

## AXV Vibration Plate Exercise Machine

# AXV Vibration Plate Exercise Machine User Manual

Your guide to safe and effective use of the AXV Vibration Plate.

## 1. IMPORTANT SAFETY INSTRUCTIONS

---

Please read all instructions carefully before using the AXV Vibration Plate. Retain this manual for future reference.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- Use the machine only on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Do not use the machine if you weigh more than the maximum recommended user weight (refer to specifications).
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not insert any objects into the machine's openings.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Unplug the machine when not in use and before cleaning or maintenance.

## 2. PACKAGE CONTENTS

---

Carefully unpack the box and ensure all items are present:

- AXV Vibration Plate Exercise Machine
- Remote Control
- Resistance Bands (2)
- Power Cord

- User Manual (this document)

Image: The AXV Vibration Plate shown with its accessories, including two loop resistance bands, a remote control, the operation manual, and a power cord. The machine itself is compact, measuring approximately 20.8 inches in length and 12 inches in width, with a height of 5.1 inches.

### 3. PRODUCT OVERVIEW AND FEATURES

The AXV Vibration Plate is designed to provide a full-body workout through therapeutic vibrations. Key features include:

- Adjustable vibration speed from 1 to 120 levels.
- Multiple pre-set programs for varied workouts.
- Remote control for convenient operation.
- Integrated LED display showing time, speed, and estimated calories burned.
- Magnet health massage function on the platform surface.
- Compact and portable design for easy storage and use anywhere.
- Anti-slip coating for user safety.
- Ergonomic design for enhanced durability and stability.

Image: The AXV Vibration Plate in pink and black, featuring a central LED display showing "TIME SPEED PRG 10:00". A remote control is held by a hand next to the machine, and two resistance bands are visible in the foreground. The platform has textured anti-slip surfaces and acupressure points.

Image: A graphic illustrating the "Powerful & Customizable Therapeutic Vibrations" features. Icons depict "Speed Control From 1-120 Levels", "Pre-Set Program", "Remote Control", "Calorie Burn", and "LED Touch Display". The bottom part of the vibration plate with its LED screen is visible.

Image: A detailed diagram highlighting the magnet health massage function on the vibration plate. It shows a wireframe foot placed on the textured surface, with red dots indicating acupressure points. On the left, three circular insets show hands massaging feet, illustrating the massage benefit.

### 4. SETUP

1. **Placement:** Place the AXV Vibration Plate on a firm, level surface. Ensure there is enough clear space around the machine for safe operation.
2. **Power Connection:** Insert the power cord into the machine's power inlet and then into a standard grounded electrical outlet.
3. **Initial Power On:** Flip the main power switch, usually located on the side or back of the machine. The LED display should illuminate.
4. **Remote Control:** Ensure batteries are installed in the remote control. The remote allows for convenient adjustment of settings during your workout.
5. **Resistance Bands (Optional):** If desired, attach the resistance bands to the designated anchor points

on the base of the machine.

## 5. OPERATION

---

### 5.1 Basic Controls

The machine can be operated using the control panel on the unit or the remote control.

- **Power Button:** Turns the machine on/off (after the main switch is on).
- **Start/Stop:** Begins or pauses the vibration.
- **Speed +/-:** Adjusts the vibration intensity from level 1 to 120.
- **Program (PRG):** Selects pre-set workout programs. Each program typically has varying speeds and durations.
- **Time:** Adjusts the workout duration (if not using a pre-set program).

### 5.2 Intensity Zones

The platform features different zones to vary the intensity of your workout:



Image: A graphic illustrating the "Zones for Different Intensity Training" on the AXV Vibration Plate. Standing with feet closer to the center provides a "Walking (Relax)" intensity. Wider stance for "Jogging (Comfortable)", and the widest stance for "Running (Strong)" intensity. Arrows indicate the direction to move feet for increased intensity.

- **Walking (Relax):** Place your feet closer to the center of the platform for a gentler vibration.
- **Jogging (Comfortable):** Place your feet slightly wider apart for a moderate intensity.
- **Running (Strong):** Place your feet at the widest points of the platform for the most intense vibration.

### 5.3 Using Resistance Bands

Attach the resistance bands to the base of the machine. These can be used to incorporate upper body exercises while standing or sitting on the vibration plate, enhancing your overall workout.

### 5.4 Recommended Usage

A typical workout session can be as short as 10 minutes per day. Start with lower speeds and shorter durations, gradually increasing as your body adapts. Listen to your body and adjust intensity as needed.

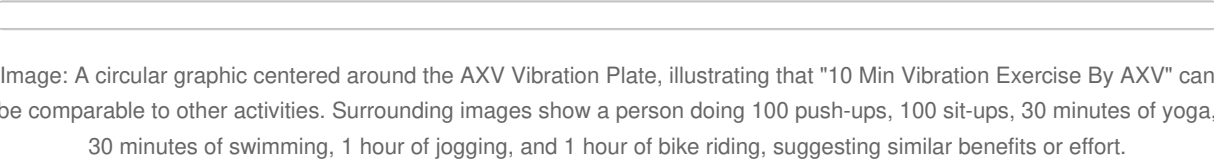
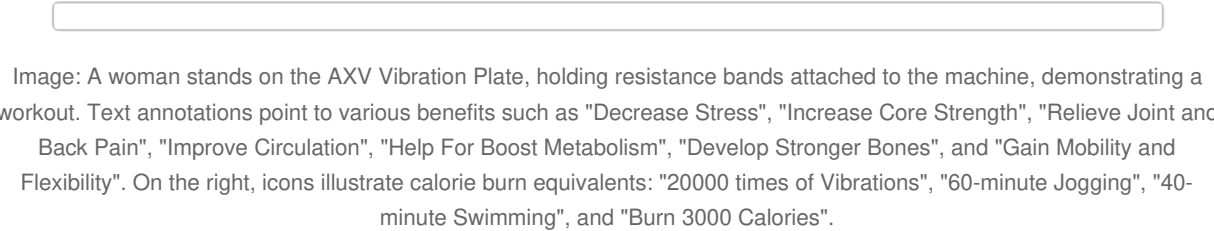
## 6. BENEFITS OF VIBRATION TRAINING

