

Mini Vibration Plate



Manual

Contents

| | |
|-----------------------------------|---|
| Important Safety Information..... | 3 |
| Product Description..... | 4 |
| Display Instruction..... | 5 |
| Exercise Session..... | 6 |
| Stand Position..... | 7 |

3 STANDING POSITIONS FOR DIFFERENT TONING



Product Description

Name and Components

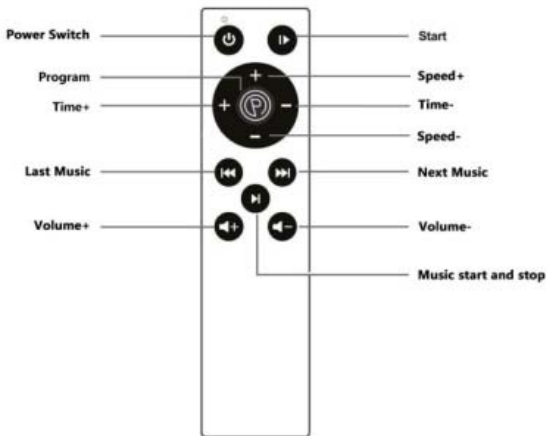


DISPLAY INSTRUCTION

1. MONITOR INSTRUCTION



SPEED: show 1-99 speed level.











BLUETOOTH MUSIC NAME: Bluetooth

Turn on any devices you have with Bluetooth Capability, perform search and after matching the connection to “Bluetooth” you can play any music. When Vibration Platform power is turned on, the Bluetooth function will work automatically.

EXERCISE SESSION

The Mini Vibration Plate Triple S 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 device 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 plate oscillates, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles efficiently. You will find The Mini Vibration Plate Triple S extremely effective if you use it while 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 oscillation plate) so your muscles adapt to the motion. You can also use Mini Vibration Plate Triple S 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.

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| <p>Whole-body-exercise posture: Stand on the plate and stretch your feet like as wide as your shoulders. This will help improve overall circulation and muscle tone.</p> | <p>Squat posture: Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for a thigh workout.</p> | <p>Press-Up posture: Stretch your arms as wide as your shoulders. If you wish to exercise the muscle more, bend your elbows to 90 degrees and hold this position.</p> | <p>Low legs posture: Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.</p> |
|  |  |  |  |
| <p>Waist Bend posture: Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.</p> | <p>Single-foot posture: Put on the foot on the pedal and relax yourself. For a deeper exercise, lunge forward, placing more body weight on the plate.</p> | <p>Sitting posture I: Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.</p> | <p>Sitting posture II: 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.</p> |

Important Safety

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:

1. It is the responsibility of the owner to ensure that all users of Mini Vibration Plate Triple S are adequately informed of all warnings and precautions.
2. Use Mini Vibration Plate Triple S only as described in this manual.
3. Place Mini Vibration Plate Triple S on a level surface, with at least eight feet of clearance behind it. Do not place the vibration platform on any surface that blocks air openings.
4. Keep Mini Vibration Plate Triple S indoors, away from moisture and dust. Do not put in a garage or covered patio, or near water.
5. Do not operate Mini Vibration Plate Triple S where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from Mini Vibration Plate Triple S at all time.
7. Mini Vibration Plate Triple S should not be used by persons weighing more than 180kg (395 lbs).
8. Never allow more than one person on Mini Vibration Plate Triple S at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.

10. Never leave Mini Vibration Plate Triple S unattended while it is running. Always unplug the power cord when the machine is not in use.
11. Do not attempt to move or adjust Mini Vibration Plate Triple S until it is properly assembled.
12. Misusage could compromise the stability of Mini Vibration Plate Triple S. For example, the post is made to keep you in balance during an exercise. One should NOT PUSH on the post for stretching or use the post to create more tension.
13. Inspect and tighten all parts of Mini Vibration Plate Triple S regularly.
14. Never insert or drop any object into any opening.
15. DANGER: Always unplug the power cord immediately after use, before cleaning Mini Vibration Plate Triple S and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by and authorized service representative only.
16. Mini Vibration Plate Triple S is intended for in-home use only. Do not use Mini Vibration Plate Triple S in any commercial, rental, or institutional setting.