

## Dripex Vibration Plate Exercise Machine

# Dripex Vibration Plate Exercise Machine User Manual

Model: Vibration Plate Exercise Machine

Brand: Dripex

## 1. INTRODUCTION

The Dripex Vibration Plate Exercise Machine is designed to provide an effective and convenient full-body workout experience in the comfort of your home. Utilizing advanced vibration technology, this platform helps to engage muscles, improve circulation, and support various fitness goals, including muscle strengthening, flexibility, and lymphatic drainage. Its compact design and user-friendly features make it suitable for a wide range of users.

Regular use of the vibration plate can contribute to enhanced physical well-being and a more active lifestyle. This manual provides detailed instructions for safe operation, setup, maintenance, and effective utilization of your new exercise machine.

## 2. SAFETY INFORMATION

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

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe heart conditions, epilepsy, or acute thrombosis.
- Ensure the machine is placed on a stable, level surface.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 300 lbs (approximately 136 kg).
- Always wear appropriate athletic footwear when using the machine.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.

## 3. PACKAGE CONTENTS

Carefully unpack your Dripex Vibration Plate Exercise Machine and verify that all components are present and in good condition. If any items are missing or damaged, please contact customer service.

- 1 x Dripex Vibration Plate

- 2 x Resistance Training Ropes
- 4 x Exercise Bands
- 1 x Remote Control
- 1 x 6FT Power Cord
- 1 x User Manual (This document)



Figure 3.1: Included Components

This image displays all items included in the package: the black vibration plate, two black resistance training ropes with handles, four colorful exercise bands (red, yellow, blue, green), a black remote control, and a power cord. A user manual is also visible.

## 4. SETUP

Setting up your Dripex Vibration Plate is quick and easy.

- Placement:** Choose a flat, stable, and non-slip surface for the vibration plate. Ensure there is enough clear space around the machine for safe movement during exercises.
- Power Connection:** Locate the power input port on the side of the vibration plate. Insert the provided power cord firmly into the port, then plug the other end into a standard electrical outlet.

3. **Power On:** Flip the main power switch, usually located near the power cord input, to the 'ON' position. The LED display on the plate should illuminate.
4. **Remote Control:** Ensure the remote control has working batteries (not included, typically AAA). The remote allows for convenient adjustment of settings during your workout.



Figure 4.1: Initial Setup

This image shows the black Dripex Vibration Plate positioned on a light-colored rug in a living room, ready for use. The power cord is connected to the back of the unit.

## 5. OPERATING INSTRUCTIONS

Your Dripex Vibration Plate offers multiple modes and speed levels for a customized workout.

### 5.1 Control Panel and Remote Control

The machine can be operated using the integrated LED display and buttons on the plate itself, or via the convenient remote control.

## LED Display & On-screen Control



Figure 5.1: LED Display & On-screen Control

This image provides a close-up view of the vibration plate's LED display, showing numerical readouts and various control buttons for power, mode selection, and speed adjustment.

## Remote Control Function



Figure 5.2: Remote Control Function

This image shows a hand holding the black remote control, highlighting its buttons for speed, time, and mode adjustments, allowing for convenient operation during a workout.

## 5.2 Modes and Speed Levels

The Dripex Vibration Plate offers a variety of settings to suit your fitness needs:

- **Manual Mode:** Allows you to manually adjust the vibration speed from 1 to 99 levels.
- **5 Automatic Modes:** Pre-programmed routines designed for different workout intensities and goals. Refer to the display for specific program indicators (P1, P2, etc.).
- **99 Speed Levels:** Provides a wide range of vibration intensities, from gentle relaxation to intense muscle engagement.

# Powerful and Smooth -Running Motor

Enjoy Quiet and Efficient Relaxation



Figure 5.3: Multi-functional Vibration Plate Zones

This diagram illustrates how foot placement on the vibration plate affects workout intensity. Placing feet closer to the center provides a 'Relax' intensity, slightly wider for 'Comfortable', and at the edges for 'Strong' vibration, along with indicators for 99 speed levels, 5 preset modes, and manual mode.

## 5.3 Using the Resistance Bands and Training Ropes

The included resistance bands and training ropes can be attached to the base of the vibration plate to enhance your workout by adding upper body and core exercises.

1. Locate the attachment points on the sides of the vibration plate.
2. Securely clip the training ropes or loop the resistance bands through these points.
3. Perform exercises such as bicep curls, tricep extensions, or shoulder raises while standing or sitting on the plate.



Figure 5.4: Squats with Resistance Band

This image shows a woman performing a squat exercise on the Dripex Vibration Plate, with a red resistance band placed around her thighs to increase the intensity of the workout.

Video 5.1: Dripex Vibration Plate Exercise Machine Demonstration

This video demonstrates various ways to use the Dripex Vibration Plate, including standing exercises, squats, lunges, planks, and seated positions, showcasing its versatility for a full-body workout. It also highlights the use of resistance bands and the remote control.

