

## JOROTO JV30

# JOROTO JV30 Vibration Plate User Manual

Model: JV30

## 1. INTRODUCTION

Thank you for choosing the JOROTO JV30 Vibration Plate. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before initial use and keep it for future reference. The JOROTO JV30 Vibration Plate is designed for effective and comfortable home workouts. Its compact dimensions make it ideal for domestic use. It offers 99 adjustable intensity levels and 9 predefined automatic programs, allowing both beginners and advanced users to customize their training according to their needs. Its maximum load capacity of 150 kg ensures stability and safety throughout the exercise.



Image: JOROTO JV30 Vibration Plate with benefits overview.

## 2. SAFETY INFORMATION

**WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the vibration plate.**

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical

conditions.

- Keep children and pets away from the equipment during operation.
- Place the vibration plate on a flat, stable surface. Ensure adequate space around the unit.
- Do not use the equipment if you weigh more than the maximum recommended load of 150 kg (330 lbs).
- Ensure the power cable is not damaged and is properly connected to a grounded outlet (220-240 V, 50 Hz).
- Do not use the equipment if you feel dizzy, nauseous, or experience any pain. Stop immediately and consult a physician.
- Always wear appropriate athletic footwear during use.
- Do not insert any objects into the openings of the equipment.
- Unplug the power cord when not in use or before cleaning.
- This appliance is for household use only.

### 3. PACKAGE CONTENTS

Carefully unpack the box and ensure all items listed below are present and in good condition:

- 1x JOROTO JV30 Vibration Plate
- 1x Remote Control
- 2x Resistance Bands
- 1x EU Power Cable
- 1x User Manual (this document)



Image: Contents of the JOROTO JV30 Vibration Plate package.

### 4. PRODUCT OVERVIEW

The JOROTO JV30 Vibration Plate features a robust design with user-friendly controls for an effective workout experience.



Image: JOROTO JV30 Vibration Plate.

### Key Features:

- **9 Vibration Modes:** Offers a variety of vibration patterns for different workout intensities.
- **99 Speed Levels:** Allows fine-tuning of vibration intensity from 1 to 99.
- **LED Display:** Clearly shows time and speed settings.
- **Dual Control Methods:** Operate via integrated buttons on the plate or the included remote control.
- **Anti-slip Surface:** Ensures stable and safe training.
- **Magnetic Massage Points:** Provides a massaging effect during workouts to relax muscles and improve circulation.
- **Compact Design:** Easy to store and transport.
- **High Load Capacity:** Supports users up to 150 kg (330 lbs).
- **Resistance Bands:** Included for enhanced full-body workouts.

# Exercice complet du corps haute performance

Sculpter un corps parfait



Image: Detailed features of the JOROTO JV30 Vibration Plate.

## Conception unique de la surface

Améliore les bénéfices des exercices standard

- 1 Massage magnétique
- 2 Pied ventouse en caoutchouc
- 3 Surface antidérapante

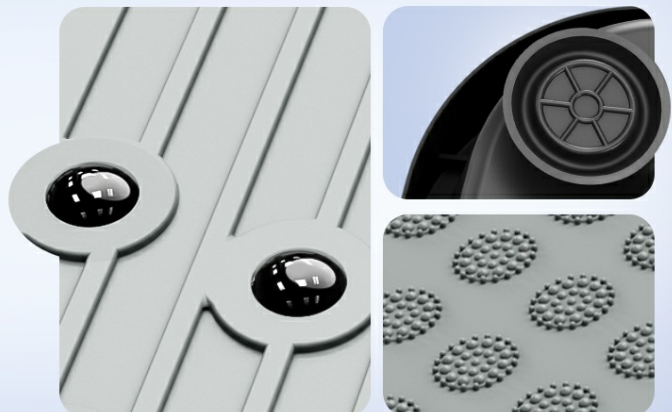


Image: Close-up of the anti-slip surface.

# Facile à ranger

Taille compacte et rangement pratique



Image: Magnetic massage points and rubber material.

## Conception détaillée exquise

Stimule l'entraînement de l'ensemble du corps

- 1 Plastique ABS
- 2 Trou pour crochet
- 3 Bandes de résistance



Image: Included resistance bands.

