



Contents [[hide](#)]

- [1 VEVOR TH-0070C-3 Vibration Plate Exercise Machine](#)
- [2 PRODUCT INFORMATION](#)
- [3 IMPORTANT SAFETY INFORMATION](#)
- [4 DISPLAY INSTRUCTION](#)
- [5 Remote Control](#)
- [6 PRODUCT DESCRIPTION](#)
- [7 EXERCISE SESSION](#)
- [8 TROUBLESHOOTING](#)
- [9 FAQ](#)
- [10 Documents / Resources](#)
 - [10.1 References](#)

VEVOR

VEVOR TH-0070C-3 Vibration Plate Exercise Machine



PRODUCT INFORMATION

This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear to interpret our user manual. The appearance of the product shall be subject to the product you received. Please forgive us for not inform you again if there are any technology or software updates on our product.

Warning-To reduce the risk of injury, user must read the instructions manual carefully.

IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for reference.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Power Trainer Plus.

1. It is the responsibility of the owner to ensure that all users of this Power Trainer Plus are
2. Use the Power Trainer Plus only as in this manual.
3. Place the Power Trainer Plus on a level surface, with at least eight feet of clearance behind it. Do not place the Power Trainer Plus on any surface that blocks air openings. To protect the floor or Carpet from damage, place a mat under the Power Trainer Plus.
4. Keep the Power Trainer Plus indoors, away from moisture and dust. Do not put the Power Trainer Plus in a garage or covered patio, or near water.
5. Do not operate the Power Trainer Plus where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the Power Trainer Plus at all times.
7. The Power Trainer Plus should not be used by persons weighing more than 120kg.
8. Never allow more than one person on the Power Trainer Plus at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.
10. Never leave the Power Trainer Plus unattended while it is running. Always remove unplug the power cord when the Power Trainer Plus is not in use.
11. Do not attempt to move or adjust the Power Trainer Plus until it is properly assembled.

12. Inspect and tighten all parts of the Power Trainer Plus regularly. Wrong usage could influence the to create more tension.
13. Inspect and tighten all parts of the Power Trainer Plus regularly.
14. Never insert or drop any object into any opening.
15. DANGER: Always unplug the power cord immediately after use, before cleaning the Power
16. This Power Trainer Plus is intended for in-home use only. Do not use this Power Trainer Plus in any commercial, rental, or institutional setting.
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using.

DISPLAY INSTRUCTION

Console

1. Start: When the machine stop, this button will start the engine as the preset model
2. Program: When machine stop, this button can preset four modes as below:
Manual: Led shows HA.00 this mode can set time between 0 and 20 Minutes.
When you press start button, you can adjust the speed as your needs. But time can not work.
Automatic P1: Led shows P1.01; this mode will run at a certain rhythm. Time and Speed Cannot work.
Automatic P2: Led shows P2.30, this mode will run at a certain rhythm. Time and Speed Cannot work.
Automatic P3: Led shows P2.60, this mode will run at a certain rhythm. Time and Speed cannot work.
3. Power: You can make the machine standby after you turn on and press this button. Then Led will show "____". While you press again it will resume to norm. Also when you switch on and not use it for 3 minutes, it will go into standby.
4. Time/Speed +: When machine stop in manual mode, time can be increased between 1- 20 minutes (Default time: 10 minutes). While machine works in manual mode, speed can be raised by this button.
5. Time/Speed -: When machine stop in manual mode, time can be reduced between 1-

20minutes(Default time:10 minutes). While machine works in manual mode,speed can be down by this button.

