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Silent Drive Vibration Plate

Instructions / Manual / Maintenance

ATTENTION

- ✔ Please ensure you read the owner's manual fully before beginning any exercise.
- ✔ Disconnect from the mains supply when not in use.
- ✔ If you are pregnant or have any know or on-going medical conditions, advice should be taken from your doctor prior to use.
- ✔ Do not place fingers or any other objects down the side of the vibrating plate as this will create a trapping hazard.
- ✔ Please keep children away from the machine when in use.

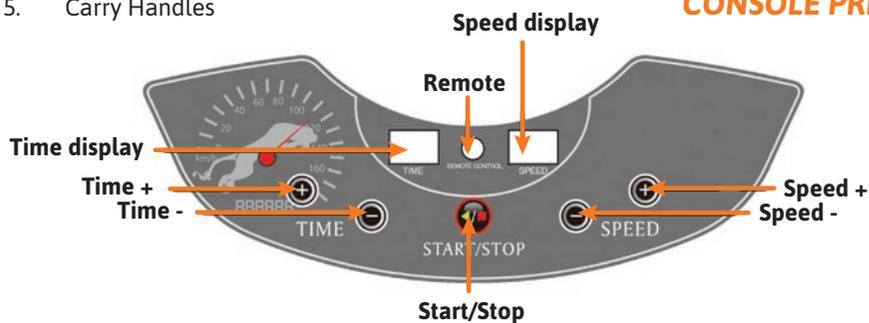
WARNING

- ⚠ Always use the product in line with the specified user instructions.
- ⚠ Only one person should use the plate at any one time.
- ⚠ Do not kneel directly on the plate.
- ⚠ Keep your knees slightly bent when standing on the plate.
- ⚠ If you are new to vibration, exercise should begin slowly and build as required.
- ⚠ Take appropriate rest period between sessions.
- ⚠ Clean this piece of equipment with a dry cloth.
- ⚠ Disconnect from the mains supply prior to any cleaning or maintenance.
- ⚠ Do not touch the appliance with wet hands.
- ⚠ This product is for exercise purposes only.
- ⚠ Please consult your retailer with any technical issues or questions.

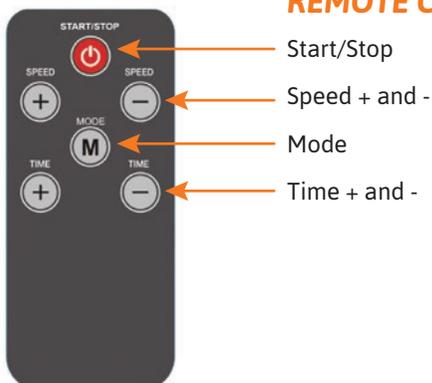
PRODUCT PARTS AND OVERVIEW

- | No | Description |
|----|----------------|
| 1. | Remote Control |
| 2. | Foot Plate |
| 3. | Console |
| 4. | Foot Pads |
| 5. | Carry Handles |

CONSOLE PREVIEW



REMOTE CONTROL



OPERATION GUIDE

Function



START/STOP: This button controls power operation.



TIME+ / TIME-: a. Maximum time for usage is 99 minutes.
b. Whilst in standby you can increase or decrease the duration of operation. After setting press Start to commence exercise. Time setting is not applicable whilst in Auto modes (discussed below) or once the Start button has been pressed.



SPEED+ / SPEED-: a. Speed range: 0 - 80 levels.
b. This button is only useful in manual mode. The user can adjust the speed during Operation.



MODE: This button is only set on the remote control. There are four pre-set automatic modes for selection (P1, P2, P3, P4) representing alternating 10 minute cycles. P1 being the easiest level to P4 the hardest. Selecting a program - Auto Program/Manual - Using the MODE button, you can switch between Auto/Manual. The MODE setting ranges from 88, P1, P2, P3, P4. By repeatedly pressing the MODE button, the LED display on the console window will cycle through 88, P1, P2, P3 to P4, 88 represents the manual mode.

After selecting the relevant program, press START and the program will begin. When using the Manual program, adjust the time (if required, otherwise it defaults to 10 minutes), press START and then adjust the speed using the "+" or "-".

SPEED OF PROGRAMS (Note: The figures shown on the table are power intensity which is according to auto-program.)

	TIME	9 Min	8 Min	7 Min	6 Min	5 Min	4 Min	3 Min	2 Min	1 Min	0 Min
PROGRAM	P1	20	40	30	40	30	50	40	20	50	30
	P2	20	50	40	60	40	60	40	20	40	20
	P3	20	50	40	50	40	50	40	20	30	20
	P4	30	60	70	50	80	50	80	60	40	30

HOW TO ATTACH THE STRAPS

To attach the resistance bands please see the image below.

Instructions: Pull-out the buckle on the both sides of the machine and attach the resistance band.



HOW TO MOVE THE VIBRATION PLATE

There are two handles are designed on both ends of the middle cover. When moving the product, lift the end of the opposite of the castor, grasp the handle and move the product to the desired place.



TROUBLE SHOOTING

Malfunction: After connecting to power, the machine does not start.

Possible Factors: A. The machine has not been turned ON?

B. Loose contact between the power plug and the electric outlet?

Solution: A. Ensure the main switch is turned on by pushing the power button.

B. Ensure the power plug is firmly connected to the electrical outlet.

Malfunction: The machine does not respond to the remote control.

Possible Factors: A. Does the battery in the remote control need replacing?

B. Is the remote too far from the machine?

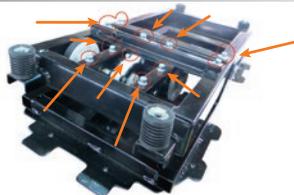
Solution: A. Insert the battery into the remote control or change new battery.

B. Be sure to be within the range of 2m. Be sure to point the remote to the machine aiming at the remote receptor.

Malfunction: Appliance noise.

Possible Factors: Is the screw cap loose?

Solution: Tighten the screw caps with the screwdriver (please see photo).



Malfunction: The Machine is not operating normally or working erratically.

Possible Factors: Is the machine running at too high a speed for too long a duration.

Solution: Switch it off for a period and if this does not resolve please contact us for further assistance.

Malfunction: The power cord is damaged, the product is smoking or abnormally hot.

Solution: Stop use immediately and contact us for customer service or repair.

PRODUCT MAINTENANCE

- ☞ Keep the product clean from dust and away from places of high humidity for storage.
- ☞ Do not store in places of high temperature or places that burn easily. Do not place under direct sunlight for a long period of time.
- ☞ Do not use cleaning agents such as thinner, oil or bleach to clean the product.
- ☞ The foot rest and the outer casing can be cleaned with a damp (not wet) cloth when the appliance is not connected to the mains. Beware not to let any water or liquid go into the machine as it might short circuit the system.
- ☞ Please use a dry cloth only to clean the remote.
- ☞ Please contact us if there is something wrong with the product.