

HTM B0FC27BBVN

HTM Curved Vibration Plate Exercise Machine User Manual

Model: B0FC27BBVN

INTRODUCTION

Thank you for choosing the HTM Curved Vibration Plate Exercise Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference.

SAFETY INFORMATION

WARNING: Before starting any new exercise program, consult with your physician, especially if you have pre-existing medical conditions.

- Always place the vibration plate on a flat, stable surface.
- Ensure adequate space around the machine during use.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Keep children and pets away from the machine during operation.
- Do not use the machine if you are pregnant, have a pacemaker, or have any severe medical conditions without consulting a doctor.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Do not operate the machine with wet hands or feet.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.

WHAT'S INCLUDED

Your HTM Curved Vibration Plate Exercise Machine package includes the following components:

- 1 x HTM Vibration Plate
- 2 x Resistance Bands with ergonomic handles
- 1 x Wireless Remote Control
- 1 x User Manual (this document)



Image: All components included in the HTM Vibration Plate Exercise Machine package.

PRODUCT FEATURES

- **120 Speed Levels and Remote Slot:** The machine offers 1 to 120 speed intensity adjustments and 9 automatic preset programs (P1-P9). A built-in side storage slot keeps the remote control secure and accessible.
- **Versatile Home Workout:** Designed for low-impact training, this platform engages muscle groups and supports full-body conditioning, muscle soothing, and core strength practice. A 10-minute session can provide significant benefits.
- **Ergonomic Curved Design:** The curved platform follows natural body contours, delivering focused vibration energy, enhancing stability, and reducing pressure on joints and feet.
- **22-Inch Extra Wide Platform and 330 lbs Capacity:** Constructed from heavy-duty ABS and PP plastic, it supports up to 330 lbs. The widened anti-slip surface provides ample space for various exercises, and industrial-grade bottom suction cups ensure stability.
- **Compact 12.5 lbs Design with Low Noise:** Powered by a 150W motor, it operates under 40 decibels. Weighing only 12.56 lbs (5.7 kg) with a slim profile (22 x 13 x 5 inches), it is easy to store in small spaces.

