

Troubleshooting

Problems	Possible Solutions
The machine does not turn on.	Check to see if the fuse has blown out. If so, replace the fuse.
The machine is too noisy.	Ensure the feet of the machine are properly positioned and stable. Readjust if needed.
The remote control does not work.	Check the batteries of the remote control and replace if necessary. Ensure you are using the remote within 2.5 m (8.2 ft.) of the machine. Point at the infrared receiver in the center of the display.
The machine stops during operation.	The machine may have overheated. Wait at least 10 minutes for the machine to reach a safe temperature and then restart it.
The machine is not responding properly to input.	The machine may have received too many command inputs at once. Restart the machine to reset its receiver.

Contact Us

Thank you for your purchase of our product! If you have any questions or problems, please contact us at help@cs-supportpro.com, and we will resolve your issue ASAP.

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Vibration Exercise Platform User Manual



Dear customer,

Thank you for choosing our vibration platform. Read this manual carefully before installation and use. Keep it for future reference and provide it with the product if it is given or sold to a third party.

This vibration exercise machine is designed for muscle training, weight loss, and cellulite reduction. Using this machine with a yoga belt can also tighten your upper body and skin.

The portable size of the machine makes it perfect for use in your home and is easy to store. The large LCD display ensures clear reading and easy adjustment of the settings.

This vibration exercise machine comes with a remote control, resistance bands, and a user manual.

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Maintenance

- Turn off the device after each use. For best results, unplug it if it will be unused for a prolonged period.
- Regularly check the machine for any malfunction.
- Ensure the machine is turned off and unplugged before cleaning.
- A damp cloth may be used to clean the machine, but ensure the machine is completely dry before use.
- DO NOT** use gasoline, ethanol, etc. to clean or maintain the device as they may cause dangerous fumes, discoloration, or corrosion.
- DO NOT** store or place the machine in areas of direct sunlight.
- During long periods of disuse, cover the machine to limit dust.
- Store the machine in a dry and well-ventilated area with little to no dust, no corrosive gases, an ambient temperature between -10 to 50°C (14-122°F), a relative humidity <93%, and a pressure between 50-106 Pa (7.3-15.4 psi).
- Avoid exposure to rain or turbulence.

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Calf Raises:

Starting Position:

Stand on the platform with your feet shoulder-width apart.

Movement:

Slowly raise both heels until you are standing on your toes. Slowly lower your heels back down on the platform. Repeat.

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Safety Information

CAUTION

- Consult with your doctor before use, especially if you have joint problems, high blood pressure, bronchitis, heart or skin disease, diabetes, extreme obesity, otitis media, bone weakness, osteoporosis, stomach disease, a pacemaker, or are pregnant.
- Due to the vibrations of the machine, it is normal for dizziness to occur on first use. This will gradually decrease after continued use. If the dizziness does not decrease, please consult a doctor before continued use.
- ALWAYS** place the vibration platform on a stable, level surface.
- DO NOT** stomp on the machine.
- DO NOT** kneel on the machine during operation.
- DO NOT** put your entire weight on only one side of the machine.
- DO NOT** touch the machine with wet hands.
- Only allow one person to use the machine at one time.
- DO NOT** leave the machine unattended while it is running.
- Turn off and unplug the machine when it is not in use.
- DO NOT** allow children to use the vibration platform and store it in a location inaccessible to them.
- This product is intended for exercise and training purposes **ONLY**. **DO NOT** use it for other purposes.

NOTICE

- The recommended usage time for one session is 10-20 minutes.

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Package List



#	Item	Qty.
1	Vibration Exercise Machine	1
2	Remote Control	1
3	Resistance Bands	2
4	Power Cord	1
5	User Manual	1

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Lunge:

Starting Position:

Place one leg in the middle of the platform. Take a step back with your other leg and keep the back leg straight.

Movement:

Keep your core activated and lower your body by bending your back knee and bringing the back knee close to the floor. Slowly raise your body back to the starting position with the back leg straight. Repeat for the desired amount of repetitions for one side, then switch sides and repeat.

Squats:

Starting Position:

Stand on the platform with your feet shoulder-width apart.

Movement:

Lower your body by bending your knees up to 90 degrees while maintaining good balance. Stand back up to the starting position. Repeat.

