


LEARLBOR
XR-378
Vibration
Machine



LEARLBOR XR-378 Vibration Machine User Manual

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LEARLBOR XR-378 Vibration Machine



Product Usage Instructions

1. Initial Setup:

Before using the Vibration Machine, ensure that you have read the user manual carefully. Connect the device to a power source using the provided cable and follow the on-screen instructions to complete the setup process.

2. Basic Operations:

To power on the device, press the designated power button and wait for it to boot up. Use the intuitive interface to navigate through different functions and settings. Refer to the user manual for specific instructions on each operation.

3. Maintenance:

Regularly clean the Vibration Machine using a soft, dry cloth to prevent dust buildup. Avoid using harsh chemicals or abrasive materials that may damage the device's surface. Check for software updates periodically to ensure optimal performance.

4. Troubleshooting:

If you encounter any issues with the device, refer to the troubleshooting section in the user manual. Common problems such as connectivity issues, freezing screens, or error messages are usually addressed with simple solutions provided in the manual.

FAQ (Frequently Asked Questions):

• Q: How do I reset the device to factory settings?

A: To reset the device, go to the settings menu, locate the 'Reset' option, and follow the on-screen prompts to restore the device to its original factory settings.

• Q: Can I use third-party accessories with the Vibration Machine?

A: It is recommended to use accessories that are compatible with the device to avoid any damage or compatibility issues. Refer to the user manual for a list of approved accessories.

Introduction

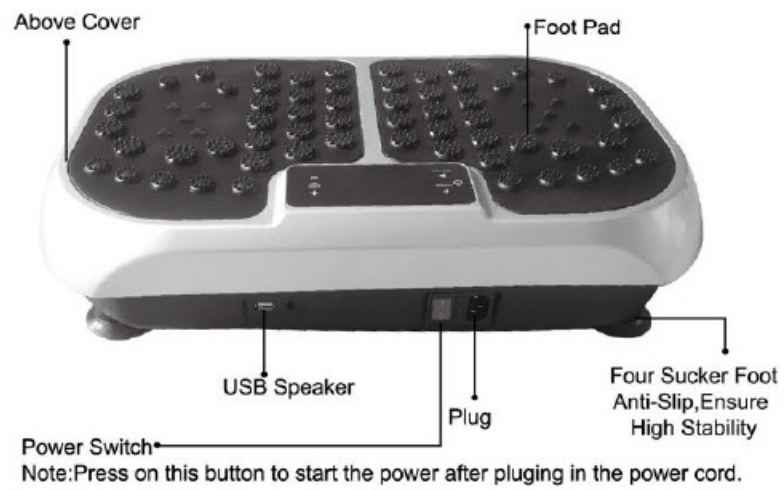
Thank you for purchasing this fitness vibration machine. Please read the User Manual carefully to ensure the safe and proper use of this machine. Please read and fully understand the Safety Precautions before use.