All-in-One Vibration Plate Machine



120 Levels
Speeds



Timer

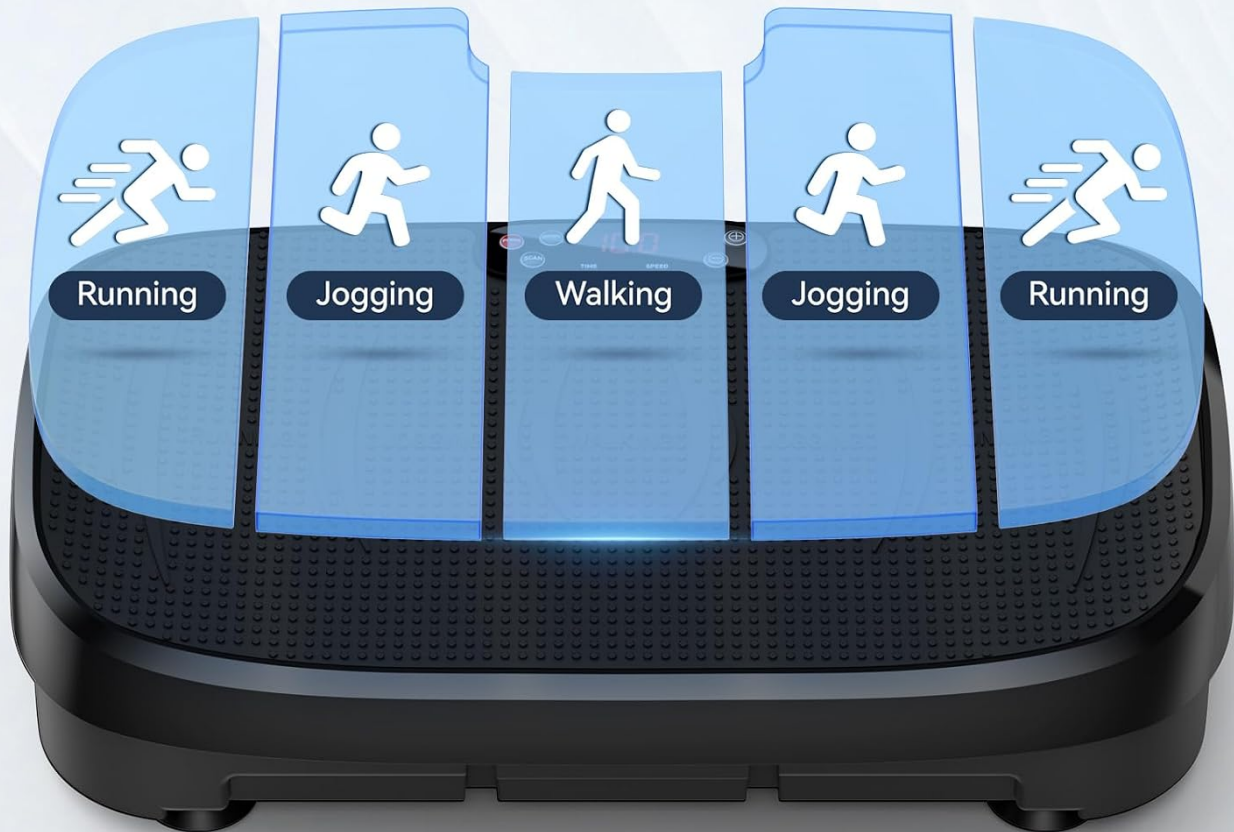


Image: Overview of the HTM Vibration Plate with designated zones for different exercise intensities.



A woman with brown hair in a ponytail, wearing a purple sports bra and blue leggings, is smiling while using a black vibration plate. She is holding two black resistance bands, one in each hand, and is in a squatting position. The vibration plate has the letters 'HTM' on it. The background shows a room with a large window, a framed picture of a camel, and a brass bell hanging from the ceiling.

10 Minutes Maximum Results

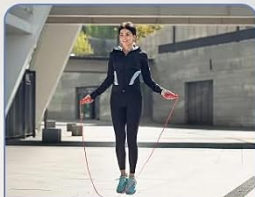
 30 Mins Yoga	 30 Mins Swimming
 60 Mins Jogging	 30 Mins Rope Skipping
 100 Sit-ups	 60 Mins Cycling

Image: Demonstrating the efficiency of a 10-minute workout on the vibration plate compared to other activities.



120 Speed Levels for Every Fitness Goal



Image: Visual representation of the 120 speed levels and their corresponding intensity ranges.

The Ultimate Curved Design

Deeper Waves, Better Workouts



Image: The curved design of the vibration plate for enhanced comfort and stability.

Exclusive Storage and Cord-Hook

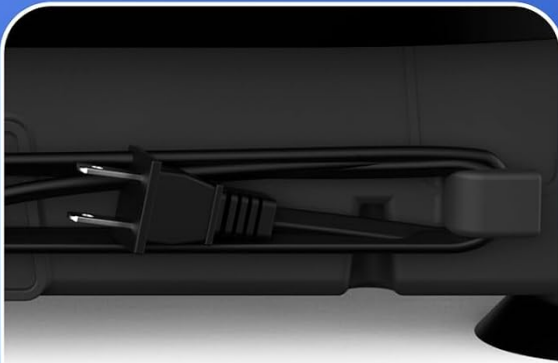
Keep Everything Neat



HTM[®]



Hidden Storage



Built-in Cord Hook

OTHERS



No Storage

VS



No Cord-Hook

VS

Image: Features like hidden storage for the remote and a cord hook for tidy storage.

Boost Your Workday Energy

Stay Fit at Your Desk with Our Vibration Plate!



Image: The low-noise operation of the vibration plate, suitable for office or home use without disturbance.

SETUP INSTRUCTIONS

1. **Unpack the Machine:** Carefully remove all components from the packaging. Inspect for any damage.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is enough clear space around the unit for safe operation and movement.
3. **Connect Power:** Plug the power cord into the machine's power input, then into a standard electrical outlet. Ensure the power switch on the machine is in the OFF position before plugging it in.
4. **Attach Resistance Bands (Optional):** If desired, attach the resistance bands to the designated attachment points on the sides of the vibration plate.

OPERATING INSTRUCTIONS

Powering On/Off

1. Flip the main power switch located on the side of the machine to the 'ON' position. The LED display will illuminate.
2. Press the 'POWER' button on the control panel or remote control to start or stop the vibration.

Using the Control Panel



Image: The intuitive one-touch smart control panel.

- **POWER:** Turns the machine on/off.
- **ON/OFF:** Starts/stops vibration.
- **SPEED +/-:** Adjusts the vibration intensity from 1 to 120 levels.
- **TIME +/-:** Sets the workout duration.
- **MODE:** Cycles through manual mode and 9 automatic preset programs (P1-P9).

Using the Remote Control



Image: The remote control for convenient adjustments.

The remote control duplicates most functions of the main control panel, allowing for convenient adjustments during your workout. Ensure the remote has working batteries.

EXERCISE GUIDE

The HTM Vibration Plate offers various ways to enhance your workout. Experiment with different stances and positions to target specific muscle groups.

