



SQVBK-1
KRATOS

Vibration Plate Exercise Machine Set

Includes 5pcs. Resistance and Elastic Bands,
Pilates Rods and Fitness Mat for Physical Therapy
and Strength Exercise

USER GUIDE

**Before use, please read this manual carefully to ensure correct operation.
KEEP THIS MANUAL FOR FUTURE REFERENCE.**

Features:

- Lightweight, Vibrating Plate Exercise Machine
- Relax Muscles and Relieve Stress
- Help Build Muscles
- Improve Fitness and Flexibility
- With 5 Unique Vibration Settings
- Rubberized Easy-Grip Platform Pad
- Relieve Stress and Improve Circulation
- Healing Exercise Equipment for Seniors
- User-Friendly, Portable and Exercise Mat
- Durable Fitness Mat with Non-Slip Texture
- Vibrating Platform Gives More Power to Regular Exercise Movements

What's in the Box:

- (1) Board
- (1) Motor Control
- (1) Charger Line
- (1) Pilate Rod
- (5) Resistance
- (1) Elastic Band

Technical Specs:

- Construction Materials: ABS + TPR
- Weight Capacity: 30.42 Lbs.
- Rod Length: 35.4" -inches
- Power Supply: 110V
- Product Dimensions (L x W x H): 26.9" x 16.3" x 7.4" -inches



**THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!**



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EXERCISE POSTURE DESCRIPTION

It can be used without a handle and combined with various human postures, so that you can completely relax your body and mind without leaving home, relieve soreness, relieve fatigue, reconcile qi and blood, improve internal circulation, and then achieve the effect of strengthening the body.



Leg lift

Sit on an exercise machine with your legs suspended and your hands tight.

This position will mainly exercise your leg muscles, hips, and abdomen.



Squat

Step on the edge of the pedal pad of the exercise machine with one foot, the upper body is straight and the legs are in a half-squat state. This posture mainly exercises the muscles of the legs, feet and hips.



Bent leg

Stand on the exercise machine, bend one leg on the exercise machine pedal and the other leg stands on the ground. This power mainly exercises the legs and hips.



Sitting Upright

Sit on the exercise machine, with your hands controlling the edge of the fat-splitting machine with your legs bent or straight. This power mainly exercises the legs and arms.



Half squat

Stand on the exercise machine with your feet bent, keep your hands flat and keep the balance star in an upright position. This strength mainly exercises the back muscles, the big head muscles, and the legs.



Standing

Stand on the exercise machine with your feet apart, keep your hands on your hips, and maintain a balanced star standing position. This posture focuses on the back muscles, the big arm muscles, and the whole body.



Front Party

Kneel on the ground with both knees, hands on the pedals and star-shaped. This posture mainly trains his muscles, shoulders, arms and upper body muscles.



Backward

Lean your body back, put your legs on the exercise machine, and your hands on the ground to support it. This power mainly refining thighs. Calf muscles.



Disc Sitting

Sit on the exercise machine with both hands and relax with your hands on the knees. This position mainly exercises your legs and hips.



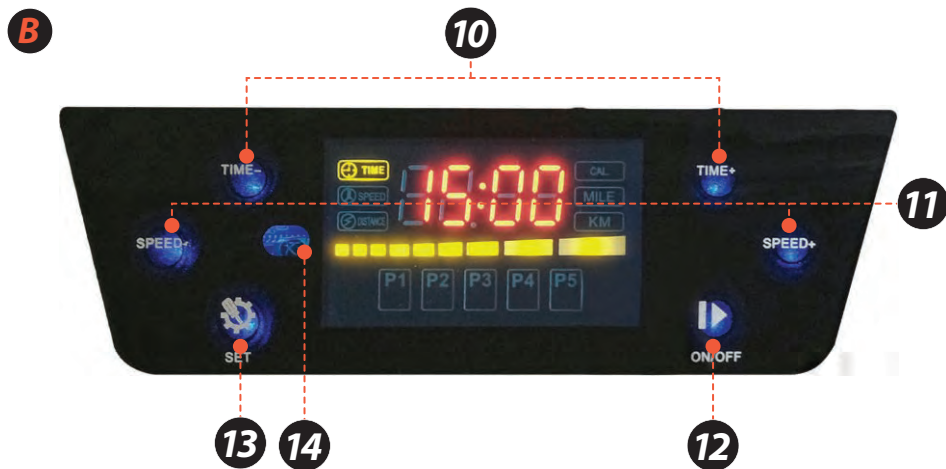
Side Sitting

Sit on a chair with your legs on the treadmills of the exercise machine and relax yourself. This position mainly exercises calf muscles.

