



[Manuals.plus](#) /

> [AXV](#) /

> AXV Vibration Plate Fitness Platform FR88 User Manual

## AXV FR88

# AXV Vibration Plate Fitness Platform User Manual

Model: FR88

## INTRODUCTION AND OVERVIEW

The AXV Vibration Plate Fitness Platform is designed to provide a full-body vibration workout, stimulating muscles and enhancing blood flow. Regular use can contribute to muscle tone, improved circulation, and overall well-being. This machine creates a full-body vibration that stimulates muscles, causing extra muscle contraction and increased activation. It aids in maintaining reflex reactions, burning calories and fat, and can help your body process fat faster. The efficient and gentle Whole Body Vibrations wake muscles throughout the body, increasing blood flow and oxygen delivery, which enhances the body's ability to regenerate cells and repair itself. Benefits include relief from chronic pain, repair of old injuries, and greater range of motion.

## SETUP INSTRUCTIONS

### 1. Unpacking and Initial Inspection

Carefully remove all components from the packaging. Verify that all parts are present, including the vibration plate, remote control, resistance bands, and user manual. Inspect the device for any signs of damage during transit.

### 2. Placement

Place the vibration plate on a firm, level, and stable surface. Ensure there is adequate space around the machine for safe operation and movement. Avoid placing it on uneven surfaces or near obstacles.

### 3. Power Connection

Connect the power cord to the machine's power input port and then plug it into a standard electrical outlet. Locate the main power switch, typically on the side or back of the unit, and flip it to the 'ON' position. The display panel should illuminate.



Image: The AXV Vibration Plate connected to power, ready for use.

## OPERATING INSTRUCTIONS

### 1. Power On/Off

After connecting the power and turning on the main switch, press the 'Power' button on the remote control or the control panel to activate the machine. To turn off, press the 'Power' button again.

### 2. Using the Remote Control

The remote control allows for convenient adjustment of settings during your workout. Key functions include:

- **Power:** Turns the machine on/off.
- **Start/Stop:** Begins or pauses the vibration.
- **Program (P):** Cycles through pre-set workout programs (P1-P5).
- **Time +/-:** Adjusts the duration of your workout.
- **Speed +/-:** Increases or decreases the vibration intensity.
- **Mode (M):** Switches between manual and automatic modes.
- **Low/Mid/High:** Quick selection for different intensity levels.

### 3. Adjusting Settings

Once the machine is on, you can select a pre-set program using the 'Program' button or manually adjust the time and speed. The LED display shows the current time, speed, and program. The adjustable vibration speed ranges from 1 to 120 levels.



Image: The AXV Vibration Plate display indicating various speed settings for different workout intensities.

## EXERCISE PROGRAMS AND POSITIONS

The AXV Vibration Plate offers a variety of exercise modes and programs to suit different fitness levels and goals. The manual includes detailed instructions and illustrations for various exercises.

### 1. Pre-set Programs (P1-P5)

The machine comes with 5 pre-set programs (P1-P5) that automatically vary speed and intensity. These programs are designed for different workout types, such as:

- **P1:** Gentle warm-up or cool-down.
- **P2:** Moderate intensity for general fitness.
- **P3:** Higher intensity for muscle toning.
- **P4:** Interval training.

- **P5:** Advanced full-body workout.

## 2. Standing Positions for Intensity Control

The plate features marked zones for different intensity levels based on foot placement:

- **Walking Zone (Center):** For lower intensity vibrations, ideal for beginners or gentle massage.
- **Jogging Zone (Middle):** For moderate intensity, simulating a jogging motion.
- **Running Zone (Outer Edges):** For higher intensity, simulating a running motion.



Image: Foot placement zones on the vibration plate to adjust workout intensity.

## 3. Using Resistance Bands

Attach the included resistance bands to the designated points on the machine for upper body workouts. Perform exercises such as bicep curls, tricep extensions, and shoulder presses while standing on the vibrating platform to enhance muscle activation.

# Lose weight Effectively

Whole Body Exercise

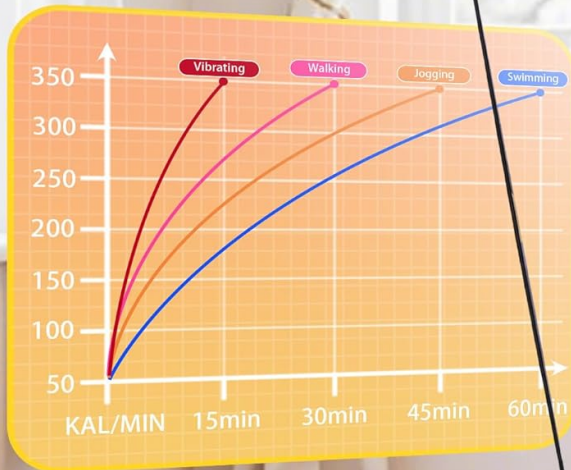


Image: Demonstrating the use of resistance bands with the vibration plate.

## 4. Example Exercises

The manual provides illustrations for various exercises, including squats, lunges, push-ups, and sit-ups, adapted for use with the vibration plate. Always start with a low intensity and gradually increase as your body adapts.

# Total Relaxation at Work

## Suitable for most scenarios



Improve Lymph  
Drainage



Accelerate  
Metabolism



Reduce  
Leg Swelling



Image: A user performing a squat on the vibration plate, illustrating various exercise equivalents.

## MAINTENANCE

### 1. Cleaning

To clean the vibration plate, wipe the surface with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish. Ensure the machine is unplugged before cleaning.

### 2. Storage

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



Image: The compact design of the AXV Vibration Plate allows for convenient storage.

## TROUBLESHOOTING

- **Machine does not power on:** Check if the power cord is securely plugged into both the machine and the electrical outlet. Ensure the main power switch is in the 'ON' position.
- **Remote control not working:** Verify that the remote control batteries are correctly installed and not depleted. Point the remote directly at the machine's sensor.
- **Vibration feels too weak/strong:** Adjust the speed settings using the 'Speed +/-' buttons on the remote or control panel.
- **Machine stops unexpectedly:** The machine is designed to automatically turn off after a set time (e.g., 10 minutes) for safety and to prevent overuse. Restart if needed.
- **Unusual noises or odors:** Immediately turn off and unplug the machine. Contact customer support for assistance.

## SPECIFICATIONS

Feature	Specification
Brand	AXV
Model Number	FR88
Controls Type	Remote
Number of Resistance Levels	120
Number of Programs	10
Unit Count	1.0 Count

## WARRANTY AND SUPPORT

AXV is committed to providing premium and safe home exercise equipment. Our products undergo rigorous testing to ensure quality. We offer a 100% lifetime satisfaction guarantee. If you encounter any problems or have questions regarding your AXV Vibration Plate, please contact the seller directly via email for a satisfactory solution.

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