

## **FLYBIRD HR23-SZJ**

# **FLYBIRD Vibration Plate Exercise Machine User Manual**

Model: HR23-SZJ

## **1. INTRODUCTION**

Thank you for choosing the FLYBIRD Vibration Plate Exercise Machine. This device is designed to provide a full-body workout through high-frequency vibrations, aiding in muscle toning, weight loss, lymphatic drainage, and post-workout recovery. Please read this manual thoroughly before operation to ensure safe and effective use of your new equipment.



Image: The FLYBIRD Vibration Plate Exercise Machine, including the main unit, remote control, and resistance bands.

## 2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions. Ensure the machine is placed on a flat, stable surface. Keep children and pets away from the machine during operation. Do not use if you are pregnant, have a pacemaker, or have recently undergone surgery. Discontinue use if you experience pain or discomfort.

## 3. PACKAGE CONTENTS

- Vibration Plate
- Remote Control

- Resistance Bands (2)
- User Manual
- Power Cord

## TWO EASY WAYS TO USE



Image: All components included in the FLYBIRD Vibration Plate package.

## 4. SETUP

1. Unpack all components from the box.
2. Place the vibration plate on a firm, level surface. Ensure there is ample space around the machine for safe movement.
3. Verify the four ultra-grip suction cups on the bottom of the unit are securely attached to the floor to prevent movement during use.
4. Connect the power cord to the machine and then to a suitable power outlet.
5. If desired, attach the resistance bands to the designated points on the machine.

### ANTI-SLIP PEDAL

Features a non-slip surface that is both sturdy and comfortable, perfect for standing or sitting exercises

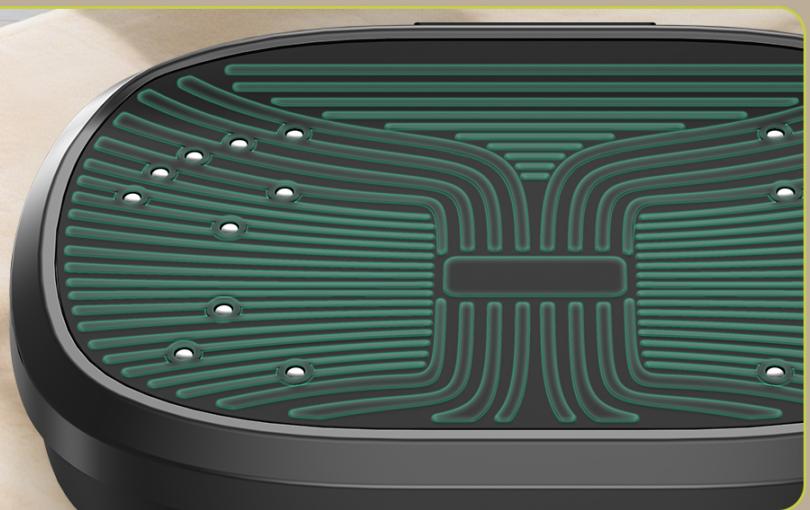


Image: Close-up view of the four suction cups that secure the machine during operation.

## 5. OPERATING INSTRUCTIONS

The FLYBIRD Vibration Plate offers 120 adjustable speed levels and 5 smart preset modes for varied workout intensities. You can control the machine using either the LED touch screen or the included remote control.

### Power On/Off

- Press the power button on the machine or remote to turn it on/off.

### Adjusting Speed and Time

- Use the '+' and '-' buttons on the control panel or remote to adjust the vibration speed (1-120 levels).
- The display will show the current speed and remaining time.

### Preset Modes

- The machine features 5 preset modes that mimic HIIT training with alternating high/low frequency vibrations.
- Select a preset mode using the 'P' button on the control panel or remote.



Image: The two easy control methods: the integrated touch control panel and the wireless remote control.

## 6. FEATURES AND BENEFITS

### Targeting Subcutaneous Fat (1-80 Levels)

The FLYBIRD vibration plate provides deep tissue stimulation at lower intensity levels (1-80) to help target subcutaneous fat in areas such as thighs, buttocks, back, and arms. High-frequency vibrations enhance circulation and can visibly smooth cellulite for a firmer, more sculpted appearance.

# 1-80 LEVEL VIBRATION STIMULATES SUBCUTANEOUS FAT

Say Goodbye to Stubborn Fat



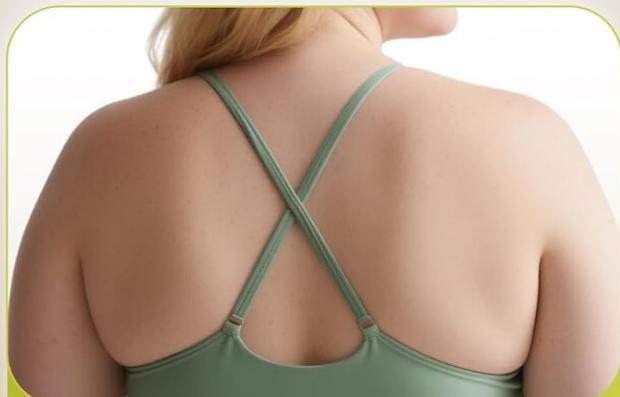
► THIGH FAT



► BUTT FAT



► BAT WINGS



► BACK FAT & BRA BULGE

Image: Visual representation of areas targeted for subcutaneous fat reduction.