PRODUCT STRUCTURE

A





List of Accessories and Parts

1. Display screen
2. Foot pedal/vibration zone
3. Remote control
4. Power cord
5. Power cord equipment plug
6. Fitness handles (two)
7. Adhesive feet * (four)
8. Equipment Power switch
9. Connection socket
10. **Induction button:** Set time Time -/+ (reduce or increase fitness time)
11. **Induction button:** Set speed Speed -/+ (reduce or increase vibration level)
12. **Induction button:** ON/OFF (start or end of fitness)
13. **Induction button:** SET (select fitness items)
14. Signal Light
15. Key Q (Start to enter fitness mode)
16. Press Time -/+ (decrease or increase fitness time)
17. **P** (select scheduled fitness program)
18. Mode
19. Low, Mild, High button
20. Pause
21. Speed - / + (reduce or increase vibration level)
22. Standby mode

Overview

When using electrical devices, basic safety precautions should always be followed. Do not use the **Vibration Plate Exercise Machine** until you have read this manual thoroughly.

BEFORE YOU BEGIN

It is very important that you read this entire manual, making certain that you are completely familiar with this device's operation and precautions.

Mark Description

Read and understand all Warnings on this machine.

When using an electrical appliance, basic precautions should always be followed, including the following:

ATTENTION!

Indicates a **low level** of risk. Improper use may result in minor injuries.

WARNING!

Indicates a **medium level** of risk. If used incorrectly, it may lead to serious injuries or even death.

NOTICE!

Indicates that if used improperly, it may cause damage to the equipment and to your property.

This symbols indicates that there are specific guidelines for the operation and use of the equipment.

Safety Instructions

Terms of Use

FOR HOUSEHOLD/RESIDENTIAL USE ONLY.

This machine has been designed for home use, not for commercial use.

This machine was designed for a maximum user weight of 150kg.

This machine must only be used for the purposes described in this manual.

This device should never be left unattended when plugged in. Unplug the device from the power outlet when not in use and before putting on or taking off parts.

This device is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge unless they are under supervision or have been instructed how to use the device by a person responsible for their safety. Keep children away from this device.

The manufacturer and distributor of this product are not responsible for any damage to the equipment body caused by improper use or using methods of operation not listed in this manual.

Security Reminder

WARNING!

RISK OF ELECTRIC SHOCK!

Use of improperly installed circuits or circuits that exceed the rated voltage of this equipment can cause electric shock.

- When using this machine, do not connect the device to any circuit that is not properly installed. When using, use only the correct installed sockets with protective contacts and ensure that the circuit parameters of the sockets are consistent with the equipment power cord parameters.
- When using this machine, please make sure that the plug can be inserted and pulled out of the socket without any obstacle, so as to ensure that you can quickly cut off the circuit of the machine.
- Never operate this device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water. Contact Customer Service using the contact information on the back of this manual.
- **DO NOT** attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing.
- If the product requires replacement parts, use only qualified parts that meet the specified parameters for replacement. This machine parts must comply with relevant production codes and effectively avoid necessary risks.
- Don't immerse the equipment power cord, power plug or equipment plug of the machine in water or other liquids.
- **DO NOT** touch the equipment if your hands are wet, power cord, power plug or device plug.
- When unplugging the power plug, do not pull the wire body by hand, and pull it out gently by holding the tail of the plug with your hand.
- Under no circumstances should the power cord be used to carry heavy objects or hang other items on the power cord.
- Do not place the device, power cord, power plug, or device plug near open flames or on hot surfaces. Please place the power cord properly to avoid tripping accidents.
- Do not fold the power cord or place the power cord on a sharp object.

- Please use the machine only indoors. Do not use the device in rain or wet environments such as bathrooms. Do not splash water on the device.
- If the device is dropped into the water, do not remove the device by hand, and unplug it immediately to cut off the device circuit. Take care to prevent children from inserting any objects into the equipment.
- When the device is not used for a long time, when cleaning the device or when the device fails, be sure to unplug the device and cut off the device circuit.

WARNING!

RISK OF EXPLOSION AND BURNS

Improper use may cause liquid leakage in the battery, posing risk of explosion and burns.

- Do not place the battery in a high-temperature environment or an open flame.
- When installing the battery, please pay attention to the positive and negative poles of the battery.
- When replacing the battery, be sure to use a battery of the same type and mostly the same type as the original battery.
- Please replace the battery regularly. Never use old and new batteries together, as this may cause leakage or worse.
- Before installing the battery, please clean the two poles of the battery and the metal contacts of the battery slot as necessary.
- Do not connect the positive and negative terminals of the battery with metal wires. This will cause the battery to short circuit and cause danger. If you are using a non-rechargeable battery, do not recharge the battery.
- If you are using a rechargeable battery, be sure to remove the battery from the actuator before charging.
- Don't disassemble the battery body.
- If the battery leaks liquid, because its liquid is corrosive, do not wipe the liquid directly with your hands. Avoid your skin, eyes, or mucous membranes in contact with liquid. Wear protective gloves when wiping the battery fluid. If you accidentally come into contact with the battery fluid, immediately wash the contact area with clean water and contact your doctor for help.
- If you will not use the machine for a long time, please remove the battery from the remote control.

