

BESUFY Vibration Plate

BESUFY Vibration Plate Exercise Machine User Manual

Model: Vibration Plate | Brand: BESUFY

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the BESUFY Vibration Plate Exercise Machine. Retain this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- This machine is designed for home use. Do not use it for commercial or medical purposes.
- The maximum user weight capacity for this device is 300 lbs (approximately 136 kg). Do not exceed this limit.
- Place the vibration plate on a flat, stable, and non-slip surface. Ensure adequate space around the machine during use.
- Keep children and pets away from the machine during operation.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe medical conditions without prior medical consultation.
- Always ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Do not insert any objects into the machine's openings.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x BESUFY Vibration Plate
- 1 x Remote Control

- 2 x Resistance Bands
- 1 x Power Cord
- 1 x User Manual (this document)



Image: The BESUFY Vibration Plate Exercise Machine, showing the main unit, wireless remote control, and two resistance bands.

3. PRODUCT OVERVIEW AND FEATURES

The BESUFY Vibration Plate is designed to provide whole-body vibration for exercise and wellness. Key features include:

- **Adjustable Vibration Speed:** Manual mode with 99 adjustable speed levels.
- **Smart Modes:** 4 pre-set programs (P1-P4) for varied workout intensities.
- **Control Options:** Operate via the integrated LED touch screen or the included wireless remote control.
- **Resistance Bands:** Two detachable resistance bands for upper body and arm exercises.
- **Stable Design:** Equipped with 4 non-slip suction cups on the base for enhanced stability and reduced noise during use.
- **Durable Construction:** Impact-resistant ABS housing protects the internal motor.
- **Compact Size:** Designed for easy storage and portability.



Image: A detailed view highlighting key components of the vibration plate, including the touch control panel, anti-slip suction cups, elastic rope hook, anti-slip pedal surface, and power input.

4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a hard, level, and stable surface. Ensure there is sufficient clear space around the machine for safe operation. The non-slip suction cups on the base will help secure the unit.
3. **Power Connection:** Insert the power cord into the power input port on the side of the vibration plate, then plug the other end into a standard electrical outlet.
4. **Attach Resistance Bands (Optional):** If desired, attach the resistance bands to the designated hooks on the front sides of the vibration plate.



Image: The vibration plate positioned under a sofa, demonstrating its compact design for convenient storage when not in use.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- Press the power button on the LED touch screen or the remote control to turn the machine on or off. The LED display will illuminate.

5.2 Using the Control Panel and Remote Control

The machine can be operated using either the touch-sensitive LED control panel on the unit or the wireless

remote control.



Image: A close-up view of the intelligent control panel, showing buttons for power, program selection, speed adjustment, time, and various pre-set modes (P1-P5).

- **Power Button:** Turns the unit on/off.
- **Program (P) Button:** Cycles through pre-set programs (P1, P2, P3, P4, P5). Each program has a different vibration pattern and intensity.
- **Speed Adjustment (+/-):** Increases or decreases the vibration speed in manual mode (levels 1-99).
- **Time Adjustment:** Adjusts the duration of your workout session.
- **Start/Stop:** Initiates or pauses the vibration.

5.3 Foot Placement for Intensity

The vibration plate offers different intensity zones based on foot placement:

- **Walk Zone (Center):** Feet close together in the center for a gentle, walking-like vibration.
- **Jogging Zone (Middle):** Feet slightly wider apart for a moderate, jogging-like vibration.
- **Run Zone (Outer Edges):** Feet positioned towards the outer edges for a more intense, running-like vibration.



Image: A diagram illustrating the three major three-dimensional seismic zones on the vibration plate, indicating foot placement for 'Run', 'Jogging', and 'Walk' intensities.

5.4 Using Resistance Bands

Attach the resistance bands to the hooks on the vibration plate. Hold the handles and perform various upper body exercises while the plate is vibrating. This adds an extra dimension to your workout.

6. MAINTENANCE

- **Cleaning:** Wipe the surface of the vibration plate with a soft, 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. Its compact design allows for easy storage, such as under a sofa or bed.
- **Inspection:** Periodically check the power cord and all components for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

7. TROUBLESHOOTING

If you encounter any issues with your BESUFY Vibration Plate, refer to the following common troubleshooting steps:

- **Machine does not power on:**
 - Ensure the power cord is securely plugged into both the machine and a working electrical outlet.
 - Check if the outlet is functional by plugging in another device.
- **Remote control is not working:**
 - Check and replace the batteries in the remote control.
 - Ensure there are no obstructions between the remote control and the machine's sensor.

- **Vibration is weak or inconsistent:**

- Ensure the machine is on a flat, stable surface. Uneven surfaces can affect vibration.
- Check the selected speed level and program. Increase the speed if necessary.

- **Unusual noises during operation:**

- Stop the machine and inspect for any loose parts or foreign objects.
- Ensure the machine is not touching any walls or furniture that could amplify sound.

If the problem persists after attempting these steps, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Product Name	Vibrating Fitness Platform
Model Name	Vibration Plate
Brand	BESUFY
Material	Plastic
Max Bearing Capacity	300 lbs (136 kg)
Dimensions (L x W x H)	53cm x 31cm x 13cm (20.87" x 12.2" x 5.12")
Package Weight	19.8 Pounds (8.98 kg)
Speed Levels	1-99
Control	LED Touch Screen, Remote Control
Part Number	690036900397C8FEE7



Image: The BESUFY Vibration Plate with its dimensions clearly labeled: 20.8 inches (53 cm) in length, 12.2 inches (31 cm) in width, and 5.1 inches (13 cm) in height.

9. WARRANTY INFORMATION

This BESUFY Vibration Plate Exercise Machine comes with a 3-month warranty from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or improper maintenance.

Please retain your proof of purchase for warranty claims.

10. CUSTOMER SUPPORT

If you have any questions, require assistance, or need to make a warranty claim, please contact the seller or manufacturer through the platform where you purchased the product. Provide your product model and purchase details for efficient support.

