

## Renoj VP02

# Renoj Vibration Plate Exercise Machine

MODEL: VP02 USER MANUAL

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## 1. Introduction

Thank you for choosing the Renoj Vibration Plate Exercise Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference.

The Renoj VP02 Vibration Plate is designed to provide a low-impact, full-body workout experience, engaging muscles through whole-body vibration technology. It features adjustable speed settings, a built-in speaker, and comes with resistance bands to enhance your fitness routine.

## 2. Important Safety Precautions

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions, are pregnant, or have recently undergone surgery.
- Always place the machine on a flat, stable surface. Ensure the four anti-slip suction cups are securely attached to the floor before use.
- Do not use the machine if you weigh over 330 lbs (150 kg).
- Keep children and pets away from the machine during operation.
- Ensure the power cord is not damaged or tangled. Do not operate the machine with a damaged cord or plug.
- Do not immerse the machine in water or use it in excessively humid environments.
- Stop using the machine immediately if you feel dizzy, nauseous, or experience any pain.
- Unplug the machine from the power outlet when not in use and before cleaning or maintenance.
- Use only the provided accessories and attachments.

## 3. Package Contents and Product Overview

Your Renoj Vibration Plate package includes the following items:

- Renoj Vibration Plate (Model VP02)
- Remote Control (requires 2 AAA batteries, not included)
- Power Cord
- 2x Resistance Bands with handles
- User Manual

### Product Diagram



Figure 3.1: Top view of the Renoj Vibration Plate Exercise Machine.

The vibration plate features a large, textured footpad for secure standing, an integrated control panel with an LED display, and a built-in USB speaker. The compact design allows for easy storage under furniture.



Figure 3.2: Renoj Vibration Plate with key dimensions and included accessories (resistance bands, remote control, power cord, user manual).

#### 4. Setup

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is enough clear space around the machine for safe operation.
3. **Secure the Base:** Press down firmly on the machine to engage the four anti-slip suction cups on the bottom, ensuring maximum stability during use.
4. **Connect Power:** Insert the power cord into the machine's power input port and then plug it into a standard 110V-120V AC power outlet.
5. **Remote Control Batteries:** Open the battery compartment on the back of the remote control and insert two AAA batteries (not included), observing the correct polarity.
6. **Attach Resistance Bands (Optional):** If you plan to use the resistance bands, locate the metal attachment points on each side of the vibration plate. Clip the carabiners of the resistance bands onto these points.



Figure 4.1: Ensure the suction feet are securely placed on a flat surface for stability.

## 5. Operating Instructions

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### 5.1. Powering On/Off

- Locate the red power switch on the side of the machine. Flip it to the 'ON' position to power on the device. The LED display will illuminate.
- To power off, flip the red power switch to the 'OFF' position.

### 5.2. Control Panel and Remote Control

The machine can be operated using either the integrated digital LED touch panel or the included remote control. The remote control offers convenient adjustment during your workout.



Figure 5.1: The remote control allows for easy adjustments during your workout.

#### Control Functions:

- **START/STOP:** Press to begin or end a workout session.
- **PROGRAM (P):** Cycles through 5 pre-set automatic programs (P1-P5). In auto programs, time and speed are pre-adjusted.
- **SPEED +/-:** Adjusts the vibration speed level (1-120) in manual mode.
- **TIME +/-:** Adjusts the workout duration in manual mode.
- **MUSIC CONTROLS:** Play/Pause, Next/Previous Track, Volume Up/Down (for Bluetooth/USB speaker).

#### 5.3. Bluetooth and USB Speaker

The Renoj Vibration Plate features a built-in USB speaker and Bluetooth connectivity, allowing you to enjoy music during your workout.

- **USB Speaker:** Plug a USB device containing music files into the USB port on the side of the machine. Use the music controls on the panel or remote to manage playback.
- **Bluetooth Setup:**
  - a. Power on the device.
  - b. Open the Bluetooth settings on your phone or other smart device.
  - c. Select the Bluetooth name (e.g., "Renoj VP02") to connect.
  - d. Once connected, you can play music through the machine's speaker and control it via your device or the machine's controls.



Figure 5.2: Enjoy your favorite music during workouts with the built-in speaker.

