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› [FEIERDUN Vibration Plate Exercise Machine \(Model: FEDVP-TLA-R01, Pink-D\) Instruction Manual](#)

FEIERDUN FEDVP-TLA-R01

FEIERDUN Vibration Plate Exercise Machine

MODEL: FEDVP-TLA-R01 (PINK-D)

Instruction Manual

1. Introduction

This manual provides essential information for the safe and effective use of your FEIERDUN Vibration Plate Exercise Machine. Please read it thoroughly before operation and retain it for future reference. This device is designed to provide whole-body vibration for fitness and wellness purposes.



Image 1.1: FEIERDUN Vibration Plate Exercise Machine with included accessories.

2. Safety Information

Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions. Adhere to the following safety guidelines:

- Ensure the machine is placed on a stable, level surface.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Keep children and pets away from the machine during operation.
- Unplug the machine when not in use or before cleaning.
- Do not use if the power cord is damaged.
- Avoid prolonged use if you experience dizziness, nausea, or discomfort.

3. Package Contents

Verify that all items are present in the package:

- FEIERDUN Vibration Plate
- Remote Control (2 AAA batteries included)
- Resistance Bands (2 loop bands)
- 6ft Extended Power Cord
- User Manual (this document)



Image 3.1: Contents included in the FEIERDUN Vibration Plate package.

4. Setup Instructions

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is adequate space around the machine for safe movement. The four suction caps on the base provide stability.
3. **Power Connection:** Insert the 6ft extended power cord into the power inlet on the machine and then into a

standard electrical outlet.

4. **Remote Control Batteries:** Open the battery compartment on the remote control and insert the two AAA batteries, observing polarity.
5. **Resistance Bands (Optional):** If desired, attach the resistance bands to the designated hooks on the bottom sides of the vibration plate.

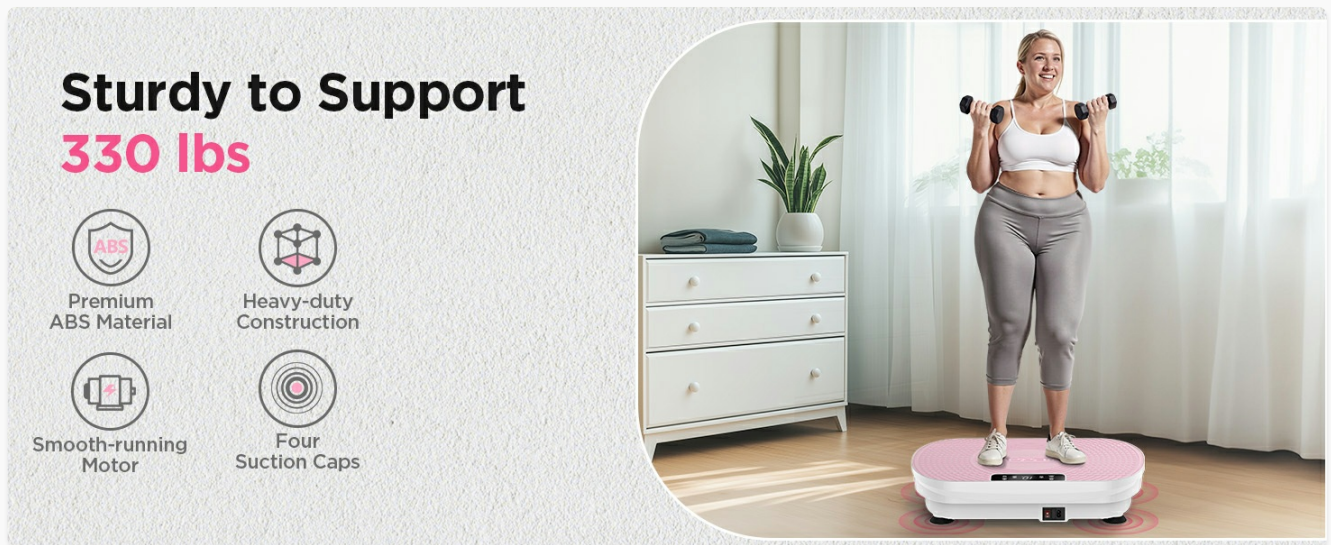


Image 4.1: The machine's four suction caps for enhanced stability.

5. Operating Instructions

The FEIERDUN Vibration Plate can be operated using either the integrated touchscreen display or the remote control.