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Lunge Bicep Curls:

Starting Position:

Rotate the platform 90 degrees so it is in a vertical position on the ground with a resistance band attached on the far side. Place one foot in the middle of the platform while grabbing the resistance band with your hand on the same side.

Movement:

Keep your back straight and feet stable. Lunge forward and pull the resistance band towards your shoulder by bending your elbow. Slowly return to the starting position. Repeat for the desired amount of repetitions for one side, then switch sides and repeat.

Bicep Curls:

Starting Position:

Stand on the platform while holding a resistance band attached to the platform in each hand with palms facing forward and arms straight down.

Movement:

Pull one resistance band upwards towards your shoulder by bending your elbow while keeping your elbow close to your body. Lower the resistance band back to the starting position. Switch arms and repeat.



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Unit Components



Specifications

Rated Voltage	220V/50Hz
Power	200W
Vibration Speed Levels	1-9
Vibration Amplitude	0-10 mm (0-0.4 in.)
Maximum Load	135 kg (21 st. 3.6 lb.)
Product Weight	8.9 kg (19.6 lb.)
Product Dimensions	52x33x12 cm (20.5x13.0x4.7 in.)

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Operation



⏻: Turns the machine on & off

▶: Begins manual operation or selected programs

⏮: Toggles between 10 preset exercise programs

⏭: Manually increases the speed or duration of the vibration

⏴: Manually decreases the speed or duration of the vibration

To start a preset exercise program:

1. Select the desired preset exercise program by pushing the **Program Select** button to toggle through the routines from P0 to P9.

2. Press the **Start/Stop** button to start the desired exercise program.

For safety, the **Program Select** button will only work when the machine is in standby mode. Press the **Start/Stop** button while the machine is running to stop the machine and enter standby mode. You will then be able to select a different exercise program if desired.

The speed and time controls do not function during preset exercise programs.

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Tricep Dips:

Starting Position:

Sit on the platform and place your palms on the platform next to your hips. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the platform.

Movement:

Lower your body until your elbows are bent between 45-90 degrees. Slowly push yourself back up to the starting position. Repeat.



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Dynamic Exercise Guide



Push-Ups:

Starting Position:

Place your feet on the platform while facing towards the ground and support your body off the ground with your arms shoulder-width apart.

Movement:

Lower your upper body towards the ground by bending your elbows. Push off the ground to raise your upper body back to the starting position. Repeat.



Sit-Ups:

Starting Position:

Lie on your back. Bend your legs and place your feet on the platform. Place your hands behind your head.

Movement:

Raise your upper body towards your knees. Lower your upper body back to the starting position. Repeat.

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Remote Control



- ⏻: Power: Turns the machine on and off
- ▶: Start: Starts manual operation or the selected exercise program
- ⏴: Decrease Time: Decreases the duration of manual operation (Default=15 min.)
- ⏭: Increase Time: Increases the duration of manual operation
- ⏴: Increase Speed: Increases the speed of manual vibration (0-99)
- ⏭: Decrease Speed: Decreases the speed of manual vibration
- ⏮: Stop: Stops manual operation or the selected exercise program
- ⏭: Quick Set: Toggles between speed levels 20, 50, and 80
- ⏴: Sets speed to level 90
- ⏭: Sets speed to level 90
- ⏴: Sets speed to level 30

The effective range of the remote control is 2.5 m (8.2 ft.). Aim the infrared light on the remote control towards the infrared receiver at the center of the display.

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Static Exercise Guide



Standing Exercise:

Stand on the platform with your feet shoulder-width apart.



Squat Exercise:

Stand on the platform with your feet shoulder-width apart and bend your knees.



Upper Body Exercise:

While kneeling on the ground, place your hands on the platform shoulder-width apart.



Calf Exercise:

Sit on the floor and place your calves on the platform while supporting your body with your hands.

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Arm Exercise:

Stand shoulder-width apart on the ground and bend over forward from your waist. Extend your arms and place them on the platform.



Single Leg Exercise:

Place one leg on the platform with your knee bent. Stand straight and relax.



Sitting Exercise I:

Sit comfortably on the platform with your legs crossed.



Sitting Exercise II:

Sit on a chair or stool and place your legs on the platform.

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