

AXV Vibration Plate Fitness Platform Exercise Machine

AXV Vibration Plate Fitness Platform Exercise Machine User Manual

Model: BASIC.BLACK

Brand: AXV

1. INTRODUCTION

The AXV Vibration Plate Fitness Platform is designed to enhance your fitness routine through whole-body vibration technology. This compact exercise machine stimulates muscles, activates metabolism, and promotes circulation, offering a versatile workout solution for home or office use. It features adjustable intensity levels and is suitable for various fitness goals, from gentle recovery to calorie-burning exercises.

Key features include adjustable intensity for full-body vibration, a compact design for use while sitting or standing, and an anti-slip surface for safety. The machine is equipped with a remote control and resistance bands to diversify your workout.

2. SAFETY INFORMATION

Please read all instructions carefully before using the AXV Vibration Plate. Improper use can result in injury.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- Do not use the machine if you have pacemakers, metal implants, acute thrombosis, severe diabetes, epilepsy, or severe migraines.
- Ensure the machine is placed on a flat, stable surface with adequate clear space around it.
- Keep children and pets away from the machine during operation.
- Do not stand on the machine with wet feet or wear slippery footwear.
- Unplug the machine from the power outlet when not in use or before cleaning.

- Do not attempt to disassemble or repair the machine yourself. Contact customer support for assistance.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- AXV Vibration Plate Fitness Platform Machine
- Remote Control
- Resistance Bands (2)
- User Manual
- Power Cord

4. SETUP

1. **Unpack the Machine:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure there is enough space around the machine for safe movement during exercise.
3. **Power Connection:** Insert the power cord into the machine's power inlet, then plug the other end into a standard electrical outlet. Ensure the connection is firm.



Image 1: The AXV Vibration Plate Fitness Platform, ready for use.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To power on, press the main power switch located on the side of the machine. The LED display will illuminate.
- To power off, press the main power switch again.

5.2 Using the Control Panel

The integrated LED display shows time, speed, and program information. Use the touch buttons to adjust settings.

- **Start/Stop:** Press to begin or pause the vibration.
- **Time:** Adjust the workout duration.
- **Speed +/-:** Increase or decrease the vibration intensity (levels 1-120).
- **Program (P):** Select from pre-programmed workout routines.

5.3 Using the Remote Control

The remote control allows for convenient adjustment of settings during your workout.

- Ensure the remote has working batteries.
- Point the remote towards the machine's display panel.
- Use the corresponding buttons to power on/off, start/stop, adjust speed, and select programs.



Image 2: Overview of the AXV Vibration Plate's features, including the touch display and remote control.

Boost strength and flexibility



Image 3: Detailed view of the infrared remote control and the machine's on-screen controls.

6. EXERCISE GUIDE

The AXV Vibration Plate can be used for various exercises to target different muscle groups and achieve diverse fitness goals. Start with lower intensity and shorter durations, gradually increasing as your body adapts.

6.1 Basic Standing Positions

- **Wide Stance:** Feet wider than shoulder-width apart for higher intensity vibration to the lower body.
- **Narrow Stance:** Feet shoulder-width apart for moderate intensity.
- **Heel/Toe Stand:** Stand on heels or toes to focus vibration on calves or shins.

6.2 Incorporating Resistance Bands

Attach the included resistance bands to the designated points on the machine to perform upper body exercises simultaneously with vibration.

- **Bicep Curls:** Stand on the plate, hold handles, and perform curls.
- **Shoulder Presses:** Stand on the plate, hold handles, and press upwards.

6.3 Example Exercises

- **Squats:** Stand on the plate with feet shoulder-width apart, lower into a squat position.
- **Lunges:** Place one foot on the plate and the other on the floor, perform lunges.
- **Push-ups:** Place hands on the plate and perform push-ups to engage core and upper body.
- **Calf Raises:** Stand on the plate and raise onto your toes.



Image 4: A user demonstrating a lunge position on the vibration plate, highlighting benefits like enhanced physical fitness and improved lymph drainage.



Image 5: Illustrates how 10 minutes of vibration exercise can be equivalent to longer durations of other activities like yoga, bike riding, or jogging.

Space-Saving



Image 6: Demonstrates exercises to boost strength and flexibility, targeting shoulders, legs, core, and arms.

7. MAINTENANCE

7.1 Cleaning

- Always unplug the machine before cleaning.
- Wipe the surface of the machine with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Ensure no liquid enters the internal components.

7.2 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 7: The compact design of the AXV Vibration Plate allows for convenient storage, such as under a sofa.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected or no power from outlet.	Ensure the power cord is securely plugged into both the machine and a working electrical outlet. Check the main power switch.
Remote control is not working.	Batteries are dead or remote is not pointed correctly.	Replace the batteries in the remote control. Ensure the remote is pointed directly at the machine's display panel.
Vibration is weak or inconsistent.	Low speed setting or uneven surface.	Increase the speed setting. Ensure the machine is on a flat, stable surface.

If you encounter any issues not listed here, please contact customer support.

9. SPECIFICATIONS

- **Brand:** AXV
- **Model:** Vibration Plate Fitness Platform Exercise Machine (BASIC.BLACK)
- **Material:** Plastic
- **Controls Type:** Remote, On-board Touch Display
- **Maximum Speed:** 120 RPM
- **Number of Resistance Levels:** 120
- **Weight Capacity:** 120 KG (approx. 265 lbs)
- **Dimensions (approx.):** 17.3in (Length) x 12.7in (Width) x 4.8in (Height)
- **Included Components:** Machine, Remote Control, Resistance Bands

10. WARRANTY AND SUPPORT

The AXV Vibration Plate Fitness Platform is covered by a manufacturer's warranty. For specific details regarding warranty coverage and duration, please refer to the warranty card included with your product or contact the seller directly.

For technical support, troubleshooting assistance, or any questions regarding your product, please contact the seller through your purchase platform. Provide your order number and a detailed description of the issue for prompt service.