

FEIERDUN FEDVP-TLA-BK

FEIERDUN Vibration Plate Exercise Machine

Model: FEDVP-TLA-BK

INTRODUCTION

Thank you for choosing the FEIERDUN 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.

PRODUCT OVERVIEW

The FEIERDUN Vibration Plate is designed to provide a comprehensive whole-body workout, aiding in muscle toning, weight loss, and overall wellness. Its powerful vibrations activate and contract muscles, contributing to enhanced strength, flexibility, and balance. Beyond fitness, it also offers benefits for pain relief, muscle relaxation, and improved lymphatic drainage.



Image: The FEIERDUN Vibration Plate, showing the main unit, remote control, and resistance bands. A user is depicted performing a half-squat on the plate.

KEY FEATURES

- **Effortless Body Sculpting:** Accelerates weight loss and enhances cardio health.
- **Full-body Muscle Toning:** Activates and contracts muscles for increased strength, flexibility, and balance.
- **Pain Relief and Relaxation:** Helps alleviate chronic pain, muscle soreness, and promotes better sleep.
- **Improved Lymphatic Drainage:** Reduces swelling, promotes circulation, and aids in toxin removal.
- **Sturdy and Silent Design:** Supports up to 330 lbs with durable ABS material, a smooth-running motor, and anti-noise suction caps for quiet operation.
- **Multiple Exercise Modes:** Features manual and automatic modes with 99 vibration speed levels and 5 preset routines.

- **Convenient Operation:** Includes a remote control and a large touchscreen LED display.
- **Compact and Portable:** Easy to carry and store, suitable for various spaces.

Vibrate for **Fitness** and **Health**



Tone Muscles



Relief Pain



Improve Lymph Drainage



Relax Whole Body

Image: Visual representation of the benefits of using the vibration plate, including muscle toning, pain relief, improved lymph drainage, and whole-body relaxation.

Sturdy to Support 330 lbs



Premium
ABS Material



Heavy-duty
Construction



Smooth-running
Motor



Four
Suction Caps

Image: A user standing on the vibration plate, demonstrating its sturdy construction and 330 lbs weight capacity. Icons highlight premium ABS material, heavy-duty construction, smooth-running motor, and four suction caps.

PACKAGE CONTENTS

Upon opening the package, please ensure all the following components are present:

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

Package Includes



Remote Control



2*AAA Batteries



6ft Extended Power Cord



2 Loop Bands



User Manual



Image: An illustration of all items included in the package: the vibration plate, remote control, AAA batteries, power cord, loop bands, and user manual. Product dimensions are also indicated.

SETUP

- Unpacking:** Carefully remove all components from the packaging.
- Placement:** Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is enough clear space around the machine for safe operation. The four suction caps on the base provide additional stability.
- Power Connection:** Connect the 6ft extended power cord to the machine's power input and then plug it into a standard electrical outlet.
- Remote Control Batteries:** Insert the included 2 AAA batteries into the remote control, observing polarity.
- Resistance Bands (Optional):** If desired, attach the resistance bands to the designated hooks on the bottom of the vibration plate for upper body exercises.

OPERATING INSTRUCTIONS

The FEIERDUN Vibration Plate offers both manual and automatic operation modes, controlled via the touchscreen LED display or the remote control.

Controls

- **Power Button:** Turns the machine ON/OFF.
- **Program Button:** Cycles through the 5 preset automatic routines.
- **Start/Stop Button:** Initiates or pauses the vibration.
- **Speed +/- Buttons:** Adjusts the vibration intensity in manual mode (99 levels).
- **Time +/- Buttons:** Adjusts the workout duration.



Two Easy Ways to Use



Touch-operated
Display



Remote Control
(Batteries Included)



99 Speed
Levels



5 Preset
Modes



Image: Close-up view of the vibration plate's touchscreen display and the remote control, illustrating the two primary methods of operation.

Getting Started

1. Step onto the vibration plate. You can stand, sit, or perform various exercises.

2. Press the **Power** button to turn on the machine.
3. Select your desired mode:
 - **Manual Mode:** Use the **Speed +/-** buttons to set your preferred vibration intensity (1-99).
 - **Automatic Mode:** Press the **Program** button to cycle through the 5 preset routines. Each program has varying speeds and durations.
4. Adjust the workout duration using the **Time +/-** buttons if needed. The default workout time is typically 10 minutes.
5. Press the **Start** button to begin the vibration.
6. To pause or stop the workout, press the **Stop** button.

Recommended Postures and Exercises

Varying your posture on the plate can target different muscle groups and provide different benefits. Always maintain a slight bend in your knees and avoid locking your joints.

- **Half Squat:** Works thighs and lower back.
- **Lunge:** Targets thighs and glutes.
- **Plank:** Strengthens shoulders and back.
- **Reverse Dip:** Engages core and abs.
- **Seated:** Tones calves, promotes circulation (can be done while working at a desk).



Image: Examples of exercises on the vibration plate, including a half squat and a V-sit, demonstrating versatile usage.

Promote Circulation



Improve Lymph Drainage



Accelerate Metabolism



Reduce Leg Swelling



Image: A user seated at a desk with their feet on the vibration plate, illustrating its use for promoting circulation and reducing leg swelling during sedentary activities.

MAINTENANCE

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

- Cleaning:** Wipe the surface of the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under furniture or in closets.
- Inspection:** Periodically check the power cord for any damage. Ensure all connections are secure.
- Battery Replacement:** Replace the remote control batteries (2 AAA) when the remote's responsiveness decreases.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power outlet not working; Machine is off.	Ensure power cord is securely plugged into the machine and a working outlet. Press the power button on the machine.
Remote control is not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and machine sensor.	Replace batteries (2 AAA) ensuring correct polarity. Remove any obstructions and point the remote directly at the machine's sensor.
Vibration is weak or inconsistent.	Speed setting is too low; Machine not on a flat surface.	Increase the speed level using the Speed +/- buttons. Ensure the machine is placed on a flat, stable surface.
Unusual noise during operation.	Machine not on a flat surface; Internal component issue.	Ensure the machine is on a flat, stable surface. If noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Attribute	Detail
Model Name	FEDVP-TLA-BK
Brand	FEIERDUN
Display Type	LED
Number of Resistance Levels	99
Operation Mode	Manual, Automatic
Item Weight	9.23 Kilograms
Item Package Dimensions (L x W x H)	25.25 x 14.3 x 5.75 inches
Material	Plastic (ABS)
Controls Type	Remote Control, Touch Screen
Max Weight Capacity	330 lbs

WARRANTY INFORMATION

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. Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the warranty card included in your package or contact customer support.

CUSTOMER SUPPORT

For any questions, concerns, or technical assistance, please contact FEIERDUN customer support. You can visit the official FEIERDUN store on Amazon for more information and contact options:

Visit the FEIERDUN Store on Amazon

Please have your model number (FEDVP-TLA-BK) and purchase date ready when contacting support.

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