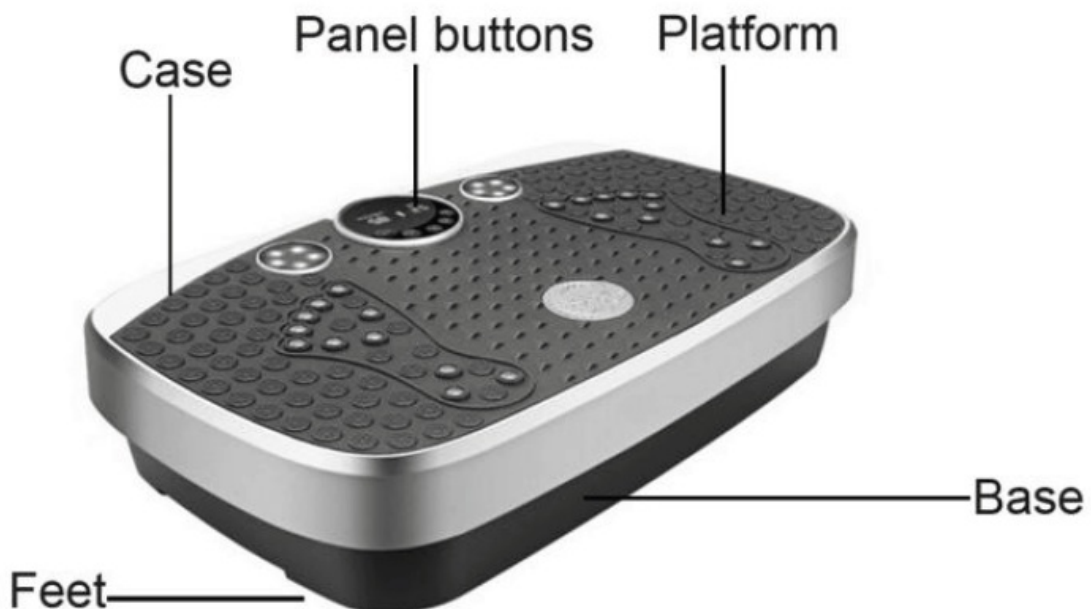
Remote Control

1. Start: See 1.1
2. Program: See 1.2
3. Speed+/-: While the machine works in manual mode,speed can be adjusted by this button.
4. Time+/-: When machine stop in manual mode,time can be adjusted between 1-20minutes(Default time: 10 minutes).

Led displaying method:

- Method 1: Mode.Speed
- Method 2: Minutes: Seconds.d Both methods will alternate in 5 seconds.