Basic Stances

- **Walking Zone:** Place your feet closer together in the center of the plate for a gentler vibration, simulating a walk.
- **Jogging Zone:** Position your feet slightly wider apart for a moderate vibration, mimicking a jog.
- **Running Zone:** Place your feet at the widest points on the plate for the most intense vibration, simulating a run.



Image: Examples of various exercise poses on the vibration plate.

Demonstration Video

Video: A demonstration of the HTM Vibration Plate Exercise Machine, showcasing its features and use. This video is provided by XXYD Official Direct.

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 vibration plate in a cool, dry place away from direct sunlight. Its compact design allows it to be stored under a bed, sofa, or in a closet. Utilize the built-in cord hook for tidy storage.
- **Inspection:** Periodically check the power cord and resistance bands for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

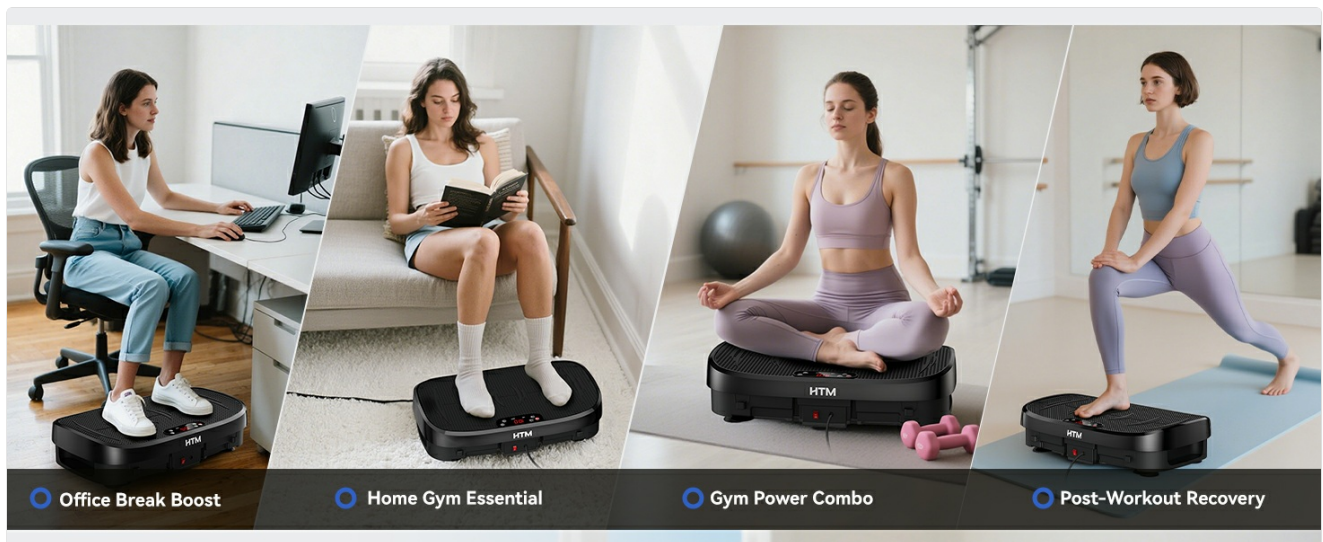


Image: The silicone pedal mat provides comfort and safety during use.



Image: Upgraded suction cups on the base for improved stability during workouts.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Main power switch is off; Power outlet malfunction.	Ensure power cord is securely plugged in. Turn the main power switch to 'ON'. Test the outlet with another device.
No vibration when pressing START.	Machine is in standby mode; Speed level is set to 0.	Press the 'POWER' button on the control panel or remote. Increase the speed level using the 'SPEED +' button.
Remote control not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and machine.	Replace batteries, ensuring correct polarity. Remove any obstructions. Ensure you are within range.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; Machine not on a level surface.	Check for any loose parts. Ensure the machine is on a flat, stable surface. If noise persists, discontinue use and contact support.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	HTM
Model	B0FC27BBVN
Item Weight	14 pounds (6.35 kg)
Color	Black
Material	ABS Plastic
Product Dimensions (D x W x H)	22" x 13" x 5" (55.88 cm x 33.02 cm x 12.7 cm)
Display	LED
Maximum Speed	120 levels
Motor Horsepower	150 watts (0.2 hp)
Power Source	Corded Electric
Maximum Weight Recommendation	330 pounds (150 kg)
Included Components	Vibration plate, 2 resistance bands, user manual

WARRANTY AND SUPPORT

The HTM Curved Vibration Plate Exercise Machine comes with a **1 Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or any questions regarding your product, please refer to the contact information provided with your purchase documentation or visit the official HTM website. Please have your model number (B0FC27BBVN) and proof of purchase ready when contacting support.