Safety Precautions

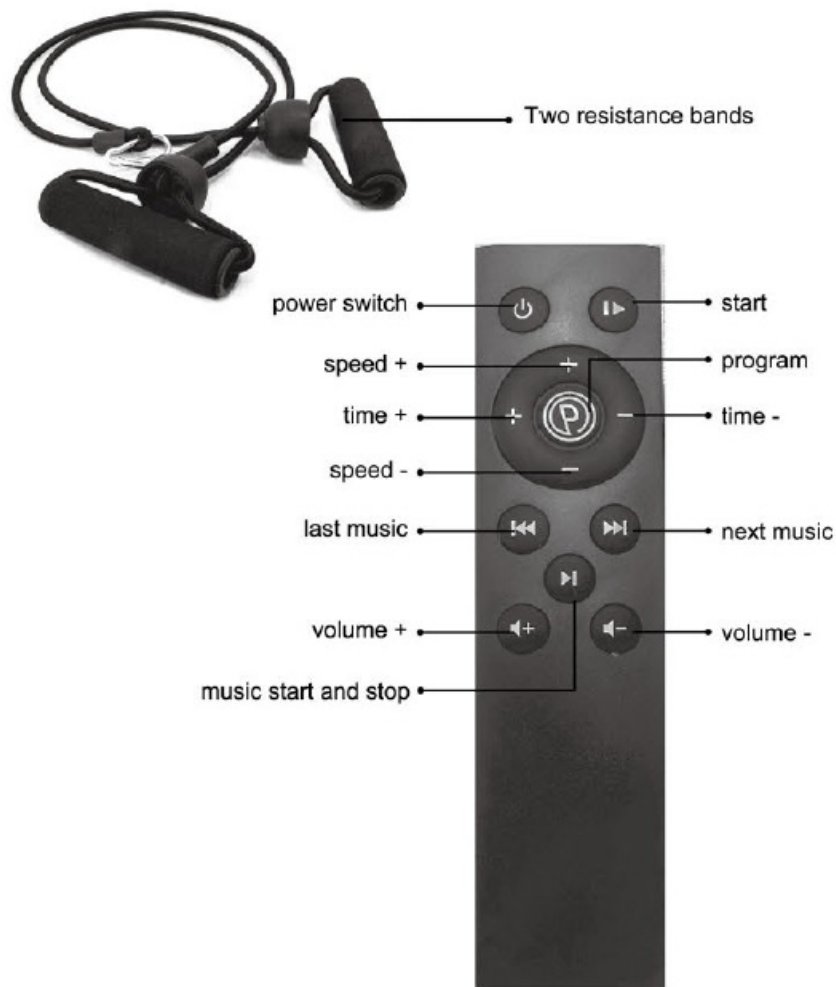
Attention

- The recommended time is 10-20 minutes every time.
- If you suffer from joint problems, have hypertension, bronchitis, heart condition or skin disease, diabetes, or pregnancy, extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, or use a pacemaker, or other diseases, we recommend seeking medical advice before using this vibration trainer.
- Study the functions and make sure you know how to operate the machine to avoid malfunction or injury.
- Keep children away from this machine.
- Normally, someone may feel a little dizzy while using it for the first time due to the Vibration Oscillation of the machine it will not happen again after using for a few times.
- To avoid injury and impairment, stamping on the pad is forbidden.
- Do not put your knees on the pad to prevent injury and impairment.
- Do not put all your weight on one side
- Do not touch the device with wet hands.
- Only one person at a time may use the device. This product is for exercising only. Other uses are prohibited.
- This product is for exercising only. Other uses are prohibited.

Product Structure Overview



Remote control



Vibration types:

Left-right Oscillation: Amplitude:0-10mm, Frequency: 50/60Hz.

Operating Instruction

- **Power switch:** Press the power switch to start or stop the product
- **START:** Press the start button to start the device
- **Automatic programs:** 5 Automatic programs can be selected P1,P2,P3, P4, P5:

How to use this program: press the power switch button:

- For safety reasons pressing P will only work under machine STANDBY condition.
- Press the STOP button to STANDBY machine before pressing P to cycle through various modes.
- Press the button "P", and the machine enters auto-mode(From P1-P5). Select from P1-P5, and Press START to begin working out.
- **Please note:** Choose an auto-program and press the start button, the machine will start the chosen program. You cannot adjust the time and speed when you start an auto-program.
- **Speed+ button:** Press this button to increase the speed as desired. This button can be used when you use a manual program before you press the "start" button (not available with an automatic program).Speed range from 1-120 level.
- **Speed- button:** Press this button to decrease the speed. This button can be used when you are using a manual program (not available for automatic programs). Speed range from 1-120 level.
- **Time+ button & Time- button:** Press the Time+ button/Time- button to increase/decrease the time. These two buttons can be used when you use a manual program (not available for automatic programs)

- **When you use a USB speaker**

- **Last music & Next music button:** You can choose the music you like Volume+&Volume- button: Press these two buttons can adjust the volume of the music
- **Music starts & stops:** Press this button, and you can start or stop music.

