

AXEFIT 208-black

AXEFIT Vibration Plate Exercise Machine User Manual

Model: 208-black

Brand: AXEFIT

1. IMPORTANT SAFETY INFORMATION

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

- Ensure the machine is placed on a flat, stable, and non-slip surface before use.
- Do not exceed the maximum weight capacity of 400 pounds (181 kg).
- Keep children and pets away from the machine during operation.
- Consult a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Do not operate the machine if the power cord or plug is damaged.
- The machine features a short-circuit safety fuse. If the unit stops working, check and replace the fuse if necessary (refer to Maintenance section).

2. PRODUCT OVERVIEW AND COMPONENTS

The AXEFIT Vibration Plate Exercise Machine is designed for home fitness, offering a range of vibration speeds and preset programs to support various exercise needs, from muscle relaxation to lymphatic drainage.



Image: The AXEFIT Vibration Plate Exercise Machine, showcasing its compact design, remote control, and included resistance bands. A person is shown using the machine, indicating its primary function.

Included Components:

- AXEFIT Vibration Plate Exercise Machine
- Remote Control Unit
- Power Cable
- 2 Loop Resistance Bands
- User Manual (this document)



Image: A visual representation of the machine's dimensions (4.7" height, 22" length) and a clear display of its accessories: LED Touch Screen, Remote Control Unit, Resistance Band, and Power Button.

3. SETUP

1. **Unpacking:** Carefully remove all components from the packaging. Inspect for any damage.
2. **Placement:** Place the vibration plate on a firm, level, and non-slip surface. Ensure there is adequate space around the machine for safe operation. The compact size (22"D x 11.8"W x 4.7"H) allows for versatile placement.
3. **Power Connection:** Insert the power cable into the machine's power input port and then plug it into a standard electrical outlet.
4. **Resistance Bands (Optional):** If desired, attach the loop resistance bands to the hidden hooks located on the sides of the machine.

4. OPERATING INSTRUCTIONS

The AXEFIT Vibration Plate offers dual control options: a remote controller and an integrated LED touch screen.

4.1 Powering On/Off

- Locate the main power switch on the side of the machine and flip it to the "ON" position.
- Press the power button on the remote control or the LED touch screen to start or stop the vibration.

4.2 Using the Remote Control

The remote control provides convenient access to all functions:

- **Power Button:** Turns the machine on/off.
- **Speed Adjustment (+/-):** Increases or decreases the vibration speed (levels 1-99).
- **Program Selection (P button):** Cycles through the 5 preset program modes.
- **Music Controls:** Play/Pause, Next Track, Previous Track, Volume Up/Down.

4.3 Using the LED Touch Screen

The integrated LED display shows current settings and allows direct control:

- The display shows the current speed level and remaining time.
- Buttons on the panel mirror the remote control functions for speed, program, and power.

4.4 Speed Levels and Programs

- **Speed Levels (1-99):** Manually adjust the intensity of the vibration to suit your comfort and exercise goals.
- **Preset Programs (P1-P5):** Choose from 5 pre-programmed modes that vary vibration intensity and pattern for different workout experiences. These modes are designed for activities like running (strong), jogging (comfortable), and walking (relax).



Image: An illustration detailing the machine's capabilities, including 99 speed levels, 5 preset modes, a 400lbs weight capacity, and Bluetooth music functionality. It also shows the different intensity zones for foot placement (Running, Jogging, Walking).

4.5 Bluetooth Music Connectivity

- Activate Bluetooth on your mobile device.
- Search for "AXEFIT" or a similar device name in your device's Bluetooth settings.
- Pair with the machine. Once connected, you can play music through the machine's built-in dynamic speakers.

- Control music playback (play/pause, skip tracks, volume) using the remote control or your connected device.

5. EXERCISE GUIDELINES AND BENEFITS

Regular use of the AXEFIT Vibration Plate can contribute to various fitness and wellness goals. It is recommended to start with shorter sessions and lower speeds, gradually increasing as your body adapts.

