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Hophorse JF-VIBE-FY01-SL

Hophorse Vibration Plate Machine JF-VIBE-FY01-SL User Manual

Model: JF-VIBE-FY01-SL | Brand: Hophorse

1. INTRODUCTION

The Hophorse Vibration Plate Machine is designed to provide a versatile and effective home fitness experience. This manual provides essential information for safe and optimal use, covering setup, operation, maintenance, and various exercise applications. The machine features adjustable speeds and modes, a powerful 180W motor, and a durable design to support diverse fitness goals.



Figure 1: Hophorse Vibration Plate Machine in use.

This vibration plate is suitable for various users, including those focusing on lymphatic drainage, muscle recovery, improving circulation, and enhancing bone density. Its compact design allows for convenient use in various home or office settings.

2. PRODUCT FEATURES

- **Adjustable Speeds & Modes:** Offers 180 adjustable speeds and dual operation modes (Manual + Auto P1-P5) for customized workout intensity.
- **Powerful Motor:** Equipped with a 180W motor and 15mm amplitude for deep tissue stimulation.
- **Stable Design:** Features a non-slip silicone platform and reinforced base, supporting up to 460 lbs.
- **Connectivity:** Includes Bluetooth speakers for audio streaming during workouts.
- **User Interface:** Crystal-clear LED display shows time, speed, and mode. Comes with a remote control for convenient adjustments.
- **Included Accessories:** Professional resistance bands for full-body toning.

Only **10 Minutes** a Day

Stay active with simple 10-minute vibration workouts anytime

≈  30 Mins
running

≈  30 Mins
Swimming

≈  30 Mins
Playing football



Figure 2: Detailed view of the control panel and ergonomic design.

Supports up to **460lbs**

Wide 20.8inch base for enhanced stability



Figure 3: The machine's robust construction supports up to 460 lbs.

3. SETUP

3.1 Unpacking

Carefully remove the vibration plate and all accessories from the packaging. Ensure all components listed in the packing list are present.



Figure 4: Packing List for the Hophorse Vibration Plate Machine.

3.2 Connecting Power

Place the vibration plate on a flat, stable surface. Connect the power cord to the machine's power input and then to a suitable electrical outlet. Ensure the power switch on the side of the machine is in the OFF position before plugging it in.

3.3 Attaching Resistance Bands

If desired, attach the resistance bands to the designated attachment points on the sides of the vibration plate. These bands can be used to enhance upper body workouts.

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Video 1: Unboxing and initial setup of the Hophorse Vibration Plate Machine, including connecting the power and attaching resistance bands.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

Flip the red power switch on the side of the machine to the ON position. The LED display will illuminate.

4.2 Using the Control Panel and Remote

The machine can be operated using the integrated control panel or the included remote control. The control panel features buttons for Power, Mode, Time, and Speed adjustments. The remote control offers similar functionality for convenience.

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Video 2: Demonstration of the control panel and remote control functions, including adjusting speed and time.

4.3 Adjusting Speed and Time

Use the 'Speed+' and 'Speed-' buttons to adjust the vibration intensity (1-180 levels). Use the 'Time+' and 'Time-' buttons to set the workout duration (up to 20 minutes). Press the 'Start/Stop' button to begin or end a session.

4.4 Selecting Modes

Press the 'Mode' button to cycle through the pre-programmed modes (P1-P5) or select Manual mode for full control over speed and time.

4.5 Bluetooth Pairing

To pair your device, ensure Bluetooth is enabled on your smartphone or tablet. The vibration plate will appear as an available device. Select it to connect and stream music through the integrated speakers.

5. EXERCISE GUIDE

The Hophorse Vibration Plate can be used for a variety of exercises to target different muscle groups and achieve various fitness benefits. Adjust your stance on the platform to modify the intensity of the vibration.

5.1 Recommended Postures and Exercises

- **Standing:** Stand with feet shoulder-width apart for a general full-body vibration. Adjust foot placement to increase or decrease intensity.
- **Squats:** Perform squats while standing on the platform to engage leg and glute muscles more effectively.
- **Sitting:** Sit on the platform or place your feet on it while seated to target core muscles or for relaxation.
- **Upper Body:** Use the resistance bands for arm curls, triceps extensions, and shoulder presses while standing or sitting on the platform.

Expand Your Training with More Exercise Choices



Figure 5: Various exercise positions on the vibration plate.

5.2 Benefits

Regular use of the vibration plate can contribute to:

- Improved circulation and lymphatic flow.
- Enhanced muscle activation and toning.
- Increased bone density.
- Reduced muscle tension and back pain.
- Support for weight management goals.