## 6. EXERCISE GUIDE

The Dripex Vibration Plate can be incorporated into various exercise routines to enhance muscle activation and overall fitness. Here are some suggested exercises:

### 6.1 Full Body Workout Examples

- **Squats:** Stand on the plate with feet shoulder-width apart, lower into a squat position.
- **Lunges:** Place one foot on the plate and step back with the other, lowering into a lunge.

- **Plank:** Place forearms or hands on the plate in a plank position.
- **Calf Raises:** Stand on the plate and raise onto your toes.
- **Seated Relaxation:** Sit on a chair with feet on the plate for relaxation and lymphatic drainage.



Figure 6.1: Effective Workouts in 10 Mins

This infographic suggests that 10 minutes on the vibration plate can be equivalent to longer durations of other exercises, such as 30 minutes of yoga or swimming, 1 hour of jogging or cycling, or 100 sit-ups or push-ups. It features images of a woman using the plate with resistance ropes and various other fitness activities.

## Multi-functional Vibration Plate

Exercise the Whole Body Muscles



Figure 6.2: Enjoy Full Body Fitness

This collage demonstrates a variety of exercises that can be performed on the Dripex Vibration Plate to engage different muscle groups, including seated meditation, leg lifts, plank, half-kneeling, and lunge positions, showcasing its versatility for a comprehensive workout.

## 6.2 Benefits of Vibration Training

- Deeper Relaxation
- Lymphatic Drainage
- Relief of Chronic Pain
- Improved Circulation
- Increased Bone Density
- Weight Loss & Easy Sculpting
- Relieve Fatigue
- Improve Flexibility & Balance
- Increase Muscle Strength

# Compact Design for Easy Storage and Use

Max User Weight : 300 LBS



Training Ropes



Resistance Bands



Remote Control



Power Cord

Figure 6.3: Powerful and Smooth-Running Motor

This image shows a woman relaxing on a couch with her feet on the vibration plate, emphasizing the quiet operation (less than 22 dB) and benefits such as deeper relaxation, lymphatic drainage, relief of chronic pain, improved circulation, and increased bone density.

## Excellent Quality and Superior Design



LED Display & On-screen Control



Remote Control Function



Skin-friendly Silicone Pedal



Non-slip Suction Cups

Figure 6.4: Muscle Strength Enhancement

This image highlights the benefits of using the vibration plate for muscle strength enhancement, including weight loss, easy sculpting, relief from fatigue, improved flexibility, improved balance, and increased muscle strength, illustrated by a woman performing squats on the device.

## 7. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Dripex 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 design allows for easy storage under furniture.
- **Inspection:** Periodically check the power cord for any damage. Ensure all connections are secure.

## Non-slip Suction Cups



Figure 7.1: Non-slip Suction Cups

This image highlights the non-slip suction cups located on the underside of the vibration plate, which provide stability and prevent movement during use.

## Skin-friendly Silicone Pedal



Figure 7.2: Skin-friendly Silicone Pedal

This image shows a close-up of a person's feet, wearing white socks, positioned on the textured, skin-friendly silicone pedal surface of the vibration plate, emphasizing comfort and grip.

## 8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Main power switch is off; No power from outlet.	Ensure power cord is securely plugged into both the machine and the outlet. Check if the main power switch is in the 'ON' position. Test the outlet with another device.
Vibrations are weak or inconsistent.	Low speed setting; Overload (exceeding weight limit); Uneven surface.	Increase the speed setting using the control panel or remote. Ensure user weight is within the 300 lbs limit. Place the machine on a flat, stable surface.

Problem	Possible Cause	Solution
Remote control not working.	Dead batteries; Obstruction between remote and machine; Remote not paired (if applicable).	Replace batteries in the remote control. Ensure no objects are blocking the signal. Refer to specific pairing instructions if your model requires it.
Unusual noise during operation.	Loose components; Machine not on a level surface.	Check for any loose parts. Ensure the machine is on a completely flat and stable surface. If noise persists, discontinue use and contact customer service.

If the problem persists after attempting these solutions, please contact Dripex Customer Service for further assistance.

## 9. SPECIFICATIONS

Feature	Detail
Model Name	Vibration Plate Exercise Machine
Brand	Dripex
Color	Black
Material	Plastic (ABS)
Product Dimensions (LxWxH)	19" x 12.6" x 4.72" (48.26 cm x 32 cm x 11.99 cm)
Item Weight	15.2 Pounds (6.89 kg)
Maximum Weight Recommendation	300 Pounds (136 kg)
Number of Resistance Levels	99
Included Components	Vibration Plate, 2x Resistance Training Ropes, 4x Exercise Bands, Remote Control, User Manual
UPC	840452659797

## 10. WARRANTY & SUPPORT

Dripex offers a 1-Year Warranty for the Vibration Plate Exercise Machine, covering manufacturing defects and malfunctions under normal use conditions.

For professional customer service and technical support, please reach out to the Dripex after-sales team. We are committed to resolving any issues or questions you may have within 24 working hours.

**Contact Information:** Please refer to the contact details provided on the product packaging or the official Dripex website for the most up-to-date support information.



### [\[pdf\] User Manual Instructions](#)

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