

User Manual

Whole Body Shape Fitness Vibration Platform with Built-in USB Speaker



Limited One Year Warranty

Inland Products Inc. .Warrants this product to be free of defects in materials or workmanship for one year. This warranty does not include damage resulting from accident or misuse. If this product should become defective, we will replace it free of charge provided it is prepaid freight to inland Products Inc. This warranty is in lieu of all other warranties expressed or implied including the implied warranties of merchantability of fitness for any other rights or remedies. In no event shall inland Products Inc., be liable for consequential damages.

Introduction

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

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Safety Precautions

⚠ Attention

- Recommended time is 10-20 minutes every time.
- If you suffer from joint problems, have a 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.
- It is normal that some one may feel a little dizzy while using at the first time due to the Vibration Oscillation of the machine ,it will not happen again after using for a few time .
- 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.
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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	

Troubleshooting

Symptom	Possible cause	Solution
1 Lights are off	Is power supply ok? Power switch of the appliance off	Plug in again Turn off to on
2 Noise	Transient current too strong, blown fuse Is the foot screw level with the floor?	Change a new fuse Adjust foot screw
3 Remote control does not work	No battery / battery empty Too far from the machine	Replace battery 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

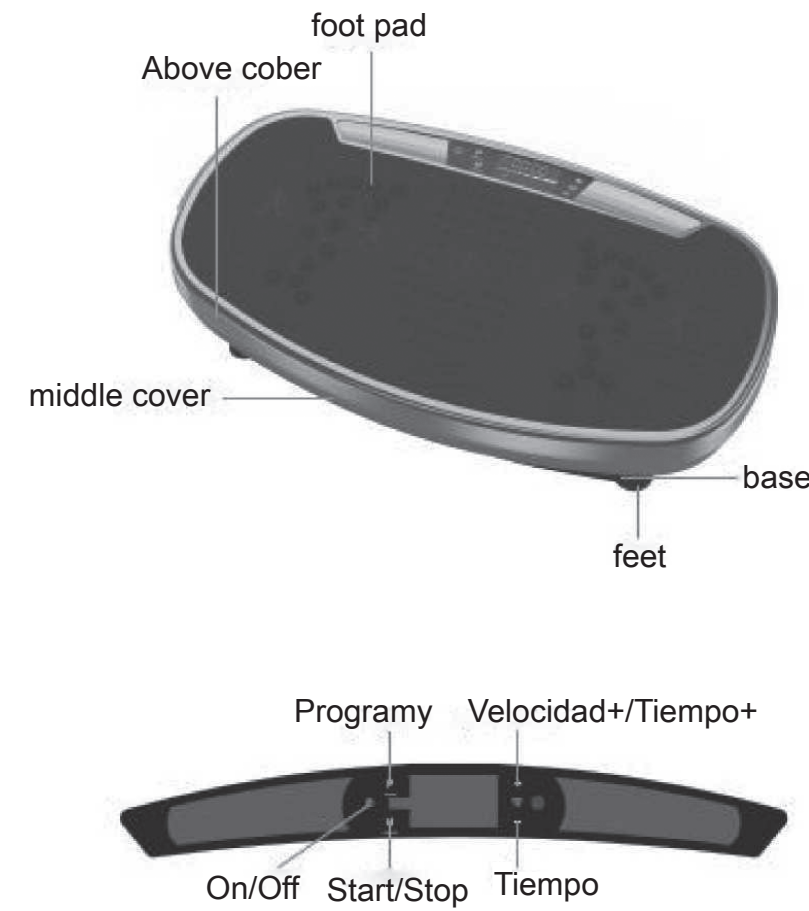
① Transportation

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

Product Structure Overview



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.

Operating Instruction

• **Power switch:** Press the power switch to start or stop the product

• **ON/OFF:** Press the start button to start the device

• **Automatic program:** Automatic programs can be selected:

How to use this program: press power switch button:

① Press button "P" one time, the machine enter into auto-mode Program "P1" (From P1-P4).

② Press button "P" two times, the machine enters into auto-program"P2".

③ Press button "P" three times, the machine enters into auto-program"P3".

④ Press button "P" four times, the machine enters into auto-program"P4".

Please note:After the machine starts, it can switch between manual mode and automatic mode

• **Speed+ button:** Press this buttons 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 1-180 level.

