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› GLYLF Vibration Plate Exercise Machine User Manual (Model 1)

GLYLF 1

GLYLF Vibration Plate Exercise Machine User Manual

Model: 1

IMPORTANT SAFETY INSTRUCTIONS

Before using the GLYLF Vibration Plate Exercise Machine, please read and understand all safety warnings and instructions. Keep this manual for future reference.

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Do not use this machine if you are pregnant, have deep vein thrombosis, acute hernia, cardiovascular diseases, have recently undergone surgery, have a pacemaker or implanted devices, or have an infection.
- Ensure the machine is placed on a stable, level surface before use.
- Keep children and pets away from the machine during operation. This is not a toy.
- Always start at the lowest speed setting and gradually increase intensity as your body adapts.
- Do not exceed the maximum weight capacity of 450 lbs (204 kg).
- Unplug the machine from the power outlet when not in use or before cleaning.

PACKAGE CONTENTS

Verify that all items are present in the package:

- GLYLF Vibration Plate Exercise Machine (x1)
- Resistance Bands (x5)
- Pull Ropes (x2)
- Remote Control (x1)
- User Manual (x1)
- Power Cord (x1)

PACKAGE INCLUDES

- ✓ Resistance Band x5
- ✓ Pull Rope x2
- ✓ Remote Control x1
- ✓ User Manual x1
- ✓ Power Cord x1



Image: All components included in the GLYLF Vibration Plate Exercise Machine package.

SETUP

1. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is enough space around the machine for safe operation.
2. **Power Connection:** Insert the power cord into the machine's power port and then into a standard electrical outlet.
3. **Remote Control:** Open the battery compartment on the remote control and insert two AAA batteries (not included), ensuring correct polarity.

Your browser does not support the video tag.

Video: This video demonstrates the initial setup, including connecting the power and using the remote control to adjust settings.

OPERATING INSTRUCTIONS

Power On/Off

Locate the main power switch on the side of the vibration plate and flip it to the 'ON' position. The LED display will illuminate. To turn off, flip

the switch to 'OFF'. The remote control also has a power button for convenience during use.

	GLYLF Vibration Plate	Other's Vibration Plate
		
Adjustable Speed	1-130 level	1-99 level
Bluetooth Music	✓	✗
Massage Acupoints	✓	✗
Resistance Band	✓	✗
Maximum Capacity	450LBS	330LBS

Image: Detailed view of the control panel display, highlighting the power button and other functions.

Adjusting Speed and Modes

The machine offers 5 automatic modes (P1-P5) and a manual mode with 130 adjustable speed levels. Use the remote control or the control panel on the device to select your desired mode and adjust the vibration intensity.

- **Mode Selection:** Press the 'MODE' button on the remote or control panel to cycle through P1-P5 and manual mode.
- **Speed Adjustment:** In manual mode, use the '+' and '-' buttons to increase or decrease the speed level from 1 to 130.
- **Timer:** Adjust the workout duration using the 'TIME +' and 'TIME -' buttons. The rated time range is 0-20 minutes.

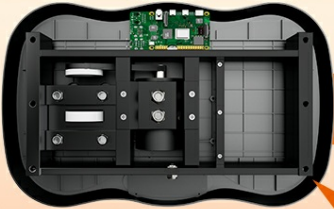
	VS	
Thick		Thin
Strong Motor		Weak Motor
Reasonable Length		Too Small

Image: Layout of the remote control, showing buttons for power, mode, speed, time, and music functions.

CONNECT THE PHONE WITH BLUETOOTH TO PLAY MUSIC



Image: Illustration of the three vibration intensity zones: Slow (1-40), Medium (40-80), and Fast (80-130) levels.

Bluetooth Connectivity

The vibration plate features Bluetooth connectivity for playing music during your workout. Turn on Bluetooth on your mobile device and connect to the device named "BT-AUDIO".

