

Unleivpe Vibration Plate Exercise Machine

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Model: Vibration Plate Exercise Machine

1. INTRODUCTION AND OVERVIEW

The Unleivpe Vibration Plate Exercise Machine is designed to provide a full-body workout experience through high-frequency vibrations. This device aims to stimulate deep muscles, promote lymphatic drainage, improve blood circulation, and enhance overall physical well-being. It features 240 adjustable speed levels, multiple auto modes, and Bluetooth connectivity for an engaging exercise session.



Figure 1: Unleivpe Vibration Plate Exercise Machine with remote control and resistance bands.

10 Mins A Day to Exercise All Your Muscles



Figure 2: Man exercising on the Unleivpe Vibration Plate with resistance bands, illustrating the machine's benefits.

2. SAFETY INFORMATION

Before using the Unleivpe Vibration Plate Exercise Machine, please read and understand all safety instructions. Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions. Maintain proper posture during use, stay hydrated, and wear non-slip shoes to prevent accidents.

3. SETUP

Upon unpacking, ensure all components are present:

- Vibration Plate Exercise Machine (1)
- Resistance Ropes (2)
- Instruction Manual (1)
- Power Cord (1)

Place the machine on a flat, stable surface. Connect the power cord to the machine and then to a power outlet. The machine features 4 anti-slip suction cups on the bottom for stability.



Figure 3: All included accessories for the Unleivpe Vibration Plate Exercise Machine.

4. OPERATING INSTRUCTIONS

The machine can be operated using the integrated LED backlit display or the smart remote control.

4.1 Powering On/Off

To power on the machine, first ensure the power switch on the side is in the 'on' position. Then, press the 'Power' button on the control panel or remote. To power off, press the 'Power' button again.

4.2 Adjusting Speed and Time

The machine offers 240 adjustable speed levels. In manual mode, use the '+' and '-' buttons on the control panel or remote to adjust the vibration speed. The default training time is 10 minutes, which can be adjusted as desired.

4.3 Selecting Modes

Choose between P1-P10 auto modes for pre-programmed workouts or HR manual mode for customized settings. Use the 'Program' button to cycle through the auto modes.

4.4 Bluetooth Connectivity

The machine features Bluetooth connectivity. Connect your phone to the device to enjoy music during your exercise sessions.

Compact and Easy to Store

Place it under the table, sofa or bed



Figure 4: Control panel and remote control for the Unleivpe Vibration Plate.

Video 1: Official product video demonstrating the features and operation of the Unleivpe Vibration Plate Exercise Machine.

5. EXERCISE SUGGESTIONS

The vibration plate can be used for various exercises to target different muscle groups and achieve diverse fitness goals.

5.1 Standing Positions

The platform features marked zones for different intensity levels:

- **Walking:** Place feet closer to the center for a gentler vibration.
- **Jogging:** Place feet slightly wider for moderate intensity.
- **Running:** Place feet widest apart for the highest intensity vibration.

Upgraded Multiple Exercise Modes



Figure 5: Visual guide for foot placement on the vibration plate for varying intensity.

5.2 Using Resistance Bands

Attach the included resistance ropes to the designated hooks on the sides of the machine. These can be used to perform upper body exercises such as bicep curls, tricep extensions, and shoulder presses while simultaneously engaging your core on the vibrating platform.




Figure 6: Woman performing arm exercises with resistance bands on the vibration plate.

5.3 Other Exercises

The versatile design allows for various exercises including squats, lunges, planks, and yoga poses. Adjust your body position and engage your muscles to maximize the benefits of the vibration.

Easily Shape Your Ideal Body

 Low Noise Design

 Smooth Motor Operation

 Durable ABS Material



Figure 7: Woman demonstrating lower body exercises on the vibration plate.

10-Minute Vibration Workout

Seamless Bluetooth connection for non-stop motivation.



Figure 8: Woman demonstrating a variety of exercises on the vibration plate.

6. MAINTENANCE

To ensure the longevity and optimal performance of your Unleivpe Vibration Plate Exercise Machine, follow these maintenance guidelines:

- **Cleaning:** Wipe the surface with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight. Its compact design (21x13x5 inches) allows for easy storage under furniture.
- **Inspection:** Regularly check the power cord and resistance bands for any signs of wear or damage.

7. TROUBLESHOOTING

If you encounter any issues with your vibration plate, try the following basic troubleshooting steps:

- **No Power:** Ensure the power cord is securely plugged into both the machine and the wall outlet. Check the power switch on the machine.

- **No Vibration:** Confirm the machine is powered on and a program or manual mode is selected. Press the 'Start' button.
- **Remote Not Working:** Check the batteries in the remote control. Ensure there are no obstructions between the remote and the machine's sensor.
- **Unusual Noise:** Ensure the machine is on a flat, stable surface. Check for any loose components. The machine is designed for low noise operation ($\leq 60\text{dB}$).

If problems persist, please contact customer service for assistance.

8. SPECIFICATIONS

Feature	Detail
Controls Type	Remote Control, Touch Screen
Display Type	LED
Motor Horsepower	200 Watts
Maximum Speed	240 RPM
Number of Resistance Levels	120
Operation Mode	Manual, Automatic
Power Source	Corded Electric
Material	Acrylonitrile Butadiene Styrene (ABS)
Product Dimensions (LxWxH)	21 x 13 x 5 inches
Maximum Weight Recommendation	330 Pounds
Noise Level	$\leq 60\text{dB}$

9. WARRANTY AND SUPPORT

Unleivpe offers a one-year warranty for this Vibration Plate Exercise Machine. For any questions, concerns, or to extend your warranty, please contact our customer service team. Each machine undergoes rigorous testing to ensure quality and reliability.

Contact information for customer service can be found on the warranty card included with your product or by visiting the official Unleivpe website.