Please note the valid receiving range of the remote control is 2.5 meters; the infrared light on the remote control must align with the infrared receiver window on the machine.

Technical Specification

- **Rated voltage:** 110V-220V
- **Power:** 200W
- **Max Loading:** 150kg
- **Product weight:** 9kg/19.84 lbs
- **Speed range:** 1 to 120 levels
- **Amplitude:** 0-10 mm

AUTO PROGRAM SPEED SHEET

TIME FROM 10 MIN TO 1 MIN

	S1	S2	S3	S4
P1	10	40	50	60
P2	15	35	30	40
P3	20	60	80	100
P4	25	65	80	105
P5	30	60	90	120

Whole body Exercise Guide

Whole body Exercise Reference I

1. Standing stance:

Stand on the pad, feet shoulder-width apart.



2. Squatting stance:

Stand on the pad, feet shoulder-width apart while squatting



3. Upper body workout:

Place your hands shoulder-width apart on the pad, while on your knees.



4. Lower legwork out:

Rest your lower legs on the pad with your hands braced on the ground behind you for support.



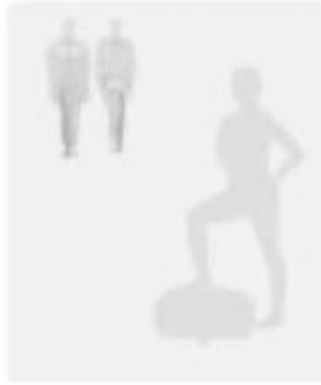
5. Arm workout:

With your feet shoulder-width apart, bend at the waist and stretch your arms straight to rest on the pad.



6. Single-foot stance:

Put one foot on the pedal and stand relaxed and straight.



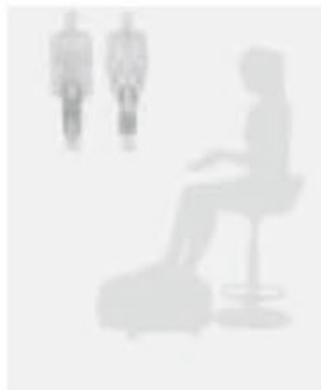
7. **Sitting stance I:**

Sit securely on the pad with your legs crossed.



8. **Sitting stance II:**

Put your legs on the pedal while sitting on a stool.



Whole body Exercise Reference II

1. **Push-up**

- **Starting position:**

Put your legs on the vibration plate, the legs are bent, hands behind your head.

- **Exercise:**

Get up with your upper body, but not completely, and lower it again.



2. Sit-ups

- **Starting position:**

Put your legs on the vibration plate, the legs are bent, hands behind your head.

- **Exercise:**

Get up with your upper body, but not completely, and lower it again.



3. Triceps Dip

- **Starting position:**

Turn away from the device, put your hands firmly on the plate, and support yourself on it.

- **Exercise:**

Push your body up. Bend the elbows slightly, and lower the upper body. Ensure the shoulder blades are pushed together. Alternatively, you can also extend the legs.



4. Bridge on one leg

- **Starting position:**

Lie on your back on a mat in front of the device with your feet stepping on the plate

- **Exercise:**

During the vibration one leg is lifted up and extended, switch the leg every 3-5 seconds, during the exercise ensure that the pelvis doesn't fall to one side.



5. Lunge with bands

- **Starting position:**

Put your foot in the middle of the device. Extend the other leg backward. Hold one band firmly.

- **Exercise:**

- Keep your back straight and push the foot firmly on the plate, flex the leg muscles.
- Bend your forearm and pull the band alternately firmly upwards and back.



6. Biceps Curls

- **Starting position:**

Get on the device. Hold both bands firmly.

- **Exercise:**

Keep the back and the wrists straight. Bend the underarm and pull the bands firmly upwards.



7. Lunge

- **Starting position:**

Put your foot in the middle of the device. Extend the other leg backward.