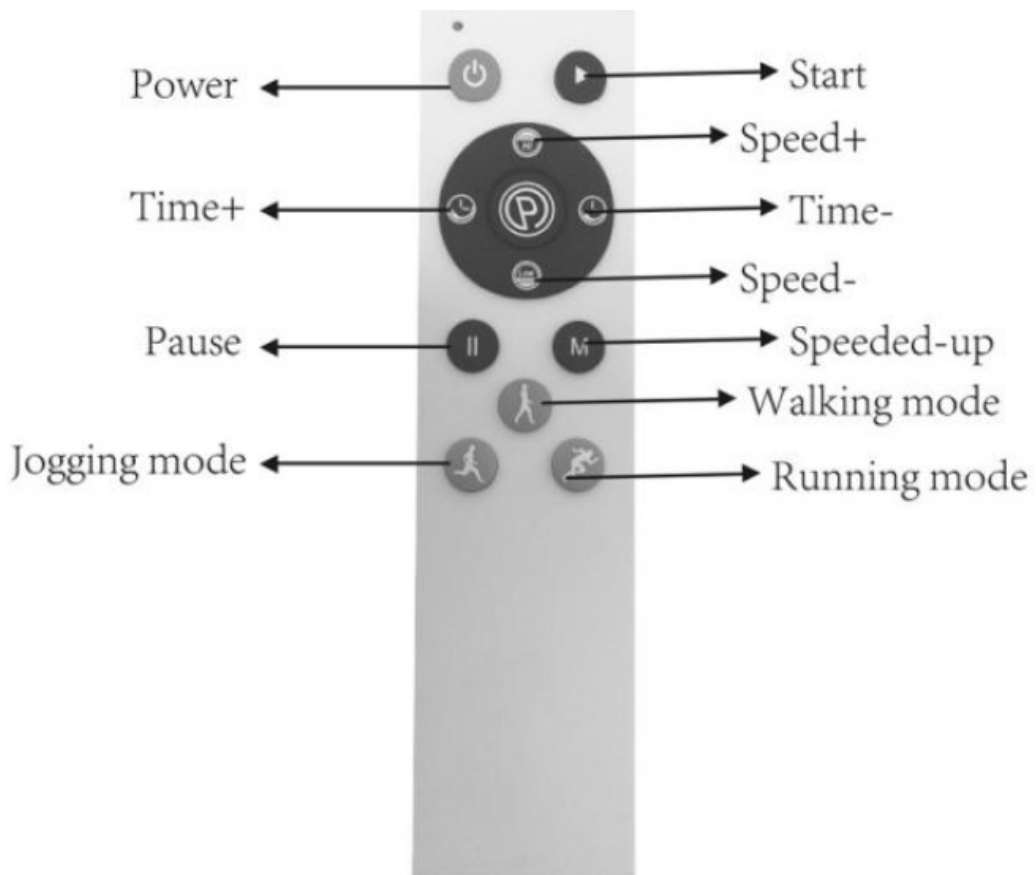
PRODUCT DESCRIPTION



Console



Remote Control



EXERCISE SESSION

The Body Shaper utilizes the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The Body shaper

accomplishes this best when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles really efficiently. You will find the Body shaper extremely effective, but only if you use it whilst in one of the positions shown, but you will only get the best results if you bend your knees or arms (depending which is pressing on the oscillating plate) so your muscles adopt the automatic motion described. You can also use the Body shaper as a general massager to ease muscle pain and improve circulation, and here you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes each for a complete workout.



Whole-Body-Exercise	Squat Posture	Press-Up Posture	Lower Legs Posture
Stand on the plate and stretch your feet as wide as your shoulders. This will help	Stretch your legs as wide as your shoulders when squatting and bend your knees down	Stretch your arms as wide as your shoulders. If you wish to exercise	Put your lower legs as shown on the plate with your hand supporting behind you on the ground. For an
improve overall circulation and muscle tone.	to 90 degrees, if you can. Hold the position. This is great for a thigh workout.	the muscles more, bend your elbows to 90 degrees and hold this position.	even more effective exercise, raise your seat off the floor and press down on your calves.



Waist Bend Posture	Single-Foot Posture	Sitting Posture 1	Sitting Posture 2
Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a more effective exercise.	Put one foot on the pedal and relax yourself. For a more Effective exercise, lunge forward, placing more body weight on the plate.	Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.	Put your legs on the plate when sitting on a chair. This is a Great way to ease tension and can help to improve circulation in the legs.

TROUBLESHOOTING

1. Emergency stop: LED on console shows “Er-3”, Led on PCB flashes three times.
2. Connection error: Led on the console shows “Er-4”, Led on PCB flashes four times.
3. Electron power tube damage: Led on console shows “Er-5”, Led on PCB flashes five Times.
4. Current Overload: LED on the console shows “Er-6”, Led on PCB flashes six times.
5. Engineer abnormality: Led on console shows “Er-7”, Led on PCB flashes seven times.
6. Blocked Engineer: Led on console shows “Er-8”, Led on PCB flashes eight times.
7. Low voltage: Led on console shows “Er-9”, Led on PCB flashes nine times.


Technical Support and E-Warranty Certificate www.vevor.com/support

FAQ

- **Q: Can I use the Vibration Plate Exercise Machine in a commercial setting?**
 - A: No, the Power Trainer Plus is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.
- **Q: What should I do if I encounter an error code on the console?**

- A: Refer to the troubleshooting section of the manual for guidance on how to address specific error codes displayed on the console.

Documents / Resources

	VEVOR TH-0070C-3 Vibration Plate Exercise Machine [pdf] User Manual TH-0070C-3, TH-0070C-3 Vibration Plate Exercise Machine, TH-0070C-3 , Vibration Plate Exercise Machine, Plate Exercise Machine, Exercise Mac hine, Machine
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References

- [User Manual](#)

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Exercise Machine, Machine, Plate Exercise Machine, TH-0070C-3, TH-0070C-3 Vibration Plate Exercise Machine, VEVOR, Vibration Plate Exercise Machine

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