5.1 Control Panel Overview

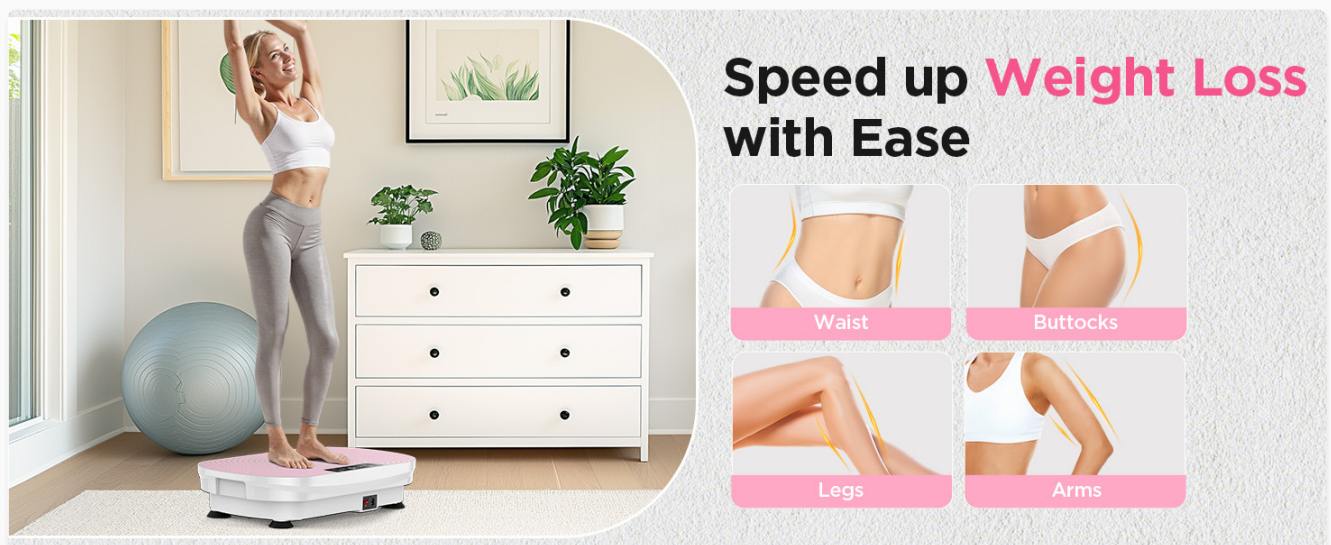


Image 5.1: Touchscreen display and remote control for operation.

- **POWER:** Turns the machine on/off.
- **PROGRAM:** Cycles through 5 preset routines (P1-P5).
- **STOP:** Halts the current operation.
- **START:** Begins the selected program or manual mode.
- **SPEED +/-:** Adjusts the vibration speed (1-99 levels) in manual mode.

- **TIME +/-:** Adjusts the workout duration (default 10 minutes).

5.2 Getting Started

1. **Power On:** Press the POWER button on the control panel or remote. The LED display will illuminate.
2. **Select Mode:**
 - **Manual Mode:** Press START. Use SPEED +/- to adjust vibration intensity (1-99 levels). Use TIME +/- to set duration.
 - **Preset Programs:** Press PROGRAM to cycle through P1-P5. Each program has a pre-defined speed and time sequence. Press START to begin the selected program.
3. **Begin Exercise:** Step onto the vibration plate. The anti-slip pedal surface ensures secure footing.
4. **Stop:** Press the STOP button to pause or end the workout at any time.

6. Exercise Guide

The FEIERDUN Vibration Plate supports various exercises to target different muscle groups and achieve diverse fitness goals. Start with lower speeds and shorter durations, gradually increasing as your body adapts.



Image 6.1: Examples of exercises for full-body muscle toning.

- **Standing Position:** Stand with feet shoulder-width apart, knees slightly bent. This engages core and leg muscles.
- **Half Squat:** Perform a shallow squat while standing on the plate to work thighs and lower back.
- **Lunge:** Place one foot on the plate and the other on the floor, performing a lunge to target thighs and glutes.
- **Plank:** Place hands or forearms on the plate and hold a plank position to strengthen shoulders and back.
- **Seated:** Sit on the plate with feet on the floor or elevated to tone calves and engage core.
- **Resistance Band Exercises:** Use the included resistance bands while standing on the plate to enhance upper body strength and arm toning.

7. Benefits of Vibration Training

Regular use of the vibration plate can contribute to various wellness goals:

- **Muscle Toning:** The vibrations activate and contract muscles throughout the body, aiding in muscle toning and strengthening.

- **Improved Circulation:** Vibration can enhance blood flow and oxygen delivery to muscles and tissues.
- **Lymphatic Drainage:** The movement can help reduce swelling and promote the removal of excess fluids and toxins.
- **Pain Relief and Relaxation:** May help alleviate muscle soreness after workouts and contribute to overall body relaxation.
- **Flexibility and Balance:** Consistent use can contribute to enhanced flexibility and improved balance.

Vibrate for **Fitness** and Health



Image 7.1: Overview of potential benefits from using the vibration plate.

8. Maintenance

To ensure the longevity and optimal performance of your vibration plate, follow these maintenance guidelines:

- **Cleaning:** Wipe 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. Its compact size allows for easy storage under furniture.
- **Inspection:** Periodically check the power cord for any signs of damage. Ensure all connections are secure.