- If your battery runs out or is damaged, replace the battery immediately and recycle the old battery according to the specifications.
- Be careful not to let children play with batteries, and keep them out of reach of children.
- If you accidentally swallow the battery, or the battery has entered your body in another way, contact your doctor immediately for help.

WARNING!

Health Risk

Inappropriate or intensive and prolonged exercise may damage your health.

- For best results, recommended routine is 20 minutes a day.
Drink sufficient water during exercise.
- Under any circumstances, do not place your upper body or head directly on the vibration plate of the machine.
- Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
- If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
- Select the program or workout option that is most closely aligned with your workout interests.
- **Do not use this machine if you are under any of the following conditions:**
 - Suffering from acute inflammation or acute infection
 - Acute rheumatoid arthritis
 - Have epilepsy
 - Unhealed wounds on the body (or in the recovery phase after surgery)
 - Suffer from joint disease
 - Suffer from heart valve disease
 - Suffer from arrhythmia
 - Have circulatory system disease (heart or vascular disease)
 - Suffering from chronic hypertension
 - Foreign object implantation, such as pacemakers, intrauterine devices, joint implants, within 6 to 9 months,
 - Chest implant surgery, etc.

- Stent implantation performed within two years
- There is a pacemaker or brain pacemaker in the body
- Suffering from thrombotic symptoms or other thrombotic related diseases
- Symptoms of thrombosis or other thrombotic related diseases acute back pain due to rupture
- Suffers from high osteoporosis (with fractures)
- Have a disc herniation or cervical spondylosis
- Pregnant
- Patients with severe diabetes (vascular disease, lymphangiopathy)
- Tumor in the body

When you meet one or more of the following conditions, please consult your doctor first. It's best to check with your doctor before you start to exercise:

- Non-acute back pain, such as ankylosing spondylitis.
- Have performed foreign body implantation surgery, such as intrauterine device, joint implant, chest implant surgery, etc., but the operation time is now more than 6 to 9 months.
- Stent implantation has been performed, but the operation time is now more than two years.
- Acute joint disease.
- Acute migraine.

When using this machine for fitness, please pay attention to the signals sent by your body.

If you have the following symptoms during fitness:

Pain, a sense of breathing in your chest, abnormal heart rate, severe breathing difficulties, nausea, dizziness, paralysis, please immediately stop fitness, stop using the device and ask your doctor for help.

⚠ **WARNING!**

Risk of injury

Improper use of this equipment may result in injury to you.

- Before using the machine, be sure to place the device on a level and solid surface. Choose a suitable place for your vibration machine.
- Only one person at a time should use the equipment.
- This product is suitable for a maximum user weight of 150kg.
- Before using the vibration machine, thoroughly inspect the equipment for proper assembly.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Never operate the device with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never drop or insert any object into any opening.
- Keep a clear perimeter of 1.5 meter around the vibration machine before operating the equipment.



⚠ **WARNING!**

This equipment may be dangerous for the following people:

child, people with reduced athletic ability, sensory ability, or mental capacity (e.g. people with a disability or older people with reduced physical ability or mental capacity) or inadequate knowledge (such as teenagers and minors)

- For people with reduced athletic ability, sensory ability, mental capacity and people with insufficient sports experience or knowledge, if such people want to use this device, they must be accompanied by others to take care of them. Before working out they need to learn the safe use rules that they haven't prepared beforehand. Make sure that they understand the dangerous consequences of non-standard use.
- People with balance disorders must be accompanied by others to take care of them to use this device.
- Children under 14 years of age are not allowed to use this device.

⚠ **NOTICE!**

Risk of equipment damage

Improper use of this equipment may cause damage.

- The machine should not be used outdoors, high temperature or direct sunlight environment, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which could cause personal injury or damage the machine. Unplug the machine when not in use.
- If you use the device on a fragile floor, in order to protect your floor, place a suitable, non-slip carpet or pad under the device.

⚠ **NOTICE!**

Risk of equipment damage

Components - Parts

DO NOT use sharp knives or sharp tools to open the package, it may cause improper operation and damage to the equipment.

Be careful when unpacking the equipment:

1. Take the vibration machine out of the box and place it on the floor.
2. Make sure that you have all of the pieces. (see Appendix Table A).
3. If any part appears damaged, do not use this device and contact Customer Service.

General Operating Instructions

The vibration plate of the machine moves according to the principle of surface alternating vibration of the left and right half of the vibration plate.

Vibration movements are performed in vertical direction respectively.