## High-Intensity for Visceral Fat (80-120 Levels)

At higher intensity levels (80-120), the FLYBIRD vibration plate triggers increased sweating for rapid inch loss. The intense vibrations penetrate stubborn visceral fat, boosting metabolism for faster fat burning without rebound effects with consistent use.

# 80-120 LEVEL VIBRATION STIMULATES FAT CELLS, SWEATING CRAZILY

High-intensity Torches Visceral Fat No Rebound



Image: A user performing squats on the vibration plate, highlighting the effect on visceral fat.

## High-Frequency Motor

Equipped with an ultra-powerful 2880 RPM motor, the FLYBIRD vibration plate generates 820 deep-penetrating vibrations per minute, maximizing fat activation and leading to 2X faster fat burning compared to standard models.

# HIGH-FREQUENCY MOTOR FUELS FAST BURN



2X Faster Speed :  
**2880 RPM**



Deeper Fat Activation :  
**820 Vibrations/min**



Double Fat  
-Burning Results



Image: An X-ray view of the vibration plate's internal high-frequency motor system.

## Lymphatic Drainage & Swelling Reduction

The vibration enhances lymphatic drainage, helping to reduce swelling. Featuring 20 magnets that stimulate acupoints, it improves blood circulation, providing quick relief for puffy ankles, stiff legs, and workday fatigue. This feature is ideal for seniors, desk workers, all-day standers, and those who wear heels frequently.

# LYMPHATIC DRAINAGE & REDUCE SWELLING

**20-Magnet** Stimulate Foot Acupoints for Better Circulation



Image: Different individuals using the vibration plate for lymphatic drainage and improved circulation.

## Post-Workout Recovery & Pain Relief

The low-impact vibration helps soothe muscle tension and relieve joint pain, targeting issues like back and waist pain, arm soreness, and sciatic pain. It also reduces leg swelling and bloated discomfort, contributing to better sleep and improved workout performance.

# POST-WORKOUT RELAXATION & PAIN RELIEF

Low-impact Vibration Soothes Muscle Tension



Back & Waist Pain



Arm Soreness



Sciatica



Leg Swelling

Image: Users demonstrating different positions on the vibration plate for back, arm, sciatica, and leg pain relief.

## Effortless Transformation

Achieve visible results with zero effort. Simply stand on the vibration plate. For enhanced workouts, use the included resistance ropes for arm exercises, improved balance, and stability. This time-saving and sustainable home exercise transforms your body effectively.

# FROM FLABBY TO FIRM: JUST STAND

Day 25 of 60-Day Challenge



Image: A visual comparison showing body changes after using the vibration plate.

## High Weight Capacity & Stability

The FLYBIRD vibration plate is constructed with impact-resistant ABS material and heavy-duty components, ensuring maximum stability. It supports a weight capacity of up to 330 lbs (150 kg). The powerful, smooth-running motor maintains performance even at full capacity, complemented by 4 ultra-grip suction cups for secure placement.

# 330LBS WEIGHT CAPACITY



Image: A user exercising on the vibration plate, highlighting its 330 lbs weight capacity.

## Anti-Slip Pedal Design

The vibration plate features a non-slip surface that is both sturdy and comfortable, making it perfect for standing or sitting exercises. This design ensures user safety and stability during workouts.



Image: Detailed view of the anti-slip pedal surface for secure footing.

## 7. MAINTENANCE

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

- Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents that could damage the surface.
- Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- Inspection:** Periodically check all connections and components for any signs of wear or damage. Ensure the power cord is not frayed or pinched.
- Stability:** Regularly check that the suction cups are clean and providing adequate grip to the floor.

## 8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on	Power cord not properly connected; Power outlet not working; Machine switch off	Ensure power cord is securely plugged in; Try a different outlet; Check the main power switch on the machine.
No vibration	Machine is paused; Speed level is too low; Motor issue	Press start/play button; Increase speed level; Contact customer support if issue persists.
Remote control not working	Batteries are dead or incorrectly inserted; Remote not paired	Replace batteries; Ensure correct battery polarity; Refer to manual for remote pairing instructions if applicable.
Excessive noise during operation	Machine not on a level surface; Loose components; Internal issue	Ensure machine is on a flat, stable surface; Check for any loose parts; If noise persists, contact customer support.

## 9. SPECIFICATIONS

Feature	Detail
Brand	FLYBIRD
Model Name	HR23-SZJ
Display Type	LED
Number of Resistance Levels	120
Number of Programs	5 Preset Modes
Operation Mode	Automatic
Power Source	Corded Electric
Item Dimensions (LxWxH)	20.47 x 13.74 x 7.09 inches
Item Weight	Approx. 8.56 Kilograms
Maximum Weight Recommendation	150 Kilograms (330 LBS)
Material	Plastic (ABS)
Controls Type	Remote, Touch Screen

## 10. WARRANTY AND SUPPORT

Your FLYBIRD Vibration Plate Exercise Machine comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims. For technical support, troubleshooting assistance, or warranty inquiries, please contact FLYBIRD customer service through the contact information provided on the product packaging or the official FLYBIRD website. Our dedicated support team is available to assist you with any questions or concerns you may have.