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> ZELUS Vibration Plate Exercise Machine LCF User Manual

## ZELUS LCF

# ZELUS Vibration Plate Exercise Machine LCF User Manual

Model: LCF

## INTRODUCTION

This manual provides essential information for the safe and effective use of your ZELUS Vibration Plate Exercise Machine, Model LCF. Please read this manual thoroughly before operation and retain it for future reference.

## IMPORTANT SAFETY INSTRUCTIONS

Before using the ZELUS Vibration Plate Exercise Machine, please observe the following safety precautions:

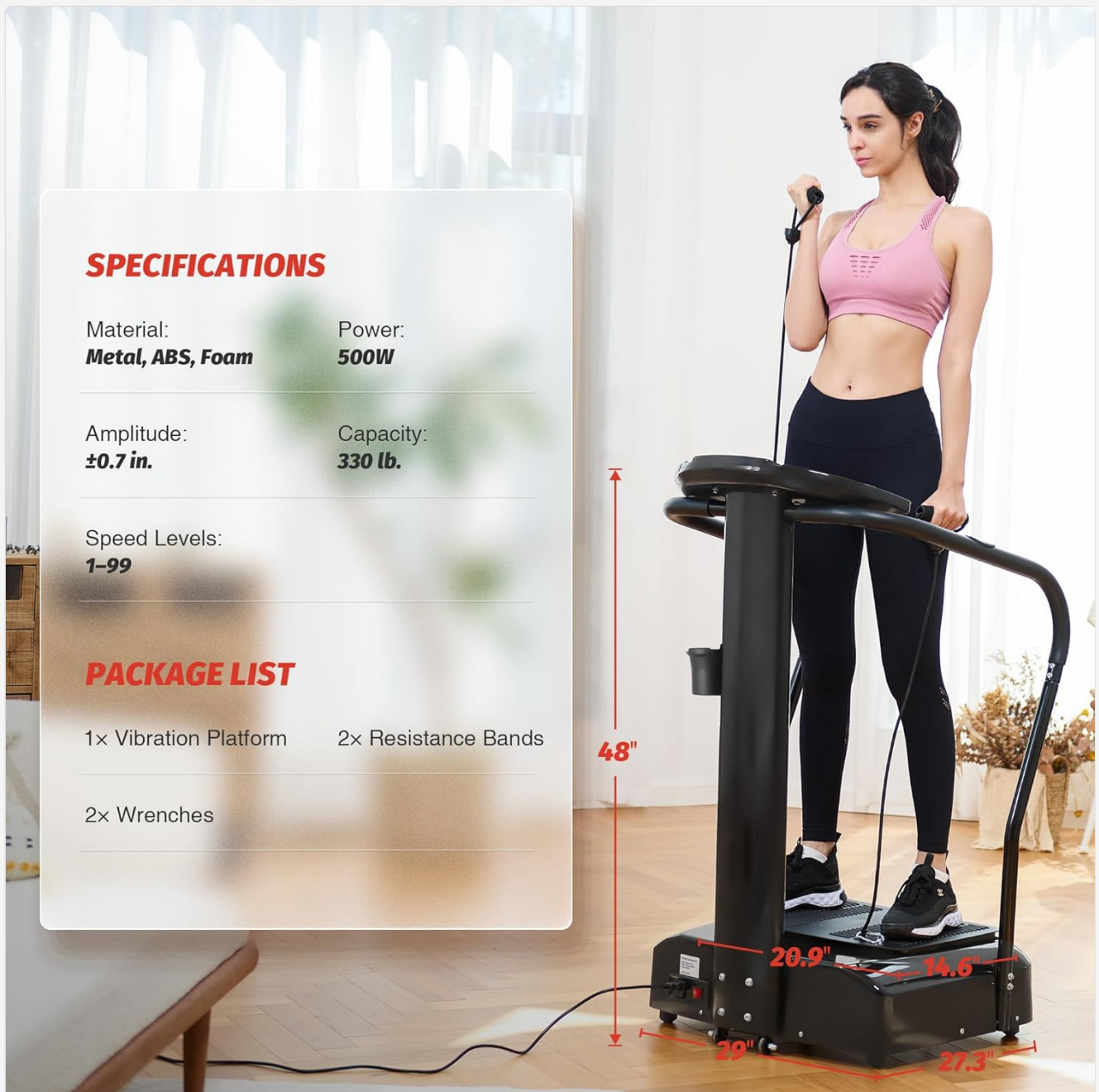
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Keep children and pets away from the machine during operation.
- Ensure the machine is placed on a stable, level surface.
- Do not use the machine if you weigh more than the maximum recommended weight capacity (330 lbs).
- Wear appropriate athletic footwear during use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not insert any objects into the machine's openings.
- Unplug the machine when not in use and before cleaning.

