

SEDOZIK ZK06

SEDOZIK Vibration Plate ZK06 User Manual

Model: ZK06

INTRODUCTION

The SEDOZIK Vibration Plate is a versatile wellness tool designed to integrate into your fitness routine. It utilizes oscillating vibration technology to engage muscles, promote circulation, and support recovery. This manual provides essential information for safe and effective use of your vibration plate.

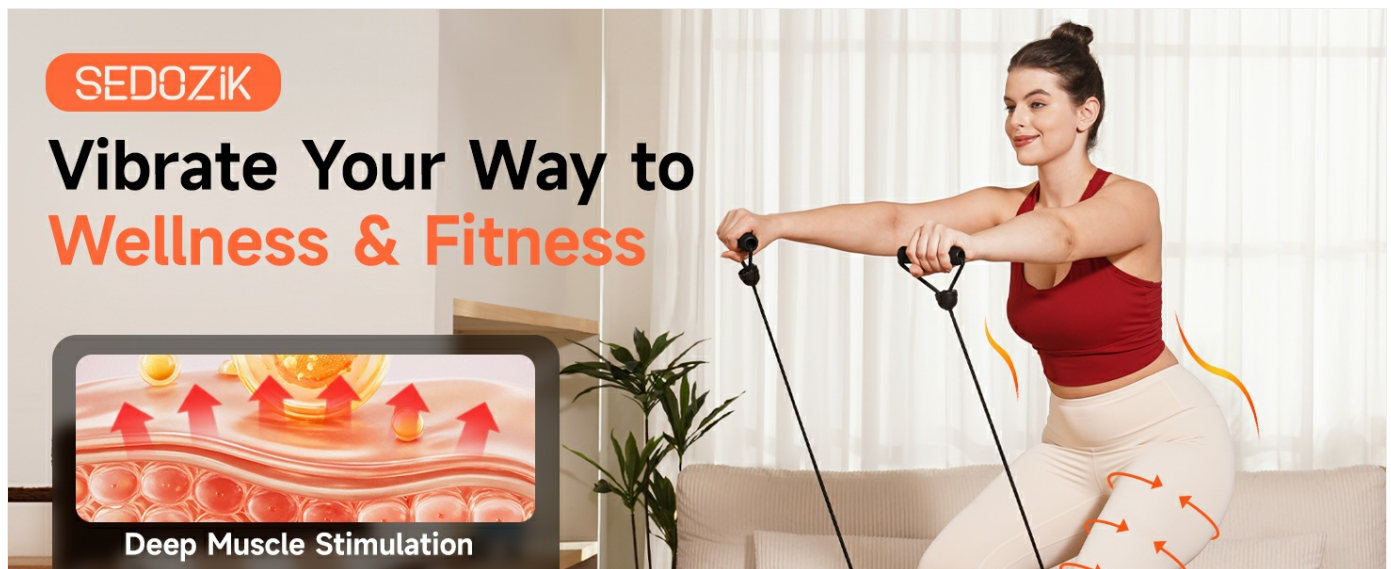


Image: A user performing exercises on the SEDOZIK Vibration Plate with resistance bands.

IMPORTANT SAFETY INFORMATION

Please read all safety warnings before using the SEDOZIK Vibration Plate. Failure to follow these instructions may result in injury.

- **Consult your physician:** Before starting any new exercise program, especially if you have pre-existing health conditions.
- **Do not use if you have:** Heart disease, uncontrolled high blood pressure, pacemakers, thrombosis, severe osteoporosis, herniated discs, joint replacements, epilepsy, vertigo, or are pregnant.

- **Avoid use with:** Metal implants, recent surgeries, diabetic neuropathy, or bleeding disorders.
- **Children and Elderly:** Children under 18 and elderly individuals with fragile bones should not use this device.
- **Start Slowly:** Begin with low intensity and short durations (e.g., 10 minutes).
- **Stop Immediately:** Discontinue use immediately if you experience pain, dizziness, or nausea.
- **Placement:** Ensure the device is placed on a stable, level surface.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 450 lbs (204 kg).

SAFETY WARNING

Image: A graphic indicating a safety warning.

WHAT'S IN THE BOX

Your SEDOZIK Vibration Plate package includes the following components:

- SEDOZIK Vibration Plate Exercise Machine
- Power Cord
- Remote Control
- User Manual (this document)
- 2 Resistance Bands with Handles (Pull Ropes)
- 5 Loop Bands



Image: All components included in the SEDOZIK Vibration Plate package laid out on a wooden floor.

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 unit for safe operation. The anti-slip suction bases will help secure the unit.
3. **Power Connection:** Insert the power cord into the safe plug port on the side of the vibration plate, then plug the

other end into a standard electrical outlet.

4. **Initial Power On:** Locate the main power switch (usually on the side or back) and flip it to the "ON" position. The LED display should illuminate.



Image: Detailed view of the vibration plate's features: LED display panel, anti-slip surface, non-slip suction bases, and safe plug port.

OPERATING INSTRUCTIONS

Control Panel and Remote Control

The vibration plate can be operated using the integrated LED display panel or the wireless remote control.



Image: Close-up of the LED display and smart touch control panel, highlighting buttons for Start/Stop, Cycle, Power, Preset Mode, Speed, Time, and Bluetooth.



Image: The remote control for the vibration plate, showing buttons for Power, Preset Mode, Time, Speed, Play/Pause, and Volume.

