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PUREROYI RB-CFU7900

PUREROYI Vibration Plate Exercise Machine User Manual

Model: RB-CFU7900

INTRODUCTION

Thank you for choosing the PUREROYI Vibration Plate Exercise 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 use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions or are over 60 years old. P1 and P2 speeds are recommended for people with osteoporosis or over the age of 60.

- Ensure the machine is placed on a stable, level surface.
- Do not use if the power cord is damaged.
- Keep children and pets away from the machine during operation.
- Maximum user weight is up to 330 lbs. Do not exceed this limit.
- Always maintain balance while on the platform. Use a wall or stable object for support if needed.
- Unplug the machine when not in use or before cleaning.

PACKAGE CONTENTS

- Vibration Plate (x1)
- Remote Control (x1)
- Resistance Training Bands (x2)
- User Manual (x1)

Powerful & Customizable Therapeutic Vibrations

Say goodbye to the gym, you can
exercise at home



Adjustable
Speed(0-180)



5 Pre-Set
Programs



LED Touch
Display



Remote
Controls



Max Load
300LBS



Image: The PUREROYI Vibration Plate, remote control, and two resistance bands, illustrating the complete package contents.

PRODUCT OVERVIEW

The PUREROYI Vibration Plate is designed to provide whole-body vibrations for muscle contraction and activation, aiding in various fitness and wellness goals. It features a user-friendly design with multiple modes and adjustable settings.



Image: A detailed diagram highlighting key components of the vibration plate: magnetic acupressure points, elastic rope hooks for resistance bands, the LED touch control panel, non-slip suction cups on the base, and an illustration of the powerful motor.

Key Features:

- **5 Workout Modes:** Includes a manual mode with adjustable vibration speed (1-180) and smart modes with 4 different frequencies (P01, P02, P03, P04).
- **LED Touch Screen:** Displays time and speed for clear workout monitoring.
- **Remote Control:** Allows convenient operation from a distance.
- **Resistance Training Bands:** Included for upper and lower body workouts.
- **Anti-slip Coated Design:** Ensures user safety during exercise.
- **Impact-resistant ABS Housing:** Provides durability and motor protection.
- **Non-slip Suction Cups:** Enhance stability and reduce noise during use.
- **Compact Size:** Easy to carry and store, suitable for various spaces.

SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level, and non-slip surface. Ensure there is enough clear space around the machine for safe operation.
3. **Connect Power:** Insert the power cord into the machine's power port and then into a suitable electrical outlet. Ensure the power switch on the machine is in the OFF position before plugging in.
4. **Attach Resistance Bands (Optional):** If desired, attach the resistance training bands to the designated elastic rope hooks on the sides of the platform.

OPERATING INSTRUCTIONS

Powering On/Off:

- Locate the main power switch on the side of the unit. Flip it to the "ON" position. The LED display will illuminate.
- To turn off, flip the main power switch to the "OFF" position.

Using the Control Panel / Remote Control:

The machine can be operated using either the LED touch screen on the unit or the included remote control. The functions are identical.



Image: A detailed image showing the control panel on the vibration plate and the remote control. Both interfaces display buttons for power, mode selection, speed adjustment, and start/stop functions.

- **Start/Stop:** Press the "START/STOP" button to begin or pause the vibration.
- **Mode Selection:** Press the "MODE" button to cycle through the 5 available workout modes:
 - **HR (Manual Mode):** Allows manual adjustment of vibration speed from 1 to 180.
 - **P01 (Smart Mode):** Automatic speed range (20-40).
 - **P02 (Smart Mode):** Automatic speed range (40-80).
 - **P03 (Smart Mode):** Automatic speed range (80-120).
 - **P04 (Smart Mode):** Automatic speed range (120-160).
- **Speed Adjustment:** Use the "Speed +" and "Speed -" buttons to increase or decrease the vibration speed in Manual Mode.
- **Time Adjustment:** Use the "Time +" and "Time -" buttons to adjust the workout duration.

Recommended Usage:

A 10-minute workout per day is recommended to experience benefits such as increased bone mineral density, stress reduction, and improved circulation.



Image: An infographic illustrating the time equivalency of a 10-minute vibrating plate practice to other exercises, such as 30 minutes of swimming or yoga, 60 minutes of jogging or cycling, or 300 sit-ups, highlighting its efficiency.

Exercise Poses:

Vary your stance and incorporate resistance bands for a full-body workout.

COMPACT & EASY TO STORE



Image: A collage of six different exercise poses demonstrated on the vibration plate, including standing, squatting with resistance bands, and various yoga-inspired stretches, showcasing the versatility of the machine.

MAINTENANCE

- **Cleaning:** Wipe the surface of 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. Its compact size allows for easy storage under a bed or sofa.
- **Inspection:** Regularly check the power cord for any signs of damage. Ensure all connections are secure.

Easy To Control & Store

Easy to Use and Store, Put it under the sofa after use, not taking up space



Touch Control Panel



Remote Control



Easy to store

Image: The vibration plate neatly stored under a bed, highlighting its compact design and ease of storage in small living spaces.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected or main switch is off.	Ensure power cord is securely plugged into both the machine and the outlet. Check if the main power switch is in the "ON" position.
Vibrations are weak or inconsistent.	Incorrect mode selected or low speed setting.	Adjust the speed setting using the "Speed +" button or select a different Smart Mode (P01-P04).
Remote control not working.	Batteries are dead or remote is out of range.	Replace the batteries in the remote control. Ensure you are within effective range of the machine.

If you encounter issues not listed here, please contact customer support.

SPECIFICATIONS

- **Model Name:** RB-CFU7900
- **Brand:** PUREROYI
- **Maximum Weight Recommendation:** 330 Pounds
- **Controls Type:** Push Button
- **Display Type:** LED
- **Maximum Speed:** 180 RPM
- **Minimum Speed:** 1 RPM
- **Number of Programs:** 5
- **Number of Resistance Levels:** 2 (for bands)
- **Item Dimensions (LxWxH):** 21 x 13 x 5 inches
- **Item Weight:** 7.98 Kilograms
- **Material:** Plastic
- **Color:** Black

WARRANTY AND SUPPORT

The PUREROYI 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 any questions about product use, troubleshooting, or warranty claims, please contact PUREROYI customer support. Contact information can typically be found on the product packaging or the official PUREROYI website.

Gentle Reminder: If you have any questions about the use of the product, please contact us!