

## FLYBIRD FBVP-MN-BLUE

# FLYBIRD Vibration Plate Exercise Machine (Model FBVP-MN-BLUE) User Manual

Brand: FLYBIRD | Model: FBVP-MN-BLUE

## 1. INTRODUCTION

This manual provides essential information for the safe and effective operation of your FLYBIRD Vibration Plate Exercise Machine, Model FBVP-MN-BLUE. Please read this manual thoroughly before initial use and retain it for future reference. This device is designed to provide whole-body vibration for fitness and recovery purposes, including muscle toning, lymphatic drainage, and pain relief.

## 2. SAFETY INFORMATION

Before using the FLYBIRD Vibration Plate, observe the following safety precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- Do not use the machine if you have a pacemaker, metal implants, acute thrombosis, severe diabetes, epilepsy, or any condition that may be aggravated by vibration.
- Ensure the machine is placed on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Always wear appropriate athletic footwear.
- Stop use immediately if you experience pain, dizziness, or discomfort.
- Unplug the machine from the power outlet when not in use or before cleaning.

## 3. PRODUCT OVERVIEW

The FLYBIRD Vibration Plate is designed for comprehensive fitness and recovery. Key components and features

include:

- **Vibration Plate:** The main platform for standing or sitting exercises.
- **LED Touch Screen:** Displays time, speed, and program information, and allows for direct control.
- **Remote Control:** Provides convenient wireless operation of the machine.
- **Resistance Bands:** Attach to the machine for upper body workouts and enhanced stability.
- **Anti-Slip Pedal Surface:** Ensures secure footing during use.
- **Suction Cups:** Four integrated suction cups provide stability and reduce noise during operation.
- **High-Frequency Motor:** Delivers up to 2880 RPM and 820 deep-penetrating vibrations per minute.
- **20 Magnets:** Integrated to stimulate acupoints for improved blood circulation and lymphatic drainage.



Figure 3.1: Overview of the FLYBIRD Vibration Plate Exercise Machine, including the main unit, remote control, and resistance bands.

## 4. SETUP

1. **Unpacking:** Carefully remove all components from the packaging. Verify that all included items are present:

vibration plate, remote control, resistance bands, and user manual.

2. **Placement:** Position the vibration plate on a firm, level surface. Ensure there is adequate space around the machine for safe operation.
3. **Power Connection:** Plug the power cord into the machine's power input, then into a standard electrical outlet.
4. **Resistance Bands (Optional):** If desired, attach the resistance bands to the designated attachment points on the sides of the vibration plate.



## LYMPHATIC DRAINAGE & REDUCE SWELLING

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

Figure 4.1: Illustration of the package contents and how the machine can be stored.

## 5. OPERATING INSTRUCTIONS

### 5.1 Powering On/Off

Press the power button on the machine or the remote control to turn the unit on or off.

### 5.2 Control Methods

The vibration plate can be controlled via the integrated LED touch screen or the included remote control.



Figure 5.1: The two control methods: touch panel and remote control.

### 5.3 Adjusting Speed and Time

- Use the '+' and '-' buttons on the control panel or remote to adjust the vibration speed (1-120 levels).



- The default operating time is typically 10 minutes. Adjust the time as needed using the appropriate controls.

## 5.4 Preset Modes

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

## 5.5 Recommended Usage

For optimal results, use the vibration plate for 10-15 minutes per session, 3-5 times a week. Vary your stance and incorporate resistance bands for a full-body workout.

# 1-80 LEVEL VIBRATION STIMULATES SUBCUTANEOUS FAT Say Goodbye to Stubborn Fat

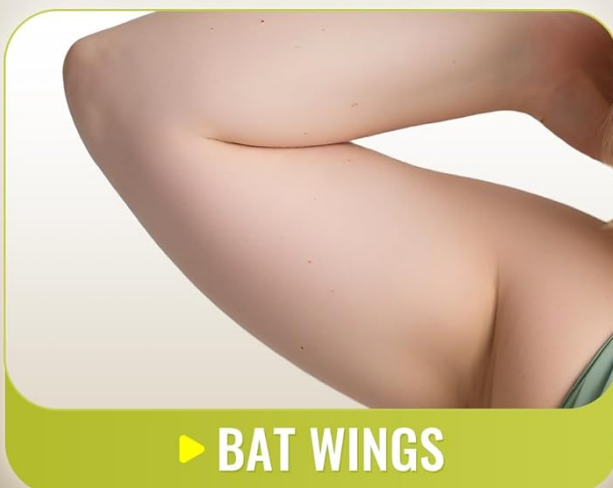


Figure 5.2: Example of targeting subcutaneous fat with 1-80 level vibration.

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

High-intensity Torches Visceral Fat No Rebound



Figure 5.3: Example of high-intensity 80-120 level vibration for visceral fat reduction.