## PRODUCT COMPONENTS

The ZELUS Vibration Plate Exercise Machine LCF package includes the following:

- 1x Vibration Platform

- 2x Resistance Bands
- 2x Wrenches (for assembly)



## SPECIFICATIONS

Material:  
**Metal, ABS, Foam**

Power:  
**500W**

Amplitude:  
**±0.7 in.**

Capacity:  
**330 lb.**

Speed Levels:  
**1-99**

## PACKAGE LIST

1x Vibration Platform      2x Resistance Bands

2x Wrenches

Image: ZELUS Vibration Plate Exercise Machine LCF showing its dimensions and the included package list.

## KEY FEATURES

The ZELUS Vibration Plate Exercise Machine LCF is designed with several features to enhance your workout experience:

- **Ergonomic Handles:** Foam-padded handles provide a comfortable and secure grip during exercise.
- **Sturdy Metal Frame:** Ensures stability and durability for long-term use.
- **Non-slip ABS Platform:** A textured surface provides secure footing during vibrations.
- **Stable Rubber Feet:** Prevents movement and protects floors during operation.
- **Integrated Pulse Sensors:** Allows real-time heart rate monitoring directly from the handles.
- **Quiet Operation:** Engineered for low noise levels during use.

- **Built-in Bottle Holder:** Conveniently keeps your hydration within reach.



Image: Detailed view highlighting the comfortable foam handles, sturdy metal frame, non-slip ABS platform, and stable rubber feet.



Image: A close-up of the textured, non-slip surface of the vibration platform.

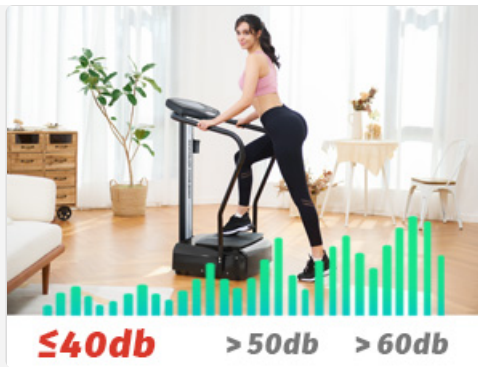


Image: Illustration showing the ZELUS Vibration Plate operating at a low noise level ( $\leq 40\text{db}$ ).



Image: A close-up view of the convenient built-in bottle holder.

## SETUP AND ASSEMBLY

Follow these steps to assemble your ZELUS Vibration Plate Exercise Machine:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Position:** Place the main vibration platform on a flat, stable surface.
3. **Attach Handles:** Securely attach the ergonomic handles to the main unit using the provided wrenches and hardware. Ensure all bolts are tightened.
4. **Connect Resistance Bands:** If desired, attach the resistance bands to the designated connection points on the base of the machine.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.

