Control Type:** Push-button (Touch Control Panel and Remote Control)
- **Number of Resistance Levels:** 2 (implied by different vibration intensities based on foot placement)
- **Batteries Included:** No (for remote control)

# Package Includes

- Vibration plate x1
- Remote control x1
- Training rope x2
- Instructions x1



*Image: Displays the package contents including the vibration plate, remote control, two training ropes (resistance bands), and instructions, along with the overall dimensions of the unit.*

## 9. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your PUREROYI Vibration Plate Exercise Machine, please refer to the contact details provided in the product packaging or visit the official PUREROYI website. Please have your model number (RB-CFU7900) and purchase date available when contacting support.

### Related Documents - RB-CFU7900

	<a href="#">PUREROYI Raptor 2 Smartwatch User Manual: Features, Setup, and Connectivity</a> Official user manual for the PUREROYI Raptor 2 smartwatch. Covers initial setup, Bluetooth pairing for Android and iOS, detailed feature explanations (heart rate, sleep, sports, etc.), and troubleshooting common issues. Includes information on the FitCloudPro app.
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	<p><a href="#">U5 Wireless Earbuds Instruction Manual</a></p> <p>Comprehensive instruction manual for PUREROYI U5 Wireless Earbuds, covering connection, reset, troubleshooting, product parameters, and usage tips. Learn how to pair, operate, and maintain your earbuds.</p>																														
 <p>Affordable. Reliable. Home Improvement.</p> <p>Vibration Plate Exercise Machine Model: RB-CFU015</p> <p>Technical Support and E-Warranty Certificate www.vevor.com/support</p>	<p><a href="#">VEVOR Vibration Plate Exercise Machine RB-CFU015 User Manual and E-Warranty Certificate</a></p> <p>User manual and e-warranty certificate for the VEVOR Vibration Plate Exercise Machine, model RB-CFU015. Provides safety instructions, medical recommendations, preparation steps, functional description, operation instructions, care and maintenance, and troubleshooting.</p>																														
 <p>Affordable. Reliable. Home Improvement.</p> <p>Vibration Plate Exercise Machine Model: RB-CFM013</p> <p>Technical Support and E-Warranty Certificate www.vevor.com/support</p>	<p><a href="#">VEVOR RB-CFM013 Vibration Plate Exercise Machine User Manual and E-Warranty Certificate</a></p> <p>Comprehensive user manual and technical support guide for the VEVOR RB-CFM013 Vibration Plate Exercise Machine. Includes safety instructions, usage guidelines, features, maintenance, and troubleshooting FAQs.</p>																														
 <p>OUTDOOR FOUNTAIN ASSEMBLY CARE &amp; USE INSTRUCTIONS ASSEMBLY, CARE &amp; USE INSTRUCTIONS FOR YOUR OUTDOOR FOUNTAIN REVIEW AND FOLLOW THESE INSTRUCTIONS CAREFULLY</p> <p>Parts list and parts required for assembly. Read instructions before assembly. If assembly is not complete, contact customer service.</p> <table border="1"> <thead> <tr> <th>PART</th> <th>DESCRIPTION</th> <th>QUANTITY</th> </tr> </thead> <tbody> <tr> <td>RB-1</td> <td>Power cord</td> <td>1</td> </tr> <tr> <td>RB-2</td> <td>Water pump</td> <td>1</td> </tr> <tr> <td>RB-3</td> <td>Water filter</td> <td>1</td> </tr> <tr> <td>RB-4</td> <td>Water filter</td> <td>1</td> </tr> <tr> <td>RB-5</td> <td>Water filter</td> <td>6</td> </tr> <tr> <td>RB-6</td> <td>Water filter</td> <td>1</td> </tr> <tr> <td>RB-7</td> <td>Water filter</td> <td>1</td> </tr> <tr> <td>RB-8</td> <td>Water filter</td> <td>1</td> </tr> <tr> <td>RB-9</td> <td>Water filter</td> <td>1</td> </tr> </tbody> </table> <p><b>IMPORTANT:</b> This fountain has a built-in fuse. Do not attempt to replace the fuse. If the fountain does not work, contact customer service.</p> <p><b>ASSEMBLY AND CARE/TROUBLESHOOTING</b></p> <p>1. To assemble the fountain, attach the pump and filter assembly to the base. Turn the filter clockwise until it is tight. Turn the pump clockwise until it is tight.</p> <p>2. Turn on the power cord. If the fountain does not work, check the power outlet. If the outlet is not working, contact customer service.</p> <p>3. If the fountain is not working, check the filter. If the filter is clogged, clean it with a soft cloth. If the filter is damaged, replace it with a new one. If the filter is not working, contact customer service.</p> <p>4. If the fountain is not working, check the power cord. If the power cord is damaged, replace it with a new one. If the power cord is not working, contact customer service.</p> <p>5. If the fountain is not working, check the power outlet. If the power outlet is not working, contact customer service.</p>	PART	DESCRIPTION	QUANTITY	RB-1	Power cord	1	RB-2	Water pump	1	RB-3	Water filter	1	RB-4	Water filter	1	RB-5	Water filter	6	RB-6	Water filter	1	RB-7	Water filter	1	RB-8	Water filter	1	RB-9	Water filter	1	<p><a href="#">Outdoor Fountain Assembly, Care, and Use Instructions</a></p> <p>Comprehensive guide for assembling, using, and maintaining your outdoor fountain. Includes parts list, troubleshooting, safety warnings, and warranty information.</p>
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 <p>INTEGRITY RECUMBENT LIFECYCLE® EXERCISE BIKE INRSC, INRSX, INRDX, INRSC, INRDX, INR-RB SERIES + INT-RB, INT-RB, INT-RB-C, INT-RB-S, INT-RB-B, INT-RB-C5, INT-RB-C51</p> <p>Assembly Instructions</p>	<p><a href="#">Life Fitness Integrity Recumbent Lifecycle Exercise Bike Assembly Instructions</a></p> <p>Comprehensive assembly instructions for the Life Fitness Integrity Recumbent Lifecycle Exercise Bike, covering various models including INRSC, INRSX, INRDX, and INT-RB series. Includes safety guidelines, product overview, maintenance tips, and detailed step-by-step assembly procedures.</p>																														