# LYMPHATIC DRAINAGE & REDUCE SWELLING

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

Desk Workers



Seniors



High-heel Wearers



All-Day Standers



Figure 5.4: Applications for lymphatic drainage and swelling reduction.

# POST-WORKOUT RELAXATION & PAIN RELIEF

Low-impact Vibration Soothes Muscle Tension



Figure 5.5: Positions for post-workout relaxation and pain relief.

## 6. MAINTENANCE

- **Cleaning:** Wipe the surface of the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight. The compact design allows for storage under a bed or in a closet.
- **Inspection:** Periodically check the power cord and all components for any signs of wear or damage. If damage is found, discontinue use and contact customer support.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power outlet malfunction.	Ensure power cord is securely plugged into both the machine and a working electrical outlet. Check the power switch on the machine.
Vibrations are weak or inconsistent.	Incorrect speed setting; Machine overloaded.	Increase the speed setting. Ensure the user's weight does not exceed the maximum capacity.
Remote control not working.	Dead battery in remote; Obstruction between remote and machine.	Replace the remote control battery (1 Lithium Metal battery required, included). Ensure a clear line of sight to the machine's receiver.
Machine is noisy or unstable.	Uneven surface; Suction cups not engaged.	Place the machine on a flat, stable surface. Ensure the four suction cups are firmly engaged with the floor.

## 8. SPECIFICATIONS

Feature	Detail
Brand	FLYBIRD
Model Name	FBVP-MN-BLUE
Controls Type	Remote, Touch Screen
Display Type	LED
Number of Resistance Levels	120
Maximum Speed	12.5 rad/sec
Operation Mode	Automatic
Power Source	Corded Electric
Item Dimensions (LxWxH)	14.02 x 19.69 x 5 inches
Item Weight	8.53 Kilograms
Maximum Weight Recommendation	330 Pounds
Material	Plastic
Included Components	Vibration plate, remote control, resistance bands, manual
Number of Batteries	1 Lithium Metal battery (included)

## 9. WARRANTY AND SUPPORT






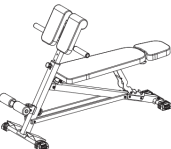


The FLYBIRD Vibration Plate Exercise Machine comes with a**1-year warranty** from the date of purchase. For warranty claims, technical support, or any questions regarding your product, please contact FLYBIRD customer service. Refer to the contact information provided on the product packaging or the official FLYBIRD website. Please have your model number (FBVP-MN-BLUE) and proof of purchase ready when contacting support.



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Related Documents - FBVP-MN-BLUE

<div> FLYBIRD 4D Vibration Plate USER MANUAL  JF01-SZJ</div>	<p><a href="#">FLYBIRD 4D Vibration Plate User Manual</a></p> <p>Comprehensive user manual for the FLYBIRD 4D Vibration Plate (Model JF01-SZJ), detailing safety precautions, setup, operation, various training modes, exercise routines, troubleshooting, and warranty information.</p>
<div> FB-17YLD02 FLYBIRD WEIGHT BENCH USER MANUAL</div>	<p><a href="#">FLYBIRD FB-17YLD02 Weight Bench User Manual</a></p> <p>This user manual provides essential information for the FLYBIRD FB-17YLD02 Weight Bench, including safety precautions, a detailed parts list, step-by-step installation instructions, warranty details, troubleshooting tips, and care &amp; maintenance advice.</p>
<div>USER MANUAL  FLYBIRD WEIGHT BENCH FB-17YLD02</div>	<p><a href="#">FLYBIRD Weight Bench FB-17YLD02 User Manual</a></p> <p>Comprehensive user manual for the FLYBIRD Weight Bench (Model FB-17YLD02), providing essential information on precautions, parts identification, assembly instructions, warranty details, troubleshooting tips, and care recommendations for optimal use and maintenance.</p>
<div> Multi-Function Adjustable Roman Bench RMC-01  English User Manual</div>	<p><a href="#">FLYBIRD RMC-01 Multi-Function Adjustable Roman Bench User Manual &amp; Assembly Guide</a></p> <p>Comprehensive user manual and assembly instructions for the FLYBIRD RMC-01 Multi-Function Adjustable Roman Bench. Learn how to safely assemble and use your workout bench.</p>



FB-17YLD02

FLYBIRD WEIGHT BENCH  
USER MANUAL

### [Flybird Weight Bench FB-17YLD02 User Manual](#)

User manual for the Flybird Weight Bench, model FB-17YLD02. Includes precautions, parts list, installation instructions, and warranty information.



FLYBIRD

Multi-Functional Power Squat Stand



English User Manual

### [FLYBIRD Multi-Functional Power Squat Stand: Assembly and User Manual](#)

Comprehensive guide for assembling and using the FLYBIRD Multi-Functional Power Squat Stand. Includes safety precautions, parts list, step-by-step assembly instructions, and warranty information for home gym users.