



Manuals.plus /

› JOROTO /

› JOROTO Vibration Plate Exercise Machine User Manual

JOROTO JV30

JOROTO Vibration Plate Exercise Machine User Manual

Model: JV30

1. INTRODUCTION

Thank you for choosing the JOROTO Vibration Plate Exercise Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference. This machine is designed to support your fitness journey by offering a full-body workout with adjustable intensity and various programs.

2. SAFETY INFORMATION

Before using the JOROTO Vibration Plate, please observe the following safety precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a stable, level surface.
- Do not exceed the maximum weight capacity of 330 pounds (approximately 150 kg).
- Keep children and pets away from the machine during operation.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Always hold onto a stable support if you feel unsteady during exercise.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Do not use the machine if the power cord or plug is damaged.

3. PACKAGE CONTENTS

Please check the box to ensure all components are present:

- Vibration Plate x 1
- Remote Control x 1
- Resistance Bands x 2
- Power Cord x 1
- Instructions Manual x 1



Figure 3.1: All components included in the package.

4. SETUP

Follow these steps to set up your vibration plate:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level, and non-slip surface. Ensure there is enough clear space around the machine for safe operation. The non-slip suction cups on the base will help secure it during use.
3. **Power Connection:** Insert the power cord into the machine's power input port and then plug the other end into a standard electrical outlet.
4. **Initial Check:** Before first use, ensure all parts are securely connected and there are no visible damages.

Unique Design Every Details

Detail To Create Perfect Quality

Max Load 330LBS



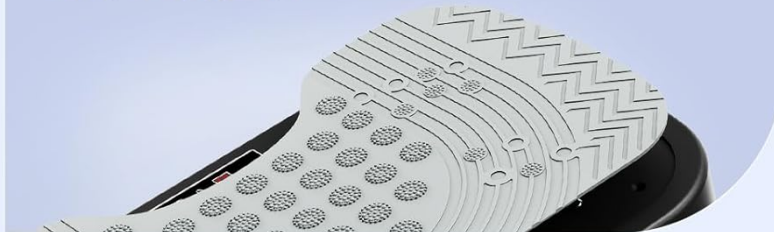
Non-slip
Suction Cup



99 Speed Levels



ABS Material



Powerful Motor



Figure 4.1: Key design elements including non-slip suction cups for stability.

Easy To Store

Compact Size & Convenient Storage



Figure 4.2: The compact design allows for easy storage under furniture.

5. OPERATING INSTRUCTIONS

Your JOROTO Vibration Plate can be operated using the control panel on the unit or the included remote control.

Control Panel and Remote Functions



Figure 5.1: Control panel and remote control functions.

- **Power Switch:** Located on the side of the unit. Turn it on to power the machine.
- **Start/Pause:** Press to begin or temporarily stop the vibration.
- **Speed Adjustment (+/-):** Adjusts the vibration intensity from 1 to 99 levels.
- **Mode Selection:** Cycles through 9 pre-set dithering modes (P1-P9) or manual mode. Each mode offers a different vibration pattern.
- **Time Adjustment (+/-):** Sets the duration of your workout.
- **Stop:** Immediately stops the vibration.
- **Walking/Jogging/Running Modes (Remote Only):** Quick selection buttons for different intensity zones.

Getting Started

1. Turn on the main power switch on the side of the unit.
2. Step onto the vibration plate. For beginners, start with a low speed and hold onto a stable object if needed.
3. Press the 'Start' button on the control panel or remote.
4. Adjust the speed using the '+' or '-' buttons, or select a pre-set program using the 'Mode' button.
5. Set your desired workout time.
6. To stop, press the 'Stop' button or the 'Start/Pause' button.

6. EXERCISE GUIDE

The JOROTO Vibration Plate is versatile and can be used for various exercises to target different muscle groups, improve balance, and enhance flexibility. The integrated magnets on the surface provide a comfortable massage effect, stimulating circulation during your workout.

Recommended Poses and Usage



Figure 6.1: Examples of full-body exercises on the vibration plate.

- **Basic Standing:** Stand with feet shoulder-width apart, knees slightly bent. This helps with overall body vibration and circulation.
- **Squats:** Perform squats while standing on the plate. This intensifies leg and glute workouts.
- **Resistance Band Exercises:** Attach the included resistance bands to the designated hook holes. Use them for arm, shoulder, and back exercises while standing or sitting on the plate.
- **Calf Raises:** Stand on the balls of your feet and raise your heels.
- **Plank:** Place your hands or forearms on the plate in a plank position to engage core muscles.
- **Sitting Poses:** Sit on the plate for targeted vibration to the glutes and lower body.

High-Performance Full-Body Exercise

Shape A Perfect Body



Figure 6.2: High-performance full-body exercise with resistance bands.

