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Dripex Vibration Plate

Dripex Vibration Plate User Manual

Model: Vibration Plate with 99 Levels, 5 Programs, Bluetooth Speaker

1. INTRODUCTION

1.1 Welcome

Thank you for choosing the Dripex Vibration Plate. This device is designed to provide an effective full-body workout in the comfort of your home. Please read this manual carefully before using the product to ensure safe and optimal operation. Keep this manual for future reference.

Estabilidad del Núcleo Circulación

Disfrute del Fitness para Todo el Cuerpo y Relájese

Mejorar la circulación

Iniciar metabolismo

Aumente la fuerza del núcleo

Desarrollar huesos más fuertes

Aliviar el dolor de articulaciones y espalda

Obtenga movilidad y flexibilidad

Reduzca el estrés



Image 1.1: The DripeX Vibration Plate in use, illustrating potential benefits such as improved core stability, circulation, metabolism, muscle strength, bone density, joint relief, flexibility, and stress reduction.

1.2 Safety Instructions

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the vibration plate.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children and pets away from the vibration plate during operation.
- Place the vibration plate on a firm, level surface. Do not use it on uneven ground or thick carpets.
- Ensure there is adequate space around the device for safe movement.
- Do not use the device if it is damaged or malfunctioning. Contact customer support.

- Do not exceed the maximum user weight of 150 kg (330 lbs).
- Always wear appropriate athletic footwear when using the vibration plate.
- Do not insert any objects into the openings of the device.
- Unplug the power cord from the outlet when not in use and before cleaning.
- Do not use the device in wet or damp environments.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all items are present and in good condition. If any items are missing or damaged, please contact customer support.

- Dripex Vibration Plate (1 unit)
- Remote Control (1 unit)
- Resistance Bands (2 units)
- EU Power Cable (1 unit)
- User Manual (1 unit)

ACCESORIOS RICOS PARA CUERPOS DELGADOS



Image 2.1: Contents of the package including the vibration plate, remote control, resistance bands, power cable, and user manual.

3. PRODUCT OVERVIEW

3.1 Main Components

Niveles de Velocidad 1~99

Para Moldear el Cuerpo Masculino



Combina entrenamiento y relajación



Ayuda a fortalecer los músculos



Alivia la tensión muscular



Image 3.1: Detailed view highlighting the control panel, magnetic massage mat, powerful motor, anti-slip suction cups, and resistance band hooks.

1. **Control Panel:** LCD display for time, speed, and program selection.
2. **Vibration Platform:** Textured, anti-slip surface with magnetic massage points.
3. **Resistance Band Hooks:** Located on the sides for attaching resistance bands.
4. **Anti-slip Suction Cups:** Four suction cups on the base for stability.
5. **Power Switch:** On/Off switch located on the side.
6. **Power Inlet:** For connecting the power cable.
7. **Bluetooth Speaker:** Integrated for audio playback.

3.2 Control Panel and Remote Control

DISEÑO COMPACTO, RESULTADOS POTENTES



5modos,
99 niveles



Control
remoto



Goma
antideslizante



Imán de
masaje



Altavoces
Bluetooth



Pantalla
LED



Image 3.2: Close-up of the LCD control panel and the remote control, showing various function buttons. The vibration plate can be operated using the integrated control panel or the included remote control.

Control Panel / Remote Control Functions

Button/Display	Function
START/STOP	Starts or stops the vibration.
MODE (M)	Switches between Manual mode and Automatic Programs (P1-P5).
SPEED +/-	Adjusts vibration speed (levels 1-99) in Manual mode.
TIME +/-	Adjusts workout duration (usually in Manual mode, or for setting target time).
LCD Display	Shows current time, speed level, and active program.
Bluetooth Icon	Indicates Bluetooth connection status.
Music Controls	Play/Pause, Next/Previous Track (on remote).

4. SETUP

1. **Placement:** Place the vibration plate on a hard, flat, and stable surface. Ensure there is at least 0.5 meters (1.6 feet) of clear space around the device.
2. **Power Connection:** Insert the EU power cable into the power inlet on the side of the vibration plate, then plug the other end into a suitable wall outlet.
3. **Power On:** Flip the main power switch (usually red) on the side of the unit to the "ON" position. The LCD display will light up.
4. **Remote Control:** Ensure the remote control has batteries installed (if not already). Point the remote control towards the display panel for operation.
5. **Resistance Bands (Optional):** If desired, attach the resistance bands to the hooks located on each side of the vibration plate.

5. OPERATING INSTRUCTIONS

5.1 Starting a Workout

1. Ensure the device is powered on.
2. Step onto the platform with both feet, maintaining balance. You can hold onto a stable object nearby if needed.
3. Press the **START/STOP** button on the control panel or remote control to begin vibration.