## 6. Whole Body Exercise Reference

The Renoj Vibration Plate can be used for a variety of exercises to target different muscle groups. Here are some reference exercises:

### 6.1. Standing Stances

- **Standing Stance:** Stand on the pad with feet shoulder-width apart.
- **Squatting Stance:** Stand on the pad, feet shoulder-width apart, while performing squats.
- **Calf Raise:** Stand on the balls of your feet on the plate. Lift both heels slowly and simultaneously. Hold the position for a short time.

### 6.2. Upper Body Workouts

- **Push-up:** Place your hands shoulder-width apart on the pad, with legs bent or extended. Get up with your upper body, then lower it.
- **Triceps Dip:** Turn away from the device, place your hands firmly on the plate and support yourself. Bend your elbows slightly, lowering your upper body.
- **Arm Workout (with bands):** With your feet shoulder-width apart, bend at the waist and stretch your arms straight to rest on the pad. Alternatively, use resistance bands for bicep curls or shoulder presses.

### 6.3. Lower Body Workouts

- **Lower Leg Work Out:** Rest your lower legs on the pad with your hands braced on the ground behind you for support.
- **Lunge (with bands):** Put your foot in the middle of the device. Extend the other leg backward. Keep your back straight and push the foot firmly on the plate. Flex your leg muscles and pull the band alternately firmly upwards and back.
- **Bridge on One Leg:** Lie on your back on a mat in front of the device with one foot on the plate. During the vibration, one leg is lifted up and extended.

### 6.4. Core Workouts

- **Sit-ups:** Put your legs on the vibration plate, with legs bent and hands behind your head. Get up with your upper body, but not completely, and lower it again.
- **Sitting Stance I:** Sit securely on the pad with your legs crossed.
- **Sitting Stance II:** Put your legs on the pedal while sitting on a stool.

# One Machine, Total Body Results

Effective Full-Body Workout



Figure 6.1: Examples of exercises that can be performed on the vibration plate.



Figure 6.2: A 10-minute session on the Renoj Vibration Plate can offer significant benefits.

## 7. Cleaning and Maintenance

- Always ensure the machine is powered off and unplugged before cleaning.
- Wipe the machine with a soft, damp cloth and mild detergent. Do not use abrasive cleaners, solvents (like benzene, thinner, ethanol), or corrosive chemicals, as these may damage the surface.
- Store the machine in a dry, dust-free, and well-ventilated place, away from direct sunlight.
- Regularly check the machine for any potential safety risks or damage.

## 8. Troubleshooting

Symptom	Possible Cause	Solution
Lights are off	No power supply / Power switch off	Check power connection, turn on power switch.
No vibration / Weak vibration	Low speed setting / Overload	Increase speed level / Reduce weight on platform.
Remote control does not work	Batteries dead / Too far from receiver	Replace AAA batteries / Ensure remote is within 2.5 meters of the infrared receiver window.
Machine stops while in use	Overheating / Exceeded time limit	Turn off, let cool for 10 minutes, then restart.
Unusual noise during operation	Loose components / Uneven surface	Check for loose parts, ensure machine is on a level surface.

If these solutions do not resolve the issue, please contact customer support.

## 9. Technical Specifications

- **Brand:** Renoj

- **Model:** VP02
- **Color:** Black
- **Material:** Acrylonitrile Butadiene Styrene (ABS)
- **Product Dimensions (D x W x H):** 21" x 13.2" x 4.4" (53.34 cm x 33.53 cm x 11.18 cm)
- **Maximum Weight Recommendation:** 330 lbs (150 kg)
- **Motor Power:** 200W
- **Controls Type:** Remote & Digital LED Touch Panel
- **Display:** Digital LED
- **Speed Range:** 1-120 levels
- **Amplitude:** 0.5-5mm
- **Operation Mode:** Automatic and Manual
- **Power Source:** Corded Electric 110V Voltage
- **UPC:** 199874262963

## 10. Warranty and Customer Support

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Renoj products are manufactured to high-quality standards. This product comes with a standard limited warranty against defects in materials and workmanship. Please refer to the warranty card included in your package for specific terms and conditions.

For any questions, technical assistance, or warranty claims, please contact Renoj Customer Support through the retailer where you purchased the product or visit the official Renoj website.

**Online Support:** [Visit the Renoj Store on Amazon](#)