- **Exercise:**

Keep the back straight and push the leg firmly on the lunge. Flex your leg muscles and cross your arms in front of your body.



8. Squat

- **Starting position:**

Get on the device, the feet shoulder-width apart.

- **Exercise:**

Keep the back straight, the knees and the upper body slightly bent forward, and the leg muscles slightly flexed. Alternatively, move up and down.



9. Calf raise

- **Starting position:**

Get on the plate. The upper body stays relaxed.

- **Exercise:**

- Lift both heels slowly, simultaneously until you're standing on the balls of the feet.
- Hold the position for a short time. The exercise can also be done on one leg, to make it more

strenuous.



Perfect for whole body exercise and enhancing your health through this new and exciting way.



Product Features

- Variants of Speed Range and Strong Body Shape Massage Vibration. With a built-in USB speaker, enables you to enjoy music and relax while taking exercise.
- Perfect for muscle toning, muscle building, weight loss & cellulite reduction.
- Fitted with yoga straps to enhance its potential for improving the upper body and arms.
- Small compact size – can be used anywhere at home & easy to put away. Design with a big LCD display ensures clear reading and easy adjustment.
- Comes with Arm cords, a Remote control, Resistance Bands, and an Instruction manual.

Cleaning and maintenance

Attention

- Please make sure the machine is powered off.
- The machine can be cleaned with a warm, damp cloth with detergent.
- Make sure the machine is completely dry before turning it on again.
- Be sure not to use benzene, thinner, ethyl alcohol, gasoline, etc. which can result in hazardous fumes, fading of the paint, or corroding of the inner parts.
- If the machine is not used for a long time, cover it to prevent dust from entering the machine.

Maintenance

1. After each use, turn off the machine and make sure it's powered off.
2. Store this machine in a dry, dust-free, and well-ventilated place. Ensure that the machine is not exposed to sunlight. Ensure that the storage and transportation environments meet the requirements
3. Check whether safety risks exist regularly.

Troubleshooting

	Symptom	Possible cause	Solution
1	Lights are off	Is power supply ok?	Plug in again
		Power switch of the appliance off	Turn off to on
		Transient current too strong, blown fuse	Change a new fuse
2	Noise	Is the foot screw level with the floor?	Adjust foot screw
3	Remote control does not work	No battery / battery empty	Replace battery
		Too far from the machine	Valid range is 2.5 meter
4	Machine stops while in use	Machine is overheated	Start again after 10 minutes
5	Does not work as intended	Received too many commands	Turn off power and restart

If this still can't help you solve the problem, please contact us and our engineers will help you deal with it. Thanks!

Storage and Transportation

1. Transportation

The fitness vibration machine can be transported using general transportation tools. Severe vibration, shock, or rain must be avoided during transportation.

2. Storage

The fitness vibration machine must be stored in a well-ventilated room without corrosive gas. The ambient temperature must be – 10°C to +50°C (14°F-122°F) the relative humidity must be lower than 93% (non-condensing), and the atmospheric pressure must be 50-106 kPa.

Package List



No	Name	Quantity	Unit	Remarks
1	Fitness vibration platform machine	1	pcs	
2	Resistance Bands	2	pcs	
3	Remote Control	1	pcs	
4	Power Cord	1	pcs	
5	User manual	1	pcs	

Warranty

WARRANTY for 1 year. This product is warranted to be free of defects in materials or workmanship for one year. This warranty does not include damage resulting from accident to misuse.

Mandatory California Proposition 65 Warning:

This product may contain chemicals known to the state of California to cause cancer, birth defects, and/or other reproductive harm.

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's

authority to operate the equipment.


NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, under part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used by the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Documents / Resources

	<p>LEARLBOR XR-378 Vibration Machine [pdf] User Manual XR378, 2BM2G-XR378, 2BM2GXR378, XR-378 Vibration Machine, XR-378, Vibration Machine, Machine</p>
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References

- [User Manual](#)

[Manuals+](#). [Privacy Policy](#)

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