5.2 Manual Mode

In Manual mode, you can set your desired speed and time.

1. If an automatic program is running, press the **MODE** button until "P" (Program) is not displayed, or until you are in a manual setting.
2. Use the **SPEED +/-** buttons to adjust the vibration intensity from level 1 to 99.
3. Use the **TIME +/-** buttons to set your desired workout duration (e.g., 10-15 minutes).
4. Press **START/STOP** to begin. The device will count down the time and stop automatically.

5.3 Automatic Programs (P1-P5)

The vibration plate comes with 5 pre-set automatic programs designed for different fitness goals.

1. Press the **MODE** button repeatedly to cycle through programs P1, P2, P3, P4, P5.
2. Each program has a pre-defined sequence of speed changes and duration.
3. Once you select a program, press **START/STOP** to begin. The program will run its course and stop automatically.

5.4 Bluetooth Speaker Function

You can connect your smartphone or other Bluetooth-enabled device to the vibration plate to play music during your workout.

1. Ensure the vibration plate is powered on.
2. On your mobile device, enable Bluetooth and search for available devices.
3. Select "Dripex Vibration Plate" (or similar name) from the list to pair.
4. Once connected, you can play music from your device, and it will play through the vibration plate's speakers. Use the music control buttons on the remote control (if available) or your mobile device to manage playback.

6. EXERCISE GUIDE

Here are some suggested exercises to perform on your Dripex Vibration Plate. Always maintain proper form and listen to your body.



Image 6.1: A collage showing different exercise positions on the vibration plate, including squats, planks, stretches, and resistance band exercises.

- **Squats:** Stand on the platform with feet shoulder-width apart, lower your hips as if sitting in a chair.
- **Plank:** Place forearms on the platform, extend legs back, keeping your body in a straight line.
- **Calf Raises:** Stand on the platform with balls of your feet, raise and lower your heels.
- **Lunges:** Place one foot on the platform, step back with the other, and lower your hips.
- **Resistance Band Exercises:** Attach bands and perform bicep curls, tricep extensions, or shoulder presses while standing on the platform.
- **Stretches:** Use the platform for gentle stretches to enhance flexibility.

Start with lower speeds and shorter durations, gradually increasing as your body adapts. Aim for 10-15 minute sessions daily.

7. MAINTENANCE

7.1 Cleaning

- Always unplug the device from the power outlet before cleaning.
- Wipe the surface of the vibration plate with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Avoid getting water or liquids into the control panel or any openings.
- Dry the device thoroughly after cleaning.

7.2 Storage

- Store the vibration plate in a cool, dry place, away from direct sunlight and moisture.
- Do not place heavy objects on top of the device.
- If storing for an extended period, it is recommended to cover the unit to protect it from dust.

8. TROUBLESHOOTING

Common Issues and Solutions

Problem	Possible Cause	Solution
Device does not power on.	Power cable not connected; Main power switch off; Power outlet malfunction.	Check power cable connection; Ensure main power switch is ON; Try a different power outlet.
No vibration.	Device is on but START/STOP not pressed; Program/Manual mode not selected.	Press START/STOP; Select a program or set manual speed/time.
Remote control not working.	Batteries are dead or incorrectly inserted; Remote not pointed at receiver.	Replace batteries; Ensure correct polarity; Point remote directly at the display panel.
Bluetooth not connecting.	Bluetooth not enabled on mobile device; Device too far; Already connected to another device.	Enable Bluetooth on your device; Move closer to the vibration plate; Disconnect from other devices.
Unusual noise during operation.	Device not on a flat surface; Loose components.	Ensure device is on a flat, stable surface; If noise persists, discontinue use and contact support.

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

9. SPECIFICATIONS

Feature	Detail
Model Name	Dripex Vibration Plate
Dimensions (L x W x H)	53.5 cm x 32.5 cm x 12 cm (21.1 in x 12.8 in x 4.7 in)
Weight	8.8 kg (19.4 lbs)
Max User Weight	150 kg (330 lbs)
Vibration Levels	99
Training Programs	5 (P1-P5)
Control Type	Control Panel, Remote Control
Display Type	LCD
Connectivity	Bluetooth Speaker
Material	Metal, Plastic
Power Source	AC Power (EU cable included)

10. WARRANTY AND SUPPORT

10.1 Warranty Information

This Dripex Vibration Plate comes with **aone-year factory warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or normal wear and tear.

Please retain your proof of purchase for warranty claims.

10.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact Dripex customer support through the retailer where you purchased the product or visit the official Dripex website for contact information.

Website: [Visit the Dripex Store on Amazon](#)

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question