---

Regular use of the AXV Vibration Plate can contribute to various wellness benefits:

- **Muscle Activation:** Whole-body vibrations stimulate muscles, leading to increased contraction and activation.
- **Improved Circulation:** Enhances blood flow and oxygen delivery to muscles.
- **Lymphatic Drainage:** Supports the body's natural lymphatic system.
- **Bone Density:** Can contribute to increased bone mineral density.
- **Pain Relief:** May help relieve chronic pain and aid in recovery from injuries.
- **Flexibility & Mobility:** Can improve range of motion and overall flexibility.

- **Stress Reduction:** Regular physical activity, including vibration training, can help reduce stress levels.



## 7. MAINTENANCE AND CARE

- **Cleaning:** Unplug the machine before cleaning. Wipe the surface with a soft, damp cloth. 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.
- **Inspection:** Periodically check the power cord for any damage. Ensure all components are securely attached.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected; Main power switch off; Outlet malfunction.	Ensure power cord is securely plugged in. Turn on the main power switch. Test the outlet with another device.
No vibration.	Machine is paused; Speed setting is too low; Motor issue.	Press 'Start'. Increase the speed setting. If problem persists, contact customer support.
Remote control not working.	Batteries are dead or incorrectly inserted; Remote not paired (if applicable).	Replace batteries. Ensure batteries are inserted with correct polarity. Refer to remote instructions for pairing if necessary.
Unusual noise during operation.	Loose component; Machine on uneven surface.	Ensure machine is on a flat, stable surface. Check for any loose parts. Discontinue use and contact support if noise persists.

## 9. SPECIFICATIONS

Attribute	Detail
Brand	AXV

Attribute	Detail
Model	Vibration Plate Exercise Machine
ASIN	B0DMWP4NGT
Material	Plastic
Color	Pink
Item Weight	8.85 Kilograms (8 kg 840 g)
Included Components	Vibration Plate, Remote Control, Resistance Bands, Power Cord
Manufacturer	AXV

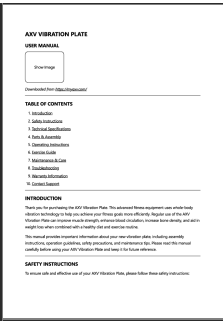

## 10. WARRANTY AND SUPPORT

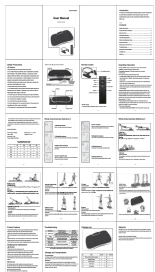
AXV is committed to providing quality products and customer satisfaction.

- **Warranty:** The product comes with a lifetime satisfaction guarantee.
- **Customer Support:** If you encounter any problems or have questions regarding your AXV Vibration Plate, please contact the seller directly via email for a satisfactory solution.

© 2025 AXV. All rights reserved.

### Related Documents - Vibration Plate Exercise Machine

	<p><a href="#">AXV Vibration Plate User Manual - AXV-3000 Pro</a></p> <p>User manual for the AXV Vibration Plate, model AXV-3000 Pro. Includes safety instructions, technical specifications, assembly, operation, workout programs, maintenance, troubleshooting, and warranty information.</p>
	<p><a href="#">Eilison Fitmax Vibration Plate KM-818 User Manual &amp; Benefits</a></p> <p>Comprehensive guide to the Eilison Fitmax Vibration Plate (SKU KM-818), covering technical specifications, operation, safety precautions, brand story, and warranty information. Enhance your fitness and lifestyle with this advanced vibration platform.</p>



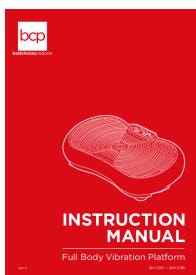
#### [Vibration Plate Fitness Machine User Manual - Operation and Safety Guide](#)

Comprehensive user manual for the vibration plate fitness machine, detailing setup, operation, safety precautions, exercise routines, maintenance, and troubleshooting for optimal health and fitness.



#### [ADVWIN Vibration Exercise Platform User Manual](#)

Comprehensive user manual for the ADVWIN Vibration Exercise Platform, detailing safety information, package contents, unit components, specifications, operation, maintenance, troubleshooting, and exercise guides.



#### [Best Choice Products Full Body Vibration Platform Instruction Manual](#)

Instruction manual for the Best Choice Products Full Body Vibration Platform (Models SKY3197 + SKY3198), covering safety, operation, exercises, error codes, specifications, and warranty information.



#### [Eilison Fitmax Vibration Plate User Manual and Guide](#)

Comprehensive user manual for the Eilison Fitmax Vibration Plate (SKU KM-818). This guide covers product setup, operating instructions, safety precautions, contra-indications, and the many benefits of using the vibration plate for fitness and wellness.