Full Body Relaxation And Healing

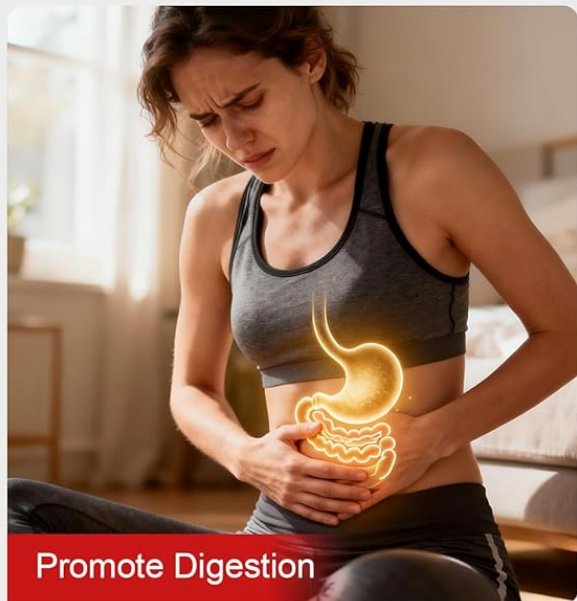
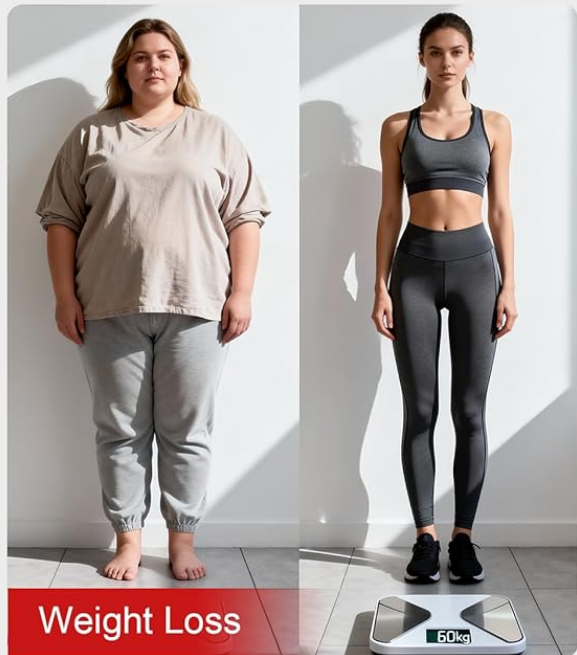


Figure 6: Benefits of using the Hophorse Vibration Plate.

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Video 3: A user demonstrates integrating the vibration plate into a work routine at a standing desk, performing squats and other movements.

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Video 4: A physical therapist discusses the benefits of vibration machines for bone density, lymphatic drainage, and core stimulation, demonstrating ab exercises.

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Video 5: A user demonstrates various exercises on the vibration plate, including squats and using resistance bands, highlighting the adjustable intensity based on foot placement.

6. MAINTENANCE

6.1 Cleaning

Wipe the surface of the vibration plate with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents that could damage the finish.

6.2 Storage

Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact design allows for easy storage under furniture or in small spaces.

Thoughtful Design Details



Figure 7: Easy storage options for the compact vibration plate.

7. TROUBLESHOOTING

If you encounter any issues with your Hophorse Vibration Plate Machine, please refer to the following common solutions:

- **Machine not powering on:** Ensure the power cord is securely plugged into both the machine and a working electrical outlet. Check the red power switch on the side of the machine is in the ON position.
- **Remote control not responding:** Check if the remote control batteries (AAA) need replacement. Ensure there are no obstructions between the remote and the machine's sensor.

- **Unusual noise or vibration:** Ensure the machine is placed on a flat, stable surface. Check for any loose components or debris under the unit.

For further assistance, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Name	JF-VIBE-FY01-SL
Brand	Hophorse
Item Package Dimensions L x W x H	23 x 13 x 3.8 inches
Package Weight	19 Pounds
Color	Black
Material	Acrylonitrile Butadiene Styrene (ABS)
Controls Type	Touch & Remote
Suggested Users	unisex-adult
Included Components	Fat-burning machine (Vibration Plate), Remote Control, Resistance Bands

9. WARRANTY & SUPPORT

9.1 Warranty Information

The Hophorse Vibration Plate Machine comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any questions, technical assistance, or warranty inquiries, please contact our **24/7 customer support team**. Refer to the product packaging or the official Hophorse website for contact details.