Basic Operation

1. **Power On:** Ensure the main power switch is ON. Press the "Power" button on the control panel or remote to activate the unit.
2. **Start/Stop:** Press the "Start/Stop" button to begin or pause the vibration.
3. **Adjust Speed:** Use the "Speed +" and "Speed -" buttons to adjust the vibration intensity from 1 to 120 levels.
4. **Select Preset Mode:** Press the "Preset Mode" button to cycle through the 8 automatic programs (P0-P7). Each program offers a different vibration pattern and intensity.
5. **Adjust Time:** Use the "Time +" and "Time -" buttons to set your desired workout duration.
6. **Cycle Button:** The "Cycle" button on the control panel allows you to switch between adjusting speed, time, and volume.

Bluetooth Connectivity

The vibration plate features built-in Bluetooth speakers for audio playback.

1. **Activate Bluetooth:** Ensure the vibration plate is powered on. The Bluetooth icon on the display will indicate its status.
2. **Pair Device:** On your smartphone or other Bluetooth-enabled device, search for "SEDOZIK" in the Bluetooth settings and pair.
3. **Play Music:** Once paired, you can stream audio through the vibration plate's speakers. Use the "Play/Pause", "Previous song", "Next song", "Volume +" and "Volume -" buttons on the remote control to manage playback.

BLUETOOTH PLAYBACK FEATURE CUSTOMIZE YOUR FITNESS JOURNEY



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

Using Resistance Bands

Attach the included resistance bands with handles to the designated hooks on the sides of the vibration plate for upper body and full-body exercises. The loop bands can be used for lower body resistance.

SCULPT, TONE, AND BURN CALORIES FAST



Image: A user demonstrating a squat exercise on the vibration plate while holding resistance bands.

EFFICIENT FULL-BODY EXERCISE

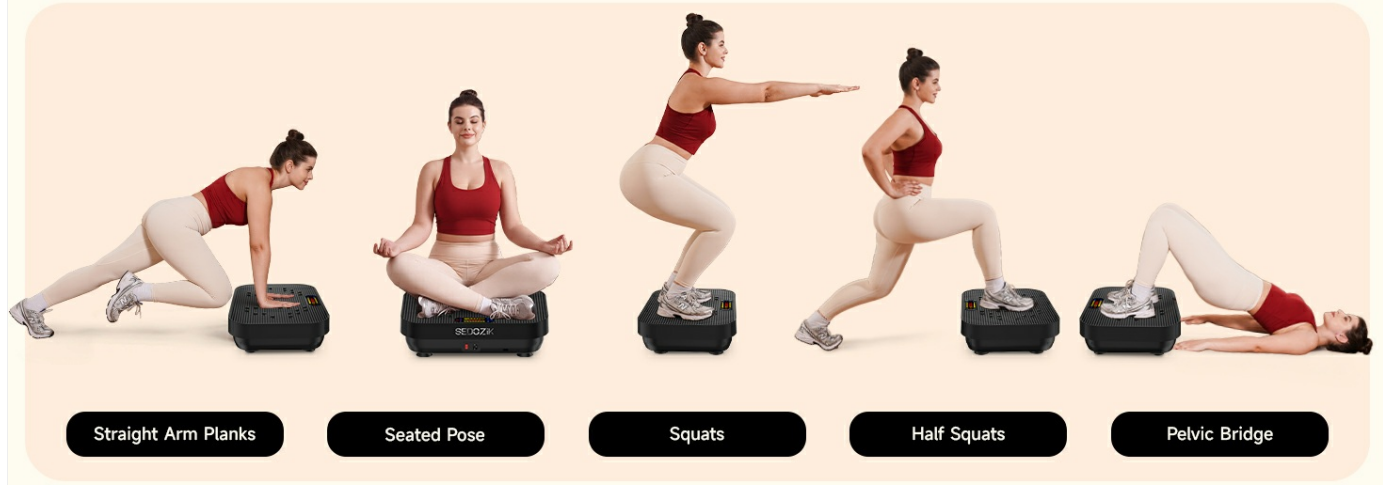


Image: Examples of efficient full-body exercises that can be performed on the vibration plate, including planks, seated poses, squats, half squats, and pelvic bridges.

MAINTENANCE

- **Cleaning:** Wipe the surface of the vibration plate with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use, store the vibration plate in a cool, dry place. Its compact design allows it to be stored under a bed or sofa.
- **Inspection:** Periodically check the power cord and all components for any signs of damage. If damage is found, discontinue use and contact customer support.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit does not power on.	Power cord not properly connected; Main power switch is OFF; Power outlet issue.	Ensure power cord is securely plugged in. Check if the main power switch is ON. Test the outlet with another device.
No vibration when started.	Speed level set to 0; Unit is paused.	Increase the speed level using "Speed +" button. Press "Start/Stop" to resume operation.
Bluetooth not connecting.	Device not in pairing mode; Incorrect device selected.	Ensure Bluetooth is enabled on your device and the vibration plate. Re-scan for "SEDOZIK" and attempt to pair again.
Unusual noise during operation.	Unit not on a level surface; Internal component issue.	Ensure the unit is on a flat, stable surface. If noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	SEDOZIK
Model Number	ZK06
Color	Black
Material	Plastic
Product Dimensions (D x W x H)	18.5" x 13.8" x 4.9"
Controls Type	Remote, Touch Panel
Display	LED
Speed Levels	1-120
Preset Programs	8 (P0-P7)
Maximum Weight Capacity	450 LBS

Feature	Detail
Operation Mode	Automatic
Power Source	Corded Electric
Wattage	150 watts
Noise Level	Under 50dB



Image: Diagram showing the dimensions of the SEDOZIK Vibration Plate: 18.5" W x 13.8" D x 4.9" H.

WARRANTY AND SUPPORT

The SEDOZIK Vibration Plate comes with a 1-year warranty. For any questions, assistance, or warranty claims, please contact our customer support team. We are committed to providing prompt and helpful solutions. Contact information for customer support can typically be found on the product packaging or the official SEDOZIK

website.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question