

## AXV B0CFR6GSGW

# AXV Vibration Plate Fitness Platform Exercise Machine User Manual

Model: B0CFR6GSGW

## 1. INTRODUCTION

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

## 2. SAFETY INFORMATION

### Important Safety Precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a stable, level surface.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe heart conditions.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Always hold onto a stable object or use the resistance bands for balance if needed.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.

## 3. SETUP

1. **Unpacking:** Carefully remove all components from the packaging. Verify all parts are present: vibration plate, remote control, 2 resistance bands, power cord, and user manual.
2. **Placement:** Place the vibration plate on a firm, flat, and non-slip surface. Ensure there is adequate space around the machine for safe exercise.
3. **Power Connection:** Connect the power cord to the machine's power inlet and then to a standard electrical outlet. Ensure the power switch is in the OFF position before plugging in.
4. **Attaching Resistance Bands:** Locate the attachment points on the sides of the vibration plate. Securely clip the resistance bands to these points.
5. **Remote Control:** Insert 2 AAA batteries (not included) into the remote control.



Figure 3.1: AXV Vibration Plate with included accessories (remote control, resistance bands, power cord).

# SLIM BODY RICH ACCESSORIES



Loop Bands\*2



Remote Control



Operation Manual



Power Cord

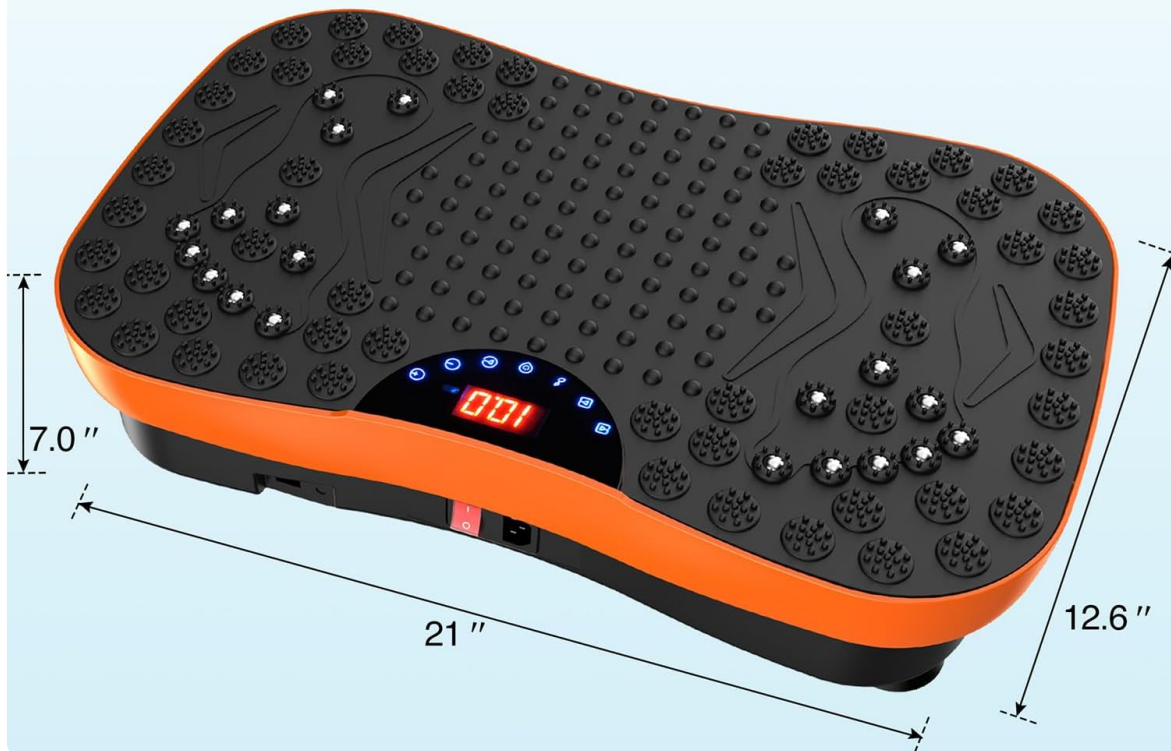


Figure 3.2: Overview of the AXV Vibration Plate, highlighting its compact dimensions (21 inches length, 12.6 inches width, 7.0 inches height) and included accessories such as loop bands, remote control, operation manual, and power cord.

## 4. OPERATING INSTRUCTIONS

**Control Panel and Remote:** The machine can be operated using the touch-sensitive control panel on the unit or the included remote control.