## 5. SETUP

1. **Placement:** Choose a flat, stable, and non-slip surface for the vibration plate. Ensure there is enough clear space around the unit for safe movement during exercise.
2. **Power Connection:** Connect the EU power cable to the vibration plate's power input and then plug it into a standard 220-240 V, 50 Hz wall outlet.
3. **Initial Check:** Before first use, inspect the unit for any visible damage. Ensure all components are securely in place.
4. **Resistance Bands (Optional):** If you plan to use the resistance bands, attach them to the designated hooks on the sides of the vibration plate.

## 6. OPERATING INSTRUCTIONS

The JOROTO JV30 Vibration Plate can be controlled using the integrated buttons on the unit or the remote control.

### 6.1 Control Panel and Remote Control Functions

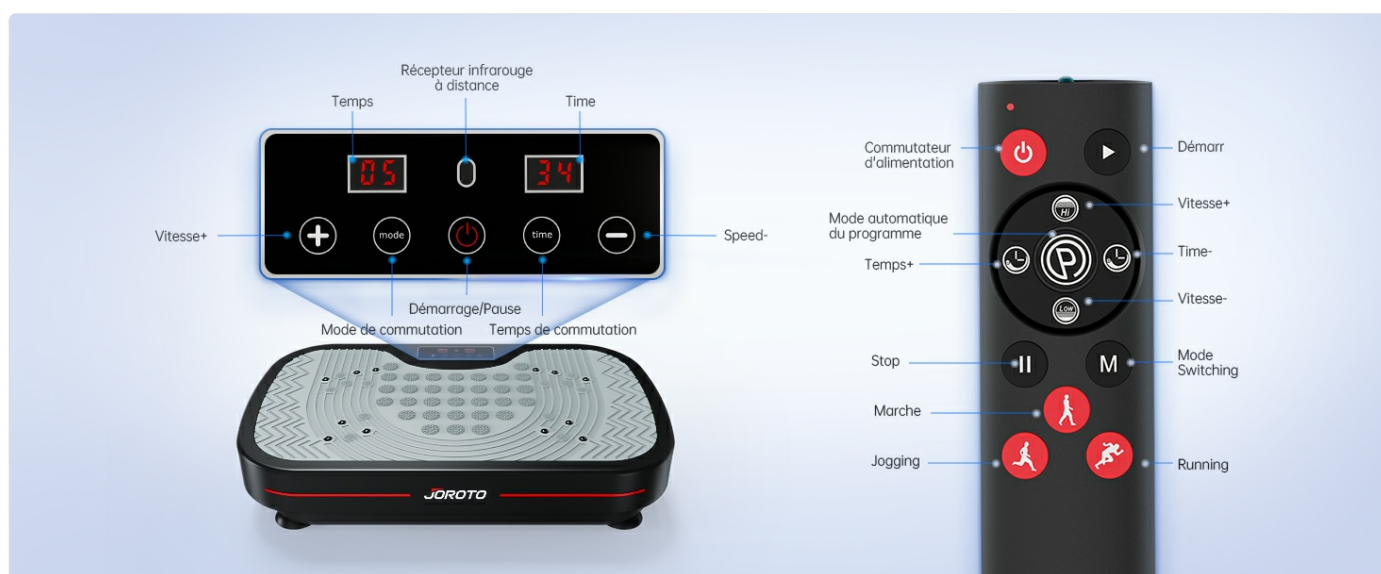


Image: Control panel and remote control functions.

#### Integrated Buttons (on the plate):

- **TIME:** Adjusts workout duration.
- **MODE:** Selects between manual and automatic programs.
- **SPEED +/-:** Increases or decreases vibration speed.
- **START/STOP:** Starts or stops the vibration.

#### Remote Control Buttons:

- **Power Switch:** Turns the unit on/off.
- **Start/Pause:** Starts or pauses the vibration.
- **Mode:** Selects between manual and automatic programs.
- **Speed +/-:** Increases or decreases vibration speed (1-99 levels).
- **Timer +/-:** Adjusts workout duration.
- **Speed Shortcuts:** Pre-set speed levels for quick adjustments.
- **Program Shortcuts:** Direct access to specific automatic programs (e.g., Walk, Jog, Run).

