Bigzzia LG-026

Bigzzia Vibration Plate Exercise Machine LG-026 User Manual

Model: LG-026

1. Introduction

The Bigzzia Vibration Plate Exercise Machine LG-026 is designed to provide a full-body workout through oscillating vibrations. This machine features adjustable speed levels, pre-set programs, and includes accessories to enhance your exercise routine. Regular use may contribute to muscle engagement and improved circulation.

2. Important Safety Information

Please read all instructions carefully before using the Bigzzia Vibration Plate Exercise Machine. Failure to follow these safety guidelines may result in injury or damage to the product.

- **Consult a Physician:** Before starting any new exercise program, especially if you have pre-existing health conditions, are pregnant, or have recently undergone surgery, consult with a healthcare professional.
- **Stable Surface:** Always place the machine on a flat, stable, and non-slip surface. Ensure there is adequate space around the machine for safe operation.
- **Weight Limit:** Do not exceed the maximum user weight capacity of 400 lbs (181 kg).
- **Children and Pets:** Keep children and pets away from the machine during operation. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities unless supervised.
- **Power Cord:** Ensure the power cord is not damaged, pinched, or placed under the machine. Unplug the machine from the power outlet when not in use or before cleaning.
- **Proper Attire:** Wear appropriate athletic clothing and footwear during use.
- **Discontinue Use:** If you experience pain, dizziness, or discomfort during your workout, stop immediately and consult a physician.

3. Package Contents

Carefully unpack the box and ensure all items are present. If any parts are missing or damaged, contact customer service.

- Bigzzia Vibration Platform Machine
- Remote Control
- Resistance Bands (Loop Bands x 2)
- Skipping Rope
- Power Cord
- User Manual (this document)



Image 3.1: All included accessories for the Bigzzia Vibration Plate Exercise Machine, including the remote control, resistance bands, skipping rope, power cord, and user manual.

4. Setup

1. **Unpack:** Remove the vibration plate and all accessories from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the vibration plate on a firm, level, and stable surface. Ensure there is at least 1 meter (3 feet) of clear space around the machine. Avoid placing it on thick carpets that may obstruct ventilation or stability.

3. **Connect Power:** Insert the power cord into the power inlet on the side of the machine, then plug the other end into a standard electrical outlet.
4. **Initial Check:** Before first use, ensure all components are securely in place and there are no visible damages.

5. Operating Instructions

The Bigzzia Vibration Plate can be operated using the control panel on the machine or the included remote control.

5.1 Control Panel and Remote Control

The control panel features an LCD screen and various buttons for power, speed adjustment, and program selection. The remote control offers convenient access to these functions from a distance.

- **Power On/Off:** Press the power button on the machine or remote to turn the unit on or off.
- **Start/Stop:** Press the Start/Stop button to begin or pause the vibration.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the vibration speed (levels 1-99).
- **Program Selection:** Press the 'P' or 'Program' button to cycle through the pre-set exercise programs. The LCD screen will display the current program number.
- **Suggested Usage:** For optimal results, a typical session duration is 15 minutes.

5.2 Bluetooth Connectivity (MP3 Loudspeaker)

This model includes an MP3 music loudspeaker. To connect your device via Bluetooth:

1. Ensure the vibration plate is powered on.
2. Activate Bluetooth on your smartphone or other audio device.
3. Search for available Bluetooth devices. The machine's Bluetooth name typically appears as 'Bigzzia' or a similar identifier.
4. Select the machine's name to pair. Once paired, you can play music through the integrated loudspeaker.



Image 5.1: Overview of the machine's advanced features, including 1-99 speed levels and 15 dynamic pre-set programs.

6. Exercise Guide

The Bigzzia Vibration Plate offers various training zones and allows for a range of exercises to target different muscle groups. Always maintain proper posture and engage your core during exercises.

6.1 Training Zones

The plate surface is designed with different zones to vary intensity:

- **Walking Mode:** Position feet closer to the center for gentle vibrations, suitable for relaxation or light activity.
- **Jogging Mode:** Place feet slightly wider for comfortable, moderate exercise.
- **Running Mode:** Position feet wider apart for stronger vibrations, boosting endurance.
- **Full Body Workout:** Utilize the entire plate surface and resistance bands for targeted muscle engagement.



Image 6.1: The four distinct training zones on the vibration plate, offering varied intensity levels.

6.2 Example Exercises

Here are some common exercises that can be performed on the vibration plate:

- **Squats:** Stand on the plate with feet shoulder-width apart, lower into a squat position.
- **Lunges:** Place one foot on the plate and the other on the floor, perform lunges.
- **Push-ups:** Place hands on the plate and perform push-ups.
- **Resistance Band Exercises:** Attach the resistance bands to the designated points and perform arm curls, rows, or shoulder presses while standing on the plate.



Image 6.2: A user demonstrating a squat exercise on the vibration plate.



Image 6.3: A visual guide to various exercises that can be performed using the vibration plate and resistance bands.

7. Maintenance

Proper maintenance ensures the longevity and optimal performance of your vibration plate.

- **Cleaning:** Always unplug the machine before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or solvents. Avoid spraying water directly onto the machine.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the power cord is neatly coiled and not under tension.
- **Inspection:** Periodically inspect the power cord and the machine for any signs of wear or damage. If any damage is found, discontinue use and contact customer service.

8. Troubleshooting

If you encounter any issues with your Bigzzia 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 outlet issue; main power switch off.	Ensure power cord is securely plugged into both the machine and a working outlet. Check if the main power switch on the machine is in the 'ON' position. Try a different outlet.
No vibration.	Machine is on but not started; speed level set to zero; internal malfunction.	Press the Start button. Increase the speed level using the '+' button. If the issue persists, contact customer service.
Remote control not working.	Batteries are dead or incorrectly inserted; remote not aimed correctly; interference.	Replace batteries in the remote control. Ensure batteries are inserted with correct polarity. Point the remote directly at the machine's receiver. Remove any obstructions.
Bluetooth connection issues.	Bluetooth not enabled on device; machine not in pairing mode; device too far.	Ensure Bluetooth is enabled on your audio device. Make sure the machine is powered on. Keep your device within close range of the machine. Try unpairing and re-pairing.

9. Specifications

Feature	Specification
Model Number	LG-026
Speed Range	1 - 99 levels
Control Panel	LCD Screen
Vibration Type	Oscillation
Suggested Usage Time	15 Minutes
Construction Material	Engineered ABS (Acrylonitrile Butadiene Styrene)
Maximum Load Capacity	400 lbs (181 kg)
Product Dimensions (L x W x H)	52.07 x 11.94 x 32 cm (20.5 x 12.6 x 4.7 inches)
Item Weight	7.35 kg (16.2 lbs)
Power Source	Corded Electric

10. Warranty and Support

For warranty information, technical support, or to inquire about replacement parts, please contact Bigzzia customer service. Refer to the contact information provided with your purchase or visit the official Bigzzia website.

Online Resources

For additional information and support, you may visit the Bigzzia store on Amazon:

Bigzzia Official Store

Ask a question about this manual

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

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