- **General Use:** A typical session of 15 minutes can be effective.
- **Positioning:** Vary your foot placement on the plate to target different muscle groups and adjust intensity. Wider stances generally increase vibration intensity.
- **Resistance Bands:** Utilize the included resistance bands for upper body exercises while on the plate, enhancing overall workout effectiveness.

Benefits of Vibration Plate Exercise:

PLASTICITY



Fat Loss &
Shaping



Relaxes
Muscles



Enhance
Muscle Firmness



Increase
Metabolism



Image: A man demonstrating a squat on the vibration plate, highlighting benefits such as fat loss, muscle shaping, muscle relaxation, enhanced muscle firmness, and increased metabolism.

- **Body Shaping and Weight Loss:** Adjustable vibration speeds (1-99) can assist in slimming, shaping, and tightening skin. Incorporate yoga movements or resistance bands for comprehensive upper and lower body workouts.
- **Lymphatic Drainage:** The vibration can help stimulate lymphatic circulation, aiding in detoxification and reducing fluid retention.

- **Muscle Flexibility and Relaxation:** Helps relax tense muscles and improve overall muscle flexibility.
- **Improved Blood Circulation:** Vibration therapy can promote better blood flow throughout the body.
- **Joint Health:** Regular use can improve joint flexibility and potentially reduce pain.
- **Stress Relief:** Techniques like simulated massage and vibration can alleviate fatigue and discomfort, contributing to stress reduction.



KEEP FIT



Relieve Joint Pain



Relieve Muscle Pain



Promote Blood Circulation



Cardiovascular Prevention

Image: An elderly woman using the vibration plate while seated, illustrating its benefits for relieving joint pain, muscle pain, promoting blood circulation, and aiding in cardiovascular prevention.



RELIEVE STRESS



Boost Metabolism



Relieve Stress



Muscle Relaxation



Blood Circulation

Image: A woman using the vibration plate while working at a desk, emphasizing its role in boosting metabolism, relieving stress, promoting muscle relaxation, and improving blood circulation.