This mode of movement is similar to the rocker, so it is also called wide rocker vibration. You can choose the proper vibration frequency on the machine or directly choose one of the five preset fitness programs.

Recommend vibration level is set between 1-120.

- Start your exercise at a lower level and gradually increase your training intensity without feeling uncomfortable.

Vibration Level

The **Vibration Plate Exercise Machine** has 120 vibration levels, these vibration levels are in the range of 5-16HZ vibration frequency.

Selected one of the vibration levels and you can start exercising.

Display

During exercise, the display (1) on the Vibration Plate Exercise Machine will show your training parameters.

These training parameters include the following signs:

- **TME:** Remaining time for fitness
- **SPEED:** Vibration level
- **PMH:** Speed
- **KM:** Miles that have passed

Remote Control Handling

Replace old batteries with new ones.

1. Pull out the cover and take out old batteries.
2. Install the new battery into the battery slot please pay attention to the positive and negative poles of the battery.
3. Close the cover.

Using the Remote Control

The effective sensing range of the remote control (3) is 1.5 meters.

- When using the remote control, point the remote control at the sensor in the operating area of the device as much as possible. If the machine senses the remote control, the device will emit a signal sound.

Use a power cord to connect the Vibration Plate Exercise Machine

- Insert the power cord device plug (5) into the device's connection socket (9)
- Connect the Power Cord of the device in the outlet. Use the Power Switch to turn ON the device.

Turning the Vibration Plate Exercise Machine ON and OFF

 **WARNING!**

RISK OF ELECTRIC SHOCK!

Improper use may cause electric shock.

- Use the Power switch on the equipment to turn ON or OFF the equipment correctly. When not using this device, be sure to use the switch to turn off the device and cut off the device circuit. When cutting off the circuit you must hold the tail of the plug with your hand and gently pull it out of the socket. Do not pull directly on the power cord body.

- Press the switch **(8)** on the device to power ON the device.
- You can also press and hold the sensor button ON/OFF **(12)** for three seconds, or press and hold the button **(22)** on the remote control for three seconds to switch the device to standby.
- After using the machine, you can also press and hold the sensor button ON/OFF **(12)** for three seconds, or press and hold the button **(22)** on the remote control for three seconds to switch the device back to standby.
- Select the switch key **(8)** on the device to turn off the device completely.

Exercise Intensity Recommendations

Category	Exercise Cycle	Exercise Time	Movement Speed
General fitness	1-3 times/day	5-10 minutes/times	Uniform speed
Lose weight	4-8 times/day	10-20 minutes/times	Speed slow down

SET UP

WARNING!

Improper use of this equipment may result in injury

- When you are using this equipment, if you want to adjust the settings, be sure to use the remote control. Do not use the sensor buttons on the equipment at this time to avoid falling or losing balance.
- If you are going to use the machine for the first time, be sure to use the lowest level of vibration level (1st level). Increase vibration intensity and duration of exercises gradually.

Free Exercise

1. Use the Power Switch to turn ON the device.
2. Use the **"SPEED -/+"** Buttons on the Control Panel or Remote Control to adjust the vibration speed.
3. Use the **"TIME -/+"** Buttons on the Control Panel or Remote Control to set an exercise time. You can choose from 1-20 minutes of exercise duration.
4. Press the ON/OFF **"⏻"** Button on the Control Panel or on the Remote Control to stop the exercise at any time.

5. If you want to use a scheduled fitness mode. You can tap the “P” PROGRAM MODE (17) button on the remote control to select 5 fitness programs (P1-P5) from the presets. Work out as needed.
6. When you are done with the exercise, press the On/Off Button on the Control Panel or the Remote Control to turn off the device.

When the machine is switched off, you will also hear this knocking noise as the motor slows down, but it will stop as soon as the motor is at a standstill.

Work Out with Preset Fitness Programs

Press the Program Selection Button to cycle between the three available preset program (P1 to P5). Program workout time are all within 15 minutes and each has different vibration levels and intervals.

1. Press the "SET" sensor button (13) on the machine's control panel then press "P" PROGRAM MODE (17) button on the remote control. "P1" will be displayed on the display screen. Press the "P" button to select P2, P3, P4, and P5 preset program. When you have selected your desired program, press the "▶" Button on the Remote Control to begin the exercise.
2. Press the Stop Button on the Control Panel or the Start/Stop Button on the Remote Control to stop the exercise at any time.
3. When you are done with the exercise, press the On/Off Button on the Control Panel or the Remote Control to turn off the device.

NOTE: Always step off of the device before adjusting the device's Control Panel.

