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Taevno B0DJ6LRSXM

Taevno Vibration Plate Exercise Machine User Manual

Model: B0DJ6LRSXM

1. Introduction

Thank you for choosing the Taevno 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.



Image: The Taevno Vibration Plate Exercise Machine, a compact black platform with a digital display and control buttons.

2. Safety Information

Before using this machine, consult with a healthcare professional, especially if you have pre-existing medical conditions. Always follow these safety guidelines:

- Ensure the machine is placed on a flat, stable surface.
- Do not use if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 450 lbs (204.12 kg).
- Wear appropriate athletic footwear.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Unplug the machine when not in use and before cleaning.

3. Product Components

The package includes the following items:

- Vibration Plate (x1)
- Power Cord (x1)
- Remote Control (x1)
- Resistance Bands (x2)
- Operation Manual (x1)

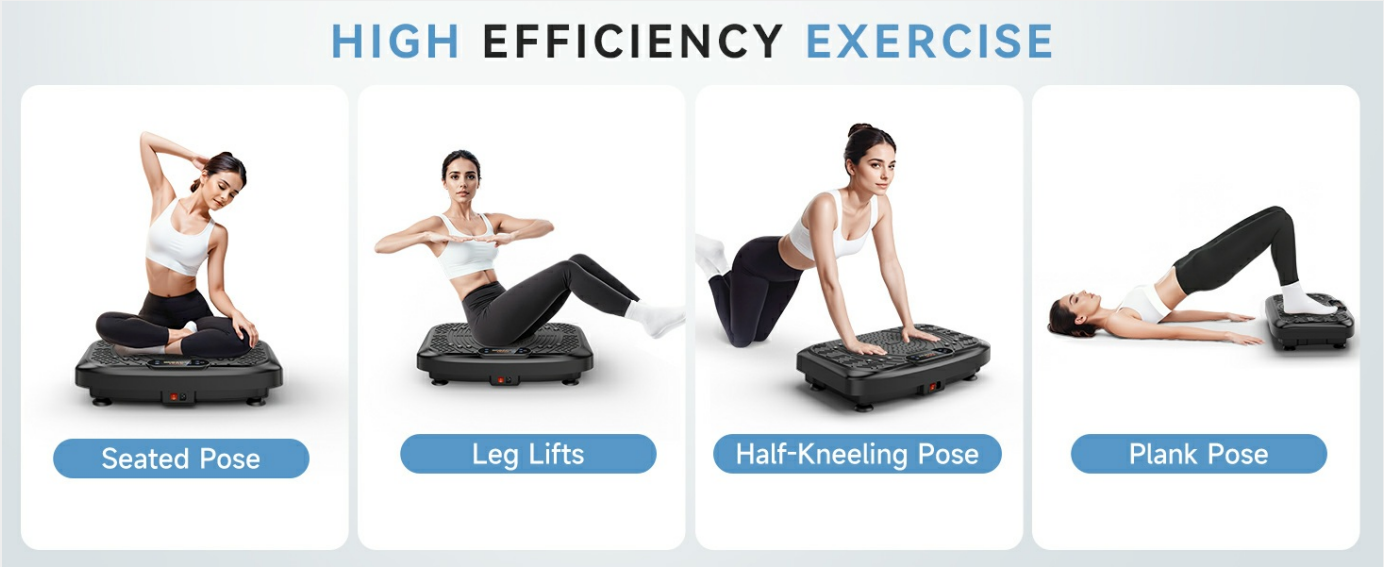


Image: The Taevno Vibration Plate with its accessories: two loop bands, remote control, operation manual, and power cord. Dimensions are also shown.

4. Setup

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface, ensuring adequate space around it for safe movement.
3. **Connect Power:** Insert the power cord into the machine's power interface and then into a suitable electrical outlet.
4. **Power On:** Flip the main power switch located on the side of the machine to the 'ON' position. The LED display will illuminate.



Image: Detailed view of the vibration plate's control panel and the remote control, highlighting buttons for power, program, start/pause, speed/time adjustment, and volume.

5. Operating Instructions

The Taevno Vibration Plate offers both manual and automatic modes, controllable via the touch panel or the remote control.

5.1 Control Panel & Remote

The machine features an LED display showing time and speed. Buttons on the panel and remote allow for easy adjustment.