# POWERFUL & CUSTOMIZABLE THERAPEUTIC VIBRATIONS



Figure 4.1: The control panel features buttons for power, time adjustment, program selection, speed adjustment, and mode selection. The remote control mirrors these functions for convenient operation.

1. **Power On/Off:** Flip the main power switch located on the side of the unit to 'ON'. The LED display will illuminate. Press the 'Power' button on the control panel or remote to start/stop the vibration.
2. **Time Adjustment:** Use the 'Time +' or 'Time -' buttons to set your desired workout duration (typically 10-15 minutes per session).
3. **Speed Adjustment:** Use the 'Speed +' or 'Speed -' buttons to increase or decrease the vibration intensity (levels 1-120).
4. **Program Modes:** Press the 'Program' button to cycle through pre-set workout programs (P01-P05) or manual mode (HA). Each program offers varying speeds and vibration patterns.
5. **Intensity Zones:** The platform features different foot placement zones for varying intensity:
  - **Walking (Relax):** Feet close together in the center.
  - **Jogging (Comfortable):** Feet slightly wider apart.
  - **Running (Strong):** Feet wide apart towards the edges.

# POWERFUL & CUSTOMIZABLE

## Multi-Functional Vibration Plate

### Zones for Different Intensity Training



Figure 4.2: Foot placement on the vibration plate determines the intensity of the workout, ranging from a relaxing walk to an intense run.

6. **Resistance Bands:** Attach the resistance bands to the designated hooks for upper body exercises while standing or sitting on the plate.
7. **Bluetooth Speaker:** The machine can connect to your phone via Bluetooth to play music through its integrated speakers.
8. **Magnet Health Massage:** The textured surface with magnetic points provides a massage effect, promoting circulation and relaxation.

# MAGNET HEALTH MASSAGE



Figure 4.3: The integrated magnet health massage function targets specific points on the feet for enhanced well-being.

## Recommended Exercises

The AXV Vibration Plate can be used for various exercises to target different muscle groups and achieve diverse fitness goals.



Figure 4.4: Squats on the vibration plate engage leg and core muscles, intensified by the vibrations and optional resistance bands.



Figure 4.5: Performing a plank on the vibration plate enhances core engagement and stability training.



Figure 4.6: Squats with resistance bands on the vibration plate target lower body and arm muscles simultaneously.



Figure 4.7: Bicep curls with resistance bands on the vibration plate provide an effective upper body workout.



Figure 4.8: Shoulder presses with resistance bands on the vibration plate strengthen shoulder muscles.



Figure 4.9: Lunges with resistance bands on the vibration plate target leg and glute muscles with added resistance.



Figure 4.10: Tricep extensions with resistance bands on the vibration plate work the triceps effectively.



Figure 4.11: Chest presses with resistance bands on the vibration plate engage chest and arm muscles.



Figure 4.12: Sitting with legs extended on the vibration plate can help with leg muscle relaxation and circulation.

Video 4.1: An overview of the AXV Vibration Plate Exercise Machine, demonstrating various uses and features.

## 5. MAINTENANCE

- **Cleaning:** Wipe the machine 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. Keep it covered to prevent dust accumulation.
- **Inspection:** Regularly check the power cord and resistance bands for any signs of wear or damage. Discontinue use if any damage is found and contact customer support.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not securely plugged in; main power switch off; power outlet malfunction.	Check power cord connection; ensure main power switch is ON; try a different outlet.
No vibration.	Machine is in standby mode; speed setting is too low.	Press the 'Power' button to start; increase the speed level.
Remote control not working.	Batteries are dead or incorrectly inserted; remote is too far from the unit.	Replace batteries; ensure correct polarity; use remote within close range of the machine.

Problem	Possible Cause	Solution
Unusual noise during operation.	Machine not on a level surface; foreign object under the unit.	Ensure machine is on a flat surface; check for and remove any obstructions.

## 7. SPECIFICATIONS

Feature	Detail
Brand	AXV
Model	B0CFR6GSGW
Operation Mode	Automatic
Power Source	Corded Electric
Number of Resistance Levels	120
Maximum Speed	120 RPM
Item Dimensions (LxWxH)	0.22 x 16 x 6 inches (approximate, based on package dimensions)
Package Weight	8.89 Kilograms
Material	Rubber, Plastic
Controls Type	Remote

## 8. WARRANTY AND SUPPORT

AXV products are manufactured to high standards and undergo rigorous testing. For any issues or support inquiries, please contact the seller directly via email. AXV is committed to 100% customer satisfaction.