

AXV ASTROLABE.BLACK

AXV Vibration Plate Fitness Platform Exercise Machine ASTROLABE.BLACK User Manual

1. IMPORTANT SAFETY INFORMATION

Before operating the AXV Vibration Plate, please read and understand all instructions and safety warnings. Keep this manual for future reference.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a flat, stable surface during use.
- Do not use the machine if you are pregnant, have a pacemaker, or have any metal implants.
- Keep children and pets away from the machine during operation.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.

2. PRODUCT OVERVIEW

The AXV Vibration Plate is designed to provide a full-body vibration workout, promoting muscle activation and circulation. This section details the components and key features of your device.

2.1 Package Contents

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

2.2 Key Features

- **Dual Motors:** Provides consistent and powerful vibration.
- **Adjustable Speed:** 1 to 120 levels for varied intensity.
- **Multiple Programs:** 5 pre-set workout programs.
- **LED Display:** Shows time, speed, and estimated calories burned.
- **Anti-slip Surface:** Ensures stability during exercise.
- **Compact Design:** Easy to store and transport.



Image: The AXV Vibration Plate in use, highlighting its benefits for full-body vibration, relaxation, weight management, rehabilitation, and blood circulation.

Power Upgraded **Dual Motors Drive**



Our Product :

Slow and Smooth

in low speed level



Other Product :

Very Fast

in low speed level



Smooth Running

Over 1000000 Vibrations



Long-Lasting Use

Energy-Efficient 50%



Low Noise

≤35DB



Safe

Smart Overload Protection



Image: An illustration of the upgraded dual motor drive system, emphasizing smooth operation, energy efficiency, low noise (under 35dB), and smart overload protection.

3. SETUP INSTRUCTIONS

Follow these steps to set up your AXV Vibration Plate for first use.

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for storage or transport.
2. **Placement:** Place the vibration plate on a firm, level, and non-slip surface. Ensure there is adequate space around the machine for safe movement during exercise.
3. **Power Connection:** Insert the power cord into the machine's power port, then plug the other end into a standard 110-120V electrical outlet.
4. **Initial Check:** Ensure the machine is stable and the power indicator light (if present) illuminates.

4. OPERATING INSTRUCTIONS

This section guides you through the operation of your vibration plate, including controls and exercise recommendations.

4.1 Powering On/Off

- To power on, press the power button on the machine or the remote control. The LED display will illuminate.
- To power off, press the power button again.

4.2 Using the Remote Control

The remote control allows you to adjust settings conveniently during your workout.

- **Power Button:** Turns the machine on or off.
- **Speed +/-:** Adjusts the vibration intensity from level 1 to 120.
- **Program Button:** Cycles through the 5 pre-set workout programs.
- **Time Button:** Adjusts workout duration (if applicable, or displays remaining time).

4.3 Exercise Guidelines

For optimal results, a typical workout session can be 10-15 minutes. Vary your positions to target different muscle groups.

10-Minute Vibration Workout



Image: A visual guide demonstrating how a 10-minute vibration workout can be equivalent to longer sessions of yoga, biking, jogging, sit-ups, push-ups, or swimming.

Recommended Exercises:

- **Standing Squats:** Stand with feet shoulder-width apart, slightly bend knees, and lower hips as if sitting in a chair.
- **Calf Raises:** Stand on the plate and slowly raise onto your toes, then lower.
- **Push-ups:** Place hands on the plate and perform push-ups to engage upper body and core.
- **Seated Leg Extensions:** Sit on the floor with legs extended on the plate, engaging thigh muscles.

Mix-up Your Workouts With Additional Exercises



Image: Examples of additional exercises that can be performed on the vibration plate, including squats, seated positions, and lunges, to diversify workouts.

4.4 Using Resistance Bands

Attach the included resistance bands to the designated points on the machine. Use them to add upper body and arm exercises to your vibration workout, enhancing muscle toning.

Space-Saving • Easy to Store



Image: A user performing a squat on the vibration plate, illustrating the benefits of lymphatic drainage and overall wellness, including stress reduction, pain relief, increased strength, improved circulation, boosted metabolism, and enhanced bone mineral density.

5. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your AXV Vibration Plate.

5.1 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.

5.2 Storage

The compact design of the AXV Vibration Plate allows for easy storage.

- Store the machine in a cool, dry place away from direct sunlight and moisture.

- Ensure the power cord is neatly coiled and not kinked.
- The machine can be stored under a bed or in a closet due to its portable design.



Image: Demonstrates the space-saving and portable design of the AXV Vibration Plate, showing it being carried and stored conveniently under a bed.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected. No power from outlet.	Check power cord connection. Test outlet with another device.
Remote control not working.	Batteries are dead or incorrectly inserted. Remote not aimed at sensor.	Replace batteries. Ensure correct polarity. Aim remote directly at the machine's sensor.

Problem	Possible Cause	Solution
Vibration is weak or inconsistent.	Low speed setting. Machine overloaded.	Increase speed setting. Ensure user weight is within specified limits.

If the problem persists, please contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the AXV Vibration Plate Fitness Platform.

Feature	Specification
Brand	AXV
Model	ASTROLABE.BLACK
Material	Plastic
Controls Type	Remote
Maximum Speed	120 RPM
Number of Resistance Levels	120
Operation Mode	Automatic
Power Source	Corded Electric 110~120V Voltage
Number of Programs	5
Included Components	Machine, Remote Control, Resistance Bands

8. WARRANTY AND SUPPORT

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

For any questions, technical assistance, or warranty claims, please contact the seller via email. Provide your product model and purchase details for efficient support.

