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› **AXV Vibration Plate Exercise Machine User Manual**

AXV Vibration Plate Exercise Machine

AXV Vibration Plate Exercise Machine User Manual

Model: Vibration Plate Exercise Machine

1. INTRODUCTION

Thank you for choosing the AXV 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 initial use and retain it for future reference.

2. SAFETY INFORMATION

To ensure safe operation and prevent injury, please observe the following precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Use the machine only as described in this manual.
- 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 are pregnant, have a pacemaker, or have any metal implants.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- AXV Vibration Plate Exercise Machine
- Remote Control
- Resistance Bands (2)
- Power Cord

- User Manual (this document)

Mini Body / Remote Control / Pull Bands

Compact Mini Size Can be Used Anywhere

Save Space/Easy to Carry and Store



Figure 3.1: The AXV Vibration Plate Exercise Machine shown with its compact size and all included accessories: two loop resistance bands, a remote control, the operation manual, and a power cord. The machine dimensions are approximately 17.7 inches in depth, 12.9 inches in width, and 4.5 inches in height.

4. PRODUCT OVERVIEW

The AXV Vibration Plate is a compact and portable fitness platform designed for whole-body workouts. It features an anti-slip surface, an LED display, and a magnetic health massage function.

4.1 Key Features

- **Compact Design:** Easy to store and use in various locations.
- **LED Display:** Shows time and speed settings.
- **Anti-slip Coating:** Ensures stability during use.
- **Magnetic Health Massage:** Integrated into the platform surface.
- **Remote Control:** For convenient operation.
- **Adjustable Speed:** 1 to 99 levels.

- **Pre-set Programs:** Offers various exercise modes.



Figure 4.1: The AXV Vibration Plate Exercise Machine, featuring a black textured surface with raised massage points, an integrated LED display at the top, and control buttons. A white remote control is also visible, held by a hand, indicating wireless operation.



Figure 4.2: An illustration highlighting the key features of the AXV Vibration Plate, including speed control from 1-99 levels, pre-set programs, remote control functionality, its small and portable design, and an LED touch display for easy monitoring.

5. 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 adequate space around the machine for safe movement.
- 3. Power Connection:** Connect the power cord to the machine's power input and then plug it into a standard electrical outlet.
- 4. Remote Control:** Insert batteries into the remote control if not already installed.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- Press the power button on the machine or the remote control to turn the unit on.
- Press the power button again to turn the unit off.

6.2 Adjusting Speed and Time

- Use the '+' and '-' buttons on the machine or remote control to adjust the vibration speed from 1 to 99 levels.
- The LED display will show the current speed and remaining time.

6.3 Pre-set Programs

The machine includes various pre-set programs that automatically adjust speed and duration for different workout types. Refer to the remote control or machine interface for program selection.

6.4 Using the Remote Control

The remote control allows for convenient adjustment of settings without bending down. It typically includes buttons for power, speed adjustment, program selection, and start/stop.

7. EXERCISE GUIDE

The AXV Vibration Plate can be used for a variety of exercises to target different muscle groups and achieve various fitness goals. A typical session of 10-15 minutes is recommended.

7.1 Foot Placement for Intensity

The vibration plate offers different intensity zones based on where you place your feet:

- **Walking (Relax):** Feet closer to the center of the plate.
- **Jogging (Comfortable):** Feet slightly wider than center.
- **Running (Strong):** Feet wider apart, towards the edges of the plate.

POWERFUL & CUSTOMIZABLE

Multi-Functional Vibration Plate

Zones for Different Intensity Training



Figure 7.1: An illustration demonstrating how foot placement on the AXV Vibration Plate determines exercise intensity. Placing feet closer to the center provides a "Walking" (relax) intensity, slightly wider for "Jogging" (comfortable), and furthest apart for "Running" (strong) intensity.

7.2 Using Resistance Bands

Attach the included resistance bands to the designated points on the machine. These bands allow for upper body exercises while simultaneously engaging your lower body with vibrations. Hold the handles and perform exercises such as bicep curls, tricep extensions, or shoulder presses.



Figure 7.2: A woman demonstrates using the AXV Vibration Plate with resistance bands, illustrating a full-body workout. Accompanying text lists potential benefits such as decreased stress, increased core strength, relief from joint and back pain, improved circulation, boosted metabolism, stronger bones, and enhanced mobility and flexibility.

7.3 Example Exercises and Benefits

Regular use of the vibration plate can contribute to:

- Muscle activation and increased blood flow.
- Enhanced metabolism and calorie expenditure.
- Improved bone mineral density.
- Relief from chronic pain and rehabilitation support.
- Increased flexibility and range of motion.



Figure 7.3: An infographic illustrating the comparative benefits of a 10-minute vibration exercise session on the AXV plate, suggesting it can be equivalent to activities such as 100 push-ups, 100 sit-ups, 30 minutes of yoga, 30 minutes of swimming, 1 hour of jogging, or 1 hour of bike riding.



Figure 7.4: A woman is shown performing abdominal crunches while seated on the AXV Vibration Plate, illustrating how the machine can be incorporated into various exercises for core strengthening.

