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› AXV Vibration Plate Fitness Platform ARK-6 Instruction Manual

AXV ARK-6

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Model: ARK-6

Brand: AXV

INTRODUCTION

The AXV Vibration Plate Fitness Platform is designed to provide efficient whole-body vibration for various fitness and therapeutic purposes. This manual provides essential information for safe and effective use of your device.

The system generates full-body vibration to stimulate muscles, promoting muscle contraction and activation. This can assist in calorie expenditure, fat processing, and maintaining reflex reactions. It is suitable for individuals seeking to improve muscle tone, circulation, and overall physical well-being.

SAFETY INFORMATION

Before using the AXV Vibration Plate, please read and understand all safety instructions. Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.

- Ensure the device is placed on a stable, flat surface.
- Do not use if you are pregnant, have a pacemaker, or any other medical implant.
- Keep children and pets away from the device during operation.
- Maximum user weight: 330 Pounds.
- Unplug the device when not in use and before cleaning.

SETUP

Follow these steps to set up your AXV Vibration Plate:

1. Unpack all components from the box, including the vibration platform, power cable, remote control, and resistance bands.
2. Place the vibration platform on a firm, level surface. The rubber suction feet on the bottom ensure stability.
3. Connect the power cable to the port at the back of the device.
4. Plug the power cable into a wall outlet.
5. Locate the main power switch at the back of the device and flip it to the 'ON' position. The LED display should illuminate.
6. If using resistance bands, attach the carabiners of the bands to the designated hooks on either side of the platform.



Image: AXV Vibration Plate with resistance bands attached, ready for use.

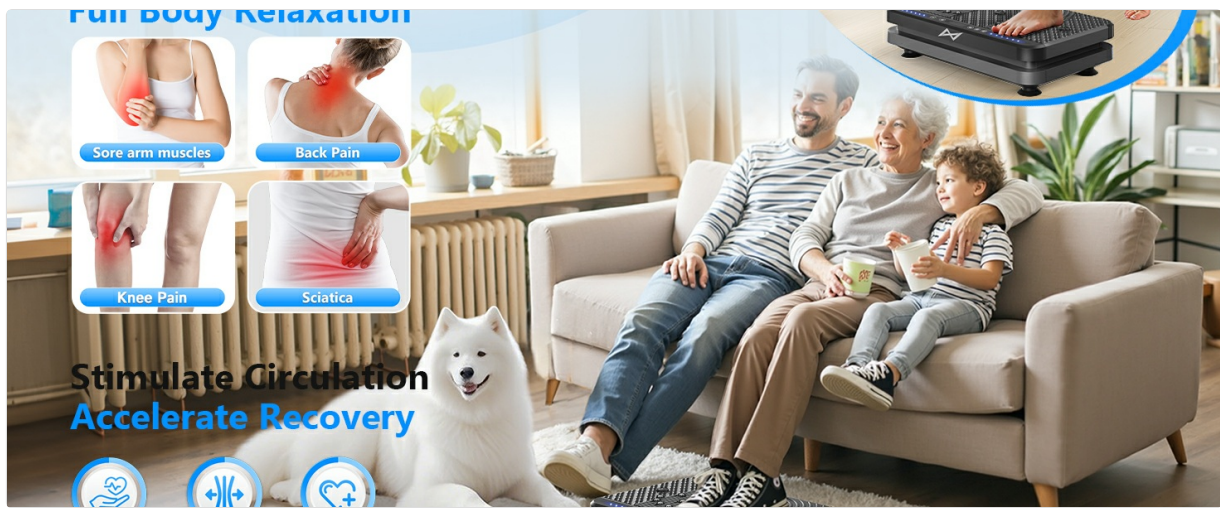


Image: Close-up of the AXV Vibration Plate's control panel and resistance band attachment points, highlighting the LED display and buttons.

Video: A user demonstrates unboxing and initial setup of the AXV Vibration Plate, including plugging it in and turning on the main power switch. The video also shows the remote control and resistance bands.

OPERATING INSTRUCTIONS

The AXV Vibration Plate can be operated using the integrated control panel or the included remote control.

Control Panel Operation:

- **Power Button:** Press to turn the device on/off from standby mode.
- **Start/Stop Button:** Initiates or pauses the vibration.
- **Program Button:** Cycles through pre-set programs (P1-P5).
- **Time/Speed Buttons (+/-):** Adjusts the duration of the session or the vibration speed.
- The LED display shows time, speed, and estimated calories burned.