- **Power Button:** Turns the machine on/off.
- **Start/Pause Button:** Initiates or pauses the vibration.
- **Program (P) Button:** Cycles through 7 automatic modes (P1-P7).
- **Speed +/- Buttons:** Adjusts vibration intensity from 1 to 199 in manual mode.
- **Time +/- Buttons:** Adjusts the exercise duration.
- **Volume +/- Buttons (Remote only):** Controls Bluetooth speaker volume.

5.2 Manual Mode

After powering on, press the Start button. Use the Speed +/- buttons to select your desired vibration intensity from 1 to 199. Adjust the time as needed.

5.3 Automatic Modes (P1-P7)

Press the Program (P) button to cycle through 7 pre-set automatic programs. Each program has varying speeds and durations designed for different fitness goals. The display will show the active program (P1-P7).

5.4 Bluetooth Connectivity

To connect your device via Bluetooth:

1. Ensure the vibration plate is powered on.
2. Activate Bluetooth on your smartphone or other device.
3. Search for "Vibration Platform Machine" or a similar device name in your device's Bluetooth settings.
4. Pair with the machine. You can now play music through the integrated speakers.



Image: Three panels illustrating the touch control panel, remote control usage, and how the machine can be easily stored under a sofa.

6. Exercise Guide

The Taevno Vibration Plate can enhance various exercises. Adjust your foot position to change intensity:

- **Relax (Center):** Gentle vibration for relaxation or warm-up.
- **Comfortable (Middle):** Moderate vibration for jogging or light exercise.
- **Strong (Outer):** Intense vibration for running or challenging workouts.



Image: A diagram illustrating different foot placement zones on the vibration plate, indicating corresponding intensity levels for walking, jogging, and running.

6.1 Recommended Exercises

Incorporate the included resistance bands for upper body workouts. Here are some positions:

- **Standing:** Stand with feet shoulder-width apart for general vibration.
- **Squats:** Perform squats while standing on the plate for added muscle engagement.
- **Plank Pose:** Place forearms on the plate for an intensified core workout.
- **Seated Pose:** Sit on the plate for lower body and core engagement.
- **Leg Lifts:** Lie on your back with calves on the plate for leg and glute activation.
- **Half-Kneeling Pose:** Place hands on the plate for upper body and core.



Image: Illustrations of various exercises performed on the vibration plate, including seated, leg lifts, half-kneeling, and plank positions.

7. Maintenance

- **Cleaning:** Wipe the machine with a damp cloth after each use. Do not use abrasive cleaners.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight. Its compact design allows for easy storage under furniture.
- **Inspection:** Regularly check the power cord and machine for any signs of damage.

8. Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected; Main switch off; Power outlet issue.	Ensure power cord is securely plugged in. Check if the main power switch is ON. Test the power outlet with another device.
Vibration is weak or inconsistent.	Low speed setting; Uneven surface.	Increase the speed setting. Ensure the machine is on a flat, stable surface.
Remote control not working.	Dead batteries; Obstruction; Not paired.	Replace remote control batteries. Ensure no obstructions between remote and machine. Point remote directly at the machine's sensor.
Bluetooth not connecting.	Bluetooth off on device; Incorrect device selected.	Ensure Bluetooth is enabled on your device. Select "Vibration Platform Machine" from available devices.

9. Specifications

Feature	Detail
Brand	Taevno
Model	B0DJ6LRSXM

Feature	Detail
Maximum Weight Recommendation	204.12 kg (450 lbs)
Adjustable Speed Levels	1-199
Automatic Programs	7 (P1-P7)
Control Type	Remote, Touch Panel
Display Type	LED
Connectivity	Bluetooth
Motor Horsepower	200 Watts
Product Dimensions	55.3 x 34.5 x 11.9 cm
Item Weight	6.5 kg
Material	Polypropylene (PP)

10. Warranty and Support

Taevno offers a three-month return service and lifetime after-sales support for this vibration plate exercise machine. For any questions or assistance, please contact us through Amazon messages or email.
We are committed to providing high-quality, reliable products and excellent customer service.

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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

Answered questions about this manual

My Taevno Vibration Plate Exercise Machine (B0DJ6LRSXM) is only a month old and is working inconsistently; it seems stuck on certain settings, vibrates randomly when no one is around, or feels sluggish. Is there a way to reset it to original settings?

Based on the Taevno Vibration Plate Exercise Machine manual, there is no specific "factory reset" button or software command mentioned. However, you can perform a hard power cycle and check for environmental factors that...

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