POWERFUL & CUSTOMIZABLE THERAPEUTIC VIBRATIONS



Speed Control From 1-99 Levels



Pre-Set Program



Remote Control



Small And Portable



LED Touch Display



Figure 7.5: A detailed view of the AXV Vibration Plate's textured surface, overlaid with a diagram of foot reflexology points. This highlights the integrated magnetic health massage function, designed to stimulate pressure points on the feet during use.

8. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your vibration plate:

- **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 and moisture.
- **Inspection:** Periodically check the power cord and all connections for any signs of damage.

9. TROUBLESHOOTING

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

| Problem | Possible Cause | Solution |
|---------|----------------|----------|
| | | |

| Problem | Possible Cause | Solution |
|-----------------------------|--|--|
| Machine does not power on. | Power cord not properly connected; outlet not functioning; machine switch off. | Ensure power cord is securely plugged in. Test the outlet with another device. Check the main power switch on the machine. |
| Remote control not working. | Dead batteries; remote out of range; obstruction. | Replace remote control batteries. Ensure remote is pointed at the machine and within range. Remove any obstructions. |
| Unusual noise or vibration. | Machine not on a level surface; loose components. | Ensure the machine is on a flat, stable surface. If the issue persists, discontinue use and contact customer support. |

If the problem persists after attempting these solutions, please contact AXV customer support for assistance.

10. SPECIFICATIONS

| Feature | Detail |
|---------------------------------------|----------------------------------|
| Brand | AXV |
| Model | Vibration Plate Exercise Machine |
| Color | Black |
| Material | Plastic |
| Product Dimensions (D x W x H) | 17.7" x 12.9" x 4.5" |
| Controls Type | Remote |
| Speed Levels | 1 to 99 |

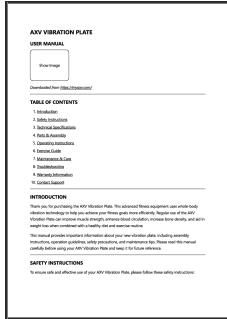
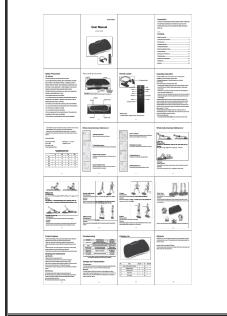
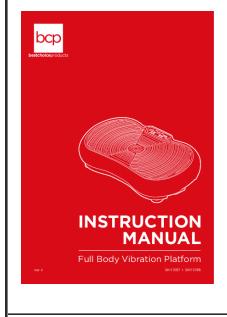
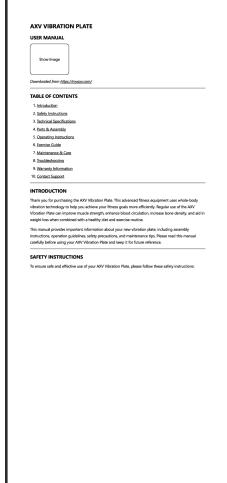
11. WARRANTY AND SUPPORT

AXV is committed to providing high-quality products and customer satisfaction. This product comes with a **100% Lifetime Satisfaction Guarantee**.

If you encounter any issues or have questions regarding your AXV Vibration Plate Exercise Machine, please contact the seller directly via email. They will provide a satisfactory solution.

For further assistance, please refer to the contact information provided with your purchase or on the official AXV website.

Related Documents - Vibration Plate Exercise Machine

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|  | <p>AXV Vibration Plate User Manual - AXV-3000 Pro</p> <p>User manual for the AXV Vibration Plate, model AXV-3000 Pro. Includes safety instructions, technical specifications, assembly, operation, workout programs, maintenance, troubleshooting, and warranty information.</p> |
|  | <p>Vibration Plate Fitness Machine User Manual - Operation and Safety Guide</p> <p>Comprehensive user manual for the vibration plate fitness machine, detailing setup, operation, safety precautions, exercise routines, maintenance, and troubleshooting for optimal health and fitness.</p> |
|  | <p>ADVWIN Vibration Exercise Platform User Manual</p> <p>Comprehensive user manual for the ADVWIN Vibration Exercise Platform, detailing safety information, package contents, unit components, specifications, operation, maintenance, troubleshooting, and exercise guides.</p> |
|  | <p>Best Choice Products Full Body Vibration Platform Instruction Manual</p> <p>Instruction manual for the Best Choice Products Full Body Vibration Platform (Models SKY3197 + SKY3198), covering safety, operation, exercises, error codes, specifications, and warranty information.</p> |
|  | <p>AXV Vibration Plate User Manual - AXV-3000 Pro</p> <p>User manual for the AXV Vibration Plate, model AXV-3000 Pro. Includes safety instructions, technical specifications, assembly, operation, workout programs, maintenance, troubleshooting, and warranty information.</p> |



[PRO-fit Vibration Board User Guide - Features, Operation, and Safety](#)

Comprehensive user guide for the PRO-fit Vibration Board, detailing its features, benefits for total body fitness, operating instructions, safety precautions, and technical specifications. Learn how to use the vibration board, resistance bands, and Bluetooth connectivity for an enhanced workout experience.