Remote Control Operation:

The remote control offers convenient operation from a distance.

- **Power Button:** Turns the device on/off.
- **Start/Stop Button:** Initiates or pauses vibration.
- **Speed +/-:** Adjusts vibration intensity (1 to 120 levels).
- **Time +/-:** Adjusts session duration.
- **Program Button:** Selects pre-set programs.
- **Mode Buttons (Low, Mid, High):** Quickly sets the vibration speed to pre-defined low, medium, or high levels.

Relieve Pain, Promote Circulation



Image: A user's feet are positioned on the AXV Vibration Plate, with a close-up of the control panel showing active settings and the remote control being used to adjust settings.

Video: A user demonstrates various exercises on the AXV Vibration Plate, including squats and push-ups, highlighting the use of resistance bands and the control panel. The video also shows how to adjust speed and programs.

EXERCISE GUIDE

The AXV Vibration Plate can enhance various exercises. Aim for 10-20 minute sessions daily.

Recommended Poses and Exercises:

- **Standing:** Stand with feet shoulder-width apart, knees slightly bent. This basic stance helps improve circulation and muscle activation.
- **Squats:** Perform squats while standing on the platform to intensify leg and glute workouts.
- **Push-ups:** Place hands on the platform for an elevated and vibrating push-up, engaging core and upper body muscles.
- **Resistance Band Exercises:** Utilize the included resistance bands for upper body exercises like bicep curls, tricep extensions, and shoulder raises while vibrating.
- **Seated Pose:** Sit on the platform with legs extended or bent to target core and lower body muscles.

Total Relaxation At Work



Image: A woman demonstrates a lunge exercise on the AXV Vibration Plate, holding the resistance bands for an enhanced full-body workout.

Efficient Total Body Workout



Total body
relaxation



Helps with
weight loss



Effective
rehabilitation



Promote blood
circulation



Image: A woman performs bicep curls using the resistance bands while standing on the vibrating platform, targeting upper body muscles.

Easy Workout **Anytime**



Image: A woman sits on the AXV Vibration Plate with her legs extended, demonstrating a seated exercise pose for core and lower body engagement.

MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your AXV Vibration Plate.

- **Cleaning:** Wipe the surface of the device with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place away from direct sunlight. Its compact size (12.2"D x 20.2"W x 4.5"H) allows for easy storage.
- **Inspection:** Regularly check the power cord and resistance bands for any signs of wear or damage.

Space Saving And **Easy To Store**



Image: A woman demonstrates the compact design of the AXV Vibration Plate by easily sliding it under a sofa for storage, highlighting its space-saving feature.

TROUBLESHOOTING

If you encounter any issues with your AXV Vibration Plate, refer to the following common problems and solutions:

- **Device does not power on:** Ensure the power cable is securely plugged into both the device and the wall outlet. Check that the main power switch at the back is in the 'ON' position.
- **Vibration is weak or inconsistent:** Verify that the device is on a flat, stable surface. Adjust the speed settings using the control panel or remote control.
- **Remote control not responding:** Check the batteries in the remote control and replace if necessary. Ensure there are no obstructions between the remote and the device.
- **Unusual noise during operation:** Stop using the device immediately and inspect for any loose parts or foreign objects. Contact customer support if the issue persists.

SPECIFICATIONS

- **Model:** ARK-6

- **Brand:** AXV
- **Maximum Weight Recommendation:** 330 Pounds
- **Controls Type:** Remote, Integrated Control Panel
- **Number of Resistance Levels:** 120
- **Operation Mode:** Automatic
- **Power Source:** Corded Electric
- **Item Dimensions (LxWxH):** 12.2 x 20.2 x 4.5 inches
- **Item Weight:** 9.21 Kilograms
- **Color:** Black and Gray
- **Material:** Acrylonitrile Butadiene Styrene (ABS)

WARRANTY AND SUPPORT

AXV products are manufactured to high standards and rigorously tested. We are committed to 100% customer satisfaction.

If you encounter any problems with your AXV Vibration Plate, please contact the seller directly via email for a satisfactory solution. Refer to your purchase documentation for specific warranty details and contact information.