Multi-Function Intelligent Remote Control

No Need to Bend Over For Exercise

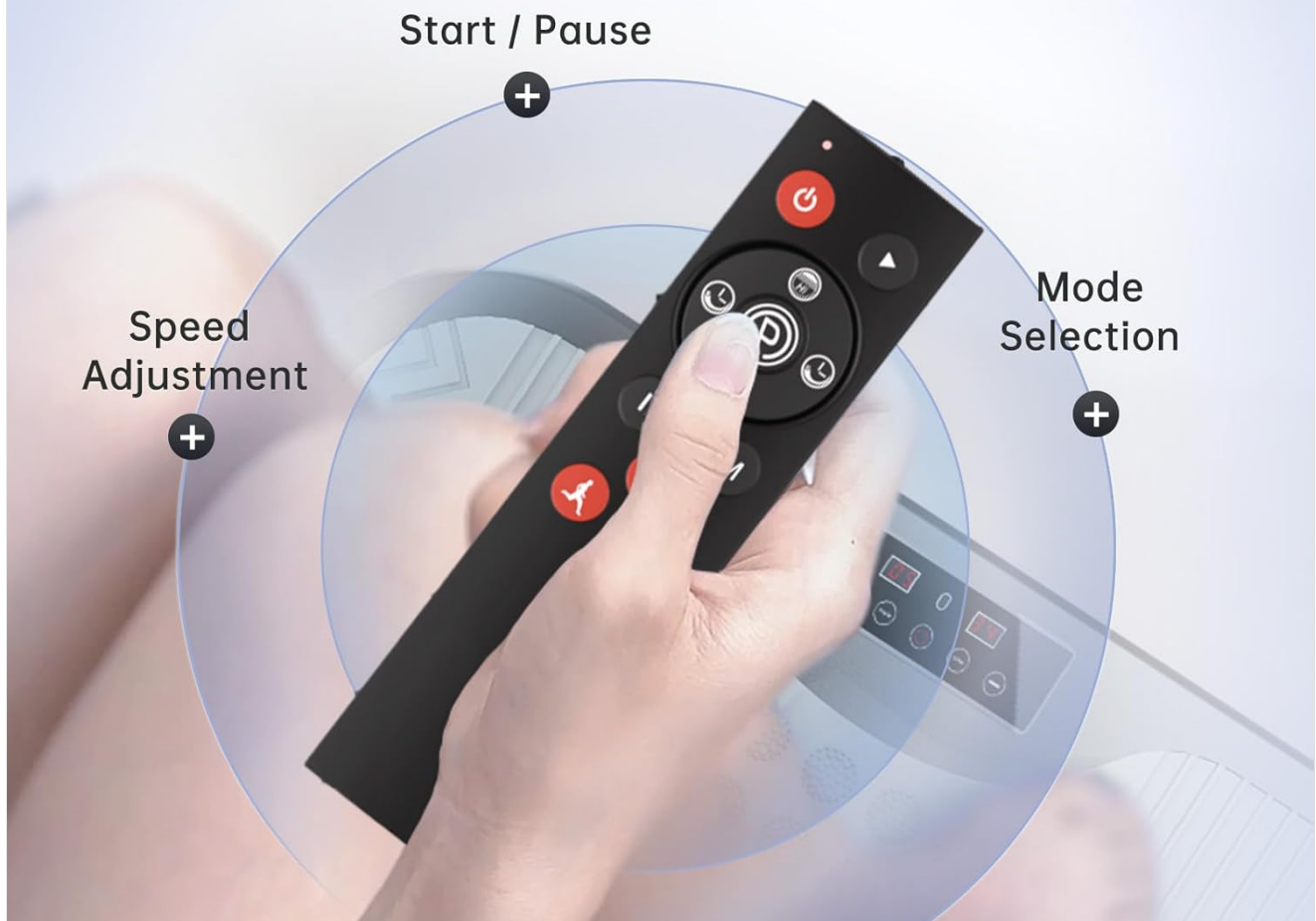


Figure 6.3: Comfortable magnet massage feature for enhanced relaxation.

Workout Efficiency

Using the JOROTO Vibration Plate can provide significant benefits in a shorter amount of time compared to traditional exercises.



Figure 6.4: Comparative exercise efficiency.

For optimal results, it is recommended to use the machine for 15-30 minutes per session, 3-4 times per week. You can also use it daily for shorter periods.

7. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your JOROTO Vibration Plate.

- **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 and moisture. Its compact size allows for easy storage under beds or in closets.
- **Inspection:** Periodically check the power cord for any damage and ensure all connections are secure.

8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power switch off; No power from outlet.	Ensure power cord is securely plugged in. Turn on the main power switch. Check the wall outlet with another device.
Vibration is weak or inconsistent.	Low speed setting; Overload.	Increase the speed level. Ensure user weight does not exceed 330 lbs.
Remote control not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and receiver.	Replace batteries (if applicable, batteries are not included). Ensure clear line of sight to the infrared receiver on the machine.
Unusual noise during operation.	Machine not on a level surface; Internal component issue.	Ensure the machine is on a flat, stable surface. If noise persists, discontinue use and contact customer support.

If the problem persists after attempting these solutions, please contact JOROTO customer support for assistance.

9. SPECIFICATIONS

Detailed specifications for the JOROTO Vibration Plate Exercise Machine:

Feature	Detail
Model Number	JV30
Maximum Weight Recommendation	330 Pounds (approx. 150 kg)
Controls Type	Remote, On-unit panel
Display Type	LED
Number of Intensity Levels	99
Number of Programs	9
Operation Mode	Manual, Programmed
Power Source	Corded Electric
Material Type	ABS Plastic
Color	Grey
Product Dimensions (L x W x H)	52 x 32 x 12 cm (20.5 x 12.6 x 4.7 inches)
Item Weight	7.65 Kilograms

10. WARRANTY AND SUPPORT

JOROTO is committed to providing high-quality fitness products and ensuring customer satisfaction. If you have any questions, concerns, or require assistance with your Vibration Plate Exercise Machine, please do not hesitate to contact our dedicated customer support team. We are available 24 hours a day to help you resolve any product-related issues. For warranty information and service, please refer to the contact details provided with your purchase or visit the official JOROTO website.