Using the Vibration Plate Exercise Machine

PRECAUTIONS

Preparation before using the Vibration Plate Exercise Machine

- Before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.
- Make sure to wear comfortable clothes and footwear for exercise.
- Wait at least 80 minutes after eating before you exercise.
- Please choose to exercise in a room with sufficient air flow conditions, but avoid indoor environments with a cross-wind.
- Before starting any exercise routines with this device, we recommend stretching to gain flexibility and reduce muscle pain.

In the key

- If you're just beginning to exercise, start cautiously and progress slowly.
- Be careful not to exercise too much. When working out for the first week, you should choose a short-term, lighter exercise.
The duration of each exercise is no more than 20 minutes.
- Never overwork yourself on the Ultrathin vibration machine, stop exercising if you feel tired, exhausted or dizzy.
- Please learn the correct stretching and warm-up exercises from a professional instructor to avoid injury.
- If you haven't exercised regularly in a while, you may generally start exercising at a light to moderate level.
- The body slowly re-adapts to the exercise process. If you feel any discomfort during exercise, please stop exercising immediately.

Fitness Safety Tips

- Under any circumstances, do not stand with your legs straight or support your active board with the arms straight.
- If you straighten your legs or arms on the vibration board, the vibration will not be transmitted to your muscle tissue. Instead, it is transmitted to your brain through your bones which may cause danger.
- If you feel vibrations of your head organs during use (such as your eyes or your vocal cords), it means that your fitness posture is inappropriate, please adjust your posture immediately.
- You can work your abs by sitting on the vibration board, but before sitting on the vibration board, make sure your body is used to the vibration of the machine.
- To ensure the best fitness results and avoid injuries, please strictly follow the key body training guidelines, fitness duration guidelines, and fitness posture guidelines on this manual.
- Pay attention to tightening muscles when working out with the machine.
If you feel the vibration on your vocal cord grinder, you can raise the heel slightly to avoid this.
- If you're not using your feet to stand on the vibration board, but using your hands to support or sit directly on the vibration board, we recommend that you place a towel or training mat on the vibration board before exercising.
- Please pay attention to avoid lordosis of the spine.
Keep the green part as straight as possible during fitness.

- **DO NOT** lean back during the fitness process as the risk of tipping over may occur.
 - Use different fitness postures and different vibration frequencies according to different types of training.
 - It is recommended to keep each exercise position for 30 to 60 seconds, and the total length of each exercise should not exceed 20 minutes.
 - Before each fitness session, please think carefully about the body parts and training intensity you want to work out in order to take appropriate training posture. Before you start working out, please try this training position by yourself to ensure that you can easily maintain it within 30-60 seconds.
 - Each fitness position can be held for no more than 60 seconds.
If you feel unwell while maintaining a fitness position, please give up this position immediately.
 - Be careful every time you change your fitness posture and leaving the machine.
 - If you feel any discomfort during exercise or if you unable to maintain your fitness posture, stop exercising immediately.
- DO NOT perform any physical work after working out.**

Working out with the Vibration Plate Exercise Machine for the first time

- **Before your first training, please slowly adjust your body to the vibration of the device:** place one foot on the vibration board first up and open the low vibration level mode to feel the vibration of the machine, and then double-foot on the vibration board, at the same time bend your knees and lift your back heels to adapt your body to the device's vibration mode.
- Every time you stand on the machine, please be sure to lift your heels.
Muscle tissue shakes to prevent them from being transmitted to your head.

Check Heart Rate

To ensure your fitness results, you need to check your heart rate regularly before and after exercise.

- If you feel discomfort during fitness, stop exercise immediately and check your heart rate to avoid excessive exercise
- According to sports medicine, the optimal exercise heart rate is 60% to 85% of the highest heart rate. The greater the intensity of a person's usual exercise, the slower his heart rate will rise during exercise and his heart rate will recover after exercise.

- The reduction will be faster. You can record your heart rate test results and compare them with the following data to better understand your physical condition.

Heart rate type:

- Heart rate tested before exercise program: Resting heart rate
- Heart rate tested immediately after exercise program (10 min. of exercise time):
Exercise heart rate
- After the workout, wait for 1 minute before testing the heart rate:
Restore the heart rate

When exercise heart rate:

- At 60% of maximum heart rate: Prove that your exercise program is efficient and ideal for beginners
- At 85% of maximum heart rate: Ideal results for intermediate or advanced professional athletes.
- At 90% of maximum heart rate: This situation usually occurs during intense competitive sports or short training sessions.