• **Speed- button:** Press this buttons to decrease the speed. This button can be used when you are using a manual program (not available for automatic programs).

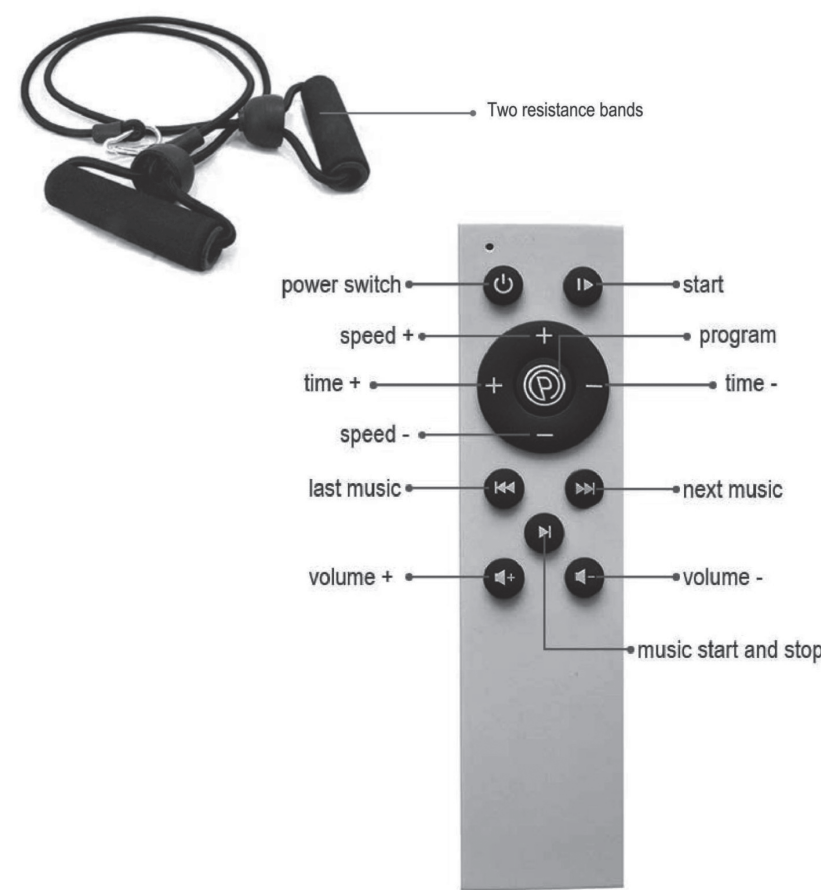
Speed range from 1-90 level.

• **Time+ button & Time- button:** Press Time+ button/Time- button to increase/decrease the time. These two button can be used when you use a manual program (not available for automatic programs)

• When you use USB speaker

Last music & Next music button: You can choose the music you like

Remote control



Vibration types:

- Left-right Oscillation :Amplitude 0-15mm, Frequency: 0-30Hz.

Volume+&Volume- buttons: Press these two buttons can adjust the volume of music

Music start&stop: Press on this button, you can start or stop music.

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

Technical Specification

Rated voltage:220V/50Hz

Power : 200W

Max Loading: 150 kgs

Product weight:13 kgs

Speed range: 0 to 120 levels

Amplitude: 0-15 mm

Product Dimension: 78x45.5x21cm

AUTOMATIC PROGRAM SPECIFICATION											
4 Programs, 10 Minutes, 120 Speed Levels											
Program	10min	5.0min	4.0min	3.0min	2.0min	1.5min	1.0min	0.5min	0.2min	0.1min	0.0min
P1	10	20	30	40	50	60	70	80	90	100	110
P2	10	20	30	40	50	60	70	80	90	100	110
P3	10	20	30	40	50	60	70	80	90	100	110
P4	10	20	30	40	50	60	70	80	90	100	110
P5	10	20	30	40	50	60	70	80	90	100	110

Product Features

- Variants of Speed Range and Strong body shape Massage Vibration. With built-in USB speaker, enable 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 big LCD display, ensure clear reading and easy adjustment.
- Comes with Arm cords, Remote control , Resistance Bands and Instruction manual.

Cleaning and maintenance

⚠ Attention

- Please make sure the machine is power 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 power 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 on a regular basis.

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.