

EvoSpark EvoSpark Vibration Plate Machine

EvoSpark Vibration Plate Machine User Manual

Model: EvoSpark Vibration Plate Machine

1. INTRODUCTION

Thank you for choosing the EvoSpark Vibration Plate Machine. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before first use and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this equipment.

- Consult a physician before starting any new exercise program.
- Keep children and pets away from the machine during operation.
- Place the machine on a stable, level surface.
- Do not use the machine if you are pregnant, have a pacemaker, or have any other medical conditions that may be aggravated by vibration.
- Ensure the power cord is not damaged and is properly connected.
- Do not stand on the machine with wet feet.
- Use the machine only for its intended purpose as described in this manual.
- Stop use immediately if you feel dizzy, nauseous, or experience any pain.

3. PRODUCT FEATURES

The EvoSpark Vibration Plate Machine is designed with advanced features to enhance your fitness routine:

- **Industrial Dual-Motor System:** Provides powerful and consistent vibration for effective whole-body workouts.
- **Multiple Vibration Modes:** Offers various vibration patterns (e.g., linear, horizontal oscillation, pulses) to target different muscle groups and exercise intensities.
- **Adjustable Speed Levels:** Up to 120 speed levels for customized workout intensity.

- **Smart LED Touchscreen:** Displays real-time information such as speed, time, and mode.
- **Bluetooth Connectivity:** Allows streaming of audio for an enhanced workout experience.
- **Magnetic Massage Nodes:** Integrated nodes on the platform for foot massage and improved circulation.
- **Wide Anti-Slip Platform:** Provides a stable and secure surface for various exercises.
- **High Weight Capacity:** Supports users up to 450 lbs.
- **Compact Design with Transport Wheels:** Easy to move and store.



Image: Overview of the EvoSpark Vibration Plate Machine highlighting its dual motor system and quiet operation.



Image: Illustration of the three distinct vibration zones (Walking, Jogging, Running) on the platform, corresponding to different speed ranges.

4. SETUP AND ASSEMBLY

The EvoSpark Vibration Plate Machine comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the machine and all accessories from the packaging. Retain packaging for storage or return if necessary.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is adequate space around the machine for safe operation.
3. **Power Connection:** Connect the power cord to the machine's power input and then plug it into a standard electrical outlet.

4. **Accessory Attachment (Optional):** If using resistance bands, attach them to the designated anchor points on the machine.



Image: Contents of the EvoSpark Vibration Plate Machine package, showing the main unit, power cord, remote, pull ropes, and user manual.



Image: The EvoSpark Vibration Plate Machine is shown as pre-assembled, emphasizing ease of setup.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To turn on, press the power button on the control panel or remote control.
- To turn off, press the power button again.

5.2 Using the Control Panel and Remote

The machine can be operated using the integrated LED touchscreen or the included remote control.

- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease vibration intensity (levels 1-120).
- **Mode Selection:** Press the 'MODE' button to cycle through pre-set programs (P1, P2, P3, etc.) or manual mode.
- **Time Setting:** Adjust workout duration using the 'TIME' buttons.
- **Start/Stop:** Press 'START/STOP' to begin or pause the vibration.

Why choose EvoSpark vibration plate?



Others



- ⊗ Ordinary Motors
- ⊗ Cannot Connect to Bluetooth
- ⊗ Adjustable Speed 1-99
- ⊗ Vibrations Cause Dizziness
- ⊗ Difficult to Move
- ⊗ Magnets Are Sharp and Hurt Your Foot



- ✔ Germany Tough Motors
- ✔ Bluetooth Connection
- ✔ Adjustable Speed 1-120
- ✔ Stable Vibrations, No Discomfort
- ✔ Easy to Move
- ✔ Magnet Health Massage
No Foot Discomfort

Image: The EvoSpark Vibration Plate Machine shown with its remote control, illustrating ease of operation.

Massage Vibration Plate



For Relaxation

- ✔ Foot Massage
- ✔ Energize Your Body
- ✔ Boosts Circulation
- ✔ Eliminate Fatigue



Image: Detailed view of the control panel, remote, and various features of the vibration plate.

5.3 Bluetooth Connectivity

To connect your device via Bluetooth for music playback:

1. Ensure the vibration plate is powered on.
2. Activate Bluetooth on your smartphone or audio device.
3. Search for the device named "Music-017D" and pair with it.
4. A confirmation tone will sound upon successful connection.



Image: User enjoying music during a workout session, demonstrating Bluetooth connectivity.

5.4 Recommended Usage Positions

Vary your stance on the platform to target different muscle groups and adjust intensity:

- **Walking Zone (Low Intensity):** Feet closer together in the center.
- **Jogging Zone (Medium Intensity):** Feet slightly wider apart.
- **Running Zone (High Intensity):** Feet at the widest stance on the outer edges.



Image: Different family members demonstrating various positions on the vibration plate for different exercise types.

Image: A woman demonstrating various exercises on the vibration plate, including squats, lunges, planks, and hip thrusts, to engage different muscle groups.

Your browser does not support the video tag.

Video: Official EvoSpark video demonstrating the 7-in-1 4D PRO Vibration Plate, showcasing various modes and exercises.

6. MAINTENANCE AND CARE

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

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Utilize the built-in transport wheels for easy movement.
- **Power Cord:** Regularly inspect the power cord for any signs of damage. If damaged, contact customer support for replacement.
- **Moving the Machine:** Use the transport wheels by tilting the machine and rolling it to the desired location.



Image: Close-up of the magnetic massage points on the vibration plate, which should be kept clean.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected; power outlet faulty; main power switch off.	Check power cord connection; try a different outlet; ensure main power switch is on.
No vibration.	Machine is paused; speed setting is too low; motor issue.	Press START/STOP; increase speed setting; contact customer support if issue persists.
Bluetooth not connecting.	Bluetooth on device is off; incorrect device selected; interference.	Ensure Bluetooth is on; select "Music-017D"; move closer to the machine.
Unusual noise during operation.	Loose components; machine not on a level surface.	Check for loose parts; ensure machine is on a stable, level surface. If noise persists, discontinue use and contact support.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	51 x 35 x 13 cm
Item Weight	8.04 kg
Max User Weight Capacity	450 lbs
Motor Type	Industrial Dual-Motor System
Speed Levels	1-120
Connectivity	Bluetooth (for audio)
Control	LED Touchscreen, Remote Control



Image: The machine's dimensions (51cm x 35cm) and 450 lbs weight capacity are highlighted.

9. WARRANTY AND SUPPORT

EvoSpark provides a **1-year limited warranty** for this Vibration Plate Machine, covering manufacturing defects from the date of purchase. For warranty claims or technical assistance, please contact EvoSpark customer support. EvoSpark offers **24/7 technical service** and lifetime technical support to ensure a superior customer experience.

- **Contact Information:** Refer to the contact details provided on the EvoSpark official website or your purchase documentation.
- **Before Contacting Support:** Please have your product model and purchase date available.