Measuring heart rate

1. Place the index and middle fingers of your right hand on your left wrist
2. Count your pulse beats in 15 seconds
3. Multiply the number of pulse beats counted by 4.
4. Compare your heart rate with the following data to see the boundary value of your heart rate (see chapter "Calculating exercise heart rate")

Calculate your personal maximum heart rate

Maximum heart rate = 100%

Formula = $220 - \text{personal age}$

Calculate the boundary value of exercise heart rate

Lower limit of exercise heart rate = 60%

Formula: $(220 - \text{personal age} = \text{highest heart rate}) \times 0.6$

Exercise Heart Rate Limit = 85%

Formula: $(220 - \text{personal age} = \text{maximum heart rate}) \times 0.85$

Scientific Planning and Proper Fitness

- Create a personal physical activity plan that will outline how often (frequency), how long (time), and how hard (intensity) you exercises to get the best result.
- **Select the body parts you want to train.**

Position yourself according to your exercise program before you start.

(Be sure you are in correct position before you begin)

- Are you comfortable with your position?
- Be careful not to lordosis or straighten your knees or hands while in this position.
- If you haven't exercised for awhile, it's recommended you talk to your doctor before beginning any workout routine.
- Beginners can only do two to three exercise program per week.
- The exercise time on the machine must not exceed 20 minutes.
- 30 to 60 seconds recommended for each fitness position
- After doing a regular exercise program, slowly improve your exercise program by properly scheduling more frequent exercise every week or slightly reduce the amount of exercise, etc.
- In addition, you can also increase the vibration frequency or amplitude during the fitness process so that the premise does not change the exercise time.

Adjust the Vibration Amplitude

When exercising, if you want to adjust the vibration amplitude, you can change the position of both feet standing on the vibration board (or other the part of the body placed on the vibration board) changes the amplitude of the vibration by pulling or narrowing the distance between the feet while changing the difficulty of exercise.

- If you increase the distance between your feet and move your feet towards the outer edge of the vibration board, it will increase the vibration amplitude and difficulty of movement degree; conversely, if you narrow the distance between your feet and move your feet towards the center of the vibration plate, the vibration amplitude will be reduced and exercise difficultly
- Be sure to start your workout in a mode with low vibration, that is narrow your feet at the beginning of the workout. Slowly Increase speed intensity and duration of exercise gradually.

Dividing Fitness Stages

- Ensure you have read all the safety reminders before using the exercise machine.
- Schedule your exercise time reasonably and be sure to arrange warm-up and cool-down exercises.
- A complete fitness process should include the following three stages:
 - **Warm-up phase:** 5 to 10 minutes of gymnastic exercises or stretching exercises improves blood flow to your skeletal muscles.
 - **Exercise phase:** up to 20 minutes, strenuous exercise, but not excessive exercise
 - **Cold phase:** Muscle and joint relaxation exercises for more than 5 minutes.

Stop the Exercise

If you notice the following phenomena during your exercise, please stop immediately to avoid injury:

- When your muscles tighten uncontrollably
- When you feel dizzy
- When you feel pain
- When you feel uncomfortable or have cramps and feel sick

Auto Program Speed Sheet

Time from 15 min to 1 min.

	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
P1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	2
P2	4	8	10	12	17	20	24	20	17	6	12	17	20	24	4
P3	8	20	10	30	12	40	20	14	8	20	40	8	20	35	8
P4	12	23	29	18	40	18	60	40	22	50	38	18	40	22	12
P5	20	55	30	65	40	75	50	85	60	95	75	55	35	50	20

3 Different stand position for different tune

Fitness Training Potential

- When performing the following fitness training, please do not use the training handle first, and place the fitness mat included in the package on the vibration board to better protect your joints.
- During fitness training, please pay attention to choosing the fitness intensity that suits you.

Warming Up and Adapting

- Before starting any exercise routines with this device, we recommend stretching to gain flexibility and reduce muscle pain. You do not need to use the machine for warm-up exercises.
- After the warm-up exercise, you can use the following fitness training postures on the vibration machine for adaptation training to make your body fit to the vibration mode of this device.

Training target: Legs, calves

Training Posture

- Select the lowest gear vibration level of the vibration machine.
- Stand on the vibration board with your heels on the ground and knees slightly bent.
- Raise the heel to shift the body's center of gravity towards the front of the foot
- Tighten your calf muscles at the same time
- Repeat the above steps again

Training time: About 1-2 minutes

Squat Exercise

Training target: Thighs, calves, arms, back

Training Posture

- Stand on the vibration board with your feet spread apart
- Bend the pair slowly until the thighs are approximately parallel to the ground
- The upper body leans slightly forward and the hips moves slightly backward
- Inhale during exercise
- During the descent, pay attention to keep the knee moving in the direction pointed by the toes, keep your knees forward beyond your toes.



Training time:	Exercise difficulty	Vibration level
Approximately 2 cycles every 30 seconds. You can keep this position still, you can also do squat training	Easy	1-40
	Medium	41-80
	Hard	81-120

Lunge

Training target: Thighs, biceps, hips

Training Posture

- Step on the vibration machine with one foot on the middle of the platform and the other on the floor behind. Bend your knee about 90°.
- Keep your back straight, your knees not extending beyond toes and position your bodyweight on the front leg.