### 6.2 Starting a Workout

1. Plug in the power cable and turn on the main power switch (if present, usually on the side or back of the unit).
2. Step onto the vibration plate. For beginners, start with a low speed and short duration.
3. Press the **START** button on the control panel or remote control.
4. Adjust the **SPEED** using the +/- buttons to your desired intensity (1-99 levels).
5. Select a **MODE** (manual or one of the 9 automatic programs).
6. Adjust the **TIME** for your workout session.
7. To stop, press the **STOP** or **PAUSE** button.

### 6.3 Exercise Suggestions

The vibration plate can be used for various exercises to target different muscle groups. Start with short sessions (e.g., 10-15 minutes) and gradually increase duration and intensity as your fitness improves.



Image: Various exercise positions on the vibration plate.

# Design unique dans chaque détail

Chaque détail pour créer une qualité parfaite

Charge max 149,7 kg



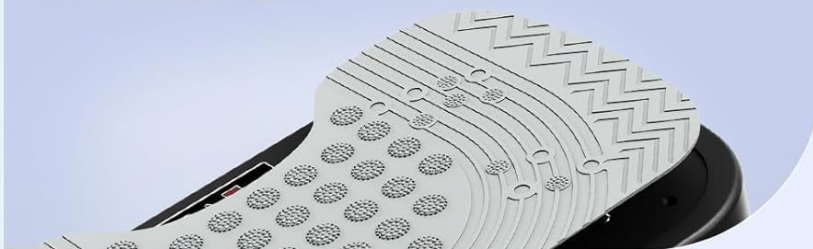
Ventouse antidérapante



99 niveaux de vitesse



Matériau ABS



Moteur puissant



Image: Woman exercising with resistance bands on the vibration plate.

**Recommended Exercise Durations:**



- **Warm-up (5-10 minutes):** Start with low intensity vibrations and gentle stretches.
- **Main Workout (10-20 minutes):** Perform various exercises like squats, lunges, push-ups, or planks on the plate. Use resistance bands for upper body exercises.
- **Cool-down (5-10 minutes):** Reduce intensity and perform light stretches.

## 7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your JOROTO JV30 Vibration Plate.

- **Cleaning:**
  - Always unplug the unit before cleaning.
  - Wipe the surface of the vibration plate with a soft, damp cloth.
  - Do not use abrasive cleaners or solvents, as they may damage the finish.
  - Ensure no liquid enters the internal components.
- **Storage:**
  - Store the vibration plate in a cool, dry place, away from direct sunlight and extreme temperatures.
  - Its compact size allows for convenient storage under furniture.
- **Inspection:** Periodically check the power cord for any damage. Ensure all screws and connections are tight.