9. Troubleshooting

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 circuit breaker.
Remote control not working.	Batteries are dead or incorrectly inserted. Obstruction between remote and machine.	Replace AAA batteries, ensuring correct polarity. Remove any obstructions. Ensure remote is pointed towards the machine's sensor.
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.	Loose components. Machine not on a level surface.	Ensure all parts are secure. Place the machine on a flat, stable surface. If noise persists, discontinue use and contact support.

10. Specifications

Feature	Detail
Model Name	FEDVP-TLA-R01
Brand	FEIERDUN
Color	Pink
Material	Plastic (Premium ABS)
Maximum Weight Recommendation	330 Pounds (150 kg)
Number of Resistance Levels	99
Preset Routines	5
Item Weight	19.8 Pounds (9 kg)
Item Package Dimensions (L x W x H)	25.2 x 14.49 x 5.75 inches
Included Components	Vibration plate, remote control, resistance bands, manual
Batteries Required	2 AAA (included for remote)

Four Suction Caps

Keep the machine firmly in place to provide additional stability and quiet

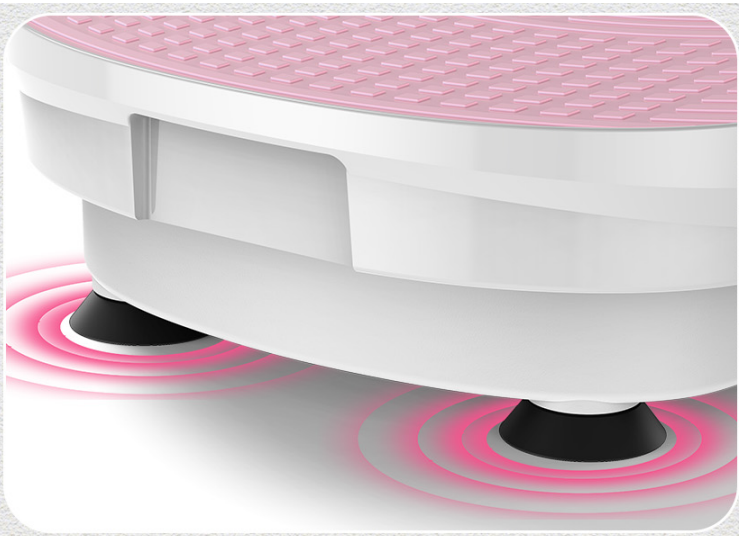


Image 10.1: Product dimensions for the FEIERDUN Vibration Plate.

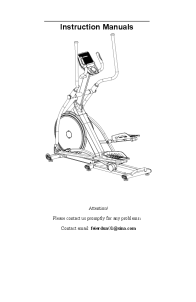
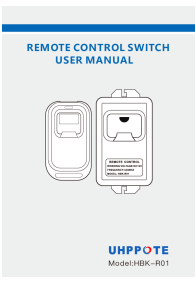
11. Warranty and Support


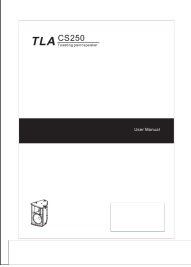
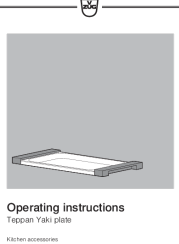

The FEIERDUN Vibration Plate Exercise Machine comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact FEIERDUN customer service through the retailer where the product was purchased. Please have your purchase receipt and model number (FEDVP-TLA-R01) available when contacting support.

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Related Documents - FEDVP-TLA-R01

	<p>FEIERDUN Elliptical Machine Assembly and User Manual</p> <p>Comprehensive guide for assembling and using the FEIERDUN Elliptical Machine, including safety instructions, step-by-step assembly, and maintenance tips.</p>
	<p>HBK-R01 Remote Control Switch User Manual</p> <p>User manual for the HBK-R01 Remote Control Switch, detailing features, specifications, operating settings, wiring diagrams, and troubleshooting. Includes precautions and FCC compliance information.</p>

	<p>Smart Ring User Manual and FCC Statement</p> <p>This document provides a user manual for the Smart Ring, detailing its features, setup, and usage. It also includes the FCC statement regarding compliance and radiation exposure.</p>
	<p>TLA CS250 Full Range Professional Speaker - User Manual</p> <p>User manual for the TLA CS250 full-range professional speaker, detailing features, specifications, cabinet dimensions, and installation methods. Includes technical data for audio professionals.</p>
	<p>V-ZUG Teppan Yaki Plate Operating Instructions</p> <p>Comprehensive operating instructions for the V-ZUG Teppan Yaki plate, covering safety precautions, correct usage, cleaning, maintenance, technical data, and disposal information.</p>
	<p>Jewenwils Wi-Fi Landscape Power Unit TLA-60-12DW Instruction Manual</p> <p>This manual provides detailed instructions for installing, setting up, and operating the Jewenwils Wi-Fi Landscape Power Unit (Model TLA-60-12DW), including app integration, smart home compatibility, and safety guidelines.</p>