Note:

When doing this exercise for the first time, place your feet in the middle of the vibration plate first, so this will ensure that you the low-motion mode starts, and then slowly move outside the vibration plate to increase the difficulty of movement.

Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- Approximately two cycles every 30 seconds, after which you can change your feet and repeat. You can keep this position still, and you can also do lunge training.

Push-ups

Training target: Chest, front shoulder, triceps

Training Posture

- Place your hands directly under your shoulders, support your body with both hands, and place your palms on the vibration board of the machine, the arms are slightly bent the knees are placed on the floor, the ankles are crossed, and the back and neck are in a straight line
- Tighten abdominal and hip muscles
- Or you can place your feet on the ground, support your body with your feet, and keep your back and legs aligned.



Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- **Static:** Two cycles, holding this potential for 15-30 seconds each time, then resting for 20-30 seconds in the middle, and then maintaining this posture again.
- **Dynamic:** Slowly lower the upper body to extend to the ground and then re-push your upper body up. Two cycles of dynamic training, repeating the above actions a total of 10 times, while using vibration levels of medium fitness difficulty, each allow 30 seconds of rest between cycles.

Pelvic Exercise

Training target: Hip, lower back, thigh muscles

Training Posture

- Lie on the ground with your legs bent and your feet placed on the shaker of the machine, with your hands flat near your body and your palms against the floor.
- Lift your toes and focus on your heels.
- Rest your shoulders on the floor.
- Put your hips and back so that your upper body and thighs are aligned.
- Tighten abdominal and hip muscles.



Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- **Static:** Two cycles. Hold this position for 15-30 seconds each time, take a break for 20-30 seconds, and try to maintain this position again.
- **Dynamic:** Slowly lower the upper body and hips to the ground, and then push the upper body and hips up again. Two cycles of dynamic training, repeating the above actions a total of 10 times, while using vibration levels of medium fitness difficulty, each allow 30 seconds to rest between cycles.

Sideways Exercise

Training target: Muscles, abdominal side muscles, arms

Training Posture

- Place the right forearm on the vibration board of the machine, with the body lying on its side, use the right forearm to support the entire body, with the elbows straight and placed directly under the shoulders, with your feet together.



- Raise your hips so that your upper body and legs are aligned.
- Tighten abdominal and hip muscles.

Training time:

The total duration is one minute.
Hold this position for 15-30 seconds at a time, then use your other hand to exercise.

Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Forearm Support Exercise

Training target: Hip, lower back, thigh muscles

Training Posture

- With your face facing the ground, place your forearms on the shaker of the machine and support your body with your forearms.
- Raise your feet while lifting your entire body from the ground.
- Keep the back and legs straight. Keep the head and spine at the same level (do not lift your head).
- Tighten abdominal and hip muscles.
- You can also place your knees on the floor, support your whole body with your knees, your ankles crossed, and your back and neck stay in a straight line.

Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- **Static:** Two cycles
Hold this position for 20-30 seconds at a time, with a rest period of 20-30 sec.



V-Leg Extension

Training target: Abdomen

Training Posture

- Sit on the vibration board of the machine, put your hands on the side of the machine, and lift your legs.
- Stretch your legs. The farther you stretch your legs, the more difficult the exercise will be.

Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

- Tighten the abdominal muscles.

Training time:

- **Static:** Two cycles. Hold this position for 20-30 seconds each time, then take a break for 20-30 seconds, and then try to hold again posture.
- **Dynamic:** Slowly pull your knees closer to your head, then re-stretch your legs and stretch your legs farther away.
- Dynamic training two cycles every 30 seconds, using a vibration level of medium fitness difficultiy, with 20-30 seconds of rest between each cycle.

Triceps Support Exercise

Training target: Triceps

Training Posture

- Facing the vibration machine back, sit in front of the machine, with both hands and shoulders wide, and place your hands on the vibration plate of the fat-removing machine.
- Lift your hips off the floor.
- Tighten abdominal and hip muscles.



Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- **Static:** Two cycles
Hold this position for 15-20 seconds at a time, with a break of 20-30 sec.

Work out with a fitness handle

When doing push-up exercises on the vibration machine, since the hands are pressed against the vibration plate of the machine, it is likely to affect the hands. Causes tremendous stress, causing pain or discomfort.

With the fitness handle, you can keep your wrists upright while exercising, while reducing stress and allowing you to work out. The process is more comfortable.

According to the design of the vibration machine, there are four solutions for installing a handle on the machine. The wider the distance between the two handles, the greater the intensity of your chest muscle training during exercise; in contrast, the shorter the distance between the two handles, the greater the training intensity.