ENJOY EXERCISE

Connect the Phone with Bluetooth to Play Music

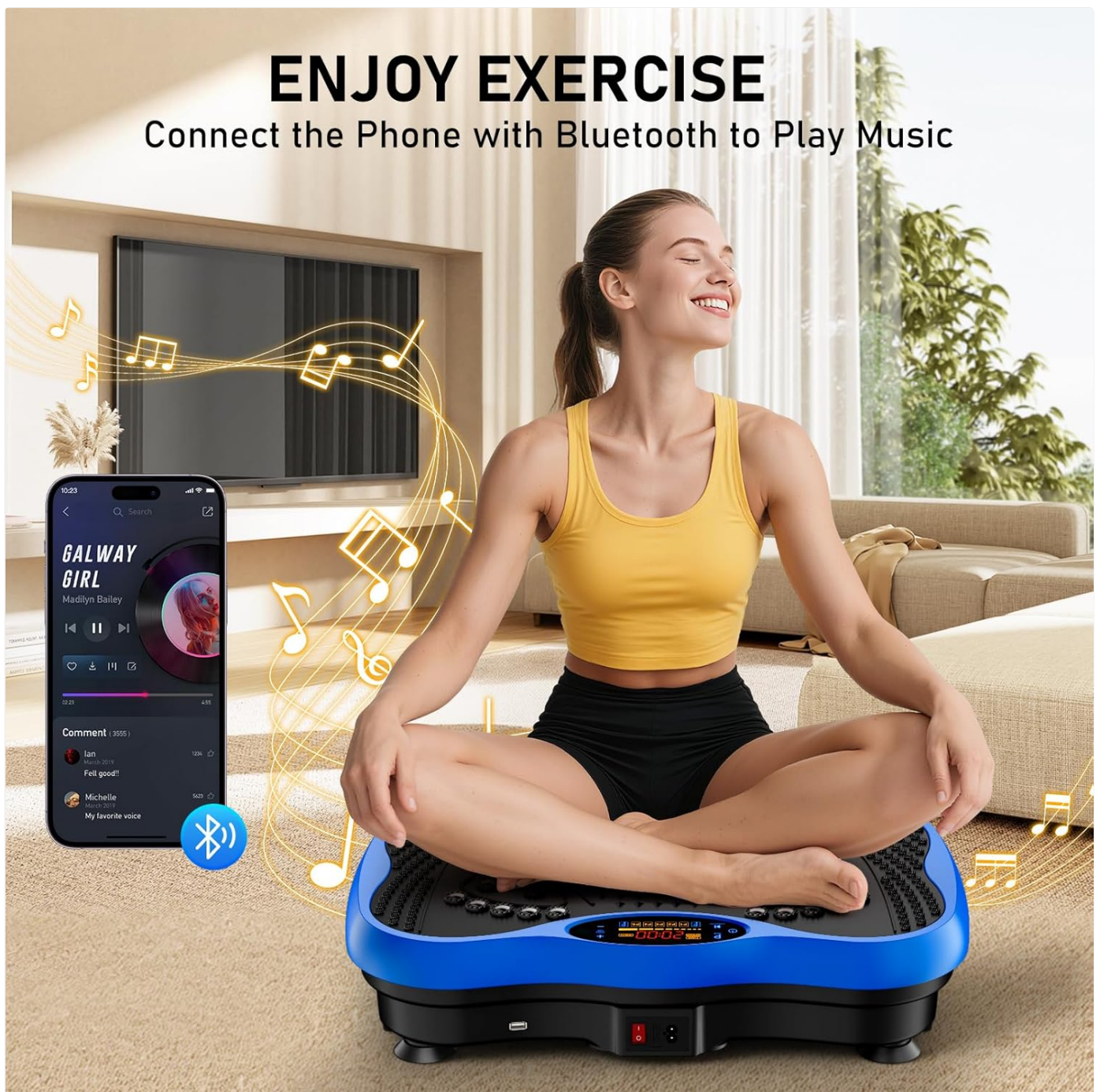


Image: A user enjoying music via Bluetooth while using the vibration plate.

Using Resistance Bands and Pull Ropes

Attach the included resistance bands or pull ropes to the designated hooks on the sides of the vibration plate. These accessories allow for upper body and additional full-body exercises while vibrating.



Image: Demonstrating the use of resistance bands for lower body exercises on the vibration plate.

Magnetic Massage Function

The surface of the vibration plate incorporates magnetic massage points. These points provide a soothing foot massage, which can help alleviate fatigue and improve circulation during or after your workout.

MAGNETIC HEALTH MASSAGE FUNCTION

Relieve Foot Pressure & Improve Your Sleep Quality



Image: Detailed view of the magnetic health massage function on the vibration plate surface.

EXERCISE GUIDE

The GLYLF Vibration Plate is designed for full-body workouts. A typical session of 10-20 minutes can target various muscle groups and contribute to overall fitness.

Recommended Positions and Exercises:

- **Standing:** Stand with feet shoulder-width apart for a general full-body vibration. Adjust foot placement to vary intensity (wider stance for more intense vibration).
- **Squats:** Perform squats while standing on the plate to engage leg and glute muscles more effectively.
- **Plank:** Place forearms on the plate in a plank position to engage core and upper body muscles.
- **Push-ups:** Place hands on the plate for elevated push-ups, adding vibration to the exercise.
- **Lunges:** Perform lunges with one foot on the plate to target individual leg muscles.
- **Arm Exercises:** Use the pull ropes for bicep curls, tricep extensions, and shoulder raises.

A SURPRISING TRANSFORMATION



Image: Examples of efficient full-body exercises that can be performed using the vibration plate.

10 MINUTE VIBRATION PLATE WORKOUT



Image: A visual representation of the equivalent benefits of a 10-minute vibration plate workout compared to other activities.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your vibration plate.

- **Cleaning:** Wipe the surface of the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact design allows for easy storage under a bed or sofa.
- **Inspection:** Periodically check the power cord and all connections for any signs of wear or damage.



Image: Examples of how the vibration plate can be easily stored in various home settings.

TROUBLESHOOTING

If you encounter any issues with your GLYLF Vibration Plate, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Main power switch is off; No power from outlet.	Ensure power cord is securely plugged in. Flip the main power switch to 'ON'. Test the outlet with another device.
Remote control is not working.	Batteries are dead or incorrectly inserted; Remote is out of range.	Replace batteries, ensuring correct polarity. Ensure remote is pointed at the machine and within effective range.
Vibration is weak or inconsistent.	Low speed setting selected; Machine overloaded.	Increase the speed level. Ensure user weight does not exceed 450 lbs.
Bluetooth connection issues.	Bluetooth not enabled on device; Incorrect device selected.	Ensure Bluetooth is enabled on your phone. Select "BT-AUDIO" from available devices.

If the problem persists after attempting these solutions, please contact GLYLF customer support for assistance.

SPECIFICATIONS

Feature	Detail
Brand	GLYLF
Model Number	1

Feature	Detail
Dimensions (L x W x H)	20.5" x 12.2" x 4.7"
Item Weight	6.35 Kilograms (approx. 14 lbs)
Material	Metal, Plastic
Max Weight Capacity	450 lbs (204 kg)
Resistance Levels	130
Rated Time	0-20 minutes
Noise Level	Less than 50 dB
Connectivity	Bluetooth

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official GLYLF website. If you require technical support, have questions about product operation, or need to report a defect, please contact GLYLF customer service through the contact information provided in your product packaging or on the official brand website.

Note: Optional protection plans may be available for purchase separately. These are not standard product warranties.