# Télécommande intelligente multifonction

Pas besoin de se pencher pour faire de l'exercice

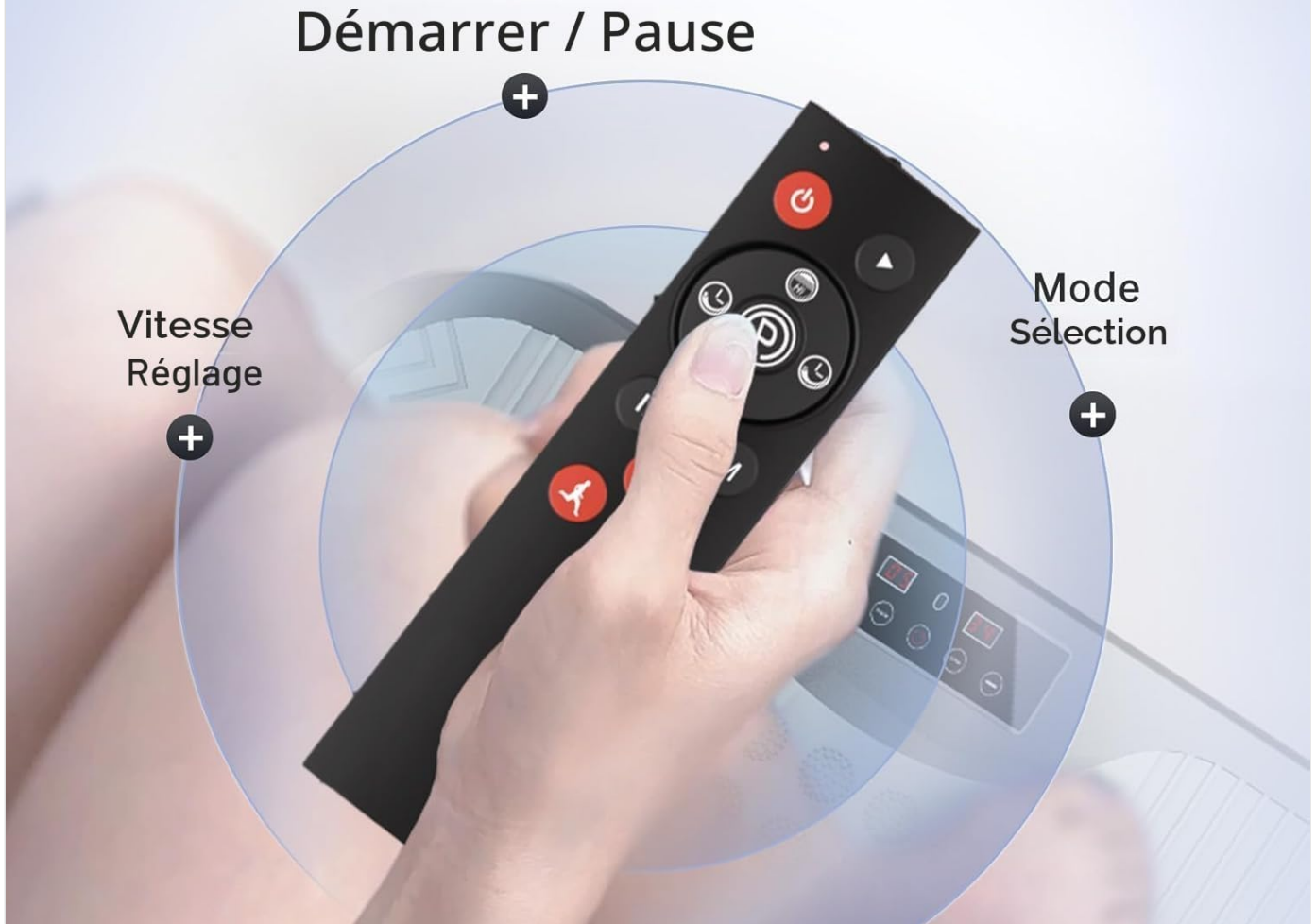


Image: Compact design for easy storage.

## 8. TROUBLESHOOTING

If you encounter any issues with your JOROTO JV30 Vibration Plate, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Power cable not connected or loose. No power from outlet. Main power switch off.	Ensure the power cable is securely plugged into both the unit and a working wall outlet. Check if the main power switch (if any) is ON. Test the outlet with another device.
Vibration is weak or inconsistent.	Low speed setting. Overload.	Increase the speed setting using the control panel or remote. Ensure the user's weight does not exceed 150 kg (330 lbs).

Problem	Possible Cause	Solution
Remote control not working.	Dead batteries. Obstruction between remote and unit.	Replace the batteries in the remote control. Ensure there is a clear line of sight between the remote and the unit's infrared receiver.
Unusual noise during operation.	Loose components. Unit not on a flat surface.	Check for any loose screws or parts. Ensure the unit is placed on a completely flat and stable surface.

If the problem persists after trying these solutions, please contact JOROTO customer support.

## 9. SPECIFICATIONS

Feature	Detail
Brand	JOROTO
Model Number	JV30 Vibration Plate
Color	Grey
Material	Acrylonitrile Butadiene Styrene (ABS)
Product Dimensions (L x W x H)	52 cm x 32 cm x 12 cm (20.5" x 12.6" x 4.7")
Item Weight	7.65 Kilograms
Recommended Maximum Load	150 kg (330 lbs)
Motor Power	200 Watt
Power Source	Electric Cable (220-240 V, 50 Hz)
Control Type	Remote Control, Integrated Buttons
Display Type	LED
Number of Speed Levels	99
Number of Programs	9
Country of Origin	China

# Charge maximale 330LBS

Profitez de la rééducation à domicile

- 1 Démarrage En Un Clic
- 2 9 modes de tramage
- 3 1 à 99 options de vitesse



Image: Maximum load capacity of 330 lbs (150 kg).

## 10. WARRANTY AND SUPPORT

The JOROTO JV30 Vibration Plate comes with a **1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical assistance, or any questions regarding your product, please contact JOROTO customer service. You can typically find contact information on the JOROTO official website or through your purchase platform. JOROTO customer service team offers professional and responsive support to every customer. Your ideal fitness partner – at home.