# A Smarter Way to Stay Fit

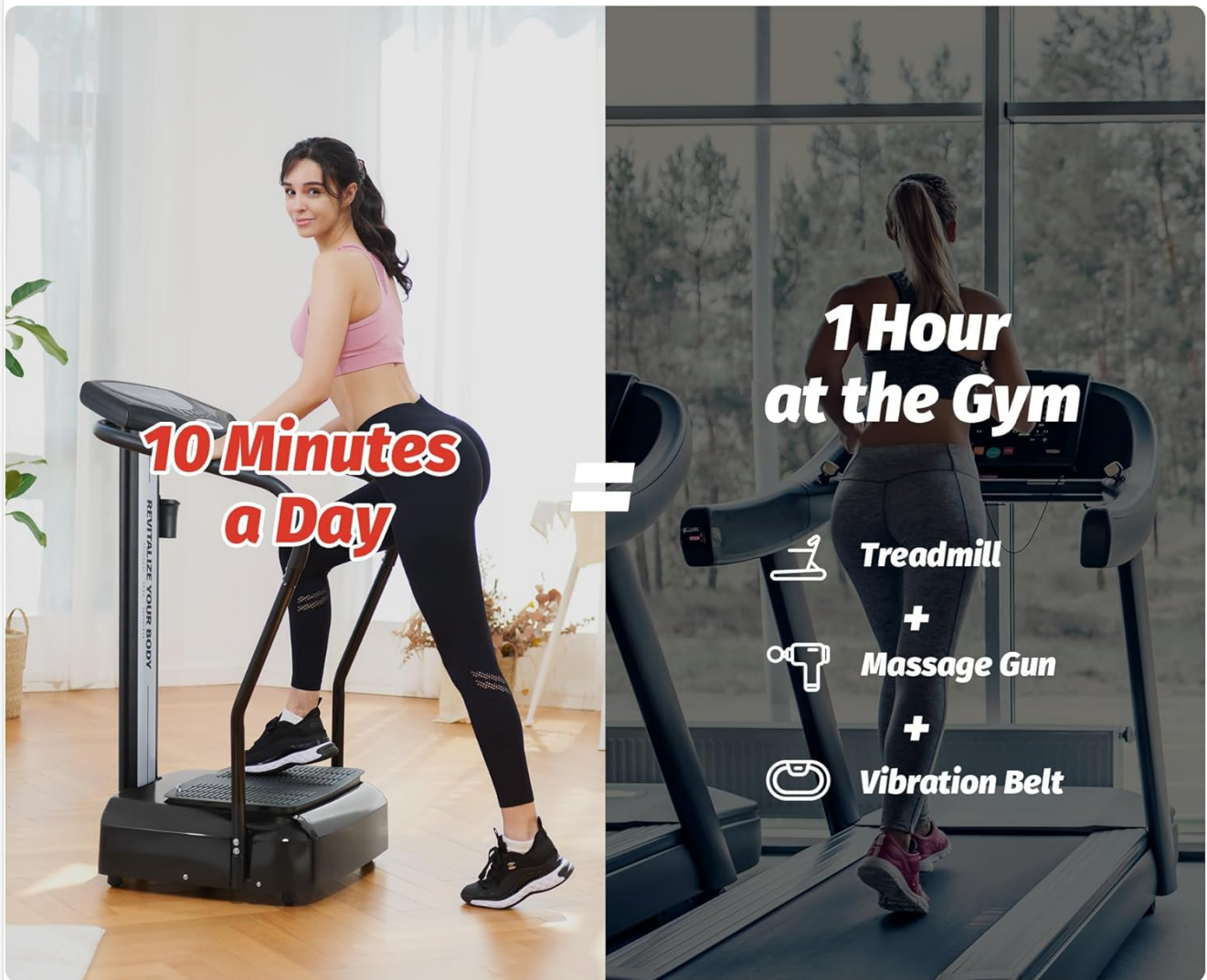


Image: The fully assembled ZELUS Vibration Plate Exercise Machine LCF, ready for use.

## OPERATING INSTRUCTIONS

The ZELUS Vibration Plate Exercise Machine features an intuitive control panel and various modes to customize your workout.

### Control Panel Overview

# Intuitive Control Panel

Easily Track Your **Pulse Rate** & Customize Settings



## Custom Mode

Adjust Time & Speed to Match How Your Body Feels



## 3 Preset Programs

Enjoy a Safe & Effective Workout with Auto-Intensity Adjustments



Image: Detailed view of the control panel, showing display areas for PROGRAM, TIME/PULSE, and SPEED, along with control buttons.

