

HiFast S8HF-VP02

User Manual for HiFast Vibration Plate Exercise Machine

Model: S8HF-VP02 | Brand: HiFast

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the HiFast Vibration Plate Exercise Machine. This device is designed to provide a full-body workout experience, aid in lymphatic drainage, and promote muscle relaxation through controlled vibrations. It features magnetic acupoints for enhanced comfort and circulation, 9 pre-set modes, and 120 adjustable speeds, making it suitable for various fitness levels and exercise routines.

Regular use of this vibration platform can contribute to improved blood circulation, reduced muscle soreness, and overall body shaping. Please read this manual thoroughly before operation to ensure safe and effective use.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a stable, level surface away from water or excessive moisture.
- Do not exceed the maximum weight capacity of **400 lbs (181 kg)**.
- Keep children and pets away from the machine during operation.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.
- If you experience dizziness, nausea, pain, or any other abnormal symptoms during exercise, stop immediately and consult a physician.
- The remote control uses infrared technology; ensure it is aimed directly at the LED display panel for proper function.

3. PACKAGE CONTENTS

Upon opening your package, please verify that all the following components are included:

- Vibration Plate (x1)

- Power Cord (1.8m / 6ft) (x1)
- Remote Control (x1)
- User Manual (x1)
- Hand Rope / Resistance Bands (x2)



Image: All components included in the HiFast Vibration Plate package.

4. SETUP

The HiFast Vibration Plate Exercise Machine comes **100% preassembled**, requiring minimal setup before first use.

1. Carefully remove the vibration plate and all accessories from the packaging.
2. Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is enough clear space around the machine for safe movement during exercise.
3. Connect the power cord to the machine's power input port and then plug it into a standard electrical outlet.
4. Ensure the power switch on the machine is in the 'ON' position.

5. OPERATING INSTRUCTIONS

The vibration plate can be controlled via its touch panel or the included remote control.

5.1. Control Panel and LED Display

Upgraded Versatile Large Led Display

Large Screen Display



Adjustable Speed
(1-120)



9 Pre-Set
Program



LED Enlarged
Screen



Remote Control



Touch Control



Image: The large LED display and touch control panel.

The large LED display shows real-time information including:

- **Time:** Displays the remaining workout time.
- **Speed:** Shows the current vibration speed level (1-120).
- **Mode:** Indicates the active program (P1-P9 auto modes or manual mode).

5.2. Remote Control

The remote control provides convenient operation from a distance. Point the remote directly at the LED display panel for optimal responsiveness.



Image: HiFast Vibration Plate with its remote control and resistance bands.

Remote Control Functions:

- **ON/OFF:** Powers the machine on or off.
- **MODE:** Cycles through the 9 pre-set auto modes (P1-P9) and manual mode.
- **SPEED +/-:** Adjusts the vibration speed level (1-120) in manual mode.
- **TIME +/-:** Adjusts the workout duration.

6. MODES AND FUNCTIONS

6.1. Adjustable Speeds and Pre-set Programs

The machine offers 120 adjustable speed levels and 9 pre-set automatic programs (P1-P9) to cater to different workout intensities and goals. These programs automatically vary speed and time for a dynamic workout.

Multiple Modes And Functions

Zones for different intensity training



Image: Multiple modes and functions with intensity zones.

The intensity of vibration can be adjusted by foot placement:

- **Narrow Stance (Walking):** Lower intensity, speeds 1-40.
- **Medium Stance (Jogging):** Moderate intensity, speeds 41-90.
- **Wide Stance (Running):** Higher intensity, speeds 91-120.

6.2. Magnetic Acupoints and Curved Design

The vibration plate features magnetic acupoints on its surface, designed to stimulate the feet and promote blood circulation, aiding in lymphatic drainage and overall relaxation. The curved design of the plate enhances foot contact and stability, allowing for a more comfortable and effective vibration experience.

Comfortable magnetic massage

Improve sleep quality and promote blood circulation



Image: Comfortable magnetic massage feature with foot stimulation points.

7. EXERCISE GUIDE

The HiFast Vibration Plate can be used for various exercises to target different muscle groups and achieve diverse fitness goals. Just 10 minutes of vibration exercise can be equivalent to longer periods of traditional workouts.

VIBRATION PLATE EXERCISE MACHINE



Image: Daily 10-Min Vibration For A Fit Figure.

7.1. Recommended Exercises

Effective Full-Body Workout



Whole-Body Training



Arm Training



Tricep Blaster



Squat



Hamstring Stretch

Image: Effective Full-Body Workout examples.

- **Whole-Body Training:** Stand on the plate with feet shoulder-width apart. This engages multiple muscle groups for overall toning.
- **Arm Training:** Place hands on the plate in a plank or push-up position. This helps accelerate fat burning in the arms and shoulders.
- **Core Training:** Sit on the plate with knees bent and feet on the floor, or perform crunches while seated on the plate. Ideal for core and abs workout.
- **Squats:** Stand on the plate and perform squats. This intensifies leg and glute workouts.
- **Hamstring Stretch:** Place one heel on the plate and gently lean forward to stretch the hamstring.
- **With Resistance Bands:** Attach the included resistance bands to the machine and perform exercises like bicep curls, tricep extensions, or rows while standing on the plate to add upper body resistance.



Image: Tricep Blaster exercise with resistance bands.



Image: Core training exercise.

8. MAINTENANCE

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

- **Cleaning:** Wipe 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 it to fit easily under a bed or sofa.

Compact & Portable Design

Weighs Only 12.4 lbs



Image: Compact and portable design, easy to store.

9. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power switch is off; No power from outlet.	Ensure power cord is securely plugged into both the machine and the wall outlet. Check if the power switch on the machine is ON. Test the outlet with another device.
Remote control is not working.	Remote not aimed at LED display; Batteries are low or dead; Obstruction between remote and display.	Point the remote directly at the LED display panel. Replace batteries if necessary. Remove any obstructions.

Problem	Possible Cause	Solution
Unusual noise or vibration.	Machine not on a level surface; Loose components.	Ensure the machine is on a flat, stable surface. Check for any loose parts and tighten if found. If the issue persists, contact customer support.

10. SPECIFICATIONS

Feature	Detail
Model Name	S8HF-VP02
Brand	HiFast
Maximum Weight Recommendation	400 Pounds (approx. 181 kg)
Controls Type	Touch and Remote Control
Display Type	LED
Number of Resistance Levels	120
Operation Mode	Automatic (9 pre-set) and Manual
Power Source	Corded Electric
Item Dimensions (LxWxH)	23.62" x 14.96" x 6.69" (approx. 60cm x 38cm x 17cm)
Item Weight	12.4 Pounds (approx. 5.6 kg)
Material	Acrylonitrile Butadiene Styrene (ABS)

11. WARRANTY AND SUPPORT

The HiFast Vibration Plate Exercise Machine comes with a**1-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures reliable quality and safe use.

HiFast is committed to being your trusted home fitness partner and provides 24-hour service to support you on your journey to a healthier, more active lifestyle.

For any questions, technical assistance, or warranty claims, please contact HiFast customer support through the retailer where you purchased the product or visit the official HiFast brand store online: [HiFast Official Store](#).