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## ROTAI ROTVP003

# ROTAI Vibration Plate Exercise Machine ROTVP003 User Manual

Model: ROTVP003

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of your ROTAI Vibration Plate Exercise Machine. Please read it thoroughly before operation and retain it for future reference. The ROTAI Vibration Plate is designed for low-impact workouts, targeting various muscle groups and supporting lymphatic drainage.

## 2. SAFETY INFORMATION

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- Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a stable, level surface before use.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe heart conditions, epilepsy, or acute thrombosis.
- Keep children and pets away from the machine during operation.
- Do not insert any objects into the machine's openings.
- Unplug the machine when not in use and before cleaning.
- The machine features anti-slip feet for stability. Always ensure they are clean and properly positioned.
- The device includes surge protection (2.100J) and connected device support for enhanced safety.

# Protect Your Whole Family Fitness Safety



**Surge  
Protection**



**Connected Device  
Support**

**Image:** Internal view highlighting the brushless motor and safety features like surge protection.

## 3. PACKAGE CONTENTS

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Verify that all items are present in the package:

- 1 x ROTAI Vibration Plate Machine
- 1 x Remote Control
- 1 x Power Cord
- 1 x User Manual (this document)
- 2 x Resistance Bands

# Package Includes

1 Loop Bands \*2

2 Remote Control

3 Operation Manual

4 Power Cord



Image: All included components of the ROTAI Vibration Plate Exercise Machine.

## 4. PRODUCT OVERVIEW

The ROTAI Vibration Plate features a user-friendly design with intuitive controls.

### Control Panel & Display:

The integrated display shows time, program, and speed settings. Buttons allow for manual adjustment of these parameters, as well as starting and stopping the vibration.

### Remote Control:

A remote control is included for convenient adjustment of settings during your workout.

## Anti-Slip Surface:

The platform features textured areas labeled "Strong," "Comfortable," and "Relax" to indicate varying intensity levels based on foot placement. The wider your stance, the more intense the vibration.

# Simple Operation & Smart Storage

Compact design fits anywhere.  
Control it your way with ease.



**Touch Control Panel**



**Remote Control**



**Easy to store**

**Image:** Overview of the control panel, remote, and storage options.

## 5. SETUP

1. **Placement:** Place the vibration plate on a flat, stable surface. Ensure there is enough space around the machine for safe movement.
2. **Power Connection:** Connect the power cord to the machine's power port and then to a suitable electrical outlet.

3. **Power On:** Locate the main power switch (usually on the side or back) and turn it on. The display should illuminate.
4. **Resistance Bands (Optional):** If using the resistance bands, attach them to the designated hooks on the underside of the machine.

Your browser does not support the video tag.

**Video:** Demonstrates unboxing, connecting power, and attaching resistance bands to the vibration plate.

## 6. OPERATING INSTRUCTIONS

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1. **Power On:** After plugging in and turning on the main switch, the machine will be in standby mode.
2. **Select Program/Time:** Use the "TIME/PROGRAM" button on the control panel or remote to cycle through preset programs (P1, P2, P3, etc.) or adjust the workout duration.
3. **Adjust Speed:** Use the "SPEED+" and "SPEED-" buttons to increase or decrease the vibration intensity. The display will show the current speed level.
4. **Start/Stop:** Press the "START/STOP" button to begin or pause the vibration.
5. **Foot Placement for Intensity:**
  - **Relax:** Feet closer together in the center for a gentle vibration.
  - **Comfortable:** Feet slightly wider for moderate intensity.
  - **Strong:** Feet widest apart for maximum vibration intensity.

Your browser does not support the video tag.

**Video:** Demonstrates the control panel, speed adjustments, and different foot placements for varying intensity.

## 7. EXERCISE GUIDE

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The ROTAI Vibration Plate can be used for a variety of exercises to target different muscle groups and enhance overall fitness. Here are some examples:

- **Standing:** Simply stand on the plate with feet at desired intensity level. This helps with lymphatic drainage and muscle activation.
- **Squats:** Perform squats while standing on the plate, holding the resistance bands for added upper body engagement.
- **Planks:** Place hands on the plate in a plank position to engage core muscles.
- **Reverse Planks:** Sit on the plate with hands behind you, supporting your body, and lift your hips for a reverse plank.
- **Balance Exercises:** Stand on one leg on the plate to improve balance and stability.
- **Upper Body Work:** Use the resistance bands for bicep curls, tricep extensions, and shoulder presses while standing or sitting on the plate.



**Image:** Woman demonstrating a squat exercise with resistance bands on the vibration plate.

Straight Arm Plank



Split Squat



## SHAKE UP YOUR ROUTINE WITH NEW FITNESS POSITIONS



Enhance balance



Lateral Raise

**Image:** Various fitness positions to enhance your routine with the vibration plate.

## 8. MAINTENANCE

- **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. Its compact design allows for easy storage under beds or in closets.
- **Inspection:** Regularly check the power cord and resistance bands for any signs of wear or damage. Discontinue use if any damage is found.

## 9. TROUBLESHOOTING

If you encounter any issues with your ROTAI Vibration Plate, please refer to the following common solutions:

- **Machine not powering on:**
  - Ensure the power cord is securely plugged into both the machine and the wall outlet.
  - Check if the main power switch on the machine is in the "ON" position.
  - Verify that the power outlet is functional.
- **Remote control not working:**
  - Check and replace the batteries in the remote control.
  - Ensure there are no obstructions between the remote and the machine's sensor.
- **Unusual noise or vibration:**
  - Ensure the machine is on a flat, stable surface.
  - Check for any loose components or foreign objects under the machine.

For further assistance, please contact ROTAI customer support.

## 10. SPECIFICATIONS

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<b>Model Number</b>	ROTV003
<b>Brand</b>	ROTAI
<b>Color</b>	Black
<b>Material</b>	Acrylonitrile Butadiene Styrene (ABS)
<b>Item Weight</b>	9.32 kg
<b>Parcel Dimensions</b>	64.13 x 36.83 x 15.24 cm
<b>Included Components</b>	Power cord, ROTAI vibration plate machine, Remote control, User manual, 2 x Resistance bands
<b>Batteries Included?</b>	No

# Brushless Motor

**1 per 100,000**

Frequency Count Over 30 Days

**1 Million Times**

Low Failure Rate

**Over 30 Years**

Experimental Testing

(Data provided by the company's research institute)

Image: Details on the durable brushless motor technology.

## 11. WARRANTY AND SUPPORT

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For warranty information, technical support, or any inquiries regarding your ROTAI Vibration Plate Exercise Machine, please refer to the contact details provided with your purchase documentation or visit the official ROTAI website. Keep your purchase receipt as proof of purchase for warranty claims.