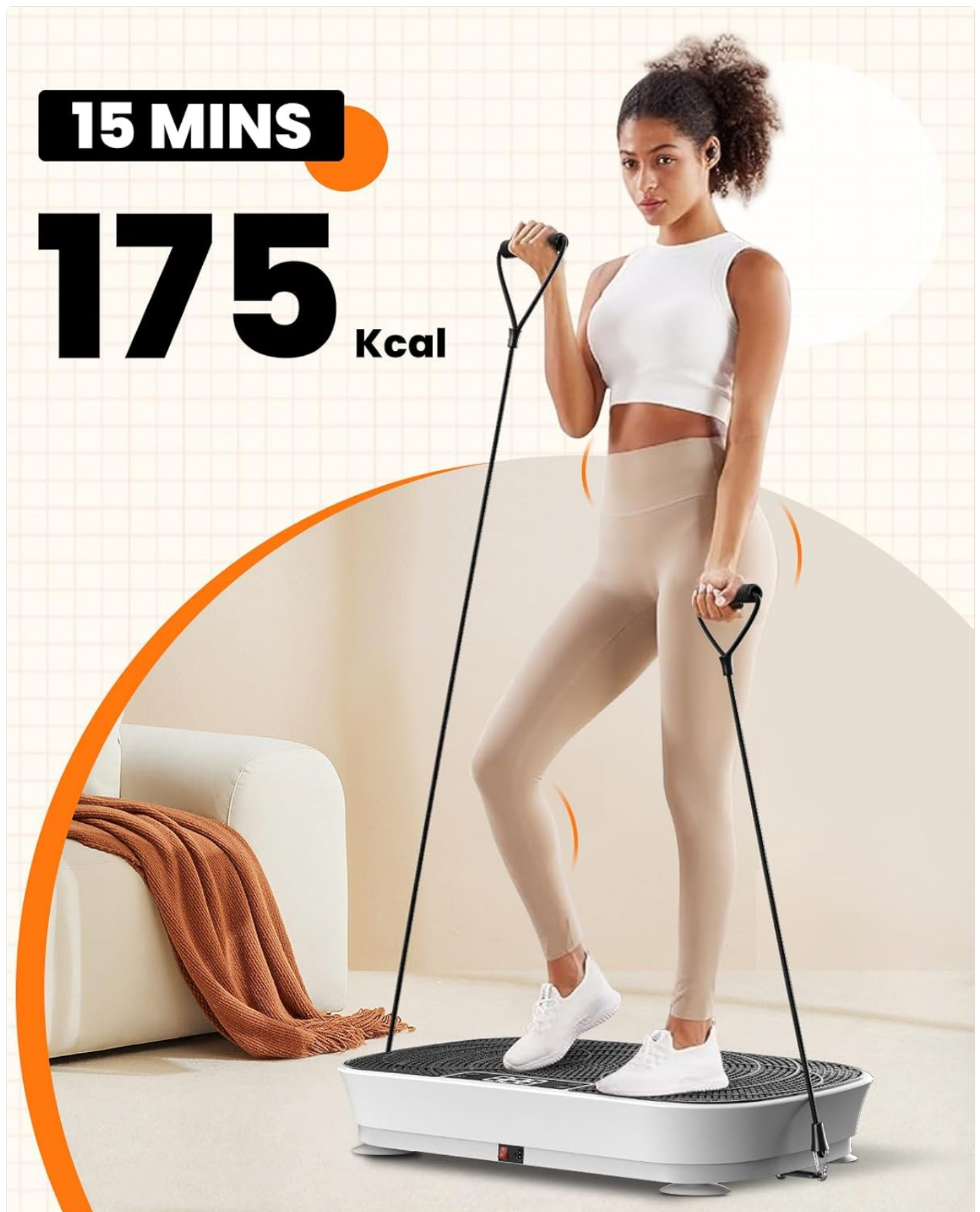


Image: A woman exercising on the vibration plate with resistance bands, indicating that 15 minutes of use can burn approximately 175 Kcal.

6. MAINTENANCE

- **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 moisture. Its compact design allows for easy storage under furniture.
- **Fuse Replacement:** The machine is equipped with a safety fuse. If the machine unexpectedly stops functioning, check the fuse located near the power input. Replace it with a fuse of the same type and rating (e.g., F10AL 250V, if specified by manufacturer). If fuses continue to blow, contact customer support.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cable not connected, main power switch off, blown fuse.	Ensure power cable is securely plugged in. Check main power switch. Inspect and replace fuse if necessary.
No vibration.	Machine is on but not started, speed level too low.	Press the power/start button on remote or panel. Increase speed level.
Remote control not responding.	Batteries are dead or incorrectly inserted, remote not paired (unlikely for simple remotes).	Replace remote control batteries. Ensure line of sight to the machine's receiver.
Bluetooth connection issues.	Bluetooth not enabled on device, machine not in pairing mode, interference.	Ensure Bluetooth is on and visible on your device. Try restarting both the machine and your device. Move closer to the machine.
Excessive noise during operation.	Machine not on a level surface, foreign object underneath.	Ensure the machine is on a flat, stable surface. Check for any obstructions underneath. The machine features dual noise reduction for quiet operation (approx. 35dB).



Image: An illustration demonstrating the low noise output of the AXEFIT Vibration Plate, rated at approximately 35dB, which is quieter than typical daily noise levels.

8. SPECIFICATIONS

Feature	Detail
Brand	AXEFIT
Model Name	208-black
Product Dimensions (LxWxH)	22" x 11.8" x 4.7" (55.9 cm x 30 cm x 11.9 cm)
Maximum Weight Recommendation	400 Pounds (181 kg)
Material	Plastic
Controls Type	Remote & Button (LED Touch Screen)
Number of Speed Levels	99
Number of Programs	5 Preset Modes
Maximum Speed	99 RPM
Power Source	Corded Electric
Noise Level	Low noise design (approx. 35dB)
Connectivity	Bluetooth Music

9. WARRANTY AND SUPPORT

The AXEFIT Vibration Plate Exercise Machine comes with a**1-Year Warranty** from the date of purchase. For any questions, technical support, or warranty claims, please contact AXEFIT customer service. Refer to the product packaging or the official AXEFIT website for the most current contact information. AXEFIT is committed to providing high-quality after-sales support to ensure customer satisfaction.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for

conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question