Push-ups with the Handle

Training target: Chest, front shoulder, triceps

Training Posture

- Install the fitness handle on the vibration board of the machine. Place your hands directly under the shoulders, while holding your hands on the two handles separately, support your body with both hands, slightly bend your arms, place your knees on the floor, and ankle cross so that the back and neck are aligned.
 - Tighten the abdominal and buttocks.
 - Alternatively, you can place your feet on the ground and support your body with your feet while keeping your back and legs in a straight line.
- (According to the design of this vibration machine, there are 4 ways to install the handles)



Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- **Static:** Two cycles. Hold this position for 15-30 seconds each time, then take a break for 20-30 seconds, and then try to maintain this position again.
- **Dynamic:** Slowly lower the upper body to the ground, and then push the upper body up again. Dynamically train two cycles, repeating the above actions a total of 10 times, while using a vibration level of medium fitness difficulty, with a 30-second rest between each cycle.

Triceps Support Exercise with Handle

Training target: Triceps

Training Posture

- Install the fitness handle on the vibration board of the machine. Facing the machine back to back, sit in front of the machine, with both hands as wide as shoulders, and hold both hands on two handles.
- Lift your hips off the floor.
- Tighten abdominal and hip muscles.

Exercise difficulty	Vibration level
Easy	1-40
Medium	41-80
Hard	81-120

Training time:

- **Static:** Two cycles. Hold this position for 15-20 seconds each time, then take a break for 20-30 seconds.
- **Dynamic:** Slowly lower the upper body to the ground, and then push the upper body up again. Two cycles of dynamic training, repeating the above actions a total of 10 times, while using vibration levels of medium fitness difficulty, each allow 30 seconds to rest between cycles.

Cool-down

Training target: Legs and calves

Training Posture

- Select the lowest vibration frequency of the machine.
- Lie on your back with your legs or calves on the vibration plate of the machine.
- Relax your whole body and let the fat shaker massage your body.



Training time: 1-2 minutes

Maintenance & Cleaning

⚠ NOTICE!

Risk of Short Circuit

If water or any chemical is spilled on the vibration machine, shut off the power immediately and unplug the apparatus. Contact with water could cause a short-circuit, which could cause personal injury or damage the machine.

- Do not let the vibration machine get wet with any type of liquid.
- Prevent water or any other liquid from entering the device.

⚠ NOTICE!

Risk of equipment damage

Improper use may cause damage to the equipment.

- Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs or acid-based detergents, which will damage the unit.
- Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine.

Cleaning Steps

1. Before cleaning the device, make sure that the Power Switch is off and that the Power Cord is unplugged from the outlet.
2. Wipe the device with a slightly damp cloth.
3. After cleaning, be sure to dry the device thoroughly to ensure that the device is completely dry before use.

Storage

If you are not using the device for a long time, put it in its packaging box and store the box in a cool, dry place. Remove the batteries from the remote control.

- Be sure to store this device in a dry environment.
- You can place the fitness handle (8) in the storage boxes on the left and right sides of the display (1) of the machine.

When storing this device, please don't:

- Make the device violently collide
- Make the device fall from a height
- Keep the device in a dusty environment
- Store the device in a humid environment
- Place the device directly in direct sunlight
- Store the device in extremely high temperature environments
- When storing the device, care should be taken to keep the device out of the reach of children and securely locked. The storage environment temperature is between 5-20 degrees Celsius.

TROUBLESHOOTING

Issue	Possible cause and solution
The device does not Power ON	The Power Cord is not plugged into a power outlet: • Connect the Power Cord to a power outlet properly.
	The vibration machine will not enter standby mode: • Make sure that the power switch (8) on the device is switched ON
	The machine is over-heating due to long working hours: • Turn off the machine, cut off the circuit and let the equipment cool down. Try turning ON the machine after a while

DISPOSAL OF YOUR VIBRATION MACHINE

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard. By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions. Don't put the batteries among house waste but hand them in to the recycling place.

Recycling of Vibration Plate Exercise Machine

(Applicable to EU or other European countries that use garbage classification rules)

Don't confuse old equipment with domestic waste

If the **Vibration Plate Exercise Machine** is damaged or you need to discard it, according to the law, it is forbidden to confuse this device with other household waste and to throw it directly into domestic garbage bins. At the same time, you must place this equipment in a designated recycle bin in your community or city to avoid damage to the environment.

Don't confuse old batteries with household waste

If the battery is damaged or you need to discard it it is prohibited by law to confuse old batteries with other household waste, or throw them directly into household waste bins, regardless of whether the batteries contain toxic substances. At the same time, you must add this class Place the device in a designated recycle bin in your community or city, or deliver the battery directly to the store to avoid damage on the environment.

*** If the battery contains toxic substances, it will be marked as follows:**

Cd = contains cadmium, Hg = contains mercury, Pb = contains lead.



Questions? Comments?

We are here to help!

contact@squatz.com