The control panel includes:

- **PROGRAM Display:** Shows the selected preset program (P1, P2, P3) or 'HL' for Custom Mode.
- **TIME/PULSE Display:** Shows remaining workout time or real-time heart rate when pulse sensors are gripped.
- **SPEED Display:** Shows the current vibration speed level (1-99).
- **START/STOP Button:** Initiates or pauses the vibration.
- **PROGRAM SELECT Button:** Cycles through preset programs (P1, P2, P3) and Custom Mode.
- **TIME Button:** Adjusts workout duration in Custom Mode.
- **PULSE Button:** Activates heart rate monitoring via handle sensors.
- **SPEED+ / SPEED- Buttons:** Adjusts vibration intensity in Custom Mode.

## Starting a Workout

1. Step onto the non-slip textured platform.
2. Press the **START/STOP** button to begin.

3. Select your desired mode:

- **Preset Programs (P1, P2, P3):** Press the **PROGRAM SELECT** button to cycle through the 3 pre-programmed modes. These modes offer auto-intensity adjustments.
- **Custom Mode:** Select 'HL' using the **PROGRAM SELECT** button. Use the **TIME** button to set your desired duration and the **SPEED+ / SPEED-** buttons to adjust the vibration intensity from 1 to 99 levels.

4. To monitor your heart rate, grip the pulse sensors on the ergonomic handles and press the **PULSE** button. Your heart rate will display on the TIME/PULSE screen.

5. To end your workout, press the **START/STOP** button.



Image: A user demonstrating a plank position on the vibration plate, highlighting the 99 speed settings.

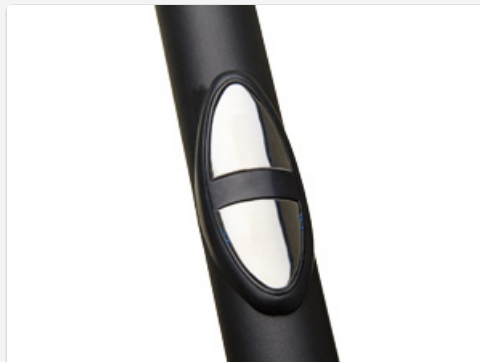


Image: A close-up view of the integrated pulse sensors located on the handle of the vibration plate.

## MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your ZELUS Vibration Plate Exercise Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check all bolts and connections to ensure they are secure. Tighten if necessary.
- **Moving the Machine:** The machine is equipped with wheels for easy relocation. Tilt the machine and roll it to your desired position.

## Move with Ease

Effortlessly Move It from Room to Room  
for Workouts & Relaxation Anytime



Image: A user tilting and moving the ZELUS Vibration Plate Exercise Machine LCF, demonstrating its portability with built-in wheels.

### TROUBLESHOOTING

If you encounter issues with your ZELUS Vibration Plate Exercise Machine, refer to the following common solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected. No power from outlet.	Ensure power cord is securely plugged into both the machine and a working electrical outlet. Check the circuit breaker.
Vibration is weak or inconsistent.	Low speed setting. Machine not on a level surface.	Increase the speed level using the SPEED+ button. Ensure the machine is on a flat, stable surface.
Heart rate monitor not working.	Hands not properly placed on sensors. PULSE button not pressed.	Ensure both hands are firmly gripping the pulse sensors. Press the PULSE button to activate monitoring.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components. Obstruction under the machine.	Check all assembly bolts and tighten if loose. Ensure no objects are under the machine. If noise persists, discontinue use and contact support.

## SPECIFICATIONS

Feature	Detail
Model Name	LCF
Brand	ZELUS
Material	Alloy Steel, ABS, Foam
Color	Black
Power	500W
Amplitude	±0.7 in.
Speed Levels	1-99
Weight Capacity	330 lb.
Included Components	Vibration Platform, 2 Resistance Bands, 2 Wrenches
Manufacturer	ZELUS

## WARRANTY INFORMATION

For detailed warranty information, please refer to the warranty card included with your product or visit the official ZELUS website. Keep your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

If you have any questions, require assistance, or need to report an issue, please contact ZELUS customer support. Refer to the contact information provided on the product packaging or the official ZELUS website.

**Brand:** ZELUS

**Manufacturer:** ZELUS